COCONUT ICEBOX PIE
Recipe on Page 3

Easy Summer Meals
FOR TWO OR FOUR OR SIX
by Mary Lee Taylor
Dear Friend,

I like to think that in sending you this booklet I’m sending you more than a collection of recipes. I know that by using these recipes you will find easier ways to serve your family delicious, nourishing meals—and in this way I’ll be helping you to have more time and energy to enjoy your Summer.

One big help is to avoid as much last-minute cooking as possible, by preparing part of each meal ahead of time. For instance, in the cool of the morning, make that wonderful Coconut Icebox Pie, or Lemon Icebox Puddings—and treat your family to a really grand dessert just by opening the refrigerator! Or, prepare the ingredients for a hearty “main-dish” salad—like Picnic Potato Salad—then mix it at mealtime with the tangy Pet Milk dressing.

Do try the new “cool” ways of fixing family favorites which usually require a hot oven. With my recipes for Top-Stove Meat Loaf and Easy Peach Cobbler, you can “bake” these to perfection, right on top of the stove.

In addition to saving time and work, these recipes will help you save money, too. Right now the markets are filled with fresh vegetables. With recipes like Spanish Tomatoes and Dinner Peppers, you can turn these plentiful, low-cost vegetables into delicious, satisfying dishes that are more nourishing because they are made with Pet Milk—whole milk that is concentrated to double-richness. And whenever you use Pet Milk you’re saving money—because Pet Milk costs less generally than any other form of milk.

Plan to do your shopping the easy way, too, by keeping a supply of Pet Milk on hand. You can be sure it will stay good and sweet in its sealed can, until you are ready to use it. And plan to spend a half-hour with me at your radio on Saturday mornings, when I’ll bring you more new recipes that will help you save time and money.

Sincerely,

Mary Lee Taylor

---

Index to Recipes

DESSERTS AND TOPPING
Angel Icebox Cake 6
Butterscotch Meringue Puddings 7
Chocolate Marlow 8
Coconut Icebox Pie 3
Easy Peach Cobbler 5
Lemon Icebox Puddings 14
Ribbon Icebox Dessert 4
Whipped Lemon Topping 10

MAIN DISHES
Barbecued Hamburgers 7
Dinner Peppers 5
Ham with Milk Gravy 15
Hash Rarebit 10
Kidney Stew with Vegetables 9
Pork Chops with Milk Gravy 15
Top-Stove Meat Loaf 13
Vegetable Meat Stew 9

SALADS AND DRESSING
Hot Macaroni Salad 8
Picnic Potato Salad 11
Whipped Pineapple Dressing 14

SANDWICHES AND SPREAD
Butter Spread 15
Cheese Sandwiches 12
Picnic Meat Sandwiches 12
Summer Sandwiches 6

VEGETABLE
Spanish Tomatoes 11
Coconut Icebox Pie

(Directions on front cover)

**DIRECTIONS**

1. Preheat oven to moderately hot (400°F). Grease pan of desired size.
2. Press in bottom and on sides of greased pan a mixture of... [Ingredients listed for 2, 7, and 9-inch pies]
3. Bake 10 minutes, then cool.
4. While crust bakes, mix... [Ingredients listed for 2, 7, and 9-inch pies]
5. Stir in mixture of... [Ingredients listed for 2, 7, and 9-inch pies]
6. Stir over boiling water until smooth; cook 10 min. Remove from heat.
7. Stir into beaten... [Ingredients listed for 2, 7, and 9-inch pies]
8. Cook and stir over boiling water 2 minutes longer. Cool.
9. Then add... [Ingredients listed for 2, 7, and 9-inch pies]
10. Pour into cooled crust.
11. Beat until stiff... [Ingredients listed for 2, 7, and 9-inch pies]
12. Beat in gradually... [Ingredients listed for 2, 7, and 9-inch pies]
13. Spread on pie.
14. Sprinkle top with... [Ingredients listed for 2, 7, and 9-inch pies]
15. Chill 6 hours or overnight.

*To toast coconut* easily and quickly, put shredded coconut into small, heavy skillet. Stir constantly over low heat until light brown, about 5 minutes. Cool. You will need to use 3 tablespoons coconut for 2 tarts; 1/3 cup for 7-inch pie and 1/2 cup for 9-inch pie.

---

**COOL AND EASY TO FIX—DELICIOUS TO EAT!**

- Ham with Milk Gravy*
- Spanish Tomatoes*
- Big Bowl of Mixed Green Salad
- Sliced Bread and Butter Spread*
- Coconut Icebox Pie*

*Recipes are in this book
DINNER IN A JIFFY
WITH THIS LINE-UP

Hash Rarebit*
Buttered Green Beans
Cucumber Salad
Hard Rolls
Ribbon Icebox Dessert with
Whipped Lemon Topping*

*Recipes are in this book

Ribbon Icebox Dessert

DIRECTIONS

1. Line bottom of medium loaf pan holding 6 cups or large loaf pan holding 8 cups with half of GRAHAM CRACKERS, 2¼ in. square
2. Crackers may have to be cut to fit.
3. Put into bowl.............. soft BUTTER ⅛ cup ⅛ cup
4. Add 2 tablesp. at a time, mixing until smooth after each addition............ powdered SUGAR 1 cup 1¼ cups
5. Beat in a tablespoon at a time........ PET MILK 2 tablesp. 3 tablesp.
7. Heat to boiling.............. canned fruit cocktail JUICE* 1 cup 1¼ cups
8. Add and stir until dissolved........ strawberry GELATIN** 1 pkg. 1¼ pkgs.
9. Cool to room temperature, then divide into 2 equal portions. Let one portion stand at room temperature.
10. Stir into other portion.......... PET MILK ⅛ cup ⅛ cup
12. Add to remaining portion of clear gelatin.................. WATER, drained, canned FRUIT COCKTAIL ½ cup ½ cup
14. If desired, serve with Whipped Lemon Topping (see index).

*If there is not enough juice, add water. ** Or any other fruit-flavored gelatin.
Dinner Peppers

**INGREDIENTS**

FOR 2

- 2 cups
- 1 teaspoon

FOR 4

- 4 cups
- 1 teaspoon

FOR 6

- 5 cups
- 1 1/4 teaspoons

**DIRECTIONS**

1. Cut in halves, lengthwise.

2. Remove seeds and fibers; then boil 2 minutes in boiling water.

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

4. Put into bowl:
   - diced lunch meat*
   - drained, whole kernel corn, cooked or canned
   - grated American cheese
   - condensed cream of chicken soup
   - pet milk

5. Mix:
   - liquid off corn
   - salt

6. Mix 3 tablespoons sauce with meat mixture for 2; 1/2 cup for 4 and 1/2 cup for 6. Fill peppers; put into pan. Pour rest of sauce around peppers.

7. Top peppers with:
   - grated American cheese

8. Bake 20 minutes or until cheese is light brown. Serve hot.

*Bologna, frankfurters, wiener or leftover cooked meat also can be used.

Easy Peach Cobbler

**INGREDIENTS**

FOR 2

- 1 1/2 cups
- 2 tablespoons
- 1/4 cup

FOR 4

- 3 cups
- 1/2 cup
- 1/2 cup

FOR 6

- 4 1/2 cups
- 6 tablespoons
- 1 1/2 cups

**DIRECTIONS**

1. Put into deep sauce-pan and boil slowly 5 minutes.

2. Put into bowl:
   - biscuit mix
   - sugar

3. Stir in with fork a mixture of:
   - pet milk
   - water
   - salt

4. Drop by tablespoons onto boiling hot peaches, but not into juice.

5. Cook 10 minutes uncovered. Then cover closely and cook slowly 10 minutes without lifting the lid.

*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.
## Summer Sandwiches

**DIRECTIONS**

1. Mix
   - diced American CHEESE
   - PET MILK
   - Worcestershire SAUCE
   - dry MUSTARD
   - SALT

   INGREDIENTS
   - [FOR 2]
     - ½ cup (2 1/2 ozs.)
     - ¼ cup
     - 1 teasp.
     - few grains
   - [FOR 4]
     - 1 cup (1/2 lb.)
     - ½ cup
     - 2 teasp.
     - ⅛ teasp.
   - [FOR 6]
     - 1 ½ cups (1 lb.)
     - ¾ cup
     - 1 tablesp.
     - ¼ teasp.

2. Cook and stir over boiling water until smooth. Keep hot.

3. Toast on one side
   - sliced BREAD

4. Arrange on toasted side of bread
   - large TOMATO SLICES, 1/2 inch thick

5. Sprinkle tomato slices with
   - SALT

6. Cook under broiler about 4 minutes, or until tomatoes are thoroughly heated.

7. Put on serving plates. Pour cheese sauce over tomatoes.

8. Top with
   - crisp BACON

**Angel Icebox Cake**

**DIRECTIONS**

1. Chill until ice cold

2. Dissolve

3. Chill until slightly thicker than unbeaten egg whites.

4. Rub with vegetable oil a mold holding about

5. Line sides of mold with

6. Fold into chilled gelatin

7. Whip chilled milk with cold rotary beater, or electric beater at high speed until stiff.

8. Fold into gelatin mixture.


* Thin slices of angel, sponge or plain cake can replace the vanilla wafers.

** For easy cutting, use scissors, dipping blades in cold water now and then.
Butterscotch Meringue Puddings

**DIRECTIONS**

1. Put into saucepan
2. Stir in gradually a mixture of
4. Remove from heat and stir slightly into
5. Cook and stir 2 minutes longer. Cover and chill.
6. Grease 4 or 6 individual dessert dishes or large custard cups.
7. Roll into fine crumbs
8. Blend in with fork or pastry blender
10. Beat until stiff
11. Beat in 1 tablesp. at a time.
12. Put on top of puddings and continue chilling until ready to serve.

**INGREDIENTS**

* Vanilla pudding powder also can be used.

Barbecued Hamburgers

**DIRECTIONS**

1. Mix thoroughly
2. With wet fingers, shape into 4 or 8 or 12 patties.
3. Brown very slowly on both sides in
4. Spread with
5. Cover and cook 5 minutes longer. Serve plain or in toasted buns.

**INGREDIENTS**

*Veal, lamb or lean pork also can be used.
Hot Macaroni Salad

**DIRECTIONS**

1. Boil until tender, then drain and rinse with hot water.
2. Heat to boiling.
3. Add 
4. Remove from heat; cover and let stand 5 min., then drain and slice thin.
5. Mix in saucepan.
6. Stir in.
7. Add macaroni, sliced frankfurters and.
8. Heat very slowly, stirring gently until thoroughly hot. Do not boil.

*Diced salami, bologna or lunch meat can replace sliced frankfurters; add these meats with the macaroni, using \( \frac{3}{4} \) cup for 2; \( 1 \frac{1}{2} \) cups for 4 and \( 2 \frac{1}{4} \) cups for 6.

**INGREDIENTS**

**FOR 2**
- MACARONI or spaghetti, broken in small pieces: \( \frac{3}{4} \) cup
- in boiling WATER: 3 cups
- SALT: \( \frac{3}{4} \) teasp.
- \( \frac{1}{2} \) cup

**FOR 4**
- MACARONI or spaghetti, broken in small pieces: 1 cup
- in boiling WATER: 6 cups
- SALT: \( 1 \frac{1}{2} \) teasp.
- \( 2 \) cups

**FOR 6**
- MACARONI or spaghetti, broken in small pieces: \( 1 \frac{1}{2} \) cups
- in boiling WATER: 8 cups
- SALT: 2 teasp.
- 2 cups

**Chocolate Marlow**

**DIRECTIONS**

1. Chill until ice cold.
2. Mix.
3. Stir in a mixture of.
4. Cook and stir over boiling water until smooth.
5. Add, then cook and stir until marshmallows are half melted.
6. Remove from heat; stir until marshmallows are melted.
7. Add, then chill.
8. Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff.
9. Fold into chilled cocoa mixture. Freeze, without stirring, in tray of automatic refrigerator at coldest temperature until firm.

**INGREDIENTS**

**FOR 4**
- PET MILK: \( \frac{1}{2} \) cup
- COCOA: 3 tablesp.
- SUGAR: 3 tablesp.
- SALT: few grains

**FOR 6**
- PET MILK: \( 1 \) cup
- COCOA: \( 1 \frac{1}{2} \) cup
- SUGAR: \( 3 \frac{1}{2} \) cup
- SALT: \( 1 \frac{1}{2} \) cup
- SUGAR: \( 5 \frac{1}{2} \) cup
- SALT: \( 5 \frac{1}{2} \) cup
Vegetable Meat Stew

(Photograph below)

DIRECTIONS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAT, cut for stew</td>
<td>½ pound</td>
<td>1 pound</td>
<td>1½ pounds</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>⅛ teasp.</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>⅛ teasp.</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td>SHORTENING</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 tablesp.</td>
</tr>
<tr>
<td>ONION</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>WATER</td>
<td>1½ cups</td>
<td>2½ cups</td>
<td>3½ cups</td>
</tr>
<tr>
<td>small, whole POTATOES, pared</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>halved CARROTS</td>
<td>3</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>boiled WATER</td>
<td>1½ cups</td>
<td>2½ cups</td>
<td>3½ cups</td>
</tr>
</tbody>
</table>

1. Roll
2. In mixture of...
3. Brown slowly in...
4. Add and cook slowly 5 minutes
5. Add
6. Cover; cook over low heat for 1 hour.
7. Then add
8. Cover; cook 25 minutes longer, or until vegetables are tender.
9. Stir in

*Beef, veal, lamb or lean pork can be used.
**Cooked fresh or frozen peas, cut green beans or asparagus also can be used.

For Kidney Stew with Vegetables: Replace each ½ pound of meat in the above recipe with 1 veal kidney or 2 lamb kidneys. Wash kidneys in cold water; cut in thin slices and remove fat and tubes. Roll in flour mixture and cook as directed for the meat.

TOP-STOVE MEAL TO KEEP YOU COOL

Vegetable Meat Stew*
Fresh Tomato Salad
Bread and Butter Spread*
Chocolate Marlow*

*Recipes are in this book
Whipped Lemon Topping

**DIRECTIONS**

**INGREDIENTS FOR 2**
- 1/4 cup chilled PET MILK
- 1/2 cup granulated SUGAR
- 1 1/2 teasp. LEMON JUICE
- 1/4 teasp. grated LEMON RIND

**DIRECTIONS**

**INGREDIENTS FOR 4**
- 1/2 cup chilled PET MILK
- 2 cups granulated SUGAR
- 2 1/2 teasp. LEMON JUICE
- 1 1/2 teasp. grated LEMON RIND

**DIRECTIONS**

**INGREDIENTS FOR 6**
- 1/2 cup chilled PET MILK
- 2 cups granulated SUGAR
- 3 1/2 teasp. LEMON JUICE
- 3 1/4 teasp. grated LEMON RIND

1. Put into small bowl chilled PET MILK. Granulated SUGAR is added.
2. Whip with chilled rotary beater, or electric beater at high speed, until fluffy.
3. Then add LEMON JUICE and grated LEMON RIND.
4. Continue whipping until stiff.
5. Serve on Ribbon Icebox Dessert (see index), plain cake, gingerbread, pudding or other desserts that will blend with the lemon flavor of this topping.

**Ways to Chill Pet Milk:**

1. Put into ice tray of an automatic refrigerator and chill until ice crystals begin to form around the edges.
2. Put into a small bowl and set right on the ice, chilling until both bowl and milk are ice cold.
3. Place unopened can of Pet Milk either under the refrigerating unit of an automatic refrigerator or directly on the ice and chill until ice cold—overnight if possible.

Hash Rarebit

**DIRECTIONS**

**INGREDIENTS FOR 2**
- 2 slices corned BEEF HASH
- 1/2 lb. hot SHORTENING
- 1/4 cup drained, canned TOMATOES
- 1/8 teasp. SALT
- 1/8 teasp. PEPPER

**DIRECTIONS**

**INGREDIENTS FOR 4**
- 4 slices corned BEEF HASH
- 1 lb. can hot SHORTENING
- 1/4 cup drained, canned TOMATOES
- 1/4 teasp. SALT
- 1/4 teasp. PEPPER

**DIRECTIONS**

**INGREDIENTS FOR 6**
- 6 slices corned BEEF HASH
- 1 1/2 lb. hot SHORTENING
- 3/4 cup drained, canned TOMATOES
- 3/4 teasp. SALT

1. Cut into 1-inch slices canned CORNED BEEF HASH.
2. Brown slowly on one side in skillet containing hot SHORTENING.
3. Turn, and arrange on hash slices.
4. Sprinkle tomatoes with SALT and PEPPER.
5. Cover and cook slowly until hash is brown underneath, and tomatoes are thoroughly heated, about 10 minutes.
6. Meanwhile, mix:
   - 1 cup grated American CHEESE
   - 1/2 cup PET MILK
   - 1/4 cup dry MUSTARD
   - 1/4 cup SALT
7. Cook over boiling water until cheese melts and mixture is smooth, stirring often.
8. Serve cheese sauce over the tomato and hash slices.

*2 or 4 or 6 thick slices of fresh tomatoes also can be used.*
## Spanish Tomatoes

<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. Remove centers from...................</td>
<td>large, fresh TOMATOES</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>3. Cook slowly 5 minutes...............</td>
<td>finely cut ONION</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>finely cut GREEN PEPPER</td>
<td>3 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>in BACON FAT or other shortening</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>4. Dice centers of tomatoes; use only 2/3 cup for 2; 1 1/3 cups for 4 and 2 cups for 6.</td>
<td>cooked RICE</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>5. Add diced tomatoes to onion mixture along with..........................</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>1/2 teasp.</td>
</tr>
<tr>
<td>6. Cook slowly 5 minutes longer.........</td>
<td>PET MILK</td>
<td>2 1/2 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>grated American CHEESE</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>7. Then add and cook slowly until cheese melts.................................</td>
<td>8. Drain tomato cups, then fill with rice mixture.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Set in saucepan containing about 1/4 inch of hot water.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Cover closely and boil slowly 10 minutes, or until tomatoes are just tender.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Picnic Potato Salad

<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. Drain well............................</td>
<td>whole kernel CORN, cooked or canned</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>2. Cook until crisp.....................</td>
<td>finely diced BACON</td>
<td>2 tablesp.</td>
<td>1/4 cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>3. Remove pieces of bacon and save.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Add to fat and cook slowly for 5 minutes..</td>
<td>finely cut ONION</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>5. Add drained corn and continue cooking until corn is coated with bacon fat.</td>
<td>VINEGAR</td>
<td>3 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>6. Remove from heat and stir in..........</td>
<td>VINEGAR</td>
<td>3 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>7. Pour dressing over a mixture of the crisp pieces of bacon and...</td>
<td>sliced, cooked POTATOES</td>
<td>1 3/4 cups</td>
<td>3 1/2 cups</td>
<td>5 1/4 cups</td>
</tr>
<tr>
<td></td>
<td>finely cut PICKLE, sweet or sour</td>
<td>2 tablesp.</td>
<td>1/4 cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>8. Stir in slowly......................</td>
<td>PET MILK</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>
## Picnic Meat Sandwiches

(Photograph above)

<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. Put through fine knife of food chopper</td>
<td><strong>LUNCH MEAT</strong> (can omit)</td>
<td>3 ozs.</td>
<td>½ lb.</td>
<td>½ lb.</td>
</tr>
<tr>
<td></td>
<td>There should be ½ cup for 2; 1 cup for 4 and 1½ cups for 6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Then grind</td>
<td><strong>hard-cooked EGGS</strong></td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td><strong>diced PIMENTO</strong></td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td><strong>finely cut SWEET PICKLES</strong></td>
<td>3 tablesp.</td>
<td>4 teasp.</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td><strong>PET MILK</strong></td>
<td>¾ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td><strong>bottled SALAD DRESSING or mayonnaise</strong></td>
<td>4 teasp.</td>
<td>2½ tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>3. Mix thoroughly with</td>
<td><strong>SALT</strong></td>
<td>few grains</td>
<td>½ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td></td>
<td><strong><em>Bologna, minced ham or canned lunch meat can be used.</em></strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Chill. Sufficient to spread 2 or 4 or 6 large, double sandwiches or 4 or 8 or 12 small, open-face sandwiches.

5. Garnish with slices of sweet pickle, if desired.

## Cheese Sandwiches

<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 and stir over boiling water a mixture of</td>
<td><strong>diced American CHEESE</strong></td>
<td>⅔ cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td><strong>PET MILK</strong></td>
<td>4 teasp.</td>
<td>2½ tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td><strong>SALT</strong></td>
<td>few grains</td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td></td>
<td><strong>dry MUSTARD</strong></td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
<td>¾ teasp.</td>
</tr>
</tbody>
</table>

2. When smooth, remove from heat; cover and cool until thick enough to spread.

3. Sufficient to spread 2 or 4 or 6 large double sandwiches or 4 or 8 or 12 small, open-face sandwiches.
### Top-Stove Meat Loaf

**DIRECTIONS**

1. Mix thoroughly...

2. With wet hands, shape into a patty about 2½ inches thick.

3. Sprinkle top and bottom of patty with...

4. Brown slowly on both sides in skillet containing ............

5. Put around edge of browned meat in skillet

6. Cook slowly 5 minutes, then add mixture of ............

7. Cover; cook slowly for ................

8. Turn meat and stir sauce occasionally while cooking. Serve hot or cold.

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

To bake this Meat Loaf, shape mixture into a loaf. Put into greased, shallow pan. Omit the flour, bacon fat and onion in the sauce. Bake in a moderately slow oven (350° F.) 20 minutes for 2; 30 minutes for 4 and 45 minutes for 6. Then pour soup mixture over loaf. Continue baking 15 min. for 2 and 30 min. for both 4 and 6.

---

### INGREDIENTS

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>ground MEAT*</td>
<td>½ lb.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>2 tablesp.</td>
<td>¼ cup</td>
</tr>
<tr>
<td>chopped PARSLEY (can omit)</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>PET MILK uncooked</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>ROLLED OATS</td>
<td>2½ tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>⅜ teasp.</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>hot FAT</td>
<td>⅓ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>⅔ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>condensed TOMATO SOUP</td>
<td>⅔ cup</td>
<td>1 can</td>
</tr>
<tr>
<td>WATER</td>
<td>2 tablesp.</td>
<td>⅔ cup</td>
</tr>
</tbody>
</table>

---

### SALAD SUPPER

- **LIGHT BUT HEARTY**
  - Hot Macaroni Salad*
  - Cheese Sandwiches*
  - Sliced Tomatoes
  - Butterscotch Meringue Puddings*

*Recipes are in this book

---

### FEATURES A NEW SUMMER MEAT LOAF

- Top-Stove Meat Loaf*
- Corn-on-Cob
- Creamed Peas
- Rolls
- Butter Spread*
- Fresh Fruit Salad with Whipped Pineapple Dressing*

(serve as dessert)

*Recipes are in this book

---

13
Lemon Icebox Puddings

**DIRECTIONS**

1. Chill until ice cold.................. \{PET MILK \{6 tablesp. \{¾ cup

2. Meanwhile, cut in eighths...... \{MARSH-MALLOW\s \{8 \{2 ozs. \{16 \{¼ lb.

3. Whip chilled milk vigorously with cold rotary egg beater, or electric beater at high speed, until fluffy.

4. Then add......................... \{LEMON JUICE \{2\½ teasp. \{1\½ tablesp.

5. Continue whipping until stiff. Fold in the cut marshmallows.

6. Chill while preparing the gelatin mixture.

7. Meanwhile, dissolve ............... \{lemon GELATIN \{¼ cup \(\frac{1}{2} \) pkg. \(\frac{1}{2} \) cup \(\frac{1}{2} \) cup

\{in boiling WATER \{\frac{1}{2} cup \{1 pkg. \{1 \{½ cups

8. Stir in.......................... \{SALT \{few grains \{\frac{1}{8} teasp.


10. Pile into 4 or 6 sherbet glasses.

11. Roll into fine crumbs.............. \{VANILLA WAFERS,* \{3 \{½ oz. \{6 \{1 oz.

\{2 inches across

12. Sprinkle crumbs on top of gelatin mixture. Chill until firm.

*Graham cracker crumbs also can be used. You will need to use \(\frac{1}{4} \) cup crumbs for 4 and \(\frac{1}{2} \) cup for 6.

Whipped Pineapple Dressing

**DIRECTIONS**

1. Chill until ice cold.................. \{PET MILK \{\frac{1}{2} cup \{\frac{1}{2} cup

2. Mix .......................... \{FLOUR \{1 tablesp. \{1\½ tablesp.

\{SUGAR \{1 teasp. \{1\½ teasp.

\{SALT \{\frac{1}{2} teasp. \{\frac{1}{2} teasp. \{\frac{1}{2} teasp.

\{dry MUSTARD \{\frac{1}{2} teasp. \{\frac{1}{2} teasp. \{\frac{1}{2} teasp.

3. Stir in.......................... \{well-beaten EGG \{1 \{1

4. Add.......................... \{canned PINEAPPLE \{\frac{1}{2} cup \{1 cup

\{APPLE JUICE* \{2 tablesp. \{\frac{1}{4} cup

\{WATER

5. Place over boiling water. When water again boils, cook and stir 8 minutes, or until slightly thickened. Remove from heat.

6. Stir in, then chill.................. \{LEMON JUICE \{3 tablesp. \{\frac{1}{4} cup

7. At serving time, whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff.

8. Fold into chilled pineapple mixture. Serve on all kinds of fruit salads.

*Orange juice also can be used.
**Butter Spread**

<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. Cut in small pieces and put into mixing bowl</td>
<td><strong>BUTTER or margarine</strong></td>
<td>$\frac{1}{4}$ pound</td>
<td>$\frac{1}{2}$ pound</td>
<td>1 pound</td>
</tr>
<tr>
<td></td>
<td><strong>SALT</strong></td>
<td>$\frac{3}{8}$ teasp.</td>
<td>$\frac{1}{4}$ teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
</tr>
<tr>
<td>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).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Also let stand in warm room</td>
<td><strong>PET MILK</strong></td>
<td>$6\frac{1}{2}$ tablesp.</td>
<td>$\frac{3}{4}$ cup</td>
<td>14 1/2-oz. can</td>
</tr>
</tbody>
</table>

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, biscuits, etc.

5. Makes a little less than | $\frac{1}{2}$ pound | 1 pound | 2 pounds |

*When using $\frac{1}{4}$ 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.

---

**Ham With Milk Gravy**

<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. Trim off fat from</td>
<td><strong>sliced, raw, smoked HAM</strong></td>
<td>$\frac{1}{2}$ lb.</td>
<td>1 lb.</td>
<td>1 1/2 lbs.</td>
</tr>
<tr>
<td>2. Put fat into skillet and cook until crisp; then remove crisp pieces.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Cook ham slowly until brown on both sides in hot fat remaining in skillet.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Remove to warm platter and keep hot.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Pour off all fat from skillet; measure and return to skillet 2 teasp. fat for 2; 1 1/2 tablesp. for 4 and 2 tablesp. for 6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Blend into fat and stir until brown</td>
<td><strong>FLOUR</strong></td>
<td>2 teasp.</td>
<td>$1\frac{1}{2}$ tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td></td>
<td><strong>SALT</strong></td>
<td>$\frac{1}{4}$ teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>$\frac{3}{4}$ teasp.</td>
</tr>
<tr>
<td></td>
<td><strong>PEPPER</strong></td>
<td>few grains</td>
<td>few grains</td>
<td>$\frac{1}{8}$ teasp.</td>
</tr>
<tr>
<td>7. Stir in slowly</td>
<td><strong>WATER</strong></td>
<td>$\frac{1}{4}$ cup</td>
<td>$\frac{1}{3}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
</tr>
<tr>
<td>8. Boil and stir 2 minutes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Stir in</td>
<td><strong>PET MILK</strong></td>
<td>$\frac{3}{4}$ cup</td>
<td>$\frac{2}{3}$ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>10. Heat thoroughly; but do not boil. Serve hot with the ham.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**For Pork Chops with Milk Gravy:** Replace the smoked ham with 2 or 4 or 6 pork chops. Sprinkle chops with salt and pepper before browning.
One way you can help is to see that he gets now the very best possible milk — safe, easily digestible milk that provides the food substances which help a baby to build a well-developed body, and sound bones and teeth.

Pet Milk is that kind of milk. Always easy for babies to digest. Every drop uniformly rich in the food substances of whole milk. As surely safe, in its sealed container, as if there were no germ of disease in the world. And every pint of Pet Milk contains 400 units of pure crystalline vitamin D₃ — the amount of the sunshine vitamin that milk should contain to enable your baby to build bones that are straight and strong, teeth that are sound, and to make the best of growth.

To help you care for your baby, send for 64-page book "Your Baby."