“Winter Time” on the PET-MILKY-WAY

— the way to food that is attractive and delicious and, at the same time, more wholesome and economical. You’ll hear Seasonal and Appropriate Tested Recipes for everything from soup to dessert demonstrated over the air.

Every Tuesday and Thursday

EAST OF THE ROCKY MOUNTAINS

Columbia Broadcasting System

11:00 am Eastern Standard Time
10:00 am Central Standard Time
9:00 am Mountain Time

MARY LEE TAYLOR

Broadcasts direct from the Pet Milk Experimental Kitchen

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Baltimore . . WCAO, 11am
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Buffalo . . . . WKBW, 11am
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Memphis . . . . WREC, 10am
Miami . . . . WQAM, 11am
Mobile . . . . WALA, 10am
Montgomery WSFA, 10am
Nashville . . . WLAC, 10am
New Orleans WDSU, 10am
Okla. City . . KOMA, 10am
Orlando . . . . WDBO, 11am
Pearl . . . . WMBD, 10am
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Savannah . . WTOC, 11am
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Toledo . . . . WSPD, 11am
Tulsa . . . . KTUL, 10am
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Wichita . . . . KFH, 10am

WEST OF THE ROCKY MOUNTAINS

Every Tuesday

ANN HOLDEN

and BENNY WALKER

Woman’s Magazine of the Air

National Broadcasting Company

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Copyright 1934 Pet Milk Company, St. Louis, Mo., Form No. 2776
Dear Pet Milk Consumer

All Pet Milk is now being given a new and most important quality. Whether you use it to make the delicious and varied dishes from the recipes in this book or other recipes that our Experimental Kitchen has created and tested -- or for your baby -- or babies -- and children to drink, this new improvement is most valuable.

You have, of course, noticed the word "Irradiated" on the face of the label on Pet Milk cans — the vital word which means that the Pet Milk in that can contains an extra supply of the priceless sunshine vitamin D — the vitamin that is necessary for the growth of sound, firm bones and teeth — of straight legs and backs — of nicely shaped heads and broad, full chests. This is the vitamin that expectant and nursing mothers must have if their systems are not to be robbed by nature in building babies' bony frames. You've heard, of course, the saying that every baby costs the mother a tooth. That was probably true, unfortunately, before so much was known about the importance of sunshine vitamin D.

Science has now learned not only how necessary this vitamin D is to our good health, but how it can be put into Pet Milk where it can be consumed as milk
to drink and in appetizing milk drinks or in various delicious cooked dishes.

This additional supply of vitamin D is put into Pet Milk not by adding some foreign substance to the milk — but by shining ultra-violet rays, created artificially in the Pet Milk plants, on the Pet Milk as it is produced. These ultra-violet rays are the same rays that come from the sun and create this vitamin D in our bodies, when they can reach our bodies through our clothes and dust and clouds and smoke.

I am delighted to be able to tell you that the cost of Pet Milk to you has not been increased because it now contains this extra vitamin D. It still costs less generally than ordinary milk -- much less than cream. Use Pet Milk for every need you have for milk and cream and you will not only be putting more milk in your diet -- and all authorities agree that's important -- but you will be getting an additional supply of priceless vitamin D.

I hope you will enjoy using the recipes in this book. They have been just as carefully tested in this Pet Milk Experimental Kitchen as the ones in the Pet Milk cookbook approved by Good Housekeeping Institute that you'll see described on page 16.

All these Pet Milky Way recipes are created to make attractive and delicious food that is, at the same time, more wholesome and that costs less.

Very sincerely yours

Mary Lee Taylor
CREAM OF PIMENTO SOUP

Heat to the boiling point in a saucepan

- 3 cups water
- 4 chicken bouillon cubes
- 1 1/2 tablespoons chopped onion
- 4 pimientos, pressed through sieve (4-ounce can)

Blend to a smooth mixture

- 2 tablespoons flour
- 2 tablespoons water

Stir into soup mixture. Cook for 10 minutes, stirring frequently.

Add

- 2 cups Pet Milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Heat thoroughly and serve at once.

Serves 6.

WHIPPED PET MILK GARNISH FOR SOUPS

Soak for 5 minutes

- 1/2 teaspoon granulated gelatin in
- 2 teaspoons cold water

Scald in top of double boiler

- 1/2 cup Pet Milk

Add gelatin and stir until dissolved. Pour into bowl and chill until icy cold. Then whip with rotary beater until stiff.

Fold in

- 1/4 teaspoon celery salt
- 1/4 teaspoon grated onion
- 1/8 teaspoon salt
- Few grains white pepper

Makes about 1 1/2 cups, ample for 6.
**POACHED EGGS DE LUXE**

Suitable for breakfast or lunch

- **Melt in saucepan**
  - 2 tablespoons butter
  - 2 tablespoons flour
  - 1/2 teaspoon salt
  - 1/6 teaspoon pepper

- **Blend in**
  - 1 cup Pet Milk (diluted with 1 cup water)

- **Stir in slowly**
  - 2 tablespoons butter

- **Cook for 5 minutes, stirring constantly.**

- **Spread on 6 rounds buttered toast**

- **Cover with**
  - 1/2 cup deviled ham

- **Top with**
  - 6 poached eggs

- **Pour sauce over eggs. ... Serves 6.**

**Note:** A 4 1/2-ounce can of deviled ham will yield ½ cup.

---

**SAUSAGE AND NOODLES**

- **Cook for 15 minutes, or until tender**
  - 4 cups noodles, 1/4-inch wide (1/2-pound)
  - 8 cups boiling water
  - 2 teaspoons salt

Drain and rinse with cold water.

- **Parboil in large skillet for 5 minutes**
  - 8 pork sausages (about 1 pound)

Drain and continue cooking sausages until brown. Remove from skillet. Cut in ½-inch slices.

- **Drain off all but**
  - 2 tablespoons fat

- **Add and cook for 5 minutes**
  - 2 tablespoons chopped onion
  - 1/2 cup chopped green pepper
  - 2 tablespoons flour
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/6 teaspoon cloves

- **Blend in**
  - 1 1/2 cups Pet Milk (1 tall can)
  - 1/2 cup water

Cook for 5 minutes, stirring frequently.

Add noodles and sausages, heat thoroughly and serve at once ... Serves 6 generously.

**Note:** A half pound of spaghetti or macaroni, broken into pieces may be substituted for the noodles. Two tablespoons chopped pimento improves the appearance of this dish. Add just before serving.

---

**POTATO-SPINACH SOUP**

- **Cook for 3 minutes, or until lightly browned**
  - 1 1/2 tablespoons hot fat
  - 1/2 cup chopped onion

- **Add**
  - 4 cups water
  - 4 cups diced potatoes (about 6 medium-sized)

- **Cook for 20 minutes.**

- **Add**
  - 1/2 pound spinach, finely chopped (about 3 cups)

Cook 10 minutes longer or until spinach is tender.

- **Stir in**
  - 2 cups Pet Milk

Heat thoroughly. Serve at once ... Serves 6.

**Note:** Butter, chicken or bacon fat may be used.
VEGETABLE MEAT PIE

Melt in saucepan...

2 tablespoons fat
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper

Stir in slowly...

3/4 cup Pet Milk
3/4 cup liquid off vegetables

Cook for 5 minutes, stirring constantly.

Add...

2 1/2 cups cooked or canned vegetables, drained
1 1/2 cups diced, cooked meat

Pour mixture into greased baking dish about 6 x 10 inches.

Put in mixing bowl....

1 cup sifted cake flour
1/2 teaspoon salt

Resift with...

1/3 cup grated American cheese
1/4 cup shortening

Blend in with 2 knives, pastry blender, or fingers until mixture has the appearance of coarse corn meal...

Stir in...

1 1/2 tablespoons Pet Milk diluted with 1 1/2 tablespoons water

Turn out on floured board and roll to fit top of baking dish. Pinch pastry to form fancy edge. Cut several slashes in top to allow steam to escape. Bake in hot oven (425° F.) 20 minutes, or until browned. ... Serves 6.

BAKED SALMON

Mix together lightly with a fork....

2 cups flaked salmon, cooked or canned
2 cups left-over mashed potatoes
1 1/4 cups Pet Milk
1/4 teaspoon salt
1/8 teaspoon pepper

Put into greased baking dish.

Sprinkle top with mixture of....

1 tablespoon melted butter
1/4 cup fine, dry bread crumbs

Bake in moderate oven (350° F.) 25 minutes, or until browned. ... Serves 6.

NOVEL MEAT LOAF

Mix together...

2 pounds ground beef
2 teaspoons salt
2 tablespoons chopped onion
1/8 teaspoon pepper
3/4 cup Pet Milk

When well mixed, put on a sheet of waxed paper and pat out to an oblong about 8-inches by 12-inches, 1/2-inch thick.

Beat together until light and fluffy...

3 cups hot mashed potatoes
1 teaspoon salt
Few grains pepper
3/4 cup Pet Milk

Put in center of meat. Form into a roll about 4-inches thick and as long as the meat. With the aid of the waxed paper, wrap the meat around the potatoes. Remove the paper and put roll in greased baking pan. Bake in hot oven (400° F.) 45 minutes, or until brown. Makes 6 generous servings.

HAM LOAF

Put in mixing bowl....

1 pound ground ham
1/2 pound ground veal
1/2 pound ground beef
2 cups soft bread crumbs
1 teaspoon celery salt
1/4 teaspoon pepper
1/4 cup chopped onion
1/4 cup chopped green pepper
1 cup Pet Milk

Add and mix well...

Shape into loaf. Put in greased baking pan. Bake in hot oven (400° F.) 1 hour. Baste frequently with the drippings in pan during baking. ... Serves 6.
Stuffed Ham Roll

1. Cook 20 minutes, or until tender.

   - 1 1/2 cups broken macaroni
   - 6 cups boiling water
   - 1 teaspoon salt

2. Drain and rinse with cold water.

3. Cut or chop into 1/2-inch pieces.

4. Mix with:
   - 2 cups soft bread crumbs, without crusts
   - 2 tablespoons chopped onion
   - 1 cup diced celery
   - 2 teaspoons salt
   - 1 teaspoon powdered sage
   - 1/4 teaspoon pepper

5. Add:
   - 1 beaten egg
   - 1/2 cup Pet Milk

6. Arrange between:
   - 2 slices ham, 1/2-inch thick

7. Tie securely with string.

8. Put in baking pan
   - 1/4 cup boiling water

9. Cover and bake in moderate oven (375° F.) 1 hour.

10. Then remove cover and bake 1/2 hour longer, basting occasionally with liquid in pan. ... Serves 6.
Here's a Delicious Dinner:

Cream of Tomato Soup*  Stuffed Ham Roll*
Gravy*  Buttered Carrots  Butter Rolls*
Lettuce, French Dressing*
Pumpkin Pie* with Whipped Pet Milk Topping*

*(See index, page 2, for these recipes)
**PANCAKES**

Sift before measuring... 

1 cup bread flour
2 teaspoons baking powder
½ teaspoon salt
1 cup left-over mashed potatoes
2 well-beaten eggs

Mix together... 

¾ cup Pet Milk diluted with
¾ cup water

Beat with rotary egg beater for 1 minute to blend thoroughly.

Bake on a hot griddle until brown or fry in... 

2 tablespoons hot fat

Makes 2 dozen pancakes, 3-inches in diameter.

---

**HOT TAMALE PIE**

Heat to the boiling point.

Sift in slowly so that milk does not stop boiling...

Cook slowly for 5 minutes, stirring frequently.

Put in mixing bowl.

Mix thoroughly with... 

Shape into a cylinder 8-inches long. Pour ¾ of corn meal mush into a greased loaf pan, 8-inches long and 4-inches wide. Put in the meat and cover with remaining mush. Bake in moderate oven (375° F.) 1 hour, or until firm... Serves 6.

---

**CREAMED SWEETBREADS**

Soak in cold water for 20 minutes...

Drain.

Boil 20 minutes in... 

Drain and cool. Then remove fibers and cut lengthwise.

Dredge in mixture of... 

Brown in skillet in... 

Remove and keep warm.

Blend in fat in pan... 

Cook slowly for 5 minutes, stirring frequently.

Add... 

Serve at once on sweetbreads... Serves 6.

*The cup and a half of double-rich Pet Milk in these Creamed Sweetbreads not only gives the dish its rich, creamy flavor, but it puts into it the equal of three whole cups of ordinary milk—a half a cup for every one of the six the dish serves.*
PECAN DRESSING
For chicken or turkey

Mix together:

- \( \frac{1}{2} \) cups soft bread crumbs, free from crust
- \( \frac{1}{2} \) cups cooked rice
- \( \frac{1}{2} \) cups sausage meat (about \( \frac{3}{4} \)-pound)
- \( \frac{3}{4} \) cup chopped celery
- \( \frac{1}{2} \) teaspoon grated lemon rind
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper

Moisten with:

- 1 cup Pet Milk

Cook for 5 minutes, stirring frequently, in:

- 2 tablespoons hot fat

Add:

- \( \frac{1}{2} \) cup chopped nuts

Sufficient for stuffing a 5-pound chicken.

The cup of double-rich Pet Milk gives this Pecan Dressing its rich, buttery flavor.

PORK BIRDS

Pound to \( \frac{3}{4} \)-inch thickness:

- 2 pounds pork steaks (from shoulder or neck)

Cut into 6 oblong pieces.

Rub with mixture of:

- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{4} \) teaspoon pepper
- 2 teaspoons lemon juice
- \( \frac{1}{2} \) cup raisins, halved
- 2 cups dry bread crumbs

Mix together:

- \( \frac{3}{4} \) cup Pet Milk
- 1 teaspoon salt

Spread pieces of meat with dressing, roll up and secure with string or toothpicks.

Dredge in:

- 2 tablespoons flour

Brown in:

- 2 tablespoons hot fat

Add:

- 1 cup water

Cover and cook slowly 20 minutes, or until tender. Serve with gravy remaining in pan.

... Serves 6.
Creamed Corn in Pepper Baskets

1. Cut in half lengthwise and remove seeds from 3 medium-sized green peppers.

2. Cut crosswise in 1/2-inch slices 1 medium-sized green pepper.

3. Cut each slice in two pieces to form handles.

4. Cook pepper halves and pieces, uncovered, for 4 cups boiling water 5 minutes in. Drain.

5. Melt in top of double boiler 1 tablespoon butter.

6. Blend in 1 tablespoon flour 1/2 teaspoon salt Few grains pepper.

7. Stir in slowly 1/2 cup Pet Milk diluted with 1/2 cup liquid off corn. Cook until thickened, stirring constantly.

8. Then add 2 cups cooked or canned whole grain corn, drained.

9. Put peppers in baking dish and fill with creamed corn.
10. Put in bottom of baking pan \[\frac{1}{2}\text{ cup hot water}\]

11. Insert pieces to form handles.

12. Bake in moderate oven (350°F) 15 minutes, or until corn is hot and bubbling. . . . Serves 6.
ONIONS IN RAMEKINS

Cook for 10 minutes, or until tender in uncovered saucepan.

Drain.

Melt in saucepan.

Blend in.

Stir in.

Add.

Cook 2 minutes longer, or until thickened.

Then stir into.

Add drained onions and.

Fold in.

Pour into 6 greased custard cups or ramekins. Set in pan of hot water and bake in moderate oven (350°F.) 1 hour or until firm. . . . Serves 6.

SCALLOPED ASPARAGUS

Melt in saucepan.

Blend in.

Stir in slowly and cook for 5 minutes, stirring constantly.

Arrange in alternate layers in greased baking dish.

Pour over the sauce.

Cover with a mixture of.

Set in pan of hot water. Bake in moderate oven (350°F.) 20 minutes, or until crumbs are browned. . . . Serves 6.

NOTE: A No. 2 can of asparagus will yield the above amounts of asparagus and liquid.
LEMON WHITE SAUCE
Delicious on asparagus, broccoli, green beans or peas

**MELT in top of double boiler . . . . .**

- 1 tablespoon butter
- Blend in . . . . .
  - 1 tablespoon flour
  - ¾ teaspoon salt
  - ½ teaspoon pepper
- Stir in slowly . . . . .
  - 1 ½ cups Pet Milk
- Cook for 10 minutes, stirring frequently.
- Then add . . . . .
  - 2 tablespoons chopped parsley
  - ½ teaspoon grated lemon rind
  - 1 ½ tablespoons lemon juice

Serve at once. Makes 1 ½ cups, sufficient for 3 cups cooked vegetable, ample for 6 servings.

CREAM GRAVY

**BLEND . . . . .**

- 1 tablespoon hot fat
- with . . . . .
  - 1 ½ tablespoons flour
  - ¾ cup Pet Milk *diluted with*
- Stir in slowly . . . . .
  - ¾ cup hot water
  - ½ teaspoon salt
  - Few grains pepper
- Cook until thick, stirring constantly. Makes 1 ½ cups.

BROILED SPINACH

**MELT in saucepan . . . . .**

- 1 tablespoon butter
- Blend in . . . . .
  - 1 tablespoon flour
  - ¼ teaspoon salt
  - ½ teaspoon pepper
- Stir in slowly . . . . .
  - 1 cup Pet Milk
- Cook for 5 minutes, stirring frequently.
- Arrange in bottom of shallow baking dish . . . . .
  - 2 cups cooked or canned spinach, chopped
  - 1 teaspoon salt
  - ¼ teaspoon pepper

Cover with the sauce.
Sprinkle with . . . . .
- 1 cup grated American cheese

Bake in moderate oven (350° F.) 20 minutes, or until cheese is melted . . . *Serve 6.*

**NOTE:** A No. 2 can or 2 pounds of freshly-cooked spinach, well drained, will be needed.
Are you looking for an attractive, appropriate gift—

for a bride...for a shower...
as a prize for a bridge party...
for a friend's birthday?

This two hundred page loose-leaf Pet Milk cookbook in its colorful, flexible, ringbinder cover makes a most welcome present. It's approved by Good Housekeeping Institute. The 700 tested and approved recipes for everything from soup to dessert are divided into chapters by a convenient marginal index. Every chapter is illustrated by a beautiful, realistic colored illustration of an attractive dish. The recipes are printed in a simplified recipe form that is much easier to follow than the conventional one in which recipes usually appear. Experienced cooks will find this recipe form very helpful — those without experience will soon discover that it will help them learn to cook. And every woman who is interested in preparing food that is delicious and attractive and most wholesome will appreciate the variety of the dishes covered by the recipes in this book.

The Pet Milk cookbook will save you many dollars on your milk and cream bill. Use the coupon on page 18. Why not make yourself a present of one?
The 700 cost-saving recipes in this Pet Milk cookbook

will help you, not only to put more milk in your family’s food, but they will enable you to give them, at the same time, an added quantity of the precious vitamin D. All Pet Milk is now enriched with this sunshine vitamin by direct irradiation—(see letter from Miss Mary Lee Taylor on page 3).
MOLDED FISH
For salmon, haddock, tuna fish, or codfish

Put in greased baking dish...

<table>
<thead>
<tr>
<th>2 cups flaked fish</th>
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<tr>
<td>1 teaspoon melted fat</td>
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<tr>
<td>1 tablespoon flour</td>
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<tr>
<td>1/2 cup Pet Milk diluted with</td>
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<tr>
<td>1/2 cup water</td>
</tr>
<tr>
<td>1 slightly-beaten egg</td>
</tr>
<tr>
<td>Few grains pepper</td>
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<tr>
<td>1/2 teaspoon salt</td>
</tr>
</tbody>
</table>

Mix...

Pour mixture over fish. Bake in moderate oven (350°F) 35 minutes, or until firm.

...Serves 6.

FRENCH DRESSING
For all kinds of green salads

Rub bowl with cut side of...

<table>
<thead>
<tr>
<th>1 button garlic</th>
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<tr>
<td>1 teaspoon dry mustard</td>
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<td>1 tablespoon paprika</td>
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<tr>
<td>1 well-beaten egg</td>
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<tr>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>1/2 teaspoon white pepper</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
</tr>
<tr>
<td>1/2 cup salad oil</td>
</tr>
<tr>
<td>2 tablespoons Pet Milk</td>
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Mix in bowl...


TOMATO JUICE COCKTAIL

Chill...

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<thead>
<tr>
<th>3 cups tomato juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup chilled Pet Milk</td>
</tr>
<tr>
<td>1/2 teaspoon celery salt</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>Few grains pepper</td>
</tr>
<tr>
<td>Cracked ice</td>
</tr>
</tbody>
</table>

Season with...

Mix thoroughly with...

Makes 6 servings.
GREEN PEA SAUCE

Melt in top of a double boiler:

- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup Pet Milk diluted with
- 3/4 cup liquid off peas

Blend in:

- 3/4 cup Pet Milk

Stir in slowly:

- 1/2 cup cooked or canned peas, drained
- 2 tablespoons chopped pimiento

Cook for 10 minutes, stirring frequently.

Add:

- 1/2 cup cooked or canned peas, drained
- 2 tablespoons chopped pimiento

Heat thoroughly and serve on meat, fish or vegetables. Makes 1 1/4 cups. Sufficient to serve 6.

RICE WITH CHEESE

Cook for 20 minutes, or until tender:

- 1/2 cup rice
- 4 cups boiling water

Drain and rinse rice with cold water.

- 1/2 cup grated American cheese
- 2 tablespoons melted butter or olive oil
- 2 tablespoons chopped onion

Add:

- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped green pepper
- 1/4 cup chopped parsley

Mix well with:

- 1 cup Pet Milk diluted with
- 1/2 cup water
- 2 beaten eggs

Pour into greased baking dish, or 6 custard cups. Set in pan of hot water. Bake in moderate oven (350° F.) 45 minutes, or until knife inserted in center comes out clean. Serves 6.

If a cup and a half of ordinary milk were substituted for the cup of double-rich Pet Milk and the half cup of water in this recipe, the dish would not taste nearly as rich and it would not be as wholesome. The recipe for Rice with Cheese is an excellent example of how Pet Milk can be diluted with less than an equal amount of liquid to produce most valuable results.

CORNED BEEF HASH

Melt in skillet:

- 3 tablespoons fat
- 2 tablespoons chopped onion
- 2 cups chopped corned beef, firmly packed (12 oz. can)
- 2 cups cooked, diced potatoes (3 medium-sized)
- 1 cup Pet Milk

Mix together:

- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Put in skillet with onion and cook slowly for 30 minutes, turning frequently as the mixture browns. Form into a loaf and turn out onto platter. Serves 6.
CHIFFON SAUCE

**Scald** in top of a double boiler:

- \( \frac{1}{4} \) cup Pet Milk

Pour into a small china or enamel bowl and chill until icy cold before whipping.

Meanwhile, put in top of double boiler:

- 3 tablespoons soft butter
- 2 unbeaten egg yolks
- 2 tablespoons lemon juice
- \( \frac{1}{4} \) cup water
- \( \frac{1}{8} \) teaspoon salt

Cook for 3 minutes, or until thickened, beating constantly with a rotary egg beater. Chill thoroughly. Whip chilled milk vigorously with a rotary egg beater until stiff. Fold into cold egg mixture. Makes about 1½ cups sauce, sufficient to serve 6. Serve on asparagus, broccoli, or cold meats.

BUTTER ROLLS

**Sift** before measuring:

- 1½ cups bread flour
- \( \frac{1}{2} \) cup butter
- 1 teaspoon salt
- \( \frac{1}{4} \) cup Pet Milk diluted with \( \frac{1}{4} \) cup hot water
- 2 cakes compressed yeast
- 1 tablespoon sugar

Stir into flour mixture. Cover and let stand at room temperature for 20 minutes.

Then add:

- \( \frac{1}{2} \) cup sifted bread flour
- 3 well-beaten eggs
- 1 teaspoon vanilla

Stir until smooth. Dough will be stiff, but slightly sticky. Tie loosely in thin muslin and drop into a pail of cool water (70° to 80° F.). Leave for an hour, or until dough rises to the top. Remove muslin and turn onto a plate. Cut off small pieces with a teaspoon.

Roll into strips about 5-inches long and cover with a mixture of:

- 1 cup finely-chopped nuts
- \( \frac{1}{2} \) cup sugar

Twist in a figure 8 and place 2-inches apart on a greased baking sheet. Let stand 5 minutes, then bake in hot oven (425° F.) 10 to 15 minutes, or until lightly browned. Makes 3 dozen rolls.

DOUGHNUTS

**Sift** before measuring:

- 5½ cups bread flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- \( \frac{3}{4} \) teaspoon nutmeg
- 3 eggs
- 1½ cups sugar
- 3 tablespoons melted shortening
- 1 cup Pet Milk

Resift with:

- 6 tablespoons shortening

Beat thoroughly with rotary egg beater in large mixing bowl:

- \( \frac{1}{4} \) cup sugar
- 1 cup melted shortening

Add:

- 6 tablespoons sugar

Add flour mixture in thirds alternately with thirds of...

- 3 eggs

Turn out on floured board. Roll to ¾-inch thickness. Cut with doughnut cutter. Fry until brown in deep fat (360° F.) hot enough to brown a 1-inch cube of bread in 55 seconds. Makes 3 dozen doughnuts, 3-inches in diameter.

Notice the small amount of shortening required to make the Doughnuts. They'll never-the-less have a rich, buttery flavor due to the cup of double-rich Pet Milk in them.
BREAD

Put in large mixing bowl...

<table>
<thead>
<tr>
<th>2 tablespoons sugar</th>
<th>2 1/2 teaspoons salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon shortening</td>
<td></td>
</tr>
</tbody>
</table>

Scald...

<table>
<thead>
<tr>
<th>1 cup Pet Milk diluted with</th>
<th>1 cup water</th>
</tr>
</thead>
</table>

Stir into sugar mixture and cool to lukewarm.

Soften...

<table>
<thead>
<tr>
<th>1 cake compressed yeast in</th>
<th>1/4 cup lukewarm water</th>
</tr>
</thead>
</table>

Stir into milk mixture.

Add to make a soft dough...

Turn onto lightly floured board and knead until dough is elastic to the touch and bubbles may be seen under the surface. Place in greased bowl, cover and let rise in warm place until double in bulk. Then punch down with the fingers, cover and let rise again until doubled in bulk. Put on lightly-floured board, knead well with the hands, cut and shape into 2 loaves. Put in greased loaf pans, about 10 x 5 x 3 1/2-inches. Cover with towel, put in warm place and let rise until doubled in bulk.

Bake in hot oven (425° F.) 15 minutes; reduce to moderate (375° F.) and bake 35 minutes, or until bread shrinks from sides of pan. Makes 2 medium-sized loaves.

PARTY PEAS

Melt in top of double boiler...

<table>
<thead>
<tr>
<th>2 tablespoons butter</th>
</tr>
</thead>
</table>

Blend in...

<table>
<thead>
<tr>
<th>2 tablespoons flour</th>
<th>1/2 teaspoon salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 teaspoon pepper</td>
<td>1/2 teaspoon sugar</td>
</tr>
</tbody>
</table>

Stir in slowly...

<table>
<thead>
<tr>
<th>3/4 cup Pet Milk diluted with</th>
<th>3/4 cup liquid off peas</th>
</tr>
</thead>
</table>

Cook for 10 minutes, stirring frequently.

Add...

<table>
<thead>
<tr>
<th>2 cups cooked or canned peas, drained</th>
</tr>
</thead>
</table>

Heat thoroughly and serve at once in...

6 Baked Patty Shells (See Page 28)

Serves 6.

By diluting double-rich Pet Milk with the liquid off the peas, you are saving valuable minerals and vitamins which the liquid contains.

CORN MEAL ROLLS

Sift before measuring...

<table>
<thead>
<tr>
<th>1 1/4 cups bread flour</th>
</tr>
</thead>
</table>

Resift with...

<table>
<thead>
<tr>
<th>3/4 cup corn meal</th>
<th>4 teaspoons baking powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td>1 tablespoon sugar</td>
</tr>
</tbody>
</table>

Work in with 2 knives, pastry blender or fingers until thoroughly blended...

<table>
<thead>
<tr>
<th>2 tablespoons shortening</th>
</tr>
</thead>
</table>

Stir in mixture of...

<table>
<thead>
<tr>
<th>1 beaten egg</th>
<th>1/4 cup Pet Milk diluted with</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup Pet Milk</td>
<td>1/4 cup water</td>
</tr>
</tbody>
</table>

Turn out on well floured board. Roll to 3/4-inch thickness. Cut into 3-inch rounds. Fold over as for Parker House rolls.

Brush tops with...

<table>
<thead>
<tr>
<th>2 tablespoons Pet Milk</th>
</tr>
</thead>
</table>

Bake on greased baking sheet in hot oven (400° F.) 12 minutes, or until lightly browned. Makes a dozen.
Apricot Upside Down Cake

1. In a 9-inch skillet melt 3 tablespoons butter
2. Remove from heat and sprinkle with ½ cup brown sugar
3. Arrange on sugar 24 canned apricot halves

Let stand while mixing batter.

4. Beat until very light 2 eggs
5. Add, while beating ¼ teaspoon salt 1 cup sugar 1 teaspoon vanilla
6. Heat to boiling point ¼ cup Pet Milk diluted with
    ¼ cup water 1 tablespoon shortening
7. Beat into egg mixture.
8. Sift together 1 cup sifted cake flour 1 teaspoon baking powder
9. Add to milk mixture beating quickly but thoroughly.
10. Pour over apricots.
11. Bake in moderate oven (350° F.) 25 to 30 minutes, or until cake shrinks from sides of pan. Turn out while warm and serve with Whipped Pet Milk Topping (See Index). Serves 6.
This Apricot Upside Down Cake is just one of sixteen cakes and desserts included in this book—(See Index Page 2).

In the 200-page Pet Milk cookbook there are 77 tested and approved recipes for a greater variety of delicious desserts. Read the description on page 16 and then use the coupon on page 18.
CHOCOLATE RICE PUDDING

Scald in top of double boiler. 
\[
\frac{1}{2} \text{ cup Pet Milk}
\]
Pour into small bowl and chill until icy cold before whipping.

Melt in top of double boiler.
\[
2 \text{ squares unsweetened chocolate}
\]
\[
1\frac{3}{4} \text{ cups Pet Milk diluted with 1 cup water}
\]
Stir in slowly.
\[
\frac{1}{4} \text{ cup washed rice}
\]
\[
\frac{1}{2} \text{ teaspoon salt}
\]
Add.
\[
2 \text{ teaspoons granulated gelatin in } \frac{1}{4} \text{ cup cold water}
\]
Soak for 5 minutes.
\[
\frac{1}{2} \text{ cup sugar}
\]
\[
1 \text{ teaspoon vanilla}
\]
Chill until mixture begins to thicken. Whip chilled milk vigorously with rotary egg beater until stiff. Fold into rice mixture. Chill before serving. . . . Serves 6.

STEAMED CHERRY PUDDING

Cook for 10 minutes in kettle or deep saucepan. 
\[
2\frac{1}{2} \text{ cups canned sour cherries (No. 2 can)}
\]
\[
\frac{3}{4} \text{ cup cherry juice}
\]
\[
\frac{1}{3} \text{ cup water}
\]
\[
1 \text{ cup sugar}
\]
Sift before measuring.
\[
1 \text{ cup flour}
\]
\[
\frac{1}{4} \text{ cup baking powder}
\]
\[
\frac{1}{8} \text{ teaspoon nutmeg}
\]
Resift with.
\[
1 \text{ tablespoon butter}
\]
Work in.
\[
3 \text{ tablespoons Pet Milk diluted with 3 tablespoons water}
\]
Stir in quickly but thoroughly.
Drop from tablespoon onto hot fruit. Cover closely and steam until dry and fluffy, about 12 minutes. Serve hot with Whipped Pet Milk Topping (See Index). . . . Serves 6.

Note: 5 cups sliced apples and 2 cups water may be substituted for the cherries, juice and water.

CARAMEL BREAD PUDDING

Really a delicious custard with a crisp layer of crumbs on top

Sift slowly into heavy saucepan, stirring constantly.
\[
4 \text{ tablespoons sugar}
\]
When sugar is melted, add.
\[
1\frac{1}{2} \text{ cups Pet Milk diluted with 1 cup water}
\]
Stir until sugar is dissolved.

Remove from heat and add.
\[
1 \text{ cup soft bread crumbs, free from crusts}
\]
\[
2 \text{ tablespoons butter}
\]
Then stir in a mixture of.
\[
1 \text{ slightly-beaten egg}
\]
\[
\frac{1}{2} \text{ cup brown sugar}
\]
\[
\frac{1}{8} \text{ teaspoon salt}
\]
\[
1 \text{ teaspoon vanilla}
\]
Pour into baking dish, about 7-inches in diameter and 3-inches deep. Set in pan of hot water. Bake in moderate oven (350° F.) 1\frac{3}{4} hours, or until a knife inserted in the center comes out clean. . . . Serves 6.
ORANGE SAUCE
Mix together 

\[
\begin{align*}
\text{\(\frac{1}{2}\) cup sugar} & \\
\text{1 tablespoon corn starch} & \\
\text{\(\frac{1}{2}\) teaspoon salt} & \\
\text{\(\frac{3}{4}\) cup strained orange juice} & \\
\text{1 tablespoon lemon juice} & \\
\text{1 teaspoon grated orange rind} & \\
\text{\(\frac{1}{4}\) cup white corn syrup} & \\
\end{align*}
\]

Stir in

\[
\begin{align*}
\text{\(\frac{1}{2}\) cup Pet Milk} & \\
\end{align*}
\]

Cook for 20 minutes, stirring frequently. Remove from heat.

Stir in

\[
\begin{align*}
\text{\(\frac{1}{2}\) cup Pet Milk} & \\
\end{align*}
\]

Serve warm or cold on Apple Cake Pudding (See top of page), or other desserts. Makes 1 1/4 cups, sufficient to serve 6.

CHOCOLATE FUDGE FROSTING
Heat slowly

\[
\begin{align*}
\text{6 tablespoons Pet Milk} & \\
\text{3 cups powdered sugar (about)} & \\
\text{3 squares unsweetened chocolate, melted} & \\
\text{1 teaspoon vanilla} & \\
\text{1 tablespoon melted butter} & \\
\end{align*}
\]

Add gradually until mixture is thick enough to spread.

Add

Beat well. Sufficient for two 9-inch layers.

Note: Let frostings stand 10 minutes before spreading for shiny surface.

APPLE CAKE PUDDING
Mix together

\[
\begin{align*}
\text{4 cups thinly-sliced apples (about 1 1/2 pounds)} & \\
\text{1 cup sugar} & \\
\text{\(\frac{1}{2}\) teaspoon cinnamon} & \\
\text{Put in bottom of greased pan, 9-inches square and about 2-inches deep.} & \\
\text{2 cups cake flour} & \\
\text{2 teaspoons baking powder} & \\
\text{1 cup sugar} & \\
\text{\(\frac{1}{4}\) teaspoon salt} & \\
\text{1 well-beaten egg} & \\
\text{\(\frac{3}{4}\) cup Pet Milk diluted with} & \\
\text{\(\frac{1}{4}\) cup water} & \\
\text{\(\frac{1}{2}\) cup melted shortening} & \\
\text{1 teaspoon vanilla} & \\
\text{or \(\frac{1}{2}\) teaspoon nutmeg} & \\
\end{align*}
\]

Mix well

Add to sifted dry ingredients, mixing quickly but thoroughly. Pour over apples. Bake in moderate oven (350° F.) 45 minutes, or until firm to the touch. Turn out and serve warm with Orange Sauce (See left hand column) if desired... Serves 6.
PEPPERMINT STICK SAUCE

Mix together 1 cup sugar, 2/3 cup white corn syrup, 1/3 cup water in saucepan. Boil to 240°F., or until a few drops will form a firm ball when dropped into cold water.

Add 1 cup Pet Milk, 3/4 cup finely-ground peppermint stick candy, and stir in slowly. Heat over low flame until candy is dissolved. Do not boil. Makes 2 1/4 cups, ample for 6. Serve warm or cold on ice cream, cake or puddings.

Note: A quarter pound of small peppermint sticks about 5-inches long and 1/4-inch in diameter will be needed. Keep any left-over sauce in a tightly covered jar in refrigerator.

BANANA-COCOA CAKE

Sift before measuring:
- 2 1/2 cups cake flour
- 2 1/2 teaspoons baking powder
- 3 tablespoons cocoa
- 1/2 teaspoon salt
- 1/2 cup soft shortening
- 1 cup sugar
- 1 1/4 cups thinly-sliced bananas (about 2 medium-sized)
- 3/4 cup Pet Milk diluted with 1/2 cup water

Blend in thoroughly. Add and beat for 2 minutes with rotary egg beater. Add flour mixture in thirds alternately with thirds of. Beat until smooth after each addition. Pour into 2 greased and floured pans. Bake in moderate oven (375°F.) 25 minutes, or until cake shrinks from sides of pan. Makes two 8-inch layers. Spread with Chocolate Fudge Frosting (See Index).

Recent experiments have shown that bananas are one of our most important foods. When they have brown specks on their yellow skins, they are ripe enough to use—not before.

PEANUT BUTTER CUP CAKES

Sift before measuring:
- 3 cups cake flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup soft shortening
- 1 1/2 cup peanut butter
- 1 cup sugar
- 2 well-beaten eggs
- 1 teaspoon vanilla
- 1/2 cup Pet Milk diluted with 1/2 cup water

MACAROON PUDDING

S
cald in top of double boiler. \(1/3\) cup Pet Milk

Pour into small bowl and chill until icy cold before whipping.

Soak for 5 minutes. \(1\) tablespoon granulated gelatin in \(1/4\) cup cold water

Beat in top of double boiler. \(3\) egg yolks

Add. \(6\) tablespoons sugar

Stir in. \(1\frac{1}{2}\) cups Pet Milk diluted with \(2/3\) cup water

Cook 5 minutes, or until slightly thickened. Add soaked gelatin and stir until dissolved. Remove from heat.

Add. \(3/4\) cup macaroon crumbs (about 6 macaroons) \(1\) teaspoon vanilla

Chill until mixture begins to thicken.

Whip chilled milk with rotary egg beater until stiff. Fold into macaroon mixture. Pour into a mold which has been rinsed with cold water. Chill until firm. Unmold. ... Serves 6.

BANANA MILK SHAKE

Mash to a pulp with a fork. \(1\) well-ripened banana

Add. \(1/2\) cup Pet Milk diluted with \(1/2\) cup water \(1/4\) teaspoon vanilla

Shake thoroughly with Cracked ice

Makes 1 large serving.

CHERRY COBBLER

Mix together in baking dish. \(1\) cup sugar \(2\) tablespoons flour

Add. \(2\frac{1}{2}\) cups canned, sour, pitted cherries (No. 2 can) \(1/2\) cup cherry juice

Put in mixing bowl \(1\frac{1}{2}\) cups prepared biscuit flour \(1\frac{1}{2}\) tablespoons flour sugar

Stir in. \(1/2\) cup Pet Milk

Stir until well mixed. Turn onto floured board. Knead lightly until smooth and well blended. Roll to \(3/4\)-inch thickness to fit top of baking dish. Arrange on top of cherries, pinching pastry with fingers to make fancy edge. Cut several slashes to allow steam to escape. Bake in hot oven (400°F.) for 20 minutes, or until browned. ... Serves 6.
COCONUT STICKS

Sift before measuring . . . . 2 1/2 cups cake flour
Resift with . . . . 1 teaspoon salt
Work in with 2 knives, pastry blender or fingers, until mixture has the appearance of coarse corn meal . . . .
Blend in lightly with fork a mixture of . . . .
Turn out on lightly floured board and knead for 1 minute, or until well blended. Roll to 1/4-inch thickness. Cut into strips 3-inches long and 1/4-inch wide. Bake in a hot oven (400° F.) for 10 minutes.
Remove from oven and brush with a mixture of . . . .
Roll in . . . . 1 cup shredded coconut
Return to oven and bake 5 minutes longer, or until browned. Makes 3 dozen.

WHIPPED PET MILK
AS A TOPPING
for desserts, salads, beverages, etc.

SOAK for 5 minutes . . . .
Resift with . . . .
Work in with 2 knives, pastry blender or fingers, until mixture has the appearance of coarse corn meal . . . .
Blend in lightly with fork a mixture of . . . .
Turn out on lightly floured board and knead for 1 minute, or until well blended. Roll to 1/4-inch thickness. Cut into strips 3-inches long and 1/4-inch wide. Bake in a hot oven (400° F.) for 10 minutes.
Remove from oven and brush with a mixture of . . . .
Roll in . . . . 1 cup shredded coconut
Return to oven and bake 5 minutes longer, or until browned. Makes 3 dozen.

PLAIN PASTRY

For plain pastry and baked pastry shell

Sift before measuring . . . . 1 cup cake flour
Resift with . . . . 1/2 teaspoon salt
Work into flour with two knives, pastry blender or fingers . . . .
When mixture has the appearance of coarse corn meal, gradually blend in . . . .
Roll out on floured board to 1/8-inch thickness. Line pie pan, being careful not to stretch pastry. Pinch pastry with fingers to make fancy edge. Makes one 9-inch crust.

For Baked Pastry Shell: Roll pastry to 1/8-inch thickness. Line pan with pastry, then pierce bottom of crust with fork. Bake in hot oven (425° F.) 10 minutes, or until brown. Cool. Makes one 9-inch shell.

For Baked Patty Shells:
Roll plain pastry to 1/8-inch thickness. Cut into six 4-inch rounds. Fit over inverted muffin or custard cups. Pinch pastry with fingers to make fancy edge. Prick bottom and sides with fork. Place on baking sheet and bake in hot oven (425° F.) 10 minutes, or until brown.
**TUTTI-FRUTTI FUDGE**

Mix well in saucepan...

Mix well in saucepan.

Cook to the boiling point, stirring constantly. Continue cooking, stirring occasionally, to 236°F, or until a few drops form a soft ball when dropped into cold water. Cool at room temperature, without stirring, until lukewarm, or until the hand can be held comfortably on bottom of pan.

Add...

Add 1 cup pitted dates, cut in small pieces

Add 1 cup chopped nuts

Beat until candy holds its shape. Turn into a greased pan and cut into squares when cool. Makes 36 pieces about 1-inch square.

**COCOA**

Mix...

Mix 4 tablespoons cocoa

Mix 5 tablespoons sugar

Mix 1/2 teaspoon salt

Stir in slowly...

Stir in slowly 2 cups boiling water

Boil 5 minutes, stirring constantly.

Add...

Add 2 cups Pet Milk

Add 1/2 teaspoon vanilla

Heat thoroughly and beat with rotary beater just before serving. Serve hot or iced...

Serve 6.

**DEVIL'S FOOD CAKE**

Melt in top of double boiler...

Melt in top of double boiler.

Stir in slowly...

Stir in slowly 1/2 cup Pet Milk diluted with 3/4 cup water

Cook for 5 minutes, or until smooth and slightly thickened. Cool.

Sift before measuring...

Sift before measuring 2 1/4 cups cake flour

Resift with...

Resift with 1 teaspoon baking powder

Resift with 1 teaspoon soda

Resift with 1/2 teaspoon salt

Cream together until light and fluffy...

Cream together until light and fluffy.

1/2 cup soft shortening

1 1/2 cups sugar

2 well-beaten eggs

Beat in thoroughly...

Beat in thoroughly.

1 1/2 teaspoons vanilla

Add flour mixture in thirds alternately with thirds of the cooled chocolate. Stir until smooth after each addition. Pour into 2 greased and floured pans. Bake in moderate oven (350° F.) 30 minutes, or until cake shrinks from sides of pan. When cool, spread with Chocolate Fudge Frosting (See Index). Makes two 9-inch layers.
DATE PIE

Cream together until light and fluffy...

1/4 cup soft shortening
3/4 cup sugar
1/8 teaspoon salt

Stir in............. 2 slightly beaten eggs
Add.................. 1 cup Pet Milk
Stir in............. 1 cup pitted dates, cut in small pieces
Pour into pan lined with unbaked.... Plain Pastry (See Index)

Bake in a hot oven (450° F.) 10 minutes; then reduce heat to moderate (325° F.) and bake 40 minutes longer. Makes 9-inch pie.

OATMEAL DE LUXE

Heat to the boiling point in saucepan.

2 cups Pet Milk
2 cups water
1 tablespoon flour
1/2 teaspoon salt

Stir in so that mixture does not stop boiling.

Add............. 1 1/2 cups peeled, chopped apples
Cook over low flame for 10 minutes, or until apples are tender, stirring frequently.

Stir in............. 1/2 cup brown sugar
1/2 teaspoon cinnamon

Serve at once with Spiced Milk (See Index) ... Serves 6.

PUMPKIN PIE

Illustrated on the back cover

3/4 cup brown sugar
1 tablespoon flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/4 teaspoon cloves
1 1/2 cups cooked or canned pumpkin
1 1/2 cups Pet Milk
1 slightly-beaten egg
2 tablespoons molasses

Mix together.

Plain Pastry (See Index)

Bake in hot oven (450° F.) 10 minutes; reduce to slow oven (325° F.) and bake 30 minutes longer, or until firm. Makes 9-inch pie.

NOTE: 2 teaspoons of ready-mixed pumpkin pie spice may be substituted for the above spices.

COCONUT CREAM PIE

Mix in top of double boiler.

1/2 cup sugar
5 tablespoons flour
1/2 teaspoon salt

Stir in............. 1 cup Pet Milk
Baked Pastry Shell (See Page 28)

Cook for 10 minutes, stirring frequently. Remove from heat.

Stir into........... 2 beaten egg yolks
Return to heat and cook 2 minutes longer.

Add.................. 1 cup moist, shredded coconut
2 teaspoons vanilla

Pour into........... 2 egg whites
Fold in............. 4 tablespoons sugar
Few grains salt

Spread on top of pie.

Sprinkle with........ 1/2 cup moist, shredded coconut

Bake in a slow oven (300° F.) 15 minutes, or until brown. Makes one 9-inch pie.
DEVILED CHEESE SPREAD

Put in mixing bowl ...........

2 cups grated American cheese
1/4 cup chopped, stuffed olives
1/2 teaspoon pepper

Mix in gradually .................. 

1/2 cup Pet Milk

Spread between slices of buttered bread.
Makes 6 large sandwiches.

NOTE: Half a pound of cheese will make the 2 cups when grated.

MASHED POTATOES

Peel and boil until tender ........

5 medium-sized potatoes
3/4 cup hot Pet Milk
1 teaspoon salt
Few grains pepper
1 tablespoon butter

Mash and add .......................

Beat until light and fluffy. Serve at once. ... Serves 6.

CREAM of TOMATO SOUP

An extra rich and most wholesome soup which requires no butter

Mix together in saucepan ........

1 can condensed tomato soup
Equal amount Pet Milk

Heat until thoroughly hot, but do not boil, stirring constantly.

Add .......................... 1/2 teaspoon salt

Serve at once. ... Serves 4.

NOTE: To measure milk, empty can of soup into saucepan, then fill can with Pet Milk.

SPICED MILK

Mix ..................

3/4 teaspoon cinnamon
3/4 teaspoon nutmeg
4 1/2 tablespoons sugar
1/4 teaspoon salt

Stir into ..................

3 cups Pet Milk diluted with
5 cups water

When sugar is dissolved, shake with.

Makes 6 large servings.

NOTE: May be served either as a beverage or on Oatmeal De Luxe. (on opposite page)

WHITE SAUCE

Melt in top of a double boiler ....

1 tablespoon butter

1 1/2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper

3/4 cup Pet Milk diluted with

3/4 cup liquid off vegetable or meat broth

Stir in slowly ...................

Cook for 10 minutes, stirring frequently.
Makes 1 1/2 cups sauce, sufficient to cream 3 cups cooked or canned vegetables for 6 servings.

Serve this White Sauce on:

Green Beans
Beets

Potatoes with Chopped Brussels Sprouts

Parsley
Onions

Peas
Mushrooms

Cabbage
Lima Beans

CRIMSON APPLES

(ILLUSTRATED on front cover)

Heat together slowly until dissolved ....

4 tablespoons red cinnamon drops
3/4 cup sugar
1 1/2 cups water

Peel and scoop out centers of ........

6 medium-sized apples

Put apples in hot syrup and simmer 20 minutes, or until tender, basting frequently. Drain.

1/2 cup raisins (halved)
1/4 cup fine shredded celery
1/4 cup broken nut meats
5 tablespoons French Dressing (see index)

Mix together ...............

Pile into apples ... Serves 6.

SCRAMBLED EGGS

Mix in top of a double boiler ....

6 slightly-beaten eggs
3/4 cup Pet Milk
3/4 teaspoon salt
1/4 teaspoon pepper

Cook, stirring occasionally, until eggs have set ... Serves 6.
from SOUP to DESSERT

with the New IRRADIATED PET MILK