**Good Things to Eat**

This is the first of a new and colorful series of booklets, every one of which will bring you recipes for a pleasing variety of good things to eat. To be of the most usefulness to you, each recipe includes the exact amounts of ingredients needed for two or four or six servings.

When you follow these recipes, do be sure to use Pet Milk as the recipes specify. The use of Pet Milk assures you of food that is unusually delicious and unusually nourishing because Pet Milk is whole milk that is double-rich and that is extra-rich, too, in sunshine vitamin D.

Pet Milk also helps you to save money on your food bill because Pet Milk costs less generally than milk sold in bottles, and costs much less than cream.

A variety of complete meal plans are suggested in this booklet. The following guide will aid you in planning other appetizing meals that include the essential foods needed for health.

**Meal-Planning Guide**

**Breakfast**
- Fruit
- Cereal
- Bread and Butter
- Milk for children
- Coffee or tea for adults

**Lunch or Supper**
- Milk soup or beverage
- Egg, cheese or meat
- Vegetable
- Bread and Butter
- Fruit

**Dinner**
- Meat, poultry, or fish
- Potato
- Vegetables (one to be the green, leafy kind)
- Bread and Butter
- Milk beverage for children
- Fruit or simple dessert

**Index to Recipes**

<table>
<thead>
<tr>
<th>BREAD AND SPREAD</th>
<th>MAIN DISHES</th>
<th>SOUPS AND SAUCES</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter Spread</td>
<td>Creamed Eggs</td>
<td>Basic Cream Soup—for making</td>
<td>Corn Fritters</td>
</tr>
<tr>
<td>Hot Cross Biscuits</td>
<td>Creamed Fish</td>
<td>a variety of vegetable cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Creamed Meat</td>
<td>soups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jiffy Casserole</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pork Chops with Milk Gravy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Potato Omelet</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spring Meat Stew</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stuffed Frankfurters</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetable Cheese Cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DESSERTS AND PASTRY</td>
<td>SALADS AND SALAD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Pastry Shell</td>
<td>Dressings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custard Pie</td>
<td>Cooked Salad Dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mocha Bavarian</td>
<td>Creamy Cole Slaw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raisin Cream Tarts</td>
<td>Potato Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snow Peak Pudding</td>
<td>Thousand Island Dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unbaked Pastry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whipped Topping</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(March-April)

Form No. 4203
Spring Meat Stew

(Portrait on front cover)

DIRECTIONS

1. Roll 
   cut for stew

2. In mixture of
   FLOUR
   SALT
   PEPPER

3. Brown in
   hot SHORTENING

4. Add and brown
   finely cut ONION

5. Add
   boiling WATER

6. Cover; simmer one
   hour, then add
   diced, pared
   POTATOES
   quartered
   CARROTS

7. Cover; cook 20 min. longer, or until vegetables are tender.

8. Stir in
   drained, canned
   PEAS**
   PET MILK


*Beef, veal, lamb or pork can be used.

**Cooked fresh or frozen peas, cut green beans or asparagus can also be used.

Pork Chops with Milk Gravy

DIRECTIONS

1. Mix together
   FLOUR
   SALT
   PEPPER

2. Roll in flour mixture
   PORK CHOPS*

3. Brown on both sides
   hot SHORTENING

4. Add
   WATER

5. Cover; cook slowly 30 min., or until pork chops are tender. Remove chops to warm platter or serving dish.

6. Stir in
   PET MILK

7. Heat thoroughly, but do not boil. Serve with the chops.

*Pork steaks or smoked ham can also be used. If tendered ham is used, reduce cooking time to 10 minutes. Omit salt with ham.

TASTES EVEN BETTER THAN IT LOOKS

Spring Meat Stew*

Jellied Tomato Salad with Cooked Salad Dressing*

Assorted Rolls  Mocha Bavarian*  Butter Spread*

*Recipes are in this book
### Jiffy Casserole

**Photograph above**

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Roll into coarse salted POTATO CHIPS 2 1/2 ozs.</td>
<td>5 ozs.</td>
<td>1/2 lb.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. There should be 2 1/3 cup for 2; 1 1/3 cups for 4; and 2 cups for 6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Grease a baking dish holding 3 cups</td>
<td>1 qt.</td>
<td>11/2 qts.</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. Heat thoroughly a mixture of cream of MUSHROOM SOUP 1/2 cup</td>
<td>10 1/4-oz. can 1 1/2 cups</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PET MILK 2 1/2 tablesp.</td>
<td>1/2 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WATER 2 tablesp.</td>
<td>1/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEPPER few grains</td>
<td>few grains</td>
<td>1/8 teasp.</td>
<td></td>
</tr>
<tr>
<td>6. Add flaked, canned FISH 1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Arrange in baking dish in alternate layers with the crumbs, having a middle and top layer of crumbs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Bake until bubbly hot, or about 10 min.</td>
<td>15 min.</td>
<td>20 min.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Asparagus soup can also be used.

**Cooked or canned tuna, salmon, halibut or haddock can be used.

### Molasses Butter Sauce

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Put into saucepan PET MILK dark cooking MOLASSES BUTTER or margarine 1 1/2 tablesp.</td>
<td>3/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>2. Stir and cook very slowly until butter melts. Do not boil.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Serve warm on pancakes, waffles, French toast or other hot breads.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Makes about 1/2 cup</td>
<td>1 cup</td>
<td>1 1/3 cups</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Hot Cross Biscuits

(Photograph below)

DIRECTIONS

1. Turn on oven; set at very hot (450° F.).
2. Grease a cake pan measuring .......... 5 in. across
   {8 in. across 9 in. across
3. Sift together .......... sifted, all-purpose
   FLOUR  2/3 cup 1 1/3 cups 2 cups
   BAKING  powder  1 teasp. 2 teasp. 3 teasp.
   SALT  1/4 teasp. 3/4 teasp. 1 teasp.
4. Work into flour mixture with fork .......... SHORTENING 1 1/2 tablesp. 2 1/2 tablesp. 1/4 cup
5. Stir in with fork a mixture of .......... PET MILK 2 tablesp. 1/4 cup 6 tablesp.
   WATER 2 tablesp. 1/4 cup 6 tablesp.
6. Turn out on lightly floured board. Knead a few seconds, or until smooth.
   Roll to 1/2-in. thickness. Cut into rounds with floured 2 1/2-in. cutter. With back of knife press a cross about half way through each round.
7. Fill crosses with equal parts of .......... JELLY or thick jam 1 1/2 tablesp. 3 tablesp. 4 1/2 tablesp.
8. Place close together in pan. Bake on oven shelf slightly above center 15 min., or until brown. Serve at once.

For PLAIN BISCUITS:

Roll dough and cut into rounds as directed above. Do not press crosses into rounds and omit jelly or jam. Place 1 in. apart on greased baking sheet. Reduce oven heat to hot (425° F.) and bake 12 min. or until brown.

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 names of recipes desired.

SOMETHING DIFFERENT AND EXTRA GOOD

Cream of Onion Soup (See Basic Cream Soup*)
Potato Omelet*
Buttered Green Beans
Lettuce with Thousand Island Dressing*
Hot Cross Biscuits*
Hot Beverage

*Recipes are in this book
**Unbaked Pastry**

**DIRECTIONS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INGREDIENTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>all-purpose FLOUR</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>SHORTENING</td>
<td>2½ tablesp.</td>
<td>¼ cup</td>
</tr>
<tr>
<td>PET MILK diluted with WATER</td>
<td>4 teasp.</td>
<td>1½ tablesp.</td>
</tr>
</tbody>
</table>

1. Sift before measuring.
2. Resift with SALT.
3. Work into flour with SHORTENING.
4. When mixture has the appearance of small peas, gradually stir in PET MILK diluted with WATER.
5. On floured board, roll into a round 1 in. larger than pie pan and about ½ in. thick. Trim if necessary.
6. Fit loosely in tart pans.
7. Fold extra dough under; pinch with fingers to make fancy edge. Pour in filling and bake as directed in desired pie recipe.

**For Baked Pastry Shell**

Line pan with Unbaked Pastry, preparing edge as directed above. Prick closely all over bottom and sides of pastry with fork. Bake on shelf slightly above center in hot oven (425° F.) 10 min., or until brown. If pastry bulges, prick again at end of 5 minutes' baking. Cool thoroughly before pouring in desired filling.

**Potato Omelet**

**DIRECTIONS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INGREDIENTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SHORTENING</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>finely diced, pared POTATOES</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>slightly beaten EGGS</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>PET MILK</td>
<td>2½ tablesp.</td>
<td>¼ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>finely cut PARSLEY</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
</tbody>
</table>

1. Melt in skillet.
2. Add finely diced, pared POTATOES, finely cut ONION, SALT, PEPPER.
3. Cover; cook slowly about 15 min., or until potatoes are tender and brown underneath.
4. Then pour over a mixture of slightly beaten EGGS, PET MILK, SALT, PEPPER, finely cut PARSLEY (optional).
5. Cover; cook slowly about 5 min. longer, or until omelet is firm. Turn out; serve at once.
Snow Peak Pudding

### DIRECTIONS
1. Turn on oven; set at slow (325° F.).
2. Grease a baking dish holding about 1 pint.
3. Put into dish: diced CAKE (angel or sponge) 1 cup, COCOA 2 tablesp., SUGAR 2 tablesp., SALT few grains, PET MILK 1/4 cup, WATER 1/4 cup.
5. Stir in gradually: COCOA 1 cup, SUGAR 2 cups.
6. Stir and boil 2 min.
7. Remove from heat; slightly beaten EGG YOLKS 1 1/2 teasp., VANILLA 1 1/2 teasp., PET MILK* 1/4 cup.
8. Pour over cake in baking dish.
10. Meanwhile, beat until stiff: EGG WHITES 1 2, SUGAR 1 1/2 cups.
11. Continue beating while adding gradually: PET MILK* 1/4 cup, VANILLA 1/4 cup.
12. Spread on top of pudding; bake 15 min. longer, or until lightly browned. Cool.

### Whipped Topping

#### DIRECTIONS
1. Put into small bowl: chilled PET MILK* 1/4 cup, granulated SUGAR 1 1/2 teasp., LEMON JUICE 1/2 teasp., SUGAR 1/4 cup.
2. Whip with rotary beater, or electric beater at high speed, until fluffy.
3. Then add: LEMON JUICE 1/2 teasp., SUGAR 1/4 cup.
4. Continue whipping until stiff. Serve as a topping on beverages, fruit salads, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.

*Ways to Chill Pet Milk:*
1. Put into ice tray of an automatic refrigerator and chill until ice crystals begin to form around the edges.
2. Put into a small bowl and set right on the ice, chilling until both bowl and milk are 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.
Vegetable Cheese Cups
(Photograph below)

**DIRECTIONS** FOR 2 | FOR 4 | FOR 6
--- | --- | ---
1. Turn on oven; set at slow (325° F.).
2. Grease 4 or 8 or 12 small custard cups or a baking dish holding.................
   - slightly beaten EGG: 1 qt. | 1 1/2 qts. | 2 qts.
   - SALT: 1/4 teasp. | 1/2 teasp. | 3/4 teasp.
   - dry MUSTARD: 1/4 teasp. | 1/2 teasp. | 3/4 teasp.
   - PET MILK: 1/2 cup | 3/4 cup | 1 cup
   - VEGETABLE LIQUID or water: 2 1/2 tablesp. | 3/4 cup | 1 1/2 cup
   - diced American CHEESE: 3/4 cup | 1 1/2 cups | 2 1/4 cups
3. Mix together.................
   - 2 3/4 tablesp. | 3/4 cup | 2 1/4 cups
   - 3/4 cup
   - 3/4 cup
   - 1 lb.
   - 1 lb.
   - 1 lb.
4. Add.................
   - 3/4 cup | 1 1/2 cups | 2 3/4 cups
   - (1/2 lb.) | (3/4 lb.) | (3/4 lb.)
5. Stir and cook over boiling water until smooth.
6. Arrange sauce in layers in greased dish with...drained PEAS, cooked or canned RICE....
   - 1 cup | 2 cups | 3 cups
   - 1 cup | 2 cups | 3 cups
7. Bake until top is lightly browned, allowing 25 min. for cups, and for large dish about.................
   - 35 min. | 45 min. | 1 hour
8. Turn out of cups, or serve from dish.

**Thousand Island Dressing**

**DIRECTIONS** FOR 2 | FOR 4 | FOR 6
--- | --- | ---
1. Put into mixing bowl.................
   - PET MILK: 3 tablesp. | 1 1/2 cup | 1 1/2 cup
   - CHILI SAUCE: 3 tablesp. | 1 1/2 cup | 1 1/2 cup
   - SALAD OIL: 3 tablesp. | 1 1/2 cup | 1 1/2 cup
   - LEMON JUICE: 1 teasp. | 1/4 teasp. | 1/2 teasp.
   - SALT: 1/2 teasp. | 1/4 teasp. | 1/2 teasp.
   - PEPPER: few grains | few grains | few grains
2. Beat well. Cover and keep in refrigerator; use on green or vegetable salads.
3. Makes about.................
   - 1/2 cup | 1 cup | 1 1/2 cups

**TEMPTING MEATLESS MEAL**

- Vegetable Cheese Cups*
- Whole Carrots
- Creamed Green Beans (see Creamed Vegetables*)
- Tomato and Lettuce Salad with Cooked Salad Dressing*
- Snow Peak Pudding*

*Recipes are in this book
Custard Pie
(Photograph above)

DIRECTIONS

1. Turn on oven; set at hot (450° F.).
2. Line with ............. UNBAKED PAstry (see index) 2 tart pans, 4 in. across
3. Mix together .......... SUGAR 4 in. across SALT CORNSTARCH 1 tablesp.
4. Add to mixture of ..... slightly beaten EGGS VANILLA 1 1/2 teasp.
5. Mix well, then stir in mixture of ............ PET MILK boiling WATER 1/2 cups
6. Pour into pastry-lined pan and bake... 10 min. 15 min. 20 min.
7. Reduce heat to slow (325° F.) and bake until knife inserted near outer edge comes out clean or about ............ 20 min. 25 min. 30 min.

Tomato Cream Sauce

DIRECTIONS

1. Cook slowly for 5 min. ........ finely cut ONION in SHORTENING 1 1/2 teasp.
2. Stir in .................. condensed TOMATO SOUP SALT PEPPER 6 tablesp. few grains
3. Heat to boiling point.
4. Meanwhile, scald PET MILK over boiling water.... 1/4 cup
5. Stir hot soup mixture into hot milk. Serve on Corn Fritters (see index).
### Cooked Salad Dressing

<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. Mix together</td>
<td>SUGAR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>⅓ teasp.</td>
<td>⅔ teasp.</td>
</tr>
<tr>
<td></td>
<td>dry MUSTARD</td>
<td>⅛ teasp.</td>
<td>⅓ teasp.</td>
<td>⅔ teasp.</td>
</tr>
<tr>
<td></td>
<td>FLOUR</td>
<td>⅛ teasp.</td>
<td>⅔ teasp.</td>
<td>⅔ teasp.</td>
</tr>
<tr>
<td>2. Stir in</td>
<td>well-beaten EGG</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. Then add</td>
<td>WATER</td>
<td>2 tablesp.</td>
<td>⅓ cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td></td>
<td>VINEGAR</td>
<td>2 tablesp.</td>
<td>⅓ cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>4. Place over boiling water. When water again boils, stir and cook 8 min., or until very thick.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Cool slightly, then stir in</td>
<td>PET MILK</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>6. Store in covered jar in refrigerator and use for all kinds of salads and sandwich fillings.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Makes</td>
<td></td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

For 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. Mix together</td>
<td>COOKED SALAD DRESSING</td>
<td>diced, cooked POTATOES</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>diced CELERY</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>finely cut ONION</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>finely cut SWEET PICKLES</td>
<td>1⅛ teasp.</td>
<td>1 teasp.</td>
</tr>
</tbody>
</table>

### Split Pea Soup

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cook slowly 5 min.</td>
<td>finely cut ONION in SHORTENING</td>
<td>2½ tablesp.</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>2. Wash and drain</td>
<td>split green PEAS, quick-cooking</td>
<td>⅔ cup</td>
<td>⅓ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>3. Add to onion mixture with</td>
<td>WATER</td>
<td>4 cups</td>
<td>6 cups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>⅔ teasp.</td>
<td>3 teasp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>⅛ teasp.</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td></td>
<td>POULTRY SEASONING*</td>
<td>⅛ teasp.</td>
<td>¾ teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>4. Cover; boil slowly 1 hour, or until peas are tender.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Mash peas, then add</td>
<td>PET MILK</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

*Powdered sage can also be used.*
Mocha Bavarian

DIRECTIONS

INGREDIENTS

FOR 2  FOR 4  FOR 6

1. Soften .......... plain, unflavored GELATIN
in cold, strong COFFEE*

1½ teasp.  1 tablesp.  1½ tablesp.
2 tablesp.  ¼ cup  6 tablesp.

2. Mix together .......... slightly beaten EGG YOLK
COCOA
SUGAR
SALT
PET MILK
strong COFFEE*

1  2  3
2 tablesp.  1 cup  1 cup
2 cup  ¾ cup  ¾ cup
2 cup  ¾ cup  ¾ cup
2 cup  ¾ cup  ¾ cup
1 tablesp.  1 cup  1 cup
2 cup  ¾ cup  ¾ cup

3. Place over boiling water. Stir and cook 5 min. after water again boils.
4. Add softened gelatin; stir until dissolved. Chill until syrupy.
5. Rinse with cold water a mold holding about 1 pint or 2 individual molds
7. Fold in .......... stiffly beaten EGG WHITE

1  2  3
2 cup  1 cup  1 cup


*To make strong coffee for this recipe:
1. Pour ............... boiling WATER

½ cup  1 cup  1½ cups
2. Over ............... finely ground COFFEE

1½ tablesp.  3 tablesp.  4½ tablesp.

3. Let stand 5 min., then strain through cheesecloth or muslin.

Raisin Cream Tarts

DIRECTIONS

INGREDIENTS

FOR 2  FOR 4  FOR 6

1. Turn on oven; set at very hot (450° F.).

slightly beaten EGG
SUGAR
PET MILK
LEMON JUICE
SALT
melted BUTTER or margarine
seedless RAISINS, halved

1  1  2
2½ tablesp.  ½ cup  ½ cup
2 cup  ¾ cup  ¾ cup
1½ teasp.  1 tablesp.  1½ tablesp.
2 cup  ¾ cup  ¾ cup
1½ teasp.  1 tablesp.  1½ tablesp.
½ cup  ½ cup  1 cup

3. Pour into 2 or 4 or 6 four-in. tart pans lined with 5-in. squares of Unbaked Pastry (see index).
4. Bake on center shelf of oven 10 min., then reduce heat to moderately slow (350° F.) and bake 15 min. longer, or until firm.
Corn Fritters

DIRECTIONS

1. Heat slowly 2 in. of shortening to 360° F., or until a 1-in. cube of bread browns in 55 seconds.

2. Sift into bowl...

3. Work into flour mixture with fork....

4. Mix together....

5. Add to flour, all at once, mixing quickly but thoroughly.

6. Fold in...

7. Drop by teaspoons into hot fat; fry a few at a time until brown. Drain.

8. Makes

*To Substitute Prepared Biscuit Flour for All-Purpose Flour:

1. Put into mixing bowl

2. Omit baking powder, salt and shortening.

3. Stir in milk mixture, then proceed as directed for all-purpose flour.

Note: To cook fritters in ½-in. of hot shortening allow ½ cup batter for each. When edges are cooked, turn and brown other side.

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 names of recipes desired.
A MEAL WITH "HIGH HAT" HOT DOGS

Stuffed Frankfurters*
Creamed Peas
(see Creamed Vegetables*)
Radishes and Carrot Sticks
Raisin Cream Tarts*
*Recipes are in this book

DIRECTIONS

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

2. Cook slowly 5 min.

3. Remove from heat.

4. Add

5. Mix well.

6. Split lengthwise on one side only.

7. Fill with stuffing. Put into shallow pan. Bake 15 min., or until lightly browned.

*Finely cut celery can replace carrots.
**Poultry seasoning can replace the sage.
***Wieners can replace frankfurters.
# Creamed Vegetables

**Ingredients**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

**Directions**

1. Drain and save liquid from cooked or canned vegetable.*
2. Melt in saucepan butter or margarine.
3. Blend in flour, salt, and pepper.
4. Stir in slowly liquid off vegetable.
5. Stir and boil 2 minutes.
7. Add drained vegetable and heat thoroughly, but do not boil. Serve at once.

*Asparagus, broccoli, cabbage, carrots, cauliflower, celery, corn, eggplant, green beans, lima beans, mushrooms, onions, parsnips, peas, potatoes, radishes, rutabagas or wax beans 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.

# Creamy Cole Slaw

**Ingredients**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablesp.</td>
<td>½ cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>(1 oz.)</td>
<td>(2 ozs.)</td>
<td>(3 ozs.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>1 teasp.</td>
<td>½ teasp.</td>
<td>½ teasp.</td>
</tr>
</tbody>
</table>

**Directions**

1. Mash with fork white cream cheese.
2. Blend in salt and pepper.
4. When mixture is smooth, stir in slowly.
5. Chill.
6. Mix together in bowl shredded, chilled cabbage, shredded, chilled carrots, diced celery.
7. Add chilled dressing; mix thoroughly. Serve at once.
Basic Cream Soup
(for making a variety of vegetable cream soups)

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cook together in finely cut ONION in deep saucenpan 5 min...</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesps.</td>
</tr>
<tr>
<td>2. Blend in...</td>
<td>11/2 teasp.</td>
<td>1 tablesp.</td>
<td>11/2 tablesp.</td>
</tr>
<tr>
<td>3. Stir in slowly...</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>4. Stir and boil slowly 2 min.</td>
<td>11/2 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>5. Add...</td>
<td>few grains</td>
<td>few grains</td>
<td>1/6 teasp.</td>
</tr>
<tr>
<td>6. Heat thoroughly and serve at once.</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>11/2 cups</td>
</tr>
</tbody>
</table>

*Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve, can be used. Cream style corn can be used just as it comes from the can. Cooked or canned mushrooms, finely chopped, can be substituted for vegetable puree, if mushroom liquid is used to dilute Pet Milk.

Butter Spread

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS 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>1/4 pound</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise (see note).</td>
<td>SALT</td>
<td>1/8 teasp.</td>
<td>1/4 teasp.</td>
</tr>
<tr>
<td>3. Also let stand in warm room</td>
<td>PET MILK</td>
<td>6 1/2 cup</td>
<td>3 1/4 cup</td>
</tr>
<tr>
<td>4. Butter and milk will blend together better if they are the same temperature.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. 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 for 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, toast, pancakes, waffles and other hot breads.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Makes a little less than...</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>*When using 1/4 lb. butter, add about 1 tablesp. of milk at a time.</td>
<td>(1 1/2 lb.)</td>
<td>(1 lb.)</td>
<td>(2 lbs.)</td>
</tr>
</tbody>
</table>

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.
FOR YOUR BABY

Good health... a chance to grow sturdy and strong... that's the best of all possible gifts that you can give your baby.

One of the wisest steps you can take, to assure your baby of this precious gift, is to consult your doctor regularly.

For babies who need to have milk from a bottle, doctors throughout America are recommending Pet Milk... because Pet Milk is easier for babies to digest than ordinary milk, because it is always uniformly rich, and because it contains extra sunshine vitamin D. A pint of Pet Milk mixed with a pint of water makes a quart of rich whole milk containing 400 units of vitamin D—the amount of vitamin D per quart of milk that medical authorities agree the normal baby needs for developing good bones and teeth, and for excellent growth.

If your baby needs to have milk from a bottle, won't you ask your doctor about his formula for using Pet Milk?

2 Great Radio Programs

MARY LEE TAYLOR and DEL KING

... in a half-hour program of fail-proof recipes, money-saving meal plans, and ideas for making everyday foods more tempting, more wholesome.

Every Saturday Morning
Columbia Broadcasting System and additional stations
See your newspaper for local station and time

SATURDAY NIGHT SERENADE

★ Starring HOLLACE SHAW
★ Bill Perry ★ The Serenaders
★ Gus Haenschen and his Orchestra

Every Saturday Night
Columbia Broadcasting System
See your newspaper for local station and time