Dependable Recipes for Quick, Easy Meals

For 2 or 4 or 6

by

Mary Lee Taylor
Dear Friend,

Trying new recipes is one thing that makes cooking fun and it's a sure way to make meals at your house something to look forward to. You want to be sure, however, that the recipes are the kind you can depend on for perfect results. And, you can be perfectly sure of that, when you use any Pet Milk recipe because I've tested and tasted them all, here in the Pet Milk kitchen.

The recipe for French-Toasted Sandwiches is a quick and easy way to fix a meal that is new and different. They're perfectly delicious, and the rich Pet Milk mixture you use makes them extra-wholesome, too. Barbecued Cheese Buns are another "meal-size" sandwich—so satisfying because Pet Milk adds whole milk nutrition as well as flavor.

What Pet Milk does for fried chicken, you'll never know until you taste my Pet Fried Chicken! Try Breaded Cutlets, and you'll discover how Pet Milk saves the egg ordinarily used—and makes the crust more golden, tender and crisp.

There's a wonderful easy-to-mix frosting that makes "home-made" Coconut Squares out of store cake, and doesn't require any cooking—or any expensive cream. And when you use whipped Pet Milk instead of whipping cream, in recipes like Frozen Fruit Salad or Pineapple Whip, you can have delicious, summery desserts often, at very little cost.

Pet Milk helps to save money and time in so many ways I hope you'll keep a supply handy to use in all these recipes. And do listen to my Saturday morning radio program for recipes and timely meal-planning ideas.

Sincerely,

Mary Lee Taylor

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Form No. 4703—5-21-49—6-25-49
French-Toasted Sandwiches

(Photograph on front cover)

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6

1. Make into 2 or 4 or 6 sandwiches ..........
   - sliced BREAD 4 slices 8 slices 12 slices
   - sliced American CHEESE* 2 slices 4 slices 6 slices
   - well-beaten EGG 1 1 2
   - PET MILK 1/4 cup 1/2 cup 3/4 cup
   - WATER 2 tablesp. 1 1/2 cup 3/4 cup
   - SALT 1/6 teasp. 1/8 teasp. 1/8 teasp.

2. Mix .................
   - PET MILK 1/4 cup 1/2 cup 3/4 cup
   - WATER 2 tablesp. 1 1/2 cup 3/4 cup
   - SALT 1/6 teasp. 1/8 teasp. 1/8 teasp.

3. Dip sandwiches, one at a time, in milk mixture.

4. Brown on both sides in skillet in a little less than 1/8 inch hot shortening.

5. If desired, serve with Radish Roses (see index) and strips of raw carrot.
   *Slices of lunch meat, or deviled ham spread can replace the cheese.

Note: For best results brown only two sandwiches at a time for 4 and three at a time for 6. Use a skillet large enough to keep sandwiches from touching one another.

Breaded Cutlets

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6

1. Cut in 2 or 4 or 6 pieces ..........
   - lean MEAT,* 3/4 lb. 1 1/2 lbs. 2 1/4 lbs.
   - 1/2 in. thick

2. Sprinkle both sides with ..........
   - SALT 1/2 teasp. 1 teasp. 1 1/2 teasp.
   - PEPPER few grains 1/8 teasp. 1/8 teasp.

3. Roll in ..........
   - fine CORN FLAKE CRUMBS 1/2 cup 1 cup 1 1/2 cups

4. Dip in ..........
   - PET MILK 1/2 cup 3/4 cup 1 cup

5. Roll again in remaining crumbs.

6. Brown slowly on both sides in 1/8 inch hot shortening about 25 minutes, or until tender.
   *Slices of veal or pork shoulder, or pork or veal chops can be used.

Note: Fine dry bread crumbs can replace the corn flake crumbs.

GRAND FOR A WARM DAY — READY IN A JIFFY

French-Toasted Sandwiches*
Radish Roses and Raw Carrot Strips
Pineapple Whip* or Crisp Cookies
Milk to Drink* or Hot or Iced Cocoa

*Recipes are in this book
A TOP-STOVE MEAL
SO EASY TO FIX

Breaded Cutlets*
Creamed Potatoes
(see Creamed Vegetables*)
Green Peas
Rolls with Butter Spread
Frozen Fruit Salad*
(serve as salad and dessert)

*Recipes are in this book

DIRECTIONS

Frozen Fruit Salad
(Photograph above)

INGREDIENTS

PET MILK

FOR 2

FOR 4

FOR 6

1/4 cup

1/2 cup

1/2 cup

\{white cream CHEESE\}

3 tablesp.

1 1/2 ozs.

2 1/4 ozs.

\{SALAD DRESSING or mayonnaise\}

2 tablesp.

1/2 cup

3/4 cup

\{SALT\}

1/4 teasp.

1/2 teasp.

1/2 teasp.

\{drained, canned FRUIT COCKTAIL\}

3/4 cup

1 1/2 cups

2 1/4 cups

\{LEMON JUICE\}

1 teasp.

2 teasp.

1 tablesp.

1. Chill until ice cold...
2. Put into bowl......
3. Stir in, mixing until smooth ..............
4. Add and mix well
5. Whip chilled milk with cold rotary beater until fluffy.
6. Add and continue whipping until stiff...
7. Fold into fruit mixture. Freeze, without stirring, in automatic refrigerator tray at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt.
8. To serve, cut in thick slices and arrange on lettuce or other salad greens. If desired, top each serving with a tablespoon of Jiffy Fruit Salad Dressing (see index) and garnish with Maraschino cherry rings.

* Diced, canned peaches, pears or pineapple also can be used. Fresh peaches, pears, pineapple, bananas or a mixture of these fruits can be used if fruit is mixed with 1 tablespoon sugar for 2; 2 tablespoons for 4 and 3 tablespoons for 6 before adding to cheese mixture.

Note: To keep this salad smooth and creamy, cover with a double thickness of waxed paper after it is frozen.
Savory Spinach

**DIRECTIONS**

1. Wash thoroughly. **fresh SPINACH**
2. Cover and cook in water that clings to the leaves for 8 minutes, or until spinach is tender, turning about 3 times from bottom as it cooks.
3. Drain and chop.
4. Return to saucepan and add:
   - BUTTER or margarine
   - PET MILK
   - SALT
   - PEPPER
5. Heat thoroughly and serve hot.

*Mustard greens can be substituted for half of the spinach. If frozen spinach is used, cook according to package directions.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound</td>
<td>2 pounds</td>
<td>3 pounds</td>
</tr>
</tbody>
</table>

**Pork Birds**

**DIRECTIONS**

1. Cook slowly 5 minutes in hot SHORTENING
2. Remove from heat and add:
   - day-old BREAD CUBES
   - finely cut CELERY
   - SALT
   - PEPPER
   - PET MILK
3. Mix until bread cubes lose their shape.
4. Put on 5x4-in. slices of lean PORK,* ¼-in. thick
5. Roll up; secure with toothpicks or string.
6. Roll in mixture of:
   - SALT
   - PEPPER
   - FLOUR
7. Sprinkle any remaining flour over meat.
8. Brown in hot SHORTENING
9. Drain off fat; add hot WATER
10. Cover; cook slowly 1 hour, or until tender. Remove meat and keep hot.
11. Stir into liquid in pan a mixture of:
12. Boil 1 minute, or until thickened. Serve with the meat.

*Pork steak or shoulder can be used. Veal also can be used. If meat is thicker than ¼ inch, pound with edge of a saucer or plate to flatten a little.
### Fruit Icebox Slices

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chill until ice cold</td>
<td>PET MILK</td>
<td>$\frac{1}{3}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
</tr>
<tr>
<td>2. Mix, then chill for 1 hour, stirring now and then</td>
<td>canned FRUIT COCKTAIL, well drained</td>
<td>$1\frac{1}{4}$ cups</td>
<td>$1\frac{1}{4}$ cups</td>
</tr>
<tr>
<td></td>
<td>soft MARSHMALLOWS, cut in small pieces</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>LEMON JUICE</td>
<td>$\frac{1}{2}$ tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>few grains</td>
<td>$\frac{1}{2}$ teasp.</td>
</tr>
<tr>
<td>3. Spread in bottom of tray half of</td>
<td>vanilla wafer CRUMBS</td>
<td>$\frac{3}{4}$ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>4. Whip chilled milk with cold rotary beater or electric beater at high speed,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>until stiff. Fold into chilled fruit mixture. Put into tray. Sprinkle with remaining crumbs. Freeze, without stirring, in tray of automatic refrigerator at coldest temperature.</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

*Crushed or diced pineapple, cut-up peaches or apricots, either fresh or canned, can replace the fruit cocktail.

**Graham cracker crumbs can replace the vanilla wafer crumbs.

### Spiced Meat With Raisin Sauce

<table>
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<th>INGREDIENTS</th>
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<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cut into $\frac{1}{8}$-inch slices</td>
<td>canned LUNCH MEAT</td>
<td>$\frac{1}{2}$ can (6 ozs.)</td>
<td>1 can (12 ozs.)</td>
<td>$1\frac{1}{2}$ cans (18 ozs.)</td>
</tr>
<tr>
<td>2. Cover and heat slowly in liquid which comes in the can.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Melt in saucepan</td>
<td>SHORTENING</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>$1\frac{1}{2}$ tablesp.</td>
</tr>
<tr>
<td></td>
<td>FLOUR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>dry MUSTARD</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>$\frac{3}{4}$ teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>$\frac{3}{4}$ teasp.</td>
</tr>
<tr>
<td>5. Stir in slowly</td>
<td>WATER or vegetable liquid</td>
<td>$\frac{1}{2}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
<td>$\frac{3}{4}$ cup</td>
</tr>
<tr>
<td>6. Add and heat to a boil</td>
<td>seedless RAISINS</td>
<td>3 tablesp.</td>
<td>$\frac{1}{2}$ cup</td>
<td>$1\frac{1}{2}$ cup</td>
</tr>
<tr>
<td></td>
<td>brown SUGAR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>7. Boil for 2 minutes, stirring often.</td>
<td>PET MILK</td>
<td>$\frac{1}{4}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
<td>$\frac{3}{4}$ cup</td>
</tr>
<tr>
<td>9. Heat thoroughly, but do not boil.</td>
<td>VINEGAR</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>10. Remove from heat and stir in</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Serve with the meat.</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

*The liquid from freshly cooked or canned vegetables is delicious in this sauce.*
## Pineapple Whip

**DIRECTIONS**

1. Chill until ice cold...{ PET MILK  
   - FOR 2: \( \frac{1}{3} \) cup  
   - FOR 4: \( \frac{1}{2} \) cup  
   - FOR 6: \( \frac{1}{2} \) cup
2. Mix .........{ canned CRUSHED PINEAPPLE,*  
   - drained MARSHMALLOWS,  
   - cut in small pieces  
   - SALT  
   - LEMON JUICE
   - FOR 2: \( \frac{1}{3} \) cup  
   - FOR 4: \( \frac{1}{2} \) cup  
   - FOR 6: 1 cup
3. Chill 1 hour, stirring now and then. Whip chilled milk until stiff with cold rotary beater, or electric beater at high speed. Fold into chilled fruit mixture.
4. Pile into 2 or 4 or 6 dessert dishes. Keep chilled until ready to serve.

*Finely cut, cooked or canned apricots, ripe bananas or canned fruit cocktail also can be used.

## Basic Cream Soup

*(for making a variety of vegetable cream soups)*

**DIRECTIONS**

1. Cook together in deep saucepan 5 min...{ finely cut ONION  
   - in SHORTENING  
   - FLOUR  
   - SALT  
   - PEPPER
2. Blend in ......{ vegetable LIQUID  
   - or water
3. Stir in slowly.....{ PET MILK  
   - cooked or canned VEGETABLE PUREE*
4. Boil slowly and stir 2 minutes.
5. Add ............{ PET MILK  
   - cooked or canned VEGETABLE PUREE*

*Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve, can be used. Cream style corn can be used just as it comes from can.

## Milk To Drink

**DIRECTIONS**

1. Mix ..........{ PET MILK  
   - cold WATER  
2. Keep covered in the coldest part of your refrigerator—that will be under or next to the freezing unit in an automatic refrigerator, or on the ice in an ordinary icebox.
3. Pour into glasses at serving time.
**Jiffy Fruit Salad Dressing**

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<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mix ..........</td>
<td>bottled SALAD DRESSING or mayonnaise</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>2 1/2 tablesp.</td>
<td>1 1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>3. Stir in........</td>
<td>LEMON JUICE</td>
<td>1 1/2 teasp.</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>4. Mix well. Chill until ready to serve on Frozen Fruit Salad (see index), or any kind of fruit salad.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Makes about........</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
<td></td>
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</tbody>
</table>

*For Jiffy Vegetable Salad Dressing:*  
1. Follow above recipe, using vinegar in place of lemon juice, if desired.

2. Mix into dressing:  
   - grated ONION or finely cut chives
   - finely cut PARSLEY
   (can omit)

3. Chill until ready to serve on all kinds of vegetable, fish, egg or meat salads.

**Vegetable Slaw**

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<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cook slowly 5 minutes ..........</td>
<td>finely cut ONION in melted SHORTENING or salad oil</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
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<tr>
<td></td>
<td>SUGAR</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/16 cup</td>
<td>1 1/16 cup</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td></td>
<td>dry MUSTARD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FLOUR</td>
<td>1/2 cup</td>
<td>1 1/2 cup</td>
<td>2 cup</td>
</tr>
<tr>
<td>2. Blend in mixture of</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>VINEGAR</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
</tr>
<tr>
<td>3. Stir in mixture of</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
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<tr>
<td>4. Boil slowly and stir 2 minutes.</td>
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<tr>
<td>5. Cool; then stir into</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Cover and chill.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>7. When ready to serve</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>finely shredded CABBAGE*</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>finely shredded CARROT</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>finely diced CELERY*</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>8. Mix well with the dressing. Serve on lettuce or other salad greens if desired.</td>
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<td></td>
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</tr>
</tbody>
</table>

*Finely cut fresh spinach leaves can replace half of the shredded cabbage and finely diced fresh cucumber can replace the diced celery.

Note: To save vitamins, have vegetables well chilled before shredding and serve as soon as salad is mixed.
### Pet Fried Chicken

**Directions**

<table>
<thead>
<tr>
<th>Step</th>
<th>Ingredients</th>
<th>For 2</th>
<th>For 4</th>
<th>For 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Put into bowl</td>
<td>cut-up CHICKEN</td>
<td>1 1/2 lbs.</td>
<td>2 1/2 lbs.</td>
</tr>
<tr>
<td>2.</td>
<td>Pour over chicken</td>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>3.</td>
<td>Let stand in refrigerator for 2 hours or more.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4.</td>
<td>Drain. Save milk for gravy.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Sprinkle over chicken</td>
<td>SALT</td>
<td>3/4 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>6.</td>
<td>Brown slowly in 1/4 inch hot shortening until chicken is tender when pierced with a fork.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Measure, saving liquid from cooked or canned PEAS</td>
<td>1 1/3 cups</td>
<td>2 1/2 cups</td>
<td>3 3/4 cups</td>
</tr>
<tr>
<td>8.</td>
<td>There should be 6 tablespoons liquid for 2; 3/4 cup for 4 and 1 1/4 cups for 6. If not, add water.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Remove chicken from pan; keep hot.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Drain off all fat from pan, then measure and return to pan 1 tablespoon fat for 2; 2 tablespoons for 4 and 3 tablespoons for 6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Blend into fat FLOUR</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/6 teasp.</td>
</tr>
<tr>
<td>12.</td>
<td>Add liquid off peas; boil and stir 2 minutes. Add drained peas and the remaining milk. Heat thoroughly. Serve with the chicken.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*To make garnish of Carrot Curls, as illustrated:* Cut carrots, lengthwise, in paper thin slices. Roll up and secure with string or rubber bands. Let stand in iced water 1/2 hour or longer when string can be removed and "curls" will hold their shape.

---

**A CHICKEN DINNER THAT'S A WINNER!**

- Pet Fried Chicken
- Mashed Potatoes
- Vegetable Slaw
- Pan Rolls
- Butter
- Peach Cream Tarts

*Recipes are in this book*
Tart Shells
*(made with pie crust mix)*

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>Tart Shells</th>
<th>Tart Shells</th>
<th>Tart Shells</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> Put into bowl......</td>
<td>PIE CRUST MIX</td>
<td>$\frac{1}{2}$ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>2.</strong> Stir in with fork a mixture of.............</td>
<td>PET MILK</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td><strong>3.</strong> Divide mixture into 2 or 4 or 6 portions. Roll each portion into a 5½-in. round. Fit loosely into 2 or 4 or 6 four-in. tart pans. Trim if necessary. Fold extra dough under. Pinch with fingers to make fancy edge. Prick closely all over bottom and sides of pastry with fork.</td>
<td>WATER</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
</tr>
</tbody>
</table>

**For Baked Pastry Shell,** use $\frac{3}{2}$ cup pie crust mix for 7-in. pastry shell, and 2¼ teasp. each of milk and water. For a 9-in. pastry shell, use 1 cup pie crust mix and 1 tablesp. each of milk and water. Roll dough 1 inch larger than pan; fit into pan and bake as directed for tart shells.

**Frankfurter Turnovers**

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> Turn on oven; set at hot (425° F.).</td>
<td>BISCUIT MIX</td>
<td>$\frac{3}{4}$ cup</td>
<td>$1\frac{1}{2}$ cups</td>
</tr>
<tr>
<td><strong>2.</strong> Put into bowl......</td>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>$\frac{1}{4}$ cup</td>
</tr>
<tr>
<td><strong>3.</strong> Stir in with fork a mixture of.............</td>
<td>WATER</td>
<td>2 tablesp.</td>
<td>$\frac{1}{4}$ cup</td>
</tr>
<tr>
<td><strong>4.</strong> Turn on lightly floured board. Knead a few seconds or until smooth. Roll into a sheet about .................</td>
<td>8 in. square</td>
<td>8x16 in.</td>
<td>12x16 in.</td>
</tr>
<tr>
<td><strong>5.</strong> Cut into 4 or 8 or 12 four-in. squares.</td>
<td>FRANKFURTERS or wieners</td>
<td>4 ($\frac{1}{2}$ lb.)</td>
<td>8 (1 lb.)</td>
</tr>
<tr>
<td><strong>6.</strong> Put one across each square ..............</td>
<td>condensed TOMATO SOUP</td>
<td>$\frac{3}{4}$ cup</td>
<td>1 can</td>
</tr>
<tr>
<td><strong>7.</strong> Bring opposite corners together pinching with fingers to secure. Place on ungreased baking sheet about 2 inches apart. Bake 15 minutes, or until brown.</td>
<td>PET MILK</td>
<td>3 tablesp.</td>
<td>$\frac{1}{2}$ cup</td>
</tr>
</tbody>
</table>

**9.** Heat thoroughly over very low heat. Do not boil. Serve over the frankfurter rolls.

*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.*
Coconut Squares

DIRECTIONS
1. Cut into 2-inch squares.
2. Put into bowl.
3. Stir in about \( \frac{1}{4} \) cup at a time.
4. Beat until smooth and creamy after each addition of sugar.
5. Spread on top and sides of cake squares, but not on the bottom.
6. Roll each square, as it is spread with the frosting in.
7. Let stand at room temperature until frosting is firm.

For Chocolate Coconut Squares, mix cocoa with the powdered sugar, using 2 tbsp. for 8 squares, and \( \frac{1}{4} \) cup for 16.

INGREDIENTS
For 8 squares For 16 squares
- plain, angel or sponge cake
- pet milk
- soft butter or margarine
- salt
- vanilla
- \( \frac{1}{2} \) cup powdered sugar

Salmon Salad Loaf

DIRECTIONS
1. Soften gelatin in cold tomato juice.
2. Heat to boiling a mixture of:
4. Meanwhile, rub with vegetable oil a mold or loaf pan holding about.
5. Arrange on bottom and sides of pan:
6. Mix:
7. Fold into chilled gelatin mixture. Put into egg-lined pan.
8. Chill until firm. Serve on lettuce or other salad greens, if desired.

INGREDIENTS
For 2 For 4 For 6
- unflavored gelatin
- tomato juice
- grated onion
- dry mustard
- salt
- pepper
- vinegar
- \( \frac{1}{4} \) cup flaked salmon, or canned
- cut-up celery
- pet milk
- sliced, hard-cooked eggs
- 1 envelopes
- \( \frac{1}{2} \) cup
- \( \frac{1}{2} \) cup
- from 1 lb. can
- \( \frac{1}{2} \) cup
- \( \frac{1}{2} \) cup
- \( \frac{3}{4} \) cup
- \( \frac{1}{2} \) cup
- \( \frac{3}{4} \) cups
- 1 pint
- \( \frac{1}{4} \) cup
- \( \frac{1}{2} \) cup
- \( \frac{3}{4} \) cup
- \( \frac{1}{4} \) cup
- \( \frac{1}{4} \) cup
- \( \frac{3}{4} \) cups
- 1 quart
- 1 pint
- 1 cup
- \( 1 \)-lb. can
Barbecued Cheese Buns

(PHOTOGRAPH ABOVE)

**DIRECTIONS**

1. Turn on oven; set at moderately hot (400°F).

2. Split ............... 2 4 6

   **SANDWICH BUNS**

3. Put into shallow baking pan having cut side up.

4. Mix together ........ 

<table>
<thead>
<tr>
<th><strong>INGREDIENTS</strong></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>finely diced American CHEESE</td>
<td>1/2 cup (2 1/2 ozs.)</td>
<td>1 cup (1/2 lb.)</td>
<td>1 1/2 cups (1/2 lb.)</td>
</tr>
<tr>
<td>chopped, hard-cooked EGGS</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>finely cut GREEN PEPPER</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>grated ONION</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>1 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>CATSUP</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
</tr>
</tbody>
</table>

5. Arrange on buns, using about 1/4 cup of mixture for each.

6. Bake on top shelf of oven 7 minutes, or until cheese melts and buns are toasted.

7. Serve with Radish Roses (see below) if desired.

**Note:** You can fix this cheese mixture several hours before you wish to serve the sandwiches if you keep it covered and chilled in the refrigerator.

**To Make Radish Roses:**
Cut off the root end of the radish, and with a sharp paring knife score sections of the skin from the tip toward the stem end; loosen the skin nearly to the stem end so that these sections stand out like petals. Chill in iced water or cover with crushed ice until petals curl back slightly.
Chocolate Sundae Sauce

**DIRECTIONS**

1. Mix in saucepan.

2. Stir in slowly a mixture of...

3. Add...

4. Heat to a boil while stirring. Boil slowly for 3 minutes, stirring often.

5. Remove from heat; add...

6. Serve warm or cold on ice cream, plain cake, cornstarch puddings, etc.

*¼ cup is 1 cup less 2 tablespoons.

**Peach Cream Tarts**

**DIRECTIONS**

1. Put into saucepan.

2. Stir in mixture of...

3. Heat to a boil while stirring. Cook and stir 30 seconds. Remove from heat.

4. Add...

5. Cover and chill.

6. At serving time divide among two or four or six 4-inch tart shells.

7. Garnish with drained...

**INGREDIENTS**

**For 1 1/4 cups** | **For 2 cups**
---|---
SUGAR | 3/4 cup | 1 cup
COCOA | 1/2 cup | 1/2 cup
FLOUR | 1/2 cup | 1/2 cup
SALT | 2 teaspoons | 1 tablespoon
PET MILK | 7/8 cup | 1 1/4 cups
WATER | 1/2 cup | 3/4 cup
BUTTER or margarine | 3/4 cup | 3/4 cup
VANILLA | 1/2 teaspoon | 1 teaspoon

**For Two 4-in. Tarts** | **For Four 4-in. Tarts** | **For Six 4-in. Tarts**
---|---|---
vanilla PUDDING POWDER | 1/4 pound | 1 pound | 1 1/4 pounds
PET MILK | 1/2 cup | 1 cup | 1 1/4 cups
WATER | 3/4 cup | 1 1/2 cups | 1 1/2 cups
VANILLA | 1/2 teaspoon | 1 teaspoon | 1 1/2 teaspoons
Sliced PEACHES, fresh or canned | 1/2 cup | 1 cup | 1 1/2 cups

**LOW-COST MEAL SURE TO PLEASE**

Spiced Meat with Raisin Sauce*
Fried Potatoes
Savory Spinach*
Tomato Salad
Ice Cream with Chocolate Sundae Sauce*

*Recipes are in this book

**A SPRING "BANQUET" ON A BUDGET**

Pork Birds*
Corn Scramble*
Asparagus
Leaf Lettuce Salad
Bread Butter Spread
Fruit Icebox Slices*

*Recipes are in this book
### Corn Scramble

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cook until crisp...</td>
<td>finely cut BACON</td>
<td>1 slice</td>
<td>2 slices</td>
<td>3 slices</td>
</tr>
<tr>
<td>2. Blend in...</td>
<td>FLOUR</td>
<td>1(\frac{1}{2}) teasp.</td>
<td>1 tablesp.</td>
<td>1(\frac{1}{2}) tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1(\frac{1}{4}) teasp.</td>
<td>1(\frac{1}{2}) teasp.</td>
<td>3(\frac{1}{4}) teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>3. Stir in mixture of...</td>
<td>slightly beaten EGGS</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>2(\frac{1}{4}) cup</td>
<td>2(\frac{1}{2}) cup</td>
<td>3(\frac{1}{4}) cup</td>
</tr>
<tr>
<td></td>
<td>drained, whole kernel CORN,*</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>4. Cook slowly and stir until mixture thickens, or about...</td>
<td>3 minutes</td>
<td>5 minutes</td>
<td>8 minutes</td>
<td></td>
</tr>
<tr>
<td>5. Serve hot.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

*Frozen corn also can be used if cooked according to the directions on the package.*

### Creamed Vegetables

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt in saucepan...</td>
<td>BUTTER or margarine</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>1(\frac{1}{2}) tablesp.</td>
</tr>
<tr>
<td>2. Blend in...</td>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3(\frac{1}{4}) teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1(\frac{1}{4}) teasp.</td>
<td>1(\frac{1}{2}) teasp.</td>
<td>3(\frac{1}{4}) teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>3. Stir in slowly...</td>
<td>LIQUID off vegetable</td>
<td>1(\frac{1}{2}) cup</td>
<td>1(\frac{1}{2}) cup</td>
<td>3(\frac{1}{4}) cup</td>
</tr>
<tr>
<td>4. Boil and stir 2 minutes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Stir in...</td>
<td>PET MILK</td>
<td>1(\frac{1}{2}) cup</td>
<td>1(\frac{1}{2}) cup</td>
<td>3(\frac{1}{4}) cup</td>
</tr>
<tr>
<td>6. Add and heat thoroughly...</td>
<td>drained VEGETABLE,*</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

*Whole kernel corn, lima beans, cut-up asparagus, eggplant, broccoli, cucumbers, cauliflower, celery, cabbage, potatoes, green or wax beans or sliced onions or carrots or any combination of these vegetables can be used.*

**For Creamed Meat,** substitute diced, cooked or canned meat for the vegetable. Meat stock can be substituted for the vegetable liquid for added flavor.

**For Creamed Fish,** substitute flaked fish or seafood, cooked or canned, for the vegetable. Water can be substituted for the vegetable liquid.

**For Creamed Eggs,** substitute sliced, hard-cooked eggs for the vegetable, using 2, 4 or 6 eggs. Meat stock or water can be substituted for vegetable liquid, if desired.
Butter Spread

**DIRECTIONS**

1. Cut in small pieces and put into mixing bowl.
2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise (see note).
3. Also let stand in warm room. Butter and milk will blend together better if they are the same temperature.
4. Stir milk into soft butter gradually, adding about 2 tablespoons at a time and using a mixing spoon, a rotary beater or electric beater at low speed. When all milk is added, beat vigorously 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, sandwiches, pancakes, etc.
5. Makes a little less than

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ pound</td>
<td>½ pound</td>
<td>1 pound</td>
</tr>
<tr>
<td>½ teasp.</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
</tbody>
</table>

*When using ¼ lb. butter, add about 1 tablespoon of milk at a time.

Note: If kitchen or weather is cool, place bowl containing butter in a large bowl or pan half filled with hot water, stirring butter as it softens.

Ginger Fruit Salad

**DIRECTIONS**

1. Dissolve lemon GELATIN in hot WATER
2. Cool thoroughly, then stir in bottled GINGER ALE
3. Mash together with a fork white CREAM cheese ground GINGER
4. Stir in PET MILK
5. Add to gelatin mixture. Chill until mixture is slightly thicker than unbeaten egg whites.
6. Rub with salad oil a mold holding
7. Beat chilled gelatin mixture with rotary egg beater 1 minute, or until fluffy.
8. Fold in canned FRUIT COCKTAIL, drained (see note)
9. Pour into prepared mold. Chill until firm. Turn out on lettuce and serve with Jiffy Fruit Salad Dressing (see index).

Note: A mixture of cooked or canned fruits, cut in small pieces, can replace the canned fruit cocktail.
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