Pet Springtime recipes

with "Step by Step" directions

Mary Lee Taylor
Here's the delicious Springtime Dinner

Illustrated on the cover of this book

These can all be made from the recipes in this book

A TOMATO JUICE COCKTAIL
—more delicious than you ever tasted before and more nutritious because it's three parts tomato juice to one part Pet Milk.

FRENCH FRIED CARROTS
—carrots transformed into an entirely new vegetable when French fried in a rich Pet Milk batter.

CREAMED PEAS
—peas tasting better, more valuable nutritionally because they're creamed—dressed up by Mashed Potato Nests, a new version of mashed potatoes.

CORN PUFFS
—corn—yes, but disguised as Corn Puffs that have a rich buttery flavor although no butter is used.

A GREEN SALAD
—enhanced by a novel Pet Milk French Dressing.

AND STRAWBERRY SHORTCAKE
—dressed up with Whipped Pet Milk Topping—a rich, tender shortcake and a beautiful, fluffy topping that is much less fattening and far less expensive than one made with whipped cream. It is less expensive because Pet Milk costs only about one-fourth as much as whipping cream. It's less fattening than whipped cream because while Pet Milk is whole milk with absolutely nothing added to it, whipping cream consists largely of fat which makes fat.
Finding new and interesting ways to serve vegetables is a problem for all housewives who are concerned with preparing food so that it is attractive and delicious and as wholesome as it can possibly be and, at the same time, as inexpensive as possible.

The Corn Puffs, for example—a new way to serve corn, see recipe page 26—look attractive—taste delicious—and are more nutritious because they contain the equivalent—in the cup of double-rich Pet Milk—of one pint of extra-rich whole milk.

When you serve the French Fried Carrots, page 27, notice how delicious they are and that they contain the equivalent of a whole cup of rich milk. Only by using double-rich Pet Milk could you include that much milk in the batter.

Everyone needs milk—certainly a quart a day for a child—at least a pint for a grownup—but drinking that amount is difficult for most of us. Including the necessary amount in our food where we’ll be eating it and liking it is very easy when Pet Milk is used and the tested Pet Milk recipes are followed.

**TO PREVENT CONFUSION**

Pet Milk, unsweetened, evaporated milk, must be distinguished in quality from other forms of concentrated milk in the following respects:

**Condensed Milk** is a concentrated milk which is preserved with sugar. Nearly 50 per cent of a can of condensed milk is sugar.

Pet Milk (no sugar—nothing added to it) is pure milk, concentrated by removing about 60 per cent of the water, homogenized and sterilized in sealed cans. The sterilization in the sealed can keeps it fresh and sweet.

It is obvious from this distinction that if condensed milk were used in these recipes in place of the Pet Milk, the food would be ruined.

**Dry Milk**—often called powdered milk—is milk from which practically all the water has been removed. It is in solid form containing only about 2 per cent of moisture. There are three general classes—whole milk, partly skimmed, and skimmed.

Pet Milk is a liquid milk. The solids of the milk are in solution or suspension. Because of homogenization, the fat content, which separates from ordinary milk, is in more perfect emulsion in Pet Milk, and does not separate. It would be difficult to make of powdered milk the proper solution or emulsion to produce in the recipes the results which Pet Milk gives.

**Pet Milk** is pure, liquid milk, which contains all the solid substances of whole milk, in more than double the quantities contained in ordinary milk.
Strawberry Shortcake

1. Measure into mixing bowl
2. Stir in with fork
3. Put on floured board and knead lightly until well mixed.
4. Roll to ½-inch thickness.
5. Cut into six 4-inch rounds.
6. Brush tops with Undiluted Pet Milk
7. Bake in hot oven (450° F.) 10 minutes, or until browned.
8. Break open and spread with 2 tablespoons butter
9. Put together with mixture of

Makes 6 shortcakes.

NOTE: Peaches, oranges or pineapple (fresh or canned) may be used in place of the strawberries.
PINEAPPLE TAPIOCA CREAM

Scald in top of double boiler.

| 1 1/2 cups Pet Milk diluted with 1 cup water |
| 1/4 cup tapioca |
| 1/3 cup sugar |
| 1/4 teaspoon salt |

Stir in...

Cook for 15 minutes, stirring frequently, or until tapioca is clear.

Then stir mixture into...

1 well-beaten egg yolk

Return to double boiler and cook 2 minutes longer.

Remove from heat.

Fold in...

1 stiffly-beaten egg white

Chill.

Fold in...

1/2 cup pineapple juice

3/4 cup diced pineapple, cooked or canned

Serve in sherbet glasses. Serves 6.

BUTTERSCOTCH Bavarian Cream

Soak for 5 minutes.

1 tablespoon granulated gelatin in 1/4 cup cold water

Melt in iron skillet.

1 1/4 cups light brown sugar

3 tablespoons butter

1 1/4 cups Pet Milk diluted with 3/4 cup boiling water

Add...

Cook for 2 minutes, stirring constantly until sugar is dissolved.

Then stir into...

1 beaten egg yolk

Return to heat and cook 2 minutes longer. Add soaked gelatin and stir until dissolved. Chill until mixture begins to thicken.

Then fold in...

1 stiffly-beaten egg white

Pour into mold and chill until firm. Unmold...

Serves 6.
JELLIED CHERRIES

Scald in top of a double boiler. \[ \frac{1}{2} \text{ cup Pet Milk} \]

Pour into small bowl and chill until icy cold before whipping.

Meanwhile, soak for 5 minutes:

\[ \frac{1}{4} \text{ cup cherry juice} \]
\[ 1 \text{ tablespoon granulated gelatin in} \]
\[ \frac{1}{4} \text{ cup cherry juice} \]
\[ \text{No. 2 can sour-pitted cherries and remaining juice} \]
\[ 1 \text{ cup sugar} \]
\[ 3 \text{ tablespoons lemon juice} \]

Heat to boiling point:

Add soaked gelatin and stir until dissolved. Chill until mixture begins to thicken. Then whip chilled milk with rotary beater until stiff. Fold into cherry mixture. Pour into mold and chill until firm. Unmold...Serves 6.

NOTE: Two cups of cooked cherries and \( \frac{3}{4} \) cup cherry juice may be substituted for the No. 2 can of cherries.

WHIPPED PET MILK

As a topping for strawberry shortcake, other desserts, salads, beverages, etc.

Scald in top of double boiler. \[ \frac{1}{2} \text{ cup Pet Milk} \]

Add gelatin and stir until dissolved. Pour into bowl and chill until icy cold. Then whip with rotary beater until stiff.

Fold in:

\[ 1 \text{ tablespoon powdered sugar} \]
\[ 1 \text{ teaspoon vanilla} \]

Makes about \( \frac{1}{2} \) cups...Serves 6.

NOTE: The following flavorings may be substituted for the vanilla:

- 2 teaspoons orange extract
- 1 teaspoon lemon extract
- \( \frac{1}{2} \) teaspoon almond extract and \( \frac{1}{2} \) teaspoon lemon extract
- \( \frac{1}{2} \) teaspoon peppermint extract
- 4 drops oil of peppermint
**BANANA CUSTARDS**

Mix together in top of double boiler  

<table>
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<tr>
<th>Ingredient</th>
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<tr>
<td>1/4 cup sugar</td>
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<tr>
<td>3 tablespoons white corn syrup</td>
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<tr>
<td>3/4 cup Pet Milk</td>
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<tr>
<td>1/2 teaspoon salt</td>
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Boil to 234° F., or until a few drops form a soft ball when dropped into cold water. Remove from heat.

Add:  

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup Pet Milk</td>
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<tr>
<td>1 teaspoon vanilla</td>
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Makes 2 cups ... sufficient to serve 6.

**CHOCOLATE FUDGE SAUCE**

Melt in top of double boiler  

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<th>Ingredient</th>
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<tr>
<td>3 squares unsweetened chocolate (from 1/2 pound cake)</td>
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<tr>
<td>1/4 cup water</td>
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</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
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<tr>
<td>3 tablespoons white corn syrup</td>
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Stir in slowly.

Then add:  

<table>
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<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 cups Pet Milk</td>
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Cook until mixture begins to thicken, stirring constantly.

Then add:  

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<th>Ingredient</th>
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<tbody>
<tr>
<td>1 beaten egg</td>
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Cook for 20 minutes, stirring occasionally. Remove from heat.

Stir into:  

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<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 cups strained orange juice</td>
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<tr>
<td>1 teaspoon grated orange rind</td>
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Return to double boiler and cook for 2 minutes longer. Pour into wet molds. Chill ... Serves 6.

**ORANGE CUSTARDS**

Mix together in top of double boiler  

<table>
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<tr>
<th>Ingredient</th>
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<tr>
<td>3 tablespoons cornstarch</td>
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<tr>
<td>3/4 cup sugar</td>
<td></td>
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<tr>
<td>3/4 teaspoon salt</td>
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</tr>
<tr>
<td>1/2 cups Pet Milk</td>
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Cook until mixture begins to thicken, stirring constantly.

Then add:  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 cups strained orange juice</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated orange rind</td>
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Cook for 20 minutes, stirring occasionally. Remove from heat.

Stir into:  

<table>
<thead>
<tr>
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<tr>
<td>2 slightly-beaten egg yolks</td>
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Add:  

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<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 teaspoon vanilla</td>
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Arrange in buttered custard cups in alternate layers with ...  

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<th>Ingredient</th>
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<tr>
<td>12 vanilla wafers</td>
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<tr>
<td>2 bananas, sliced</td>
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Beat until stiff:  

<table>
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<tr>
<th>Ingredient</th>
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<tr>
<td>2 egg whites</td>
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Fold in:  

<table>
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<th>Ingredient</th>
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<tr>
<td>4 tablespoons sugar</td>
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Put meringue on top of custards. Set in pan of hot water. Bake in moderate oven (325° F.) 20 minutes, or until browned ... Serves 6.
### Nectar Sauce

1. Soak for 5 minutes...
   - ¼ teaspoon granulated gelatin in
   - 1 teaspoon cold water

2. Scald in top of double boiler
   - ½ cup Pet Milk

3. Add gelatin and stir until dissolved.

4. Pour into bowl and chill until icy cold before whipping.

5. Wash in hot water
   - ½ cup seedless raisins

6. Drain well and cool.

7. Add raisins to mixture of
   - ⅛ cup thick strawberry preserves
   - ⅛ teaspoon salt
   - ½ teaspoon vanilla
   - ¼ teaspoon lemon juice

8. Whip cold milk with rotary beater until stiff.

9. Fold into fruit mixture. Makes about 1 ½ cups
   ...sufficient to serve 6.

For Plain Strawberry Sauce, omit the raisins.
**CHOCOLATE ICE BOX CAKE**

**Scald in top of a double boiler.**

- ½ cup Pet Milk

Then pour into a small bowl and chill until icy cold before whipping.

Soak for 5 minutes.

- 1 tablespoon granulated gelatin in
- ¼ cup cold water
- 2 squares unsweetened chocolate (from ½-pound cake)

Melt in top of double boiler.

Stir in:

- ½ cup sugar
- 1 cup Pet Milk

Continue heating until mixture is thoroughly hot. Then add soaked gelatin and stir until dissolved. Beat 1 minute with rotary egg beater until smooth. Pour mixture into bowl and chill until it begins to thicken.

Then whip chilled milk with a rotary egg beater, beating vigorously until stiff. Fold into chocolate mixture.

Add:

- 1 teaspoon vanilla

Pour into a mold of

- ½ dozen lady fingers, lined with
- strips of sponge cake or plain cake

Chill until firm. Unmold... Serves 6.

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Do not remove the film that forms on top of the hot milk. It will whip up just like the rest and help stiffen the milk.
**BUTTERCUP BISCUITS**

Sift before measuring... 2 cups bread flour

Resift with... 4 teaspoons baking powder

Work in with 2 knives, pastry blender or fingers, until mixture has the appearance of coarse corn meal...

Stir in lightly with fork...

Drop by teaspoons onto greased baking sheet.

Brush tops with... Undiluted Pet Milk

Bake in hot oven (425° F.) 15 minutes, or until brown. *Makes 2 dozen.*

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**PLAIN BISCUITS**

May also be used as crust for meat, poultry, or fish pies

Sift, before measuring... 2 cups bread flour

Resift with... 4 teaspoons baking powder

Work in with 2 knives, pastry blender or fingers, until mixture has the appearance of coarse corn meal...

Stir in with fork...

Put on floured board. Roll lightly to 1/4-inch thickness.

Cut into rounds.

Brush tops with... Undiluted Pet Milk

Bake on ungreased pan in hot oven (450° F.) 10 minutes or until brown. *Makes 18 biscuits, 2-inches in diameter.*

**For Cheese Biscuits:** Add 3 1/4 cup grated American cheese to the flour, baking powder and salt mixture. Mix and bake as for Plain Biscuits.

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**QUICK BISCUITS**

Using prepared biscuit flour

Put in bowl... 2 cups prepared biscuit flour

Stir in... 6 tablespoons Pet Milk diluted with 6 tablespoons water

Stir until well mixed. Turn onto floured board. Roll to 1/2-inch thickness. Cut into 2-inch rounds. Bake in hot oven (450° F.) 10 minutes, or until brown... *Makes about 16 biscuits.*

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**CINNAMON TOAST**

Cut into 3-inch rounds... 12 slices bread

Toast rounds and remaining crusts in moderate oven (350° F.) 20 minutes, or until dry and lightly browned. Roll crusts into crumbs.

Mix together... 1/2 cup crumbs

1/4 cup sugar

3/4 teaspoon cinnamon

Soak toast rounds in... 1 cup Pet Milk

Then roll in crumb mixture.

Serve with broiled bacon or maple syrup...

*Serves 6.*

NOTE: The remaining crumbs can be kept in a covered jar and used for breading chops or croquettes, or for the top of scalloped dishes.
TREASURE CHEST CAKE

Squeeze juice from large orange (about 1/4 cup)

- Remove white membrane from peel. Put through coarse knife of food chopper with raisins
- Add orange juice and let stand while mixing cake
- Sift before measuring bread flour
- Resift with
- Cream together until light and fluffy
- Stir in
- Add flour mixture in thirds alternately with thirds of Pet Milk
- Beat until smooth after each addition. Stir in fruit mixture. Put into 2 well-greased loaf pans. Bake in moderate oven (350° F.) 45 minutes, or until cakes shrink from sides of pans. Makes 2 medium-sized loaves.

UNCOOKED PINK FROSTING

Cream together
- 1 1/2 tablespoons butter
- 3 cups powdered or confectioner’s sugar
- 4 1/2 tablespoons Pet Milk
- Add
- 1 1/2 teaspoons vanilla
- Then stir in
- 3 drops red liquid vegetable coloring

Spread between layers and on top and sides of Maraschino Cherry Cake.

NOTE: If the paste form of coloring is used, mix a tiny bit (about as much as you can get on the tip end of a small paring knife) with 4 drops of water and stir into the frosting until blended thoroughly and evenly.

MARASCHINO CHERRY CAKE

Sift before measuring...
- 2 1/4 cups cake flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1/4 cup sugar
- Add flour mixture in thirds alternately with thirds of Pet Milk diluted with water
- Stir until smooth after each addition.
- Mix
- Fold in
- 1/2 cup broken nuts
- 15 Maraschino cherries, quartered
- 2 tablespoons flour
- 4 stiffly-beaten egg whites

Pour into two greased and floured pans, 8-inches square or 9-inches in diameter. Bake in moderate oven (350° F.) 30 minutes, or until cake shrinks from sides of pan. When cool spread with Uncooked Pink Frosting (See recipe on this page).
TUNA FISH PIE

Melt in top of a double boiler...

- 2 tablespoons butter
- 3 tablespoons flour
- \( \frac{3}{4} \) teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper
- 1 1/2 cups Pet Milk diluted with 1/2 cup water

Stir in...

- 3 tablespoons butter

Cook for 5 minutes, stirring frequently.

Then add...

- 2 cups cooked or canned tuna fish
- 3 hard-cooked eggs, sliced
- 1 cup chopped celery
- 1 tablespoon chopped onion

Pour into greased baking dish.

Cover top with...

- Plain or Quick Biscuits (See Index)

Bake in hot oven (425° F.) for 15 minutes, or until biscuits are brown...Serves 6.

BAKED FISH FILLETS

Haddock, salmon, halibut, or codfish may be used

Mix together...

- 1/2 cup Pet Milk
- 1 teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper
- 1 1/2 pounds fish fillets
- 3/4 cup fine bread crumbs
- 4 tablespoons butter

Dip in mixture...

Roll fillets in...

Put in greased shallow pan and dot with bits of...

Bake in moderate oven (375° F.) 25 minutes.

Brown under flame if necessary...Serves 6.

Note: Fish fillets are small pieces of fish from which all bone has been removed.
CREAMED CHICKEN and RICE

Melt in top of double boiler
1 tablespoon butter
1 1/2 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1 cup Pet Milk, diluted with
1 cup chicken broth
Blend in
2 cups cooked, diced
chicken
1 cup cooked rice
Stir in slowly
Cook for 10 minutes, stirring frequently.
Then add
Then add
Heat thoroughly... Serves 6.

NOTE: A chicken weighing about 3 pounds will make 2 cups diced chicken when cooked.

Dinner Menu
Tomato Juice Cocktail*
Creamed Chicken and Rice*
Onion Rings* Quick Biscuits*
Garden Salad*
Bittersweet Bavarian Pie*
Coffee

*See Index for Recipes

CREAMED VEAL

Melt in top of double boiler
2 tablespoons butter
2 tablespoons flour
1/4 teaspoon salt
1/8 teaspoon pepper
3/4 cup Pet Milk, diluted with
3/4 cup veal stock
Stir in slowly
Cook for 10 minutes, stirring frequently.
Then add
Then add
Heat thoroughly and serve at once in the center of the Noodle Ring (See Index)... Serves 6.

ICE BOX MEAT LOAF

Soak for 5 minutes... 1 tablespoon granulated gelatin in
1/4 cup cold water
2 cups ground, cooked beef
1/2 cup chopped sour pickles
1/2 cup Pet Milk
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon dry mustard
2 tablespoons vinegar off sour pickles
1/4 cup catsup
2 teaspoons chopped onion
Mix together
Dissolve soaked gelatin by setting over hot water. Stir into meat mixture. Pack firmly in a mold which has previously been rinsed with cold water. Chill until firm. Unmold, slice and serve on lettuce... Serves 6.

NOTE: A pound baking powder can makes an ideal mold for this meat loaf.
Melt in top of double boiler 1 tablespoon butter

Blend in... 3 tablespoons flour
1 1/4 teaspoons salt
1/8 teaspoon pepper

Stir in slowly 1 cup Pet Milk

Cook 5 minutes, stirring frequently.

Chop, or cut into small pieces 4 hard-cooked eggs

Stir eggs into hot milk mixture and cool.
Shape into croquettes.

Roll in... 1/2 cup dry bread crumbs

Dip in... 1/2 cup Pet Milk
Roll again in crumbs.
Fry until brown in deep fat (380°F) hot enough to brown a 1-inch cube of bread in 50 seconds... Makes 6 croquettes.
Cook 1 cup noodles until tender in 3 cups of boiling water with 1 teaspoon salt. Drain and rinse with cold water before using. This will make 1 1/2 cups of noodles when cooked.

Noodle Ring

1. Mix together...
   - 1 1/2 cups cooked noodles
   - 1 1/2 cups grated American cheese
   - 1 cup soft bread crumbs
   - 1 tablespoon chopped parsley
   - 2 tablespoons melted shortening
   - 1 tablespoon chopped onion
   - 1 cup Pet Milk
   - 1 well-beaten egg
   - 1 teaspoon salt
   - 1/8 teaspoon pepper

2. Stir in...

3. When thoroughly blended, pour into a greased and floured ring mold.

4. Set in pan of hot water.

5. Bake in moderate oven (375° F.) 35 minutes, or until firm.

6. Turn out and fill the center with Creamed Veal, or Creamed Spinach (See Index). The Noodle Ring with the filling in the center serves 6.
700 cost-saving recipes
IN A TWO HUNDRED PAGE LOOSE-LEAF COOKBOOK
approved by GOOD HOUSEKEEPING INSTITUTE

All of these recipes—every one of them—have been tested and retested by experts in the Pet Milk Experimental Kitchen many times before they were published. They are printed in a simplified recipe form that is much easier to follow than the one in which recipes usually appear. Experienced cooks will find it 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 care and thoughtfulness which has made it possible so simply and easily to prepare this inexpensive food.

In many recipes the use of Pet Milk will save butter, cream or eggs. In the chapter on meats, you'll find more than thirty ways to make attractive nourishing dishes from the cheaper cuts of meat. In still other recipes, the skillful use of left-overs will surprise and delight you. From all of them you'll have food that's better in texture and superior in taste. And it will be more wholesome food, too—food that builds vigor and fitness rather than fatness.
This 200-page loose-leaf Cookbook

with its many appetizing, color illustrations and marginal indexes is enclosed in a flexible ring binder cover. The 700 cost-saving recipes, tested and approved by Good Housekeeping Institute, will save you many dollars on your milk and cream bill. All of these recipes have been tested many times by the experts in our experimental kitchen. The book will save you more than its cost every week in the year.

PRICE: One Dollar

...The cost is just enough to cover the cost of printing the book and shipping it to you.

See Reverse Side For The Coupon
The following will give you some idea of the CONTENTS of the Book.

**Introductory Section**
- Purpose of Book
- What Pet Milk Is
- Its Many Uses
- The Vitamins, Sources and Action in Body
- Average Chemical Composition and Caloric Value of Pet Milk, Ordinary Milk, Coffee Cream, Whipping Cream
- Temperature Guides
- Tables of Weights and Measures
- Photographs of Fat Globules
- Photographs of Crystals in Candy
- Hints to Remember When Making Cakes
- Things to Remember When Making Candy

**List of Chapters**
- BREADS, including Sandwiches
- Definitions of Cooking Terms
- CAKES, including Cookies
- CANDIES
- CHEESE
- DESSERTS, including Gelatin Desserts, Puddings, Custards
- DRINKS
- EGG DISHES
- FISH
- FROSTINGS, including Fillings
- FROZEN DESSERTS, for regular freezer, for mechanical refrigerator, to be molded and packed in ice and salt
- MEATS, including Stuffings
- MEAT SUBSTITUTES, including Noodles, Rice, etc.
- PIES
- SALADS, including Salad Dressings
- SAUCES, including those for meats and vegetables as well as for desserts
- SOUPS
- VEGETABLES
- WHIPPING PET MILK, including recipes for Molded Decoration on Cakes, Topping, Whipped Sauces, Garnish on Soup
- MENUS, for Adults; for children; for Parties; for Holidays and Special Occasions; for Lenten Dinners; 100-Calorie Portions of Frequently Used Foods; Planning Meals for 2, and groups of 24 and 48; Table of Leftovers and List of Recipes which will use them
- INDEX, including Index to Recipes listed by groups; Index to Information in addition to that included in recipes; Index to Menus
GLAZED SALMON MOLD

Mix together:

- 1 tablespoon granulated gelatin
- 1/4 cup cold water
- 2 cups cooked or canned salmon, flaked (1 lb. can)
- 1/2 cup Pet Milk
- 3 tablespoons vinegar
- 1/2 teaspoon paprika
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chopped onion
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/8 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper
- 1/2 cup Pet Milk
- 1/2 cup salad oil
- 2 1/2 tablespoons lemon juice

Soak for 5 minutes:

- 1 cup Quick Mayonnaise
- 1/2 cup cold water

Add dissolved gelatin and mix thoroughly. Put into mold and chill until firm.

Soak for 5 minutes:

- 1 cup Quick Mayonnaise
- 1/2 cup cold water

Dissolve by holding over hot water.

Then add to:

- 1 cup Quick Mayonnaise (See opposite)

Turn out salmon mold on serving plate. Spread with mayonnaise mixture. Chill until firm...Serves 6.

NOTE: This salmon mold may also be turned out and served with plain Quick Mayonnaise if desired.

QUICK MAYONNAISE

Mix together:

- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1/2 cup Pet Milk
- 1/2 cup salad oil
- 2 1/2 tablespoons lemon juice

Stir in gradually, about 1 tablespoon at a time.

Mix in:

Serve on salad greens or vegetable salads.
 Makes 1 1/2 cups.
POTATO SALAD

Mix in top of a double boiler

1 tablespoon flour
1 tablespoon sugar
1/4 teaspoon salt
1/4 teaspoon celery salt
1/8 teaspoon pepper
1 beaten egg yolk

Mix in bowl.

3 tablespoons hot vinegar
3/4 cup Pet Milk diluted with
6 tablespoons water

Cook for 10 minutes, stirring frequently.

Then add...

1/4 cup chopped pimientos

Cool.

Put in mixing bowl...

4 cups diced, cooked potatoes
(about 4 medium-sized)
3/4 cup chopped celery
1 tablespoon chopped onion
1/2 teaspoon salt
Few grains pepper

Moisten with the dressing and chill well before serving... Serves 6.

FRENCH DRESSING

For all kinds of green salads

Rub bowl with cut side of...

1 button garlic
1 teaspoon dry mustard
1 tablespoon paprika
1 well-beaten egg
1 teaspoon salt
1 tablespoon sugar
1/2 teaspoon white pepper
1/4 cup lemon juice
1/2 cup salad oil
2 tablespoons Pet Milk

Beat vigorously with rotary beater. Makes 1 cup... sufficient to serve 6.

SPRING SALAD

Put in large mixing bowl...

1 medium-sized head lettuce, coarsely chopped
1 small cucumber, thinly sliced
1 tablespoon chopped onion
1 small green pepper, cut in rings
6 radishes, thinly sliced

Season with...

1/2 teaspoon salt
1/2 teaspoon pepper
3/4 cup French Dressing (See above)

Toss lightly with...

Serve at once on lettuce... Serves 6.

NOTE: Have vegetables well chilled before mixing.

SPRING SALAD
CABBAGE SLAW

Mix in top of double boiler

2 teaspoons salad oil
1 teaspoon dry mustard
1 1/2 teaspoons sugar
1/2 teaspoon salt
1 well-beaten egg

1/4 cup hot vinegar

Stir into egg mixture, beating thoroughly.

Stir in slowly

1/2 cup Pet Milk

Cook for 15 minutes, or until thickened, stirring frequently.

Chill.

Then mix with

5 cups finely-shredded cabbage
1 cup chopped celery
1 tablespoon chopped onion
1 tablespoon sugar
1 teaspoon salt
1/8 teaspoon pepper

Chill well before serving...Serves 6.

Decorate with rings of green pepper if desired.

Luncheon Menu

Bacon and Egg Sandwiches*
Cabbage Slaw*
Pineapple Tapioca Cream*

*See Index for Recipes

EGGLESS SALAD DRESSING

Delicious for cole slaw, potato salad, etc.

Mix together in saucepan

3/4 teaspoon dry mustard
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon celery salt
1 tablespoon flour
1 tablespoon sugar

1 cup Pet Milk

Stir in...1 3/4 tablespoons hot vinegar

Cook until well blended.

Then add...3 tablespoons hot vinegar

Cook 10 minutes, stirring constantly. Makes 1 1/4 cups dressing.

NOTE: This salad dressing may be stored in the refrigerator and thinned to desired consistency with a little undiluted Pet Milk when ready for use.

HORSE-RADISH MAYONNAISE

Mix together

1 cup Quick Mayonnaise (See Index)
1/3 cup Pet Milk
1 tablespoon horseradish, drained

Serve on meat or vegetable salads...Makes 1 1/2 cups.
HAM SALAD MOUNDS

Scald in top of double boiler...

1/2 cup Pet Milk

Pour in small bowl and chill until icy cold before whipping.

2 tablespoons horseradish
3 tablespoons Quick Mayonnaise (See Index)
1/4 teaspoon dry mustard
1/4 teaspoon paprika
1 1/2 cups chopped, cooked ham
1 1/2 cups chopped celery

Mix together.


GARDEN SALAD

Mix together...

3 cups shredded cabbage
1 cup diced celery
1 cup grated carrot
1/2 cup chopped green pepper
1/2 cup chopped pimientos
1 tablespoon chopped onion
1 cup Quick Mayonnaise (See Index)

Moisten with...

Chill thoroughly.

Just before serving season with...

1/2 teaspoon salt
1/8 teaspoon pepper

Serve on lettuce... Serves 6.

NOTE: Adding the salt and pepper just before serving prevents the dressing from becoming thin.
CREAMED CABBAGE with CELERY

Cook in uncovered saucepan 15 minutes, or until tender.

- 4 cups chopped cabbage
- 1 1/2 cups diced celery
- 4 cups boiling water
- 1 teaspoon salt

Drain and save liquid.
Melt in top of double boiler.

- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup Pet Milk diluted with 3/4 cup liquid off vegetables

Blend in slowly.

Stir in slowly.

Cook for 10 minutes, stirring constantly. Then add vegetables and heat thoroughly. Serve at once. Serves 6.

For Creamed Brussels Sprouts With Celery, use 1 quart Brussels sprouts in place of the cabbage.

CREAMED SPINACH

Cook for 5 minutes, or until tender, in uncovered saucepan.

- 1 pound spinach
- 1/2 cup boiling water

Drain and chop spinach.

Return to saucepan and add...

- 1 tablespoon butter
- 1/4 cup Pet Milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Heat thoroughly and serve at once, in center of Noodle Ring (See Index). The Noodle Ring with the Creamed Spinach in the center... Serves 6.

BROCCOLI with HOLLANDAISE SAUCE

Cook for 10 minutes, or until tender, in uncovered saucepan.

- 1 1/2 pounds broccoli, separated into stalks
- 6 cups boiling water
- 1/2 teaspoon salt

Drain and save liquid.
Melt in top of double boiler.

- 2 tablespoons butter
- 1 tablespoon flour
- 1/2 teaspoon salt
- Few grains pepper
- 3/4 cup Pet Milk diluted with 3/4 cup liquid off broccoli

Blend in.

Stir in gradually.

Add...

- 1 tablespoon lemon juice

Cook for 10 minutes, stirring frequently. Then gradually stir into...

- 2 well-beaten egg yolks

Return to double boiler and cook 2 minutes longer.

Add...

Serve over broccoli... Serves 6.
GREEN BEANS in HORSE-RADISH SAUCE

Cook in uncovered saucepan 25 minutes, or until tender

Drain and save liquid.

Melt in top of double boiler

Blend in

Stir in

Cook for 10 minutes, stirring frequently. Remove from heat.

Stir into mixture of

Add beans and cook for 2 minutes longer...Serves 6.

DEVILED SPINACH

Put in top of double boiler and stir until melted...

Cook until thickened.

Beat with a rotary beater 1 minute or until well blended.

Chop

Add and mix well...

Put half the spinach in bottom of baking dish.

Slice thinly...

Cover spinach with layer of eggs. Pour over all, half the cheese sauce. Repeat, having cheese sauce on top.

Sprinkle with...

Serves 6.
Potato Nests

1. Peel and boil until tender 5 medium sized potatoes
2. Drain and mash.
3. Add and mix well. Beat until light and fluffy.
   - 3/4 cup hot Pet Milk
   - 1 teaspoon salt
   - Few grains pepper
   - 1 tablespoon butter
4. Divide into 6 parts on greased baking sheet. Shape into balls.
5. With a spoon press a hollow in center of each to form a nest.
6. Bake in moderate oven (375° F.) 15 minutes, or until lightly browned.
7. Fill with Creamed Peas, Creamed Spinach, Creamed Veal, or Creamed Cabbage with Celery (See Index). Serves 6.
**GOLDEN POTATOES**

Cook for 20 minutes in covered saucepan.

- 4 medium-sized potatoes, sliced
- 6 medium-sized carrots, sliced
- 4 cups boiling water

Drain, then press vegetables through sieve or ricer.

Add

- ¼ cup Pet Milk
- 1 tablespoon butter
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Beat until creamy. Heat thoroughly...

Serves 6.

**CREAMED PEAS**

*Illustrated in Potato Nests, page 25*

Melt in top of double boiler.

- 1 tablespoon butter

Blend in

- 1 tablespoon flour
- ½ teaspoon salt
- Few grains pepper
- ¼ cup Pet Milk diluted with
- ⅛ cup liquid off peas

Stir in slowly.

Cook 15 minutes, stirring frequently.

Then add

- 2 cups cooked or canned peas, drained

Heat thoroughly and serve at once...

Serves 6.

**CORN PUFFS**

Mix...

- 2 slightly-beaten eggs
- 1 cup Pet Milk
- 2 cups cooked or canned whole-grain corn, drained

Season with

- ½ teaspoon salt
- ¼ teaspoon paprika
- Few grains cayenne
- 6 small pieces pimiento, if desired

Put in bottom of 6 greased custard cups

Pour in corn mixture.

Set in pan of hot water. Bake in moderate oven (350° F.) 45 minutes or until firm. Unmold...

Serves 6.
French Fried Carrots

1. Cook 25 minutes, or until tender in uncovered saucepan.

2. Cut in halves lengthwise.

3. Beat together:
   - 2 cups carrots (about 18 small carrots)
   - 4 cups boiling water
   - 1 1/2 teaspoons salt

4. Dip carrot halves into batter, one at a time.

5. Heat deep fat until hot enough to brown a 1-inch cube of bread in 50 seconds, or to 370°F., on a cooking thermometer.

6. Fry a few carrots at a time until brown. Drain on unglazed paper... Serves 6.

Note: When carrots are cooked whole, it is possible to slip the skins off as you would potatoes or beets.

This same batter may be used for dipping other vegetables, such as sections of cooked cauliflower, or uncooked slices of eggplant and cucumber. Fry as directed.
WHITE SAUCE
For creaming vegetables, meat or fish

Melt in top of double boiler 1½ tablespoons butter

Blend into...

- 2 tablespoons flour
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup Pet Milk diluted with
- 3/4 cup liquid off vegetable or meat broth

Stir in slowly...

- 1/2 teaspoon grated onion

Cook for 10 minutes, stirring frequently.

Add...

Makes about 1 1/2 cups sauce, sufficient for combining with 3 cups cooked or canned vegetables, meat or fish to serve 6.

ONION RINGS
Peel and cut in 3/4-inch slices.

- 4 medium-sized Bermuda onions

Separate into rings.

- 1 well-beaten egg
- 1/2 cup Pet Milk
- 1/4 teaspoon baking powder
- 3/4 cup pastry flour
- 1/2 teaspoon salt

Beat together...

- 3/4 teaspoon grated onion

Dip rings into batter, one at a time. Fry in deep fat (380° F.) hot enough to brown a 1-inch cube of bread in 45 seconds. Drain on unglazed paper. Serve at once...

Serves 6.

SPICED MILK

Mix...

- 3/4 teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 4 1/2 tablespoons sugar
- 1/4 teaspoon salt

Stir into...

- 3 cups Pet Milk diluted with
- 5 cups water

When sugar is dissolved, shake with

Cracked ice

Makes 6 large servings.
CREAMED ZUCCHINI

Peel and cut crosswise into thin slices...

- 6 medium-sized zucchinis
- 4 cups boiling water
- 1 teaspoon salt

Cook in uncovered saucepan for 7 minutes, or until tender.

Drain and save liquid.

Melt in top of a double boiler...

- 2 tablespoons butter
- 2 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup Pet Milk diluted with 3/4 cup liquid off zucchini

Blend in

Stir in slowly

Cook for 10 minutes, stirring frequently. Then add zucchini and heat thoroughly. Serve at once...

Serves 6.

NOTE: Zucchini is Italian summer squash about the size of salad cucumbers.

PEANUT BUTTER SANDWICHES

To...

- 1/4 cup peanut butter
- 1/2 cup Pet Milk

Gradually add, while stirring...

Spread on thin slices of buttered bread. Sufficient for 6 large sandwiches.

TOMATO JUICE COCKTAIL

Chill...

- 3 cups tomato juice
- 1 cup chilled Pet Milk
- 1/2 teaspoon celery
- 1 teaspoon salt
- Few grains pepper

Mix thoroughly with Cracked ice

Makes 6 servings.

BACON and EGG SANDWICHES

Cook for 5 minutes, or until crisp...

- 5 slices bacon, cut in small pieces
- Drain off fat.
- Mash and add...
- 3 hard-cooked egg yolks
- 3 hard-cooked egg whites, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 tablespoons lemon juice

Blend in...

- 3 tablespoons Pet Milk
- 1 teaspoon grated onion

Add...

Sufficient for 6 large sandwiches or 12 small ones.
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<th>BITTERSWEET BAVARIAN PIE</th>
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Soak for 5 minutes

<table>
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<th>1 tablespoon granulated gelatin in 1/4 cup cold water</th>
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Scald in top of double boiler

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<th>1 cup Pet Milk diluted with 1/2 cup water 1/4 teaspoon nutmeg</th>
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Remove from heat and stir into mixture of:

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<th>2 beaten egg yolks 1/2 cup sugar 1/8 teaspoon salt</th>
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Return to double boiler and cook for 3 minutes, or until slightly thickened, stirring frequently.

Add soaked gelatin and:

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<th>1/2 teaspoon vanilla</th>
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Stir until gelatin is dissolved.

When mixture begins to thicken, fold in:

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<th>2 stiffly-beaten egg whites</th>
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Pour into Baked Pastry Shell (See opposite)

Scald in top of double boiler

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<th>1/2 cup Pet Milk</th>
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Pour into small bowl and chill until icy cold.

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<th>11/2 teaspoons granulated gelatin in 2 tablespoons cold water</th>
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Mix in top of a double boiler

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<th>5 tablespoons cocoa 1/2 cup powdered sugar</th>
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Stir in:

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<th>3 tablespoons water</th>
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Cook for 10 minutes, stirring frequently. Add soaked gelatin and stir until dissolved. Chill until mixture begins to thicken. Then whip chilled milk with rotary beater until stiff. Fold into cocoa mixture. Spread on top of pie and chill until firm. Makes one 9-inch pie.

BAKED PASTRY SHELL

Sift before measuring

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<th>1 cup pastry flour 1/2 teaspoon salt</th>
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Work into flour with two knives, pastry blender or fingers...

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<th>1/4 cup cold shortening 2 tablespoons Pet Milk diluted with 1 tablespoon water</th>
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When mixture has the appearance of coarse corn meal, gradually blend in...

Roll out on floured board to 1/8-inch thickness. Line pie pan, being careful not to stretch pastry. Pinch pastry with fingers to make fancy edge. Pierce bottom with fork. Bake in hot oven (425°F) 10 minutes, or until brown. Cool. Makes one 9-inch shell.
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Pet Springtime recipes
with "Step by Step" directions

Mary Lee Taylor