MEATLESS and MEAT-SAVING Meals

With Recipes For
MAIN DISHES
SALADS, BREADS AND DESSERTS

by Mary Lee Taylor
New Point and Money-Saving Meals by Mary Lee Taylor

(a meatless meal your family will be sure to like)

Vegetable Pot Pie*
Early Spring Salad*
Creamy Orange Pudding*

(you'll never guess how good this loaf is until you taste it)

Plantation Rice Loaf*
Milk Gravy*
Seasoned Broccoli or Beet Tops
Pickled Beets
Easy Icebox Rolls*
Baked Apples
Jelly

(a marvelous Sunday dinner that requires only 3/4 pound of meat for 4 people)

Spiced Ham with Raisin Sauce*
Fried Apple Slices
Mashed Sweet Potatoes
Peanut Cole Slaw*
Fruit Chiffon Pie*

(try this brand new dish to make the most of a little meat)

Corn Meal Slices with Bacon Sauce*
Seasoned Carrots and Peas
Grapefruit Salad
Peanut Salad Dressing*
Creamy Orange Pudding*

(a dinner that saves fuel—the meat, potatoes and dessert are baked together)

Oven-baked Pork Chops or Spareribs
Milk Gravy*
Baked Potatoes
Stewed Tomatoes
Peanut Cole Slaw*
Fruit Gelatin

(a low-point top stove dinner that's easy to prepare)

Stewed Chicken or Rabbit
Mashed Potatoes
Seasoned Green Beans or Spinach
Early Spring Salad*
Fruit Cup Cake or Cookies

(when you're short on ration points serve this tasty fish dinner)

Baked or Broiled Fish
Creamed Potatoes
Buttered Carrots with Chopped Parsley
Lettuce and Onion Salad
Peanut Salad Dressing*
Fruit Chiffon Pie*

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.
Vegetable Pot Pie

1. Mix together in saucepan
   1 1/2 tablespoons FLOUR
   1 teaspoon SALT
   1/8 teaspoon PEPPER
2. Stir in gradually
   1 cup VEGETABLE LIQUID or water
3. Add
   1/4 cup finely cut ONION
4. Stir and boil 1 minute.
5. Then add
   1 cup PET MILK
   2 1/2 cups cooked or canned VEGETABLES*
   or water
   2 hard-cooked EGGS
   3/4 teaspoon BAKING POWDER
   1/3 cup all-purpose FLOUR
6. Heat slowly, but do not boil.
7. Turn on oven; set at moderately hot (400°F).
9. Sift before measuring
10. Resift with
   1 1/3 cups all-purpose FLOUR
11. Work into flour mixture with fork
   1 1/4 cup cold SHORTENING
diluted with
   1/4 cup WATER
13. Turn out on floured board. Knead a few seconds, or until dough is smooth.
14. Roll to fit baking dish. Cut several gashes in center for steam to escape. Put on top of vegetable mixture. Bake on oven shelf slightly above center 20 minutes, or until top is brown. Serves 4.

* Cut green beans, carrots, rutabagas, turnips, potatoes, peas, whole kernel corn or a mixture of these vegetables.

Cream can replace the Pet Milk in this recipe but it would add to the cost and take away from the wholesomeness because cream doesn't supply the whole milk substances and vitamin D that Irradiated Pet Milk supplies. 2 cups ordinary milk can replace the 1 cup vegetable liquid and 1 cup Pet Milk in the sauce if flour is increased to 2 tablespoons and a tablespoon of shortening is added. In the biscuit topping 1/4 cup ordinary milk can replace the 1/4 cup Pet Milk and 1/4 cup water.

Early Spring Salad

1. Stir
   2 tablespoons LEMON JUICE
   or 1 1/2 tablespoons vinegar
   1/2 teaspoon SALT
2. Into
   1/4 cup PET MILK
3. Put through coarse knife of food grinder or chop fine
   3 medium unpared APPLES cored
   1/2 cup seedless RAISINS
   2 small CARROTS*
4. Fold in the dressing and serve at once on lettuce or other salad greens, if desired. Serves 4.

* 1/2 cup finely cut celery or rutabagas can also be used.

Only cream can replace the Pet Milk in this recipe, but remember that cream furnishes only butterfat, for the most part, and not the protective substances that whole milk supplies and that Pet Milk supplies in double measure.
Corn Meal Slices With Bacon Sauce

1. Mix together in saucepan
   1/2 cup CORN MEAL
   3/4 teaspoon SALT
2. Stir in slowly mixing until smooth
   1 1/2 cups WATER
3. Add
   2/3 cup PET MILK
4. Stir and boil 5 minutes, or until very thick.
5. Pour into wet loaf pan holding about 3 cups. Cover and chill until firm.
6. Cook slowly in skillet until crisp
   3/4 cup finely cut BACON
7. Remove bacon. Cut corn meal loaf into 1/2-inch slices.
8. Roll in
   1/4 cup CORN MEAL
9. Brown on both sides in hot bacon fat. Remove to warm serving dish.
    Drain off all fat remaining in skillet except 3 tablespoons.
10. Blend in
    3 tablespoons FLOUR
    1 teaspoon SALT
    1/8 teaspoon PEPPER
11. Stir in slowly
    1 cup WATER
12. Stir and boil 2 minutes.
13. Add crisp bacon and
    1 cup PET MILK
    Serve at once with the browned slices. Serves 4.

Cream can replace the Pet Milk in both the corn meal mixture and the sauce, but remember that cream furnishes only butterfat, for the most part, and not the protective substances that whole milk supplies and that Pet Milk supplies in double measure. Ordinary milk can replace the Pet Milk in the corn meal mixture if 1 tablespoon meat drippings is added. 2 cups ordinary milk can replace the Pet Milk and water in the sauce if both the fat and the flour are increased to 4 tablespoons. This is necessary to have the flavor approach that of the Pet Milk dish.

Milk Gravy

1. Blend together
   2 tablespoons melted FAT
   2 tablespoons FLOUR
   1/2 teaspoon SALT
   few grains PEPPER
2. Stir over low heat until brown.
3. Then stir in and boil 1 minute
   1/2 cup WATER
4. Stir in
   1/2 cup PET MILK
5. Heat thoroughly, but do not boil.
    Serves 4.

Cream can replace the Pet Milk in this recipe, but remember that cream furnishes only butterfat, for the most part, and not the protective substances that whole milk supplies and that Pet Milk supplies in double measure. A cup of ordinary milk can replace the Pet Milk and water, but the gravy won't be as wholesome or taste as rich because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.
Creamy Orange Pudding

1. Roll into fine crumbs
2 1/2 inches across
Graham Crackers
There should be 1/3 cup crumbs.

2. Mix into crumbs
1 teaspoon grated ORANGE RIND

3. Soften
2 teaspoons plain, unflavored GELATIN
in 2 1/2 tablespoons cold WATER

4. Mix together
1 slightly beaten EGG YOLK
1/3 cup PET MILK
1/4 cup SUGAR
1/8 teaspoon SALT

5. Stir and cook over boiling water
3 minutes.

6. Add gelatin mixture and stir until dissolved. Remove from heat.

7. Stir in slowly
1/2 cup ORANGE JUICE*

8. Chill until syrupy.

9. Beat until stiff
1 EGG WHITE

10. Fold into chilled gelatin mixture. Put into 4 wet individual molds or custard cups. Chill until firm.

11. Turn out and sprinkle with crumb mixture. Serves 4.

* Pineapple or grape juice can replace the orange juice.

Spiced Ham With Raisin Sauce

1. Cut into a dozen 1/8-inch slices
12-oz. can LUNCHEON MEAT*

2. Cover and heat slowly in
3 tablespoons MEAT LIQUID
or water

3. Melt in saucepan
1 tablespoon MEAT DRIPPINGS

4. Blend in
1 1/2 tablespoons FLOUR
1/4 teaspoon dry MUSTARD
1/2 teaspoon SALT
few grains PEPPER

5. Stir in slowly
1/2 cup WATER
or vegetable liquid

6. Add
1 1/3 cup halved, seedless RAISINS
1 tablespoon SUGAR

7. Stir and boil 2 minutes.

8. Stir in
1/2 cup PET MILK

9. Heat thoroughly, but do not boil.

10. Remove from heat and stir in
2 teaspoons VINEGAR


* Canned meat of the pork or ham variety can be used, also bologna, baked or boiled ham or roast pork.

Cream can replace the Pet Milk, but made with cream, the dish won’t be so wholesome because cream does not supply the protective whole milk substances and vitamin D that Irradiated Pet Milk supplies. Ordinary milk can also be used in place of the Pet Milk, but the dish won’t taste as rich or be as wholesome because 1/2 cup Pet Milk supplies the whole milk substances of 1/4 cup whole milk.
**Easy Icebox Rolls**

1. Dissolve
   - 1 cake compressed YEAST
   - in 1/4 cup lukewarm water
2. Mix together
   - 1/4 cup PET MILK
   - 1/4 cup boiling WATER
3. Add
   - 1 well-beaten EGG
   - 3 tablespoons melted SHORTENING
   - 1 tablespoon SUGAR
   - 1/2 teaspoon SALT
4. Then mix in dissolved yeast.
5. Beat in gradually
   - 1 3/4 cups sifted, all-purpose FLOUR
6. Beat vigorously, then cover bowl with cloth wrung out of hot water and let rise in warm place until doubled in bulk.
7. Beat well, then divide among 16 well-greased 2-inch muffin tins, filling half full. Let rise again until doubled in bulk.
8. Bake 15 minutes on center shelf in moderate oven (375°F.).
9. Then brush tops of rolls with
   - 1 tablespoon PET MILK
10. Bake 5 minutes longer.

**For Cinnamon Coffee Cake**

Fold 1/3 cup seedless raisins into the dough after the flour is added. Let rise as directed above, then beat well and spread in greased 9-inch pan. Sprinkle with mixture of 3 tablespoons sugar and 3/4 teaspoon cinnamon. Let rise again until doubled in bulk. Bake on center shelf of moderately hot oven (400°F.) 20 minutes, or until brown.

Cream can replace the Pet Milk in these recipes, but remember that cream furnishes only butterfat, for the most part, and not the whole milk substances or extra vitamin D which Irradiated Pet Milk supplies. ½ cup ordinary milk can replace the Pet Milk and boiling water, if it is scalded and cooled to lukewarm before adding the other ingredients. The rolls and coffee cake won't taste as rich or be as wholesome because Pet Milk diluted with an equal amount of water is richer milk than that generally sold in bottles.

**Peanut Salad Dressing**

1. Mix together in saucepan
   - 1/2 teaspoon dry MUSTARD
   - 1/2 teaspoon SALT
   - 1 teaspoon SUGAR
   - 2 teaspoons FLOUR
   - or 1 teaspoon cornstarch
   - 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

**For Peanut Cole Slaw**

Mix above dressing with 3 cups shredded, chilled cabbage. Serves 4.

Only cream can replace the Pet Milk in the recipe for Peanut Salad Dressing, but remember that cream furnishes only butterfat, for the most part, and not the protective substances that whole milk supplies and that Pet Milk supplies in double measure.
**Plantation Rice Loaf**

1. Turn on oven; set at moderate (375°F).
2. Grease a 7 x 3 x 3-inch loaf pan.
3. Put through fine knife of food chopper
   - 1 cup SALTED PEANUTS* blanched or unblanched
4. Add
   - 2 cups COOKED RICE
   - 1 1/2 teaspoons FLOUR
   - 3/4 teaspoon SALT
   - 1/8 teaspoon PEPPER
5. Stir in mixture of
   - 1 well-beaten EGG
   - 1/3 cup PET MILK diluted with
     - 1/3 cup WATER
6. Fold in
   - 1/4 cup finely cut CELERY
   - 1 tablespoon chopped PARSLEY
   - 1 tablespoon melted MEAT DRIPPINGS
7. Put in greased loaf pan. Bake on center shelf of oven 45 minutes, or until firm. Remove from oven and let stand in pan 5 minutes before turning out. Serve at once with Milk Gravy (See Recipe). Serves 4.

* 3/4 cup peanut butter can replace ground peanuts if it is mixed with the diluted milk before combining with the egg and the salt is increased to 1 1/4 teaspoons. If unsalted peanuts are used, increase salt to 1 1/4 teaspoons.

**Fruit Chiffon Pie**

1. Chill until icy cold
   - 1/3 cup PET MILK
2. Roll into fine crumbs
   - 4 GRAHAM CRACKERS 2 1/2 inches square
   There should be 1/3 cup crumbs.
3. Mix into crumbs
   - 1 teaspoon grated LEMON RIND or orange rind
4. Press crumbs on bottom and sides of greased 7-in. pie pan. Let stand.
5. Dissolve
   - 1/2 package strawberry-flavored GELATIN* in 1/2 cup boiling WATER
6. Add
   - 1 tablespoon LEMON JUICE
   - 1/8 teaspoon SALT
   - 1/2 cup cooked, pitted PRUNES** drained and cut in small pieces

* Cherry, raspberry or orange-flavored gelatin can be used.
** Other fruit, either cooked, canned, frozen or fresh can be used if cut into small pieces and drained of any juice—such as raisins, peaches, pears, oranges, bananas, fruit cocktail, etc.

Only cream which will whip can replace the Pet Milk in this recipe but you will need to increase the amount of cream to 1/2 cup because Pet Milk triples in volume when whipped where cream only about doubles. Cream, however, adds to the cost and does not supply the whole milk substances and vitamin D that Irradiated Pet Milk supplies.
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