Extra-Good Meals
with No Extra Work
by Mary Lee Taylor
PET MILK NOW RATION-FREE

Now that the war is over and ration points are no longer required for Pet Milk and many other foods, you and I can begin to have more fun in planning meals than we have had in a long, long time.

It’s been a struggle these past few years to develop recipes for interesting new dishes—but your letters assure me that the Pet Milk recipes and meal-planning ideas did help you to have tempting variety in meals despite food shortages.

Now the situation is changing and in the coming months there will be no limit to the number of attractive, delicious dishes you can prepare. Foods that were scarce will again be plentiful. New foods will appear in the stores. And in the Pet Milk Kitchens we will be busier than ever creating new recipes for dishes that will make mealtime an exciting and happy time.

One thing I’m particularly glad about is that now you can buy all the Pet Milk you need and there are so many, many ways in which you can use this double-rich whole milk to advantage.

Pet Milk gives food a richness of flavor and an extra wholesomeness that you can’t get with any other kind of milk. Pet Milk supplies more than twice the protective whole milk substances that ordinary milk supplies. In addition, Pet Milk supplies 400 units of sunshine vitamin D per reconstituted quart (half Pet Milk, half water). That fact is especially important if you have a baby who needs milk from a bottle.

The postwar world will be a new and challenging world for all of us. But let’s not ever forget that managing a home and keeping a family healthy and happy is still the most important job a woman can do. Since the kind of food you serve has much to do with the health and happiness of your family, I’m looking forward to helping you—with new recipes, new meal-planning suggestions, new ideas about food of all kinds.

Mary Lee Taylor

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Cape Cod Biscuits
Photograph on front cover

1. Turn on oven; set at hot (425° F.).
2. Grease well eight 3-in. muffin tins or custard cups.
3. Sift before measuring
   1 1/3 cups all-purpose FLOUR*
4. Resift with
   2 teaspoons BAKING POWDER
   3/4 teaspoon SALT
5. Work into flour mixture with fork
   3 tablespoons SHORTENING
6. Fold in
   1 cup flaked, cooked or canned FISH**
   1 tablespoon finely chopped PARSLEY
7. Stir in quickly and just enough to moisten dry ingredients
   1/2 cup PET MILK
   diluted with
   1/2 cup WATER
8. Put into tins, filling 2/3 full.

VARIATIONS:
* 1 1/3 cups prepared biscuit flour can replace all-purpose flour, baking powder, salt and shortening. Simply fold in fish and parsley and proceed as recipe directs.
** Any kind of fish can be used. Cooked or canned meat which has been put through a medium knife of food chopper can also be used.

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 giving name of recipe.

Tomato Cream Sauce

1. Melt in saucepan
   1 tablespoon SHORTENING
2. Add and cook slowly 5 minutes
   2 tablespoons finely cut ONION
3. Stir in
   10 1/2-oz. can TOMATO SOUP
   1/8 teaspoon SALT
   few grains PEPPER
4. Heat to boiling, then remove from heat and stir into
   1/4 cup hot PET MILK
5. Do not cook, but serve at once on Cape Cod Biscuits (see above), or on cooked macaroni, spaghetti or rice. Serves 4.

A PEACH OF A MEAL . . . WITH A DELICIOUS PEACH DESSERT

Cape Cod Biscuits* with Tomato Cream Sauce*
Baked Potatoes Green Bean and Onion Salad Fried Apple Rings
Peach Icebox Dessert*

*Recipes are in this book
EASY DOES IT
WHEN YOU SERVE
THIS MEAL

Easy Goulash*
Creamed Cauliflower
(see Basic White Sauce*)
Whole Carrots
Rye Bread Butter Spread*
Autumn Salad*
(serve as a dessert)

*Recipes are in this book

Easy Goulash—a hearty, simple-to-fix main dish combining meat and potatoes—teams up perfectly with Autumn Salad, a refreshing fruit salad with a wonderful cheese dressing.

Easy Goulash

1. Heat in skillet
   2 tablespoons SHORTENING
2. Add
   1/2 pound twice-ground MEAT*
   1 cup pared, finely diced POTATOES
   1/4 cup finely cut ONION
   1 teaspoon CHILI POWDER
   1 teaspoon SALT
3. Cook slowly, stirring from bottom as mixture browns.
4. Blend in
   1 1/2 tablespoons FLOUR
5. Add
   1 1/4 cups WATER
6. Cover and boil slowly until potatoes are tender; stir occasionally.
7. Stir in
   1/2 cup PET MILK
8. Heat thoroughly, but do not boil.
   If desired, serve on toast or between split sandwich buns. Serves 4.

VARIATIONS:
* Beef, veal, lamb, mutton or pork can be used.

Jiffy Mustard Dressing

1. Put in mixing bowl
   3 tablespoons bottled MUSTARD
2. Mix in
   2 teaspoons SUGAR
   1/4 teaspoon SALT
   2 teaspoons LEMON JUICE
3. Stir in gradually
   1/3 cup PET MILK
**Ginger Apple Pie**

1. Chill until icy cold
   - $1/3$ cup **PET MILK**

2. Soften
   - $1$ tablespoon
   - $1/3$ cup plain, unflavored **GELATIN**
   - in $1/4$ cup **cold WATER**

3. Mix together
   - $1$ well-beaten **EGG**
   - $1/3$ cup **SUGAR**
   - $1/8$ teaspoon **SALT**

4. Stir in mixture of
   - $1/3$ cup **PET MILK**
   - $1/3$ cup **WATER**

5. Stir and cook over boiling water
   - about 3 minutes, or until slightly thickened.

6. Add gelatin; stir until dissolved.
   - Chill until syrupy.

7. Grease a deep 7-inch pie pan.

8. Mix well
   - $1/2$ cup **gingersnap CRUMBS**
   - $1$ teaspoon grated **LEMON RIND**
   - $1$ tablespoon melted **BUTTER**
     - or **fortified margarine**

9. Save 3 tablespoons crumb mixture, then with back of spoon, press remaining crumbs on bottom and sides of greased pan.

10. Mix together, then chill
    - $1$ cup well drained,
    - $1 1/2$ tablespoons **sweetened APPLE SAUCE**

11. Fold into chilled gelatin mixture.

12. Whip chilled milk with rotary beater, or electric beater at high speed, until stiff. Fold into fruit mixture. Put into crumb-lined pan. Sprinkle with remaining crumbs. Chill until firm.

**VARIATION:**
* Cut-up, pared, fresh pears can also be used.

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**Autumn Salad**

1. Mash with fork
   - $3$ tablespoons
   - white **CREAM CHEESE**
     - (1 1/2 ounces)

2. Blend in gradually
   - $1/4$ cup **PET MILK**
   - $1 1/2$ tablespoons **LEMON JUICE**
   - $1/4$ teaspoon **SALT**
   - $1/4$ teaspoon **PAPRIKA**

3. Beat with rotary beater 1 minute, or until smooth. Chill.

4. At serving time, core, pare and arrange on salad plates
   - $1/2$ cup **seedless GRAPES**
   - $4$ fresh **PEAR HALVES**
   - on $4$ large **LETTUCE LEAVES**

5. Fill hollows of pears with


**VARIATIONS:**
* Fresh peach halves or canned, drained pear or peach halves can also be used.

**Seeded grapes, sliced bananas, diced, unpared new apple and pitted, canned sweet cherries can also be used.

Note: The dressing part of this recipe can be served on all kinds of fruit or vegetable salads.
Basic White Sauce
(for creaming a variety of vegetables, meat, eggs or fish)

1. Melt in saucepan
   1 tablespoon MEAT DRIPPINGS or other shortening

2. Blend in
   2 tablespoons FLOUR
   1/2 teaspoon SALT
   few grains PEPPER

3. Stir in
   1/2 cup WATER or vegetable liquid or meat broth

4. Stir and boil 2 minutes.

5. Then stir in
   1/2 cup PET MILK

Creamed Vegetables
* Cabbage, carrots, cauliflower, corn, green beans, lima beans, celery, eggplant, kohlrabi, mushrooms, onions, potatoes, peas, cucumber, radishes, turnips, wax beans or a mixture of these can be used.

Creamed Eggs

Creamed Meat
Add 2 cups diced, cooked or canned meat to the sauce at serving time. Heat thoroughly, but do not boil. Serve at once. Serves 4.

Creamed Fish
Add 2 cups flaked, cooked or canned fish to the sauce at serving time. Heat thoroughly, but do not boil. Serve at once. Serves 4.

Noodles with Spanish Sauce

1. Boil until tender
   2 cups medium NOODLES* broken into pieces
   in 6 cups boiling WATER
   1 1/2 teaspoons SALT

2. Meanwhile, cook slowly 5 minutes, or until tender
   3/4 cup cut-up GREEN PEPPER** (1 large)
   2 tablespoons finely cut ONION in 1 1/2 tablespoons hot SHORTENING

3. Put in small bowl
   3 tablespoons PEANUT BUTTER
   1 tablespoon FLOUR
   1 teaspoon CHILI POWDER***
   1/2 teaspoon SALT
   few grains PEPPER

4. Stir in gradually
   2/3 cup WATER

5. Stir into onion mixture; boil 2 minutes.

6. Add and heat thoroughly, but do not boil
   1/2 cup PET MILK


VARIATIONS:
* Macaroni or spaghetti can replace noodles if quantity is reduced to 1 cup.
** Sweet red pepper can replace the green pepper.
*** Paprika can replace the chili powder.
Peach Icebox Dessert is one of those marvelous make-ahead-of-time desserts. Attractive—delicious—and so very wholesome! Perfect for parties . . . and an ideal all-family dessert.

Peach Icebox Dessert

Photograph above

1. Soften
   1 tablespoon
   plain, unflavored GELATIN
   in 3/4 cup WATER

2. Heat to boiling
   1/2 cup PET MILK

3. Add gelatin; stir until dissolved; chill until syrupy.

4. Peel and mash
   4 large PEACHES* (1 lb.)

5. Mix in
   2 tablespoons LEMON JUICE
   1/4 cup SUGAR
   1/8 teaspoon SALT

6. Chill until needed.

7. Line an oiled quart mold or loaf pan with
   8 strips ANGEL CAKE** (1x3 inches)


* Canned, sliced peaches can also be used. You will need to drain and mash 1 1/2 cups.

** Plain cake, pound or sponge cake or vanilla wafers can replace angel cake.

Pear Icebox Dessert

Substitute fresh or canned, drained pears for the peaches. You will need to use 1 1/2 cups when mashed.

A HEARTY MEAL WITH A HAPPY ENDING

Swedish Meat Loaf*
Creole Cabbage*
Lettuce Salad
Jiffy Mustard Dressing*
Hot Rolls Butter Spread*
Peach Icebox Dessert*

*Recipes are in this book
Scalloped Vegetables

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a 1 1/2-qt. baking dish.
3. Pare, then cut in thin slices
   3 medium POTATOES (1 lb.)
   2 medium TURNIPS (1/2 lb.)
4. There should be about 3 1/4 cups sliced vegetables.
5. Put vegetables in layers in baking dish with
   2 tablespoons finely cut ONION
6. Mix together
   2 tablespoons FLOUR
   1 1/4 teaspoons SALT
   1/8 teaspoon PEPPER
7. Stir in gradually a mixture of
   2/3 cup PET MILK
   2/3 cup boiling WATER
8. Pour over vegetables.
9. Dot top with
   1 tablespoon SHORTENING
10. Cover and bake 1 hour, then remove cover and continue baking 30 min. longer, or until vegetables are tender. Serve at once from baking dish. Serves 4.

Top-Stove Rice Puddings

1. Divide among 4 dessert dishes
   2 cups cooked RICE
2. Heat to boiling a mixture of
   3/4 cup PET MILK
   3/4 cup WATER
3. Mix together
   1 slightly beaten EGG YOLK
   3 tablespoons SUGAR
   1 tablespoon FLOUR
   1/8 teaspoon SALT
4. Then stir in scalded milk slowly.
5. Stir and cook over boiling water 5 min., or until slightly thickened.
6. Remove from heat, stir in
   2 teaspoons VANILLA
7. Pour at once over the rice. Chill.
8. At serving time, beat until stiff
   1 EGG WHITE
9. Beat in gradually
   1 tablespoon SUGAR

Basic Cream Soup

(for making a variety of vegetable cream soups)

1. Cook in saucepan 5 minutes
   1 1/2 tablespoons finely cut ONION
   in 1 tablespoon SHORTENING
2. Blend in
   1 1/2 tablespoons FLOUR
   1/2 teaspoon SALT
   few grains PEPPER
3. Stir in slowly and boil 2 minutes
   1 cup VEGETABLE LIQUID
4. Add
   1 cup PET MILK
   2/3 cup strained VEGETABLE* cooked or canned

*Peas, green beans, asparagus, lima beans, celery, carrots, cucumbers, potatoes, whole kernel corn, cabbage, onions and spinach, rubbed through a sieve, can be used.
**Butter Spread**

1. Cut in small pieces and put in mixing bowl
   - 1/4 pound BUTTER or fortified margarine
   - 1/8 teaspoon SALT

2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise (see note).

3. Also let stand in warm room
   - 6 1/2 tablespoons PET MILK
   - Butter and milk will blend together better if they are the same temperature.

4. Stir milk into soft butter gradually, adding about 1 tablespoon at a time and using a mixing spoon, a rotary egg beater or electric beater at low speed. When all milk is added, beat vigorously for 1 min. to blend completely. Cover bowl and chill, or pack while soft into straight-sided dish. Keep chilled when not in use. Serve as a spread on bread, pancakes, waffles, biscuits, muffins, French toast, etc. Makes a little less than 1 cup, or a little less than 1/2 lb.

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

**Macaroni Loaf**

1. Cook until tender
   - 1 1/3 cups MACARONI broken into pieces
   - in 6 cups boiling WATER
   - 1 1/2 teaspoons SALT

2. Drain and rinse with hot water.

3. Mix together
   - 1 1/3 cups (7 ounces) diced AMERICAN CHEESE*
   - 1/3 cup PET MILK
   - 1/3 cup WATER
   - 1 teaspoon SALT
   - 1/2 teaspoon dry MUSTARD
   - 1/8 teaspoon PEPPER

4. Stir over boiling water until smooth.

5. Fold in drained macaroni and
   - 1 slightly beaten EGG

6. Pour into well-greased loaf pan 8x4x3 inches deep or eight 3-in. muffin tins. Bake in moderately slow oven (350° F.) until firm, allowing 45 min. for loaf and 25 min. for muffin tins. Turn out. Serves 4.

   **Note:** The packaged, processed type of cheese is best to use in this recipe.

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**AN OVEN DINNER . . . FEATURING TWO ALL-TIME FAVORITES**

- Macaroni Loaf*
- Baked Tomatoes
- Summer Squash
- Cabbage Slaw . . . Jiffy Mustard Dressing*
- Hot Rolls . . . Butter Spread*
- Old-Fashioned Chocolate Pudding*

*Recipes are in this book
GOOD LINE-UP FOR A LUNCH BOX MEAL

- Potato Chowder* in Thermos Bottle
- Raisin-Nut Sandwiches*  
- Tomato Rarebit Sandwiches*
- Chocolate Oatmeal Cookies*  
- Fresh Fruit

*Recipes are in this book

FINE IDEA FOR A MEATLESS MEAL

- Noodles with Spanish Sauce*  . .  . Spinach or Green Beans
- Cottage Cheese on Tomato Slices
- Fresh Fruit . . . Chocolate Oatmeal Cookies*

*Recipes are in this book

Chocolate Oatmeal Cookies

Photograph above

1. Turn on oven; set at (375° F.).

2. Mix together, then let stand
   1/2 cup quickly-cooking ROLLED OATS
   3 tablespoons PET MILK
   3 tablespoons WATER

3. Sift before measuring
   1/2 cup all-purpose FLOUR

4. Resift with
   3 tablespoons COCOA
   1 teaspoon BAKING POWDER
   1/4 teaspoon SALT

5. Put in mixing bowl
   1/4 cup soft SHORTENING
   1 teaspoon VANILLA

6. Add gradually, mixing thoroughly
   1/3 cup SUGAR

7. Beat in vigorously
   1 well-beaten EGG

8. Add flour mixture alternately with milk mixture; begin and end with flour; mix well.

9. Drop from a teaspoon onto greased baking sheet, leaving 2 inches between cookies. Flatten with back of spoon. Bake 10 min., or until firm to the touch. Makes about 2 doz.

Note: 1/2 cup halved, seedless raisins or chopped nuts can be folded into the flour mixture if desired.

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 giving name of recipe.
**Tomato Rarebit**

1. Cook slowly 10 min., or until tender
   1/2 cup finely cut GREEN PEPPER
   1/2 cup finely cut ONION
   in 2 tablespoons
   melted SHORTENING
2. Blend in
   2 teaspoons FLOUR
   1/8 teaspoon SALT
   few grains PEPPER
3. Stir in
   3/4 cup canned, condensed TOMATO SOUP*
4. Stir and boil 2 minutes.
5. Mix together
   1/4 lb. sliced, packaged American CHEESE
   1/2 cup PET MILK
6. Stir and cook over boiling water until cheese melts and mixture is smooth. Remove both mixtures from heat. Stir soup mixture into milk mixture. Do not cook after combining. Serve at once on toast, boiled rice, noodles, spaghetti, etc. Serves 4.

**For Tomato Rarebit Sandwiches**

Increase flour to 1 1/2 tablespoons. Put mixture in covered dish and store in refrigerator until firm. Makes enough for 4 large sandwiches.

* Soup remaining in 10 1/2-oz. can may be used in sauces or gravies, or mixed with an equal amount of water and served as soup.

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**Swedish Meat Loaf**

1. Turn on oven; set at moderately slow (350° F.).
2. Put through fine knife of food chopper
   2 small, pared POTATOES* (1/2 lb.)
   There should be about 3/4 cup.
3. Then grind
   1 small ONION
   4 thin slices BACON
4. Mix thoroughly with
   1 pound twice-ground MEAT**
   1/3 cup PET MILK
   1 1/4 teaspoons SALT
   1/8 teaspoon PEPPER
5. Shape into loaf. Put in greased baking pan. Bake 1 1/4 hours, or until brown. Serve hot or cold. Serves 4.

**VARIATIONS:**

* Potatoes and onion can be grated and bacon can be finely cut.
** Beef, veal or lamb can be used.

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**Raisin-Nut Sandwiches**

1. Mix together
   2/3 cup seedless RAISINS*
   2 teaspoons LEMON JUICE
2. Put through fine knife of food chopper.
3. Add to ground raisins
   1/3 cup PEANUT BUTTER
   1/8 teaspoon SALT
4. Add gradually, mixing well after each addition
   1/3 cup PET MILK
   Makes sufficient for 4 large, double sandwiches.

**VARIATION:**

* Cooked, pitted prunes can be used.
Whipped Topping

(to serve in place of whipped cream on desserts, beverages, etc.)

For perfect results every time
have Pet Milk icy cold
have bowl icy cold
have beater icy cold

1. Chill until icy cold
1/3 cup PET MILK*
(See ways to chill Pet Milk)
2. Add
4 teaspoons granulated SUGAR
3. Whip with rotary beater, or electric beater at high speed, until fluffy.
4. Then add
2 teaspoons LEMON JUICE
5. Continue whipping until stiff.
6. Sprinkle over the top
1/8 teaspoon LEMON EXTRACT
or 1/2 teaspoon grated lemon rind

WAYS TO CHILL PET MILK:
1. Put in ice tray of an automatic refrigerator and chill until ice crystals begin to form around the edges.
2. Put in a small bowl and set right on the ice, chilling until both bowl and milk are icy 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 icy cold — overnight if possible.

Old-Fashioned Chocolate Pudding

1. Mix together
1/3 cup COCOA
1/3 cup SUGAR
1/4 teaspoon SALT
2 tablespoons CORNSTARCH
2. Stir in gradually
1 cup PET MILK diluted with
1 cup WATER
3. Stir and cook over boiling water until mixture is smooth and thickened.
4. Cover and cook 15 minutes longer, stirring occasionally.
5. Remove from heat and add
1 teaspoon VANILLA
6. Put into 4 individual molds or cups which have been rinsed with cold water.
7. Chill until firm.
8. Turn out and serve at once. Serves 4.

Creole Cabbage

1. Cover and boil 7 minutes
2 cups cut-up TOMATOES
(4 medium)
4 cups cut-up CABBAGE
(about 3/4 lb.)
1 large green PEPPER cut in strips
2. Sprinkle over vegetables mixture of
2 tablespoons FLOUR
3. Stir and boil 2 min. longer, or until mixture thickens.
4. Remove from heat and stir into
1/3 cup hot PET MILK
Spanish Meat and Rice Rolls—a colorful main dish that's almost a meal in itself. Really an extra-flavorful, extra-wholesome version of old-fashioned cabbage rolls.

**Spanish Meat and Rice Rolls**

1. Remove 8 outer leaves from 1 medium head of CABBAGE
2. Put in bowl; cover with boiling water; let stand about 2 minutes, then drain.
3. Heat in skillet 1 tablespoon SHORTENING
4. Add 1 cup ground, cooked MEAT* 1/4 cup finely cut ONION 1 1/2 teaspoons PAPRIKA** 3/4 teaspoon SALT few grains PEPPER
5. Brown slowly, about 5 minutes, stirring occasionally.
6. Add 2 cups cooked RICE 1/2 cup PET MILK
7. Cook slowly until mixture holds its shape.
8. Divide mixture among cabbage leaves. Roll up tightly and secure with string. Place close together in skillet.
9. Add mixture of 10 1/2-oz. can condensed TOMATO SOUP 1/2 cup WATER
10. Cover and boil slowly 10 minutes, or until cabbage is just tender. Serve at once. Serves 4.

**VARIATIONS:**

* Bologna, frankfurters, wieners, canned lunch meat or any left-over cooked meat can be used.
** 1 teaspoon chili powder can replace the paprika.
**Corn Fritters**

1. Sift together into bowl
   - 1 cup sifted, all-purpose FLOUR
   - 2 teaspoons BAKING POWDER
   - 1 1/4 teaspoons SALT

2. Mix together
   - 1 well-beaten EGG
   - 1 cup drained, whole kernel CORN* cooked or canned
   - 1/3 cup PET MILK
   - 1/3 cup CORN LIQUID or water
   - 1 tablespoon melted SHORTENING

3. Add, all at once, to flour mixture, mixing quickly but thoroughly. Using about 1/4 cup batter for each fritter, brown in 1/4 in. of hot shortening until edges are cooked, then turn and brown other side. Serve at once. Makes 8 four-in. fritters.

*VARIATION: To use freshly cooked corn, cut corn from 1 large or 2 medium ears. Scrape cob. Cover; boil from 7 to 12 min., or until just tender in 2/3 cup boiling water and *4 teaspoon salt. Cool, then drain and save liquid. If you do not have 2/3 cup liquid, add water.

Note: You'll have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude, write for a specially adjusted recipe stating altitude at which you live and giving name of recipe.

**Savory Squares**

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

2. Grease a baking pan about 8-inches square.

3. Put in bowl
   - 4 cups BREAD CUBES (day-old)

4. Mix, then pour over bread and let stand until needed
   - 1/2 cup PET MILK
   - 1/2 cup WATER

5. Cook slowly 5 minutes
   - 1/4 cup finely cut ONION in 2 tablespoons SHORTENING

6. Add to soaked bread along with
   - 1 well-beaten EGG
   - 1 teaspoon SALT
   - 1/8 teaspoon PEPPER
   - 1 teaspoon ground SAGE

7. Mix thoroughly; spread in greased pan. Bake 20 minutes, or until firm. Cut in squares; serve with a Creamed Vegetable, Fish or Meat (see index). Serves 4.

**Potato Chowder**

1. Cover and boil about 30 minutes, or until tender
   - 3 large, pared and quartered POTATOES
   - 1/4 cup thinly sliced ONIONS
   - 2 3/4 cups boiling WATER
   - 2 teaspoons SALT
   - few grains PEPPER

2. When tender, do not drain, but mash vegetables thoroughly.

3. Stir in slowly
   - 1 1/4 cups PET MILK
   - 1 tablespoon finely cut PARSLEY (optional)

**Peach Custards**

1. Turn on oven; set at moderately slow (350° F.).
2. Mix together
   1 cup peeled, sliced PEACHES* (about 3/4 lb.)
   1 tablespoon SUGAR
3. Divide among 4 individual baking dishes or custard cups.**
4. Pour over peaches a mixture of
   2 slightly beaten EGGS
   2/3 cup PET MILK
   2/3 cup WATER
   3 tablespoons SUGAR
   1/4 teaspoon SALT
   1 teaspoon VANILLA

**VARIATIONS:**
* Fresh pears can replace the peaches. Canned peaches or pears can also be used if sugar in fruit mixture is omitted.
** Mixture can also be baked in a quart baking dish if baking time is increased to 1 hour.

**Brown Onion Soup**

1. Melt in saucepan
   2 tablespoons SHORTENING
2. Add
   1 cup finely cut ONION
3. Cook slowly until onions are lightly browned.
4. Blend in
   2 tablespoons FLOUR
   1 1/4 teaspoons SALT
   few grains PEPPER
5. Stir in gradually
   2 2/3 cups WATER
6. Bring to a boil, stirring constantly. Boil 5 min., stirring occasionally, or until onions are tender.
7. Then stir in
   1 1/4 cups PET MILK

**Ideas**

* Youngsters can make a delicious, wholesome drink by mixing 1 part Pet Milk to 4 parts ginger ale, then stirring it thoroughly with cracked ice. Grown-ups like it, too.
* You can put a beautiful golden-brown glaze on bread, biscuits and rolled cookies by brushing with undiluted Pet Milk just before baking.
* The next time you make a meat loaf, use Pet Milk instead of an egg or eggs to bind the mixture together. Your meat loaf will have an unusually fine flavor and texture.
* Add extra flavor and wholesomeness to creamed vegetables and cream soups by making the sauce with Pet Milk diluted with the liquid from cooked or canned vegetables.
EVERY SATURDAY!

Every Saturday Morning
Columbia Broadcasting System
(See your newspaper for local station and time.)

Mary Lee Taylor and her announcer and official taster, Del King
... in a half-hour of fail-proof recipes, money-saving meal plans, and ideas for making everyday foods more tempting, more wholesome.

Every Saturday Morning
Columbia Broadcasting System
(See your newspaper for local station and time.)

EVERY SATURDAY NIGHT

Saturday Night Serenade
starring
Jessica Dragonette
Bill Perry
Gus Haenschen and his orchestra and
Emil Cote's Serenaders
Every Saturday Night
Columbia Broadcasting System
(See your newspaper for local station and time.)

For Your Protection

This Seal of Acceptance of the Council on Foods and Nutrition of the American Medical Association, which appears on every label, means that the statements made about Pet Milk have been accepted by this high authority.

This "Approved for Vitamin D" seal is assurance to you that the Wisconsin Alumni Research Foundation makes periodic tests to determine that Pet Milk diluted with an equal amount of water always gives you 400 units of vitamin D per quart.

For Babies, Too

To help you care for and train your baby, Pet Milk Company has prepared a 64-page book called "Your Baby," filled with the kind of information you need—approved by a well-known doctor.

Some of the high spots of this book are: Care of baby's body, clothes, bedding, bottles, nipples. How to hold baby during feedings. What to do when baby cries. What to do at weaning time. Also tested recipes for baby's first solid foods.

For free copy of "Your Baby," write Pet Milk Company, 1458 Arcade Bldg., St. Louis 1, Mo.

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