Simple Steps To Good Cooking with recipes for 2 or 4 by Mary Lee Taylor
Four Wonderful Surprises—
Easy and thrifty, too!

Yes, these four tempting "surprise" desserts are all easy and thrifty—made with PET EVAPORATED MILK and packaged Vanilla Pudding, plus just odds and ends you may have left in your refrigerator or pantry. If you’ll make the pudding according to directions on the package, using half Pet Milk and half water instead of ordinary milk, you’ll have super-smooth, delicious pudding . . . then add these "special touches" and watch those happy smiles!

Chocoloate Ripple Pudding
Let cooked pudding cool a little, then fold in a handful of semi-sweet chocolate pieces. Chill. Just before serving, stir pudding enough to ripple chocolate through it.

Fruit Nugget Pudding
Before pudding cools, stir in canned, drained fruit cocktail, diced peaches, or crushed pineapple. (If you have leftover fruit juice, mix it with the Pet Milk instead of water for cooking the pudding. Extra flavor!)

Toasted Coconut Pudding
Just before chilling pudding, fold in shredded coconut toasted golden-brown. At serving time, sprinkle more coconut over each serving. (To toast coconut: put into heavy skillet over low heat and stir till light brown—about 5 minutes. Cool.)

Quick Custard Sauce
Cook pudding till slightly thickened, using 3 cups of liquid (1 1/2 cups Pet Milk, 1 1/2 cups water) instead of 2. Serve warm or cold on plain cake, fruit, or gelatin desserts.

Mary Lee Taylor

"PET" is the registered trade-mark of Pet Milk Company
Frozen Pineapple Dessert
(Photograph on front cover)

DIRECTIONS

1. Put into ice cube tray of refrigerator...
   PET Evaporated MILK

2. Chill milk until ice crystals begin to form around edges.
   powdered SUGAR soft BUTTER LEMON JUICE SALT

3. Meanwhile, mix until smooth...
   ½ cup 3 Tablesp. ½ cup
   1 cup ¼ cup few grains

4. Break with fingers into inch pieces...
   GRAHAM CRACKERS
   6 12

5. Put ice cold milk into cold 1 or 2-quart bowl. Whip with cold rotary beater by hand, or electric beater at high speed until fluffy. Whip in powdered sugar mixture, ¼ at a time.
   PINEAPPLE crushed (do not drain)

6. Stir in canned, 1 cup (9-oz.can)
   2 cups

7. Fold in cracker pieces and put into ice cube tray of refrigerator holding...
   1 quart 2 quarts

8. Sprinkle over top.
   graham cracker CRUMBS
   ½ cup ½ cup

9. Freeze, without stirring, in automatic refrigerator at coldest temperature, until firm. Keep frozen until served. If desired, garnish servings with more crushed pineapple and a maraschino cherry.

Tangy Salad Dressing

DIRECTIONS

1. Put into a pint jar
   VINEGAR SALT SUGAR PEPPER SALAD OIL PET Evaporated MILK
   4 teasp. ½ teasp. 1 teasp. few grains 1 Tablesp.

2. Cover jar and shake well. Keep chilled. Serve on Cucumber or Tomato Salad or on Tossed Green Salad (see index).

WIN PRAISE WITH THIS HUSBAND-PLEASER

Braised Round Steak★
Shoestring Potatoes
Lettuce and Cucumber Salad
Frozen Pineapple Dessert★
★Recipes are in this book
**Deviled Eggs**

**DIRECTIONS**

1. Cut into halves, lengthwise .......... hard-cooked EGGS ..... 2 ..... 4
2. Take out yolks and mash in a bowl with fork. Save whites.
3. Add to mashed yolks .......... drained, sweet pickle RELISH [see note] · SALT · dry MUSTARD · PEPPER ...... PET Evaporated MILK ...... 1½ Tablesp. · 3 Tablesp. · ¼ teasp. · ½ teasp. · ⅛ teasp. · few grains · 1 Tablesp. · 2 Tablesp.
4. Stir in gradually .......... Stir in gradually · few grains · few grains · few grains
5. Mix well. Pile mixture into egg whites and chill.
6. If desired, sprinkle tops of yolks with paprika, or garnish with strips of pimiento.
7. Serve as a salad on lettuce or other salad greens.

*Note: You can use finely cut sweet pickles in place of the relish.*

**Party Icebox Cake**

**DIRECTIONS**

1. Put into ice cube tray of refrigerator .......... PET Evaporated MILK .......... 6 Tablesp. · ¾ cup
2. Chill until ice crystals begin to form around the edges.
3. Heat to boiling a mixture of .......... JUICE of fruit cocktail · WATER · SALT .......... ¼ cup · ¾ cup · ½ cup · ½ cup · ⅛ teasp. · ¼ teasp.
4. Add and stir until dissolved .......... orange GELATIN .......... ¼ pkg. · 1 pkg.
5. Remove from heat and add drained .......... canned FRUIT COCKTAIL* .......... ¾ cup · 1⅜ cups (No. 303 can)
6. Chill until slightly thickened.
7. Rub with salad oil a mold or bowl holding about .......... 4 cups · 6 cups
8. Put ice cold milk into a cold bowl. Whip with cold rotary beater by hand, or electric beater at high speed, until stiff.
9. Fold whipped milk into chilled gelatin mixture along with .......... angel CAKE, cut into inch cubes .......... 1 cup · 2 cups

*If you desire, you can save the cherries for a garnish.*

*Note: This recipe makes generous servings, or average servings for 2 meals.*
Savory Tuna Supper

**DIRECTIONS**

1. Drain and save liquid from 
   {canned PEAS AND CARROTS} 
   (If necessary, add enough water to vegetable liquid to make ⅔ cup for 2 or ⅔ cup for 4.)

   {BUTTER or margarine} 

3. Add and cook slowly 5 minutes 
   {finely cut ONION} 
   {finely cut GREEN PEPPER}

4. Blend in 
   {FLOUR} 
   {SALT} 

5. Stir in gradually vegetable liquid and 
   {PET Evaporated MILK} 

6. Cook and stir over medium heat until sauce is thickened.

7. Add the peas and carrots and 
   {canned TUNA, broken into pieces} 

8. Heat until steaming hot, but do not boil.

9. Serve hot on toast, or canned chow mein noodles.

**Jiffy Mustard Dressing**

**DIRECTIONS**

1. Mix in a small bowl 
   {bottled MUSTARD} 
   {SUGAR} 
   {SALT} 
   {LEMON JUICE}

2. Stir in gradually 
   {PET Evaporated MILK}

3. Beat until smooth. Serve on green or vegetable salads.

**Tossed Green Salad**

(Photograph on Page 8)

**DIRECTIONS**

1. At serving time, put 
   {LETTUCE, torn into small pieces (see note)} 
   {sliced RADISHES} 
   {finely cut green ONIONS AND TOPS} 
   {sliced CUCUMBER} 
   {finely cut GREEN PEPPER} 

2. Shake well and pour over vegetables. 
   {TANGY SALAD DRESSING (see index)}

3. Toss lightly with two forks.

*Note: You can use endive or escarole to replace part or all of the lettuce.*
Royal Peach Dessert

DIRECTIONS
1. Put into ice cube tray of refrigerator ........................................... 1
2. Chill until ice crystals begin to form around the edges.
3. Rub with salad oil a mold or bowl holding ...................................... 1
4. Drain and save juice from ................................................................. 1
5. Dice peach slices and mix with ......................................................... 1
6. Add water to remaining peach juice to make .................................... 1
7. Heat juice to boiling, then add and stir ............................................ 1
8. Cool to room temperature.
9. Add peach mixture and chill until slightly thickened.
10. Cut into inch cubes ................................................................. 1
11. Put ice cold milk into cold bowl. Whip with cold rotary beater by hand, or electric beater at high speed, until stiff.
12. Fold cake cubes into gelatin along with whipped milk.
13. Put into oiled mold or bowl. Chill until firm. Keep chilled until ready to serve.

*Fresh peaches can be used if you replace the peach juice with water.
Note: This recipe makes generous servings, or average servings for 2 meals.

Chocolates Malted Milk

DIRECTIONS
1. Put into a quart bowl ................................................................. 1
2. Gradually stir in, to make a smooth paste, about 1/4 of .................. 1
3. Then stir in rest of water and ......................................................... 1
4. Serve cold.

INGREDIENTS
When you make CHOCOLATE MALTED MILK ahead of time, keep it in the refrigerator until you're ready for it, then stir once or twice before serving.

DIRECTIONS
1. Put into a quart bowl ................................................................. 1
2. Gradually stir in, to make a smooth paste, about 1/4 of .................. 1
3. Then stir in rest of water and ......................................................... 1
4. Serve cold.

INGREDIENTS
Royal Peach Dessert

DIRECTIONS
1. Put into ice cube tray of refrigerator ........................................... 1
2. Chill until ice crystals begin to form around the edges.
3. Rub with salad oil a mold or bowl holding ...................................... 1
4. Drain and save juice from ................................................................. 1
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7. Heat juice to boiling, then add and stir ............................................ 1
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3. Then stir in rest of water and ......................................................... 1
4. Serve cold.

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Royal Peach Dessert

DIRECTIONS
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3. Rub with salad oil a mold or bowl holding ...................................... 1
4. Drain and save juice from ................................................................. 1
5. Dice peach slices and mix with ......................................................... 1
6. Add water to remaining peach juice to make .................................... 1
7. Heat juice to boiling, then add and stir ............................................ 1
8. Cool to room temperature.
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4. Serve cold.

INGREDIENTS
Royal Peach Dessert

DIRECTIONS
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7. Heat juice to boiling, then add and stir ............................................ 1
8. Cool to room temperature.
9. Add peach mixture and chill until slightly thickened.
10. Cut into inch cubes ................................................................. 1
11. Put ice cold milk into cold bowl. Whip with cold rotary beater by hand, or electric beater at high speed, until stiff.
12. Fold cake cubes into gelatin along with whipped milk.
13. Put into oiled mold or bowl. Chill until firm. Keep chilled until ready to serve.

*Fresh peaches can be used if you replace the peach juice with water.
Note: This recipe makes generous servings, or average servings for 2 meals.

Chocolates Malted Milk

DIRECTIONS
1. Put into a quart bowl ................................................................. 1
2. Gradually stir in, to make a smooth paste, about 1/4 of .................. 1
3. Then stir in rest of water and ......................................................... 1
4. Serve cold.
## Easy Chop Suey

### DIRECTIONS

1. Brown slowly on all sides in skillet.

2. Add...

3. Cover and cook slowly 30 minutes longer, or until meat is tender.

4. Stir in a mixture of...

5. Boil and stir 2 minutes.

6. Stir in...

7. Heat until steaming hot, but do not boil.

8. Serve on drained... *You can use beef, veal or lean pork.*

### INGREDIENTS

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>boneless raw MEAT, cut into inch pieces in SHORTENING</td>
<td>( \frac{3}{4} \text{ cup} ) (6 oz.)</td>
</tr>
<tr>
<td>sliced ONIONS, diced CELERY, green bean LIQUID CHOP SUEY SAUCE dark corn SYRUP</td>
<td>( \frac{3}{4} \text{ cup} )</td>
</tr>
<tr>
<td>chopped PET Evaporated MILK</td>
<td>( \frac{1}{2} \text{ cup} )</td>
</tr>
<tr>
<td>drained, cut GREEN BEANS, cooked or canned</td>
<td>( \frac{3}{4} \text{ cup} )</td>
</tr>
</tbody>
</table>

### ONE-DISH DINNER

**THAT'S EXTRA GOOD**

- Easy Chop Suey*
- Cole Slaw
- Rye Bread Butter
- Royal Peach Dessert*
- Hot or Iced Coffee

*Recipes are in this book.

For 1 1/2 cups cooked rice (to serve two) you will need to cook 1/2 cup raw rice. For 3 cups cooked rice, cook 1 cup raw rice. Cook according to package directions.

Flavor Secret: Brown the meat very slowly over low heat. It will stay nice and brown when you add the liquid.
**Rice Meat Balls**

*(Photograph opposite)*

**DIRECTIONS**

**INGREDIENTS FOR 2 FOR 4**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>ground lean BEEF</td>
<td>1/2 lb.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>raw RICE (see note)</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>PET Evaporated MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1 Tablesp.</td>
<td>2 Tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
</tr>
</tbody>
</table>

1. Mix well in a bowl.
2. With wet hands, shape meat mixture into 4 balls for 2 or 8 balls for 4.
3. Put balls into a skillet about 1/2 inch apart.
4. Mix until smooth.
5. Take out and save 1/2 cup of soup mixture for 2 or 3/4 cup for 4.
6. Pour rest of soup mixture over meat balls.
7. Bring to a boil, then cover tightly and cook over low heat 45 minutes. Turn meat balls in sauce twice while cooking.
8. Remove meat balls to warm platter. Stir rest of soup mixture into liquid left in skillet. Heat and stir until steaming hot. Serve the sauce with the meat balls.

*Note: For best results, use regular or converted rice, but not the quick-cooking kind.*

**FOLLOW THIS STEP-BY-STEP PLAN—YOU’LL FIND IT IS VERY EASY TO PREPARE THIS DELICIOUS MEAL**

**MAKE-IN-ADVANCE (several hours or even a day before)**

1. Make Chocolate Marshmallow Cookies. Keep between sheets of waxed paper in covered tin box.
2. Make up a jar of Tangy Salad Dressing. Cover and keep in refrigerator.
3. Wash salad greens, drain, and dry well. Wrap in towel, or put in plastic bag. Keep chilled in refrigerator.

**1 HOUR BEFORE DINNER TIME**

1. Mix and shape meat patties, cook as directed.
2. Husk the corn.

**15 MINUTES BEFORE SERVING**

1. Heat water for corn to boiling. Add corn and cover. Boil corn 5 minutes after water starts to boil again.
2. Fix coffee.
3. Toss salad.
   
   . . . AND DINNER’S READY!
## Chocolate Chiffon Pie

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>For 8-inch Pie</th>
<th>For 9-inch Pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Press firmly in bottom and on sides of pie pan a mixture of.</td>
<td>fine graham cracker crumbs</td>
<td>3/4 cup</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>2. Chill until needed.</td>
<td>melted BUTTER</td>
<td>3 Tablesp.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>3. Soften</td>
<td>unflavored GELATIN</td>
<td>2 teasp.</td>
<td>1 envelope</td>
</tr>
<tr>
<td></td>
<td>in cold WATER</td>
<td>3 Tablesp.</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>4. Mix in a 1 or 1 1/2-quart saucepan</td>
<td>COCOA</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/8 teasp.</td>
<td>1/8 teasp.</td>
</tr>
<tr>
<td>5. Add</td>
<td>EGG YOLKS</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>6. Stir in gradually a mixture of</td>
<td>PET Evaporated MILK</td>
<td>7/8 cup</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>7. Bring to a boil over medium heat, stirring all the time. Boil and stir 2 minutes.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Remove from heat. Then add gelatin and stir until dissolved.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Chill until slightly thickened.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Then fold in</td>
<td>stiffly beaten EGG WHITE</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>VANILLA</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>11. Put into crumb crust. Chill until firm.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Keep chilled until ready to serve.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Measure 1 cup then take out 2 tablespoons.

## Whipped Topping

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Put into ice cube tray of refrigerator.</td>
<td>PET Evaporated MILK (see note)</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>2. Chill until ice crystals begin to form around edges.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Put ice cold milk into small, cold bowl with</td>
<td>granulated SUGAR</td>
<td>1 Tablesp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td>4. Whip with cold rotary beater by hand or electric beater at high speed, until fluffy.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Add and whip until stiff</td>
<td>grated LEMON RIND</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td></td>
<td>LEMON JUICE</td>
<td>1 1/2 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td>6. Serve on desserts that will blend with the lemon flavor of this topping.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: You can also chill Pet Milk by putting it into a small bowl and setting it right on the ice until both bowl and milk are ice cold, or put unopened can of Pet Milk directly on the ice and chill until ice cold—overnight if possible.
### Chocolate Marshmallow Cookies

**DIRECTIONS**

1. Put into a small saucepan and heat slowly until butter melts.
2. Remove from heat and stir in about ¼ cup at a time, a mixture of...
3. Add... 
4. Beat until smooth and creamy.
5. Cover and let stand while preparing the following:
6. Cut in halves, crosswise...
7. Put a marshmallow half, cut side down in center of each of...
8. Spread the frosting to cover marshmallow and top of wafer.
9. Let stand at room temperature until frosting is firm.

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>For 22 Cookies</th>
<th>For 32 Cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET Evaporated MILK</td>
<td>½ cup</td>
<td>6 Tablesp.</td>
</tr>
<tr>
<td>BUTTER or margarine</td>
<td>2 teasp.</td>
<td>1 Tablesp.</td>
</tr>
<tr>
<td>powdered SUGAR</td>
<td>1 ½ cups</td>
<td>2 ¼ cups</td>
</tr>
<tr>
<td>COCOA</td>
<td>½ cup</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>few grains</td>
<td>1 ½ teasp.</td>
</tr>
<tr>
<td>VANILLA</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td>PET Evaporated MILK</td>
<td>½ cup</td>
<td>6 Tablesp.</td>
</tr>
</tbody>
</table>

### Golden Glow Salad

**DIRECTIONS**

1. Heat to boiling a mixture of...
2. Add and stir until dissolved...
3. Cool to room temperature.
4. Rub with salad oil a mold holding about...
5. Meanwhile, mix in a bowl...
6. Stir into cooled gelatin...
7. Then stir in the cheese mixture. Pour into oiled mold. Chill until firm.
8. At serving time, turn out on lettuce, if desired.

**Note:** This recipe makes generous servings, or average servings for 2 meals.

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUICE off canned pineapple</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>lemon GELATIN</td>
<td>½ pkg.</td>
<td>1 pkg.</td>
</tr>
<tr>
<td>white cream CHEESE finely shredded</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>CARROTS drained, canned, crushed</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>PINEAPPLE VINEGAR</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>PET Evaporated MILK</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>
## Chocolate Drop Cookies

### DIRECTIONS
1. Turn on oven and set at moderate (350).  
2. Sift together onto piece of paper ...  
3. Fold into flour mixture ...  
4. Put into a 2 or 3-quart bowl ...  
5. Add and mix well.  
6. Add and beat hard.  
7. Stir in half of the flour mixture.  
8. Then stir in a mixture of ...  
9. Add the flour mixture that is left and mix well. Drop by teaspoons 2 inches apart on greased cooky pan. Bake on oven rack slightly above center 10 minutes, or until firm to a light touch of the finger. Remove from pan at once.  

Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.

### INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>For 4 dozen Cookies</th>
<th>For 6 dozen Cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLOUR</td>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>BAKING SODA</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>COCOA</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>SALT</td>
<td>1/4 cup</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>coarsely cut, unsalted NUTS</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>brown SUGAR</td>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>SHORTENING</td>
<td>melted</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>VANILLA</td>
<td>3/4 cup</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>evaporated MILK</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>WATER</td>
<td>2 Tablesp.</td>
<td>3 Tablesp.</td>
</tr>
</tbody>
</table>

### Tuna Salad

Use flaked, cooked or canned tuna for the chicken.

---

## Chicken Salad

### DIRECTIONS
1. Mix in a 1 1/2 or 2-quart bowl ...  
2. Put into a small bowl ...  
3. Stir in until smooth ...  
4. Pour over chicken mixture and mix thoroughly but lightly with a fork.

Note: Use the kind that comes in a jar, not a bottle.

### INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>diced CHICKEN, cooked or canned</td>
<td>1 cup (6-oz. can)</td>
<td>2 cups</td>
</tr>
<tr>
<td>diced CELERY</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>sliced, stuffed OLIVES or sweet pickles</td>
<td>2 Tablesp.</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td>SALAD DRESSING or mayonnaise</td>
<td>2 Tablesp.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>(see note)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PET evaporated MILK</td>
<td>3 Tablesp.</td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>

---

## Stuffed Tomato Salad

With pointed knife, cut each tomato about 3/4 of the way down, starting at stem end, to make 8 wedges. Spread wedges apart carefully and fill center with CHICKEN OR TUNA SALAD (see opposite).
Lima Bean Rarebit

**DIRECTIONS**

1. Mix in a saucepan or top part of double boiler .......... 
   - **INGREDIENTS**
     - diced AMERICAN CHEESE
     - PET Evaporated MILK
     - SALT
     - dry MUSTARD
   - **FOR 2**
     - ½ cup
     - ⅛ cup
     - few grains
     - ⅛ teasp.
   - **FOR 4**
     - 1 cup
     - ¼ cup
     - ⅛ cup
     - ⅛ teasp.

2. Cook and stir over very low heat or boiling water until cheese melts.

3. Add drained .......... LIMA BEANS, cooked or canned .......... ¾ cup 1⅛ cups
4. Cover and keep over hot water until needed. Turn on oven and set at moderately hot (375).

5. Toast on one side.......... sliced BREAD .......... 2 slices 4 slices
6. Put bread, toasted side up, into shallow baking pan.

7. Arrange on top of toast .......... fresh TOMATO SLICES, ⅛ inch thick .......... 4 slices 8 slices

8. Sprinkle tomato slices with .......... SALT .......... ⅛ teasp. PEPPER .......... few grains

9. Bake 5 minutes, or until tomatoes are hot. To serve, spoon hot bean mixture over the tomato slices.
   *Use sharp cheddar cheese if more tangy cheese flavor is desired.

Creamy Orange Sherbet

**DIRECTIONS**

1. Put into ice cube tray of refrigerator .......... 
   - **INGREDIENTS**
     - PET Evaporated MILK
     - EGG YOLKS
     - SUGAR
     - SALT
     - WATER
     - frozen ORANGE JUICE CONCENTRATE
     - EGG WHITES
     - LEMON JUICE
   - **FOR 1 QUART**
     - ½ cup
     - 1 Tablesp.
     - few grains
     - 3 Tablesp.
     - 6 Tablesp.
     - 1
     - 1 Tablesp.
   - **FOR 2 QUARTS**
     - 1 cup
     - 2 Tablesp.
     - ⅛ cup
     - 6 Tablesp.
     - 3 Tablesp.
     - 6 Tablesp.
     - 2
     - 2 Tablesp.

2. Chill until ice crystals begin to form around the edges.

3. Mix in a small bowl .......... PET Evaporated MILK .......... ½ cup 1 cup

4. Put ice cold milk into a cold 1 or 2-quart bowl with .......... EGG WHITES .......... 1 2

5. Whip with cold rotary beater by hand, or electric beater at high speed, until fluffy.

6. Add and whip until stiff .......... LEMON JUICE .......... 1 Tablesp. 2 Tablesp.

7. Whip in orange juice mixture. Freeze, without stirring, until firm, in ice cube tray of refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt.
Ham Balls with Corn

**DIRECTIONS**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>ground cooked HAM</td>
<td>1 cup (1/2 lb.)</td>
</tr>
<tr>
<td>lightly packed CORN MEAL</td>
<td>3 Tablesp.</td>
</tr>
<tr>
<td>PET Evaporated MILK</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
</tr>
<tr>
<td>brown SUGAR</td>
<td>1 Tablesp.</td>
</tr>
</tbody>
</table>

1. Mix in a 1 1/2 or 2-quart bowl ...........

2. With wet hands, shape mixture into... {6 balls

3. Roll ham balls in... {FLOUR {1 Tablesp. {2 Tablesp.

4. Brown slowly on all sides in a skillet in... {hot FAT {1 Tablesp. {2 Tablesp.

5. Push ham balls to side of skillet and add... {sliced ONION {3/4 cup {1/2 cup

6. Cook slowly 5 minutes.

7. Drain and save liquid from ......... {whole kernel CORN, cooked or canned {1 cup {2 cups (No. 303 can)

8. Add to ham balls in skillet the corn and 2 Tablesp. corn liquid for 2 or 1/4 cup for 4.

9. Stir in .......... {CHILI SAUCE {1/4 cup {1/2 cup

10. Cover and cook over low heat 10 minutes. Serve hot.

TEMPTING MEAL WITH LITTLE FUSS

Ham Balls with Corn*
Whole Green Beans*
Sliced Tomato Salad*
Chocolate Chiffon Pie*
Iced Tea with Lemon Slices*

*Recipes are in this book.

How much ham should you buy?
1/2 lb. for 1 cup ground or 1 lb. for 2 cups ground. You can use any kind of cooked or canned ham.
Creamed Chicken

DIRECTIONS
1. Melt in a saucepan \( \text{BUTTER or MARGARINE} \) \( \{2 \text{ teasp. for 2, 1 Tablesp. for 4}\}
2. Blend in \( \text{FLOUR} \) \( \{1 \text{ Tablesp. for 2, 2 Tablesp. for 4}\}
3. Stir in slowly \( \text{WATER} \) \( \{\frac{1}{2} \text{ cup for 2, } \frac{1}{2} \text{ cup for 4}\}
4. Boil and stir 2 minutes.
5. Stir in \( \text{PET Evaporated MILK} \) \( \{\frac{1}{2} \text{ cup for 2, } \frac{1}{2} \text{ cup for 4}\}
6. Add \( \text{diced, cooked or canned CHICKEN} \) \( \{\frac{1}{2} \text{ cup for 2, 1 cup for 4}\}
7. Heat slowly until steaming hot, but do not boil. If desired, serve in Toast Shells (see opposite).

Creamed Dried Beef

Omit the salt in the recipe above and use shredded dried beef in place of the chicken.

Creamed Tuna

Omit the salt in the recipe for Creamed Chicken and use drained, cooked or canned tuna, broken into pieces, in place of the chicken.

Braised Round Steak

DIRECTIONS
1. Cut into serving \( \text{round STEAK, } \frac{3}{4} \text{ inch thick} \) \( \{\frac{3}{4} \text{ lb for 2, 1\frac{1}{2} lb for 4}\}
2. Mix on a piece of \( \text{FLOUR} \) \( \{2 \text{ Tablesp. for 2, } \frac{1}{4} \text{ cup for 4}\}
3. Pound flour mixture into both sides of pieces of meat with edge of small plate or saucer.
4. Brown meat slowly on both sides in a skilet \( \text{hot FAT} \) \( \{1 \text{ Tablesp. for 2, 2 Tablesp. for 4}\}
5. Then add \( \text{boiling WATER} \) \( \{\frac{1}{2} \text{ cup for 2, } \frac{1}{2} \text{ cup for 4}\}
6. Cover tightly and cook over very low heat about 1 hour, or until meat is fork tender. Remove meat to warm platter and keep hot.
7. Stir into liquid left in skillet \( \text{PET Evaporated MILK} \) \( \{\frac{1}{2} \text{ cup for 2, } \frac{1}{2} \text{ cup for 4}\}
8. Heat slowly, stirring all the time, until steaming hot, but do not boil. Serve over the steak.

Toast shells make CREAMED CHICKEN, DRIED BEEF or TUNA extra good. To make them, remove crusts from sliced bread. Brush buttered side down into 3-in. muffin cups. Bake on center rack of moderately hot oven (375) 10 minutes, or until golden brown.
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