Meatless
AND MEAT SAVING Recipes

... ALSO SALADS AND DESSERTS

by Mary Lee Taylor
Note: Butter or fortified margarine with enriched or whole wheat bread, unless other breads are specified, should be served at every meal. These meals do not mention beverages because different families have different needs, depending on the ages and preferences of the members of the families. Growing children in a family will increase the amount of milk needed.

★Recipes starred are in this material.
Country Style Meat Patties

1. Mix together thoroughly
   1 pound ground MEAT*
   3/4 cup soft BREAD CRUMBS
   1/2 cup PET MILK
   1/4 cup finely cut ONION
   1 teaspoon SALT
   1/8 teaspoon PEPPER

2. With wet fingers, shape meat mixture into 8 patties.

3. Roll patties in mixture of
   2 tablespoons FLOUR
   1/4 teaspoon SALT

4. Brown on both sides in
   2 1/2 tablespoons hot SHORTENING

5. Add
   1 1/4 cups hot WATER

6. Cover tightly and simmer (do not boil) 3/4 hour, or until tender.

   *Beef, pork, veal or lamb can be used. 1/4 cup ordinary milk can replace the Pet Milk but you will need to add 1 egg to approach the consistency of the meat patties made with Pet Milk.

Easy Dinner Loaf

1. Put through fine knife of food chopper
   12-oz. can LUNCHEON MEAT*

2. Mix with
   1 can condensed CHICKEN NOODLE SOUP
   1 1/3 cups PET MILK
   1 cup ROLLED OATS
   2 slightly beaten EGGS

3. Put mixture into greased pan measuring about 8 x 4 x 3 inches deep. Bake in slow oven (325° F.) on center shelf about one hour or until loaf is firm. Serves 4.

Variation:
   2 cups ground Wieners, frankfurters, bologna, left-over roast beef, veal, pork, ham or lamb can be used.
   This recipe has been balanced to take full advantage of the double richness of Pet Milk and neither ordinary milk nor cream can be used.

Baked Fish Fillets

1. Cut into pieces
   1 pound FISH FILLETS*

2. Dip in mixture of
   1/4 cup PET MILK
   1/2 teaspoon SALT
   few grains PEPPER

3. Then roll in
   1/2 cup fine, dry BREAD CRUMBS

4. Dot with bits of
   2 tablespoons SHORTENING

5. Bake in moderately slow oven (350° F.) 30 minutes, or until brown. Serves 4.
   *Halibut, codfish, haddock, hake, etc., can be used.
   In this recipe Pet Milk takes the place of egg ordinarily used for dipping. Obviously for this purpose ordinary milk cannot replace the Pet Milk.
**Novel Potato Soup**

1. Cook slowly 5 minutes, or until light yellow
   
   1/4 cup finely cut ONION in 2 tablespoons hot SHORTENING

2. Blend in
   
   1 tablespoon FLOUR
   2 teaspoons SALT
   1/8 teaspoon PEPPER

3. Stir in
   
   3 1/2 cups WATER

4. When mixture boils, add
   
   2 cups diced, pared POTATOES (3 medium)

5. Cover and boil 25 minutes, or until very tender. Do not drain. Mash potatoes.

6. Stir gradually
   
   1 cup PET MILK into 3 tablespoons PEANUT BUTTER


*This recipe has been balanced to take full advantage of the double richness of Pet Milk, and neither ordinary milk nor cream can be used.*

**Tomato Cream Sauce**

1. Melt in saucepan
   
   1 tablespoon SHORTENING

2. Add and cook slowly 5 minutes
   
   2 tablespoons finely cut ONION

3. Stir in
   
   10 1/2-oz. can condensed TOMATO SOUP
   1/8 teaspoon SALT
   few grains PEPPER

4. Heat to boiling, then remove from heat and stir into
   
   1/4 cup PET MILK

5. Do not cook, but serve at once on Vegetable Scallop (see recipe).

*Cream can replace the Pet Milk, but remember that it will furnish only butterfat, for the most part, and not the protective whole milk substances that double-rich Pet Milk supplies.*

**Spanish Slaw**

1. Mix together
   
   1 teaspoon SALT
   2 teaspoons SUGAR
   1/2 teaspoon dry MUSTARD
   1/8 teaspoon PEPPER

2. Add and stir until sugar dissolves
   
   1/4 cup PET MILK

3. Stir in slowly
   
   3 tablespoons VINEGAR
   1 teaspoon grated ONION (optional)

4. Chill until needed.

5. At serving time, combine
   
   2 hard-cooked EGGS* finely cut
   4 1/2 cups shredded CABBAGE*
   2 tablespoons diced PIMIENTO or green pepper (optional)


*Variations:

1. 1/2 cup salted peanuts, coarsely chopped can replace eggs.

2. 1 cup shredded raw spinach, shredded carrot or finely diced celery can replace 1 cup of the cabbage.

*This recipe has been balanced to take full advantage of the double richness of Pet Milk and neither ordinary milk nor cream can be used.*
**Vegetable Scallops**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease 4 individual baking dishes or a quart baking dish.
3. Mix together
   - 1 1/2 cups soft BREAD CRUMBS
   - 2/3 cup PET MILK diluted with
   - 1/3 cup LIQUID OFF CORN or water
4. Let stand.
5. Cook slowly 5 minutes
   - 1/3 cup cut ONION
   - 1/4 cup cut GREEN PEPPER
   - 1 1/2 tablespoons SHORTENING
6. Then add and heat
   - 1 1/2 cups drained, whole kernel CORN cooked or canned
   - 1/4 teaspoon SALT
   - few grains PEPPER
7. Divide among baking dishes or put in quart dish.
8. Mix into bread mixture
   - 2 well-beaten EGGS*
   - 1/2 teaspoon SALT
9. Put on top of corn mixture. Set in pan containing an inch of hot water. Bake until firm to the touch, allowing about 40 minutes for individual dishes and 1 hour for quart dish.

*Variation:

1 1/4 cups diced, packaged American cheese (1/4 lb.) can replace 1 egg.

1 cup ordinary milk can replace the Pet Milk and liquid off corn, but the dish won't have the same wholesomeness because Pet Milk diluted with an equal amount of another liquid is richer in whole milk substances than ordinary milk.

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**Dutch Apple Pie**

1. Mix together
   - 1/2 cup SUGAR
   - 3/4 teaspoon CINNAMON
   - 1/4 teaspoon SALT
   - 2 teaspoons FLOUR
   - Save 3 tablespoons for topping.
2. Mix remaining sugar mixture thoroughly with
   - 4 cups thinly sliced, pared APPLES (about 5 large apples)
3. Arrange apples in deep 7-inch pie pan lined with Unbaked Pastry (see recipe).
4. Pour over apples
   - 2/3 cup PET MILK
5. Sprinkle remaining sugar mixture over top.
6. Dot with
   - 1 tablespoon SHORTENING
7. Bake in hot oven (450° F.) 10 minutes, then reduce heat to slow (325° F.) and bake 1 hour longer, or until apples are tender.

Cream can replace the Pet Milk, but remember that cream furnishes only butter-fat, for the most part, and not the whole milk substances and extra vitamin D which the Pet Milk supplies.
Jiffy Mustard Dressing

1. Mix together
   1 teaspoon SUGAR
   1/2 teaspoon SALT
   1/2 teaspoon DRY MUSTARD
   few grains PEPPER

2. Add and mix well
   1/3 cup PET MILK

3. Stir in slowly
   1/4 cup VINEGAR

4. Beat vigorously, or shake in covered jar. Chill; serve on green or vegetable salads. Serves 4.

   Only cream can be used to replace the Pet Milk in this recipe if the dressing is to have about the flavor and consistency of the one made with undiluted Pet Milk.

Unbaked Pastry

1. Sift before measuring
   2/3 cup all-purpose FLOUR

2. Resift with
   1/3 teaspoon SALT

3. Work into flour with fork
   1/4 cup cold SHORTENING

4. When mixture has the appearance of small peas, stir in gradually
   1 1/2 tablespoons PET MILK diluted with
   1 1/2 tablespoons WATER

5. Roll on floured board an inch larger than 7-inch pan. Trim if necessary.

6. Fit loosely in pie pan, folding extra dough under and pinching with fingers to make edge. Put in filling and bake as directed for Dutch Apple Pie (see recipe).

   3 tablespoons ordinary milk can replace the Pet Milk and water, but the pastry won't have the same wholesomeness, because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.

Butter Spread

1. Cut in small pieces and put in mixing bowl
   1/4 pound BUTTER or fortified margarine
   1/8 teaspoon SALT

2. Let stand in warm room until soft enough to stir with a spoon—as easily as mayonnaise—before adding the milk (see note).

3. Also let stand in warm room
   6 1/2 tablespoons PET MILK

   Butter and milk will blend together better if they are the same temperature.

4. Stir milk into soft butter gradually, adding about 1 tablespoon at a time and using a mixing spoon, a rotary egg beater or electric beater at low speed. When all milk is added, beat vigorously 1 minute to blend completely. Cover bowl and chill, or pack while soft into straight-sided dish. Keep chilled when not in use. Serve as a spread on bread, pancakes, waffles, biscuits, muffins, French toast, etc. Makes a little less than 1 cup, or a little less than 1/2 pound.

   Note: If kitchen or weather is cool, place bowl containing butter in large bowl or pan half filled with hot water, stirring butter as it softens.
Valentine Icebox Dessert

1. Dissolve
   1 package
   strawberry-flavored GELATIN*
   in 1 1/3 cups boiling WATER
2. Add
   1/8 teaspoon SALT
3. Cool.
4. Rub with vegetable oil a heart-shaped mold or dish holding a quart.
5. Stir into cooled gelatin mixture 2/3 cup PET MILK
6. Chill until syrupy.
7. Meanwhile, mix and chill
   1 1/3 cups cooked RICE
   1/3 cup orange MARMALADE*
9. Arrange on top of mixture.
   8 2-inch VANILLA WAFERS

Note: To garnish with small red heart, remove 2 tablespoons of gelatin mixture before adding the milk and chill in an individual heart mold.

*Variations:
1. Raspberry or cherry gelatin can also be used.
2. 2 medium-sized oranges, peeled and cut up can replace marmalade.

Only cream can replace the Pet Milk, but remember that cream costs much more than Pet Milk and does not supply the whole milk substances and extra vitamin D Pet Milk supplies.

Chocolate Puff

1. Turn on oven; set at moderately slow (350° F.).
2. Melt in saucepan
   2 tablespoons SHORTENING
3. Blend in
   1 1/2 tablespoons FLOUR
   few grains SALT
4. Stir in slowly
   6 tablespoons PET MILK
   diluted with
   6 tablespoons WATER
5. Add a mixture of
   5 tablespoons COCOA
   1/4 cup SUGAR
6. Stir and boil 1 minute.
7. Then stir into
   2 well-beaten EGG YOLKS
8. Cool.
9. Add
   1/2 teaspoon VANILLA
10. Fold in
    2 stiffly-beaten EGG WHITES
11. Pour into 4 greased custard cups or a baking dish holding about 3 cups. Set in pan containing an inch of hot water. Bake until firm, allowing about 45 minutes for custard cups or 1 1/4 hours for dish. Serves 4.

3/4 cup ordinary milk can replace the Pet Milk diluted with water, but the dessert won't have the same wholesomeness because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.
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