NEW FOOD IDEAS

MEALS THAT SAVE TIME ... POINTS ... AND MONEY

by Mary Lee Taylor
7 NEW MEAL PLANS by MARY LEE TAYLOR

(a nourishing dinner in which a low point, low cost meat is served in a new way)
Savory Rice and Sausage*
Buttered Green Beans
Grapefruit Salad
Valentine Dessert*

(a one-dish meal with a new green salad that has a rich meat flavored dressing)
Sweet Potato Scallop*
Victory Green Salad*
Orange Fruit Cream*

(a new way to make the ever popular meat loaf)
Surprise Meat Loaf*
Creamed Potatoes
Victory Green Salad*
Dutch Apple Cake*

(a quick easy dinner that is kind to your pocketbook and ration books)
One-Dish Dinner*
Cabbage Salad
Peanut Graham Custards*

(a delicious oven meal in which 1/2 pound of meat serves four)
Stuffed Onions*
Browned Potatoes
Jellied Tomato Salad
Baked Apples

(an oven meal in which meat, vegetable and dessert bake together)
Baked Pork Chops
Baked Winter or Acorn Squash
Sauerkraut
Dutch Apple Cake*

(a meatless meal easy to fix on top of the stove)
Vegetable Soup
Creamed Eggs or Fish on Enriched White or Whole Wheat Toast
Cabbage Salad
Peanut Graham Custards*

Note: Butter, Butter Spread (See Recipe) 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.
Surprise Meat Loaf

1. Turn on oven; set at moderate (375° F.).
2. Grease a loaf pan about 8x4x3 inches deep.
3. Mix together thoroughly
   1 pound twice-ground MEAT*
   1/2 cup uncooked ROLLED OATS
   1/4 cup finely cut ONION
   1 1/4 teaspoons SALT
   1/8 teaspoon PEPPER
   3/4 cup PET MILK
4. With wet fingers, press half of mixture in bottom and half way up sides and ends of pan.
5. Put in center of meat-lined pan, keeping away from edges
   1 1/2 cups cooked diced CARROTS**
   drained
6. Cover carrots with remaining meat mixture, pressing edges of meat together to seal in carrots.
7. Bake on oven shelf slightly below center 30 minutes. Turn into shallow baking pan and bake 30 minutes longer, or until brown. Baste at 15-minute intervals with drippings in pan. Serve at once. Serves 4.

*Diced, cooked potatoes, celery, turnips, rutabagas or well-drained spinach can be used.
**Beef, lamb, veal or pork or a mixture of these meats can be used.

Savory Rice and Sausage

1. Wash and drain
   1/2 cup RICE
2. Boil until tender in
   6 cups boiling WATER
   1 1/2 teaspoons SALT
3. Drain and rinse with hot water.
4. Turn on oven; set at moderately slow (350° F.).
5. Grease a shallow baking dish holding about 5 cups.
6. Cook slowly 5 minutes
   3 tablespoons finely cut ONION
   in 1 1/2 tablespoons
   meat DRIPPINGS
   or other shortening
7. Blend in
   2 teaspoons FLOUR
   1 teaspoon SALT
   1/8 teaspoon PEPPER
8. Stir in
   3/4 cup WATER
9. Stir and boil 1 minute. Remove from heat.
10. Add rice and
    3/4 cup PET MILK
    1 cup shredded raw CARROTS
12. Cut into 1/2-inch slices
    3/4 pound bologna SAUSAGE
    or other lunch meat
13. Arrange on top of rice mixture.
14. Bake on oven shelf slightly below center 25 minutes, or until mixture is bubbly hot. Serve at once. Serves 4.

Cream can replace the Pet Milk in this recipe, but remember that cream supplies only butterfat, for the most part, and not the whole milk substances and extra vitamin D which the Irradiated Pet Milk furnishes. 1 1/4 cups ordinary milk can replace the Pet Milk if one egg is added. This is necessary to have the meat loaf approach the same consistency as the one made with Pet Milk.
Stuffed Onions

1. Remove skin, then scoop out centers of
   4 large ONIONS (1 1/4 lbs.)

2. Cover tightly and boil onions 20 minutes, or until almost tender in
   1 inch boiling WATER
   1/2 teaspoon SALT

3. Drain.

4. Turn on oven; set at moderately slow (350°F.).

5. Melt in saucepan
   1 tablespoon meat DRIPPINGS or other shortening

6. Add
   1/2 pound ground MEAT*
   1/4 cup finely cut ONION**

7. Cook until meat has lost its red color.

8. Then add
   2/3 cup PET MILK
   3 tablespoons WHOLE WHEAT CEREAL***
   1/2 teaspoon SALT
   1/8 teaspoon PEPPER

9. Cook slowly until mixture thickens, then divide among prepared onions.

10. Put in baking pan containing 1/2 inch of hot water.

11. Bake 25 minutes, or until tops are lightly browned. Serve at once. Serves 4.

* Ham, beef, veal, lamb or pork can be used.
** Prepare from the "centers" remaining from onions.
*** Use the uncooked granular wheat cereal—not the flaked or ready-to-serve kind.

Cream can replace the Pet Milk in this recipe, but remember that cream supplies only butterfat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk furnishes. Ordinary milk can replace the Pet Milk if the cereal is increased to 3 1/2 tablespoons. This is necessary to have the consistency of the dish approach the one made with Pet Milk.

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 easily with a mixing spoon as you would stir cake batter (See note).

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

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

5. 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 for 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, etc.

Makes a little less than 1 cup, or a little less than 1/2 lb.

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.
Sweet Potato Scallop

1. Cover and boil until tender 4 medium SWEET POTATOES (1 1/2 lbs.) in 3 cups boiling WATER
2. Drain, cool and remove skins, then slice potatoes.
3. Turn on oven; set at moderately slow (350°F.).
4. Grease a baking dish holding about 4 cups.
5. Melt in saucepan 1 1/2 tablespoons meat DRIPPINGS or other shortening
6. Blend in 2 tablespoons FLOUR 1/2 teaspoon SALT 1/8 teaspoon PEPPER
7. Stir in 3/4 cup WATER or vegetable liquid
8. Stir and boil slowly 1 minute.
9. Stir in 3/4 cup PET MILK
10. Pull into small pieces 1/4 pound DRIED BEEF (1 cup)
11. Put half of sliced sweet potatoes in bottom of baking dish. Cover with half of sauce, then sprinkle with half of dried beef. Repeat with another layer of sliced potatoes, sauce and dried beef.
12. Bake 15 minutes, or until mixture is bubbly hot. Serve at once from baking dish. 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 whole milk substances and extra vitamin D which Irradiated Pet Milk supplies. 1 1/2 cups ordinary milk can replace the Pet Milk and water if the meat drippings are increased to 2 tablespoons and the flour to 2 1/2 tablespoons. This is necessary to approach the proper consistency of the dish made with Pet Milk. The dish won't be as wholesome or taste as rich, because Pet Milk diluted with an equal amount of water is richer milk than that generally sold in bottles.

Peanut Graham Custards

1. Put in saucepan 1 package vanilla PUDDING POWDER
2. Stir in gradually 1 1/4 cups PET MILK diluted with 1 1/4 cups WATER
4. Add 1 teaspoon VANILLA
5. Cover and chill.
6. Meanwhile, mix together thoroughly 3 tablespoons PEANUT BUTTER 3 tablespoons PET MILK
7. Spread filling on half of 8 GRAHAM CRACKERS 2 1/2 inches square

Cream can replace the Pet Milk both in the sauce and filling parts of this recipe, but remember that cream furnishes only butterfat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk supplies. 2 1/4 cups ordinary milk can replace the Pet Milk diluted with water, and 2 tablespoons ordinary milk can replace the undiluted Pet Milk in the filling, but your dessert won't taste as rich or be as wholesome because the Pet Milk actually puts into the dish the whole milk substances of almost 3 cups of ordinary milk.
Dutch Apple Cake

1. Pare and slice
   3 medium cooking APPLES (3/4 lb.)
   There should be 2 1/2 cups.

2. Mix together
   1/3 cup SUGAR
   1/4 teaspoon CINNAMON or allspice

3. Turn on oven; set at moderate (375° F.).

4. Grease an 8-inch cake pan.

5. Sift before measuring
   1 1/2 cups all-purpose FLOUR

6. Resift with
   3 teaspoons BAKING POWDER
   3/4 teaspoon SALT

7. Work into flour mixture with
   pastry blender or fork
   3 tablespoons cold SHORTENING

8. Stir in with fork
   1/3 cup PET MILK diluted with
   1/3 cup WATER

   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.

9. Turn dough onto lightly floured board or pastry cloth. Knead lightly a few seconds. Roll into a sheet 8 x 10 inches. Spread apples on dough leaving an inch margin on 8-inch sides. Sprinkle apples with sugar mixture. Starting at an 8-inch side, roll up like jelly roll. Cut into 1-inch slices. Arrange close together in greased pan.

10. On top arrange bits of
    1 tablespoon soft BUTTER or fortified margarine

11. Bake on even shelf slightly above center 35 minutes, or until brown. Turn out at once. Serve warm. Serves 4.

Cream can replace the Pet Milk in this recipe, but remember that it will furnish only butterfat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk supplies. 3/4 cup ordinary milk can replace the Pet Milk and water, but the 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.

Victory Green Salad

1. Cook slowly 5 minutes
   2 tablespoons finely cut ONION in 1 tablespoon BACON FAT or meat drippings

2. Then add
   3 tablespoons VINEGAR
   1 teaspoon SUGAR
   3/4 teaspoon SALT
   few grains PEPPER

3. Stir and boil slowly for 1 minute.

4. Remove from heat and stir into
   1/3 cup hot PET MILK

5. Pour at once over mixture of
   3 cups shredded LETTUCE or spinach
   1 cup shredded TURNIPS or carrots or rutabagas


Only cream can replace the Pet Milk in this recipe in order for it to have the proper consistency. Remember, however, that cream supplies only butterfat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk furnishes.
Valentine Dessert

1. Chill until icy cold
   
   1/2 cup PET MILK

2. Dissolve
   
   1 package strawberry-flavored GELATIN
   in 1 1/2 cups boiling WATER

3. Add
   
   1/4 teaspoon SALT

4. Chill until syrupy.

5. Meanwhile, mix together
   
   1 cup finely cut raw APPLES
   1 1/2 tablespoons LEMON JUICE

6. Fold into chilled gelatin mixture along with
   
   1 1/2 cups diced angel CAKE*

7. Whip chilled milk until light and fluffy.

8. Fold into gelatin mixture.

9. Put in a plain or heart-shaped mold holding about 5 cups, and which has been rinsed with cold water.

10. Chill until firm.

11. Turn out and serve at once. Serves 4 for two meals.

   * Other plain cake such as sponge, pound or Spanish bun variety can be used.

For Orange Fruit Cream

Substitute orange-flavored gelatin for the strawberry-flavored gelatin in above recipe.

Only cream which will whip can be used in place of the Pet Milk, but you will need to increase the amount of such cream to 3/4 cup because Pet Milk triples in volume when whipped, where cream just about doubles. Remember, too, that cream furnishes only butterfat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk supplies.

One-Dish Dinner

1. Wash and drain
   
   1 1/4 cups dried BEANS* (1/2 lb.)

2. Soak 6 hours, or overnight in
   
   4 cups WATER

3. Then add
   
   1/4 cup finely cut ONION
   1 teaspoon SALT
   1/8 teaspoon PEPPER

4. Cover and boil slowly 2 hours, or until beans are tender.

5. Mix together
   
   2 tablespoons FLOUR
   3 tablespoons WATER

6. Stir into bean mixture, then add
   
   1/2 pound sliced FRANKFURTERS or wieners**

7. Boil 2 minutes, or until mixture thickens.

8. Then add
   
   1/2 cup PET MILK


   * Lima, navy, pinto or kidney beans, black-eyed or chick peas can be used.
   ** Sliced bologna, lunch meat or leftover cooked meat cut in pieces can also be used.

Cream can replace the Pet Milk in this recipe, but remember that cream furnishes only butterfat, for the most part, and not the whole milk substances and extra vitamin D which the Irradiated Pet Milk supplies. Ordinary milk can replace the Pet Milk if the flour is increased to 2 1/2 tablespoons.
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