Making Good Meals Better
for 2 or 4 or 6
by Mary Lee Taylor
This booklet is for you who are always striving to make good meals even better.

Most of the recipes are for delicious dishes that have just recently been developed in the Pet Milk Kitchens. Others are for old favorites made a new and tempting way.

All of the recipes will help you to make good meals even better by adding eye-appeal, appetite appeal, and wholesomeness to everyday foods.

To save your time and be of the most help to you, each recipe includes the exact amounts of the ingredients needed for making two servings, four servings, or six servings.

When you follow these recipes, do be sure to use Pet Milk as indicated.

Pet Milk gives food a richness of flavor that cannot be duplicated with any other form of milk.

Pet Milk assures you, too, of food that is unusually nourishing because Pet Milk is whole milk that is double-rich and that is extra-rich, also, in sunshine vitamin D (see back cover).

In addition, Pet Milk helps you to save money on your food bills because Pet Milk costs less generally than ordinary milk and costs much less than cream.

It is hoped that these recipes and the useful ideas always given in the Mary Lee Taylor Saturday morning broadcasts will help you, as they are helping so many other women, to make your good meals even better.

Mary Lee Taylor

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<thead>
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<tr>
<td>Milk Gravy</td>
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<tr>
<th>VEGETABLES</th>
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<td>Creamed Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Form No. 4213—4-20—6-1
### Tomato Corn Salad

**DIRECTIONS**

1. Soften ... \(\text{plain, unflavored GELATIN}\) \(\text{in cold WATER}\) \(1 \frac{1}{2}\) teasp. \(1\) teasp. \(1\frac{1}{2}\) teasp. \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

2. Heat to boiling a mixture of ... \(\text{tomato JUICE}\) \(\text{grated ONION}\) \(\text{SALT}\) \(\text{PEPPER}\) \(\text{VINEGAR}\) \(\frac{1}{2}\) teasp. \(\frac{1}{4}\) cup \(\frac{1}{2}\) teasp. \(\frac{1}{2}\) teasp. \(\frac{1}{2}\) teasp. \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

3. Stir in softened gelatin.

4. Remove from mixture 3 teasp. for 2; \(\frac{1}{2}\) cup for 4 and \(\frac{3}{4}\) cup for 6.

5. Add ... \(\text{WATER}\) \(\frac{1}{2}\) cup \(1\) qt. \(1\frac{1}{2}\) qts. \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

6. Pour into oiled mold holding about ... \(\text{for 2}\) \(\text{for 4}\) \(\text{for 6}\)

7. Chill until firm. Chill larger portion until syrupy.

8. Then fold in mixture of ... \(\text{drained, whole kernel CORN, cooked or canned}\) \(\text{finely cut STUFFED OLIVES}\) \(\text{PET MILK}\) \(\frac{3}{4}\) cup \(1\frac{1}{2}\) cups \(2\frac{1}{4}\) cups \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

9. Put on top of chilled tomato mixture. Chill until firm. Unmold on lettuce or other salad greens if desired.

### Golden Salad Dressing

**DIRECTIONS**

1. Remove and mash yolks of ... \(\text{hard-cooked EGGS}\) \(1\) \(2\) \(3\) \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

2. Chop whites very fine and save.

3. Mix into mashed yolks ... \(\text{SALT}\) \(\text{dry MUSTARD}\) \(\text{SUGAR}\) \(\text{PEPPER}\) \(\frac{1}{2}\) teasp. \(\frac{1}{4}\) teasp. \(\frac{1}{2}\) teasp. \(\frac{3}{4}\) teasp. \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

4. Stir in ... \(\text{PET MILK}\) \(\frac{1}{2}\) cup \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

5. Then stir in ... \(\text{VINEGAR}\) \(\frac{1}{2}\) cup \(\text{FOR 2}\) \(\text{FOR 4}\) \(\text{FOR 6}\)

6. Add chopped whites and chill thoroughly. Serve on green or vegetable salads or Chef's Salad (see index).

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**A SATISFYING MEATLESS MEAL**

*Egg Roll-Ups*  
*Carrot Strips with Lemon Juice and Chopped Parsley*  
*Whole Green Beans or Fresh Asparagus*  
*Tomato Corn Salad*  
*Fudge Pudding*

*Recipes are in this book*
Macaroni in Ham Jackets
(Photograph above)

DIRECTIONS

1. Break into 4-in. pieces
2. Boil until tender in boiling water
3. Drain; rinse with hot water. Let stand. Turn on oven; set at moderate (375° F.).
4. Mix together
5. Stir and cook over boiling water until smooth.
6. Remove from heat; add bottled horse-radish, drained
7. Put equal portions of macaroni on large, thin slices of
8. Put 2 tablesp. cheese sauce over each portion. Roll up; secure with toothpicks or string. Put into greased shallow pan.
9. Dot with bits of
10. Bake 20 min., or until ham is lightly browned. Serve with remaining cheese sauce reheated over boiling water.

NOTE: The above cheese sauce is grand served over green beans, onions, asparagus and many other vegetables. When cold it also makes a delicious filling for sandwiches.

INGREDIENTS

FOR 2

FOR 4

FOR 6

MACARONI
2 ounces (2 dozen)
4 ounces (4 dozen)
6 ounces (6 dozen)
boiling WATER
2 cups
4 cups
6 cups
SALT
1/2 teasp.
1 teasp.
1 1/2 teasp.
diced AMERICAN CHEESE
1/2 cup (2 1/2 ozs.)
1 cup (5 1/2 ozs.)
1 1/2 cups (1 1/2 lb.)
PET MILK
1/4 cup
1/2 cup
3/4 cup
SALT
3/8 teasp.
3/8 teasp.
3/8 teasp.
PEPPER
few grains
few grains
few grains
HAM, boiled or baked
2 slices (3/4 lb.)
4 slices (1/2 lb.)
6 slices (1/4 lb.)
SHORTENING
1 tablesp.
1 1/2 tablesp.
2 tablesp.
Easy Icebox Rolls

(Photograph below)

**DIRECTIONS**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Dissolve ..........</td>
<td>compressed YEAST ( \frac{1}{2} ) cake</td>
<td>1 cake</td>
</tr>
<tr>
<td>in lukewarm ( \frac{1}{2} ) cup</td>
<td>( \frac{1}{2} ) cup</td>
<td>( \frac{3}{2} ) cakes</td>
</tr>
<tr>
<td>WATER</td>
<td>( \frac{1}{2} ) cup</td>
<td>( \frac{3}{2} ) cups</td>
</tr>
<tr>
<td>2. Mix and cool to lukewarm ..........</td>
<td>( \text{PET MILK} )</td>
<td>( \frac{1}{4} ) cup</td>
</tr>
<tr>
<td>( \text{boiling WATER} )</td>
<td>( \frac{1}{4} ) cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>( \text{well-beaten EGGS} )</td>
<td>( 1 )</td>
<td>( 2 )</td>
</tr>
<tr>
<td>( \text{SUGAR} )</td>
<td>( 2 ) tablesp.</td>
<td>( 3 )</td>
</tr>
<tr>
<td>( \text{SALT} )</td>
<td>( \frac{1}{2} ) teasp.</td>
<td>( 1 ) teasp.</td>
</tr>
<tr>
<td>( \text{melted SHORTENING} )</td>
<td>( 2 ) tablesp.</td>
<td>( \frac{1}{4} ) cup</td>
</tr>
<tr>
<td>3. Add to mixture of ...</td>
<td>( \text{sifted, all-purpose FLOUR} )</td>
<td>( 2 ) cups</td>
</tr>
<tr>
<td>4. Stir in dissolved yeast.</td>
<td>( 4 ) cups</td>
<td></td>
</tr>
<tr>
<td>5. Add gradually, mixing well after each addition ..........</td>
<td>( 6 ) cups</td>
<td></td>
</tr>
<tr>
<td>6. Turn onto floured board; knead until smooth and elastic. Put into greased bowl. Cover and let rise until doubled in bulk. Knead again to original size. Cover and keep in refrigerator until ready to make rolls. Pull off a teasp. of dough at a time, roll into ball and put 3 in each of desired number of greased 2-in. muffin tins. Brush tops with ( \text{PET MILK} ) to glaze. Let rise until doubled in bulk. Bake in hot oven (400° F.) 12 min., or until brown.</td>
<td>( 7 ) doz.</td>
<td></td>
</tr>
<tr>
<td>7. Makes .................</td>
<td>( 2 ) doz.</td>
<td></td>
</tr>
<tr>
<td>8. For PARKERHOUSE ROLLS: Turn dough onto floured board, roll ( \frac{1}{4} ) in. thick; cut into 2( \frac{1}{2} )-in. rounds. With floured knife crease each round a little to one side of center. Brush smaller section with ( \text{PET MILK} ). Then fold larger section over the smaller, pressing edges together. Arrange 1 in. apart on greased baking sheet. Let rise until doubled in bulk. Bake as directed above.</td>
<td>( 3 ) doz.</td>
<td></td>
</tr>
</tbody>
</table>

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**FEATURING A NEW WAY TO FIX FISH**

- Creole Fish*
- Pan-Browned Whole Potatoes
- Seasoned Green Beans
- Cole Slaw*
- Easy Icebox Rolls*
- Butter Spread*
- Fruit Cup

*Recipes are in this book
Fudge Pudding

DIRECTIONS

1. Heat to boiling .......... WATER
   {1/4 cup  1/2 cup  1 cup
2. Stir gradually into .......... SUGAR
   mixture of ................. COCOA
   {1 1/2 tablesp.  3 tablesp.  4 1/2 tablesp.
3. When smooth, stir .......... PET MILK
   in ....... .................
   {1/2 cup  1/2 cup  1 cup
4. Let stand.
5. Turn on oven; set at slow (325° F).
6. Grease a baking dish holding about ..........
   sifted, all-purpose ....... FLOUR
   {1/4 cup  1/2 cup  3/4 cup
   BAKING POWDER ...........
   SALT .................
   well-beaten EGG ..........
   PET MILK ............
   WATER ...........
   melted SHORTENING .......... VANILLA
   {1 1/2 teasp.  1 teasp.  1 1/2 teasp.
10. Spoon sauce carefully over top of batter. Bake on oven shelf slightly below center until cake is firm to the touch or about .......... 30 min.  45 min.  1 hour
11. Serve warm or cold with sauce remaining in baking dish.

NOTE: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.

Old-Fashioned Lettuce Salad

DIRECTIONS

1. Cook slowly 5 minutes .......... finely cut ONION
   in SHORTENING ..........
   {1 tablesp.  2 tablesp.  3 tablesp.
2. Then add ............... VINEGAR
   SUGAR ................
   SALT ............... PEPPER
   {4 teasp.  1 1/2 teasp.  1 1/2 teasp.
3. Stir and boil slowly 1 minute.
4. Remove from heat and stir into .......... hot PET MILK
   {3 tablesp.  1 1/2 cup
5. Pour at once over .......... LETTUCE
   or spinach ..........
   {2 cups  4 cups  6 cups
Creole Fish

**DIRECTIONS**

1. Melt in saucepan...

2. Add and cook slowly for 5 min.

3. Stir in...

4. Stir and boil 1 min.

5. Add and heat thoroughly

6. Meanwhile, scald over boiling water...

7. Stir hot fish mixture into hot milk. Serve at once. Do not cook after mixing.
*Salmon, tuna, haddock or halibut can be used.

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**Fruit Shortcakes**

**DIRECTIONS**

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

2. Sift before measuring...

3. Resift with...

4. Work into flour mixture with fork.....

5. Stir in with fork a mixture of.....


7. Break open and put together with.....

*Mashed strawberries, cut-up peaches, oranges, fruit cocktail, etc., can be used.

**INGREDIENTS**

**FOR 2**

**FOR 4**

**FOR 6**

- SHORTENING
- all-purpose FLOUR
- BAKING POWDER
- SALT
- SHORTENING
- PET MILK
- WATER
- sweetened FRUIT

- Green PEPPER
- ONION
- SALT
- few grains
- cold
- few grains
- fresh, frozen or canned

- 2 teasp.
- ¾ cup
- 1½ teasp.
- 2 tablesp.
- 2 tablesp.
- 1 cup
- 1 cup
- 1 cup

- 4 teasp.
- ½ cup
- 2 ½ teasp.
- 2 tablesp.
- ½ cup
- 2 cups
- 2 cups

- 2 tablesp.
- ¼ cup
- 6 tablesp.
- ½ cup
- 6 tablesp.
- 6 tablesp.

- 1 cup
- 2 cups
- 3 cups

- 10 ½-oz. can
- ½ teasp.
- ½ cup
- ¼ cup
- ¾ cup
- 3 cups
## Chef's Salad

(Photograph above)

### DIRECTIONS

1. Mix together.

<table>
<thead>
<tr>
<th>VINEGAR or lemon juice</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 teasp.</td>
<td>2½ tablesp.</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
<td></td>
</tr>
<tr>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td></td>
</tr>
<tr>
<td>few grains</td>
<td>few grains</td>
<td>¾ teasp.</td>
<td></td>
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</table>

2. Stir in gradually.

<table>
<thead>
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<th>SALAD OIL</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
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<tbody>
<tr>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
<td></td>
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</tbody>
</table>

3. Then stir into.

<table>
<thead>
<tr>
<th>PET MILK</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablesp.</td>
<td>½ cup</td>
<td>½ cup</td>
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</table>


<table>
<thead>
<tr>
<th>shredded, chilled LETTUCE*</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅓ cup</td>
<td>1½ cups</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>shredded, chilled CABBAGE</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>shredded, chilled CARROTS</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>thinly sliced RADISHES**</td>
<td>3 tablesp.</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>thinly sliced GREEN ONIONS</td>
<td>½ cup</td>
<td>2 small</td>
<td>⅓ cup</td>
</tr>
<tr>
<td>TOMATOES, cut in wedges</td>
<td>3 small</td>
<td>2 small</td>
<td>3 small</td>
</tr>
</tbody>
</table>

5. At serving time, mix with.

*Water cress or spinach can replace half of the lettuce.

**Diced celery or cucumber can replace the sliced radishes.

**Note:** White cream cheese can replace the salad oil and the sugar in the above recipe. Simply mash the cheese with a fork using 2 tablespoons for 2; 4 tablespoons for 4 and 6 tablespoons for 6. Blend in the salt and pepper, then stir in the milk gradually. When mixture is smooth, slowly stir in the vinegar or lemon juice. Golden Salad Dressing (see index) can also be served on the above mixture of vegetables.
Milk Gravy

**DIRECTIONS**

1. Melt SHORTENING
2. Blend in FLOUR
3. Stir over low heat until brown.
4. Stir in; boil 1 minute WATER
5. Add; heat thoroughly PET MILK

**INGREDIENTS**

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<th>FOR 2</th>
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<th>FOR 6</th>
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</thead>
<tbody>
<tr>
<td>SHORTENING</td>
<td>1 tbs.</td>
<td>2 tbs.</td>
<td>3 tbs.</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tbs.</td>
<td>2 tbs.</td>
<td>3 tbs.</td>
</tr>
<tr>
<td>SALT</td>
<td>1/2 tsp.</td>
<td>1 tsp.</td>
<td>1 1/2 tsp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>1/2 tsp.</td>
<td>1 1/2 tsp.</td>
</tr>
<tr>
<td>WATER</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

**Pet Fried Chicken**

(Photograph below)

**DIRECTIONS**

1. Put into bowl cut-up CHICKEN
2. Let soak 2 hours with PET MILK
3. Drain. Save milk.
4. Sprinkle over chicken SALT
6. Drain off all fat from pan but FLOUR
7. Blend in SALT
8. Stir in liquid off PEAS
9. Stir and boil 2 min.
10. Add remaining milk drained PEAS, cooked or canned

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN</td>
<td>1 1/2 lbs.</td>
<td>2 1/2 lbs.</td>
<td>3 1/2 lbs.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>SALT</td>
<td>3/4 tsp.</td>
<td>1 1/2 tsp.</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>1/8 tsp.</td>
<td>1/4 tsp.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1 1/2 cups</td>
<td>3 cups</td>
<td>4 1/2 cups</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 1/2 tbs.</td>
<td>3 tbs.</td>
<td>4 1/2 tbs.</td>
</tr>
<tr>
<td>SALT</td>
<td>1/2 tsp.</td>
<td>3/4 tsp.</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/8 tsp.</td>
</tr>
<tr>
<td>PEAS</td>
<td>6 tbs.</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>WATER</td>
<td>1 1/4 cups</td>
<td>2 1/4 cups</td>
<td>3 1/2 cups</td>
</tr>
</tbody>
</table>

**A GRAND CHICKEN DINNER — SURE TO PLEASE**

Tomato Juice Cocktail
Pet Fried Chicken* garnished with carrot curls
Mashed Potatoes*
Tossed Green Salad with
Golden Salad Dressing*
Fruit Shortcakes*

*Recipes are in this book
Orange Meringue Custards

**DIRECTIONS**

1. Mix together...

2. Stir in mixture of...

3. Place over boiling water; stir and cook until mixture is smooth and begins to thicken.

4. Continue cooking 20 min., stirring occasionally.

5. Stir slowly into...

6. Return to heat; cook 2 min. longer. Cool.

7. Remove from heat; stir in...

8. Cover and chill.

9. Fill 2 or 4 or 6 orange shells with the custard.

10. Beat until stiff but not dry...


**NOTE:** You will need 1, 2 or 3 large oranges for the juice and shells or you can squeeze juice from only 1 large orange and use orange shells saved from breakfast.

**Peppermint Whip**

**DIRECTIONS**

1. Chill until icy cold...

2. Soften...

3. Put into saucepan...

4. Cook slowly until candy is melted. Add softened gelatin; stir until dissolved. Chill until mixture begins to thicken.

5. Whip chilled milk vigorously with rotary beater, or electric beater at high speed, until stiff. Fold into chilled peppermint mixture. Pile into serving dishes. Chill until firm.
**Banana Cobbler**

**DIRECTIONS**

1. Turn on oven; set at hot (425° F.).
2. Grease a baking dish holding about 1 quart. 
3. Arrange over bottom of dish a mixture of SUGAR 1/2 cup, CINNAMON 1/4 teasp. 
4. Cover with sliced BANANAS 1 1/2 cups. 
5. Sprinkle with LEMON JUICE 1 teasp., sifted, all-purpose FLOUR 1/2 cup, SUGAR 1/2 cup, BAKING POWDER 3/4 teasp., SALT 1/4 teasp. 
6. Sift together SHORTENING 2 tablesp., PET MILK 1/2 cup, WATER 1/2 cup. 
7. Work into flour with fork SHORTENING 1 tablesp. 
8. Mix and stir in with fork condensed VEGETABLE SOUP 1/2 cup, WATER 1/4 cup. 
9. Spread over fruit. Bake 25 min., or until top is brown. Serve warm.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart</td>
<td>1 1/2 quarts</td>
</tr>
<tr>
<td>3 tablesp.</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>1 teasp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>1 cup</td>
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<tr>
<td>1 1/2 tablesp.</td>
<td>2 1/4 teasp.</td>
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<tr>
<td>1/2 cup</td>
<td>1/2 cup</td>
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<tr>
<td>1/2 cup</td>
<td>1/2 cup</td>
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</tbody>
</table>

**NOTE:** You'll have perfect success with this recipe in any altitude up to 5,000 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.

**Easy Swiss Steak**

**DIRECTIONS**

1. Cut into pieces round STEAK,* 3/4 lb. 1 1/2 lbs. 2 1/4 lbs.
2. Pound into both sides of meat a mixture of FLOUR 1 tablesp. 2 tablesp. 3 tablesp. SALT 1/2 teasp. 1 teasp. 1 1/2 teasp. PEPPER few grains 1/6 teasp. 1/8 teasp. 
3. Brown on both sides in skillet in hot SHORTENING 1 tablesp. 2 tablesp. 3 tablesp. 
4. Mix and add condensed VEGETABLE SOUP 1/2 cup 10 1/2-oz. can 1 1/2 cups WATER 1/4 cup 1/2 cup 3/4 cup finely cut ONION 1 tablesp. 2 tablesp. 3 tablesp. 
5. Cover; cook very slowly 1 1/4 hours, or until meat is tender.
6. Remove meat to platter, then stir in PET MILK 2 1/2 tablesp. 1/2 cup 1/2 cup.

*Lean slices of beef, veal or lamb shoulder or chuck can also be used.*
A TREAT FOR FAMILY OR COMPANY

Easy Swiss Steak* 
Potatoes in Jackets 
Creamed Asparagus (see Creamed Vegetables*) 
Spring Onions Radi 
Banana Orange Dessert*  
*Recipes are in this book

Banana Orange Dessert  
(Photograph above)

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6
1. Soften .............. plain, unflavored GELATIN
2 teasp. 4 teasp. 2 tablesp.
in cold WATER  2 1/2 tablesp. 1/4 cup 1/2 cup
2. Heat to boiling a mixture of 
WATER 1/4 cup 1/2 cup 1/2 cup
SUGAR 1/2 cup 1/2 cup 1/2 cup
grated ORANGE RIND 1/2 teaspoon 1 teaspoon 1 1/2 teaspoons
SALT 1/2 teaspoon 1/2 teaspoon 1/4 teaspoon
3. Add softened gelatin; stir until dissolved. Cool.
4. Stir in ................ PET MILK ORANGE JUICE
1/4 cup 1/4 cup 1/4 cup
1/2 cup 1/2 cup 1/2 cup
5. Chill until syrupy; then beat with rotary beater until fluffy.
6. Fold in ............... ripe BANANAS, thinly sliced
1 medium 2 medium 3 medium
7. Put into an oiled or wet ........ pinto mold quart mold 1 1/2 qt. mold
8. Chill until firm. Garnish with orange and banana slices if desired.
*Drained, canned fruit cocktail or cut-up sliced peaches can replace bananas. Use 1/2 cup for 2: 1 cup for 4 and 1 1/2 cups for 6.

Whipped Topping

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6
1. Put into small bowl. CHILLED PET MILK* 1/4 cup 1/4 cup 1/2 cup
granulated SUGAR 1 1/2 teaspoons 2 teaspoons 1 tablespoon
2. Whip with rotary beater, or electric beater at high speed, until fluffy.
3. Add and whip until stiff ................ LEMON JUICE 1 1/2 teaspoons 2 teaspoons 1 tablespoon
4. Serve on fruit salads, or desserts that will blend with the lemon flavor of this topping.
Egg Roll-Ups

DIRECTIONS

1. Remove crusts from thin slices BREAD
   - FOR 2: 8 slices
   - FOR 4: 12 slices

2. Spread with mixture of bottled MUSTARD, PET MILK, SALT, hard-cooked EGGS, finely chopped
   - FOR 2: bottles, 1½ teasp., 1¼ teasp., ½ teasp.
   - FOR 4: bottles, 2½ teasp., 3 teasp., 1½ teasp.
   - FOR 6: bottles, 3¾ teasp., 4½ teasp., 3¾ teasp.

3. Roll up; secure with toothpicks. Toast until lightly browned.

4. Meanwhile, mix together diced American CHEESE, PET MILK, SALT, PEPPER
   - FOR 2: ⅓ cup (½ lb.), ½ cup, ½ teasp., ½ teasp.
   - FOR 4: ½ cup (¾ lb.), ¾ cup, ¾ teasp., ¾ teasp.
   - FOR 6: 1 cup (3¼ lb.), 1½ cups, 1½ cups, 1½ teasp.

5. Stir and cook over boiling water until smooth.

6. Serve at once over rolls.

Mexican Hash

DIRECTIONS

1. Cook until lightly browned finelly diced, cooked MEAT★, finely cut ONION in hot SHORTENING
   - FOR 2: 1 cup, 2½ teasp., 1½ cup
   - FOR 4: 2 cups, ½ cup, ¾ cup
   - FOR 6: 3 cups, ¼ cup, ½ cup

2. Sprinkle over meat mixture, then blend in FLOUR, PAPRIKA (optional), SALT, PEPPER
   - FOR 2: 1½ teasp., ¾ cup, ½ cup, few grains, few grains
   - FOR 4: 3 teasp., 3 cup, ¾ cup, few grains, few grains
   - FOR 6: 1½ teasp., 1 cup, ¾ cup, few grains, few grains

3. Stir in, then boil slowly 2 min. VEGETABLE LIQUID or water
   - FOR 2: ⅓ cup, ⅓ cup, ⅓ cup
   - FOR 4: ⅓ cup, ⅓ cup, ⅓ cup
   - FOR 6: ⅓ cup, ⅓ cup, ⅓ cup

4. Add and heat thoroughly, but do not boil drained GREEN BEANS,*** PET MILK, CHILI SAUCE or catsup
   - FOR 2: ⅓ cup, ⅓ cup, ⅓ cup
   - FOR 4: ½ cup, ½ cup, ½ cup
   - FOR 6: ⅔ cup, ⅔ cup, ⅔ cup

★Canned lunch meat, ham or left-over cooked meat can be used.
***Corn, peas, potatoes, carrots, or a mixture of these vegetables can be used.

EASY TOP-STOVE MEAL

Mexican Hash★ with Egg Noodles

Old-Fashioned Lettuce Salad★

Enriched Bread

Butter Spread★

Orange Meringue Custards★

★Recipes are in this book
### 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, SALT, dry MUSTARD, FLOUR}</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</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, VINEGAR</td>
<td>2 tablesp.</td>
<td>1 1/2 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>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 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>1/2 cup</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
<td></td>
</tr>
</tbody>
</table>

**For POTATO SALAD:**

<table>
<thead>
<tr>
<th>COOKED SALAD DRESSING</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>diced, cooked POTATOES</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 1/4 cup</td>
</tr>
<tr>
<td>diced CELERY</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>finely cut SWEET PICKLES</td>
<td>1/2 cup</td>
<td>1/4 cup</td>
<td>6 tablesp.</td>
</tr>
</tbody>
</table>

**For COLE SLAW:**

<table>
<thead>
<tr>
<th>COOKED SALAD DRESSING</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>shredded, chilled CABBAGE</td>
<td>2 1/2 cups</td>
<td>5 cups</td>
<td>7 1/4 cups</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1 tables.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>finely cut PARSLEY</td>
<td>1 tables.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
</tbody>
</table>

### Mashed Potatoes

<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. Pare and quarter...</td>
<td>medium POTATOES</td>
<td>2 (3/4 lb.)</td>
<td>4 (1 1/2 lbs.)</td>
<td>6 (2 1/4 lbs.)</td>
</tr>
<tr>
<td>2. Cook in tightly covered pan about 20 min. or until tender in...</td>
<td>boiling WATER</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>3. Drain and save 4 teaspoons potato water for 2; 2 1/2 tablespoons potato water for 4 and 1/4 cup for 6. Mash potatoes thoroughly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Add potato water, hot PET MILK and...</td>
<td>SALT, PEPPER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and...</td>
<td>few grains</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

14
Creamed Vegetables

**DIRECTIONS**

1. Melt in saucepan... 
   - BUTTER or margarine
   - FLOUR
   - SALT
   - PEPPER

2. Blend in
   - LIQUID

3. Stir in slowly
   - PET MILK
   - VEGETABLE

4. Stir and boil 2 minutes.

5. Stir in
   - PET MILK
   - VEGETABLE

6. Add and heat thoroughly
   - PET MILK
   - VEGETABLE

7. Serve at once.

*Asparagus, cabbage, carrots, cauliflower, cucumbers, corn, eggplant, green beans, lima beans, mushrooms, onions, peas, potatoes, radishes or wax beans can be used.

For **Creamed Meat**, substitute diced, cooked or canned meat for the vegetable.

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.

Butter Spread

**DIRECTIONS**

1. Cut in small pieces and put into mixing bowl... 
   - BUTTER or margarine
   - SALT

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

3. Also let stand in warm room... 
   - PET MILK

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

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, pancakes, etc.

6. Makes a little less than... 

   *When using ½ lb. butter, add about 1 tablespoon of milk at a time.

**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.
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