Kitchen Time-Savers!

Seven Summer meals that save money and RATION STAMPS

by Mary Lee Taylor
7 SUMMER MEALS

(makes a little meat go a long way)
Spanish Rice in Sausage Cups*
Buttered Peas or Lima Beans
Fruit Slaw*
Lemon Icebox Pudding*

(bake main dish and dessert at the same time)
Fresh Fruit Cup
Victory Casserole*
Tomato Salad
Graham Cracker Cream Pie*

(meat, fish or eggs can be substituted for the chicken)
Creamed Chicken
(see Basic White Sauce*)
on Bed of Boiled Rice
or Noodles
Buttered Summer Squash
Pickled Beets
Creamy Orange Sherbet*

(everything prepared ahead of time except the few minutes needed for the meat)
Broiled Frankfurters, Wieners
or Canned Meat Slices
Creamy Potato Salad*
Sliced Tomatoes in Vinegar
Fruit in Season
Cookies

(a top-stove meal planned to keep your kitchen cool)
Summer Meat Loaf*
Potatoes in Jackets
Creamed Green Beans
(see Basic White Sauce*)
Cucumber Slices in Savory Dressing*
Lemon Icebox Pudding*

(a meatless meal that's hearty and satisfying)
Cheese Puff* with
Tomato Sauce*
Fried Potatoes
(use meat drippings, bacon or ham fat)
Buttered Carrots
Garden Lettuce with Savory Dressing*
Graham Cracker Cream Pie*

(planned to serve only one hot dish)
Assorted Cold Meats
Creamed Potatoes
(see Basic White Sauce*)
Corn-on-the-Cob or Seasoned Green Beans
Shredded Cabbage Salad
Savory Dressing*
Creamy Orange Sherbet*

NOTE: Plan to serve butter or fortified margarine with enriched or whole wheat bread 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.
**Victory Casserole**

1 medium-sized onion  
1/4 lb. frankfurters, wieners or bologna  
2 slices day-old bread  
1/2 cup Pet Milk  
2 cups freshly cooked or canned lima beans or peas, drained  
1 cup freshly cooked or canned, diced carrots, drained  
1/4 teaspoon salt  
1/8 teaspoon pepper  
3/4 cup corn flakes, crushed

Turn on oven and set at moderately slow (350° F.). Grease a baking dish holding about 5 cups. Put onion through medium knife of food chopper. Then grind frankfurters and bread. Put ground onion and meat in bowl with milk, beans, carrots, salt and pepper. Mix well, then put in greased baking dish. Sprinkle top with corn flakes. Bake 20 minutes, or until bubbly hot. Serves 4.

Note: Cooked, dried lima, kidney or navy beans can replace the freshly cooked lima beans or peas; potato chips can also replace the corn flakes.

3/4 cup ordinary milk can replace the Pet Milk if the bread is increased to 3 slices (needed for proper consistency). The dish won't have the same rich flavor nor be quite so wholesome because that 3/4 cup of Pet Milk actually puts the food value of a cup of whole milk into the dish.

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**Spanish Rice in Sausage Cups**

3/4 cup raw rice  
5 tablespoons hot bacon fat or meat drippings  
1/3 cup finely cut onion  
1/4 cup finely cut green pepper  
3 cups cut tomatoes (1 1/2 lbs.)  
3 teaspoons salt  
1/2 teaspoon chili powder  
3/4 cup Pet Milk diluted with 1/4 cup water  
8 thin slices 4 1/2-inch bologna sausage (1/2 lb.)

Wash rice and drain well. Brown slowly in heavy saucepan in 1 1/2 tablespoons hot bacon fat, stirring frequently. Meanwhile, cook onion and green pepper slowly for 5 minutes in 1 1/2 tablespoons hot bacon fat. Add to rice mixture. Then add tomatoes, salt and chili powder. Cover and boil slowly for 30 minutes, or until rice is tender. Heat diluted milk to boiling. Remove rice mixture and hot milk from heat, then gradually stir rice mixture into hot milk. Do not heat after combining. Do not remove skin or casing from bologna slices, but brown them on under side in remaining 2 tablespoons hot bacon fat. Turn and continue browning until edges curl to form cups. Fill cups at once with rice mixture. Serves 4.

If ordinary milk is used in place of Pet Milk and water, use only 3/4 cup as 1 cup of ordinary milk would make the dish too liquid. The rice won't have the same rich flavor nor be so wholesome because the 3/4 cup Pet Milk actually puts the milk substances of 1 1/2 cups of whole milk into the dish.
Creamy Potato Salad


Cream only can replace the undiluted Pet Milk in this recipe, but remember that it will not supply the milk protein which makes this salad so useful in a meatless or meat-extender meal.

Cheese Puff

Turn on oven and set at moderately slow (350° F.). Grease well a baking dish holding about 4 cups. Sift flour before measuring. Resift with baking powder and salt. Beat egg yolks until light and lemon colored. Stir in diluted milk and cheese. Add flour mixture all at once, mixing quickly but thoroughly. Beat egg whites until stiff but not dry, then fold into batter. Put in greased baking dish. Set in pan containing about 1 inch of hot water. Bake about 30 minutes, or until firm. Turn out and serve with Tomato Sauce (See below). Serves 4.

Note: This mixture can also be made in the top part of a greased double boiler, if covered tightly and cooked over boiling water 1 hour.

If you do not have Pet Milk, do not risk wasting your ingredients by using this recipe. It has been balanced to take full advantage of the double richness of Pet Milk.

NOTE: You'll have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude, specially adjusted recipe will be sent on request. When writing for adjusted recipe, state altitude at which you live and give name of recipe desired.

For Tomato Sauce, melt 1 tablespoon meat drippings in saucepan; add 2 tablespoons finely cut onion and cook slowly 5 minutes. Blend in 2 tablespoons flour, ½ teaspoon salt and few grains pepper. Stir in 2 cups cut up tomatoes (1 lb.) and boil slowly 5 minutes. Serves 4.
Graham Cracker Cream Pie

4 graham crackers, 2 inches across
1 1/2 tablespoons unseasoned chicken fat, soft butter or fortified margarine
5 tablespoons sugar
3 tablespoons flour or 1 1/2 tablespoons cornstarch
1/8 teaspoon salt
2/3 cup Pet Milk diluted with
1/3 cup water
1 egg, separated
1 teaspoon vanilla

ROLL graham crackers into fine crumbs. There should be 1/2 cup crumbs. Rub bottom and sides of deep 7-inch pie pan with fat or butter. With back of spoon, press in bottom of prepared pan all but 2 tablespoons of the crumbs. Mix together 3 tablespoons sugar, the flour and salt. Stir in diluted milk. Cook and stir over boiling water for 10 minutes after water again boils. Remove from heat and stir into slightly beaten egg yolk. Return to heat, stir and cook 2 minutes longer. Remove from heat and stir in vanilla. Put over crumbs in pan. Beat egg white until stiff, but not dry. Continue beating while adding gradually remaining 2 tablespoons sugar. Spread on top of pie. Sprinkle with reserved crumbs. Bake on center shelf of moderately slow oven (350° F.) 15 minutes, or until top is brown. Cool before serving. Serves 4.

1 1/2 cups of ordinary milk can replace the Pet Milk and water if a tablespoon of butter is added to the egg mixture—to approach the rich flavor of the Pet Milk pie.

Summer Meat Loaf

1/2 pound ground meat*
3/4 cup finely cut onion
2 tablespoons chopped parsley (optional)
1/3 cup Pet Milk
1/3 cup rolled oats
1 1/4 teaspoons salt
few grains pepper
3 tablespoons bacon fat or meat drippings
3 tablespoons flour
1/8 teaspoon pepper
2 cups cut tomatoes
3/4 cup water

Mix together ground meat, 1/4 cup onion, parsley, milk, rolled oats, 3/4 teaspoon salt and few grains pepper. With wet hands, shape meat mixture into a large patty. Brown slowly on all sides in bacon fat in skillet. Take meat from skillet. Add remaining 1/2 cup onion to fat in skillet and cook slowly for 5 minutes. Sprinkle over onion the flour, remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Blend in well. Add tomatoes and water. Stir and boil until mixture thickens. Then put meat into sauce, cover and cook slowly 1 hour, turning occasionally. Serve hot with the sauce. Serves 4.

*Ground, lean pork, lamb, beef or veal, or a mixture of these meats can be used.

1/2 cup ordinary milk can replace the Pet Milk if an egg is added to the meat mixture. This is necessary to approach the consistency of the Pet Milk meat loaf.
**Fruit Slaw**

Mix together 1 1/2 tablespoons lemon juice, the sugar and salt. Stir into milk. Beat with rotary egg beater until well blended, then chill. Sprinkle remaining 1 1/2 tablespoons lemon juice over apples. Add cabbage and shredded carrot. Cover with dressing and toss lightly with fork until thoroughly mixed. Serve at once. Serves 4.

Note: Have vegetables and fruit well chilled before cutting.

**Savory Dressing**

Mix above amount of lemon juice or vinegar with a mixture of the sugar, salt and 3/4 teaspoon dry mustard. Stir into 1/2 cup Pet Milk, then beat and chill as directed above. Serve on all kinds of vegetable or green salads. Serves 4.

Only cream can replace the Pet Milk in these recipes if the slaw and the dressing are to have the flavor and consistency of the ones made with undiluted Pet Milk.

**Lemon Icebox Pudding**

Chill milk until icy cold. Dissolve gelatin in boiling water. Add salt. Chill until gelatin begins to thicken. Crumble graham crackers with fingers. There should be 6 tablespoons crumbs. Let stand. Whip chilled milk with rotary beater, or electric beater at high speed, until fluffy. Then add lemon juice and continue whipping until stiff. Fold into thickened gelatin mixture. Then fold in 4 tablespoons crumbs. Divide among 4 serving dishes. Sprinkle tops with remaining crumbs. Chill until firm. Serves 4.

Note: Crumbled vanilla wafers can replace graham crackers and orange, cherry, strawberry or raspberry-flavored gelatin used in place of lemon gelatin.

Only cream which will whip can replace the Pet Milk in this pudding. Increase the amount of such cream to 3/4 cup because it just about doubles in volume when whipped, whereas Pet Milk triples in volume.
Basic White Sauce
(for creaming vegetables, meat, fish or eggs)

2 cups freshly cooked or canned vegetable*
1 tablespoon unseasoned chicken fat, butter or fortified margarine
2 tablespoons flour or 1 tablespoon cornstarch
1/2 teaspoon salt
few grains pepper
1/2 cup vegetable liquid or meat stock
1/2 cup Pet Milk


*Diced, cooked meat (chicken, pork, lamb, ham, beef, sweetbreads, tongue, etc.) flaked fish or 4 sliced, hard-cooked eggs can be substituted for all or part of the vegetable.

If you use 1 cup of ordinary milk in place of the 1/2 cup of Pet Milk and 1/2 cup vegetable liquid, you must increase the chicken fat, butter or fortified margarine to 2 tablespoons and the flour to 3 tablespoons—or cornstarch to 11/2 tablespoons to approach the flavor and consistency of the Pet Milk sauce.

Creamy Orange Sherbet
(to be frozen in automatic refrigerator tray or mold)

1 cup Pet Milk
2/3 cup sugar
1/8 teaspoon salt
1 package Kool-Aid Orange Beverage Powder*
1/2 cup cold water

CHILL milk until icy cold. Put sugar, salt and beverage powder in bowl. Add water and stir until dissolved. Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff. Fold into sugar mixture. Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes 1 quart.

*Raspberry or cherry flavors can also be used.

To Make With Home Ingredients: Mix together 1/2 cup sugar, 2 tablespoons flour and 1/4 teaspoon salt. Stir in 1 cup orange juice and 1 teaspoon grated orange rind. Stir and boil slowly 2 minutes. Chill thoroughly. Whip chilled milk until fluffy. Add 2 tablespoons lemon juice and continue whipping until stiff. Fold into chilled orange mixture and freeze as directed above.

Only cream which will whip can replace the Pet Milk in this sherbet. The amount of such cream must be increased to 1 1/2 cups because Pet Milk triples in volume when it is whipped where cream only about doubles.
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