Good Eating - Easy Cooking
For 2 or 4 or 6
By Mary Lee Taylor
Dear Friend:

Some of the nicest things you can hear are the ones that are said most simply. "Good," for instance, is such a little word—but how much it means when someone at your table says, "M-m-m! this is good!"

The best cooking, too, is often the simplest. It isn't the hard-to-prepare dish that your family remembers and asks for again—it's the appetizing, everyday food that is always good eating.

In these new recipes, you will find familiar names. You may—if you've cooked many meals—have made Shepherd's Pie, or Corn Fritters, or Baked Custard. But with these easy, failproof recipes you can make them even better than ever—and at less cost, because of the Pet Milk you use in preparing them.

Yes, and it's the Pet Milk that gives the Cheese Omelet a mellow smoothness—the Hash Browned Potatoes a new flavor—the Surprise Meat Loaf a surprising richness. For Pet Milk is whole milk concentrated to double richness, twice as rich as ordinary milk—so that it adds rich flavor and extra goodness to the simplest dishes. Yet, Pet Milk costs less, generally, than any other kind of milk you can buy.

I hope you'll enjoy all the good things to eat that you can make with these easy new recipes. And I hope you'll be listening every Saturday morning for more of the recipes that we are developing for you now in the Pet Milk kitchens.

Sincerely,

Mary Lee Taylor

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<td></td>
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Form No. 4546—4-17—5-29
**Orange Cup Cakes**

(Photograph on front cover)

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>sifted, all-purpose flour</td>
<td>⅔ cup</td>
<td>1¼ cups</td>
<td>⅞ cups*</td>
</tr>
<tr>
<td>BAKING POWDER</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>⅓ teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>¼ teasp.</td>
<td>⅜ teasp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td>6 tablesp.</td>
<td>⅝ cup</td>
<td>⅞ cups*</td>
</tr>
<tr>
<td>unbeaten EGG</td>
<td>1 (yolk)</td>
<td>1 (whole)</td>
<td>2 (whole)</td>
</tr>
<tr>
<td>SOFT SHORTENING</td>
<td>1 tablesp.</td>
<td>⅝ cup</td>
<td>⅞ cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>⅝ cup</td>
<td>⅞ cup</td>
</tr>
<tr>
<td>ORANGE JUICE</td>
<td>2 tablesp.</td>
<td>⅝ cup</td>
<td>⅞ cup</td>
</tr>
</tbody>
</table>

1. Turn on oven; set at moderately slow (350° F.).
2. Grease, then dust lightly with flour 8 or 16 or 24 two-inch muffin cups.
3. Sift together into bowl ..........
4. Add, all at once ......<
5. Beat vigorously for 2 minutes with spoon or electric beater at medium speed. Fill cups only ⅔ full.
6. Bake 15 minutes, or until cakes shrink from sides of cups. When cool, spread tops with Orange Frosting (see index) and garnish with a shelled walnut half if desired.

Makes .............................................

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

**For Orange Cake Squares,** grease and flour a cake pan measuring about 8x4 inches for 2; 7x11 inches for 4 and 9x13 inches for 6. Pour in cup cake batter and bake as directed above increasing the baking time to 20 minutes for 4 and 25 minutes for 6. Cool, spread top with frosting and cut in squares.

**Note:** You'll have perfect success with these Orange Cake Squares 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.

**PERFECT FOR A SUNDAY IN SPRING**

Golden Fried Spring Chicken
Little New Potatoes with Chopped Parsley
Buttered Asparagus or Green Peas

Tomato Salad  
Sugared Strawberries

Quick Mustard Dressing*  
Orange Cup Cakes*

*Recipes are in this book
EASY! NO LOOKING WHILE COOKING!

Surprise Meat Loaf*
Baked Potatoes
Vegetable Slaw*
Heated Rolls
Butter Spread*
Baked Custard*

*Recipes are in this book

DIRECTIONS

Surprise Meat Loaf
(Photograph above)

### INGREDIENTS FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>2</th>
<th>4</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>twice-ground MEAT*</td>
<td>½ lb.</td>
<td>1 lb.</td>
<td>1½ lbs.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>⅓ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>uncooked ROLLED OATS**</td>
<td>2½ tbsp.</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1½ tbsp.</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>½ tsp.</td>
<td>1 tsp.</td>
<td>1½ tsp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>½ tsp.</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

3. Shape half of mixture into a large patty about 4x3 inches for 2, 6x3 inches for 4, and 8x4 inches for 6.

4. Arrange on top, end hard-cooked EGGS, 1 end shelled 2 end 3

5. Cover with rest of meat mixture and shape with wet fingers into loaf.

6. Top with bits of SHORTENING 1½ teasp. 1 teasp. 1½ teasp.

7. Bake until brown, or about ¾ hour 1 hour 1½ hours

8. Serve hot or cold.

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

**Left-over bread, pulled into crumbs, can replace oats if amounts are increased to ¼ cup for 2, ½ cup for 4 and ¾ cup for 6.

For Juicy Hamburgers, omit the hard-cooked eggs. Shape the above meat mixture into 4 or 8 or 12 flat patties. Brown slowly on both sides in the shortening.
Onion Rings

**DIRECTIONS**

1. Cut into ¼-inch slices and separate into rings.

2. Sift before measuring.

3. Resift with.

4. Mix together.

5. Stir into flour mixture, beating until smooth. Heat 2 inches of fat until hot enough to brown a 1-inch cube of bread in 50 seconds. Put several onion rings in batter, lifting out one at a time with a fork. Fry a few rings at a time until brown. Drain on unglazed paper.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>large ONIONS</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>all-purpose FLOUR</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>BAKING POWDER</td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td>well-beaten EGG (yolk only)</td>
<td>1</td>
<td>1 (whole)</td>
</tr>
<tr>
<td>PET MILK</td>
<td>⅛ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

Easy Shepherd’s Pie

**DIRECTIONS**

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

2. Grease a baking dish holding about.

3. Cook slowly 5 minutes.

4. Add and heat to boiling.

5. Stir into.

6. Put into baking dish.

7. Top with.

8. Bake 15 minutes, or until potatoes are lightly browned. Serve from baking dish.

*Any kind of meat or fish can be used.

**Cut carrots or green beans or lima beans, peas or a mixture of vegetables can be used.
Bacon 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. Cut in small pieces, then cook until crisp...</td>
<td>BACON*</td>
<td>1 slice</td>
<td>2 slices</td>
<td>3 slices</td>
</tr>
<tr>
<td>2. Add</td>
<td>VINEGAR</td>
<td>2 tablesp.</td>
<td>$\frac{1}{4}$ cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td></td>
<td>grated ONION</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>1 teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>1 teasp.</td>
<td>$\frac{1}{2}$ teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>$\frac{1}{2}$ teasp.</td>
<td>2 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>1 teasp.</td>
<td>1 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>3. Stir into</td>
<td>PET MILK</td>
<td>$\frac{1}{2}$ cup</td>
<td>1 cup</td>
<td>$\frac{3}{2}$ cups</td>
</tr>
<tr>
<td></td>
<td>sliced, cooked</td>
<td>$\frac{3}{2}$ cup</td>
<td>3 cups</td>
<td>$4\frac{1}{2}$ cups</td>
</tr>
<tr>
<td></td>
<td>POTATOES</td>
<td>1 cup</td>
<td>4 cup</td>
<td>$4\frac{1}{2}$ cups</td>
</tr>
<tr>
<td></td>
<td>finely cut CELERY</td>
<td>$\frac{1}{2}$ cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*1 or 2 or 3 tablespoons bacon or ham drippings can replace bacon.

Dinner Scallop

<table>
<thead>
<tr>
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<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Boil, uncovered for 10 minutes or until almost tender</td>
<td>diced CABBAGE*</td>
<td>2 cups</td>
<td>4 cups</td>
<td>6 cups</td>
</tr>
<tr>
<td></td>
<td>in boiling WATER</td>
<td>1 cup</td>
<td>$1\frac{1}{2}$ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>$\frac{3}{4}$ teasp.</td>
<td>$\frac{3}{2}$ teasp.</td>
<td>$\frac{3}{2}$ teasp.</td>
</tr>
<tr>
<td>2. Drain and save liquid. Put cabbage into bottom of baking dish holding about</td>
<td></td>
<td>1 pint</td>
<td>1 quart</td>
<td>$1\frac{1}{2}$ quarts</td>
</tr>
<tr>
<td>3. Let stand.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Turn on oven; set at moderate (375° F.).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Cook slowly for 5 minutes</td>
<td>finely cut ONION</td>
<td>4 teasp.</td>
<td>$2\frac{1}{2}$ tablesp.</td>
<td>$\frac{3}{4}$ cup</td>
</tr>
<tr>
<td></td>
<td>in SHORTENING</td>
<td>$1\frac{1}{2}$ teasp.</td>
<td>1 tablesp.</td>
<td>$1\frac{1}{2}$ tablesp.</td>
</tr>
<tr>
<td>6. Add</td>
<td>finely cut DRIED</td>
<td>$\frac{1}{2}$ cup</td>
<td>$\frac{3}{4}$ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>BEEF</td>
<td></td>
<td></td>
<td>($\frac{3}{4}$ lb.)</td>
</tr>
<tr>
<td>7. Cook and stir until edges of beef curl.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Sprinkle over beef.</td>
<td>FLOUR</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablespoon.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>$\frac{3}{4}$ teasp.</td>
</tr>
<tr>
<td>9. Stir in slowly a mixture of</td>
<td>PET MILK</td>
<td>$\frac{1}{2}$ cup</td>
<td>1 cup</td>
<td>$1\frac{1}{2}$ cups</td>
</tr>
<tr>
<td></td>
<td>cabbage LIQUID</td>
<td>3 tablesp.</td>
<td>1 cup</td>
<td>$1\frac{1}{2}$ cups</td>
</tr>
<tr>
<td>10. Cook slowly until mixture thickens slightly, then pour over cabbage in baking dish.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Sprinkle with</td>
<td>crumbled POTATO</td>
<td>$\frac{1}{2}$ cup</td>
<td>1 cup</td>
<td>$1\frac{1}{2}$ cups</td>
</tr>
<tr>
<td></td>
<td>CHIPS</td>
<td></td>
<td></td>
<td>($\frac{3}{4}$ lb.)</td>
</tr>
<tr>
<td>12. Bake until top is crisp and brown or about</td>
<td></td>
<td>15 minutes</td>
<td>18 minutes</td>
<td>20 minutes</td>
</tr>
<tr>
<td>13. Serve from the baking dish.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*One, two or three cups drained, cooked green beans, diced carrots, whole kernel corn, lima beans or peas can replace the cabbage.
Hot Relish Sauce

**DIRECTIONS**

1. Mix together in saucepan:
   - **SALAD OIL**: 1 tablesp.  
   - **FLOUR**: 1½ teasp.  
   - **dry MUSTARD**: ¾ teasp.  
   - **SALT**: ½ teasp.  

2. Stir in:
   - **WATER**: ½ cup  

3. Boil slowly and stir for 2 minutes.

4. Stir in slowly:
   - **PET MILK**: ½ cup

5. Heat to boiling. Remove from heat.

6. Fold in:
   - **drained PICKLE**: 2 tablesp.  
   - **RELISH****: 1½ teasp.  
   - **LEMON JUICE**: ½ cup

7. Serve hot on croquettes or all kinds of cooked fish.

*Finely cut pickle, sweet, sour or dill can replace the relish.

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Quick Mustard Dressing

**DIRECTIONS**

1. Mix together:
   - **SUGAR**: ½ teasp.  
   - **SALT**: ½ teasp.  
   - **dry MUSTARD**: ¼ teasp.  
   - **PEPPER**: few grains

2. Add and mix well:
   - **PET MILK**: 3 tablesp.  

3. Stir in slowly:
   - **VINEGAR**: 2 tablesp.  

4. Beat vigorously until well blended, or put in covered jar and shake well.

Serve on shredded cabbage, sliced tomatoes or cucumbers or any green salad.
Can also be used in making egg, fish or meat salads.

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Hash Browned Potatoes

**DIRECTIONS**

1. Cook together in frying pan 15 minutes, turning as mixture browns:
   - **diced, cooked POTATOES**: 2 cups (2 large)  
   - **finely cut ONION****: 2 tablesp.  
   - **hot SHORTENING**: 1½ tablesp.  
   - **SALT**: ¾ teasp.  
   - **PEPPER**: few grains  
   - **PET MILK**: ½ cup  
   - **finely cut PARSLEY**: 1 tablesp.

2. Add and cook slowly 10 minutes, or until thickened:

*Cook potatoes in their jackets and cool before peeling to add flavor to this dish.*
### Cheese Omelet

<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. Turn on oven; set at slow (325° F.).</td>
<td>slightly beaten EGGS</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>2. Mix together</td>
<td>PET MILK</td>
<td>2 1/2 tbsp.</td>
<td>3/4 cup</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>1 1/2 tbsp.</td>
<td>3 tbsp.</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 tsp.</td>
<td>1/4 tsp.</td>
<td>1/4 tsp.</td>
</tr>
<tr>
<td></td>
<td>dry MUSTARD</td>
<td>1/2 tsp.</td>
<td>1/4 tsp.</td>
<td>1/4 tsp.</td>
</tr>
<tr>
<td>3. Fold in half of</td>
<td>grated American CHEESE</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>4. Put into greased skillet measuring about</td>
<td>5 in. across</td>
<td>20 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7 in. across</td>
<td>25 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 in. across</td>
<td>30 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Sprinkle with remaining cheese.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Bake until firm, or about</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. To serve, cut into pie-shaped wedges.</td>
<td></td>
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<td></td>
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</tbody>
</table>

### Whipped Lemon Topping

<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. Chill until icy cold</td>
<td>PET MILK*</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>2. Add</td>
<td>granulated SUGAR</td>
<td>1 tbsp.</td>
<td>4 tsp.</td>
<td>2 tbsp.</td>
</tr>
<tr>
<td>3. Whip with chilled rotary beater, or electric beater at high speed, until fluffy.</td>
<td>LEMON JUICE</td>
<td>1 1/2 tsp.</td>
<td>2 tsp.</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>4. Then add</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Continue whipping until stiff.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Sprinkle over the top</td>
<td>grated LEMON RIND**</td>
<td>1/4 tsp.</td>
<td>1/4 tsp.</td>
<td>1/2 tsp.</td>
</tr>
<tr>
<td>7. Fold in carefully. Serve as a topping on beverages, fruit salads, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 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.

**Lemon extract can replace lemon rind. Use 1/8 tsp. for 2 or 4 and 1/4 tsp. for 6.
**DIRECTIONS**

**INGREDIENTS FOR 2**

- Sifted, all-purpose flour: ½ cup
- Baking powder: 1 teasp.
- Salt: ½ teasp.
- Sugar: ¼ teasp.
- Well-beaten egg (yolk): 1
- Pet milk: 3 tablesp.
- Drained, whole, cooked or canned kernel corn: ¾ cup

**INGREDIENTS FOR 4**

- 1 cup
- ½ teasp.
- ½ teasp.
- ½ teasp.
- 1 (whole)
- ½ cup
- 2 cups

**INGREDIENTS FOR 6**

- 1½ cups
- 2 teasp.
- 3 teasp.
- 2 teasp.
- 2 (whole)
- 6 teasp.
- 2½ cups
- (No. 2 can)

1. Sift into bowl.
2. Work in with fork.
3. Mix together.
4. Add to flour, all at once, mixing quickly but thoroughly.
5. Fold in.
6. Drop by teaspoons into 2 inches of fat hot enough to brown an inch bread cube in 55 seconds (360° F.). Fry a few at a time until brown. Drain.
7. Makes 1 dozen
8. If desired, serve with tomato soup.

**For Corn Griddle Cakes**, allow ¼ cup fritter batter for each. Cook in ⅛ inch of hot shortening or meat drippings until edges are cooked. Then turn and brown other side. Makes 4, 8 or 12 griddle cakes about 4½ inches across.

**Note:** You'll have perfect success with these recipes in any altitude up to 5,000 feet. If you live in a higher altitude, specially adjusted recipes will be sent on request. When writing for adjusted recipes, state altitude at which you live and give name of recipes desired.

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**TOP STOVE MEAL THAT'S EXTRA GOOD**

- Sizzling Ham Slices
- Corn Fritters* with Tomato Sauce
- Buttered Spinach
- Radishes
- Spring Onions
- Lemon Snow*

*Recipes are in this book
**Lemon Snow**

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mix together..........................</td>
<td>CORNSTARCH</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
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<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>2. Stir in gradually......................</td>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>WATER</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>white CORN</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>SYRUP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Place over boiling water; stir and cook until smooth.</td>
<td></td>
<td>Then cover and cook 15 minutes, stirring often.</td>
<td></td>
</tr>
<tr>
<td>4. Stir into..................................</td>
<td>slightly beaten EGG YOLKS</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Cook and stir 2 minutes longer.</td>
<td>soft BUTTER or margarine</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>6. Remove from heat; stir in..........</td>
<td>grated LEMON RIND</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>7. Fold into hot mixture..............</td>
<td>LEMON JUICE</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>8. Put into 4 or 6 dessert dishes. Chill thoroughly.</td>
<td>stiffly beaten EGG WHITES</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Stuffed Vanilla Wafers**

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>For 1 dozen</th>
<th>For 1 1/2 dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Melt over boiling water...........</td>
<td>BUTTER or margarine</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>2. Blend in..........................</td>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>4. Cook and stir until thick and smooth.</td>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>5. Then add .............................</td>
<td>MARSH-MALLOWs</td>
<td>8 (2 ozs.)</td>
<td>16 (1/4 lb.)</td>
</tr>
<tr>
<td>6. Continue cooking, while stirring, until marshmallows are melted.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Remove from heat and fold in........</td>
<td>shredded COCONUT</td>
<td>3/4 cup (2 ozs.)</td>
<td>1 1/2 cups (1/4 lb.)</td>
</tr>
<tr>
<td>8. Cool thoroughly.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Spread on half of....................</td>
<td>VANILLA WAFERS*</td>
<td>24</td>
<td>36</td>
</tr>
<tr>
<td>10. Cover with remaining vanilla wafers.</td>
<td></td>
<td></td>
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</tbody>
</table>

*Graham crackers can be used if the number is reduced to 18 for smaller amount, and 24 for the larger amount of filling.
### Vegetable Slaw

**DIRECTIONS**

1. Mix together...
   - SUGAR
   - SALT
   - dry MUSTARD
   - PEPPER

2. Add and mix well...
   - PET MILK
   - grated ONION

3. Stir in slowly...
   - VINEGAR


5. At serving time, put into bowl...
   - shredded CABBAGE
   - shredded TURNIPS
   - shredded BEETS

6. Mix with dressing.

*Vegetables should be raw.

### Creamed Vegetables

**DIRECTIONS**

1. Melt in saucepan...
   - BUTTER or margarine

2. Blend in...
   - FLOUR
   - SALT
   - PEPPER

3. Stir in slowly...
   - LIQUID off vegetable

4. Boil and stir 2 minutes.

5. Stir in...
   - PET MILK

6. Add and heat thoroughly...
   - drained VEGETABLE,*

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

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

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

**For Creamed Eggs**, substitute sliced, hard-cooked eggs for the vegetable, using 2, 4 or 6 eggs. Meat stock or water can be substituted for vegetable liquid, if desired.
GOOD FOR BARBECUES
OR PORCH PARTIES

Spaghetti with Frankfurter Sauce*
Deviled Eggs
Raw Carrot Strips
Rolls with Butter Spread*
Ice Cream with Chocolate
Marshmallow Sauce*

*Recipes are in this book

Spaghetti With Frankfurter Sauce
(Photograph above)

**DIRECTIONS**

**INGREDIENTS**

FOR 2 | FOR 4 | FOR 6

1. Boil until tender...

- **SPAGHETTI,**
  - broken into pieces
- **in boiling WATER**
- **SALT**
  - 1/2 cup
  - 2 cups
  - 4 cups
  - 6 cups
  - 8 cups
  - 1 1/2 cups
  - 2 teasp.
  - 2 teasp.
  - 2 teasp.
  - 2 teasp.

2. Drain; rinse with hot water. Keep hot.

- **finely cut**
  - **ONION**
  - 1/2 cup
  - 2 cups
  - 1/2 cup
  - 1 cup
  - 1 cup
  - 3/4 cup
  - 3/4 cup
  - 1 cup

- **finely cut**
  - **GREEN PEPPER**
  - 1/2 cup
  - 1/2 cup
  - 3/4 cup
  - 3/4 cup

- **finely cut**
  - **GARLIC**
  - can omit
  - 1/2 cup
  - 1/2 cup

- **in hot**
  - **SHORTENING**
  - 1 tablesp.
  - 2 tablesp.
  - 3 tablesp.

3. Cook slowly for 5 minutes ..........

- **condensed tomato**
  - SOUP
  - 6 tablesp.
  - 3 1/2 cups
  - 3 1/2 cups
  - 3 1/2 cups

- **WATER**
  - 2 1/2 cups
  - 3 1/2 cups
  - 3 1/2 cups

- **SALT**
  - 1/2 cup
  - 1/2 cup

- **PEPPER**
  - few grains
  - few grains
  - few grains

4. Add and cook slowly 5 minutes longer...

- **thinly sliced**
  - **FRANK-FURTERS**
  - 1/2 cup
  - 1 cup
  - 1 1/2 cups
  - (1/2 lb.)

5. Then add and simmer 2 minutes........

6. Stir into...........

- **hot PET MILK**
  - 1/2 cup
  - 2/3 cup
  - 1 cup

7. Serve at once over the hot spaghetti.

*The same amount of macaroni can replace the spaghetti. Noodles can also be used if the amounts are increased to 1 1/3 cups for 2; 2 3/4 cups for 4 and 4 cups for 6. Do not rinse noodles when cooked.

**Thinly sliced wiener, diced, cooked tongue, ham or bologna can be used.
**Chocolate Marshmallow Sauce**

**DIRECTIONS**

1. Mix together.................
   - COCOA: 2 1/2 tablesp. 1/4 cup
   - SUGAR: 1 1/2 tablesp. 2 tablesp.
   - SALT: few grains 1/8 teasp.

2. Stir in slowly...............  
   - PET MILK: 1/3 cup 1/4 cup
   - WATER: 2 tablesp. 3 tablesp.

3. Cook and stir over boiling water about 5 minutes, or until smooth.

4. Turn off heat, but keep over the hot water.

5. Add and stir until melted.....  
   - MARSHMALLOWS: 12 (3 ozs.) 16 (1/4 lb.)
   - VANILLA: 1/2 teasp. 3/4 teasp.

6. Remove from hot water; cover and cool.

7. Serve on ice cream, puddings, etc. Makes.............  
   - 3/4 cup 1 1/4 cups

*Note: Cover and keep any left-over sauce in the refrigerator. Let stand to warm up to room temperature before serving. Stir well.*

**Orange Frosting**

**DIRECTIONS**

1. Put into bowl.......  
   - PET MILK: 1 tablesp. 2 tablesp. 3 tablesp.
   - grated ORANGE RIND: 1/2 teasp. 3/4 teasp. 1 1/4 teasp.
   - SALT: few grains 1/8 teasp.

2. Stir in, about 1/4 cup at a time............  
   - powdered SUGAR: 2/3 cup 1 1/3 cups 2 cups

3. Beat until smooth and creamy after each addition of sugar.

4. Makes enough to spread on tops of.............  
   - 8 two-in. cup cakes 16 two-in. cup cakes 24 two-in. cup cakes

---

**Simple to Fix and Oh, So Good!**

Golden Brown Fish with Hot Relish Sauce*  
Hash Browned Potatoes*  
Green Beans  
Cabbage Slaw  
Stuffed Vanilla Wafers*

*Recipes are in this book

**A Meatless Meal Everyone Will Like**

Cheese Omelet*  
Onion Rings*  
Stewed Tomatoes  
Leaf Lettuce Salad  
Buttered Toast  
Sliced Bananas with Whipped Lemon Topping*

*Recipes are in this book
Butterscotch Nut Rolls

**DIRECTIONS**

1. Turn on oven; set at hot (425° F.).

2. Grease 4 or 8 or 12 two-inch muffin cups.

3. Mix together, then divide equally among muffin cups:
   - **melted BUTTER** or margarine
   - brown SUGAR, lightly packed
   - chopped NUTS
   - sifted, all-purpose FLOUR
   - BAKING POWDER
   - SALT

4. Sift into bowl.

5. Work in with fork.

6. Stir in mixture of:
   - PET MILK
   - WATER

7. Beat vigorously 30 seconds.

8. Turn out on floured paper; roll into sheet ¾ in. thick and measuring about:
   - 4x8 in.
   - 8x8 in.
   - 8x12 in.

9. Brush with:
   - **melted BUTTER** or margarine

10. Sprinkle with:
    - brown SUGAR
    - chopped NUTS


*Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, a specially adjusted recipe will be sent on request. When writing for adjusted recipe, state altitude at which you live and give name of recipe desired.*

Baked Custard

**DIRECTIONS**

1. Turn on oven; set at slow (325° F.).

2. Mix together:
   - slightly beaten EGGS
   - SUGAR
   - SALT
   - PET MILK
   - boiling WATER
   - VANILLA

3. Pour into 2 or 4 or 6 custard cups.

4. Set into pan containing ¼ inch of hot water. Bake 45 minutes, or until knife inserted near outer edge comes out clean. Serve warm or cold.

*1 ⅛ cups equal 1 cup plus 2 tablespoons.*
Butter Spread

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
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<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>BUTTER or margarine</td>
<td>¼ pound</td>
<td>½ pound</td>
<td>1 pound</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
</tbody>
</table>

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. PET MILK | 6½ tablesp.* | ¾ cup | 14½-oz. can

Butter and milk will blend together better if they are the same temperature.

4. Stir milk into soft butter gradually, adding about 2 tablespoons at a time and using a mixing spoon, a rotary beater or electric beater at low speed. When all milk is added, beat vigorously 1 minute to blend completely. Cover bowl and chill, or pack while soft into straight-sided dish. Keep chilled when not in use. Serve as a spread on bread, sandwiches, pancakes, etc.

5. Makes a little less than 1 cup. (1/2 lb.) 2 cups (1 lb.) 4 cups (2 lbs.)

*When using 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.

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Egg Salad Loaf

<table>
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<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Soften</td>
<td>unflavored GELATIN in cold WATER</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 teasp.</td>
<td>3 tablesp.</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

2. Heat to boiling a mixture of PET MILK WATER grated ONION | ¼ cup | ½ cup | ¾ cup |
|              | 2 tablesp. | 1 cup | 6 tablesp. | 1½ cup |

3. Add softened gelatin and stir until dissolved. Chill until syrupy.

4. Meanwhile, mix together | chopped, hard-cooked EGGS shredded CARROT CHILI SAUCE VINEGAR SALT PEPPER | 2 | 4 | 6 |
|              | 3 tablesp. | 1 tablesp. | ½ teasp. | few grains | ½ cup |

5. Fold into gelatin mixture.

6. Put in wet loaf pan holding about | 1 pint | 1½ pints | 1 quart |

7. Chill until firm. To serve, turn out on salad greens and slice.
Looking at your baby, it may seem a miracle that in such a little while her baby-soft bones have grown strong and straight. It isn't a miracle at all. It's due chiefly to the kind of milk she has. The milk she needs, of course, must be easy to digest, supply all of the food substances of whole milk and contain the vitamin D that will enable her to develop sound, straight, strong bones. Fortunately, you can be sure that your baby gets that kind of milk. Pet Milk is always easy for babies to digest. Every drop is uniformly rich in the food substances of whole milk. And in its sealed container, Pet Milk is as surely safe as if there were no germ of disease in the world.

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