Try These TEMPTING MONEY SAVING MEALS

... by Mary Lee Taylor

(festive enough for guests—
economical enough for
every day)
Drumsticks with Gravy★
Mashed Potatoes
Seasoned Green Beans
Shredded Carrot and Celery
Salad
Apple Scotch Pie★

(features a delicious main
dish with point-free meat)
Meat Roll-ups★
Mashed Potatoes
Seasoned Brussels Sprouts
Head Lettuce Salad
Chocolate Pudding
Whipped Topping★

(a grand holiday dinner with
a happy ending)
Roast Chicken, Veal or Pork
Bread Stuffing Gravy
Sweet Potato Balls★
Creamed Onions
Celery Raw Carrot Strips
Cranberry Chiffon Pie★

(hearty meal for fall and
winter days)
Pork Sausage Patties or Links
Sweet Potato Balls★
Creamed Turnips
Jellied Vegetable Salad
Cranberry Chiffon Pie★

(a satisfying oven dinner—
main dish, vegetable and
pie baked together)
Casserole Dinner★
Baked Squash
Peanut Waldorf Salad★
Pumpkin Pie★

(good to eat as well as good
for you)
Pan-fried Liver and Bacon
Creamed Potatoes
Sweet-sour Beets
Peanut Cole Slaw★
Apple Floating Island★

Note: Butter or fortified margarine with enriched or whole wheat bread 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.
Casserole Dinner

1. Turn on oven; set at moderate (375° F.).
2. Grease a baking dish holding about 5 cups.
3. Cover and boil slowly for 5 minutes
   1/3 cup finely cut ONION in 3/4 cup boiling WATER
4. Mix together
   2 tablespoons FLOUR
   1 1/4 teaspoons SALT
   1/8 teaspoon PEPPER
5. Stir into flour mixture
   3 tablespoons WATER
6. Stir into onion mixture. Stir and boil slowly 2 minutes.
7. Then stir in
   3/4 cup PET MILK
8. Add
   2 cups diced, cooked or canned MEAT*
   2 cups diced, cooked VEGETABLES*
10. Mix together
    1/3 cup crushed CORN FLAKES*
    1/4 teaspoon SALT
    1 tablespoon MEAT DRIPPINGS or other shortening
11. Sprinkle over vegetables.

Variations:
1. Canned luncheon meat, left-over roast beef, veal, pork, ham or lamb or sliced wiener, frankfurters or bologna can be used.
2. 4 sliced, hard-cooked eggs can replace the meat.
3. Potatoes, carrots, turnips, cabbage, lima beans, peas, green beans, cauliflower or parsnips can be used.
4. 1/2 cup fine, dry bread crumbs or cracker crumbs can replace the crushed corn flakes.
   Ordinary milk can replace the Pet Milk if flour is increased to 2 1/2 tablespoons and 1 tablespoon butter or fortified margarine is added to the sauce along with the flour mixture. The dish won't have the same rich flavor or the same wholesomeness because Pet Milk supplies more than twice the whole milk substances that ordinary milk supplies.

Drumsticks with Gravy

1. Cut into 2-inch squares
   1 pound lean MEAT*
   1/2-in. thick
2. Put on 4 meat skewers or sticks, pushing close together.
3. Mix together
   2 tablespoons FLOUR
   3/4 teaspoon SALT
   1/8 teaspoon PEPPER
4. Roll all sides of drumsticks in flour mixture.
5. Brown slowly on all sides in 2 tablespoons hot MEAT DRIPPINGS or other shortening
6. Add
   1 cup hot WATER or vegetable liquid
7. Cover tightly; simmer 1 hour, or until tender.
8. Remove meat to warm platter.
9. Stir into liquid in pan
   1/2 cup PET MILK
   *Utility beef, veal or pork can be used.
   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 Irradiated Pet Milk supplies.
**Meat Roll-ups**

1. Have meat dealer cut into 4 slices about 6 x 6 x 1/4-inch thick
   1 pound MEAT*
2. Sprinkle with equal portions of
   1 teaspoon SALT
   1/8 teaspoon PEPPER
3. Pound into 1 side of slices, using edge of saucer or plate
   2 tablespoons FLOUR
4. Then pound unfloured side of meat slices.
5. Cook slowly for 5 minutes
   1/4 cup finely cut ONION
   in 2 tablespoons MEAT DRIPPINGS or other shortening
6. Remove from heat and add
   3 cups day-old BREAD CUBES
   1/2 cup finely cut CELERY*
   3/4 teaspoon SALT
   1/8 teaspoon PEPPER
7. Add
   1/2 cup PET MILK
8. Mix until bread cubes lose their shape. Divide among meat slices, putting on unfloured side. Roll up; secure with toothpicks or string.
9. Brown in
   3 tablespoons hot MEAT DRIPPINGS or other shortening
10. Add
    3/4 cup hot WATER
11. Cover tightly; cook slowly 1 hour, or until meat is tender and water has cooked away.
12. Put meat on platter; keep hot.
13. Blend into fat remaining in pan stirring until brown
    2 tablespoons FLOUR
    1/4 teaspoon SALT
14. Stir in
    3/4 cup WATER
15. Boil 2 minutes, then stir in
    3/4 cup PET MILK

*Variations:

1. Beef, veal, pork or lamb can be used.
2. Shredded carrots can replace the celery.

1/4 cup ordinary milk and 1 beaten egg can replace the Pet Milk in the stuffing. 1 1/2 cups ordinary milk can replace the Pet Milk and water in the gravy if the flour is increased to 3 tablespoons. The dish won't taste as rich, however, or have the same wholesomeness because Pet Milk contains more than twice the whole milk substances of ordinary milk.

**Pumpkin Pie**

1. Turn on oven; set at very hot (450° F.).
2. Mix together
   1/3 cup light BROWN SUGAR
   2 teaspoons FLOUR
   1/3 teaspoon SALT
   1 1/2 teaspoons ground ALLSPICE or prepared pumpkin pie spice
3. Add
   1 cup cooked or canned PUMPKIN
   1 cup PET MILK
   1 slightly beaten EGG
   1 1/2 tablespoons dark cooking MOLASSES
4. Stir until smooth.
5. Pour into deep 7-inch pie pan lined with unbaked pastry.
6. Bake on center shelf of oven 15 minutes, then reduce to slow (325° F.) and bake about 25 minutes, or until firm. Cool before serving.

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.
Apple Scotch Pie

1. Soften
   2 teaspoons plain, unflavored GELATIN in 3 tablespoons cold WATER
2. Heat thoroughly
   1 1/2 cups sweetened APPLESAUCE strained or canned
3. Stir in softened gelatin.
4. Chill until beginning to thicken.
5. Meanwhile, rub bottom and sides of deep 7-inch pie pan with
   1 teaspoon soft BUTTER or fortified margarine
6. With back of spoon, press on bottom and sides of pan
   1/3 cup CRUMBS*
7. Put thickened applesauce mixture in prepared pan, then chill.
8. Put in saucepan
   1 package butterscotch PUDDING POWDER
9. Stir in
   3/4 cup PET MILK diluted with
   3/4 cup WATER
10. Stir and boil slowly 30 seconds.
11. Cover and cool, then spread on chilled apple mixture.
12. Sprinkle top with
   3 tablespoons CRUMBS*
13. Chill until firm.

*1. Eight 2-inch vanilla wafers or six 2 1/2-inch graham crackers will make enough crumbs for crust and topping.

2. A 7-inch baked pastry shell can be used in place of the crumb crust and 1/4 cup chopped nuts sprinkled over the top, if desired.

1 1/2 cups ordinary milk can replace the Pet Milk diluted with water, but the dessert won't taste as rich or be as wholesome because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.

Peanut Waldorf Salad

1. Mix together in saucepan
   1/2 teaspoon dry MUSTARD
   1/2 teaspoon SALT
   1 teaspoon SUGAR
   2 teaspoons FLOUR
   few grains PEPPER
2. Stir in gradually
   1/2 cup PET MILK
3. Blend in
   2 tablespoons PEANUT BUTTER
4. Stir and boil 2 minutes.
5. Remove from heat and stir in
   2 tablespoons VINEGAR
6. Chill.
7. At serving time, put in bowl
   2 cups diced, pared APPLES
   1 cup diced CELERY
8. Add dressing and mix thoroughly.
   Serve on lettuce. Serves 4.

For Peanut Fruit Slaw

Substitute 1 cup seedless or seeded grapes, halved, for 1 cup of the diced apples.

For Peanut Cole Slaw

Substitute 3 cups shredded, chilled cabbage for the diced apples and celery.

Ordinary milk can replace the Pet Milk if flour is increased to 1 tablespoon and 1/2 tablespoon butter or fortified margarine is added along with the vinegar. The salad won't be as wholesome, however, because Pet Milk is more than twice as rich as ordinary milk.
Sweet Potato Balls

1. Put in bowl
   2 cups mashed SWEET POTATOES cooked or canned
2. Add and mix well
   1/4 cup PET MILK
   1/2 teaspoon SALT
   1/8 teaspoon PEPPER
3. When thoroughly mixed, divide into 8 portions and shape each one around equal portions of
   3 tablespoons seedless RAISINS*
4. Roll into crumbs
   3 cups CORN FLAKES*
   There should be ¾ cup crumbs.
5. Roll sweet potato balls in crumbs, then dip in
   1/4 cup PET MILK

*Variations:
1. ½-inch slice of banana, a seedless grape or ½ of a cooked, pitted prune can be put in center of each ball in place of the raisins.
2. Fine dry bread crumbs can replace the corn flake crumbs.

For Baked Sweet Potato Balls
Put balls in greased shallow pan. Dot tops with equal parts of 2 tablespoons shortening. Bake 20 minutes in moderate oven (375° F.) or until brown.
Note: Cover and boil until tender 1 ½ pounds sweet potatoes in 3 cups boiling water. Cool thoroughly, remove skins and mash.
3 tablespoons of ordinary milk can replace the Pet Milk in the potato mixture if 1 tablespoon melted butter or fortified margarine is added. The Pet Milk used for dipping the potato balls takes the place of egg and obviously for this purpose ordinary milk cannot be used.

Apple Floating Island

1. Mix together
   2 slightly beaten EGG YOLKS
   2 tablespoons SUGAR
   few grains SALT
2. Stir in
   1/2 cup PET MILK diluted with
   1/2 cup WATER
3. Cook over boiling water about 3 minutes, or until mixture is slightly thickened.
4. Cool, then fold in
   1/2 teaspoon VANILLA or grated lemon rind
   3/4 cup well drained APPLE SAUCE* cooked or canned
5. Put into 4 individual dessert dishes, or a shallow serving dish holding about 3 cups.
6. Cover and chill thoroughly.
7. When ready to serve, beat until stiff
   2 EGG WHITES
8. Gradually beat in
   3 tablespoons SUGAR
9. Drop meringue in 4 mounds on top of apple mixture.
10. Put in center of each mound equal portions of
    2 teaspoons JELLY (optional)
    Serve at once. Serves 4.

*Variation:
¾ cup diced oranges, cooked raisins, or dried prunes or canned peaches, cut in small pieces, can be used.
1 cup ordinary milk can replace the Pet Milk and water in this recipe, but you will need to add 1 tablespoon butter or fortified margarine to approach the flavor of the dessert when made with Pet Milk.
Whipped Topping
(to serve in place of whipped cream on desserts, beverages, etc.)

For perfect results every time
have Pet Milk icy cold
have bowl icy cold
have beater icy cold

1. Chill until icy cold
   1/3 cup PET MILK* (See ways to chill Pet Milk)

2. Add
   4 teaspoons granulated SUGAR

3. Whip with cold rotary egg beater, or electric beater at high speed, until fluffy.

4. Then add
   2 teaspoons LEMON JUICE

5. Continue whipping until stiff.

6. Sprinkle over the top of whipped milk mixture
   1/8 teaspoon LEMON EXTRACT
   or 1/2 teaspoon grated lemon rind

7. Fold in carefully. Serve as a topping on desserts, salads or beverages which will blend with the lemon flavor of this topping. Serves 4.

*Ways to Chill Pet Milk:
1. by putting in the ice tray of an automatic refrigerator and chilling until icy crystals begin to form around the edges, then pouring into a bowl that has been thoroughly chilled.
2. by putting in a small bowl and setting right on the ice, chilling until both bowl and milk are icy cold.
3. or, by placing an unopened can of Pet Milk either under the refrigerating unit of an automatic refrigerator or directly on the ice and chilling until icy cold—overnight if possible—then pour amount of milk to be whipped into a thoroughly chilled bowl.

Cranberry Chiffon Pie

1. Chill until icy cold
   1/4 cup PET MILK

2. Rub with vegetable oil a deep 7-inch pie pan.

3. Line bottom and sides with
   17 2-inch VANILLA WAFERS*

4. Soften
   1 tablespoon plain, unflavored GELATIN
   in 1/4 cup cold WATER

5. Wash, then dry on towel
   1 cup CRANBERRIES

6. Put through medium knife of food grinder.

7. Add to ground cranberries
   1/2 cup SUGAR
   1/4 teaspoon SALT
   1/4 cup WATER

8. Heat to boiling, then add softened gelatin and stir until dissolved.

9. Remove from heat and stir in
   1 tablespoon LEMON JUICE

10. Chill until syrupy.

11. Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff. Fold into syrupy gelatin mixture. Put in wafer-lined pan. Chill until firm.

*Filling can be put in a cold 7-inch baked pastry shell instead of using vanilla wafers.

1/2 cup cream which will whip can replace the Pet Milk. This increased amount is necessary because Pet Milk triples in volume when whipped and whipping cream just about doubles.
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