You can save on your milk bill.
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The Household Budget

The housekeeper who so plans her expenditure as to satisfy the greatest number of the family’s needs is just as certainly increasing the family income as if she were actually earning money. And the housekeeper who makes a budget for her expenditure does increase the family income by making it go further in satisfying the needs of the family.

The Fundamentals

All plans for making a budget recognize three general items as fundamental necessities for which expenditure must be made — food, clothing, and shelter. In many respects food is the most important item of the three.

Economy In Food

And, since food is of such importance to the family health and happiness, it may be said that there should be no economizing on food. Economizing, however, in the proper sense—in the “budget” sense—does not mean doing without things we want and need. It means planning to get those things with the least expenditure. To economize in this way—under the budget plan, to save on the cost of the family food without the sacrifice either of the quantity or the quality—that is economy which we may properly practice, even in the matter of food. When you consider the food problem from the budget standpoint you will find surprising possibilities of wholesome economy in the expenditure of the food item.

The Importance of Milk

The most important single item of the family food is milk. All modern authorities agree that the use
of more milk by everybody is desirable in the cause of health. Those who talk in terms of the budget tell us that something more than one-fifth of the food allowance in the budget should be spent for milk. It is surely worth while to inquire how it should be spent.

**No Place For False Economy**

The importance of such inquiry is emphasized by the fact that false economy could here so well be practiced. The quantity must not be reduced. The quality must not suffer. Milk is the most fragile article of food that comes into the home. The best of foods for human beings, it is at the same time one of the best of foods for the invisible bacteria and germs which, feeding upon it, destroy its purity, and may bring disease to the human beings who consume it. In milk, bacteria and germs strongly thrive and rapidly multiply. It is unthinkable, of course, that milk should be bought because it is cheap, if, being cheap, it may be bad.

**You Need to Know**

Attention needs to be given to the milk we buy, for the further reason that one cannot tell by looking at milk how good it is. About $87\frac{1}{2}$ per cent of all natural milk is water. Only $12\frac{1}{2}$ per cent is solid substance that has food value. It requires expert analysis to determine whether there is more or less than the normal food substance and value in milk. In the practice of household economy, therefore, it is important to know that the milk you buy is certainly clean, that it is surely of normal richness, and that it is bought for the least necessary expenditure.

On the following pages we tell you how you can secure at any time, in any place, milk that meets these essential requirements for every household use.
What Pet Milk Is

Pet Milk is pure, fresh cows' milk, concentrated. Nothing is added to the natural milk. Nothing is taken from it but part of the natural water. Pet Milk should not be confused with the sweetened condensed milk which is preserved by the addition of a large amount of sugar. Approximately fifty per cent of a can of condensed milk is sugar. In Pet Milk there is no solid substance except the natural constituents of milk in their natural proportions to each other.

Fresh, Clean Milk

"Cows' milk is the greatest blessing given man in food, but if unclean or carelessly handled, it is a breeding bed for man's deadliest enemies."

Pet Milk is always fresh and clean. Our plants are located in country towns in highly developed dairy districts where high-grade cows are well fed, well cared for, and carefully milked. The milk comes to our plants within a few hours after it comes from the cow. It is then concentrated, put in sealed containers, and sterilized. The word "fresh" as applied to milk is generally used to describe milk that is sweet as distinguished from milk that has become sour. When we say that Pet Milk is fresh, we mean that it has been protected from the things that destroy the freshness of milk.

Milk loses its freshness only when bacteria have been in it long enough and in large enough numbers to destroy its freshness—to make it sour or otherwise destroy its natural quality. Milk, as well as all other food, is attacked by bacteria as soon as it is exposed...
to the air. Once they are in the milk they multiply hour by hour unless they are destroyed, and the more numerous they become the more quickly they destroy the freshness of the milk. By our sterilization process we destroy these bacteria after the milk has been put in an air-tight can—before its freshness has been impaired.

Because no further bacteria can get in it, Pet Milk stays fresh and sweet, as when it came to our plants in the country—fresher by many hours than ordinary bottled milk when it is delivered to you. The sterilization also destroys every germ in the milk. It comes to you scientifically clean.

Always Rich Milk

Every can of Pet Milk is of definite, constant richness—more than twice as rich as ordinary milk. Putting water in milk decreases its richness. Taking water out of milk increases its richness. We make Pet Milk rich by taking out enough water to bring it above the standard of richness fixed by the United States Government. The following table shows the comparative richness of Pet Milk and ordinary cows’ milk:

<table>
<thead>
<tr>
<th></th>
<th>Cow’s Milk</th>
<th>Pet Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats</td>
<td>3.5—4%</td>
<td>7.8—8.2%</td>
</tr>
<tr>
<td>Sugar</td>
<td>4.5—4.75%</td>
<td>9.5—10.0%</td>
</tr>
<tr>
<td>Proteins</td>
<td>3.5—4%</td>
<td>7—8.2%</td>
</tr>
<tr>
<td>Salts</td>
<td>.7—.75%</td>
<td>1.5—1.6%</td>
</tr>
</tbody>
</table>

Do not confuse Pet Milk with milk preserved with sugar. In Pet Milk nothing is added to the pure milk.
Pure, Safe, Wholesome Milk for Baby
For Babies

Fresh, clean, uniformly rich, and easily digested—these are the fundamental requirements for baby's milk. Pet Milk meets these requirements. Physicians are coming more and more to recognize these wholesome qualities of Pet Milk for babies. It is always fresh and clean, as we have explained in "What Pet Milk Is."

Uniformly Rich Milk

Pet Milk is concentrated to a definite standard of richness—more than twice as rich as ordinary milk. Every drop in every can of Pet Milk is uniformly rich. Cream forms on the top of ordinary milk because the butter-fat exists in large globules that rise to the top of the milk. By a process called homogenization, we break the fat globules of the concentrated milk into such tiny particles that they do not rise to the top. In Pet Milk the butter-fat content of the milk is held in uniform solution with the other solid substances of the milk.

Easily Digested Milk

Pet Milk is more easily digested than ordinary milk. The sterilization so changes the non-fat solids of the milk as to cause them to form soft, flocculent curds instead of the hard curds which form in the course of digestion of ordinary milk. The homogenization, by breaking up the fat globules into tiny particles, makes the fat more readily assimilable by the human stomach than is the fat of ordinary cows' milk. The fat in Pet Milk is in emulsion almost identical with that of human milk. These facts are most important in connection with milk for infants and children.
Formula

The formula here given is not intended to take the place of the advice which your physician will give you about the preparation of the food for your baby. No formula can be given which will produce a food that will be of the proper strength for every infant. This formula, however, is one that approximates the strength of food which the normal, healthy child should have. With the advice of your physician, you will be able readily to adapt the formula to the needs of the particular infant.

Feedings for 24 Hours

<table>
<thead>
<tr>
<th>Hours Between Feedings</th>
<th>No. of Feedings in 24 Hours</th>
<th>Water (Boiled)</th>
<th>Sugar (Milk Sugar Preferred)</th>
<th>Pet Milk</th>
<th>Amount Each Feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st—2nd week</td>
<td>3</td>
<td>7</td>
<td>12½ oz.</td>
<td>2 teaspoons</td>
<td>1½ oz.</td>
</tr>
<tr>
<td>3rd week</td>
<td>3</td>
<td>7</td>
<td>17½ oz.</td>
<td>3 teaspoons</td>
<td>3½ oz.</td>
</tr>
<tr>
<td>4th week</td>
<td>3</td>
<td>7</td>
<td>20 oz.</td>
<td>3 teaspoons</td>
<td>4½ oz.</td>
</tr>
<tr>
<td>5th—6th week</td>
<td>3</td>
<td>7</td>
<td>23 oz.</td>
<td>5 teaspoons</td>
<td>5 oz.</td>
</tr>
<tr>
<td>7th—9th week</td>
<td>3</td>
<td>7</td>
<td>22 oz.</td>
<td>7 teaspoons</td>
<td>6 oz.</td>
</tr>
<tr>
<td>3rd month</td>
<td>3</td>
<td>7</td>
<td>24 oz.</td>
<td>7 teaspoons</td>
<td>7½ oz.</td>
</tr>
<tr>
<td>4th month</td>
<td>3</td>
<td>6</td>
<td>24 oz.</td>
<td>6 teaspoons</td>
<td>9 oz.</td>
</tr>
<tr>
<td>5th—6th month</td>
<td>4</td>
<td>5</td>
<td>20 oz.</td>
<td>5 teaspoons</td>
<td>10 oz.</td>
</tr>
<tr>
<td>7th—8th month</td>
<td>4</td>
<td>5</td>
<td>22½ oz.</td>
<td>5 teaspoons</td>
<td>12½ oz.</td>
</tr>
<tr>
<td>9th—10th month</td>
<td>4</td>
<td>5</td>
<td>25 oz.</td>
<td>4 teaspoons</td>
<td>15 oz.</td>
</tr>
<tr>
<td>11th—12th month</td>
<td>4</td>
<td>4</td>
<td>20 oz.</td>
<td>4 teaspoons</td>
<td>16 oz.</td>
</tr>
</tbody>
</table>

After the 12th month the average child will take Pet Milk diluted with an equal part water.

The nine ounce feedings will be sufficient after the 12th month since the child will have other foods.

Barley water may be used for dilution instead of plain boiled water after the fifth month.

Orange juice should be given daily after the third month. Begin with one teaspoonful of juice with three teaspoonfuls of water. Increase the juice one teaspoonful each month to the twelfth month.
Preparing the Feedings

Have as many bottles as there are feedings in the whole day.

Keep the bottles, and all utensils used in preparing the food, in boiling water several minutes before they are used. Bottles should be thoroughly washed and the inside scrubbed with a brush as soon as they are emptied.

Measure carefully the amount of Pet Milk needed for the day's feeding.

Boil the water to be used for dilution, measure carefully the amount needed, and cool before using.

Dissolve in the water, before it is cooled, the sugar to be added.

Fill the bottles accurately to the amount required, close with sterilized corks, and put them in a cool place.

New nipples should be boiled for five minutes before the first using. After each using, the nipple should be turned inside out, washed with soap and water, rinsed, and put in a glass of water to which one-half teaspoonful of soda has been added.

### Single Feedings

<table>
<thead>
<tr>
<th>Hours Between Feedings</th>
<th>No. of Feedings in 24 hours</th>
<th>Water (Boiled)</th>
<th>Sugar (Milk Sugar Preferred)</th>
<th>Pet Milk</th>
<th>Amount Each Feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st—2nd week</td>
<td>3</td>
<td>7</td>
<td>1 3/4 oz.</td>
<td>1/4 tea</td>
<td>1/4 oz.</td>
</tr>
<tr>
<td>3rd week</td>
<td>3</td>
<td>7</td>
<td>2 1/2 oz.</td>
<td>1/4 tea</td>
<td>1/2 oz.</td>
</tr>
<tr>
<td>4th week</td>
<td>3</td>
<td>6</td>
<td>3 oz.</td>
<td>1/4 tea</td>
<td>3/4 oz.</td>
</tr>
<tr>
<td>5th—6th week</td>
<td>3</td>
<td>7</td>
<td>3 1/2 oz.</td>
<td>1/4 tea</td>
<td>3 1/2 oz.</td>
</tr>
<tr>
<td>7th—9th week</td>
<td>3</td>
<td>7</td>
<td>3 3/4 oz.</td>
<td>1 tea</td>
<td>3 1/2 oz.</td>
</tr>
<tr>
<td>3rd month</td>
<td>3</td>
<td>6</td>
<td>4 oz.</td>
<td>1 tea</td>
<td>4 oz.</td>
</tr>
<tr>
<td>4th month</td>
<td>3</td>
<td>5</td>
<td>4 oz.</td>
<td>1 tea</td>
<td>4 1/2 oz.</td>
</tr>
<tr>
<td>5th—6th month</td>
<td>4</td>
<td>5</td>
<td>4 oz.</td>
<td>1 tea</td>
<td>3 oz.</td>
</tr>
<tr>
<td>7th—8th month</td>
<td>4</td>
<td>5</td>
<td>4 1/2 oz.</td>
<td>1 tea</td>
<td>2 1/2 oz.</td>
</tr>
<tr>
<td>9th—10th month</td>
<td>4</td>
<td>5</td>
<td>5 oz.</td>
<td>4/5 tea</td>
<td>3 oz.</td>
</tr>
<tr>
<td>11th—12th month</td>
<td>4</td>
<td>4</td>
<td>5 oz.</td>
<td>1 tea</td>
<td>4 oz.</td>
</tr>
</tbody>
</table>

While it is better to prepare at one time the feedings for the whole day, there may be circumstances under which it is not convenient to do so. The preceding table for single feedings is given for the convenience of those who may need to make such preparation.
For the Whole Day's Feeding

Authorities agree that the feedings for a period of twenty-four hours should all be prepared at one time. The convenience of this practice is obvious, since it involves preparing utensils only once instead of six or seven times. It is equally obvious that more nearly uniform feedings will thus be secured.

But where ordinary milk is used—milk that may be on the point of souring when it is prepared—this practice is often unsatisfactory. With Pet Milk, the whole day's feeding may be prepared at once with full assurance that the last bottle of the day's feeding will be as fresh and sweet as the first. It will keep sweet through the day, even without the use of ice.

Vitamins

In recent years scientists have discovered that there are certain intangible qualities of food that are absolutely necessary to promote growth in the young and to maintain health in adults. These substances are called vitamins. Science has also discovered some of the sources of these vitamins. They do not all exist in every food. Milk, however, is a certain source of supply for two of the three vitamins. Pet Milk is rich in the two vitamins which milk can be depended upon to supply—one of which is the growth promoting vitamin. The third vitamin is readily supplied from orange juice. Doctors prescribe orange juice for infants even when they have mothers' milk.
Cereals Cooked in Milk

Try cooking your cereal in Pet Milk instead of in water. You will find the dish more palatable. And you will, at the same time, accomplish the important result of putting more milk in your family's daily food. Here, as in all cooking, Pet Milk is superior to ordinary milk because it is always uniformly rich in all the food elements which make milk such an important and wholesome food.

Combine the dry cereal with cold milk, diluted with water according to the following table. Add the salt and cook in double boiler or over boiling water the entire time.

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Milk</th>
<th>Salt</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c. rolled oats</td>
<td>1 c. Pet Milk diluted with 1 c. water</td>
<td>1 t.</td>
<td>30-60 min.</td>
</tr>
<tr>
<td>1 c. oatmeal</td>
<td>2 c. Pet Milk diluted with 2 c. water</td>
<td>1 t.</td>
<td>2 hours or more</td>
</tr>
<tr>
<td>1 c. granular cereals</td>
<td>2 c. Pet Milk diluted with 2 c. water</td>
<td>1 t.</td>
<td>30-60 min.</td>
</tr>
<tr>
<td>1 c. cornmeal</td>
<td>3 c. Pet Milk diluted with 3 c. water</td>
<td>1 t.</td>
<td>3 hours</td>
</tr>
<tr>
<td>1 c. rice</td>
<td>1 ½ c. Pet Milk diluted with 1 ½ c. water</td>
<td>1 t.</td>
<td>1 hour</td>
</tr>
</tbody>
</table>

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The Milk that Children Like to Drink
Here is Something New

It will surprise you and delight you. You will be surprised at the suggestion of blending milk and orange juice. You will think of curdled milk—milk that is appealing neither in appearance nor in taste.

You will be surprised again—and delighted—when you find that Pet Milk blends perfectly with orange juice, and with other fruit juices, to make a drink of the smoothest, finest texture, that is most pleasing to the taste. It tastes like neither milk nor orange juice, but has a distinctive flavor of its own.

For the Children

You will be more than delighted to discover that children will drink milk in this form with the relish that makes wholesome food more wholesome. It will help you solve the problem, so often troublesome, of getting them to drink all the milk they ought to have.

Rich, Wholesome Milk

And the milk they drink this way—Pet Milk—is milk in its safest, most wholesome form. It is always fresh and sweet, always germ-free—absolutely clean. It is always uniformly rich—more than twice as rich as ordinary milk.

Better Than Milk Alone

The combination is better and more wholesome than milk alone. The fruit juices add vitalizing qualities to the milk. The combination of Pet Milk and fruit juices is abundantly rich in all the vitamins. The fruit juices stimulate the appetite. The variety which the several combinations afford, maintain the appetite by avoiding monotony in taste and flavor.
Perfect Drinks

These combinations are perfect drinks for children. They are more readily digestible than ordinary milk. They promote the sturdy growth and health that is so essential to happiness in childhood and throughout life.

For Everybody

But Pet Milk with fruit juices is more than a drink for children. It is a most pleasing, wholesome drink for everybody. For the afternoon party—after a period of work or exercise—whenever a nourishing beverage is desired, the combinations are both pleasing and wholesome. At bedtime it furnishes the light, easily digested nourishment that brings more refreshing sleep.

You Can Always Have Them

Pet Milk will keep fresh and sweet on your pantry shelf—a supply always at hand. Fruit juices are always available. From the combination you can have, when you will, a most wholesome liquid food for the children, and most delightful refreshment for the family or for guests.

Recipes May Be Varied

The recipes here given may be widely varied. More or less Pet Milk may be used as a richer or lighter drink is desired. More or less fruit juice may be added to suit purpose or taste. You may use as little or as much sugar as your taste dictates.

Use Pet Milk

Pet Milk is more satisfactory in preparing these drinks than milk in any other form. Because of its qualities it blends perfectly with the fruit juices. It is always fresh and sweet. It has the uniform richness—the smooth texture—that makes the drinks so appealing to the taste, and so wholesome.
Milk and Fruit Juice Recipes

Pet Milk and Prune Juice

\[
\begin{align*}
\text{1/2 cup prune juice} & \quad \text{1/2 cup Pet Milk} \\
1 \text{ teaspoon lemon juice} & \quad \text{1/4 cup water} \\
\text{1 teaspoon sugar} & \quad \\
\end{align*}
\]

The juice obtained by slowly boiling 1/2 pound of prunes in 3 cups of water for a half hour is suitable for this formula. The lemon juice may be omitted.

Pet Milk, Pineapple and Lemon Juice

(Must be thoroughly shaken)

\[
\begin{align*}
11/2 \text{ tablespoons lemon juice} & \quad \text{1/2 cup Pet Milk} \\
3/4 \text{ cup juice from canned pineapple} & \quad \text{1/4 cup water} \\
\text{1 tablespoon sugar} & \quad \\
\end{align*}
\]

Pet Milk and Orange Juice

\[
\begin{align*}
\text{1/2 cup orange juice} & \quad \text{1/2 cup Pet Milk} \\
1 \text{ teaspoon lemon juice (if desired)} & \quad \text{1/2 cup water} \\
\text{1 teaspoon sugar} & \quad \\
\end{align*}
\]

Pet Milk and Loganberry or Grape Juice

\[
\begin{align*}
\text{1/2 cup bottled loganberry or grape juice} & \quad \text{1/2 cup Pet Milk} \\
\text{Add sugar if desired.} & \quad \text{1/2 cup water} \\
\end{align*}
\]

Pet Milk and Lemon Juice

(Must be thoroughly shaken)

\[
\begin{align*}
2 \text{ tablespoons lemon juice} & \quad \text{1/2 cup Pet Milk} \\
2 \text{ tablespoons sugar} & \quad \text{1/2 cup water} \\
\end{align*}
\]

Directions for Mixing

Mix sugar (where the recipe calls for it) with fruit juice; then beat in diluted milk slowly. Cool with ice to suit taste. The most pleasing results are obtained by thoroughly shaking all these drinks. An ordinary Mason jar will serve as a shaker.
How to Give Your Family the Milk They Need

Scientists agree that for health and vigor every person should consume at least a quart of milk a day. The average individual consumption is now something less than a pint. Every housekeeper has it easily in her power to give the members of her family the milk they should have.

This does not mean that she can make every member of the family drink a quart of milk a day. Some people do not like milk. With some it does not agree when taken as raw milk. Many people tire of it when they drink it regularly. But everyone can take the quart a day if milk be freely and wisely used in cooking and in milk drinks.

The following list gives ways in which to use milk:

1. **Creamed Soups**
   - Spinach or other greens, pea, potato, bean, asparagus, celery, tomato, corn, chicken and oyster.

2. **Chowders**
   - Suggested combinations:
     - Canned or fresh corn and potato
     - Lima bean, carrot and rice
     - Codfish and potato
     - Salmon, rice and potato

3. **Creamed Dishes**
   - Spinach, beans, potatoes, turnips, onions, celery, carrots and cauliflower, oysters, chicken, dried beef or other lean meat, salmon, tuna and other fish.

4. **Mashed Vegetables**
   - Turnips, carrots, potatoes, etc.
5. *Meats Baked in Pet Milk*
   Ham, veal, chicken, beef, pork.

6. *Scalloped Dishes*
   Cabbage, potatoes, cauliflower, onions, salmon, meat, oyster, chicken, macaroni and rice.

7. *Souffles*
   Cheese, meat, vegetable, potatoes.

8. *Beverages*
   Hot chocolate and cocoa
   Combinations of Pet Milk and fruit juices
   Iced Coffee with orange
   Egg-nog

9. *Desserts*
   Blanc mange, custards, bread puddings, ice cream and milk sherbets.

10. *Baked Products*
    Bread, cakes, rolls, etc.

11. *Miscellaneous*
    Salad dressings and gravies
    Pudding sauces—vanilla or lemon, made with milk instead of water
    Milk toast
    White Sauce and its variations
    Cereals cooked in Pet Milk instead of water

For every use suggested on these two pages Pet Milk serves the desired purpose better than ordinary milk. It improves the flavor, increases the richness in essential food elements, and, because it is always absolutely fresh, sweet and clean, gives a safe wholesome quality that is an essential requirement of good food. The following pages show in more detail how Pet Milk secures these results.
Milk at Its Best for all your cooking
Better Food, at Lower Cost,
with Greater Convenience

Everyone now knows the importance of the balanced diet—the better food which contains, in proper proportions, all the elements necessary to supply the needs of the human body. Pet Milk in cooking helps to give this “balance” to the diet better than milk in any other form because it always contains, in their natural proportions, the elements that make milk nature’s most perfect food—the elements which the human body needs for proper growth and maintenance.

At Lower Cost

And Pet Milk gives this better food at lower cost—you get the quality and flavor that requires a lot of butter where ordinary milk is used. It can be diluted to suit any need. As extra rich milk it costs no more than ordinary milk. Undiluted Pet Milk takes the place of cream at less than half the cost—and gives better “balance” to the food.

These are illustrations of economy that you will appreciate.

With Greater Convenience

That it keeps fresh and sweet in the sealed container on your pantry shelf—that you can have a supply always at hand equal to every need you have for cream or milk—you will find in this a convenience that will be a comfort and a satisfaction to you every day in the year.

All measurements in the following recipes are level. Each recipe provides service for six persons.
Where Butter Can Be Saved

The following recipes were created by Sarah Field Splint, Director of McCall's Magazine Laboratory Kitchen

Creamed Potatoes

1 tablespoon butter
1 tablespoon flour
1/2 teaspoon salt
1/2 teaspoon paprika
1 teaspoon onion juice
Few grains cayenne
1/2 cup Pet Milk
1/4 cup water
2 cups cooked potatoes, cut in cubes
1 tablespoon chopped parsley

Melt the butter, add the flour, salt, paprika, onion juice and cayenne and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add the potatoes and parsley and heat thoroughly.

Creamed Celery

2 tablespoons green pepper, chopped
1 tablespoon butter
1 tablespoon flour
1/2 teaspoon salt
Few grains paprika
2 cups cooked celery, cut in pieces

Cook the green pepper in the butter until tender. Add the flour, salt and cayenne and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add the celery and heat thoroughly.

Creamed Carrots

1 tablespoon butter
1 tablespoon flour
1/2 teaspoon salt
Few grains paprika
2 cups cooked carrots, cut in cubes

Melt butter, add flour, salt, paprika, pepper and onion juice and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add the carrots and heat thoroughly.

Creamed Chicken

3 tablespoons chopped green pepper
2 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1 cup canned mushrooms, cut in pieces

Cook the green pepper in the butter until it is tender. Add the flour, salt and pepper and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add chicken and mushrooms and heat thoroughly. Serve on buttered toast or in patty shells.

Deviled Clams

2 tablespoons butter
4 1/2 tablespoons flour
1 1/2 teaspoons salt
Few grains pepper
3 dozen clams, chopped

Melt the butter, add flour, salt, pepper and cayenne and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Put a layer of crumbs in a greased baking dish, then a layer of clams and a layer of sauce. Then add alternate layers of crumbs, clams and sauce until all the ingredients are used. Sprinkle crumbs on top and dot with small pieces of butter. Bake in a moderate oven (350° F.) 20 minutes or until crumbs are brown.

Sardine Rarebit

3/4 cup grated cheese
1 teaspoon salt
1/2 cup Pet Milk
Few drops Tabasco sauce
3 egg yolks

Add cheese to the milk and cook until cheese is melted. Add beaten egg yolks and cook over hot water until thick, stirring constantly. Add salt, Tabasco and cayenne. Broil sardines and place on strips of toast. Pour the hot sauce over them and serve immediately.

Shrimp Wiggle

1 tablespoon butter
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon pepper
1 cup cooked peas

Melt butter, add flour, salt, paprika and pepper. Mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add shrimp and peas. Heat thoroughly and serve on thin slices of buttered toast.

Scalloped Salmon

1 tablespoon butter
3 tablespoons flour
1 teaspoon salt
3/4 teaspoon pepper
1/2 cup Pet Milk
1 tablespoon chopped parsley
1/2 cup bread crumbs, buttered

Melt the butter, add the flour, salt and pepper and mix well. Add the combined milk
and water slowly and bring to the boiling point, stirring constantly. Add the eggs, salmon and parsley. Put into a greased baking dish and sprinkle with the bread crumbs. Bake in a hot oven (400° F.) 20 minutes, or until the crumbs are brown.

**Scalloped Cabbage**

<table>
<thead>
<tr>
<th>1 tablespoon butter</th>
<th>3/4 cup water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon flour</td>
<td>1 1/2 cups cooked cabbage, chopped</td>
</tr>
<tr>
<td>3/8 teaspoon salt</td>
<td>3/4 cup soft bread</td>
</tr>
<tr>
<td>3/8 teaspoon pepper</td>
<td>1/2 cup Pet Milk crumbs, buttered</td>
</tr>
</tbody>
</table>

Melt the butter, add flour, salt and pepper and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add the cabbage and put into a greased baking dish. Sprinkle the top with bread crumbs. Bake in a moderate oven (350° F.) 20 minutes or until crumbs are brown.

**Cheese Souffle**

<table>
<thead>
<tr>
<th>4 tablespoons flour</th>
<th>3/4 cup water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td>3/4 cup Pet Milk</td>
</tr>
<tr>
<td>Few grains cayenne</td>
<td>1 cup grated cheese</td>
</tr>
</tbody>
</table>

Mix the flour, salt and cayenne with a little of the water to a smooth paste. Add it to the combined milk and water, and bring slowly to the boiling point, stirring constantly. Add cheese and stir until it melts. Remove from fire and add beaten egg yolks. When cool, fold in the stiffly beaten egg whites. Pour into a greased baking dish and set in a pan of warm water. Bake in a moderate oven (325° F.) 45 to 50 minutes. Serve immediately.

**Salmon Souffle**

<table>
<thead>
<tr>
<th>4 tablespoons flour</th>
<th>3/4 cup Pet Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon salt</td>
<td>1 cup flaked salmon</td>
</tr>
<tr>
<td>Few grains cayenne</td>
<td>3 eggs</td>
</tr>
<tr>
<td>1/2 cup water</td>
<td>1 tablespoon butter</td>
</tr>
</tbody>
</table>

Mix the flour, salt and cayenne with a little of the water to a smooth paste. Add it to the combined milk and water, and bring slowly to the boiling point, stirring constantly. Remove from fire and add the salmon, beaten egg yolks and butter. When cool, fold in the stiffly beaten egg whites. Pour into a greased baking dish and set in a pan of warm water. Bake in a moderate oven (325° F.) 45 to 50 minutes. Serve immediately.

**Cauliflower au Gratin**

<table>
<thead>
<tr>
<th>1 head cauliflower</th>
<th>Few grains cayenne</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons flour</td>
<td>3/4 cup Pet Milk</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>3/4 cup water</td>
</tr>
<tr>
<td>1/2 teaspoon paprika</td>
<td>3/4 cup grated cheese</td>
</tr>
</tbody>
</table>

Soak the cauliflower in salt water for one-half hour. Drain. Boil in salted water until tender. Mix the flour, salt, paprika and cayenne with a little of the water to a smooth paste. Add it to the combined milk and water and bring slowly to the boiling point, stirring constantly. Separate the cauliflower into pieces and put into a greased baking dish. Pour the sauce over it and sprinkle with the cheese. Bake in a moderate oven (350° F.) 20 minutes.

**Devil’s Food Cake**

<table>
<thead>
<tr>
<th>1/2 cup butter</th>
<th>1 1/2 cups flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td>2 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1/2 cup Pet Milk</td>
</tr>
<tr>
<td>3/4 cup flour</td>
<td>2 tablespoons water</td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td>3 squares unsweetened chocolate</td>
</tr>
</tbody>
</table>

Cream butter and sugar together. Add well beaten eggs and mix well. Cook the milk, water and grated chocolate over a slow fire, stirring constantly, until chocolate is melted. Add to the first mixture. Add flour, baking powder and salt sifted together. Add the vanilla and beat thoroughly. Bake in a square pan in a hot oven (375° F.) about 45 minutes.

**Layer Cake**

<table>
<thead>
<tr>
<th>1/2 cup butter</th>
<th>1/2 teaspoon salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups sugar</td>
<td>1/2 cup Pet Milk diluted with</td>
</tr>
<tr>
<td>3 eggs</td>
<td>1/2 cup water</td>
</tr>
<tr>
<td>2 1/2 cups flour</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>3 teaspoons baking powder</td>
<td></td>
</tr>
</tbody>
</table>

Cream butter and sugar and add well beaten egg yolks. Mix and sift flour, salt and baking powder and add alternately with the combined milk and water to the first mixture. Beat thoroughly. Add vanilla and fold in the stiffly beaten egg whites. Bake in 2 greased layer cake pans in hot oven (375° F.) 20 to 25 minutes. Put layers together and cover top with chocolate icing.

**Chocolate Icing**

<table>
<thead>
<tr>
<th>1 cup Pet Milk</th>
<th>1 1/2 cups powdered sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup water</td>
<td>3/4 teaspoon salt</td>
</tr>
<tr>
<td>2 squares unsweetened chocolate</td>
<td>1 teaspoon vanilla</td>
</tr>
</tbody>
</table>

Cook diluted milk and grated chocolate over a slow fire, stirring constantly, until chocolate is melted. Add sugar and salt and cook, still stirring constantly, until the mixture is thick and drops heavily from the spoon. Cool and add vanilla. Beat until creamy.
The foregoing recipes illustrate how you can save butter by the use of Pet Milk without sacrificing the richness of the food.

**In Creamed Soups**

By using Pet Milk instead of bottled milk in creamed soups, the amount of butter can be cut to one-half that called for in standard recipes without in the least detracting from the richness and fine flavor of the soups.

**In White Sauce**

In the white sauce for creamed vegetables and other creamed dishes, you will get especially rich, fine flavor with one-half the amount of butter ordinarily used in the recipe.

**In Scalloped Dishes**

For scalloped dishes, dilute Pet Milk with two parts of water and you can still reduce considerably the amount of butter used, without detracting at all from the quality of the food. In some recipes—such as Sardine Rarebit—containing cheese, butter may be eliminated, if you use Pet Milk. In some souffles, butter may be dispensed with entirely—in some only half the ordinary amount used—and the dishes are inexpensive and delicious.

**In Cakes and Frostings**

In cakes, butter can be saved by using Pet Milk. In Devil’s Food cake, one-third cup of butter takes the place of the half cup called for with ordinary milk. Layer cake, also, can be made with less butter. Chocolate frosting made with Pet Milk and no butter is richer and better flavored than if made with bottled milk and butter.

In all these dishes, while saving butter, you get the “cream and butter flavor” that is the mark of rich quality in food.
More Wholesome Bread

Calcium in the diet is absolutely necessary for building and maintaining sound teeth and sturdy bones. It is essential, also, to maintain normal activity of the heart and to keep the nerves steady. For children the need is especially great because teeth and bones are being built. But even for adults a certain quantity must be supplied every day to replace that which is used up in the body's activities.

One may not think of bread as offering special opportunity for increasing the calcium in the diet, and yet it does. Milk is the best source of food calcium we have at our disposal. And an extra amount of milk may be put in the bread if evaporated milk is used, because evaporated milk contains but half as much water as so-called fresh milk—consequently contains twice the amount of solids—twice the amount of calcium. By taking this fact into account, bread recipes may be modified to increase the calcium content without affecting the excellence of the result.
The following recipes have been prepared by the Modern Priscilla Proving Plant:

**Raisin Bread**

- 1 yeast cake
- 1½ cups lukewarm water
- 1½ cups Pet Milk
- ½ cup sugar
- 2 teaspoons salt
- ½ cup melted shortening
- 1 cup seedless raisins
- about 6 cups flour

Soften the yeast cake in lukewarm water. Add evaporated milk, which has been heated until lukewarm, sugar, salt, cinnamon, shortening and raisins. Add enough flour to make a dough that can be handled. Turn on to a floured board and knead until smooth and elastic. Let rise until tripled in bulk. Cut down and knead again. Shape into loaves, place in greased pans and let rise until doubled in bulk. Put in a moderately hot oven and after 15 minutes reduce the heat to moderate.

Time in cooking, 15 minutes, 375 degrees.
Time in cooking, 40 minutes, 350 degrees.
Recipe makes 2 loaves.

**White Bread**

- 1 yeast cake
- 1 cup lukewarm water
- 1½ tablespoons sugar
- 2 tablespoons shortening
- About 7½ cups flour

Soften the yeast in the lukewarm water. Heat the milk with the sugar, salt and shortening until the shortening is melted. Cool until lukewarm and add the yeast. Add flour enough to make a dough that can be handled. Turn on to a floured board and knead until smooth and elastic. Let rise until tripled in bulk. Cut down and knead again. Shape into loaves, put in greased bread pans and let rise until doubled in bulk. Put in a hot oven and after 15 minutes reduce the heat to moderate.

Time in cooking, 15 minutes, 400 degrees.
Time in cooking, 35 minutes, 350 degrees.
Recipe makes 2 loaves.

**Oatmeal Bread**

- 1½ cups Pet Milk
- ½ cup water
- 2 cups rolled oats
- ½ cup brown sugar
- ½ teaspoons salt
- About 4½ cups flour

Bring the Pet Milk and water to the boiling point and pour over the rolled oats. Add the sugar, salt and shortening and let stand until lukewarm. Add yeast cake which has been softened in the lukewarm water. Add enough flour to make a dough that can be handled. Turn out on to a floured board and knead until smooth and elastic. Let rise until doubled in bulk. Cut down and knead again. Shape into loaves, place in greased pans and let rise until doubled in bulk. Put into a moderately hot oven and after 15 minutes reduce the heat to moderate.

Time in cooking, 15 minutes, 375 degrees.
Time in cooking, 40 minutes, 350 degrees.
Recipe makes 2 loaves.

**Corn Muffins**

- 1 cup flour
- ½ cup cornmeal
- 3 teaspoons baking powder
- 1 tablespoon melted shortening
- 1 egg

Mix and sift dry ingredients. Add milk, water, melted shortening and well beaten egg. Bake in greased muffin pans in a moderately hot oven.

Time in cooking, 30 minutes.
Temperature, 375 degrees.
Recipe makes 10 muffins.

**Bran Muffins**

- 1½ cups flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 2 tablespoons shortening
- 1 yeast cake
- ½ cup lukewarm water
- about 4 cups flour

Bring the Pet Milk and water to the boiling point and pour over the bran. Add the sugar, salt and shortening and let stand until lukewarm. Add yeast cake which has been softened in the lukewarm water. Add enough flour to make a dough that can be handled. Turn out on to a floured board and knead until smooth and elastic. Let rise until doubled in bulk. Cut down and knead again. Shape into loaves, place in greased pans and let rise until doubled in bulk. Put in a moderately hot oven.

Time in cooking, 30 minutes.
Temperature, 400 degrees.
Recipe makes 12 muffins.

**Blueberry Muffins**

- 2 cups flour
- 1 cup blueberries
- 3 tablespoons sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons shortening
- 1 cup Pet Milk
- ½ cup water

Mix and sift the dry ingredients. Add milk and water, egg well beaten and shortening melted. Add blueberries. Bake in greased muffin pans in a hot oven.

Time in cooking, 25 minutes.
Temperature, 425 degrees.
Recipe makes 12 muffins.
Quick Coffee Cake

2 cups flour  1/2 teaspoon salt
3/4 cup sugar  1 egg
4 teaspoons baking powder  3/4 cup Pet Milk
2 tablespoons butter

Mix and sift the dry ingredients. Beat egg until light and add milk, water and melted shortening. Add to the first mixture and beat well. Turn into a greased pan, sprinkle the top with a mixture of butter, cinnamon, sugar and flour as for the German Coffee Cake, and bake in a hot oven.

Time in cooking, 25 minutes.
Recipe makes 16 servings.

German Coffee Cake (Kuchen)

1 1/2 cups Pet Milk  1 yeast cake
1 tablespoon shortening  3/4 cup lukewarm water
1 tablespoon sugar  1 1/2 teaspoons cinnamon
1 1/2 teaspoons salt  About 4 1/2 cups flour

To the milk add shortening, sugar and salt and heat until the shortening is melted. Cool until lukewarm, add the yeast cake softened in the lukewarm water, cinnamon, and flour enough to make a soft dough (about 4 1/2 cups). Beat thoroughly, let rise until tripled in bulk. Cut down, spread in shallow pans and sprinkle with a mixture of the butter, sugar, cinnamon and flour. Let rise until doubled in bulk and bake in a hot oven.

Mix of Top of Cake

1/2 cup butter  2 tablespoons cinnamon
3/4 cup sugar  2 tablespoons flour

Time in cooking, 30 minutes.
Temperature, 425 degrees.
Recipe fills 2 pans 8 x 8 inches.

Popovers

1 cup flour  3/4 cup Pet Milk
1/2 teaspoon salt  3/8 cup water
1 egg

Mix flour and salt. Add milk and water gradually and blend until smooth. Add unbeaten egg and beat with a rotary beater until free from lumps and full of bubbles. Turn into very hot greased custard cups or heavy muffin pans and place in a hot oven. After 20 minutes reduce the heat to moderate and finish baking.

Time in cooking, 20 minutes, 450 degrees.
Time in cooking, 25 minutes, 350 degrees.
Recipe makes 6 large popovers.

Dinner Biscuits

1 cup Pet Milk  1/2 teaspoon salt
1 1/2 tablespoons  1/2 yeast cake
shortening  2 tablespoons lukewarm water
1 tablespoon sugar  About 2 1/2 cups flour

To the milk add the shortening, sugar and salt and heat until the shortening is melted. Cool until lukewarm and add the yeast softened in the lukewarm water. Add 3/4 cup flour, beat until smooth, and let rise until full of bubbles. Add enough more flour to make a dough that can be handled (about 2 cups) and knead until smooth and elastic. Let rise until tripled in bulk. Knead again, shape into round biscuits and place in small individual cake pans. Brush over the tops with melted butter, let rise until doubled in bulk and bake in a hot oven.

Time in cooking, 20 minutes.
Temperature, 425 degrees.
Recipe makes 18 biscuits.

Entire Wheat Rolls

1 cup Pet Milk  1/2 yeast cake
1 tablespoon  3/4 cup lukewarm water
shortening  1 cup entire wheat flour
2 tablespoons sugar  1/2 teaspoon salt
1/2 cup water

About 2 1/2 cups white flour

To the milk add the shortening, sugar and salt and heat until the shortening is melted. Cool until lukewarm. Add yeast softened in lukewarm water, entire wheat flour and enough white flour to make a dough that can be handled (about 2 1/2 cups). Knead until smooth and elastic and let rise until tripled in bulk. Knead again, shape into small balls, dip in melted butter, and place close together in a greased baking pan. Let rise until doubled in bulk and bake in a hot oven.

Time in cooking, 25 minutes.
Temperature, 425 degrees.
Recipe makes 18 small rolls.

Nut and Raisin Bread

3/4 cup flour  3/4 cup Pet Milk
1 1/4 cup graham flour  3/4 cup water
1 teaspoon salt  1 tablespoon
3/4 cup sugar  shortening
4 teaspoons baking powder  3/4 cup nut meats
3/4 cup molasses  1/2 cup seedless raisins

Mix and sift the dry ingredients and add the bran that does not go through the sifter. Mix molasses, milk and water, add to the dry ingredients and beat well. Add the shortening, melted, and the nuts and raisins. Bake in a loaf in a moderate oven.

Time in cooking, 55 minutes.
Temperature, 325 degrees.
Recipe makes 1 loaf 8 x 4 x 3 inches.
In Ice Creams and Desserts

Here again the use of Pet Milk helps to secure the balanced diet. Pet Milk contains practically the same percentage of solids as does cream. But in those solids are all the food elements of milk—the elements which make milk nature's most perfect food—all the elements which are needed for the growth and maintenance of the human body. Cream is rich in only one of those elements—butter-fat. Pet Milk is rich in all the elements—the butter-fat and the bone and tissue building substances that cream does not contain.

At Less Than Half The Cost of Cream

In ice cream, Pet Milk, used in place of cream, gives wonderful results, at less than half the cost of cream. In some recipes calling for eggs with ordinary milk, you can dispense with the eggs if you use Pet Milk—a worth while saving.

For whipped cream, the saving is still more marked. Pet Milk whips (Page 28). For this use it will take the place of double cream at less than a third of the cost.
Caramel Bisque Ice Cream

Put ½ cup water and 3/4 cup sugar in frying pan and stir until dissolved, and boil until it becomes a light brown syrup. Add to ½ cup water and 1 cup Pet Milk scalded over hot water. When syrup is melted add to eggs mixed with 3/4 cup sugar and few grains salt. Return to double boiler and cook, stirring constantly until coating is formed on spoon. Remove from fire, cool and add 1 1/2 cups Pet Milk, vanilla and coarsely ground walnut meats. Freeze like any ice cream.

Coffee Frappe

Soak gelatin in 1/4 cup water; add to coffee and stir until dissolved. Add sugar and Pet Milk diluted with 1/2 cup water. Beat egg white until stiff, add powdered sugar and beat in to other mixture. Freeze like any ice cream.

Loganberry Milk Sherbet

Mix ingredients thoroughly and freeze like any ice cream.

Raspberry Milk Sherbet

Force raspberries through a strainer. Add Pet Milk, water, sugar, salt, lemon juice and vanilla. Freeze like ice cream.

Orange Milk Sherbet

Put ingredients in can of ice cream freezer, mix thoroughly and freeze.

Ginger Parfait

Cut marshmallows in pieces and add Pet Milk. Put sugar with 1/4 cup water in saucepan. Stir until sugar is dissolved and boil until it spins a long thread when dropped from tip of spoon. Add in fine stream to egg whites which have been beaten stiff. Fold in gently Canton ginger, ginger syrup, few grains salt, orange juice, the Pet Milk and marshmallows, and 1/4 cup of cold water. Freeze like any ice cream.

Recipes on this page by Alice Bradley, Director of Miss Farmer’s School of Cookery
Pet Mayonnaise

has a texture and a flavor that will appeal to the most exacting taste. It requires no eggs—an economy with no sacrifice in the quality of the dressing.

Recipe

\[
\begin{align*}
\frac{3}{4} \text{ cup Pet Milk} & \quad 1\frac{1}{2} \text{ teaspoons mustard} \\
1 \text{ teaspoon salt} & \quad \text{Few grains cayenne} \\
\frac{3}{4} \text{ teaspoon paprika} & \quad 1 \text{ tablespoon lemon} \\
1 \text{ teaspoon sugar} & \quad \text{juice} \\
1 \text{ cup olive oil} & \quad 1 \text{ tablespoon vinegar} \\
\end{align*}
\]

Mix salt, paprika, sugar, mustard, cayenne and Pet Milk together. Add oil drop by drop until mixture thickens a little. Mix lemon juice and vinegar. Add alternately with the oil, one teaspoonful at a time, until all are used, beating thoroughly after each addition. Ingredients should be very cold. While mixing, set the bowl in a pan of ice water. Keep in ice box until ready to serve.

Vary the Dressing to suit the Salad

Easily prepared variations of Pet Mayonnaise using foregoing recipe as a base.

**Chiffonade Dressing**—for heart of lettuce, romaine and endive salad

To 1 cup Pet Milk Mayonnaise add
- 3 tablespoons chopped cooked beets
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped parsley
- 1 tablespoon finely chopped chives
- 1 egg chopped fine

**Chinese Dressing**—for fruit salads

To 1 cup Pet Milk Mayonnaise add
- \(\frac{1}{4}\) cup chopped almonds
- \(\frac{3}{4}\) cup currant jelly
- \(\frac{1}{2}\) cup whipped Pet Milk

**Tartar Sauce Dressing**—for egg and fish salads

To 1 cup Pet Milk Mayonnaise add
- 2 tablespoons chopped sweet pickle
- 1 tablespoon chopped capers
- 1 tablespoon chopped parsley
- 1 tablespoon finely chopped chives

*Note*—By doubling the amount of chopped sweet pickles, capers, parsley and chives, Tartar Sauce will be similar to that usually served with fish, frog legs, scallops, etc.

**Russian Dressing**—for plain green salads

To 1 cup Pet Milk Mayonnaise add
- \(\frac{3}{4}\) cup thick Chili sauce
- 1 tablespoon chopped pimento
- 1 tablespoon chopped green pepper
- 2 tablespoons chopped stuffed olives
- 1 tablespoon chopped onion or chives

**Spanish Dressing**—for vegetable salads

To 1 cup Pet Milk Mayonnaise add
- 2 tablespoons chopped pimento
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped Spanish olives

**Whipped Cream Dressing**—for fruit salads

To 1 cup Pet Milk Mayonnaise add
- \(\frac{3}{4}\) cup whipped Pet Milk
- 1 tablespoon chopped Maraschino cherries

**California Dressing**—for the more acid fruit salads

To 1 cup Pet Milk Mayonnaise add
- 3 tablespoons chopped raisins
- 3 tablespoons chopped walnuts
- 3 tablespoons chopped dates

*For Decorating Salads and Cold Meats*

To 2 cups Pet Mayonnaise add
- 1 tablespoon granulated gelatin dissolved in
- \(\frac{3}{4}\) cup water

A pastry tube or a cornucopia made of heavy waxed paper will serve to mold the decorations.

*To Whip Pet Milk*

Chill Pet Milk thoroughly, pour into a bowl set in a pan of ice and beat with Dover egg beater.
**Miscellaneous Recipes**

**Cream of Tomato Soup**
- 2 cups stewed or canned tomatoes
- 2 teaspoons sugar
- 3 peppercorns
- 1 slice onion
- 2 whole cloves
- 1 teaspoon salt
- 1/4 teaspoon soda
- 1/2 tablespoons flour
- 1/3 cup Pet Milk
- 1/3 cup water

Cook tomatoes, sugar, peppercorns, onion, cloves and salt together 15 minutes. Rub through a sieve. Add soda and stir until dissolved. Melt butter, add flour and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Pour the tomato juice into the cream sauce, heat and serve immediately with crisp crackers.

**Cream of Corn Soup**
- 2 cups canned corn
- 1 slice onion
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup water

Cook corn, onion, salt, pepper and paprika together for 15 minutes. Rub through a sieve. Melt butter, add flour and mix well. Add the combined milk and water slowly and bring to the boiling point, stirring constantly. Add the corn to the cream sauce, heat thoroughly and serve immediately.

**Cream of Mushroom Soup**
- 1/2 lb. fresh mushrooms, or stems
- 4 tablespoons butter
- 4 tablespoons flour
- 1 cup Pet Milk
- 1/4 teaspoon paprika
- 1/2 tablespoons flour
- 1/2 cup water

Chop mushrooms, add to broth, add onion and simmer twenty minutes. Melt butter; when bubbling add flour, stir until smooth and add to boiling soup. Add Pet Milk, season to taste with salt and pepper and serve very hot.

**Oyster Stew**
- 1 quart oysters
- 1/2 cups Pet Milk
- 3/4 cup cold water diluted with
- 2 tablespoons butter
- 2 3/4 cups boiling water
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

Place oysters in strainer and pour over them three-fourths cup cold water. Carefully pick over oysters, removing any bits of shell. Heat oyster liquor to boiling point, skim, add oysters and cook a few moments until oysters are plump and edges begin to curl. Then add Pet Milk diluted with boiling water. Butter, salt and pepper, and serve at once.
**Pork with Sweet Potatoes and Apples**

1 lb. pork tenderloin frenched, lean pork chops or slice of fresh ham (not smoked)
1/2 cups Pet Milk diluted with 1 cup water
1/2 teaspoons salt
3/4 teaspoon pepper

1 lb. sweet potatoes peeled and quartered
8 apples peeled and cored
8 teaspoons seeded raisins
8 tablespoons sugar
2 teaspoons cinnamon
8 marshmallows
4 tablespoons fat

Veal Cutlet
4 carrots
6 potatoes
4 white onions or small head of cauliflower

Dredge pork in flour, then dip in undiluted Pet Milk, then in 1/4 cup flour mixed with 1/4 cup cracker meal seasoned with 1/2 teaspoon salt and 1/8 teaspoon pepper. Fry golden brown in deep baking pan. Add potatoes and apples filled with sugar, raisins and cinnamon. Add seasoned milk and bake in moderate oven about forty-five minutes, turning potatoes once. Just before serving, place one marshmallow on top of each apple and allow to brown.

**Veal Baked in Milk**

Veal Cutlet
4 carrots
6 potatoes
4 white onions or small head of cauliflower
1 cup water

Dredge pieces of cutlet, cut for serving, in flour, dip in undiluted Pet Milk, then in flour and bread crumbs, half and half, and fry in fat in deep frying pan until brown. Arrange quartered potatoes, onions (or cauliflower) and carrots, cut lengthwise, over and around meat. Add shredded pepper and cover with diluted Pet Milk to which has been added the salt and pepper. Bake uncovered in moderate oven until milk is practically absorbed.

**Veal Pot Pie**

1 lb. tender veal
2 stalks celery (minced)
1 onion (minced)
2 sprigs parsley (minced)
1 bay leaf

Dredge pieces of veal in one cup of flour seasoned with 1 teaspoon salt and 1/8 teaspoon pepper. Add seasoned diluted milk, minced celery, onion, parsley and bay leaf to veal and cook mixture in double boiler three quarters of an hour; then add potatoes and when they are tender drop dumplings on top by first dipping spoon into hot liquid. Cover and let cook thirty minutes.

**Dumplings**

1 cup flour
1/4 cup Pet Milk
3/4 teaspoon baking powder
1/4 teaspoon salt
Sift dry ingredients together; add diluted milk and mix lightly.

**Baked Ham**

1/4 cups Pet Milk diluted with 1/4 cup water
1/2 teaspoons salt
Veal Pot Pie
4 tablespoons fat, salt and pepper, flour and bread crumbs

Dredge pork in flour, then dip in undiluted Pet Milk, then in 1/4 cup flour mixed with 1/4 cup cracker meal seasoned with 1/2 teaspoon salt and 1/8 teaspoon pepper. Fry golden brown in deep baking pan. Add potatoes and apples filled with sugar, raisins and cinnamon. Add seasoned milk and bake in moderate oven about forty-five minutes, turning potatoes once. Just before serving, place one marshmallow on top of each apple and allow to brown.

**Veal Baked in Milk**

Veal Cutlet
4 carrots
6 potatoes
4 white onions or small head of cauliflower
1 cup water

Dredge pieces of cutlet, cut for serving, in flour, dip in undiluted Pet Milk, then in flour and bread crumbs, half and half, and fry in fat in deep frying pan until brown. Arrange quartered potatoes, onions (or cauliflower) and carrots, cut lengthwise, over and around meat. Add shredded pepper and cover with diluted Pet Milk to which has been added the salt and pepper. Bake uncovered in moderate oven until milk is practically absorbed.

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2 stalks celery (minced)
1 onion (minced)
2 sprigs parsley (minced)
1 bay leaf

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**Dumplings**

1 cup flour
1/4 cup Pet Milk
3/4 teaspoon baking powder
1/4 teaspoon salt
Sift dry ingredients together; add diluted milk and mix lightly.

**Baked Ham**

1 two-inch slice ham
1/8 teaspoon pepper
1 teaspoon prepared mustard
4 medium sized potatoes

Spread ham with mustard. Place in iron skillet. Surround with potatoes cut in slices and seasoned with pepper. Pour in diluted milk. Cover tightly and bake slowly at least two hours, or until ham is tender.

**Braised Round Steak**

Round of beef
4 tablespoons fat
1 onion (minced)
3 sprigs of parsley (minced)
1 two-inch slice ham
1 teaspoon prepared mustard
4 medium sized potatoes
1 cup water
1 can button mushrooms
1 can asparagus tips

Press one cup of flour seasoned with one teaspoon salt and 1/8 teaspoon pepper into steak with the back of a saucer. Melt fat in skillet and brown steak over slow fire. Pour seasoned milk over steak and arrange vegetables around steak. Cover and cook in slow oven until milk is practically absorbed.

This dish may be cooked in a deep baking pan in a pan of hot water on top of the stove. It is a further economy to buy and cook enough round steak to allow for the filling for stuffed peppers for the next meal.

**Sweet Breads with Mushrooms and Asparagus Tips**

A Tempting Combination for a Luncheon

3 pair of sweet breads
1/2 cups Pet Milk
1/2 teaspoon white pepper
Diluted with 4 tablespoons fat
1/8 teaspoons salt
1/8 teaspoon pepper
1 cup water
1 can button mushrooms
1 can asparagus tips

Soak sweet breads in cold water, one hour. Parboil in one quart hot water, 1 teaspoon salt and 1 tablespoon lemon juice, twenty minutes. When cold remove fibers, dredge in 1/4 cup flour, then undiluted Pet Milk, then in 1/4 cup cracker meal seasoned with 1/8 teaspoon salt and 1/8 teaspoon pepper and brown in fat. Cover with diluted milk and
cook uncovered for ten minutes in oven. Add mushrooms and asparagus. Thoroughly heat and serve at once.

**Chicken Fricasse**

1 moderate sized chicken
1 sweet pepper (minced)
1⅓ cups Pet Milk diluted with
1 cup water
3 stalks celery (minced)
⅓ teaspoon pepper

Dredge pieces of chicken, cut for serving, in flour; dip in undiluted Pet Milk, then in ⅔ cup flour and ¾ cup cracker meal or bread crumbs seasoned with 1 teaspoon salt and 3/4 teaspoon pepper. Fry in deep baking pan or frying pan until golden brown. Add diluted milk and remaining ingredients and bake slowly until chicken is tender.

For “Chicken a la Maryland” omit the bay leaf and celery and add six small potatoes.

**Halibut Steamed in Pet Milk**

1 lb. halibut
2 cups Pet Milk
1 bay leaf (to be re-
⅛ teaspoon celery salt serving)
3 sprigs parsley
2 tablespoons butter or bread crumbs

Put fish in buttered casserole. Cover with milk to which have been added seasonings, cracker meal and other ingredients, reserving ⅔ cup of the cracker meal to brown in the butter as a covering for the top to be added just before serving. Steam in covered casserole ¾ hour. Garnish with parsley.

Fresh salmon steaks, canned salmon or tuna fish may be substituted for the halibut by omitting the bay leaf and pepper, and the dish may be baked instead of steamed.

**Asparagus with Pimento Cheese Sauce**

2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
⅝ cup Pet Milk diluted with
⅝ cup water

Melt butter, add flour, salt and pepper. Add diluted Pet Milk and stir until smooth; add cheese and stir until melted, then add pimentos. Heat asparagus tips by placing over hot water. Arrange on toast and pour sauce over all.

**Sweet Potatoes De Luxe**

6 medium sized sweet potatoes
1⅝ teaspoons salt
1⅛ teaspoon pepper
⅛ cup Pet Milk

Bake potatoes until soft, peel, mash and add salt, pepper, Pet Milk and butter. Beat until smooth; add pecans broken in pieces; place in buttered baking dish, cover top with marshmallows and bake in moderate oven until marshmallows are slightly brown. Serve at once.

**Blushing Bunnies**

1 cup Pet Milk
1 tablespoon flour
teaspoon salt
4 eggs
4 slices toast

Mix flour and salt and add one cup of Pet Milk slowly to make a smooth paste. Bring to boiling point, stirring constantly. Add tomato soup and mix well. Drop eggs one at a time into hot soup. Cover and let eggs poach slowly. Sprinkle with 2 tablespoons cheese. Arrange ham or bacon on buttered toast. Place one egg on each serving. Add sauce and sprinkle with cheese.

**Scrambled Eggs**

5 eggs
1⅝ cups tomato soup
¼ cup Pet Milk diluted with
⅛ teaspoon pepper
2 tablespoons butter
¾ cup water

Beat eggs slightly; add diluted Pet Milk, salt and pepper and pour into hot frying pan in which butter has been melted. Stir from the bottom as mixture thickens and cook until of creamy consistency.

**Omelet**

4 eggs
1 teaspoon salt
Few grains pepper
2 tablespoons flour
2 tablespoons cold water
1 tablespoon butter

Separate the eggs. Beat yolk until thick and lemon colored. Add salt, pepper and flour mixed smooth with cold water. Add milk diluted with hot water, and fold in whites of eggs beaten stiff. Heat an omelet or frying pan, and butter sides and bottom. Turn in mixture, and cook slowly until omelet is puffed and delicately brown underneath. Place pan on grate in oven to finish cooking the top. When firm to the touch and nothing clings to the finger, remove from oven, fold and turn on hot platter. Serve immediately.
Egg Croquettes

1 tablespoon butter  Few grains pepper
4 tablespoons flour  ⅛ cup Pet Milk
1 teaspoon salt  ⅛ cup water
4 hard-boiled eggs

Melt butter in saucepan, and when bubbling, add flour mixed with salt and pepper. Stir until well blended, then gradually add diluted milk, and stir until smooth. Cut up 4 hard-boiled eggs into this thick white sauce while it is still hot. Allow mixture to cool and by tablespoonfuls roll in cracker crumbs, then in beaten egg and again in cracker crumbs. Fry in deep fat.

Eggs a la Goldenrod

2 tablespoons butter  ⅛ cup Pet Milk
2 tablespoons flour  diluted with
⅝ teaspoon salt  ⅝ cup water
Few grains pepper  2 hard-cooked eggs
3 slices toast

Melt butter; add flour mixed with dry ingredients. Pour on gradually the diluted milk and stir until smooth. Then add the whites of hard-cooked eggs chopped fine. Spread on toast and force yolks of eggs through potato ricer or strainer on top of toast. Garnish with parsley.

Cream Salad Dressing

1 tablespoon butter  Few grains cayenne
⅝ tablespoon salt  2 eggs
2 tablespoons sugar  ⅞ cup water
1 teaspoon mustard  ⅝ cup vinegar
1 tablespoon flour  ⅝ cup Pet Milk

Melt butter in top of double boiler. Add dry ingredients, and stir until blended. Add eggs beaten slightly and beat until smooth, then add vinegar and water, and cook until it thickens, stirring constantly. When cool, add milk and beat until light.

White Sauce

1 tablespoon butter  Few grains pepper
1½ tablespoons flour  ⅛ cup Pet Milk
⅛ teaspoon salt  ⅛ cup water

Melt butter in saucepan, and when bubbling, add flour mixed with salt and pepper. Stir until thoroughly blended, then gradually add diluted milk and stir until smooth. This sauce may be served on such dishes as Egg Croquettes. With this sauce as a base, countless variations may be made by the addition of such ingredients as cheese, capers, or mushrooms. It may also be used for creaming vegetables, fish, sweetbreads, chiped beef, chicken, etc.

Baked Noodles, Cheese and Ham

2 tablespoons flour  2½ cups cooked
⅝ teaspoon salt  noodles
⅛ teaspoon pepper  ⅜ cup grated cheese
1⅛ cups water  1 cup cold ham, cut in
⅝ cup Pet Milk  cubes

Mix the flour, salt and pepper with a little of the water to a smooth paste. Add it to the combined milk and water and bring slowly to the boiling point, stirring constantly. Put a layer of noodles in a greased casserole, sprinkle with cheese and ham and pour the sauce over it. Then add alternate layers of noodles, cheese, ham and sauce until all the ingredients are used. Cover and bake in a hot oven (400° F.) 25 to 30 minutes.
**Corn Bread**

- 3/4 cup corn meal
- 1 1/4 cups flour
- 1/4 cup sugar
- 5 teaspoons baking powder
- 1/2 teaspoon salt

Mix and sift dry ingredients; add diluted milk, egg well beaten and butter; bake in shallow buttered pan in hot oven twenty minutes.

**Waffles**

- 1 1/4 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar

Mix dry ingredients; add diluted milk slowly, beating with Dover egg-beater; add yolks of eggs well beaten and melted butter. Beat thoroughly, then fold in whites of eggs beaten stiff. Bake until brown on well greased waffle iron.

**Pancakes**

- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon salt

Mix dry ingredients, add diluted milk, beat well, and bake on hot griddle, lightly greased.

**Apple Fritters**

- 1 1/4 cups flour
- 1/4 teaspoon salt
- 4 sour apples

Mix and sift dry ingredients. Add milk gradually, and egg well beaten. Pare, core and cut apples in thin slices and stir into batter. Drop by spoonfuls in deep fat and fry until brown. Drain on brown paper. Sprinkle with powdered sugar, and serve hot on folded napkin.

**Butterscotch Rolls**

- 2 cups flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 2 teaspoons sugar

Mix and sift the dry ingredients. Work in the shortening and mix to a soft dough with the milk. Roll out into a rectangular sheet about a third of an inch in thickness. Spread generously with softened butter and sprinkle with brown sugar. Roll up like a jelly roll, as firmly as possible. Cut in three-quarter inch slices and place close together, cut side up, in a greased baking pan. Bake in a hot oven. Cinnamon and raisins or currants may be added to this recipe if desired. Cheese rolls may be made by sprinkling the buttered dough with grated cheese instead of brown sugar.

**Pumpkin Pie**

- 1/2 cups steamed pumpkin
- 1 egg
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 2 tablespoons molasses
- 1 tablespoon flour
- 1/2 teaspoon cinnamon

Beat egg thoroughly; add sugar mixed with flour, salt and spices. Then add pumpkin, molasses and diluted milk. Stir until well blended. Line a deep pie pan with pastry. Pour in mixture and bake in moderate oven.

**Chocolate Cream Pie**

- 1 cup milk
- 1 square bitter chocolate
- 4 tablespoons flour
- 1 tablespoon vanilla
- 6 tablespoons sugar
- 2 eggs

Mix flour, sugar, salt and grated chocolate with a little of the diluted milk; then add yolks of eggs well beaten. Scald remainder of diluted milk, pour slowly onto egg mixture, and cook in double boiler until it thickens, stirring constantly. Cool, flavor and pour into pie shell, previously baked. Cover with stiffly beaten whites of eggs to which 2 tablespoons of confectioners' sugar have been added. Brown slightly in oven, and serve cold.

**Lemon Cake Pie**

- 1 cup sugar
- 5 tablespoons flour
- 1/2 teaspoon salt
- 3 tablespoons melted butter
- 2 eggs

Sift sugar, salt and flour together; add melted butter, lemon rind and lemon juice, then egg yolks beaten slightly and Pet Milk and mix thoroughly. Cut and fold in the stiffly beaten egg whites and pour into a plate lined with plain pastry. Bake in a hot oven or at 500°F. until pastry is set, then in slow oven (325°F.) for about thirty minutes or until knife inserted in center comes out clean.
Banana Charlotte Russe

1 tablespoon gelatin
2 tablespoons cold water
\( \frac{1}{4} \) cup boiling water
Few grains salt
\( \frac{3}{4} \) cup Pet Milk
\( \frac{1}{4} \) cup sugar

Soak gelatin in cold water, dissolve in boiling water. Add few grains salt, Pet Milk, and sugar, and stir in ice water until it begins to stiffen. Add bananas, which have been rubbed through a sieve, lemon juice and beat until light and spongy. Beat egg whites until stiff, add powdered sugar and fold into first mixture. Turn into mold or glasses lined with lady fingers or strips of sponge cake. Serve garnished with sliced bananas and candied cherries.

Chocolate Ice Box Pudding

6 squares bitter chocolate
\( \frac{2}{3} \) cup Pet Milk
6 eggs

Melt chocolate in Pet Milk over hot water and beat until cold. Add unbeaten egg yolks, one at a time. Then add sugar and beat until glossy. Add whites of eggs beat and vanilla. Line sides and bottom of mould with lady fingers. Add a thick layer of the chocolate mixture, then a layer of lady fingers, alternating until all ingredients are used, having lady fingers on top. Place in ice box for at least twenty-four hours. This recipe serves ten people.

Pet Bread Pudding

1\( \frac{1}{4} \) cups sugar
\( \frac{3}{4} \) teaspoon salt
2\( \frac{1}{2} \) cups boiling water
\( \frac{1}{4} \) cup nut meats cut in small pieces
2 cups stale bread crumbs
2 egg yolks

Put \( \frac{1}{2} \) cup sugar and \( \frac{1}{4} \) cup water in saucepan, stir until sugar is dissolved and boil until it becomes a light brown syrup. Add boiling water, and when syrup is melted add Pet Milk and bread crumbs and soak thirty minutes. Add egg yolks mixed with \( \frac{3}{4} \) cup sugar, salt, vanilla and nut meats. Turn into greased pudding dish and bake one hour in a moderate oven or at 350°F. When baked cover with grated sweet chocolate, then with Meringue. See following recipe.

Meringue

2 egg whites
\( \frac{1}{4} \) teaspoon vanilla
5 tablespoons powdered sugar
\( \frac{1}{4} \) cup chopped nut meats

Beat egg whites until stiff and beat in gradually 3 tablespoons powdered sugar and vanilla. Fold in 2 tablespoons powdered sugar and chopped nut meats. Put roughly over the pudding and bake at 300°F, for eight to ten minutes or until delicately brown.

Chocolate Cornstarch Mold

2 squares chocolate
\( \frac{3}{4} \) cup sugar
\( \frac{3}{4} \) cup Pet Milk
\( \frac{1}{4} \) teaspoon salt
1 cup confectioners' sugar
\( \frac{1}{2} \) teaspoon vanilla
\( \frac{1}{2} \) cup cornstarch
2 egg whites

Melt chocolate over hot water. Add \( \frac{1}{2} \) cup sugar and salt, and very slowly add cold water, and stir until thick and smooth. Then cook ten minutes over hot water. Add Pet Milk and when hot add vanilla and pour over egg whites, which have been beaten stiff but not dry. Mix turn into glass or porcelain mold rinsed with cold water and chill.

Serve with Caramel Sauce. (Page 36)

Butterscotch Tapioca Cream

2 tablespoons butter
1 cup brown sugar
2\( \frac{1}{4} \) cups hot water
Few grains salt
2\( \frac{1}{4} \) cups Pet Milk

Put butter in frying pan, when melted add brown sugar and stir until sugar melts. Add hot water, few grains of salt and tapioca. Cook over fire fifteen minutes. Add this to Pet Milk scalded in double boiler and cook over boiling water until tapioca is clear. Then add to two egg yolks, which have been slightly beaten, return to double boiler and cook one minute. Remove from fire and add vanilla. Pour over egg whites beaten stiff. Chill and serve in glasses.

Fig Pudding

3 ounces beef suet
\( \frac{1}{2} \) lb. figs
2\( \frac{1}{2} \) cups stale bread
1 cup sugar

Put beef suet and figs through food chopper two or three times, then work with the hands until creamy. Soak bread crumbs in the Pet Milk and when milk is absorbed, add the eggs well beaten with sugar and salt. Add suet and fig mixture, mix thoroughly, turn into greased mold or baking powder boxes, cover and steam three hours. Serve with Creamy Hard Sauce. (Page 36)
Banana Ice Cream
2 cups Pet Milk  2 cups bananas
6 tablespoons lemon juice  (mashed and put through a sieve)
1½ cups sugar
Mix sugar, bananas and lemon juice, beating well until sugar is dissolved; add milk. Freeze.

Frozen Cherry Pudding
2 cups Pet Milk  1¾ cups sugar
⅔ cup sour cherries  ⅔ cup hot water
(measured when ⅛ teaspoon gelatin stoned and cut up)  2 egg whites
Cover gelatin with cold water and let stand until soft. Cook cherries and sugar until sugar is dissolved. Add hot water and let come to a boil. Add gelatin and remove from fire at once, stirring until gelatine is dissolved. Let cool and place on ice. When it begins to thicken mix with cold milk and unbeaten egg whites. Place in bowl of ice and beat with Dover beater until stiff. Pack—do not turn.

Strawberry Mousse
2 cups Pet Milk  1 cup crushed
White of 1 egg  strawberries
1½ cups sugar  ⅛ cup orange juice
Chill Pet Milk thoroughly. Add egg white and beat with Dover egg beater until stiff, in a bowl set in a pan of ice. Beat in sugar, fruit and orange juice. Pack—do not turn.

Burnt Almond Ice Cream
2 cups Pet Milk  ½ cup burnt almonds
½ cup sugar (crushed fine)
Mix ingredients and freeze.

Directions for Freezing

Ice Creams and Sherbets
Use three parts of ice, broken to walnut size—one part of rock salt—pack solidly in freezer. Turn slowly at first, increasing as the mixture hardens. When hard, remove dasher—repack with ice and salt—cover well with heavy cloth, newspaper or carpet.

Mousses and Parfaits
Use three parts of ice—one of rock salt—pack can of freezer or mould solidly in freezer. Cover well with heavy cloth, newspaper or carpet—repacking when necessary with ice and salt. Three to five hours must be allowed to freeze these desserts.

Most Ice Creams, Mousses and Parfaits are better if allowed to ripen for two or three hours before serving.
Caramel Sauce

2 1/4 cups water 1/8 teaspoon salt
3/4 cup sugar 2 egg yolks
1 tablespoon cornstarch 
1/4 cup Pet Milk 
1/34 teaspoon vanilla

Put 3/4 cup water and the sugar in frying pan and boil until it becomes a golden brown caramel syrup. Add 1 cup hot water and simmer until caramel dissolves. Add cornstarch mixed with salt and 1/2 cup cold water and simmer five minutes. Mix egg yolks and 1/2 cup Pet Milk in top of double boiler. Add hot syrup and stir and cook until slightly thickened. Add 1/34 cup Pet Milk, and vanilla, strain and chill.

Use as a sauce on cornstarch desserts, or as a dessert garnished with egg whites beaten stiff, sweetened with 2 tablespoons powdered sugar and flavored with 1/4 teaspoon vanilla.

Cream Chocolate Sauce

3 squares chocolate 3 tablespoons white corn syrup
1/4 cup water 1 cup Pet Milk
1 cup sugar 1 teaspoon vanilla

Melt chocolate in saucepan over hot water; add 1/4 cup water slowly, stirring until smooth. Then add sugar and corn syrup. Boil until syrup forms a very soft ball when tried in cold water or until it reaches 234° F. Add Pet Milk and vanilla.

The sauce may be served hot or cold on ice cream, boiled rice or puddings.

Maple Pecan Sauce

2 tablespoons butter 1/4 cup Pet Milk
3/4 cup sugar 1/4 teaspoon maple flavoring
3 tablespoons corn syrup 1/2 cup pecan meats

Melt butter in saucepan; add sugar, water and corn syrup and boil to 232° F. or until it forms a very soft ball when tried in cold water. Remove from fire; add slowly Pet Milk, flavoring and nuts. Serve hot or cold on ice cream or puddings.

3/4 cup maple syrup may be used instead of sugar, water and corn syrup.

Butterscotch Sauce

4 tablespoons butter 3/4 cup white corn syrup
1 1/4 cups brown sugar 3/4 cup Pet Milk

Melt butter in saucepan; add sugar and corn syrup and boil to 230° F. or until it forms a very soft ball when tried in cold water. Add Pet Milk and serve warm on ice cream.

For a Butterscotch Sundae, sprinkle with chopped nut meats.

Creamy Hard Sauce

4 tablespoons butter 1/4 teaspoon vanilla
3/4 cup powdered sugar 1/4 teaspoon lemon extract
2 tablespoons Pet Milk

Cream butter, add slowly powdered sugar and drop by drop Pet Milk made lukewarm over hot water. Flavor with vanilla and lemon extract, and beat until very light. Chill before serving.

Cinnammon Crisps

3/4 cup sugar 1/4 teaspoon salt
1/2 cup butter 1 1/2 cups flour
2 teaspoons baking powder 1 teaspoon cinnamon powder
1/34 cup Pet Milk

Cream butter and sugar; add dry ingredients thoroughly mixed, then milk. Roll thin, cut in fancy shapes and decorate with nuts. Moderate oven.

One Egg Mocha Cake

3 tablespoons butter 1/4 teaspoon salt
1 cup sugar 3/4 teaspoon vanilla
1 egg 1 cup flour
1/34 cup Pet Milk 2 teaspoons baking powder
2 squares melted chocolate

Cream butter, add sugar gradually, then egg yolk well beaten. Mix and sift dry ingredients and add alternately with diluted milk. Add melted chocolate and fold in white of egg beaten stiff. Bake in two nine-inch layer cake pans. Put Mocha Frosting between layers and on top.

Mocha Frosting

1 1/4 cups confectioners' sugar 2 teaspoons strong coffee
2 teaspoons dry 1 tablespoon Pet Milk cocoa
3/4 teaspoon vanilla

Mix sugar and cocoa; add coffee, Pet Milk and vanilla and stir until smooth.

Cocoanut Icing

2 cups confectioners' sugar 1 tablespoon milk
1 tablespoon cocoanut of cocoanut
2 tablespoons Pet 1 cup fresh grated Milk cocoanut

Mix Pet Milk with milk of cocoanut; add confectioners' sugar. Spread between layers and on top of cake and sprinkle thickly with cocoanut.
Cocoanut Jumbles

1 cup cocoanut
\(\frac{1}{2}\) cup raisins
\(\frac{1}{4}\) cup citron
\(\frac{1}{2}\) cup Pet Milk

\(\frac{1}{2}\) candied cherries
Whites of 2 eggs
\(\frac{1}{2}\) cup orange juice
\(\frac{1}{2}\) tablespoon lemon juice
\(\frac{1}{4}\) teaspoon salt

Mix all dry ingredients; add milk, then stiffly beaten whites. Drop by teaspoons on greased tins. Moderate oven.

Orange Filling

\(\frac{1}{2}\) cup sugar
3 tablespoons flour
\(\frac{1}{2}\) orange rind, grated
\(\frac{1}{2}\) cup orange juice
\(\frac{1}{2}\) tablespoon lemon juice

1 egg yolk slightly beaten
1 tablespoon Pet Milk diluted with

1 tablespoon water
1 teaspoon butter

Mix in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

White Fruit Cakes

1 cup sugar
\(\frac{1}{2}\) cup butter
1\(\frac{1}{2}\) cups flour
\(\frac{1}{2}\) teaspoon salt
1 cup date pieces
2 teaspoons baking powder

Whites of 3 eggs
\(\frac{1}{4}\) teaspoon lemon extract
\(\frac{1}{4}\) cup blanched almonds
\(\frac{1}{2}\) cup Pet Milk diluted with
\(\frac{1}{8}\) cup water

Cream butter and sugar; add flour mixed with dates, nuts, baking powder and salt, then diluted milk, extract and stiffly beaten whites. Bake in small muffin tins in a slow oven.

Chocolate Drop Cookies

\(\frac{1}{2}\) cup fat
1 cup light brown sugar
1 egg
3 tablespoons Pet Milk diluted with
5 tablespoons water

Few grains salt
1\(\frac{1}{4}\) cups flour
2 squares bitter chocolate
1 teaspoon vanilla

Cream fat, add sugar gradually, then egg well beaten. Mix and sift flour, salt and soda, and add alternately with milk. Stir in melted chocolate, nuts and vanilla. Drop mixture by spoonfuls onto a well greased pan, place a half nut on each and bake until firm, in a moderate oven.

Orange Cake

\(\frac{1}{2}\) cup butter
2 cups sugar
4 eggs
\(\frac{1}{2}\) cup orange juice
Grated rind of 1 orange

3 tablespoons Pet Milk diluted with
5 tablespoons water
3\(\frac{1}{2}\) cups flour
3 teaspoons baking powder
Few grains of salt

Cream butter, add sugar gradually, and yolks of eggs well beaten. Add orange rind, and then diluted milk alternately with flour, mixed and sifted with baking powder and salt. Add orange juice, beat thoroughly, and fold in stiffly beaten whites of eggs. Bake in layers. Put orange filling between layers and cover top with icing made of juice of \(\frac{1}{2}\) orange, \(\frac{1}{2}\) tablespoons of Pet Milk and enough confectioners’ sugar to spread.

Hot Chocolate

\(1\frac{1}{2}\) squares bitter chocolate
\(2\frac{1}{2}\) cups boiling water
\(\frac{1}{4}\) cup sugar
Few grains salt

Melt chocolate in pan over hot water; add sugar, salt and gradually one cup of boiling water. Stir until smooth, then place pan directly over fire and boil one minute. Add Pet Milk and remaining boiling water. Beat two minutes with Dover egg beater just before serving, and add to each cup a spoonful of whipped Pet Milk or one marshmallow.

Iced Coffee with Orange

2 oranges, rind and juice
1 cup water

\(\frac{1}{2}\) cup sugar
4 cups cold coffee
\(\frac{1}{4}\) cup Pet Milk

Wash oranges, remove thin paring of rind (being careful not to use any of the white part). Boil the rind with sugar and water ten minutes. Cool, strain and add coffee. Just before serving add orange juice and Pet Milk and serve ice-cold.
Creamy Fudge Balls

\[
\begin{align*}
\text{\(\frac{3}{4}\) cup Pet Milk} & \quad 2\text{ tablespoons light corn syrup} \\
1\text{ cup white sugar} & \quad 1\text{ tablespoon butter} \\
1\text{ cup brown sugar} & \quad 1\text{ teaspoon vanilla} \\
2\text{ squares unsweetened chocolate} & \quad \frac{1}{2}\text{ cups chopped walnuts}
\end{align*}
\]

Cook milk, sugar, chocolate and syrup together, stirring constantly until sugar is dissolved. Continue cooking, stirring occasionally to prevent burning, until the temperature is 236°F or until a little dropped in cold water forms a soft ball. Remove from fire and let stand until lukewarm (110°F). Add vanilla and beat until thick and creamy. Shape quickly into small balls and roll in chopped nuts.

Chocolate Dreams

To 1 cup Chocolate Butter Fondant add \(\frac{3}{4}\) cup chopped candied cherries and \(\frac{1}{2}\) cup chopped pecans. Shape into balls.

Chocolate Walnut Creams

Roll fondant into balls and press whole walnuts on either side.

Chocolate Caramels

\[
\begin{align*}
3\text{ squares unsweetened chocolate} & \quad 1\text{ cup sugar} \\
\frac{1}{2}\text{ cup Pet Milk} & \quad 3\text{ tablespoons butter} \\
\frac{3}{4}\text{ cup molasses} & \quad 1\text{ teaspoon vanilla} \\
\frac{1}{2}\text{ cup nuts}
\end{align*}
\]

Cut chocolate in small pieces, or grate. Add milk, molasses, sugar and butter. Stir until chocolate, sugar and butter have melted. Then boil without stirring until it will harden in cold water. Flavor, and pour over nuts which have been placed in bottom of buttered pan. Mark in squares when cold.

Maple Squares

\[
\begin{align*}
\frac{3}{4}\text{ cup Pet Milk} & \quad 1\text{ tablespoon light corn syrup} \\
2\text{ cups maple sugar} & \quad \frac{3}{4}\text{ cup nut meats, broken into pieces}
\end{align*}
\]

Cook sugar, water and syrup together, stirring until the sugar is dissolved. Add the Pet Milk and stir until 236°F is reached or until a little dropped in cold water will form a soft ball. Remove from fire and let stand until lukewarm (110°F). Beat until creamy, add the nuts and pour into a greased square pan. When cool, cut into squares.
### Temperature Chart for Deep Fat Frying

<table>
<thead>
<tr>
<th>Temperature registered</th>
<th>Cube of bread will become a light brown color in</th>
<th>Kind of Food to be cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>360° - 370°</td>
<td>About 55 seconds</td>
<td>Raw dough mixtures, such as doughnuts, fritters, pastry, etc.</td>
</tr>
<tr>
<td>370° - 380°</td>
<td>About 50 seconds</td>
<td>Previously cooked foods, such as croquettes and cutlets of meat, fish and vegetables.</td>
</tr>
<tr>
<td>380° - 390°</td>
<td>About 45 seconds</td>
<td>Oysters, clams, smelts, and small fillets of fish.</td>
</tr>
<tr>
<td>390° - 395°</td>
<td>About 40 seconds</td>
<td>French fried potatoes, chips, etc.</td>
</tr>
</tbody>
</table>

### Temperature Chart for Oven Cookery

<table>
<thead>
<tr>
<th>Temperature registered</th>
<th>White paper turns light brown in</th>
<th>Flour, sprinkled on tin plate turns light brown in</th>
<th>Kind of oven and some of its uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>300° - 350°</td>
<td>2 minutes</td>
<td>5½ minutes</td>
<td>SLOW—Angel, sponge, fruit cake, meringes, souffles, custard.</td>
</tr>
<tr>
<td>350° - 400°</td>
<td>1 minute</td>
<td>3 minutes</td>
<td>MODERATE—Loaf bread, baked beans, casserole dishes, puddings, muffins, etc. Certain roasts (after searing-over).</td>
</tr>
<tr>
<td>400° - 500°</td>
<td>30 seconds</td>
<td>1 minute</td>
<td>HOT—Searing-over meats, scalloped dishes (previously cooked), baking powder biscuit mixtures, pastry.</td>
</tr>
</tbody>
</table>

**Caution:** Care must be taken to regulate heat of oven in order to maintain an even temperature during baking.

### Temperature Chart for Candy Making

<table>
<thead>
<tr>
<th>Temperature registered</th>
<th>A little of the candy mixture dropped into cold water</th>
<th>Types of candy with exact temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>236° - 240°</td>
<td>Forms soft ball</td>
<td>236° Fudge, penuchi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>238° Fondant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>240° Fondant, in warm weather</td>
</tr>
<tr>
<td>246° - 248°</td>
<td>Forms firm ball</td>
<td>246°-248° Caramels</td>
</tr>
<tr>
<td>260° - 270°</td>
<td>Forms hard ball</td>
<td>265° Divinity</td>
</tr>
<tr>
<td>290° - 300°</td>
<td>Becomes brittle, cracks against side of cup</td>
<td>300° Nut brittles</td>
</tr>
<tr>
<td>310°</td>
<td>Becomes very brittle</td>
<td>310° Lolly Pops Glaces</td>
</tr>
</tbody>
</table>
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#### Beverages
<table>
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#### Pies
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#### Salad Dressings
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#### Soups
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#### Vegetables
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