SHORT CUTS TO

LOW-POINT
LOW-COST MEALS

7 delicious fall meals
that make the most of
ration stamps and money

by Mary Lee Taylor
7 DELICIOUS FALL MEALS

(bake main dish and vegetable at same time)

- Spaghetti Meat Loaf*
- Baked Tomato Slices
- Cabbage and Onion Salad
- Cooked Salad Dressing*
- Sliced Peaches with Whipped Custard Sauce*

(makes the most of late summer vegetables)

- Pan-fried Fish
(meat drippings, bacon or ham fat can be used)
- Potato Chips or
- Parsley-buttered Potatoes
- Creole Vegetables*
- Lemon Rice Whip*

(a top-stove meal that’s ready in a jiffy)

- Pan-broiled Liver
- Fried Potatoes
- Creamed Onions*
(See Creamed Vegetables recipe)
- Lettuce Salad
- Cooked Salad Dressing*
- Butterscotch or Vanilla Pudding
(Use packaged pudding mix and diluted Pet Milk)

(a satisfying lunch or supper)

- Tomato Juice or Vegetable Soup
- Chicken Sandwiches*
or Victory Sandwiches*
- Fruit in Season Cake or Cookies

(main dish and potatoes bake together)

- Meat Turnovers*
- Creamed Vegetables*
(your family’s favorite vegetable)
- Baked Potatoes
- Tomato Salad
- Fresh Applesauce Cookies

(quickly made for Sunday night or an emergency meal)

- Tomato Rarebit*
- Crisp Bacon or Ham
- Pickles, Carrot Strips or Celery
- Fruit Salad
(serve as dessert)

(when you have few points and want something “extra special”)

- Fresh Fruit Cup
- Deviled Egg Scallop*
- Corn-on-the-Cob
- Mixed Salad Greens
- Herb Salad Dressing*
- Whipped Custard Sauce*
on Plain Cake

NOTE: Plan to serve butter or fortified margarine with enriched or whole wheat bread, unless other breads are specified, 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.
Meat Turnovers

1/2 lb. ground meat*
1 tablespoon meat drippings or other shortening
2 tablespoons finely cut onion
3/4 cup Pet Milk
1 1/4 teaspoons salt
1/8 teaspoon pepper
1 1/2 cups sifted, all-purpose flour**
2 teaspoons baking powder
2 1/2 tablespoons cold shortening
1/4 cup water

TURN on oven and set at hot (425° F.). Cook meat in hot meat drippings, stirring until red color disappears. Then add onion and cook 5 minutes longer. Stir in 1/2 cup milk, 1/2 teaspoon salt and the pepper. Cook and stir until thickened. Remove from heat and let stand. Meanwhile, resift flour with baking powder and remaining 3/4 teaspoon salt. Work in shortening with pastry blender or fork. Stir in remaining 1/4 cup milk diluted with water. Turn onto lightly floured board. Knead a few seconds before rolling into sheet about 9 inches square. Cut into 4 squares. Put equal parts of meat mixture on each. Bring corners of each square to center, pinching with fingers to secure. Bake on ungreased baking sheet 15 minutes, or until brown. Serve at once. Serves 4.

*Pork, lamb, beef or ham can be used. A cup of left-over cooked, ground meat can also be used if added to the drippings along with the onion.

**1 1/2 cups prepared biscuit flour can be substituted for the flour, baking powder, shortening and 3/4 teaspoon of the salt.

NOTE: You'll have perfect success with these recipes 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.

Only cream can be used in place of the 1/2 cup Pet Milk in the meat mixture, but remember that cream will furnish only butterfat for the most part, and not the whole milk substances and extra vitamin D supplied by the Irradiated Pet Milk. 1/2 cup ordinary milk can replace the 1/2 cup Pet Milk and 1/4 cup water in the dough mixture, but it won't be as wholesome because Pet Milk diluted with an equal amount of water is generally richer than milk sold in bottles.

Tomato Rarebit

1/2 lb. sliced American cheese, packaged variety
1/2 cup Pet Milk
1/2 teaspoon salt
1/2 teaspoon dry mustard
2 medium-sized, ripe tomatoes (3/4 lb.)
4 slices toast, whole wheat or enriched white

Mix together cheese, milk, salt and dry mustard. Cook and stir over boiling water until cheese melts. Meanwhile, cut tomatoes into 1/4-inch slices, then arrange on toast. Put equal portions of hot cheese sauce over top of each. Serve at once. Serves 4.

Only 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 plus the vitamin D supplied by the Irradiated Pet Milk.
Spaghetti Meat Loaf

4 tablespoons finely cut onion
3 tablespoons finely cut green pepper
2 tablespoons hot meat drippings or other shortening
2 1/2 tablespoons flour
3/4 teaspoon salt
few grains pepper
3/4 cup Pet Milk diluted with
1/2 cup water
2 cups finely ground frankfurters, wieners or bologna
1 slightly beaten egg
4 cups cooked, broken spaghetti or macaroni*

Turn on oven and set at moderately slow (350° F.). Grease a loaf pan about 8 x 4 x 3 inches deep. Cook onion and green pepper slowly for 5 minutes in hot meat drippings. Blend in flour, salt and pepper. Stir in diluted milk slowly. Stir and cook until smooth and thickened. Then combine 1/2 cup of the sauce with the ground frankfurters. Stir remaining sauce into beaten egg. Mix in the cooked spaghetti. Put half of spaghetti mixture in bottom of loaf pan. Cover with sausage mixture and top with remaining spaghetti mixture. Bake 45 minutes, or until firm. Serves 4.

*You will need to cook until tender 1 1/2 cups broken spaghetti or macaroni in 6 cups boiling water and 1 1/2 teaspoons salt.

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 supplied by the Irradiated Pet Milk. 1 1/4 cups of ordinary milk can replace the Pet Milk and water if the meat drippings and flour are increased to 3 tablespoons each. This is necessary to give the loaf the proper consistency and to have it approach the rich flavor of the Pet Milk loaf.

 Turnbull Custard Sauce

2 1/3 cup Pet Milk
1/4 cup sugar
2 tablespoons flour
1/4 teaspoon salt
1/3 cup water
1 slightly beaten egg
1 teaspoon vanilla

Chill 1/3 cup milk until icy cold. Mix together sugar, flour and salt. Stir in remaining 1/3 cup milk diluted with the water. Cover and cook over boiling water 10 minutes, stirring frequently. Remove from heat and stir into beaten egg. Return to heat, stir and cook 2 minutes longer. Chill thoroughly. Add vanilla. Whip chilled milk with cold rotary egg beater, or electric beater at high speed, until stiff. Fold into chilled custard mixture. Serve at once on plain cake, pudding, fresh or canned fruits or other desserts. Makes 2 cups.

Only cream which will whip can be used in place of the 1/3 cup Pet Milk, but you will have to increase the amount of such cream to 1/2 cup because Pet Milk triples in volume when whipped where cream only about doubles. 3/8 cup cream can replace the Pet Milk diluted with water, or 1/4 cup ordinary milk can be used if the flour is increased to 3 tablespoons.
Chicken Sandwiches

1 cup ground, cooked chicken
1 tablespoon drained pickle relish
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup Pet Milk

Mix together chicken, pickle relish, salt and pepper. Moisten with the milk. Put between slices of whole wheat or enriched bread which have been spread with butter or fortified margarine. Makes 4 large sandwiches.

Victory Sandwiches

1/3 lb. liver
1 1/4 cups boiling water
1 1/4 teaspoons salt
1 hard-cooked egg
3 tablespoons Pet Milk
1/2 teaspoon dry mustard
1 teaspoon grated onion
1/8 teaspoon pepper
3/4 teaspoon paprika (optional)

Cook liver for 30 minutes or until tender in boiling water and 3/4 teaspoon salt. Drain and cool. Then put through fine knife of food chopper with cooked egg. Add milk, dry mustard, onion, pepper, paprika and remaining 1/2 teaspoon salt. Put between slices of whole wheat or enriched bread which have been spread with butter or fortified margarine. Makes 4 large sandwiches.

Creamed Vegetables

(A basic White Sauce for creaming a variety of vegetables)

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 liquid off vegetable
1/2 cup Pet Milk


Note: Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, celery cabbage, corn, eggplant, green beans, kohlrabi, lima beans, mushrooms, onions, peas, potatoes, turnips or wax beans can be used.

Cream can replace the Pet Milk in this recipe, but remember that it will supply only butterfat, for the most part, and not the whole milk substances and extra vitamin D furnished by the Irradiated Pet Milk. If you use ordinary milk in place of the Pet Milk and vegetable liquid, you must increase the chicken fat, butter or fortified margarine to 2 tablespoons and the flour to 3 tablespoons—or the cornstarch to 1 1/2 tablespoons. This is necessary to have the dish approach the rich flavor and consistency of the Pet Milk dishes.
Creole Vegetables

Cook onion and green pepper slowly for 5 minutes in bacon fat. Add tomatoes, green beans, salt and pepper and boil slowly for 15 minutes. Then add corn, and continue cooking until vegetables are just tender. Stir in mixture of flour and water. Stir and boil 2 minutes. Then remove from heat and stir into hot milk. Serve at once. Serves 4.

Carrots or celery cut into match-like strips can be used for the green beans.

**Lima beans or peas can be used for the corn.

Cream can replace the Pet Milk in this recipe, but remember that it will supply only butterfat, for the most part, and not the whole milk substances or extra vitamin D furnished by the Irradiated Pet Milk. Ordinary milk can be used in place of Pet Milk, but you will need to increase the bacon fat to 3 tablespoons and the flour to 4 tablespoons in order to give the dish the proper consistency. It won't, however, have the same rich flavor or be as wholesome because that ½ cup of Pet Milk actually puts into the dish the milk substances of 1 cup of whole milk.

Cooked Salad Dressing

Mix together sugar, salt, dry mustard and flour. Stir in beaten egg. Then add water and vinegar. Place over boiling water. Stir and cook 8 minutes after water again comes to a boil, or until very thick. Cool slightly. Then stir in milk. Store in covered jar in refrigerator, and use for all kinds of salads and sandwich fillings. Makes 1 cup.

Cream can replace the Pet Milk in Cooked Salad Dressing, but remember that it will supply only butterfat, for the most part, and not the whole milk substances and extra vitamin D furnished by Irradiated Pet Milk. Ordinary milk can replace the Pet Milk if the flour is increased to 2½ tablespoons and ½ tablespoon butter is added to the dressing at the end of the cooking time to approach the rich flavor of the Pet Milk dressing.

Herb Salad Dressing

Combine ½ cup Cooked Salad Dressing with 1½ teaspoons chopped chives or onion and 2 teaspoons finely cut parsley. Serves 4.
Lemon Rice Whip

Wash and drain rice. Add to diluted milk and salt. Cover and cook over boiling water 30 minutes, or until rice is tender, stirring occasionally. Mix together slightly beaten egg yolk, sugar and grated lemon rind. Stir in rice mixture slowly. Return to heat, stir and cook 3 minutes longer, or until mixture thickens slightly. Remove from heat and add lemon juice. Beat egg white until stiff, but not dry. Fold into rice mixture. Chill thoroughly. Serves 4.

1 3/4 cups ordinary milk can replace the Pet Milk and water. Cream can be used in place of the Pet Milk, but remember that cream furnishes butterfat, for the most part, and not the whole milk substances and extra vitamin D which the Irradiated Pet Milk supplies.

Deviled Egg Scallop

Cut eggs in half, lengthwise. Remove yolks to mixing bowl and mash with a fork. Add 3 tablespoons milk, the dry mustard, lemon juice and 1/4 teaspoon salt. Pile into egg whites. Turn on oven and set at moderately slow (350° F.). Grease a shallow baking dish holding about 5 cups. Drain beans and save liquid. Melt bacon fat in saucepan. Blend in flour, remaining 1/4 teaspoon salt and the pepper. Stir in slowly the liquid off beans. Stir and boil 2 minutes, then stir in remaining 1/2 cup milk. Add drained beans. Pour mixture into prepared baking dish and arrange eggs on top. Edge the top with crushed corn flakes. Bake 20 minutes, or until thoroughly heated and crumbs are browned. Serves 4.

* Canned green beans, or cooked or canned spinach or peas can be substituted for the freshly cooked green beans.

Only cream can replace the Pet Milk in the egg mixture. Cream can also be used in the sauce, but remember that it will supply only butterfat, for the most part, and not the whole milk substances and extra vitamin D supplied by the Irradiated Pet Milk. 1 1/2 cups of ordinary milk can replace the vegetable liquid and the Pet Milk if the bacon fat is increased to 2 tablespoons. This is necessary to approach the rich flavor of the Pet Milk dish.
Irradiated Pet Milk is a Bargain in Red Points and in Money

Each baby and child is furnished with 16 red stamp points per week. For the baby under one year, less than half those points are required for the Pet Milk it needs. For children only a little more than half the points are needed. For children under six, their allotted points are more than ample to get the Pet Milk and all the other rationed foods they need. For persons of all ages Irradiated Pet Milk, in red point value, is the cheapest food you can buy, and costs less generally in money than ordinary milk.

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