Carefree COOKING

BY MARY LEE TAYLOR
Dear Friend:

How often have you wished for a cookbook that is right in step with the new modern way of living...a cookbook that helps you fix delicious meals quickly and with a minimum of work?

At last, your wish has come true! Glance through this cookbook and you'll see the recipes are short and simple. And no wonder. Because they call for modern convenience foods—things like the new canned, ready-prepared foods, packaged mixes and frozen foods that can be dressed up or combined with each other to create wonderful new dishes.

Among all these convenience foods, none is more useful than Pet Evaporated Milk. Double-rich whole milk, it is sealed in easy-to-store cans...always ready to add extra richness and flavor to main dishes, sauces and desserts.

I know your family will enjoy the good things to eat you prepare this new way. And I'm sure you'll find that from now on, carefree cooking will be your favorite way of cooking!

Mary Lee Taylor

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The recipes in this book have been tested with well-known national brands of products and using standard level measuring cups and spoons.

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"PET" is the registered trade-mark of Pet Milk Co.

FORM NO. 1185
NO-BAKE COCONUT PIE
Rich as cream pie, light as chiffon!
1. Press in bottom and on sides of 9-inch pie pan a mixture of...
   - 1 cup graham cracker crumbs
   - ¼ cup melted butter or margarine
2. Chill until needed.
3. Soften in a 1½-quart bowl...
   - 1½ teasp. unflavored gelatin in ¼ cup cold water
4. Add to softened gelatin and stir until dissolved...
5. Chill in ice tray until almost frozen around the edges...
6. Put ice-cold milk into a cold 1-quart bowl. Whip with cold rotary beater by hand, or with electric beater at high speed, until stiff. Keep chilled until needed.
7. Stir into the dissolved gelatin...
   - ½ cup PET Evaporated MILK
8. Add...
   - 1 cup PET Evaporated MILK
9. Beat with rotary beater 1 minute, or until well mixed.

PUMPKIN PIE
Guaranteed to be the world’s best pumpkin pie!
1. Line a 9-inch pie pan with pie dough made with pie crust mix. Let stand until needed.
2. Turn on oven and set at 375 (high moderate). Set at 350 for glass pan.
3. Mix in a 3-quart bowl...
   - ¾ cup brown sugar
   - 1 Tablesp. flour
   - ½ teasp. salt
   - 2½ teasp. pumpkin pie spice
   - 1 ½ cups canned pumpkin
   - 1 ½ cups PET Evaporated MILK
   - 1 slightly beaten egg
4. Add and stir until smooth.
5. Just before baking pour filling into pie pan lined with unbaked pie dough.
6. Bake near center of oven about 45 minutes, or until firm. Cool before serving.
   - For Squash Pie: Replace pumpkin with mashed, cooked winter squash.
   - For Sweet Potato Pie: Reduce sugar to ½ cup and add 2 tablespoons melted shortening. Use drained, mashed cooked or canned sweet potatoes in place of pumpkin.
Heavenly dessert — with no cooking, not much work!

CHOCOLATE ANGEL PUDDINGS

(See photograph opposite)

1. Chill in ice tray until almost frozen around the edges.

2. Put ice-cold milk into a cold 1-quart bowl. Whip with cold rotary beater by hand, or with electric beater at high speed, until stiff. Chill until needed.

3. Put into a 1-quart bowl.

4. Add...

5. Beat with rotary beater by hand, or with electric beater at low speed 1 minute, or just until well mixed. Mixture will be thin. Fold in whipped milk.

6. Then fold into mixture...

7. Put into 4 dessert dishes holding about 1 cup each. Let stand at room temperature until set. If pudding is to be served later, keep chilled.

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SPICY APPLE PUDDING

Men call this “apple dumpling” dessert mighty good!

1. Turn on oven and set at 450 (extremely hot).

2. Mix well in a 9-inch pie pan...

3. Heat near center of oven 10 minutes, or until apple sauce is bubbly hot.

4. Meanwhile, mix in a 1-quart bowl...

5. Add, all at once, and stir just until all the dry ingredients are wet...

6. Take apple sauce from oven. With 2 tablespoons, drop dough on top to make 4 dumplings.

7. Bake 10 minutes longer, or until dumplings are golden brown. Serve warm. Makes 4 servings.

Note: You'll have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.
Mama mia! Delicious as the Italian kind — and double-quick!

AMERICAN PIZZA
(See photograph below)

1. Turn on oven and set at 375 (high moderate).
2. Cut in half and put on cooky pan, cut sides up . . .
3. Spread to edges of buns a mixture of . . .
   - 4 round sandwich buns
   - ½ cup canned, grated Parmesan cheese
   - ½ teasp. onion salt
   - ½ cup PET Evaporated MILK
   - ¼ cup catsup
4. Spread over cheese mixture almost to edges of buns equal amounts of . . .
5. Cut into 16 slices . . .
6. Top each pizza with 2 salami slices. Bake near center of oven 10 minutes, or until buns are toasty and salami is heated. Serve at once. Makes 4 servings of 2 pizzas each.

Note: Pepperoni, cervelat and brown 'n' serve sausages all come fully cooked. You can replace the salami with any one of these convenient products.
Rich, moist, delicious — so easy, this "quick-mix" way!

**BANANA NUT BREAD**
*(See photograph below)*

1. Turn on oven and set at 350 (moderate). For glass pan, set at 325.
2. Grease well a 9 x 5 x 3-inch loaf pan, or one holding 7 to 8 cups.

3. Mix well in a 3-quart bowl.

   \[
   \begin{align*}
   \frac{3}{4} \text{ cup sugar} \\
   1 \text{ unbeaten egg} \\
   1 \text{ cup mashed, ripe banana} \\
   \left(2 \text{ to } 3 \text{ bananas}\right) \\
   \frac{2}{3} \text{ cup PET Evaporated MILK} \\
   \end{align*}
   \]

4. Add and mix quickly, but thoroughly

   \[
   \begin{align*}
   3 \text{ cups biscuit mix} \\
   \frac{3}{4} \text{ cup coarsely cut nuts} \\
   \end{align*}
   \]

5. Put into greased pan. Bake near center of oven about 1 hour, or until bread pulls from the sides of the pan. Let stand in the pan 5 minutes. Then turn out and cool before slicing.

*Note:* You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.

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**So you'll be sure...**

**Brown 'n' serve**

French Bread (usually sold 2 loaves to a package) is partly baked before packaging and needs to bake only long enough to brown before you serve it.

**Onion Salt,** a "zippy" seasoning, is a combination of powdered dried onion and salt.

**Grated Parmesan Cheese** is a hard Italian-type cheese, sharp-flavored, which comes in a can with a sifter top.

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**Golden-crusted, with toasty cheese flavor all through!**

**CHEESE TOASTED FRENCH BREAD**
*(See photograph above)*

1. Turn on oven and set at 450 (extremely hot).

2. Brush tops and sides of...

   \[
   \begin{align*}
   2 \text{ eleven-inch loaves brown 'n' serve French bread} \\
   \text{with PET Evaporated MILK} \\
   \end{align*}
   \]

3. Being careful not to cut through the bottom, cut both loaves into slices 1 inch thick. Put on a cooky pan and bake near the center of the oven 8 minutes, or until crust is shiny and golden brown.

4. Meanwhile, mix in a small bowl...

   \[
   \begin{align*}
   \frac{1}{2} \text{ cup canned, grated Parmesan cheese} \\
   \frac{1}{2} \text{ teasp. onion salt} \\
   \frac{1}{2} \text{ cup PET Evaporated MILK} \\
   \end{align*}
   \]

5. Take bread from oven. Spread cheese mixture between cut sides of bread, covering each side as well as possible. Spread about 1 tablespoon of the mixture over the top of each loaf.

6. Bake 5 minutes longer, or until cheese on top is golden brown. Serve warm. Makes 4 generous servings.
CARAMEL NUT ROLLS

(See photograph below)

1. Turn on oven and set at 400 (hot).
2. Put into a 10-inch skillet (see note) and stir over low heat until well blended.
3. Take from heat and sprinkle on the mixture.
4. On top of the nuts, arrange in one layer.
5. Bake near center of oven 15 minutes, or until biscuits are brown.
6. Take from oven and let stand 5 minutes before turning upside down on large plate. Serve warm.

Note: For best results, use an aluminum or copper-bottom skillet.

What are OVEN-READY BISCUITS?

Pre-cut biscuits, sweet milk or buttermilk type, all ready to bake. They come in cans. Look for them in your grocer's refrigerated cases.

BEEF STEW AND DUMPLINGS

Old-fashioned favorite — in minutes instead of hours!

1. Heat in a 10-inch skillet until steaming hot.
2. Put into a measuring cup.
3. Add and beat well.
4. Put into a 1-quart bowl.
5. Add egg mixture, stirring just enough to moisten biscuit mix. With 2 tablespoons, drop dough on top of hot stew to make 8 small dumplings. Cover tightly. Cook over low heat 10 minutes, without lifting the cover. Serve hot from the skillet. Makes 4 servings.

Tip: The success of a dumpling is not to peek, but to keep tightly covered while cooking.

Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.
When the chicken's baked, the gravy's made!

**BUTTER BAKED CHICKEN AND GRAVY**
*(See photograph opposite)*

1. Turn on oven and set at 425 (very hot).
2. Dip cut-up frying chicken (about 3 lbs.) into 1/2 cup PET Evaporated MILK
3. Then roll chicken pieces in a mixture of:
   - 1 cup flour
   - 1 1/2 teasp. salt
   - 1/4 teasp. pepper
   - 1/4 cup butter or margarine
4. Melt in a 13 x 9 x 2-inch pan in oven
5. Put chicken into pan, skin side down. Bake, uncovered, near center of oven for 30 minutes.
6. Turn chicken and soup pour around pieces, a mixture of:
   - 1 can cream of chicken soup
   - 3/4 cup PET Evaporated MILK
   - 1/4 cup water
7. Bake 30 minutes longer, or until drumstick is tender when pierced with fork.

**SHORT-CUT TO DELICIOUS DISHES...CANNED SOUP AND PET MILK**

**TUNA TOMATO RAREBIT**
*Makes a satisfying main dish in minutes!*

1. Cut into 1/2-inch squares. 
   - 4 slices process American cheese, 3 x 4 x 1/8-inch thick
2. Put cheese into a heavy 1-quart saucepan with:
   - 1 can tomato soup
   - 1/2 cup PET Evaporated MILK
3. Stir over low heat until cheese is completely melted and mixture is steaming hot, but do not boil.

**HAMBURGER MUSHROOM BAKE**
*Hearty, tempting, different — mixed, baked, in one pan!*

1. Turn on oven and set at 350 (moderate).
2. Mix in an ungreased, 9-inch square pan:
   - 1/2 cup PET Evaporated MILK
   - 1 lb. ground lean beef
   - 1/4 teasp. salt
3. Spread meat evenly on bottom of pan.
4. Spread over meat:
   - 1 can cream of mushroom soup
5. Bake near center of oven for 30 minutes.
6. Take from oven and arrange over the top:
   - 2 cups canned shoestring potatoes or 3/4-oz. can French fried onion rings
7. Return to oven for 5 minutes, or until potatoes or onions are hot. Cut into squares and lift onto hot plates, leaving any drippings in the pan. Makes 4 servings.

**QUICK OYSTER STEW**
*Oyster stew was never so rich, delicious, easy!*

1. Drain and save liquor from:
   - 2 cups fresh or frozen oysters
2. Add water to oyster liquor to make 1 cup.
3. Melt in a 11/2-quart saucepan:
   - 2 Tablesp. butter or margarine
4. Add oysters and cook slowly just until edges of oysters curl.
5. Stir in oyster liquor and:
   - 1 can cream of celery soup
   - 1 1/2 cups PET Evaporated MILK
   - 1/2 teasp. salt
   - few grains pepper

**FAIL-PROOF GRAVY**
*Always perfect — and m-m-m, how it goes with ham!*

1. Pour out all drippings from pan or skillet used to cook meat or use a 1-quart saucepan.
2. Put into pan and stir well:
   - 1 can cream of celery soup
3. Stir in, a little at a time:
   - 1/2 cup PET Evaporated MILK
4. Stir and heat slowly until gravy is smooth and steaming hot, but do not boil. Makes about 2 cups.

**OYSTER BUYING TIPS**
*Fresh oysters... buy them in bulk, in seated cans, or packed in glass. (They're displayed on ice or in a refrigerated case at your grocer's.) Be sure to keep them cold till you're ready to use them.*

*Frozen oysters... look for them in your grocer's frozen food case. They're usually packed in 12-oz. cans. Keep frozen until you need them, then thaw before using.*

Tip: A sprinkling of paprika or canned parsley flakes gives Oyster Stew a prettier appearance.
LAZY DAISY BARS
Pretty as French pastry — easy as 1-2-3!

1. Turn on oven and set at 425 (very hot).

2. Have ready 12 bars pound cake (about 3 x 1½ x 3¼-inch thick).

   - 1 Tablesp. butter or margarine
   - ¾ cup brown sugar
   - 3 Tablesp. PET Evaporated MILK
   - ¾ cup canned, flaked coconut (see note)

4. Take from heat and mix in.

5. Spread coconut mixture on one of the larger sides of each of the cake bars. As the bars are spread, put on a cooky pan one inch apart with coconut side up.

6. Bake near center of oven 5 minutes, or until coconut mixture is bubbly hot. Serve warm or cold. Makes 12 bars.

Note: If shredded coconut is used, cut fine before using.

COCONUT CARAMEL CRISPS

Reduce the milk in Lazy Daisy Bars to 2 Tablespoons. Spread topping on 32 plain 2-in. soda crackers or 20 graham crackers, 2½ in. square, in place of the pound cake. Bake as directed.

CORN FLAKE MACAROONS
Crunchy, chewy, delicious — and not a minute's baking!

1. Melt in a 1-quart saucepan.
   - ¼ cup butter or margarine

2. Stir in until well blended...
   - ¾ cup sugar
   - ¼ cup PET Evaporated MILK

3. Cook mixture over medium heat until it reaches a full, all-over boil, then boil for 2 minutes.

4. Take from heat and stir in...
   - 1 cup canned, flaked coconut
   - 1½ cups corn flakes
   - ½ cup cut-up unsalted nuts
   - ½ teasp. vanilla

5. With 2 teaspoons, drop mixture onto a greased cooky pan. Let stand at room temperature until set. Makes about 2 dozen.

Tip: These cookies get firm as soon as they cool, so work fast while dropping them.
CHICKEN SHORTCAKES
Delicious chicken dinner in no time at all!

1. Bake as the label directs. 
   - 1 can oven-ready biscuits
   - 1 can cream of chicken soup
   - ½ cup PET Evaporated MILK

2. Meanwhile, mix well in a
   - 1 ½-quart saucepan
   - 6-oz. can boned chicken
   - 8-oz. can peas, drained

3. Stir and heat until mixture bubbles around the edges.

4. Break the hot baked biscuits open. Spoon hot chicken mixture between split biscuits. Makes 5 servings of 2 shortcakes each.

   Note: A 10-oz. package frozen peas, cooked with salt according to label directions can replace the canned peas.

SHRIMP CREOLE
Famous New Orleans specialty, streamlined for carefree cooking!

1. Melt in a 2-quart saucepan.
   - 2 Tablesp. butter or margarine

2. Blend in
   - 1 Tablesp. flour

3. Stir in
   - 1-lb. can Spanish rice

4. Cook over low heat 5 minutes, or until slightly thickened.

5. Stir in
   - ½ cup PET Evaporated MILK
   - 2 five-oz. cans shrimp, drained


RAISIN OATMEAL COOKIES
Super short-cut to a family favorite!

1. Turn on oven and set at 350 (moderate).

2. Mix in a 2-quart bowl
   - ¾ cup biscuit mix
   - 1 cup brown sugar
   - ½ cup PET Evaporated MILK
   - ¼ cup salad oil or melted shortening
   - 1 cup rolled oats (quick-cooking kind)
   - ½ cup seedless raisins

3. Add and stir until well mixed

4. Then stir in

5. With 2 teaspoons, drop mixture about 2 inches apart onto a greased cooky pan. Bake near center of oven 10 minutes, or until light brown. Take from pan at once and cool on a wire cake rack or folded towel. Makes 2 dozen.

   Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.
EASY FUDGE
Always smooth, never grainy, this easy Pet Milk way!

1. Mix in a heavy 2-quart saucepan................. 
   \[1\frac{3}{4} \text{ cups sugar} \]
   \[\frac{1}{8} \text{ teasp. salt} \]
   \[\frac{3}{4} \text{ cup PET Evaporated MILK} \]
   16 large marshmallows (\(\frac{1}{4} \text{ lb.}\))
   (see note)

2. Cook and stir to a full, all-over boil. Lower heat and keep stirring while mixture boils slowly for 5 minutes. Take off heat.

3. Add all at once ................ 
   \[6-oz. \text{ pkg. semi-sweet chocolate pieces} \]

4. Stir until all chocolate is melted. Pour into buttered 8-inch square pan. Cool thoroughly. Cut into squares. Makes 1 1/2 lbs.

Note: 2 cups midget marshmallows can replace the 16 large marshmallows.

VANILLA NUT FUDGE
Not a bit tricky — with Pet Milk and pudding powder!

1. Mix in a 1 1/2-quart saucepan until smooth........
   \[1 \text{ pkg. vanilla pudding powder} \]
   \[\text{(not "instant" kind)} \]
   \[1 \text{ cup sugar} \]
   \[\frac{1}{2} \text{ cup PET Evaporated MILK} \]
   \[1 \text{ Tablesp. butter or margarine} \]
   \[\frac{1}{2} \text{ cup cut-up nuts} \]

2. Add............................

3. Cook and stir to a full, all-over boil. Lower heat, and keep stirring while mixture boils slowly for 3 minutes.

4. Take off heat and beat until candy starts to thicken.

5. Spread in a buttered 9 x 5-inch pan. Let stand until firm. Cut into 21 pieces.

CHOCOLATE PEANUT CLUSTERS
Chocolate-y rich, chock-full of nuts — everyone loves 'em!

1. Mix in a heavy 1 1/2-quart saucepan until well blended
   \[1 \text{ pkg. chocolate pudding powder} \]
   \[\text{(not "instant" kind)} \]
   \[1 \text{ cup sugar} \]
   \[\frac{1}{2} \text{ cup PET Evaporated MILK} \]
   \[1 \text{ Tablesp. butter or margarine} \]

2. Cook and stir to a full, all-over boil. Lower heat and keep stirring while mixture boils slowly for 3 minutes. Take off heat.

3. Stir in all at once............
   \[1 \text{ cup small, salted peanuts} \]

4. Beat until candy starts to thicken. With 2 teaspoons, drop mixture quickly onto waxed paper to form 24 clusters.
EASY PRALINES
Ordinary pralines were never so creamy, rich and smooth!

1. Mix in a heavy 1½-quart saucepan until well blended 1 pkg. butterscotch pudding powder (not “instant” kind)
   1 cup granulated sugar
   ½ cup brown sugar
   ½ cup PET Evaporated MILK
   1 Tablesp. butter or margarine

2. Stir over low heat until sugar dissolves.

3. Then add
   1½ cups pecans (broken or halves)

4. Cook and stir to a full, all-over boil. Then boil slowly about 3 to 5 minutes, stirring often, until candy reaches soft-ball stage (see note). Take off heat.

5. Beat until candy begins to thicken, but still looks shiny.


Note: To test candy, take pan off heat and drop a tiny bit of the hot mixture into bowl of cold (not ice) water. If candy stays together in soft ball and does not fall apart when you lift it out of the water with your fingers, it has cooked long enough.

HAMBURGER OMELET
Delicious main dish combining two favorites!

1. Brown slowly in a 10-inch skillet. 1/2 lb. ground lean beef
   2 Tablesp. finely cut onion
   1/4 teasp. salt
   in 1 Tablesp. hot shortening

2. Stir with a fork while browning to break up the meat. When meat is brown, spoon off any fat left in skillet.

3. Mix in a 1-quart bowl. 4 eggs, slightly beaten
   1/2 cup PET Evaporated MILK
   1/2 teasp. salt
   1/2 teasp. Worcestershire sauce

4. Pour over the meat and cook over low heat until firm around the edges of skillet.

5. Sprinkle over the top 1/3 cup grated, process American cheese

6. Cover and cook over low heat without stirring until top is dry, about 7 minutes. Cut into pie-shaped wedges for 4 servings.
WHIPPED LEMON TOPPING
This rich, fluffy topping makes simple desserts glamorous!

1. Chill in ice tray until almost frozen around the edges...
2. Put ice-cold milk into a cold 1-quart bowl with...
3. Whip with cold rotary beater by hand, or with electric beater at high speed, until fluffy.
4. Then add
   - ½ tsp grated lemon rind
   - 2 tsp lemon juice
5. Continue whipping until stiff.
6. Serve as a topping on Pumpkin Pie (see index), plain cake, gingerbread, pudding or other desserts. Makes 1 cup.

FRENCH DRESSING
Smooth and zippy ... a perfect blending of favorite flavors!

1. Put into a pint jar ...
   - ½ cup salad oil
   - ½ cup PET Evaporated MILK
   - 3 Tablesp. sugar
   - 1 tsp. salt
   - ½ tsp. dry mustard
   - 3 Tablesp. catsup
   - 3 Tablesp. vinegar
3. Mix in a 2-cup measure or a small bowl...
4. Add ⅔ cup of milk mixture to cake mix and beat hard 2 minutes.
5. Add ⅔ cup of milk mixture and beat hard 1 minute. Add the rest of the milk mixture and beat hard 1 minute.
6. Pour cake batter into prepared pan. Bake near center of oven for 30 minutes, or until cake shrinks from sides of pan.

What is COLESLAW MIX?
Shredded fresh cabbage and carrots, packed in cellophane or plastic bags. Look for it in your grocer’s produce section.

What are MIDGET MARSHMALLOWS?
Tiny marshmallows, also called salad or dessert marshmallows. It takes 1 cup of these to equal 8 large marshmallows.

PINEAPPLE SWEET SLAW
Pet Milk takes the place of cream in the rich dressing!

1. Mix in a 2-quart bowl...
2. Mix all at once in a measuring cup or small bowl...

NUT FROSTED CAKE
Pet Milk makes this caramel frosting rich — with no butter!

1. Turn on oven and set at 375 (high moderate).
2. Grease well, then dust with flour a 9 x 13 x 2-inch pan.
3. Put into a 2-quart bowl...
4. Mix in a 2-cup measure or a small bowl...
5. Add ⅓ cup of milk mixture to cake mix and beat hard 2 minutes.
6. Add ⅓ cup of milk mixture and beat hard 1 minute. Add the rest of the milk mixture and beat hard 1 minute.
7. Pour cake batter into prepared pan. Bake near center of oven for 30 minutes, or until cake shrinks from sides of pan.

SURE TO PLEASE THE MENFOLKS!
Pan-fried Ham Slice with Fail-Proof Gravy*  
Golden Cheese Potatoes*  
Cut Green Beans  
Celery and Carrot Strips  
Pumpkin Pie* with Whipped Lemon Topping*

*Recipes are in this book.
A Dream Come True . . .

After all the months of waiting . . . Your baby. All yours. To feel happy and secure, your baby needs you and the love you give him. To be healthy, he needs the right kind of milk.

Pet Milk is processed to make it especially suitable for babies. 50 million babies have thrived happily on this form of milk. Doctors know it is safe, easy for babies to digest and, of course, fortified with vitamin D, the sunshine vitamin.

Naturally, you want the best for your baby. Your own doctor can tell you there is no better, safer choice than Pet Evaporated Milk.

More babies are being raised on Pet Milk formulas than on any other brand.

PET MILK COMPANY
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