



**TEMPTING, THRIFTY, WARTIME MEALS**  
for 2 and 4 and 6  
**WITH SOME MEATLESS MENUS**

# Two Great Radio Programs



**MARY LEE TAYLOR'S**  
**Radio Demonstrations**  
of better food made at lower cost  
broadcast every Tuesday and Thursday  
morning direct from the Pet Milk  
Experimental Kitchen



**THE**  
**SATURDAY NIGHT**  
**SERENADE**  
starring  
**JESSICA DRAGONETTE**  
Bill Perry, The Serenaders  
Gus Haenschen  
and his Orchestra



	Mary Lee Taylor	Saturday Night Serenade		Mary Lee Taylor	Saturday Night Serenade		Mary Lee Taylor	Saturday Night Serenade
Akron	WADC	11:00 am	Hartford	WDRG	11:00 am	Raleigh	WPTF	9:15 am
Alamosa	KGIW	10:30 am	Houston	KTRH	10:00 am	Richmond	WRVA	11:00 am
Albany, Ga.	WGPC	11:00 am	Huntington	WSAZ	10:15 am	Roanoke	WDRJ	11:00 am
Albany, N.Y.	WOKO	11:00 am	Indianapolis	WFBM	11:00 am	Rochester	WHCC	11:00 am
Albuquerque	KOB	10:15 am	Ithaca	WHCU	11:00 am	Rock Island, Ill.	WHBF	10:15 am
Altoona	WFBG	10:30 am	Jackson	WJDX	10:45 am	Sacramento	KFBK	10:30 am
Amarillo	KGNC	9:00 am	Jacksonville	WMBR	11:00 am	Safford	KGLU	9:45 am
Atlanta	WGST	11:00 am	Jerome, Ariz.	KCRJ	9:45 am	St. Augustine	WFOY	11:00 am
Augusta, Ga.	WRDW	11:00 am	Johnson City	WJHL	10:15 am	St. Louis	KMOX	10:00 am
Bakersfield, Calif.	KERN	10:00 am	Kalamazoo	WKZO	11:00 am	San Antonio	KTSA	10:00 am
Baltimore	WCAO	11:00 am	Kansas City	KMBC	10:00 am	San Francisco	KPO	9:15 am
Bay City, Mich.	WBCM	10:15 am	Knoxville	WNOX	10:00 am	San Francisco	KQW	6:45 pm
Birmingham	WAPI	10:00 am	Lewisville	KRLC	10:15 am	Savannah	WTOC	11:00 am
Bluefield	KSUN	10:00 am	Lincoln	KFAB	8:45 pm	Scottsbluff	WGKI	10:15 am
Bluefield	WHIS	10:00 am	Little Rock	KLRA	10:00 am	Scranton	WGBI	11:00 am
Boston	WEEI	11:00 am	Los Angeles	KFI	9:45 am	Seattle	KIRO	6:45 pm
Buffalo	WKBW	11:00 am	Los Angeles	KNX	6:45 pm	Seattle	KOMO	10:30 am
Charleston, S.C.	WCSC	11:00 am	Louisville	WHAS	10:00 am	Shreveport	KWKH	10:00 am
Charleston, W.V.	WCBS	11:00 am	Louisville	KFYO	9:30 am	Spokane	KPYP	6:45 pm
Charlotte	WBTV	11:00 am	Macon	WMAZ	11:00 am	Spokane	KHQ	10:30 am
Chattanooga	WDOD	10:00 am	Memphis	WREC	10:00 am	Spr'fld, Mass.	WMAS	11:00 am
Chicago	WBBM	10:00 am	Meridian	WCOC	10:00 am	Springfield, Mo.	KWTO	10:30 am
Cleveland	WGAR	11:00 am	Miami	WQAM	11:00 am	Stockton	KWG	10:30 am
Colorado Sprgs.	KVOR	9:00 am	Millwaukee	WISN	10:00 am	Syracuse	WFBL	11:00 am
Columbia	WIS	10:30 am	Mobile	WALA	9:45 am	Tallahassee, Fla.	WTAL	10:00 am
Columbus, Ga.	WRBL	11:00 am	Montgomery	WGOV	10:00 am	Tampa	WDAE	11:00 am
Columbus, O.	WBNS	11:00 am	Nashville	WLAC	10:00 am	Terre Haute	WBOW	10:00 am
Corpus Christi	KRIS	10:00 am	New Orleans	WWL	10:00 am	Tucson	KTUC	7:45 pm
Dallas	KRLD	10:00 am	New York	WABC	11:00 am	Tucson	KVOA	9:45 am
Dayton	WHIO	11:00 am	Norfolk	WTAR	9:45 am	Tulsa	KTUL	10:00 am
Denver	KLZ	9:00 am	Okla. City	KOMA	10:00 am	Walla Walla	KUJ	10:15 am
Des Moines	KRNT	9:00 am	Omaha	KOIL	10:00 am	Washington	WJSV	11:00 am
Detroit	WJR	11:00 am	Orlando	WDOO	11:00 am	Weslaco	KRGV	10:45 am
Evansville	WEOA	10:00 am	Pensacola	WCOA	9:45 am	W. Palm Beach	WJNO	11:00 am
Florence, S.C.	WOLS	10:30 am	Peoria	WMBD	10:00 am	Wheeling	WVVA	10:45 am
Fort Smith	KFPW	10:00 am	Philadelphia	WCJU	11:00 am	Wheeling	WKWK	9:45 pm
Fort Wayne, Ind.	WGL	10:00 am	Phoenix	KOY	9:45 pm	Wichita	KFH	10:00 am
Fresno	KMJ	9:30 am	Pittsburgh, Pa.	KOAM	10:15 am	Wichita Falls	KWFT	10:00 am
Gainesville	KARF	9:45 am	Portland	KGW	9:30 am	Wilkes Barre	WBRE	9:45 am
Globe, Ariz.	KWJB	9:45 am	Portland	KOIN	6:45 pm	Youngstown	WKBN	11:00 am
Grand Junction	KFXJ	10:15 am	Prescott	KYCA	9:45 am	Yuma	KYUM	9:45 am
Greensboro	WBIG	11:00 am	Providence	WPRO	11:00 am			
Greenville	WFBC	10:45 am						

How can I do without many of the things I've been accustomed to use in preparing three meals a day?

How can I make the sugar I have got as far as possible?

How can I do with as little meat as possible so our Armed Forces and our Allies can have the meat they need?

## ARE YOU ASKING?

How can I, at the same time, give my family the kind of food they must have to keep them physically fit?

How can I make the most of the money I spend for food?

The tested, fail-proof recipes and expertly planned menus in this book are completely geared to wartime demands for conserving food and saving time and money, yet, by their use, your family will be well fed and will be delighted with their meals.

On pages 24 and 25, you'll find facts which will be helpful in buying the kinds of foods that people need to eat and the reasons why they need them.

The greatest money-saving recipe in this book is the one for Pet Butter Spread on page 23. For worthwhile sugar saving, see the recipes for Peach Upside Down Cake on page 6, Rainbow Custard Pudding on page 9 and Valentine Dessert on page 14. For helpful meat ex-

tenders, see the recipes for Victory Meat Patties on page 3, Tamale Pie on page 7, Black-Eyed Peas and Meat Balls on page 17 and Dixie Casserole on page 18—and for satisfying meat alternates, see the recipes for Vegetable Scallops on page 15, Macaroni Cheese Cutlets on page 16, Vegetable Cheese Shortcakes on page 19 and Plantation Pie on page 20.

By using Irradiated Pet Milk and these recipes which have been created and tested in the Pet Milk Experimental Kitchens, you can save money in the preparation of all your meals, and at the same time give your family very delicious, highly nourishing and most wholesome food.

Don't miss Mary Lee Taylor's message on page 13.

### ☆ MEALS USING MEAT EXTENDERS ☆

- Dixie Casserole\*
  - Stewed Tomatoes
  - Lettuce Salad
  - French Dressing\*
  - Enriched Bread
  - Pet Butter Spread\*
  - Sliced Peaches
  - Whipped Pet Milk Topping\*
- Victory Meat Patties\*
  - Pet Gravy\*
  - Buttered Green Beans
  - Raw Carrot Strips
  - Whole Wheat Bread and Butter
  - Baked Apples
  - Foamy Lemon Sauce\*
- Plain Shortcakes\* with Creamed Ham, Bologna or Frankfurters (See Creamed Meat\*)
  - Buttered Broccoli or Cabbage
  - Celery Pickles
  - Open-Face Apple Pie
  - Whipped Pet Milk Topping\*

\*Recipes in this book—See Index  
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☆ Meals Using Meat Extenders (cont'd) ☆

Tamale Pie\*  
Creamed Cauliflower\*  
Orange and Grapefruit Salad  
Pet Mayonnaise\*  
Fruit Bread\*  
Pet Butter Spread\*  
Hot Cocoa\*

Black-Eyed Peas and Meat Balls\*  
Cranberry Waldorf Salad\*  
Brown Bread  
Pet Butter Spread\*  
Rainbow Custard Pudding\*

Spaghetti with Meat Sauce\*  
Hard Rolls  
Pet Butter Spread\*  
Mixed Green Salad  
French Dressing\*  
Cranberry Pudding\*  
Foamy Lemon Sauce\*

☆ MEATLESS MEALS ☆

Vegetable Scallops\*  
with Tomato Cream Sauce\*  
Buttered Spinach or Mustard Greens  
Cole Slaw French Dressing\*  
Enriched Bread  
Pet Butter Spread\*  
Fruit Gelatin  
Whipped Pet Milk Topping\*

Macaroni Cheese Cutlets\*  
Stewed Tomatoes  
Creamed Carrots\*  
Hot Rolls Pet Butter Spread\*  
Cranberry Waldorf Salad\*  
Rainbow Custard Pudding\*

Creamed Eggs\*  
in Nests of Flaky Brown Rice  
Buttered Green Beans  
Jellied Tomato Salad  
Pet Mayonnaise\*  
Whole Wheat or Enriched Bread  
Pet Butter Spread\*  
Peach Upside Down Cake\*



Plantation Pie\*  
Baked Potatoes  
Pet Butter Spread\*  
Pickled Beets  
Cheese Jelly or Preserves  
Toasted Crackers

Vegetable Cheese Shortcakes\*  
Baked Sweet Potatoes  
Pet Butter Spread\*  
Cabbage Salad  
Pet Mayonnaise\*  
Stewed Fruit  
Foamy Lemon Sauce\*



Cream of Onion Soup\*  
with Crispy Crackers  
Peas in Cheese Sauce\*  
in Nests of Mashed Potatoes\*  
Deviled Egg Salad on Lettuce  
Pet Mayonnaise\*  
Apple Sauce Fruit Bread\*

☆ LOW-COST HOLIDAY MEALS ☆

Cream of Tomato Soup\*  
Crispy Crackers  
Boiled Smoked Tongue or Ham  
Horse-Radish Beets\*  
Sweet Potatoes and Apples\*  
Celery Radishes  
Hot Rolls  
Pet Butter Spread\*  
Valentine Dessert\*

Tomato Juice with Lemon Wedge  
Creamed Meat\*  
(chicken, veal or ham)  
on Waffles\*  
Buttered Peas or Green Beans  
Cranberry Waldorf Salad\*  
Cherry Cream Pie\*

Cranberry Waldorf Salad\*  
in Orange Shells  
Roast Chicken, Duck or Goose  
Sweet Potato Stuffing\*  
Pet Gravy\*  
Creamed Brussels Sprouts\*  
Enriched Bread  
Pet Butter Spread\*  
Peach Upside Down Cake\*  
Whipped Pet Milk Topping\*



## Victory Meat Patties

Extends a little meat with Pet Milk and rolled oats

**DIRECTIONS**      **INGREDIENTS**      **FOR 2**      **FOR 4**      **FOR 6**

- Turn on oven and set at moderately slow (350° F.).
- Mix together.....
 

twice-ground BEEF twice-ground PORK PET MILK uncooked, rolled OATS finely cut ONION SALT PEPPER	3 ounces 3 ounces 1/2 cup 3 tablesp.	1/3 pound 1/3 pound 1/4 cup 1/3 cup	1/2 pound 1/2 pound 3/4 cup 1/2 cup
	4 teasp. 1/3 teasp. few grains	2 1/2 tablesp. 3/4 teasp. 1/8 teasp.	4 tablesp. 1 1/4 teasp. 1/4 teasp.
- When thoroughly mixed, divide into 2, 4 or 6 portions. With wet fingers shape into patties. Put on greased baking pan. Bake 45 minutes, or until meat is brown.
- Put on top of loaf-shaped patties, allowing
 

strips of AMERICAN CHEESE, 3 x 1/2 x 1/8 inch thick	4	8	12
	2 for each.....		
- Return to oven and bake 5 minutes longer, or until cheese is melted.

To make "carrot flowers" as illustrated, cut raw carrots, crosswise, into 1 1/2-inch slices. Then cut one end to resemble petals of a flower.

\*Recipes in this book—See Index

## Fruit Bread

Made more wholesome with undiluted Pet Milk and enriched flour

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Dissolve.....	{ compressed YEAST, broken in pieces in lukewarm WATER	{ ½ cake 2 tablesp.	{ 1 cake ¼ cup
2. Scald over boiling water.....	{ PET MILK	{ ⅓ cup	{ ⅔ cup
3. Drain and save juice from.....	{ canned FRUIT COCKTAIL	{ ¾ cup	{ 1½ cups
4. There should be ⅓ cup juice for 3 and ⅔ cup juice for 6. If not, add water.			
5. Add to scalded milk the fruit juice and.....	{ SUGAR SALT melted BUTTER	{ 2 tablesp. ½ teasp. 2 tablesp.	{ ¼ cup 1 teasp. ¼ cup
6. Then add dissolved yeast.			
7. Sift before measuring.....	{ all-purpose FLOUR	{ 2½ cups	{ 5 cups
8. Add gradually to yeast mixture about half of the flour, beating well after each addition.			
9. Then add the drained fruit and.....	{ chopped NUTS	{ ¼ cup	{ ½ cup
10. Add remaining flour gradually. Turn dough out on floured board and knead until dough is smooth, or about 3 minutes. Put in greased bowl. Cover with cloth wrung out of hot water and let rise until doubled in bulk. Punch down to original size. Shape dough to fit greased loaf pan about 9 x 5 x 3 inches deep. Allow 1 pan for 3 and 2 pans for 6. Let rise until doubled in bulk, again covering with cloth wrung out of hot water. Bake 20 minutes in moderate oven (375° F.) then reduce heat to moderately slow (350° F.) and bake 25 minutes longer.			
11. Brush top with.....	{ PET MILK	{ 2 teasp.	{ 1½ tablesp.
12. Bake 5 minutes longer, or until top is glazed and bread shrinks from sides of pan. Turn out and cool.			

## Hot Cocoa or Chocolate

Puts some vitamin D and calcium in a hot beverage

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together.....	{ COCOA SUGAR SALT	{ 4 teasp. 4 teasp. few grains	{ 2½ tablesp. 2½ tablesp. ⅛ teasp.	{ ¼ cup ¼ cup ¼ teasp.
2. Stir in slowly.....	{ boiling WATER	{ ¾ cup	{ 1½ cups	{ 2 cups
3. Boil 5 minutes, stirring constantly.				
4. Add.....	{ PET MILK	{ ⅔ cup	{ 1⅓ cups	{ 2 cups
5. Heat thoroughly.				
6. Beat 1 minute with rotary egg beater while adding.....	{ VANILLA	{ ¼ teasp.	{ ½ teasp.	{ ¾ teasp.
7. Serve at once.				
<b>For Hot Chocolate:</b>				
1. Melt over boiling water.....	{ unsweetened CHOCOLATE	{ ½ square	{ 1 square	{ 1½ squares
2. Add sugar and salt (See Quantities Above) and proceed as directed for cocoa.				

## Spoon Bread

A good source of calcium and vitamin A, especially if you use yellow corn meal

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Turn on oven and set at moderately hot (400° F.).			
2. Grease a baking dish measuring about.....	{ 6 inches across	{ 8 inches across	
3. Put in saucepan.....	{ CORN MEAL SALT	{ ½ cup ¾ teasp.	{ 1 cup 1½ teasp.
4. Stir in.....	{ WATER	{ 1 cup	{ 2 cups
5. Bring to a boil, stirring constantly. Stir and cook slowly for 2 minutes, or until mixture is very thick. Remove from heat.			
6. Stir in gradually a mixture of.....	{ well-beaten EGG PET MILK melted BUTTER or other shortening	{ 1 ½ cup 1½ teasp.	{ 2 1 cup 1 tablesp.
7. Beat vigorously with rotary egg beater for 1 minute, or until thoroughly blended.			
8. Put in greased baking dish.			
9. Bake on center shelf of oven until firm and lightly browned, or about.....		{ 25 minutes	{ 30 minutes
10. Serve at once from the dish.			

## Unbaked Pastry

Pet Milk not only adds a little calcium to this pastry, but helps it to brown nicely

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Sift before measuring.....	{ all-purpose FLOUR*	{ ½ cup	{ ⅔ cup	{ 1 cup
2. Resift with.....	{ SALT	{ ¼ teasp.	{ ⅓ teasp.	{ ½ teasp.
3. Work into flour with pastry blender or fork.....	{ cold SHORTENING	{ 2½ tablesp.	{ ¼ cup	{ ⅓ cup
4. When mixture has the appearance of small peas, gradually stir in.....	{ PET MILK diluted with WATER	{ 4 teasp. 4 teasp.	{ 4½ teasp. 4½ teasp.	{ 2 tablesp. 2 tablesp.
5. Roll into a round on floured board one inch larger than pie pan and about ⅛ inch thick. Trim if necessary.				
6. Taking care not to stretch, put pastry in.....	{ 2 tart pans, 4 in. across	{ 7-inch pie pan	{ 9-inch pie pan	
7. Fold extra pastry under and pinch with fingers to make fancy edge. Pour in filling and bake as directed in desired pie recipe.				
<b>For Baked Pastry Shell (to be filled after baking):</b>				
1. Line pan with Unbaked Pastry, preparing edge as directed above. Prick closely all over bottom and sides of pastry with fork. Bake on shelf slightly above center in hot oven (425° F.) 10 minutes, or until brown. If pastry bulges, prick again at end of 5 minutes' baking. Cool thoroughly before pouring in desired filling.				
*To Substitute Cake Flour for the All-Purpose Flour, decrease the shortening to 2 tablespoons for 2; 3 tablespoons for 4 and ¼ cup for 6. Also, decrease both Pet Milk and water to 1 tablespoon for 2; 4 teaspoons for 4 and 1½ tablespoons for 6.				

# Peach Upside Down Cake

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Turn on oven and set at hot (425° F.).			
2. Grease sides only of pan measuring about.....		8 x 4 x 2 in. deep	8 x 8 x 2 in. deep
3. Put in bottom of pan.....	melted BUTTER	1 tablesp.	2 tablesp.
4. Sprinkle melted butter with.....	SUGAR	1 tablesp.	2 tablesp.
5. Arrange on top of sugar, drained	sliced PEACHES, cooked or canned	3/4 cup	1 1/2 cups
6. Save juice to use in drinks or sauces. Let pan stand while making batter.			
7. Sift before measuring.....	all-purpose FLOUR*	3/4 cup	1 1/2 cups
8. Resift with.....	SUGAR	2 tablesp.	1/4 cup
	BAKING POWDER	1 teasp.	2 teasp.
	SALT	1/3 teasp.	3/4 teasp.
9. Work into flour mixture with pastry blender or fork.....	cold SHORTENING	2 tablesp.	1/4 cup
	well-beaten EGG	1 (yolk only)	1 (whole)
10. Stir in quickly but thoroughly, a mixture of.....	PET MILK	3 tablesp.	6 tablesp.
	diluted with WATER	1 1/2 tablesp.	3 tablesp.
11. Spread batter on top of fruit in pan.			
12. Bake until brown, or about.....		15 minutes	20 minutes
13. Turn out and serve warm or cold.			

\*To make with prepared biscuit flour:

1. Omit baking powder, salt and shortening and mix together in bowl	prepared biscuit FLOUR	3/4 cup	1 1/2 cups
2. Stir in the egg and milk mixture and proceed as directed for all-purpose flour.	SUGAR	2 tablesp.	1/4 cup

Note: You will have perfect success with these recipes in any altitude up to 3,000 feet. If you live in a higher altitude, see bottom of inside back cover.



# Tamale Pie

Extends a little meat with corn meal mush and tomatoes

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Put in saucepan.....	CORN MEAL or whole wheat cereal	1/3 cup	2/3 cup
	SALT	1/4 teasp.	1/2 teasp.
2. Stir in.....	WATER	2/3 cup	1 1/3 cups
3. Add gradually.....	PET MILK	1 cup	1 2/3 cups (1 tall can)
4. Stir and boil until mixture thickens. Cover and let cool.			
5. Turn on oven and set at moderate (375° F.).			
6. Grease a baking dish measuring about.....		7 inches across	9 inches across
7. Cook slowly for 5 minutes.....	finely cut ONION in BUTTER or other shortening	3 tablesp.	6 tablesp.
		1 tablesp.	2 tablesp.
8. Add and continue cooking until meat has lost its red color.....	ground, lean BEEF (shoulder or chuck)	6 ounces	3/4 pound
	cooked or canned TOMATOES	6 tablesp.	3/4 cup
9. Then add.....	SALT	1/3 teasp.	3/4 teasp.
	PEPPER	few grains	1/8 teasp.
	CHILI POWDER (optional)	1/2 teasp.	1 teasp.
10. Stir and cook until mixture is well blended. Spread half of corn meal mixture in baking dish. Cover with meat mixture. Top with remaining corn meal mixture.			
11. Bake until top is lightly browned, or about.....		30 minutes	45 minutes
12. Serve at once from the baking dish.			

## Cranberry Pudding

Made more wholesome with enriched flour

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Wash and dry on towel . . . . .	{ raw CRANBERRIES	{ ½ cup	{ 1 cup
2. Put cranberries through fine knife of food chopper.			
3. Grease well a mold holding about . . . . .		{ 2 cups	{ 4 cups
4. Sift before measuring . . . . .	{ all-purpose FLOUR	{ ¾ cup	{ 1½ cups
5. Resift with . . . . .	{ BAKING POWDER	{ 1½ teasp.	{ 3 teasp.
	{ SALT	{ ¼ teasp.	{ ½ teasp.
6. Put in bowl . . . . .	{ soft BUTTER or other shortening	{ 2 tablesp.	{ ¼ cup
	{ VANILLA	{ ½ teasp.	{ 1 teasp.
7. Add gradually, mixing until light and fluffy . . . . .	{ SUGAR	{ ⅓ cup	{ ⅔ cup
8. Beat in vigorously . . . . .	{ EGG	{ 1 (yolk only)	{ 1 (whole)
9. Add flour mixture alternately with	{ PET MILK diluted with WATER	{ 2½ tablesp.	{ ⅓ cup
		{ 2½ tablesp.	{ ⅓ cup

10. Begin and end with flour mixture. Beat until smooth after each addition. Fold in the prepared cranberries. Put in greased mold. Cover mold and set on a rack in a roaster or kettle containing about an inch of hot water. Cover roaster or kettle. Boil slowly until pudding is firm to the touch, or about 1 hour for 3 and 1½ hours for 6.

11. Turn out and serve warm with Foamy Lemon Sauce (See Below) if desired.

Note: You will have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, see bottom of inside back cover.

## Foamy Lemon Sauce

In which Pet Milk takes the place of expensive whipping cream

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Chill until icy cold . . . . .	{ PET MILK	{ ¼ cup	{ ½ cup
	{ SUGAR	{ ¼ cup	{ ½ cup
	{ FLOUR	{ 1 teasp.	{ 2 teasp.
2. Mix together . . . . .	{ SALT	{ few grains	{ ⅓ teasp.
	{ grated LEMON RIND	{ ¼ teasp.	{ ½ teasp.
3. Stir in . . . . .	{ PET MILK	{ ¼ cup	{ ½ cup
4. Cook over boiling water for 10 minutes, stirring frequently. Remove from heat.			
5. Stir into . . . . .	{ slightly beaten EGG	{ 1 (yolk only)	{ 1 (whole)
6. Cook over boiling water 2 minutes longer, or until mixture thickens. Chill. Whip chilled milk with rotary egg beater, or electric beater at high speed, until light and fluffy.			
7. Add . . . . .	{ LEMON JUICE	{ 1½ teasp.	{ 1 tablesp.
8. Continue whipping until stiff. Fold into chilled egg mixture.			
9. Serve on Cranberry Pudding (See Above), slices of plain cake, baked custard, gelatin desserts, baked apples or other fruit.			

## Rainbow Custard Pudding

Photograph on back cover  
A milk-rich dessert requiring no sugar

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Put in saucepan . . . . .	{ VANILLA PUD- DING POWDER*	{ ½ package	{ 1 package
2. Stir in gradually . . . . .	{ PET MILK diluted with WATER	{ 6 tablesp.	{ ¾ cup
		{ 6 tablesp.	{ ¾ cup
3. Bring to a boil, stirring constantly. Continue stirring and boil 30 seconds longer.			
4. Remove from heat and stir in . . . . .	{ VANILLA	{ ¾ teasp.	{ 1½ teasp.
5. Cover and cool thoroughly. Stir occasionally while cooling.			
6. Rub with vegetable oil a mold holding about . . . . .		{ 2½ cups	{ 5 cups
7. Dissolve . . . . .	{ orange-flavored GELATIN in boiling WATER	{ ½ package	{ 1 package
		{ ¾ cup	{ 1½ cups
8. Cool gelatin mixture, then divide into 2 equal portions.			
9. Stir into one portion . . . . .	{ PET MILK	{ 2 tablesp.	{ ¼ cup
10. Let stand at room temperature.			
11. To other portion, add . . . . .	{ WATER	{ 2 tablesp.	{ ¼ cup
12. Chill until syrupy, then pour in bottom of oiled mold and continue chilling until firm.			
13. Chill gelatin-milk mixture until beginning to thicken, then whip with rotary egg beater until light and fluffy. Put on top of clear gelatin layer. Chill until firm, then cover with cold pudding mixture. Chill thoroughly. Turn out and serve at once with sliced oranges if desired.			

\*Chocolate or butterscotch pudding powder may also be used.

## Horse-Radish Beets

By using liquid off the beets you retain important minerals and vitamins

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Drain and save liquid from . . . . .	{ diced BEETS, freshly cooked or canned	{ 1 cup	{ 2 cups	{ 3 cups
2. There should be ⅓ cup liquid for 2; ½ cup for 4 and ¾ cup for 6. If not, add water.				
3. Melt in saucepan . . . . .	{ BUTTER or other shortening	{ 2 teasp.	{ 1 tablesp.	{ 1½ tablesp.
4. Blend in . . . . .	{ FLOUR	{ 1 tablesp.	{ 2 tablesp.	{ 3 tablesp.
	{ SALT	{ ¼ teasp.	{ ½ teasp.	{ ¾ teasp.
	{ PEPPER	{ few grains	{ few grains	{ ⅛ teasp.
5. Stir in beet liquid slowly. Boil slowly for 2 minutes, stirring constantly.				
6. Then stir in . . . . .	{ PET MILK	{ ⅓ cup	{ ½ cup	{ ¾ cup
7. Add drained beets and . . . . .	{ bottled HORSE-RADISH, drained	{ 1 tablesp.	{ 2 tablesp.	{ 3 tablesp.
8. Heat slowly, but do not boil. Serve at once.				



# HOW TO whip PET MILK

## Ways to Prepare Pet Milk for Whipping

### IN AN AUTOMATIC REFRIGERATOR

METHOD 1	Pour the exact quantity of Pet Milk to be whipped into one of the trays and chill until ice crystals begin to form around the edges. Then pour into a thoroughly chilled bowl.
METHOD 2	Place an unopened can of Pet Milk under the freezing unit. Chill until icy cold—overnight if possible. Pour exact quantity of milk to be whipped into a thoroughly chilled bowl.

### IN AN ICE REFRIGERATOR

METHOD 3	Pour the exact quantity of Pet Milk to be whipped into a small bowl and place the bowl directly on the ice. Chill until both bowl and milk are icy cold.
METHOD 4	Place an unopened can of Pet Milk directly on the ice. Chill until icy cold—overnight if possible. Pour exact quantity of milk to be whipped into a thoroughly chilled bowl.

Whip the chilled milk vigorously until stiff (about 200 revolutions a minute) with a rotary egg beater that has also been chilled, or an electric beater at high speed. (Be sure to chill the paddles beforehand).

If you want to serve whipped Pet Milk as a topping on desserts, salads, beverages, etc., use the recipe on page 23. For other examples of whipped Pet Milk used to replace whipping cream, see recipes for Valentine Dessert on page 14 and Foamy Lemon Sauce on page 8.

#### HINTS ON WHIPPING PET MILK

- The best sized bowl to use is one of china or enamel that measures about 4 inches across the base.
- If the weather is warm, or your kitchen is overheated from baking, surround the bowl with cracked ice.
- It is not advisable to whip more than 1 cup of Pet Milk at a time.

- Pet Milk whipped according to any of the four methods given above should be used immediately. If this is not possible, re-chill and re- whip.

For perfect results every time . . . . .

- have Pet Milk icy cold
- have bowl icy cold
- have beater icy cold



## Lunch Box Sandwiches

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together . . . . .	<ul style="list-style-type: none"> <li>grated AMERICAN CHEESE or sliced, packaged variety</li> <li>PET MILK</li> <li>SALT</li> <li>dry MUSTARD</li> </ul>	<ul style="list-style-type: none"> <li>2/3 cup</li> <li>2 ounces</li> <li>4 teasp.</li> <li>few grains</li> <li>1/4 teasp.</li> </ul>	<ul style="list-style-type: none"> <li>1 1/3 cups</li> <li>4 ounces</li> <li>2 1/2 tablesp.</li> <li>1/8 teasp.</li> <li>1/2 teasp.</li> </ul>	<ul style="list-style-type: none"> <li>2 cups</li> <li>6 ounces</li> <li>1/4 cup</li> <li>1/4 teasp.</li> <li>3/4 teasp.</li> </ul>
2. Cook over boiling water, stirring until cheese melts and mixture is smooth. Remove from heat. Cover and cool until thick enough to spread.				
3. Remove skin from . . . . .	<ul style="list-style-type: none"> <li>sliced BOLOGNA, 3 1/2 inches across</li> </ul>	<ul style="list-style-type: none"> <li>2 slices (2 ounces)</li> </ul>	<ul style="list-style-type: none"> <li>4 slices (4 ounces)</li> </ul>	<ul style="list-style-type: none"> <li>6 slices (6 ounces)</li> </ul>
4. Spread cheese mixture on half of . . . . .	<ul style="list-style-type: none"> <li>sliced BREAD</li> </ul>	<ul style="list-style-type: none"> <li>4 slices</li> </ul>	<ul style="list-style-type: none"> <li>8 slices</li> </ul>	<ul style="list-style-type: none"> <li>12 slices</li> </ul>
5. Spread remaining slices of bread with butter if desired.				
6. Put bologna slices on top of cheese mixture.				
7. Slice lengthwise and arrange on top of bologna	<ul style="list-style-type: none"> <li>sweet PICKLES*</li> </ul>	<ul style="list-style-type: none"> <li>2</li> </ul>	<ul style="list-style-type: none"> <li>4</li> </ul>	<ul style="list-style-type: none"> <li>6</li> </ul>
8. Cover with remaining slices of bread.				
*2, 4 or 6 slices of sour or dill pickles may also be used.				



## A Beautiful Book for Mothers and Mothers-to-be!

Its title, "Your Baby"—its 64 pages filled with a wealth of advice—the kind of information your doctor wants you to have. In fact, before being published, "Your Baby" was reviewed by a pediatrician of high standing!

*A few of the high spots of this helpful book are:*

- Care of baby's body, his clothes, and bedding.
- Care of baby's bottles and nipples.
- How to hold baby during feedings.
- What to do when baby cries—when he sucks his thumb.

How to protect baby against accidents.  
Space in which to record baby's birth, his first tooth, etc.

Height and weight chart.

What to do when weaning time comes.

Tested recipes for baby's first solid foods and dishes suitable for young children.

To get a free copy of "Your Baby," just mail a penny post card with your name, address and the words, "baby book" to Pet Milk Company, 1458 Arcade Building, St. Louis, Missouri.

## A Message from Mary Lee Taylor

NEVER before have we heard and read so much about the need for every American to be physically fit. We are learning that the right kind of food, in adequate amounts, contributes greatly to the vigor, vitality and strength needed to do the work which will win this war.

Of course you have seen that milk heads the list of foods which our Government recommends that every one of us must have every day.

The tested recipes in this book will be of great help in putting the needed milk into appetizing, fine-flavored food that is more delicious because of the milk it contains and that costs less than such very good food might be suspected of costing.

The secret of being able to make better food at lower cost is the use of Irradiated Pet Milk in the many ways it can be used. The very fact that Irradiated Pet Milk is more than twice as rich as ordinary milk accounts for its great usefulness—for your being able to use it, for example, in place of whipping cream and in place of eggs in making meat loaf and in breading chops and croquettes. Then, too, by diluting Irradiated Pet Milk with an equal amount, or less than an equal amount of another liquid—fruit juices, meat stock or the water in which vegetables have been cooked, you can improve the flavor of the food and put into it valuable vitamins

and minerals which otherwise it would not contain.



This Seal of Acceptance of the Council on Foods of the American Medical Association, which appears on every can of Irradiated Pet Milk, means that the statements made about it have been accepted by this high authority.

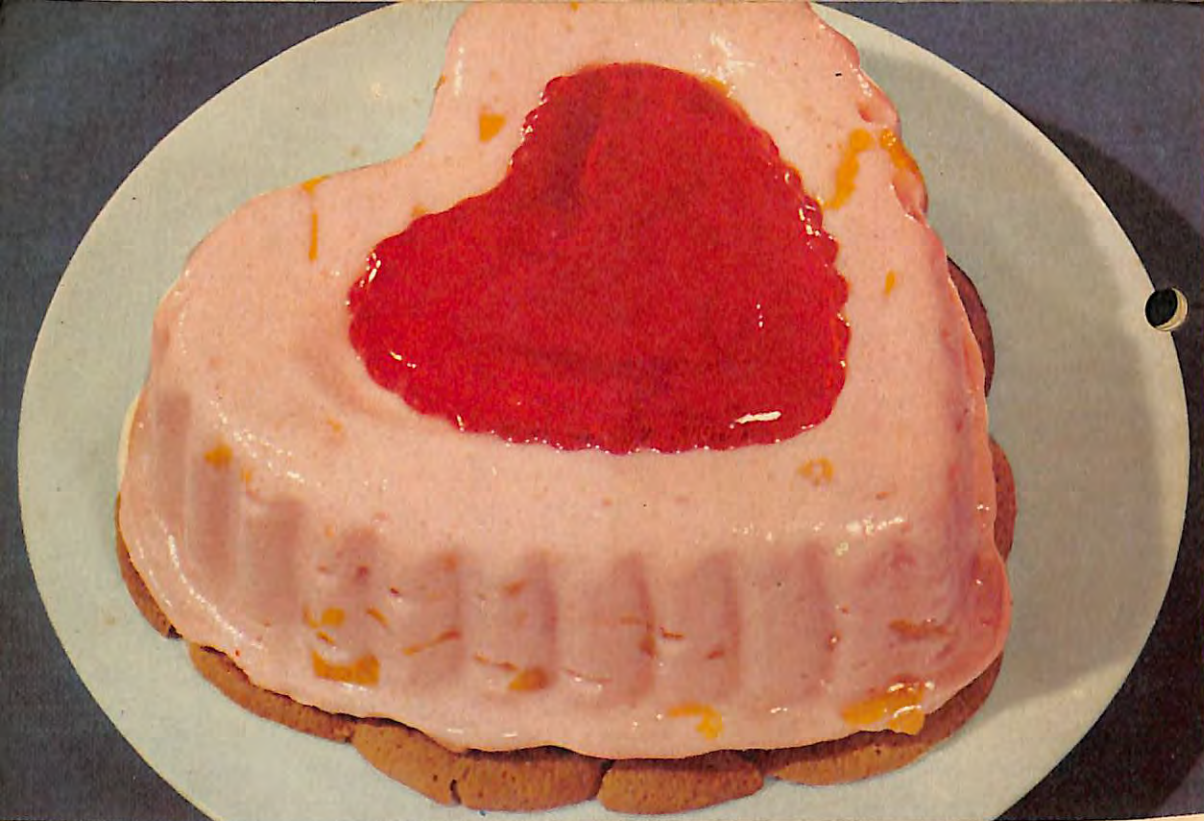


This "Approved for Vitamin D" seal is assurance to you that Irradiated Pet Milk provides an extra supply of the important vitamin which babies and children need for the proper development of their teeth and bones. The seal certifies that the Wisconsin Alumni Research Foundation makes periodic tests to determine that an extra supply of vitamin D is in Irradiated Pet Milk.



Pet Milk plants, located in the best dairying sections throughout the country, are producing millions of cases of Irradiated Pet Milk—every can up to the high standard of quality which has made Pet Milk Company an outstanding leader in the Industry it founded in 1885.

Because Irradiated Pet Milk is sterilized in sealed cans, it is as safe as if there were no disease germs in the world. Irradiated Pet Milk costs less generally than ordinary milk—less than coffee cream—much less than whipping cream.



## Valentine Dessert

A milk-rich dessert requiring no sugar

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Chill until icy cold . . . . .	{ PET MILK	{ 6 tablesp.	{ 3/4 cup
2. Rub with vegetable oil a heart-shaped mold or loaf pan holding about . . . . .	{	{ 2 1/2 cups	{ 5 cups
3. Drain and save juice from . . . . .	{ cooked or canned sliced PEACHES*	{ 3/4 cup	{ 1 1/2 cups
4. There should be 6 tablesp. juice for 3 and 3/4 cup juice for 6. If not, add water.			
5. Heat peach juice to boiling, then add and stir until dissolved . . . . .	{ strawberry-flavored GELATIN SALT	{ 1/2 package few grains	{ 1 package 1/8 teasp.
6. Chill until mixture begins to thicken. Cut drained peaches into small pieces; fold into gelatin mixture. Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff. Fold into peach mixture. Put into prepared mold.			
7. Arrange on top of mixture . . . . .	{ 2-inch VANILLA WAFERS	{ 6	{ 10
8. Chill until firm. Turn out with vanilla wafers on the bottom. Serve at once.			

\*Fruit cocktail, apricots or prunes may replace the peaches.

To garnish with red heart as illustrated, remove 2 tablesp. of gelatin mixture for 3 and 1/4 cup for 6 before adding the fruit; chill in small heart mold.

## Vegetable Scallops

A satisfying main dish for a meatless meal

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven and set at moderately slow (350° F.)				
2. Grease 2, 4 or 6 individual baking dishes or custard cups.				
3. Mix together . . . . .	{ soft BREAD CRUMBS PET MILK diluted with LIQUID off corn	{ 2/3 cup 1/3 cup 3 tablesp.	{ 1 1/3 cups 2/3 cup 1/3 cup	{ 2 cups 1 cup 1/2 cup
4. Let stand until milk is absorbed, or about 5 minutes.				
5. Cook slowly for 5 minutes . . . . .	{ coarsely cut ONION coarsely cut GREEN PEPPER BUTTER or other shortening	{ 3 tablesp. 4 teasp. 2 teasp.	{ 1/3 cup 2 1/2 tablesp. 4 teasp.	{ 1/2 cup 1/4 cup 2 tablesp.
6. Then add . . . . .	{ canned, whole kernel CORN, drained SALT PEPPER	{ 3/4 cup 1/8 teasp. few grains	{ 1 1/2 cups 1/4 teasp. few grains	{ 2 1/4 cups 1/3 teasp. 1/8 teasp.
7. Heat thoroughly, then divide among the greased baking dishes.				
8. Then add to bread mixture and mix well . . . . .	{ well-beaten EGG SALT grated AMERICAN CHEESE or diced, packaged variety	{ 1 1/4 teasp. 1 cup 3 ounces	{ 1 1/2 teasp. 1 3/4 cups 1/3 pound	{ 2 3/4 teasp. 2 1/2 cups 1/2 pound
9. Divide among baking dishes. Set in pan containing an inch of hot water.				
10. Bake 40 minutes, or until mixture is firm to the touch. Turn out and serve at once with Tomato Cream Sauce (See Index).				



# Macaroni Cheese Cutlets Photograph on front cover

*A meatless main dish furnishing a good source of protein*

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Boil until tender . . . . .	<i>broken</i> MACARONI or spaghetti in boiling WATER SALT	1/3 cup 2 1/2 cups 1/2 teasp.	3/4 cup 4 1/2 cups 1 teasp.	1 1/4 cups 6 cups 1 1/2 teasp.
2. Drain and rinse with cold water. Chop coarsely.				
3. Drain and save liquid off . . . . .	<i>cooked or canned</i> PEAS	3/4 cup	1 1/2 cups	2 1/4 cups (No. 2 can)
4. Mix together in sauce-pan . . . . .	FLOUR SALT PEPPER	1 tablesp. 1/4 teasp. few grains	2 tablesp. 1/2 teasp. 1/8 teasp.	3 tablesp. 3/4 teasp. 1/4 teasp.
5. Stir in slowly . . . . .	PET MILK LIQUID off peas	1/3 cup 4 teasp.	2/3 cup 2 1/2 tablesp.	1 cup 1/4 cup
6. Boil slowly for 2 minutes, or until mixture thickens.				
7. Add . . . . .	<i>grated</i> AMERICAN CHEESE or <i>diced</i> , <i>packaged variety</i> <i>grated</i> ONION	1/2 cup 1 1/2 ozs. 1/2 teasp.	1 cup 3 ozs. 1 teasp.	1 1/2 cups 4 1/2 ozs. 1 1/2 teasp.
8. Stir until cheese melts. Remove from heat, add macaroni and drained peas.				
9. Pack into a shallow pan. Chill until firm.				
10. Turn on oven and set at moderately slow (375° F.).				
11. Roll into fine crumbs	CORN FLAKES	1 1/3 cups	2 2/3 cups	4 cups
12. Cut cold macaroni mixture into 2, 4 or 6 pieces suitable for serving.				
13. Roll in corn flake crumbs. Put in greased, shallow baking pan.				
14. Dot tops with bits of	BUTTER or other shortening	2 teasp.	4 teasp.	2 tablesp.
15. Bake 20 minutes, or until "cutlets" are thoroughly hot. Serve at once. If desired, insert short piece of uncooked macaroni in each "cutlet" and cover with paper frill as illustrated on front cover.				

## Pet Gravy

*By using vegetable liquid you add valuable minerals and vitamins*

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Drain off all fat remaining in meat pan but		1 tablesp.	2 tablesp.	3 tablesp.
2. Blend in . . . . .	FLOUR or cornstarch SALT PEPPER	1 tablesp. 1 1/2 teasp. 1/4 teasp. few grains	2 tablesp. 1 tablesp. 1/2 teasp. few grains	3 tablesp. 1 1/2 tablesp. 3/4 teasp. 1/8 teasp.
3. Stir until brown.				
4. Then stir in slowly . . . . .	<i>vegetable</i> LIQUID*	1/3 cup	1/2 cup	3/4 cup
5. Boil 2 minutes, stirring constantly.				
6. Add . . . . .	PET MILK	1/3 cup	1/2 cup	3/4 cup
7. Heat thoroughly, but do not boil. Serve at once.				

\*Meat stock or water may be substituted for liquid drained off cooked or canned vegetables. Bacon fat or meat drippings may be used instead of fat remaining from fried or roasted meat.

# Black-Eyed Peas and Meat Balls

*A hearty main dish that is a real meat extender*

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Wash and drain . . . . .	<i>black-eyed</i> PEAS*	1/2 cup	1 cup	1 1/2 cups
2. Soak for 6 hours, or over night in . . . . .	WATER	1 1/4 cups	1 3/4 cups	2 1/4 cups
3. Do not drain.				
4. Put in saucepan with	<i>canned</i> TOMATOES, <i>undrained</i> SALT PEPPER	1 1/4 cups 3/4 teasp. few grains	2 2/3 cups 1 1/4 teasp. few grains	3 1/2 cups 2 teasp. 1/8 teasp.
5. Cover and boil slowly for 2 hours, or until peas are tender.				
6. Meanwhile, mix together thoroughly . . . . .	<i>twice-ground</i> BEEF, <i>shoulder or chuck</i> PET MILK <i>finely cut</i> ONION rolled OATS SALT PEPPER	2/3 cup (1/3 lb.) 3 tablesp. 4 teasp. 4 teasp. 1/4 teasp. few grains	1 1/3 cups (2/3 lb.) 1/3 cup 2 1/2 tablesp. 2 1/2 tablesp. 1/2 teasp. few grains	2 cups (1 lb.) 1/2 cup 1/4 cup 1/4 cup 3/4 teasp. 1/8 teasp.
7. With wet fingers, shape meat mixture into		4, 8 or 12 balls.		
8. Roll balls in . . . . .	FLOUR	1 tablesp.	2 tablesp.	3 tablesp.
9. Brown balls slowly in	<i>hot</i> BACON FAT or <i>other shortening</i>	4 teasp.	2 1/2 tablesp.	1/4 cup
10. Push meat to one side and add . . . . .	<i>finely cut</i> ONION	3 tablesp.	1/3 cup	1/2 cup
11. Cook for 5 minutes. Sprinkle any remaining flour over the onions.				
12. Add peas and tomatoes, mix well and cook 5 minutes longer, or until mixture thickens.				
13. Heat slowly to boil . . . . .	PET MILK	3 tablesp.	1/3 cup	1/2 cup
14. Remove both mixtures from heat, then stir tomato mixture into hot milk. Serve at once.				

\*Green or yellow dried peas or dried lima beans, kidney beans or navy beans may also be used.

## Peas in Cheese Sauce

*Adds protein and calcium to a vegetable dish*

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together . . . . .	<i>grated</i> AMERICAN CHEESE or <i>sliced, packaged</i> <i>variety</i> PET MILK SALT PEPPER	1 cup 3 ounces 1/3 cup 1/4 teasp. few grains	1 3/4 cups 1/3 pound 2/3 cup 1/2 teasp. few grains	2 1/2 cups 1/2 pound 1 cup 3/4 teasp. 1/8 teasp.
2. Stir and cook over boiling water until mixture is smooth.				
3. Add drained . . . . .	PEAS, <i>freshly cooked</i> or <i>canned</i>	1 cup	2 cups	3 cups
4. Heat thoroughly, then serve at once as a hot vegetable, or as a filling for Vegetable Cheese Shortcakes (See Index).				

## Dixie Casserole

In which cheese and Pet Milk extend a little meat

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven and set at moderately slow (350° F.).				
2. Put through medium knife of food chopper.	{ ONION	{ 1 very small	{ 1 small	{ 1 medium
3. There should be 2 teaspoons chopped onion for 2; 4 teaspoons for 4 and 2 tablespoons for 6.				
4. Then grind.	{ smoked HAM day-old BREAD	{ 3½ ounces ½ slice	{ 7 ounces 1 slice	{ 10½ ounces 1½ slices
5. Put onion, ham and bread in bowl with.	{ cooked, diced POTATOES SALT PEPPER	{ 1⅓ cups ¼ teas. few grains	{ 2⅔ cups ½ teas. few grains	{ 4 cups ¾ teas. ½ teas.
6. Add and mix well.	{ PET MILK	{ ¼ cup	{ ½ cup	{ ¾ cup
7. Put in greased baking dish holding about.		{ 2½ cups	{ 4 cups	{ 6 cups
8. Sprinkle top with.	{ grated AMERICAN CHEESE or diced, packaged variety	{ ⅓ cup 1 ounce	{ ⅔ cup 2 ounces	{ 1 cup 3 ounces
9. Bake until mixture is bubbly hot and lightly browned, or about.		{ 15 minutes	{ 20 minutes	{ 30 minutes
10. Serve from the dish.				

## Spaghetti with Meat Sauce

In which spaghetti and a milk-rich sauce extend a little meat

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Boil until tender.	{ broken SPAGHETTI or macaroni in boiling WATER SALT	{ ⅔ cup 4 cups 1 teas.	{ 1⅓ cups 6 cups 1½ teas.	{ 2 cups 8 cups 2 teas.
2. Drain and rinse with hot water. Keep hot.				
3. Cook until brown, stirring frequently.	{ ground BEEF or veal in hot BACON FAT or other shortening	{ ¼ lb. 1 tablesp.	{ ½ lb. 2 tablesp.	{ ¾ lb. 3 tablesp.
4. Add and cook 5 minutes longer, stirring occasionally.	{ finely cut ONION finely cut GREEN PEPPER	{ 2 tablesp. 4 teas.	{ ¼ cup 2½ tablesp.	{ 6 tablesp. ¼ cup
5. Blend in a mixture of	{ FLOUR SALT CHILI POWDER	{ 4 teas. ⅓ teas. ⅓ teas.	{ 2½ tablesp. ¾ teas. ⅔ teas.	{ ¼ cup 1¼ teas. 1 teas.
6. Stir in slowly.	{ WATER	{ ⅓ cup	{ ¾ cup	{ 1¼ cups
7. Boil 2 minutes, stirring constantly.				
8. Meanwhile, heat slowly to boiling point.	{ PET MILK	{ ½ cup	{ 1 cup	{ 1⅔ cups (1 tall can)
9. Stir meat mixture into hot milk. Do not heat after combining the two mixtures. Pour over hot spaghetti and serve at once.				



## Vegetable Cheese Shortcakes

A satisfying main course for a meatless meal

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven and set at hot (425° F.).				
2. Sift before measuring.	{ all-purpose FLOUR*	{ ⅔ cup	{ 1⅓ cups	{ 2 cups
3. Resift into bowl with.	{ BAKING POWDER SALT	{ 1¼ teas. ⅓ teas.	{ 2½ teas. ⅔ teas.	{ 3¾ teas. 1 teas.
4. Work into flour mixture with pastry blender or fork.	{ cold SHORTENING	{ 2 tablesp.	{ ¼ cup	{ 6 tablesp.
5. Stir in with fork.	{ PET MILK diluted with WATER	{ 2 tablesp. 2 tablesp.	{ ¼ cup ¼ cup	{ 6 tablesp. 6 tablesp.
6. Turn out on floured board. Knead a few seconds until dough is smooth. Roll to ¼-inch thickness. Cut into 4, 8 or 12 rounds with floured 2½-inch cutter. Cut 1-inch holes in half of rounds. Knead together remaining pieces and "centers" of dough, then roll and cut.				
7. Put rounds on baking sheet; top with remaining rings.				
8. Bake 12 minutes, or until browned.				
9. Split shortcakes and put together with Peas in Cheese Sauce (See Index).				
<b>*To Substitute Prepared Biscuit Flour for All-Purpose Flour:</b>				
1. Put in mixing bowl.	{ prepared biscuit FLOUR	{ ⅔ cup	{ 1⅓ cups	{ 2 cups
2. Omit baking powder, salt and shortening.				
3. Stir in diluted milk and proceed as directed for all-purpose flour.				
<b>For Plain Shortcakes,</b> bake as directed above omitting the Peas in Cheese Sauce.				
<i>Note: You will have perfect success with these recipes in any altitude up to 3,000 feet. If you live in a higher altitude, see bottom of inside back cover.</i>				

## Plantation Pie

A meatless main dish furnishing excellent protein in the eggs, Pet Milk and peanut butter

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Drain and save liquid from . . . . .	<i>cooked or canned</i> PEAS	3/4 cup	1 1/2 cups	2 1/4 cups (No. 2 can)
2. Cook slowly for 5 minutes . . . . .	<i>cooked or canned</i> diced CARROTS	1/2 cup	1 cup	1 1/2 cups
	<i>finely cut</i> ONION in BACON FAT or other shortening	2 teasp.	4 teasp.	2 tablesp.
		2 teasp.	1 tablesp.	1 1/2 tablesp.
3. Blend in . . . . .	FLOUR	1 tablesp.	2 tablesp.	3 tablesp.
	SALT	1/4 teasp.	1/2 teasp.	3/4 teasp.
	PEPPER	few grains	few grains	1/8 teasp.
4. Stir in . . . . .	<i>vegetable</i> LIQUID	1/3 cup	1/2 cup	3/4 cup
5. Boil 2 minutes, stirring constantly.				
6. Then stir in . . . . .	PET MILK	6 tablesp.	3/2 cup	1 cup
7. Add drained vegetables and . . . . .	<i>sliced, hard-cooked</i> EGGS	1	2	3
8. Put in shallow baking dish holding about		2 1/2 cups	4 cups	6 cups
9. Let stand.				
10. Turn on oven and set at hot (425° F.).				
11. Sift before measuring . . . . .	<i>all-purpose</i> FLOUR	1/2 cup	1 cup	1 1/2 cups
12. Resift with . . . . .	BAKING POWDER	1 teasp.	2 teasp.	3 teasp.
	SALT	1/4 teasp.	1/2 teasp.	3/4 teasp.
13. Work in with pastry blender or fork . . . . .	PEANUT BUTTER	4 teasp.	2 1/2 tablesp.	1/4 cup
	<i>cold</i> SHORTENING	2 teasp.	4 teasp.	2 tablesp.
14. When mixture has appearance of small peas, stir in with fork . . . . .	PET MILK <i>diluted with</i> WATER	4 teasp.	2 1/2 tablesp.	1/4 cup
		4 teasp.	2 1/2 tablesp.	1/4 cup
15. Turn out on lightly floured board. Knead lightly a few seconds, or until dough is smooth. Roll into a round 1/2 inch thick and large enough to fit the baking dish. Put on top of hot vegetable mixture.				
16. Bake until top is browned, or about . . . . .		15 minutes	18 minutes	20 minutes

Note: You will have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude, see bottom of inside back cover.

## French Dressing

Puts some milk into a dressing which ordinarily doesn't contain a drop

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Put in mixing bowl . . . . .	SALT	1 teasp.	2 teasp.	3 teasp.
	PEPPER	1/2 teasp.	1 teasp.	1 1/2 teasp.
	PAPRIKA	1/2 teasp.	1 teasp.	1 1/2 teasp.
2. Stir in . . . . .	VINEGAR	1/4 cup	1/2 cup	3/4 cup
3. Stir in slowly . . . . .	SALAD OIL	1/2 cup	1 cup	1 1/2 cups
4. Stir into . . . . .	PET MILK	2 tablesp.	4 tablesp.	6 tablesp.
5. Beat with rotary egg beater until well blended before serving. Serve on vegetable or egg salads or green salads, or use for any purpose you would have for French dressing.				

## Creamed Vegetables

By using vegetable liquid you add minerals and vitamins

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Drain and save liquid from . . . . .	<i>cooked or canned</i> VEGETABLE*	1 cup	2 cups	3 cups
2. Melt in saucepan . . . . .	BUTTER or other shortening	2 teasp.	1 tablesp.	1 1/2 tablesp.
3. Blend in . . . . .	FLOUR or cornstarch	1 tablesp.	2 tablesp.	3 tablesp.
	SALT	1 1/2 teasp.	1 tablesp.	1 1/2 tablesp.
	PEPPER	1/4 teasp.	1/2 teasp.	3/4 teasp.
		few grains	few grains	1/8 teasp.
4. Stir in slowly . . . . .	LIQUID off vegetable	1/3 cup	1/2 cup	3/4 cup
5. Boil 2 minutes, stirring constantly.				
6. Stir in . . . . .	PET MILK	1/3 cup	1/2 cup	3/4 cup
7. Add drained vegetable and heat thoroughly, but do not boil. Serve at once.				

\*Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, celery cabbage, corn, eggplant, green beans, kohlrabi, lima beans, mushrooms, onions, parsnips, peas, potatoes, rutabagas, turnips or wax beans may be used.

For Creamed Meat, substitute diced, cooked or canned meat for the vegetable. Meat stock may be substituted for the vegetable liquid for added flavor.

For Creamed Fish, substitute flaked fish or seafood, cooked or canned, for the vegetable. Water may be substituted for the vegetable liquid.

For Creamed Eggs, substitute sliced, hard-cooked eggs for the vegetable, using 2, 4 or 6 eggs. Meat stock or water may be substituted for vegetable liquid, if desired.

## Sweet Potatoes and Apples

Puts a yellow vegetable, a fruit and whole milk in one dish

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven and set at moderate (375° F.).				
2. Grease a shallow baking dish holding about		2 1/2 cups	4 cups	6 cups
3. Cook slowly for 5 minutes . . . . .	<i>finely cut</i> ONION in BACON FAT or other shortening	4 teasp.	2 1/2 tablesp.	1/4 cup
		2 teasp.	4 teasp.	2 tablesp.
4. Mash thoroughly . . . . .	SWEET POTATOES, freshly cooked or canned	2/3 cup	1 1/3 cups	2 cups
5. Add cooked onion mixture and . . . . .	soft BREAD CRUMBS, whole wheat or white	1 cup	2 cups	3 cups
	<i>finely diced, pared</i> APPLES	1/2 cup	1 cup	1 1/2 cups
	SALT	1/3 teasp.	3/4 teasp.	1 1/4 teasp.
	PEPPER	few grains	few grains	1/8 teasp.
6. Then add . . . . .	PET MILK	1/3 cup	2/3 cup	1 cup
7. Mix thoroughly.				
8. Put in baking dish, cover and bake . . . . .		40 minutes	50 minutes	1 hour

For Sweet Potato Stuffing, use this mixture in stuffing 2, 4 or 6 thick pork chops, or a 2 1/2-lb. chicken for 2; a 3 1/2-lb. chicken for 4 and a 5-lb. chicken for 6.



## Pancakes

Puts some vitamin D and calcium in a hot bread

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Put in mixing bowl. . .	{ prepared PANCAKE FLOUR	{ 2/3 cup	{ 1 1/3 cups	{ 2 cups
2. Stir in gradually. . . . .	{ PET MILK diluted with WATER	{ 1/3 cup	{ 2/3 cup	{ 1 cup
		{ 1/3 cup	{ 2/3 cup	{ 1 cup
3. Do not beat until smooth, as overbeating toughens pancakes. The lumps are bits of shortening and will disappear in the baking. Bake on hot, slightly greased griddle until bubbles appear and edges are cooked, then turn and brown on other side. Serve with butter, syrup, honey, jelly or preserves.				
4. Makes . . . . .	{ 9 four-inch pancakes	{ 18 four-inch pancakes	{ 27 four-inch pancakes	

**For Waffles**, follow above recipe for pancakes, adding just before baking 1 tablesp. melted butter or other shortening for 2; 2 tablesp. for 4 and 3 tablesp. for 6. Pour about 1/2 cup of batter into hot, preheated waffle baker. Close quickly and bake about 4 minutes, or until brown. Makes 2, 4 or 6 seven-inch waffles.

## Tomato Cream Sauce

(using canned, condensed soup as a base)  
To help you meet your family's calcium requirements

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Melt in saucepan. . . . .	{ BUTTER or other shortening	{ 1 teasp.	{ 2 teasp.	{ 1 tablesp.
2. Add and cook slowly for 5 minutes. . . . .	{ finely cut ONION	{ 2 teasp.	{ 4 teasp.	{ 2 tablesp.
3. Stir in. . . . .	{ condensed TOMATO SOUP	{ 6 tablesp.	{ 3/4 cup	{ 10 1/2-oz. can
	{ SALT	{ few grains	{ 1/8 teasp.	{ 1/4 teasp.
	{ PEPPER	{ few grains	{ few grains	{ 1/8 teasp.
4. Heat to boiling point.				
5. Meanwhile, scald over boiling water. . . . .	{ PET MILK	{ 1/4 cup	{ 1/2 cup	{ 3/4 cup
6. Stir hot soup mixture into hot milk. Serve at once on Vegetable Scallops (See Index), cooked macaroni, spaghetti or rice. Do not cook after mixing.				

### To Substitute Canned Tomatoes for the Soup:

1. Blend into above onion mixture. . . . .	{ FLOUR or cornstarch	{ 2 teasp.	{ 4 teasp.	{ 2 tablesp.
	{ SALT	{ 1 teasp.	{ 2 teasp.	{ 1 tablesp.
	{ PEPPER	{ 1/4 teasp.	{ 1/2 teasp.	{ 3/4 teasp.
		{ few grains	{ few grains	{ 1/8 teasp.
2. Stir in, then boil 5 minutes. . . . .	{ cooked or canned TOMATOES	{ 1/2 cup	{ 1 cup	{ 1 1/2 cups
3. Stir into hot milk as directed above.				

## Whipped Pet Milk Topping (using lemon juice)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Put in small bowl. . .	{ chilled PET MILK	{ 1/4 cup	{ 1/3 cup	{ 1/2 cup
	{ granulated SUGAR	{ 1 1/2 teasp.	{ 2 teasp.	{ 1 tablesp.
2. Whip with rotary egg beater, or electric beater at high speed, until fluffy.				
3. Then add. . . . .	{ LEMON JUICE	{ 1 1/2 teasp.	{ 2 teasp.	{ 1 tablesp.
4. Continue whipping until stiff. Serve as a topping on beverages, fruit salads, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.				

## Pet Butter Spread

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Put in mixing bowl and let stand at room temperature until soft. . . . .	{ BUTTER or fortified margarine	{ 1/2 cup (1/4 lb.)	{ 1 cup (1/2 lb.)
	{ SALT	{ few grains	{ 1/8 teasp.
2. Work in gradually, about 2 table- spoons at a time. . . . .	{ PET MILK (room temperature)	{ 6 tablesp.	{ 3/4 cup
3. Beat with spoon, rotary egg beater, or electric beater at low speed, until well blended.			
4. Serve on pancakes, hot breads or waffles, or use as a sandwich spread.			
5. Makes about. . . . .		{ 1/2 pound	{ 1 pound

# SOURCES OF ESSENTIAL FOODS

## 1. Body-building Foods (to supply protein)

meat, glandular meats, poultry, fish, sea-food, eggs, cheese, milk, malted milk powder, nuts, peanuts, beans, peas, lentils and whole grain cereals

## 2. Energy Foods (starches, sugars and fats)

### (a) starches:

cereals, breads, crackers, flour, cocoa, potatoes, starchy vegetables, spaghetti, macaroni, rice, noodles, etc.

### (b) sugars:

sugars, molasses, fruits, honey and syrups

### (c) fats:

butter, lard, margarine, shortening, vegetable oils, salad oil, salad dressing, meat fats, cream, cheese, nuts, chocolate, etc.

## 3. Body-regulating Foods (to supply minerals and vitamins)

### (a) minerals:

**Calcium**—for bones and teeth  
milk, cheese, egg yolk, green vegetables (especially the green leafy ones), molasses, almonds and Brazil nuts

**Phosphorus**—for bones, teeth, muscles, brain and nerves

meat, glandular meats, poultry, fish, eggs, cheese, beans, peas, lentils, milk, peanuts and whole grain cereals

**Iron**—to build and maintain blood

meat, glandular meats, poultry, oysters, clams, scallops, eggs, green vegetables (especially the green leafy ones), lentils,

dried fruits, whole grain cereals, whole wheat or enriched flour and bread and molasses

### (b) vitamins:

**A**—Deficiency causes night blindness, rough, dry skin, low body resistance

milk, eggs, butter, liver, kidney, cream, fish liver oils, green and yellow vegetables and red tomatoes

**B<sub>1</sub>** (thiamin)—Deficiency causes lack of appetite, nervous disorders and general weakness

meat, glandular meats, pork, potatoes, green vegetables, beans, peas, lentils, peanuts, whole wheat or enriched flour and enriched bread

**B<sub>2</sub>** (riboflavin) or **G**—Deficiency causes sores in angles of mouth and burning eyelids

meat, glandular meats, milk, cheese, wheat germ, yellow, red and green vegetables, some fruits, especially dried apricots and prunes, and yeast

**Nicotinic Acid** (niacin)—Deficiency causes pellagra and digestive disturbances

milk, cheese, liver, lean beef, eggs, wheat germ, red, yellow and green vegetables, dried apricots and prunes

**C** (ascorbic acid)—Deficiency causes pyorrhea, gum infections, dental cavities, scurvy and anemia

fruits, especially citrus fruits, berries, melons, tomatoes and vegetables, especially raw

**D** (calciferol)—Deficiency causes impaired formation and maintenance of teeth and bones

fish liver oil, liver, butter, eggs, Irradiated Pet Milk and sunshine

Save vitamins and minerals by cooking vegetables in as little water and for as short a time as possible. Use the cooking water or juices in soups, sauces or gravies. Do not use soda in cooking vegetables.

Use this guide to help you plan 3 well-balanced meals a day.

Breakfast	{	fruit cereal bread and butter milk for children coffee or tea for adults	Lunch or Supper	{	milk soup or milk beverage egg, cheese or meat substitute vegetable (green or yellow) bread and butter fruit	Dinner	{	meat, poultry or fish (meat substitute occasionally) potato or sweet potato vegetables (one to be a leafy kind) bread and butter milk beverage for children fruit or simple dessert
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By using the recipes in this book, you can put into the day's meals the following foods which nutrition authorities agree we need to eat regularly to maintain physical fitness.

## Whole milk (Irradiated Pet Milk)

in Basic Cream Soup p. 28—Pancakes p. 22—Hot Cocoa or Chocolate p. 4

For children: 1 quart every day  
For adults: 1 pint every day

Note: 2 cups (1 pint) undiluted Pet Milk should be counted as 1 quart of whole milk. Pet Milk diluted with an equal part of water contains 4.08 per cent butterfat.

## Cheese (which is a form of milk)

in Vegetable Scallops p. 15—Macaroni Cheese Cutlets p. 16

For children and adults: Part of the daily milk may be in the form of cheese

## Potatoes

in Dixie Casserole p. 18—Sweet Potatoes and Apples p. 21 and Mashed Potatoes p. 26

For children and adults: 1 medium serving of potatoes or sweet potatoes every day

## Oranges, Tomatoes, Grapefruit, Lemons

in Foamy Lemon Sauce p. 8—Tamale Pie p. 7—Tomato Cream Sauce p. 23

For children and adults: 1 serving of tomatoes or citrus fruit every day

## Other Fruits

in Fruit Bread p. 4—Valentine Dessert p. 14 and Cranberry Pudding p. 8

For children and adults: 1 serving every day in addition to the serving of tomatoes or citrus fruit

## Green or yellow vegetables

in Creamed Vegetables p. 21—Vegetable Cheese Shortcakes p. 19

For children and adults: 1 large serving or more every day—some raw, some cooked

## Other vegetables

in Cream of Onion Soup p. 28—Horse-Radish Beets p. 9 and Creamed Vegetables p. 21

For children and adults: 1 medium serving every day

## Dried beans, peas or lentils

in Black-Eyed Peas and Meat Balls p. 17

For children and adults: 1 medium serving of dried beans, peas or lentils 2 to 4 times a week

## Eggs

in Plantation Pie p. 20—Cherry Cream Pie p. 27 and Creamed Eggs p. 21

For children and adults: 3 to 4 a week—if possible, 1 egg every day

## Meats, poultry and fish

in Victory Meat Patties, p. 3—Lunch Box Sandwiches p. 11 and Dixie Casserole p. 18

For children and adults: 1 or 2 servings every day

## Cereal

in Spoon Bread p. 5—Tamale Pie p. 7

For children: 3 to 6 slices of bread, preferably whole grain, and 1 serving of whole grain cereal

For adults: 1 or more servings of bread at every meal with 1 serving of cereal once a day

## Butter and other fats (peanut butter, salad oils, etc.)

in Pet Mayonnaise p. 26—Cranberry Waldorf Salad p. 26—French Dressing p. 20 and Pet Butter Spread p. 23

For children: 2 to 3 tablespoons butter every day

For adults: 2 tablespoons butter every day

## Molasses, sugars, honey and syrups

in Peach Upside Down Cake p. 6—Cherry Cream Pie p. 27 and Fruit Bread p. 4

For children and adults: Most authorities approve the daily serving of 1 simple dessert containing these ingredients

## Cranberry Waldorf Salad

The lemon juice, raw fruits and celery furnish vitamin C

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together in bowl	SALT PAPRIKA SUGAR PEPPER	$\frac{1}{8}$ teasp. $\frac{1}{8}$ teasp. $\frac{1}{2}$ teasp. few grains	$\frac{1}{4}$ teasp. $\frac{1}{4}$ teasp. 1 teasp. few grains	$\frac{1}{2}$ teasp. $\frac{1}{2}$ teasp. $1\frac{1}{2}$ teasp. $\frac{1}{8}$ teasp.
2. Stir in . . . . .	PET MILK	$2\frac{1}{2}$ tablesp.	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
3. Add gradually while stirring . . . . .	SALAD OIL	4 teasp.	$2\frac{1}{2}$ tablesp.	$\frac{1}{4}$ cup
4. Then stir in . . . . .	LEMON JUICE	1 tablesp.	2 tablesp.	3 tablesp.
5. Chill while preparing the following:				
6. Wash, then dry on towel and slice . . . . .	raw CRANBERRIES	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
7. Put in bowl with . . . . .	diced, unpared APPLES	$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups
	diced CELERY	$\frac{1}{3}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cups
8. Add chilled dressing and serve at once on lettuce or other salad greens, if desired.				

## Mashed Potatoes

By using the potato water you retain important minerals and vitamins

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Pare and quarter . . . . .	medium-sized POTATOES	2 ( $\frac{3}{4}$ lb.)	4 ( $1\frac{1}{2}$ lbs.)	6 ( $2\frac{1}{4}$ lbs.)
2. Cover and boil about 20 minutes, or until tender in . . . . .	boiling WATER	$1\frac{1}{3}$ cups	$2\frac{1}{2}$ cups	3 cups
3. Drain and save 4 teaspoons potato water for 2; 8 teaspoons potato water for 4 and $\frac{1}{4}$ cup potato water for 6.				
4. Mash potatoes thoroughly.				
5. Add potato water and	hot PET MILK	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
	SALT PEPPER	$\frac{1}{2}$ teasp. few grains	1 teasp. few grains	$1\frac{1}{2}$ teasp. $\frac{1}{8}$ teasp.
6. Beat until light and fluffy. Serve at once.				

## Pet Mayonnaise

Puts some milk into a dressing which usually doesn't contain a drop

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together in bowl	SALT PAPRIKA dry MUSTARD PEPPER	$\frac{1}{4}$ teasp. $\frac{1}{4}$ teasp. $\frac{1}{4}$ teasp. few grains	$\frac{1}{2}$ teasp. $\frac{1}{2}$ teasp. $\frac{1}{2}$ teasp. $\frac{1}{8}$ teasp.	$\frac{3}{4}$ teasp. $\frac{3}{4}$ teasp. $\frac{3}{4}$ teasp. $\frac{1}{4}$ teasp.
2. Stir in . . . . .	PET MILK	3 tablesp.	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
3. Beat in gradually . . . . .	SALAD OIL	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups
4. Stir in . . . . .	LEMON JUICE	4 teasp.	$2\frac{1}{2}$ tablesp.	$\frac{1}{4}$ cup
5. Makes . . . . .		$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups
6. Keep in refrigerator in covered jar and use as needed.				



## Cherry Cream Pie

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Melt . . . . .	BUTTER	2 teasp.	4 teasp.	2 tablesp.
2. Blend in mixture of . . . . .	SUGAR	3 tablesp.	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
	CORNSTARCH SALT	4 teasp. $\frac{1}{8}$ teasp.	$2\frac{1}{2}$ tablesp. $\frac{1}{4}$ teasp.	$\frac{1}{4}$ cup $\frac{1}{2}$ teasp.
3. Stir in . . . . .	PET MILK	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
	diluted with WATER	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
4. Place over boiling water. Stir and cook 20 minutes after water starts to boil.				
5. Remove from heat and stir into . . . . .	slightly beaten EGG YOLK	1	1	2
6. Return to heat and cook 2 minutes longer.				
7. Add . . . . .	VANILLA	$\frac{3}{4}$ teasp.	$1\frac{1}{2}$ teasp.	2 teasp.
8. Cool thoroughly.				
9. Drain well . . . . .	pitted CHERRIES*	$\frac{2}{3}$ cup	$1\frac{1}{3}$ cups	2 cups (No. 2 can)
10. Put in cold Baked Pastry Shell (See Index). Cover with cooled custard.				
11. Beat until stiff but not dry . . . . .	EGG WHITE	1	1	2
12. Beat in gradually . . . . .	SUGAR	2 tablesp.	2 tablesp.	$\frac{1}{4}$ cup
13. Spread on top of pie. Bake in slow oven ( $300^{\circ}$ F.) 15 minutes, or until brown.				

\*Cherries may be cooked or canned and either the sweet, sour or tart variety.

# Basic Cream Soup

for making a variety of vegetable cream soups

Each serving of any one of these delicious cream soups contains 1/2 cup of whole milk

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Cook together in deep saucepan for 5 minutes..	<i>finely cut</i> ONION in BUTTER or other shortening	2 teasp. 1 1/2 teasp.	4 teasp. 1 tablesp.	2 tablesp. 1 1/2 tablesp.
2. Blend in.....	FLOUR or cornstarch SALT PEPPER	2 teasp. 1 teasp. 1/4 teasp. few grains	4 teasp. 2 teasp. 1/2 teasp. few grains	2 tablesp. 1 tablesp. 3/4 teasp. 1/8 teasp.
3. Stir in slowly.....	LIQUID off vegetable or meat broth	1/2 cup	1 cup	1 1/2 cups
4. Boil slowly for 2 minutes, stirring constantly.				
5. Add.....	PET MILK cooked or canned VEGETABLE PUREE (see note)	1/2 cup 1/3 cup	1 cup 2/3 cup	1 1/2 cups 1 cup
6. Heat thoroughly and serve at once.				

NOTE: Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, cucumbers, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve may be used. Cream style corn may be used just as it comes from the can. Cooked or canned mushrooms, finely chopped, may also be substituted for the vegetable puree, if mushroom liquid is used to dilute Pet Milk instead of vegetable liquid or meat broth.

**Cream of Tomato Soup:** Prepare the recipe for Basic Cream Soup, but heat the tomato puree separately. When both mixtures are piping hot, remove from heat and stir hot tomato puree into the hot milk mixture. Serve at once without further heating.

# Cream of Onion Soup

Puts some vitamin D and calcium in a soup

DIRECTIONS	INGREDIENTS	FOR 3	FOR 6
1. Boil 15 minutes, or until tender..	<i>thinly sliced</i> ONIONS in boiling WATER SALT	1 1/2 cups 1 1/2 cups 1/3 teasp.	3 cups 3 cups 3/4 teasp.
2. Drain and save liquid. There should be 3/4 cup liquid for 3 and 1 1/2 cups for 6. If not, add water.			
3. Push drained onions through a sieve. There should be 1/2 cup puree for 3 and 1 cup for 6.			
4. Melt in saucepan.....	BUTTER or other shortening	2 1/4 teasp.	1 1/2 tablesp.
5. Blend in.....	FLOUR or cornstarch SALT PEPPER	1 tablesp. 1 1/2 teasp. 1/3 teasp. few grains	2 tablesp. 1 tablesp. 3/4 teasp. 1/8 teasp.
6. Stir in onion liquid. Boil 2 minutes, stirring constantly.			
7. Then stir in the onion puree and..	PET MILK	3/4 cup	1 1/2 cups
8. Heat thoroughly, but do not boil. Serve at once.			

Macaroni Cheese Cutlets are illustrated on the front cover and Rainbow Custard Pudding is illustrated on the back cover of this book.

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NOTE: Recipes starred (\*) are illustrated

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**TEMPTING, THRIFTY, WARTIME MEALS**  
for 2 and 4 and 6  
**WITH SOME MEATLESS MENUS**

