Food for a Family of 2 or 4 or 6
by Mary Lee Taylor
Your Pet Program

Starring

MARY EASTMAN
BILL PERRY
THE SERENADERS
GUS HAENSCHEN'S ORCHESTRA

thrilling voices • stirring music
Every Saturday night
from coast to coast over the
Columbia Broadcasting System

...And, in the daytime, hear Mary Lee Taylor's radio demonstrations of delicious, appetizing foods. See inside back cover for stations and time.
What is IRRADIATED Pet Milk

IT IS PURE COWS' MILK

In what way is it different from ordinary milk?

Irradiated Pet Milk has these distinctive qualities which make it different from ordinary milk:

1. It is more than twice as rich as ordinary milk.

2. Every drop of Irradiated Pet Milk is uniformly rich in all the food substances of pure, whole milk—it can never be skimmed milk.

3. All Irradiated Pet Milk is sterilized in a sealed container—always, everywhere, as surely safe as if there were no germ of disease in the world.

4. Irradiated Pet Milk is more easily digested than ordinary milk.

5. Every drop of Irradiated Pet Milk is enriched with the “sunshine” vitamin D by irradiation with ultra-violet rays.

6. Irradiated Pet Milk costs less generally than ordinary milk.

What is the advantage of the double richness of Irradiated Pet Milk?

There is no recognized authority on nutrition who does not say that people generally need more milk than they are now using. The double richness of Irradiated Pet Milk will enable you to put more milk in your family’s diet. The recipes in this book are designed to accomplish that result.

What advantage does the uniform richness of Irradiated Pet Milk offer?

The advantage of that is obvious, of course. Even in cooking this is an advantage. For the baby’s milk, it is an indispensable quality. For children to drink, it is equally important. When you use Irradiated Pet Milk, you know you are giving your family all the food substances which have caused milk to be called the most nearly perfect food—the protective food.

The sure safety?

Every community in America (Continued on page 22)
SPICED MILK

1. Heat thoroughly.  
2. Remove from heat and stir in.  
3. Serve at once as a hot beverage or on cereals, or chill and serve cold.

TOMATO JUICE COCKTAIL

1. Chill.  
2. Stir slowly into.  
3. Mix thoroughly and chill before serving, or mix with.
FAMILY DINNER
(Everyday foods, but oh! so good)
Surprise Sweet Potatoes*
Turnips in Bacon Sauce*
Cabbage Slaw
Pet Mayonnaise*
Coconut Peach Pie*

COMPANY DINNER
(Guaranteed to make a hit with the men)
Cheese and Onion Soup*
Toasted Crackers
Broiled Steak  Pet Gravy*
Mashed Potatoes*
Buttered Asparagus
Mixed Green Salad
French Dressing*
Hot Rolls  Butter  Jelly
Cherry Pudding*

*Recipes in this book — See Index

MARY LEE TAYLOR says, "Follow the recipe for this Cherry Pudding and all who taste it will admire its good looks and rave about its flavor!"
CHERRY PUDDING
Photograph on page 3

Directions

Ingredients

<table>
<thead>
<tr>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Light oven and set at moderate (375° F.).</td>
<td>5 in. across, or two 4-in. tart pans</td>
<td>8 inches across</td>
</tr>
<tr>
<td>2. Grease a layer cake pan measuring about</td>
<td>cake FLOUR</td>
<td>½ cup</td>
</tr>
<tr>
<td>3. Sift before measuring</td>
<td>BAKING POWDER</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>few grains</td>
</tr>
<tr>
<td>4. Resift into bowl with</td>
<td>EGG</td>
<td>1 (yolk only)</td>
</tr>
<tr>
<td></td>
<td>PET MILK diluted with WATER</td>
<td>1½ tablesp.</td>
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<tr>
<td></td>
<td></td>
<td>melted BUTTER or other shortening</td>
</tr>
<tr>
<td></td>
<td>VANILLA</td>
<td>1/4 teasp.</td>
</tr>
<tr>
<td>5. Beat until light and lemon colored</td>
<td>sour, pitted red CHERRIES, cooked or canned</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>6. Stir in</td>
<td>SUGAR</td>
<td>1/3 cup</td>
</tr>
<tr>
<td></td>
<td>CORNSTARCH</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>few grains</td>
</tr>
<tr>
<td>7. Add, all at once, to flour mixture, beating quickly but thoroughly.</td>
<td>CHERRY JUICE</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>8. Pour at once into prepared pan.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Bake until cake shrinks from sides of pan, or for</td>
<td>15 minutes</td>
<td>20 minutes</td>
</tr>
<tr>
<td>10. Turn out and cool thoroughly.</td>
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<tr>
<td>11. Meanwhile, drain and save juice from</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12. Mix together in saucepan</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Add and stir until smooth</td>
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<tr>
<td>14. Boil slowly for 10 minutes, stirring frequently. Cover and cool thoroughly. Arrange well-drained cherries over cold cake. Cover with cooled cherry juice mixture, spreading carefully with back of spoon to glaze cherries. Let stand until firm before serving.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To Substitute Sweetened Red Cherries for the sour, pitted red cherries, reduce sugar in the cornstarch and cherry juice mixture to 4 teaspoons for 2; 8 teaspoons for 4; and 1/4 cup for 6.

Note 1: The cherry topping may be omitted and the cake cut in squares and served with Peach Whip or Whipped Pet Milk Topping (See Index).

Note 2: 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 page 32.
SOUTHERN PINEAPPLE CAKE

**Directions**

1. Put in bowl
2. Combine
3. Add to butter and mix with a fork until crumbly.
4. Drain thoroughly and save juice from
5. Let brown sugar mixture and drained pineapple stand while preparing the following:
6. Grease a baking pan measuring about
7. Light oven and set at moderately slow (350° F.).
8. Sift before measuring
9. Resift with
10. Cream together until light and fluffy
11. Beat in vigorously
12. Add flour mixture alternately with a mixture of
13. Beat vigorously after each addition. Begin and end with flour mixture.
14. Fold into batter
15. Pour into prepared pan. Spread brown sugar mixture on batter lightly with a fork and top with bits of drained, crushed pineapple.
16. Bake until cake shrinks from sides of pan, or about 1 hour
17. Invert pan on cake cooler and let stand 5 minutes before removing. Serve warm. Pineapple and brown sugar mixture sinks to the bottom and may be easily spread on cake after removing the pan.

**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 page 32.

WHIPPED PET MILK TOPPING

using lemon juice

**Directions**

1. Put in small bowl
2. Whip with rotary egg beater, or electric beater at high speed, until fluffy.
3. Then add
4. Continue whipping until stiff. Serve as a topping on gingerbread, open-faced apple pies, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping. **Note:** This topping will become stiffer if allowed to stand in the refrigerator about 15 minutes before serving.
FUDGE

Photograph on opposite page

Directions

1. Mix together in saucepan

Ingredients

- COCOA 3/4 cup
- SUGAR 3 cups
- white CORN SYRUP 3/4 cup
- PET MILK 1 1/2 cups, diluted with
- WATER 6 tablesp.

2. When well blended, cook over low heat, stirring constantly until sugar dissolves. Boil slowly to 234° F., stirring occasionally, or until a few drops form a soft ball when dropped into cold water. Cool at room temperature, without stirring until lukewarm, or until the hand can be held comfortably on bottom of pan.

3. Add

- SALT 1/8 teasp.
- VANILLA 1 1/2 teasp.


Note: 1 1/8 cups equal 1 cup plus 2 tablespoons.

To Substitute Chocolate for Cocoa:
1. Melt 3 squares unsweetened chocolate over boiling water. Add sugar, syrup and diluted milk and proceed as directed for cocoa.

For Marshmallow Fudge:
1. Arrange in bottom of buttered 9-inch MARSHMALLOWS, quartered
2. Cool and beat Fudge as directed above. Then pour over marshmallows and cut into squares when cool. Makes about 2 3/4 pounds.

For Nut Fudge:
1. Cool Fudge as directed above. Just before beating, fold in NUTS

For Coconut Fudge:
1. Sprinkle in bottom of buttered 9-inch COCONUT
2. Cool and beat Fudge as directed above. Then pour over coconut and sprinkle top with remaining coconut. Cut into squares when cool. Makes about 2 3/4 pounds.

WHIPPED PET MILK TOPPING

using fruit-flavored gelatin such as Jell-O, Royal, etc.

Directions

1. Dissolve

Ingredients

- flavored, sweetened GELATIN 3/4 teasp.
- in boiling WATER 3/4 teasp.
- PET MILK 1/4 cup
- powdered SUGAR 1 teasp.
- VANILLA 1/2 teasp.

2. Scald over boiling water PET MILK

3. Add dissolved gelatin and stir thoroughly. Pour into bowl and chill until icy cold. Then whip with rotary egg beater, or electric beater at high speed, until stiff.

4. Fold in

- 1 teasp. 2 teasp. 1 tablesp.
- 1/2 teasp. 1/2 teasp. 1 teasp.

5. Serve on desserts, beverages, etc.
FRIENDLY DINNER
(Inexpensive, yet gay enough for your best friends)

- Corned Beef Rolls*
- with Tomato Cream Sauce*
- Creamed Cabbage*
- Lettuce and Grapefruit Salad
- Pet Mayonnaise*
- Chocolate Waffles*
- with Peach Whip*

MARY LEE TAYLOR says, "Creamy smooth, rich-tasting fudge and all of the delicious variations pictured here, can be duplicated only by using Pet Milk."

BUFFET SUPPER
(Main dish and dessert are illustrated on front and back covers)

- Spanish Rice*
- with Meat Balls*
- Bowl of Salad Greens
- French Dressing*
- Hard Rolls
- Butter
- Preserves
- Celery
- Radishes
- Olives
- Pumpkin Cream Pie*
- Fudge*

*Recipes in this book—See Index
**CHOCOLATE COCONUT SQUARES**  
*Photograph on page 12*

**Directions**

1. Mix together:
   - freshly boiled POTATO, put through a sieve or ricer
   - PET MILK
   - ALMOND or VANILLA EXTRACT
   - SALT
   - powdered SUGAR (free from granules)

2. Add gradually:
   - powdered SUGAR (free from granules)
   - shredded COCONUT

3. Mix until smooth after each addition.

4. Add gradually:
   - shredded COCONUT

5. When well mixed, press into buttered pan about:
   - 4 x 4 x 1 in. deep
   - 8 x 8 x 1 in. deep

6. Let stand while preparing chocolate mixture.

7. Heat over hot water until melted:
   - unsweetened CHOCOLATE

8. Blend in:
   - powdered SUGAR
   - PET MILK

9. Add gradually, stirring until well blended:
   - PET MILK


**To Substitute Cocoa for Chocolate:**

1. Mix with the powdered sugar called for in chocolate part:
   - COCOA

2. Stir in the milk, then add:
   - melted BUTTER

3. Proceed as directed for chocolate.

**SNOWBALLS**

*Photograph on page 12*

**Directions**

1. Put in top of double boiler:
   - PET MILK
   - MARSHMALLOWS

2. Cook over boiling water until marshmallows are melted, stirring constantly. Remove from heat, but keep mixture standing in the hot water.

3. Dip in milk mixture, one at a time:
   - MARSHMALLOWS, halved

4. Roll in:
   - shredded COCONUT

5. Put on waxed paper.


Note: It will be easy to dip these marshmallows and then roll them in the shredded coconut if two forks are used in place of the fingers.
PUMPKIN PIE
Photograph on page 12

Directions

1. Light oven and set at very hot (450° F.).
2. Mix together:
   - light brown SUGAR, firmly packed: 1/4 cup, 1/2 cup, 3/4 cup
   - FLOUR: 1/4 tsp., 2 tsp., 1/2 cup
   - SALT: 1/4 tsp., 2 tsp., 1/2 cup
   - CINNAMON: 1/8 tsp., 1/4 tsp., 1/2 cup
   - NUTMEG: 1/8 tsp., 1/4 tsp., 1/2 cup
   - GINGER: few grains, 1/4 tsp., 1/2 cup
   - CLOVES: 1/8 tsp., 1/4 tsp., 1/2 cup
   - cooked or canned PUMPKIN: 1/2 cup, 1 cup, 1 1/2 cups
   - PET MILK: 1/2 cup, 1 cup, 1 1/2 cups
   - slightly beaten EGG (yolk only): 2 tbsp., 4 tbsp., 1 1/2 cups
   - MOLASSES: 1/3 cup, 3/4 cup, 2 cups
   - UNBAKED PASTRY: 2 tart pans, 4 in. across, 7 inches across, 9 inches across
   - (see index)
3. Add:
4. Stir until smooth.
5. Pour into deep pie pan lined with:
   - UNBAKED PASTRY (see index)
6. Bake 15 minutes.
7. Reduce heat to slow (325° F.) and bake until firm, or about:

<table>
<thead>
<tr>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
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<tr>
<td>15 min</td>
<td>25 min</td>
<td>40 min</td>
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</table>

Note: Prepared pumpkin pie spice may be substituted for the cinnamon, nutmeg, ginger and cloves called for in this recipe. Use 3/4 teaspoon of such spice for 2; 1 1/2 teaspoons for 4; and 2 1/4 teaspoons for 6.

For Sweet Potato Pie, substitute for the pumpkin cooked or canned sweet potatoes put through a sieve, reduce the brown sugar to 3 tbsp. for 2; 1 1/3 cup for 4; and 1/2 cup for 6, omit the molasses and add 2 tsp. melted butter for 2; 4 tsp. for 4; and 2 tbsp. for 6.

For Squash Pie, follow recipe for Pumpkin Pie, substituting cooked or canned winter squash, thoroughly mashed, for the pumpkin. See directions for cooking squash in Squash Cream Pie on page 10.

FRUIT NUT FONDANT
Photograph on page 12

Directions

1. Put through medium knife of food chopper:
   - FIGS, pressed or dried: 1/4 cup
   - pitted DATES: 1 cup
   - seedless RAISINS: 1 1/4 cups
   - shelled NUTS: 1 1/4 cups
   - PET MILK: 1/2 cup
   - grated ORANGE RIND: 1 tbsp.
2. Add:
3. Mix thoroughly until milk is absorbed. Chill.
4. Shape into oblong patties with the fingers and press a whole, shelled nut on top of each, or shape into balls and roll in chopped nuts.
5. Makes sufficient for about 7 dozen.

Note: You will need about 1/2 cup of shelled, whole nuts to press on top of patties or 1 cup of chopped nuts in which to roll the balls.
PUMPKIN CREAM PIE
Photograph on back cover

Directions

Ingredients For 2 For 4 For 6

1. Mix together

| SUGAR | 1/4 cup | 1/2 cup | 3/4 cup |
| CORNSTARCH | 2 teasp. | 4 teasp. | 2 tablesp. |
| CINNAMON | 1/4 teasp. | 1/2 teasp. | 1 teasp. |
| NUTMEG | 1/8 teasp. | 1/4 teasp. | 1/4 teasp. |
| GINGER | 1/4 teasp. | 1/3 teasp. | 1/4 teasp. |
| CLOVES | few grains | 1/8 teasp. | 1/4 teasp. |
| SALT | 1/8 teasp. | 1/4 teasp. | 1/2 teasp. |

2. Stir in

| PET MILK cooked or canned PUMPKIN | 3/4 cup | 1 1/3 cups | 2 cups |

3. Cook over rapidly boiling water 20 minutes, stirring frequently.

4. Remove from heat and stir into

| slightly beaten EGG YOLK | 1 | 1 | 2 |

5. Return to heat and cook 2 minutes longer, stirring constantly. Cool thoroughly.

6. Pour into Baked Pastry Shell (See Index).

7. Beat until stiff

| EGG WHITE | 1 | 1 | 2 |

8. Beat in gradually

| SUGAR | 2 tablesp. | 2 tablesp. | 1/4 cup |

9. Spread on top of pie. Bake in very slow oven (300°F.) 15 minutes, or until brown.

Note: Prepared pumpkin pie spice may be substituted for the cinnamon, nutmeg, ginger and cloves called for in this recipe. Use 1/4 teaspoon of such spice for 2; 1 1/2 teaspoons for 4; and 2 1/4 teaspoons for 6.

For Sweet Potato Cream Pie, substitute for the pumpkin cooked or canned sweet potatoes put through a sieve, reduce the sugar in the cornstarch mixture to 3 tablespoons for 2; 1 1/3 cup for 4; and 1 1/2 cup for 6, the cornstarch to 1 1/2 teaspoons for 2; 1 teaspoon for 4; and 4 1/2 teaspoons for 6, and omit the cloves and ginger, or use only 1/2 teaspoon prepared pumpkin pie spice for 2; 1 teaspoon for 4; and 1 1/2 teaspoon for 6.

For Squash Cream Pie, follow the recipe for Pumpkin Cream Pie, substituting cooked or canned winter squash, thoroughly mashed, for the pumpkin. To cook squash, cut in pieces, remove seeds and bake in moderate oven (375°F.) 1 hour; or pare, dice, remove seeds, and steam 45 minutes, or until tender.

WHIPPED PET MILK TOPPING
using plain, unflavored gelatin such as Knox, etc.

Directions

Ingredients For 2 For 4 For 6

1. Soak for 5 minutes

| plain, unflavored GELATIN in cold WATER | 1/8 teasp. | 1/4 teasp. | 1/4 teasp. |

2. Scald over boiling water

| PET MILK | 1/4 cup | 1/3 cup | 1/2 cup |

3. Add soaked gelatin and stir until dissolved. Pour into small china or enameled bowl and chill until icy cold. Then whip vigorously with rotary egg beater, or electric beater at high speed, until stiff.

4. Fold in

| powdered SUGAR VANILLA | 1 teasp. | 2 teasp. | 1 teasp. |

5. Makes

| 3/4 cup | 1 cup | 1 1/2 cups |
COCONUT PEACH PIE

Directions

1. Light oven and set at very hot (450° F.).

2. Mix together

   slightly beaten EGG  1
   SUGAR           3 tablesp.
   SALT           1/2 teasp.
   VANILLA       1/2 teasp.
   PET MILK      6 tablesp.
   sliced, fresh or
canned PEACHES,
drained
   shredded
   COCONUT       1/2 cup

3. Fold in

4. Pour into deep pie pan lined with

   UNBAKED
   PASTRY
   (see index)

   2 tart pans, 7-inch pie pan
   4 in. across

5. Bake 15 minutes. Then reduce heat to 325° F. and bake until custard is firm, or about

   10 minutes
   12 minutes
   15 minutes

6. Cool.

7. Garnish top if desired with

   sliced PEACHES,
drained

COCONUT PEACH PIE

For 2 For 4 For 6

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PRUNE COFFEE CAKE

Photograph on pages 16 and 17

Directions

1. Soak overnight in covered bowl

   dried PRUNES
   (see note 1)
   in WATER

   1/4 cup
   1/2 cup

2. Drain prunes and save juice. Remove pits and cut prunes into quarters.

3. Light oven and set at hot (425° F.).

4. Grease a layer cake pan measuring about

   7 inches across
   9 inches across

5. Sift before measuring

   all-purpose FLOUR
   BAKING POWDER
   SALT
   SUGAR

   1 cup
   1 1/2 teasp.
   1 1/2 teasp.
   1/2 cup

6. Resift with

   PET MILK diluted with
   PRUNE JUICE

   1/4 cup
   1/4 cup

7. Work into flour mixture with

   cold SHORTENING

   3 tablesp.
   6 tablesp.

8. Stir in

   SUGAR
   CINNAMON

   1/4 cup
   1/4 cup
   1/4 cup
   1/4 cup

9. Beat vigorously for 30 seconds. Turn into prepared pan.

10. Arrange prunes over top of batter, skin side up.

11. Sprinkle with a mixture of

   SUGAR
   CINNAMON

   1/4 cup
   1/4 cup
   1/4 cup
   1/4 cup

12. Bake 25 minutes, or until top is brown. Serve warm.

Note 1: Dried apricots or peaches may be substituted for the prunes in this recipe.

Note 2: 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 page 32.
INDIVIDUAL FRUIT SALADS
in Lettuce Cups
Pet Mayonnaise*
Buttered Finger Rolls
or Tiny Bread and Butter Sandwiches
Snowballs*
Fruit Nut Fondant*
Chocolate Coconut Squares*

HOLIDAY DINNER
(When you want to serve something special)
Vegetable Chowder* with Toasted Crackers
Chicken Paprika*
Mashed Potatoes*
Kentucky Corn Pudding*
Grapefruit and Orange Salad
French Dressing*
Rolls Butter
Marmalade
Pumpkin Pie*
Cheese Wedges

AFTERNOON TEA
(When entertaining your club members)
Individual Fruit Salads in Lettuce Cups
Pet Mayonnaise*
Buttered Finger Rolls or Tiny Bread and Butter Sandwiches
Snowballs*
Fruit Nut Fondant*
Chocolate Coconut Squares*

MARY LEE TAYLOR says, "Our grandmothers made Pumpkin Pie with all the old-time deliciousness of this pie— but never with one egg and not a speck of butter!"

*Recipes in this book—See Index
### CHOCOLATE WAFFLES

**Photograph on page 17**

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 3</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sift before measuring</td>
<td><em>cake flour</em></td>
<td>¾ cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>2. Resift into bowl with</td>
<td><em>baking powder</em></td>
<td>1½ teasp.</td>
<td>3 teasp.</td>
</tr>
<tr>
<td></td>
<td><em>sugar</em></td>
<td>6 tablesp.</td>
<td>1½ cup</td>
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<tr>
<td></td>
<td><em>cocoa</em></td>
<td>⅛ cup</td>
<td>1½ cup</td>
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<tr>
<td></td>
<td><em>salt</em></td>
<td>⅛ teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>3. Beat thoroughly</td>
<td><em>egg</em></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. Add</td>
<td><em>pet milk diluted with water</em></td>
<td>1⅛ cup</td>
<td>1½ cups</td>
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<tr>
<td></td>
<td><em>melted butter or other shortening</em></td>
<td>⅛ cup</td>
<td>1½ cup</td>
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<tr>
<td></td>
<td><em>vanilla</em></td>
<td>⅛ teasp.</td>
<td>1½ teasp.</td>
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</table>

5. Add to flour mixture, all at one time, beating quickly but thoroughly.

6. Pour about half a cupful of mixture into center of a hot, preheated waffle baker. Close baker quickly, and bake about 4 minutes, or until browned.

7. Serve at once as a dessert with Whipped Pet Milk Topping, or Peach Whip (See Index).

8. Makes | 3 waffles, 7 in. across | 6 waffles, 7 in. across |

**To Substitute Unsweetened Chocolate for Cocoa:**

1. Melt over boiling water | unsweetened *chocolate* | 1 square (1 ounce) | 2 squares (2 ounces) |

2. Mix with the melted butter, then add to milk mixture and proceed as directed above.

**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 page 32.

### UNBAKED PASTRY

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sift before measuring</td>
<td><em>cake flour</em></td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Resift with</td>
<td><em>salt</em></td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>3. Work into flour with pastry blender, two cold <em>shortening</em></td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
<td>½ cup</td>
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<tr>
<td>4. When mixture has the appearance of small peas, gradually stir in</td>
<td><em>pet milk diluted with water</em></td>
<td>1 tablesp.</td>
<td>4 teasp.</td>
<td>1½ tablesp.</td>
</tr>
<tr>
<td>5. Roll out on floured board to ⅛-inch thickness.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. Line with pastry | 2 tart pans, 4 in. across | 7-inch pie pan | 9-inch pie pan |

7. Be careful not to stretch pastry. Pinch pastry with fingers to make fancy edge.

**For Baked Pastry Shell:**

BANANA DOUGHNUTS

1. Sift before measuring **all-purpose FLOUR** 1 ⅔ cups 3½ cups 5 cups
   **BAKING POWDER** 2 teasp. 4 teasp. 6 teasp.
   **SODA** few grains ⅛ teasp. ¼ teasp.
   **SALT** ⅔ teasp. ⅔ teasp. ⅔ teasp.
   **NUTMEG** ⅓ teasp. ⅓ teasp. ⅓ teasp.

2. Resift with **SODA** few grains ⅛ teasp. ¼ teasp.
   **SALT** ⅓ teasp. ⅓ teasp. ⅓ teasp.
   **NUTMEG** ⅓ teasp. ⅓ teasp. ⅓ teasp.

3. Put in mixing bowl **soft SHORTENING** 4 teasp. 8 teasp. ¼ cup
   **SUGAR** ⅓ cup ½ cup 1 cup
   **riped BANANAS, peeled** 1 small 2 small 3 small

4. Blend in gradually **BUTTER** 3 tablesp. ⅓ cup ⅓ cup
   **PET MILK** ⅓ cup ⅓ cup ½ cup
   **VINEGAR** ⅔ teasp. 1 teasp. 1⅔ teasp.
   **VANILLA** ⅔ teasp. 1 teasp. 1⅔ teasp.

5. Slice into bowl, then beat until creamy with a rotary beater... There should be ¼ cup mashed bananas for 2; ½ cup for 4; or ¾ cup for 6.

6. Add mashed bananas to a mixture of **PET MILK** 3 tablesp. ⅓ cup ½ cup
   **VINEGAR** ⅔ teasp. 1 teasp. 1⅔ teasp.
   **VANILLA** ⅔ teasp. 1 teasp. 1⅔ teasp.

7. Beat into sugar mixture **well-beaten EGGS** 1 2 3

8. Add flour mixture alternately with milk mixture, stirring until smooth after each addition. Begin and end with flour mixture.

9. Turn out on well-floured board, and roll to ¾-inch thickness (See Note 1).

10. Cut with doughnut cutter about 2½ inches across, dipped in flour.

11. Fry until brown in 2 inches of fat (370° F.) hot enough to brown a 1-inch cube of bread in about 50 seconds.

12. Makes 14 2½ dozen 3½ dozen

   NOTE 1: Roll only ¼ of dough at a time for 4, and ½ of dough at a time for 6.

   NOTE 2: 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 page 32.

NUTTY NUGGETS

1. Light oven and set at moderately slow (350° F.).

2. Sift before measuring **all-purpose FLOUR** ½ cup ⅔ cup 1 cup

3. Resift with **SALT** few grains ⅛ teasp. ¼ teasp.

4. Cream together until light and fluffy **soft BUTTER or other shortening** 3 tablesp. ½ cup ½ cup
   **powdered SUGAR** 4 teasp. 8 teasp. 4 teasp.

5. Beat in gradually, about 2 teaspoons at a time, a mixture of **PET MILK** 2 tablesp. 4 teasp. 6 teasp.
   **VANILLA** ⅔ teasp. ⅔ teasp. 1 teasp.

6. Add flour mixture gradually, stirring until smooth after each addition.

7. Then add **chopped NUTS** ⅓ cup ⅔ cup 1 cup

8. Drop by half teaspoons onto slightly greased cooky sheet.

9. Bake 15 minutes, or until lightly browned.

10. While still hot, roll cookies one at a time, in **powdered SUGAR** 3 tablesp. ⅓ cup ½ cup
PEACH WHIP
Photograph on page 17

Directions | Ingredients | For 3 | For 6
---|---|---|---
1. Chill until icy cold | PET MILK | ¼ cup | ½ cup
2. Melt over boiling water | MARSHMALLOWS in PET MILK | 8 (2 ounces) | 16 (¼ lb.)
3. Cool.
4. Push through a sieve | sliced, fresh or canned PEACHES, drained | ¾ cup | 1 ½ cups (No. 2 can)
5. Add | LEMON JUICE | 1 tablesp. | 2 tablesp.
6. Stir peach mixture into cool marshmallow mixture.
7. Chill thoroughly.
8. Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff.
9. Fold into chilled fruit mixture.
10. Serve plain or on Chocolate Waffles (See Index), plain cake or puddings.

CORNED BEEF ROLLS
Photograph on page 7

Directions | Ingredients | For 2 | For 4 | For 6
---|---|---|---|---
1. Light oven and set at hot (425° F).
2. Mix together | chopped CORNED BEEF, cooked or canned (firmly packed) | ½ cup | 1 ½ cups | 2 cups (12-oz. can)
| PET MILK | ¼ cup | ½ cup | ¾ cup
| SALT | few grains | ½ cup | 6 tablesp.
| PEPPER | few grains | ½ teasp. | ½ teasp.
3. Let stand while preparing the following:
4. Put in mixing bowl | prepared BISCUIT FLOUR | ½ cup | 1 ½ cups | 2 cups
| PET MILK diluted with WATER | 2 tablesp. | ⅛ cup | 6 tablesp.
5. Stir in with fork
6. Beat vigorously for 30 seconds, then turn out on sheet of well-floured paper.
7. Roll into sheet ¼-inch thick and measuring | 4 x 8 inches | 8 x 8 inches | 8 x 12 inches
8. Spread with corned beef mixture, leaving a 1-inch margin of dough on the 4-inch sides for 2; on two opposite sides for 4; and on the 12-inch sides for 6. Starting from one of the margins, lift dough with the aid of the paper, and roll up like a jelly roll, securing the edge with the fingers. Cut in 1-inch slices. Arrange on greased baking sheet, cut side down, in the shape of a ring. Pin around outside edge a strip of greased, heavy wrapping paper, 1½ inches wide, to hold ring in shape during baking. Bake 25 minutes, or until brown. Serve with Tomato Cream Sauce (See Index).

Note: Canned corned beef hash may be substituted for the corned beef in the meat mixture if the Pet Milk is reduced to 2 tablespoons for 2; ¼ cup for 4; and 6 tablespoons for 6.
SUNDAY BREAKFAST
(When you have time for an extra frill)
Orange Juice
Scalloped Ham and Eggs*
Toast  Prune Coffee Cake*

SERVE-YOURSELF SUPPER
(When the crowd comes to your house)
Pet Chop Suey*  Boiled Rice
Raw Vegetable Salad Bowl
(shredded cabbage, lettuce, carrots
and green peppers)
with French Dressing*
Hot Buttered Rolls  Strawberry Jam
Southern Pineapple Cake*  Fudge*

MARY LEE TAYLOR says, "Here's a dish that ordinarily doesn't
contain a drop of milk, made to taste better because it contains
the milk solids of a pint of extra-rich milk — do try Pet Chop Suey!"

SALAD LUNCHEON or SUPPER
(When you want to serve just a simple meal)
Corned Beef, Cabbage and
Potato Salad* in Lettuce Cups
Rye Bread and
Butter Sandwiches
Pickled Beets
Chocolate Waffles*  Peach Whip*

*Recipes in this book  See Index
SALMON CORN CUSTARDS
Photograph on page 27

Directions

1. Light oven and set at moderately slow (350°F.)
2. Grease 2, 4 or 6 custard cups, or baking dish measuring about...
   6 inches across | 7 inches across | 8 inches across
3. Arrange in custard cups or baking dish half of a mixture of...
   flaked SALMON, cooked or canned
   fine CRACKER CRUMBS
   cooked or canned, whole grain CORN, drained
4. Put over salmon...
5. Top with remaining salmon mixture, but do not pack tightly.
6. Mix together...
   slightly beaten EGG | 1 (yolk only) | 1 (whole) | 2 (whole)
   PET MILK | 1/2 cup | 1 1/2 cups | 2 cups
   SALT | 1/4 cup | 1/2 cup | 1 1/2 cups
   dry MUSTARD | 1/4 cup | 1/2 cup | 1 1/2 cups
   PEPPER | few grains | few grains | few grains
7. Pour custard mixture over salmon mixture.
8. Bake until firm, or about...
   45 minutes | 50 minutes | 1 hour
9. Serve with Tomato Cream Sauce (See Index).

NOTE: If custard cups are used, allow about 45 minutes for baking. The mixture may also be unmolded for serving.

SPANISH RICE
Photograph on front cover

Directions

1. Mix together in heavy saucepan...
   uncooked RICE, cooked or canned
   TOMATOES
   MEAT STOCK or water
   SALT
   PEPPER
2. Boil slowly for 30 minutes, or until rice is tender, and liquid is absorbed, stirring occasionally.
3. Meanwhile, cook slowly for 10 minutes...
   chopped GREEN PEPPER
   chopped ONION in VEGETABLE OIL
4. Stir in...
   PET MILK
5. Heat slowly to boiling point. Stir hot tomato mixture into hot milk mixture. Serve at once, either plain or with Meat Balls (See opposite).

NOTE: Meat stock may be made by heating the above amounts of water to boiling and dissolving 1/2 bouillon cube for 2; 1 cube for 4; and 1 1/2 cubes for 6.
### CHICKEN PAPRIKA

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cut into pieces...</td>
<td>CHICKEN</td>
<td>2 lbs.</td>
<td>3½ lbs.</td>
<td>5 lbs.</td>
</tr>
<tr>
<td>2. Sprinkle chicken with a mixture of...</td>
<td>SALT</td>
<td>⅔ teasp.</td>
<td>1⅓ teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>3. Fry in heavy pan until brown on all sides in...</td>
<td>hot FAT</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 tablesp.</td>
</tr>
<tr>
<td>4. Sprinkle over browned chicken...</td>
<td>PAPRIKA</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>5. Then add...</td>
<td>boiling WATER</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>6. Cover and boil slowly, turning occasionally for...</td>
<td></td>
<td>30 minutes</td>
<td>45 minutes</td>
<td>1½ hours</td>
</tr>
<tr>
<td>7. Then add...</td>
<td>sliced ONION</td>
<td>⅓ cup</td>
<td>⅔ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>8. Cover and continue to boil slowly until chicken is tender, or about</td>
<td></td>
<td>30 minutes</td>
<td>40 minutes</td>
<td>1 hour</td>
</tr>
<tr>
<td>9. Remove chicken to serving plate.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Stir into liquid remaining in pan, a mixture of...</td>
<td>FLOUR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>12. Then stir in a mixture of...</td>
<td>PET MILK</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td></td>
<td>VINEGAR</td>
<td>⅓ teasp.</td>
<td>1 ¼ teasp.</td>
<td>2¼ teasp.</td>
</tr>
<tr>
<td>13. Heat very slowly, but do not boil. Serve immediately with the chicken.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Chicken fat may be used in frying the chicken.

### MEAT BALLS

*Photograph on front cover*

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mix thoroughly...</td>
<td>ground BEEF</td>
<td>½ pound</td>
<td>1 pound</td>
<td>1 ½ pounds</td>
</tr>
<tr>
<td></td>
<td>soft BREAD</td>
<td>⅓ cup</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>CRUMBS</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>chopped ONION</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1 ½ teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>½ teasp.</td>
<td>1 ½ teasp.</td>
<td>1 ½ teasp.</td>
</tr>
<tr>
<td></td>
<td>CHILI POWDER (optional)</td>
<td>few grains</td>
<td>1 ½ teasp.</td>
<td>1 ½ teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td></td>
<td></td>
<td>½ teasp.</td>
</tr>
<tr>
<td>2. When milk is absorbed, wet the tips of the fingers and shape into 6 balls for 2; 12 balls for 4; and 18 balls for 6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Fry slowly for about 10 minutes, or until brown on all sides in...</td>
<td>hot FAT</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Serve with Spanish Rice (See opposite) or plain with Pet Gravy (See Index).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SCALLOPED HAM AND EGGS

1. Light oven and set at moderate (375° F.).

2. Grease a baking dish measuring ........... | 6 in. across | 7 in. across | 8 in. across

3. Mix together .................. | condensed CREAM OF MUSHROOM SOUP (see note) | 6 tablesp. | 3/4 cup | 10 1/2-oz. can
PET MILK | 1/2 cup | 2/3 cup | 1 cup
SALT | few grains | 1/8 teasp. | 1/4 teasp.
PEPPER | few grains | 1/8 teasp. | 

4. Fold in ...................... | diced HAM, boiled or baked eggs | 1/2 cup | 1 cup | 1 1/2 cups (1/2 pound)
sliced, hard-cooked EGGS | 2 | 4 | 6

5. Pour into prepared baking dish.

6. Sprinkle top with a mixture of ......... | soft BREAD CRUMBS | 1/2 cup | 2/3 cup | 1 cup
melted BUTTER or other shortening | 2 teasp. | 4 teasp. | 2 tablesp.

7. Bake until mixture is thoroughly heated and crumbs are brown, or about .......... | 15 minutes | 20 minutes | 30 minutes

Note: This mixture may also be heated slowly in a saucepan, omitting the buttered crumbs, and served plain or on toast. Condensed pea soup may be substituted for the cream of mushroom soup, if desired.

BAKED RAREBIT

1. Light oven and set at moderately slow (350° F.).

2. Grease a baking dish measuring about .......... | 6 in. across | 7 in. across | 8 in. across

3. Arrange in layers in prepared baking dish ..... | TOAST CUBES | 2/3 cup | 1 1/3 cups | 2 cups
grated AMERICAN CHEESE | 1 1/4 cups | 2 1/2 cups | 3 3/4 cups
(1/4 pound) | (1/2 pound) | (3/4 pound)

4. Have layer of cheese on top.

5. Mix together .................. | EGG, slightly beaten | 1 (yolk only) | 1 (whole) | 2 (whole)
PET MILK | 6 tablesp. | 2/3 cup | 1 cup
diluted with WATER | 3 tablesp. | 1/3 cup | 1/2 cup
SALT | 1/4 teasp. | 1/2 teasp. | 3/4 teasp.
dry MUSTARD | 1/4 teasp. | 1/2 teasp. | 3/4 teasp.
PAPRIKA (optional) | 1/4 teasp. | 1/2 teasp. | 3/4 teasp.

6. Pour milk mixture over cheese in baking dish.

7. Set in pan of hot water and bake until knife inserted comes out clean or about .......... | 30 minutes | 45 minutes | 1 hour

8. Serve at once.
The Pet Milk Cookbook is approved by Good Housekeeping Institute. The 700 recipes for everything from soup to dessert are divided into chapters by a convenient marginal index. Every chapter is illustrated by a beautiful, realistic colored illustration of an attractive dish. Experienced cooks will find this cookbook very helpful — those without experience will soon discover that it will help them learn to cook. And every woman who is interested in preparing food that is delicious and attractive and most wholesome will appreciate the variety of the dishes covered by the recipes in this book.

The 700 cost-saving recipes in this big Pet Cookbook will help you to put, not only more milk into your family's food, but, at the same time, an extra amount of the precious "sunshine" vitamin D which is so necessary to strong, firm teeth and sound bones. All Pet Milk is now enriched with an extra amount of this "sunshine" vitamin D by direct irradiation with ultra-violet rays. (See page 1 for more information about the extraordinary qualities of Pet Milk and the reasons for using it for every need you have for milk and cream.)

The following subjects are a few of those covered in this 200-page loose-leaf cookbook:

The Vitamins, Sources and Action in Body — Composition and Caloric Value of Pet Milk, Ordinary Milk, Coffee Cream, Whipping Cream — Definitions of Cooking Terms — Temperature Guides — Tables of Weights and Measures — Things to Remember When Making Candy — Frozen Desserts, for regular freezer, for mechanical refrigerator, to be molded and packed in ice and salt — Whipping Pet Milk, including recipes for Molded Decoration on Cakes, Toppings, Whipped Sauces, Garnish on Soups — Menus for Adults, for Children, for Parties, for Holidays and Special Occasions, for Lenten Dinners — Planning Meals for 2, and groups of 24 and 48 — Table of Leftovers and List of Recipes which will use them.

This Pet Milk Cookbook — Price $1.00 — WILL SAVE YOU ITS COST MANY TIMES OVER ON YOUR MILK AND CREAM BILL. USE COUPON PAGE 22.

The 200-page loose-leaf Pet Milk Cookbook, with its tested and approved recipes and balanced menus, makes an attractive, appropriate gift — for a bride • for a shower • as a prize for a bridge party • for a friend's birthday.
is constantly struggling with the problem of a safe milk supply. Irradiated Pet Milk is always safe—it solves the problem for everybody, everywhere.

More easily digested?

Thousands of doctors all over the United States are prescribing Irradiated Pet Milk for babies because it is so easy for babies to digest—and because it is so surely safe. It is prescribed for many children and adults for the same reason. Sure safety and ready digestibility are good food qualities for everybody.

Why is the extra vitamin D in Irradiated Pet Milk so valuable?

Scientists discovered a few years ago that a deficiency of this vitamin in milk and other foods caused infants and growing children to have faulty bone development—the disease called "rickets" which often existed where it was not suspected. The extra vitamin D in Irradiated Pet Milk gives a large measure of protection to babies and children against the danger of imperfect tooth and bone development.

The lower cost?

This advantage of Irradiated Pet Milk is, of course, obvious to everybody when it is realized that no better, safer, more wholesome milk than Irradiated Pet Milk can be bought for any price. When you try the recipes in this book, you will discover the extraordinary virtues of Irradiated Pet Milk for general household use. If you have a baby who needs milk from a bottle, your doctor will tell you how to prepare the feedings. You can easily bring your children to drink Irradiated Pet Milk—in delicious Pet Milk drinks or just plain Irradiated Pet Milk diluted with an equal part of water.
### PET CHOP SUEY

**Photograph on page 16**

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cover and fry slowly for 30 minutes, or until brown and tender...</td>
<td>diced VEAL, beef or pork in hot FAT</td>
<td>½ cup (¼ pound)</td>
<td>1⅛ cups (⅝ pound)</td>
<td>2 cups (1 pound)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 tablesp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td>2. Add and cook 10 minutes longer...</td>
<td>sliced ONIONS</td>
<td>⅓ cup</td>
<td>⅓ cups</td>
<td>2 cups (¼ pound)</td>
</tr>
<tr>
<td></td>
<td>diced CELERY LIQUID off bean sprouts</td>
<td>1⅓ cups</td>
<td>2⅔ cups</td>
<td>4 cups</td>
</tr>
<tr>
<td></td>
<td>CHOP SUEY SAUCE</td>
<td>⅔ cup</td>
<td>1 cup</td>
<td>1⅓ cups</td>
</tr>
<tr>
<td></td>
<td>dark CORN SYRUP</td>
<td>⅓ cup</td>
<td>1 cup</td>
<td>2 cups (1 pound)</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>⅓ cup</td>
<td>3 cups</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>3. Then add...</td>
<td>4 teasp.</td>
<td>8 teasp.</td>
<td>4 tablesp.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 teasp.</td>
<td>2 teasp.</td>
<td>1 teasp.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
<td>⅛ teasp.</td>
<td></td>
</tr>
<tr>
<td>4. Cover and cook slowly, 10 minutes longer.</td>
<td>5. Stir in a mixture of...</td>
<td>FLOUR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>6. Add...</td>
<td>drained BEAN SPROUTS, cooked or canned</td>
<td>⅓ cup</td>
<td>1⅓ cups</td>
<td>2⅔ cups (No. 2 can)</td>
</tr>
<tr>
<td>7. Boil 2 minutes, stirring constantly.</td>
<td>8. Add...</td>
<td>PET MILK</td>
<td>¼ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>9. Heat thoroughly, but do not boil. Serve immediately with boiled rice.</td>
<td><strong>Note:</strong> The chop suey sauce and bean sprouts can be bought in most grocery stores.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TUNA SURPRISE

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Roll into coarse crumbs...</td>
<td>salted POTATO CHIPS</td>
<td>2½ ounces</td>
<td>5 ounces</td>
<td>½ pound</td>
</tr>
<tr>
<td>2. There should be ⅔ cup for 2; 1½ cups for 4; and 2 cups for 6.</td>
<td>3. Grease a baking dish measuring...</td>
<td>6 inches across</td>
<td>7 inches across</td>
<td>8 inches across</td>
</tr>
<tr>
<td>4. Light oven and set at moderate (375° F.).</td>
<td>5. Heat thoroughly a mixture of...</td>
<td>condensed CREAM OF MUSHROOM SOUP</td>
<td>6 tablesp.</td>
<td>¾ cup</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>3 tablesp.</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>2 tablesp.</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td></td>
<td>flaked TUNA FISH, cooked or canned</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>2½ cups (13-oz. can)</td>
</tr>
<tr>
<td>7. Arrange in baking dish in alternate layers with the crumbs, having a middle and top layer of crumbs.</td>
<td>8. Bake until crumbs on top are golden brown, or for...</td>
<td>10 minutes</td>
<td>15 minutes</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

23
### SCRAMBLED EGGS WITH BACON

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fry in skillet until crisp.</td>
<td>diced BACON</td>
<td>4 slices</td>
<td>8 slices</td>
<td>12 slices</td>
</tr>
<tr>
<td>2. Drain off all fat but</td>
<td></td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>3. Add a mixture of</td>
<td></td>
<td>3</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>4. Cook slowly, stirring constantly until eggs are firm, or about</td>
<td>1 minute</td>
<td>2 minutes</td>
<td>3 minutes</td>
<td></td>
</tr>
<tr>
<td>5. Serve at once.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TOMATO CREAM SAUCE

*using canned, condensed soup as a base*

*Photographs on pages 7 and 27*

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt in saucepan</td>
<td>BUTTER or other shortening</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>2. Add and cook slowly for 5 minutes</td>
<td>finely chopped ONION</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>3. Stir in</td>
<td>condensed TOMATO SOUP</td>
<td>6 tablesp.</td>
<td>3/4 cup</td>
<td>10 1/2-oz. can</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>few grains</td>
<td>1/4 teasp.</td>
<td>1/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td>4. Heat to boiling point.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Meanwhile, scald over boiling water</td>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

*Note: This sauce is delicious served on cooked macaroni, rice or noodles as well as on vegetables, meat or fish, using 1 cup rice, etc. for 2; 2 cups for 4; and 3 cups for 6.*

### CHEESE SAUCE

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mix together</td>
<td>grated AMERICAN CHEESE</td>
<td>6 tablesp.</td>
<td>3/4 cup</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/8 teasp.</td>
<td>1/4 teasp.</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td>2. Cook over boiling water until cheese is melted and sauce is smooth.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Serve at once on cooked or canned vegetables, fish, hard-cooked eggs, boiled macaroni, spaghetti, noodles or rice, etc. You will need 1 cup of any of these foods for 2; 2 cups for 4; and 3 cups for 6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## PET GRAVY

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Drain off all fat remaining in meat pan but</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
<td></td>
</tr>
<tr>
<td>2. Blend in</td>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td>3. Stir until brown.</td>
<td>VEGETABLE LIQUID (see note)</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>4. Then stir in slowly</td>
<td>PET MILK</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>5. Boil 2 minutes, stirring constantly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Add</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

## WHITE SAUCE

For creaming vegetables, meat, fish or eggs

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt in saucepan</td>
<td>BUTTER or other shortening</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>2. Blend in</td>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td>3. Stir in slowly</td>
<td>LIQUID off vegetable</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>4. Boil 2 minutes, stirring constantly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Add</td>
<td>PET MILK</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>cooked or canned VEGETABLE</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>6. Heat thoroughly and serve at once.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Celery, Brussels sprouts, cauliflower, turnips, rutabagas, broccoli, peas, corn, lima beans, wax or green beans, carrots, eggplant, asparagus, cabbage, potatoes, onions or mushrooms may be used. See above recipe for exact amounts to use for 2, 4 or 6.

In _Creaming Meat_, substitute meat stock for the vegetable liquid for added flavor and diced, cooked or canned meat for the vegetable.

In _Creaming Fish_, substitute flaked fish or seafood (cooked or canned) for the vegetable. Water may be substituted for the vegetable liquid.

In _Creaming Eggs_, substitute sliced, hard-cooked eggs for the vegetable in the above recipe, using 3 eggs for 2; 6 eggs for 4; and 9 eggs for 6. Serve on toast or in patty shells. Use vegetable liquid or meat stock to dilute the Pet Milk.
1. Mix together: bulk PORK SAUSAGE
   PET MILK

2. When milk is absorbed, dip hands in cold water, and shape sausage into 4, 8 or 12 oblong patties.

3. Fry in hot skillet, without fat, until brown on all sides. Let stand while preparing sweet potato mixture.

4. Light oven and set at hot (425° F.).

5. Mix thoroughly:

   | cooked or canned SWEET POTATOES, mashed | For 2 | For 4 | For 6
   |------------------------------------------|-------|-------|-------
   | SWEET POTATOES, mashed                   | 1 cup | 2 cups | 3 cups (No. 2 1/2 can)
   | PET MILK                                 | 1/4 cup | 1/2 cup | 1 cup
   | SALT                                     | 1/2 teasp. | 1 teasp. | 1 1/2 teasp.
   | PEPPER                                   | few grains | few grains | 1 1/2 teasp.

6. Divide into 4, 8 or 12 portions. With the hands, cover meat patties with potato mixture.

7. Roll into fine crumbs:

   | CORN FLAKES | For 2 | For 4 | For 6
   |-------------|-------|-------|-------
   | 1 cup       | 2 cups | 3 cups

8. Roll patties in crumbs until well coated. Put on greased baking pan.

9. Bake 15 minutes, or until crumbs are brown.

SAVORY SPINACH

1. Wash thoroughly:

   | fresh SPINACH | For 2 | For 4 | For 6
   |--------------|-------|-------|-------
   | 2/3 pound    | 1 1/3 pounds | 2 pounds

2. Cook, uncovered, in water that clings to the leaves about 8 minutes, or until tender.

3. Drain thoroughly and chop.

4. Meanwhile, melt in:

   | BUTTER or other shortening | For 2 | For 4 | For 6
   |---------------------------|-------|-------|-------
   | 1 teasp.                  | 2 teasp. | 1 tablesp.

5. Blend in:

   | FLOUR | For 2 | For 4 | For 6
   |-------|-------|-------|-------
   | 2/3 teasp. | 1 1/3 teasp. | 2 teasp.
   | PEPPER | few grains | few grains | 1 1/2 teasp.

6. Stir in slowly:

   | PET MILK | For 2 | For 4 | For 6
   |----------|-------|-------|-------
   | 6 tablesp. | 2 1/2 cup | 1 cup

7. Boil slowly, 2 minutes, stirring constantly.

8. Then add spinach and:

   | shredded, DRIED BEEF WORCESTERSHIRE SAUCE (optional) | For 2 | For 4 | For 6
   |-------------------------------------------------------|-------|-------|-------
   | 1/3 cup                                                | 2 1/2 cup | 1 cup (3 1/2 oz.)
   | 1/4 teasp.                                             | 1 1/2 teasp. | 1 1/2 teasp.


Note: Well-drained, canned spinach may be substituted for the cooked, fresh spinach in this recipe, using 3/4 cup chopped, canned spinach for 2; 1 1/2 cups for 4; and 2 3/4 cups for 6.
OVEN DINNER
(In which main dish, potatoes and dessert bake at the same time)

Salmon Corn Custards*
with Tomato Cream Sauce*
Baked Sweet Potatoes
Head Lettuce
French Dressing*
Southern Pineapple Cake*

HASTY LUNCHEON
(Grand for last-minute suppers, too)

Asparagus
or Green Beans
on Toast with
Deviled Ham Sauce*
Peanut Waldorf Salad*
Fresh or Canned Fruit
Nutty Nuggets*

*Recipes in this book—See Index

MARY LEE TAYLOR says, "Peanut butter and Pet Milk make a deliciously different and unusual dressing for this grand tasting Peanut Waldorf Salad."
**TURNIPS IN BACON SAUCE**

*Photograph on page 3*

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> Boil for 25 minutes, or until tender</td>
<td>pared, diced TURNIPS in boiling WATER SALT</td>
<td>1 3/4 cups</td>
<td>3 1/2 cups</td>
<td>5 cups</td>
</tr>
<tr>
<td><strong>2.</strong> Drain</td>
<td></td>
<td>(3 medium)</td>
<td>(6 medium)</td>
<td>(9 medium)</td>
</tr>
<tr>
<td><strong>3.</strong> Meanwhile, fry until crisp</td>
<td>diced BACON</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td><strong>4.</strong> Blend in</td>
<td>FLOUR SALT PEPPER brown SUGAR</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 teasp.</td>
<td>1/4 teasp.</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td></td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong> Stir in slowly</td>
<td>PET MILK</td>
<td>6 tablesp.</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>6.</strong> Boil slowly for 2 minutes, stirring constantly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>7.</strong> Remove from heat and stir in</td>
<td>VINEGAR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td><strong>8.</strong> Add drained turnips. Serve at once.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Cauliflower, kohlrabi, green beans or potatoes may be substituted for the turnips in this recipe. Diced, salt pork may also replace the diced bacon if the fat is drained off and only 2 teasp. of the fat returned to the pan for 2; 4 teasp. for 4; and 2 tablesp. for 6.

---

**VEGETABLE CHOWDER**

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> Heat in heavy sauce-pan</td>
<td>BUTTER or other shortening</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2.</strong> Blend in and stir until brown</td>
<td>FLOUR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3.</strong> Stir in slowly</td>
<td>boiling WATER</td>
<td>1 1/4 cups</td>
<td>2 1/4 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4.</strong> Add</td>
<td>shredded CABBAGE diced CARROTS chopped ONION SALT PEPPER</td>
<td>2/3 cup</td>
<td>1 1/3 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2/3 teasp.</td>
<td>1 1/3 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td><strong>5.</strong> Boil, uncovered, until vegetables are tender</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6.</strong> Then add</td>
<td>PET MILK cooked or canned PEAS, drained chopped PARSLEY (optional)</td>
<td>2/3 cup</td>
<td>1 1/3 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 tablesp.</td>
<td>3/4 cup</td>
<td>1 1/4 cups (11-oz. can)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **7.** Heat thoroughly. Serve at once.
DEVILED HAM SAUCE

Directions | Ingredients | For 2 | For 4 | For 6
--- | --- | --- | --- | ---
1. Melt in saucepan | BUTTER or other shortening | 1 1/2 teasp. | 1 tablesp. | 1 1/2 tablesp.
2. Blend in | FLOUR, PEPPER | 2 teasp. | 4 teasp. | 2 tablesp.
3. Stir in slowly | LIQUID off vegetable, or water | 1/4 cup | 1/2 cup | 1/2 cup
4. Boil 2 minutes, stirring constantly.
5. Add | PET MILK, deviled HAM | 1/4 cup | 1/2 cup | 3/4 cup
7. Serve at once on a hot, cooked or canned vegetable, using 1 cup of vegetable for 2; 2 cups for 4; and 3 cups for 6.
Note: Asparagus, carrots, cabbage, green or wax beans and potatoes are especially delicious with this sauce.

KENTUCKY CORN PUDDING

Directions | Ingredients | For 2 | For 4 | For 6
--- | --- | --- | --- | ---
1. Light oven and set at moderately slow (350° F.).
2. Grease a baking dish measuring about... | 6 in. across | 7 in. across | 8 in. across
3. Mix together | slightly beaten EGG | 1 | 1 | 2
PET MILK | 1/3 cup | 1/3 cup | 1 cup
cooked or canned | 3/4 cup | 1 1/2 cups | 2 1/4 cups
whole grain | (No. 2 can)
CORN, drained | 1/4 cup | 1/2 cup | 3/4 cup
grated AMERICAN CHEESE | 3 tablesp. | 1 1/3 cup | 1/2 cup
chopped GREEN PEPPER | 1/4 teasp. | 1/2 teasp. | 3/4 teasp.
SALT | few grains | few grains | few grains
PEPPER | few grains | few grains | 1/8 teasp.
4. Pour into prepared baking dish. Set in pan of hot water.
5. Bake until firm, or about | 30 minutes | 45 minutes | 1 hour

MASHED POTATOES

Directions | Ingredients | For 2 | For 4 | For 6
--- | --- | --- | --- | ---
1. Pare | medium POTATOES | 2 (1/2 lb.) | 4 (1 lb.) | 6 (1 1/2 lbs.)
2. Cover with boiling water and boil until tender. Drain.
3. Mash and add | PET MILK, SALT, PEPPER | 1/4 cup | 1/2 cup | 3/4 cup
### CORNED BEEF, CABBAGE AND POTATO SALAD

**Directions**

1. Mix together
   - SALT 1 1/2 teasp.
   - SUGAR 1 teasp.
   - dry MUSTARD 1/4 teasp.
   - PEPPER few grains

2. Add and stir until smooth
   - VINEGAR 2 tablesp.

3. Stir in
   - PET MILK 1/4 cup

4. Stir slowly into
   - diced, cooked or canned CORNED BEEF (see note) 3/4 cup (4 ounces)
   - diced, cooked POTATOES 1 cup (2 medium)
   - shredded CABBAGE 1/2 cup (1/4 lb.)
   - chopped GREEN PEPPER 4 teasp.
   - chopped ONION 2 teasp.

5. Add to a mixture of
   - POTATOES (2 medium)
   - shredded CABBAGE
   - chopped GREEN PEPPER
   - chopped ONION

6. Mix thoroughly and chill before serving.

**Ingredients**

For 2 For 4 For 6
- SALT 1 1/2 teasp. 1 teasp. 1 1/2 teasp.
- SUGAR 1 teasp. 2 teasp. 1 tablespp.
- dry MUSTARD 1/4 teasp. 1/2 teasp. 3/4 teasp.
- PEPPER few grains 1/8 teasp. 1/4 teasp.
- VINEGAR 2 tablespp. 4 tablespp. 6 tablespp.
- PET MILK 1/4 cup 1/2 cup 3/4 cup
- SALAD OIL 1/4 cup 1/4 cup 1/4 cup

**Note:** Chill corned beef before cutting into dice so that pieces will hold their shape. Other cooked or canned meat, such as ham, beef, veal or chicken may be substituted for the corned beef.

### PEANUT WALDORF SALAD

**Directions**

1. Mix together in saucepan
   - dry MUSTARD 1/4 teasp.
   - SALT 1/4 teasp.
   - SUGAR 1/2 teasp.
   - FLOUR 1 teasp.
   - PEPPER few grains

2. Stir in gradually
   - PET MILK 1/3 cup

3. Blend in
   - PEANUT BUTTER 1 tablesp.

4. Boil 2 minutes, stirring constantly.

5. Remove from heat and stir in
   - VINEGAR 1 tablesp.

6. Cool thoroughly.

7. Meanwhile, mix together
   - diced, pared APPLES 1 cup
   - diced CELERY 1/2 cup

8. Add dressing and mix thoroughly. Chill. Serve on lettuce. The salad illustrated on page 27 was served in a bed of red cabbage leaves.
FRENCH DRESSING

**Directions**

1. Put in mixing bowl...
   - SALT: 1 teasp.
   - PEPPER: 1/2 teasp.
   - PAPRIKA: 1/8 teasp.

2. Stir in...
   - VINEGAR: 1/4 cup

3. Stir in slowly...
   - SALAD OIL: 1/2 cup

4. Stir into...
   - PET MILK: 4 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.

PET MAYONNAISE

**Directions**

1. Mix together in bowl...
   - SALT: 1/4 teasp.
   - PAPRIKA: 1/4 teasp.
   - dry MUSTARD: 1/4 teasp.
   - PEPPER: few grains

2. Stir in...
   - PET MILK: 3 tablesp.

3. Beat in gradually...
   - SALAD OIL: 1/2 cup

4. Stir in...
   - LEMON JUICE: 4 teasp.

5. Makes...
   - 3/4 cup

6. Keep in refrigerator in covered jar and use as needed.

HOT PEANUT MILK TOAST

**Directions**

1. Put in saucepan...
   - PEANUT BUTTER: 1 1/2 tablesp.
   - SALT: few grains

2. Add gradually, mixing...
   - PET MILK: 1/2 cup

3. Heat thoroughly over boiling water.

4. Pour over...
   - buttered TOAST: 2 slices

5. Serve at once.
Spanish Rice with Meat Balls is illustrated on the front cover and Pumpkin Cream Pie on the back cover of this book.

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Creamed Mushrooms 25
Creamed Onions 25
Creamed Peas 25
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WHIPPED PET MILK TOPPINGS
Using Fruit-Flavored Gelatin 6
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Note: Recipes starred (*) are illustrated.

A special group of recipes adjusted for higher altitudes will be sent on request. State altitude at which you live when writing for high altitude recipes. Address Pet Milk Company, 1453 Arcade Building, St. Louis, Missouri.
CHEESE AND ONION SOUP

<table>
<thead>
<tr>
<th>Directions</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt in saucepan</td>
<td>BUTTER or other shortening</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>2. Blend in</td>
<td>FLOUR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>3. Stir in slowly</td>
<td>WATER</td>
<td>3/4 cup</td>
<td>1 1/3 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>4. Add</td>
<td>ONION, finely chopped</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>5. Boil slowly for 15 minutes, or until onions are tender.</td>
<td>PET MILK grated AMERICAN CHEESE</td>
<td>1 1/3 cups</td>
<td>2 2/3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>6. Then add</td>
<td></td>
<td>2/3 cup</td>
<td>1 1/3 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>7. Heat slowly, stirring constantly until cheese is melted. Serve at once.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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