Main Courses
that taste better
are-better
and Cost less
At twenty-five per cent less cost, this dinner for six, made with Pet Milk, will be better in texture and taste than if it were prepared with ordinary milk and cream and butter. And it will be more wholesome food, too—food that builds vigor and fitness rather than fatness.

As a topping for the Cream of Crab Soup, and in the filling of the Chocolate Roll, whipped Pet Milk takes the place of whipped cream, at less than one-fourth the cost.

In the Apple Stuffing the undiluted Pet Milk makes it possible to have a cream-and-butter-flavor and use a very small amount of butter.

In the Stuffed Onions the liquid off the vegetables is used to dilute the Pet Milk for a cream sauce. That saves the valuable minerals ordinarily thrown away in the cooking water. If ordinary milk were used in this recipe, the sauce would require considerably more butter to make it taste as rich as this sauce does.

When you cook with Pet Milk you use the vigor-building substances of whole milk—the substances that make milk—not butter or cream—the most nearly perfect of all food.
By scientific experiment in the preparation of foods, Pet Milk experts have developed many ways in which Pet Milk helps to do what all nutrition authorities say should be done—put more milk in your family’s diet. Because it’s more than twice as rich as ordinary milk, Pet Milk can be used in better ways than milk has ever been used before, to make better food than has ever before been made. There’s one sure way for you to see that your family has the milk they need—give it to them to eat—they will not always drink it.

These recipes show you how to use Pet Milk, not as ordinary milk has been used, but as this double-rich whole milk should be used. Where you’ve used ordinary milk, you can use more milk. Where you’ve used cream, this extra-rich milk will give you food that’s less fattening, that’s more wholesome. It’s as rich as cream in food substance, but while 90 per cent of the food value of whipping cream is fat, 70 per cent of the food substance of Pet Milk is made up of the elements which build sound bone and tissue and vigorous health. You can whip it as you’d whip cream. And it costs less than a fourth as much as cream.
CREAM OF ONION SOUP
A favorite on the Pacific coast

Cook 3 minutes 1 cup thinly-sliced onions
Drain.
Then brown very lightly in 2 cups boiling water
Blend in 1 tablespoon butter
Stir into this mixture 6 cups hot chicken or beef broth
Cook 15 minutes.
Remove from heat while adding 1 cup Pet Milk
Pour mixture over 2 well-beaten egg yolks
Heat thoroughly, but do not boil. . . . Serves 6.

NOTE: Broth may be made by dissolving 3 chicken or beef bouillon cubes in 6 cups hot water.

SPLIT PEA SOUP
Soak over night 1 cup split peas
Pour off water in morning.
Simmer peas 1 1/4 hours with 1/2 cup Pet Milk
Press through a colander.
Melt in saucepan 1 tablespoon butter
Blend in 1 tablespoon flour
Stir in slowly 3 cups Pet Milk
Add pea mixture and cook 10 minutes. Serve at once. . . . Serves 6.

NOTE: 2 cups canned peas may be used. Simmer 45 minutes with 1/4 cup liquid off peas, 1 1/4 cups water and seasonings, decreasing salt to 2 teaspoons. Then proceed as above.

CREAM OF CRAB SOUP

Melt in saucepan 2 tablespoons butter
Blend in 3 tablespoons flour
Stir in slowly 2 cups Pet Milk diluted with 2 cups water
Season with 1 teaspoon minced onion
1/4 cup diced celery
1/4 teaspoon salt
1/6 teaspoon white pepper
Cook 10 minutes.
Add 1 cup shredded crabmeat
Cook 3 minutes longer. Serve at once. . . . Serves 6.

PARSNIP CHOWDER
Brown in heavy kettle 4 slices bacon, chopped
4 tablespoons chopped onion
Add and brown slightly 1 1/2 cups cooked, diced parsnips
2 cups cooked, diced potatoes
Stir in 3 cups boiling water
2 teaspoons salt
1/4 teaspoon pepper
Simmer 15 minutes or until vegetables are tender.
Add 2 1/2 cups Pet Milk diluted with 1 1/2 cups water
Heat thoroughly. . . . Serves 8.

VEGETABLE BISQUE
Combine 1 cup cooked or canned peas
2 cups cooked or canned corn
1 cup Pet Milk diluted with
1/2 cup liquid off peas
1 tablespoon butter
Season with 1 teaspoon salt
1/6 teaspoon white pepper
FISH CHOWDER
Lobster, crab, shrimp, salmon, or tuna fish may be used

MELT in saucepan
1 tablespoon butter

Brown slightly in butter
1 tablespoon grated onion

Blend in
2 tablespoons flour
3/4 teaspoon salt
Few grains cayenne
2 cups Pet Milk diluted with

Stir in gradually
1 cup liquid off potatoes

Cook 10 minutes.
1 cup flaked fish, cooked or canned
1 cup cooked, diced potatoes

Add
Heat thoroughly and serve at once... Serves 6.

SALMON SOUFFLE
Illustrated on back cover

MELT in saucepan
1 tablespoon butter

Blend in
2 tablespoons flour
1 teaspoon salt
Few grains cayenne

Stir into
1 cup Pet Milk

Heat to boiling point, stirring constantly.

Add
1 cup flaked salmon, free from skin and bones

Stir slowly into
3 well-beaten egg yolks
3 stiffly-beaten egg whites

Cool slightly, then
3 tablespoons oyster liquid or water

Pour into greased baking dish. Set in pan of hot water. Bake in moderate oven (325°F.) 45 to 50 minutes, or until firm. Serve immediately... Serves 6.

OYSTER FRITTERS
Sift, before measuring
1 1/4 cups bread flour

Resift with
2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon paprika

Drain and chop
1 pint oysters
1 beaten egg
3 tablespoons oyster liquid or water
1/2 teaspoon grated onion

Add to oysters
Combine two mixtures and stir until smooth.
Drop by spoonfuls into deep fat (360°F.) hot enough to brown a 1-inch cube of bread in 60 seconds. Fry to a golden brown, about 5 minutes. Drain on unglazed paper... Makes 2 dozen fritters.

CRABMEAT RAMEKINS
Chop
1 cup cooked or canned mushrooms
3 hard-cooked eggs

3 tablespoons chopped green pepper
2 tablespoons chopped parsley
1/2 cup chopped sour pickles
2 cups cooked or canned crabmeat, flaked
2 tablespoons melted fat
3/4 cup Pet Milk
1 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon paprika

Add
Heat to boiling point. Remove from heat.

Add
1 tablespoon sherry flavoring

Turn into greased ramekins.

Sprinkle with
1/2 cup dry bread crumbs, buttered

Bake in a moderate oven (375°F.) 15 minutes, or until browned... Serves 6.

NOTE: Sherry flavoring may be omitted.

ORANGE FRITTERS
Separate into sections
2 seedless oranges

Sift, before measuring
1 1/4 cups bread flour

Resift with
2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon paprika

Mix well together
Combine dry and liquid ingredients. Beat until smooth, about 2 minutes. Dip oranges into batter and fry in deep fat (360°F.) hot enough to brown a 1-inch cube of bread in 60 seconds. About 5 minutes frying is necessary... Makes about 2 dozen.
SARDINE JOLLIES

Mix well in top of double boiler...

4 slightly-beaten eggs
1/4 teaspoon paprika
4 tablespoons Worcestershire sauce
1 dozen large sardines, boned, skinned, mashed
1/2 cup Pet Milk

Cook 5 minutes.

Cool.

Then add

1/4 cup fine dry bread crumbs

Mold into small croquettes.

Roll in Fine dry bread crumbs

Dip in undiluted Pet Milk

Then roll again in crumbs. Fry until brown in deep fat (360°F.) hot enough to brown a 1-inch cube of bread in 60 seconds. Serve hot with Cheese Sauce. (See index, page 19).

... Makes about 1 dozen.

FISH RING

For salmon, halibut, tuna fish, haddock or other fish

Combine

2 cups cooked or canned fish, flaked
1 cup Pet Milk
1 beaten egg
1/2 cup soft bread crumbs
1 tablespoon melted butter
1/4 teaspoon salt
1/4 teaspoon paprika
Few grains mace
1 teaspoon grated onion

Pour into greased ring mold and set in pan of hot water. Bake in moderate oven (350°F,) until firm. Remove from mold and fill center with a creamed vegetable. . . Serves 6.

LIVER IN BACON RINGS

Mix thoroughly

1 1/4 cups ground liver (about 1 pound)
1 slice bacon, chopped
1/4 cup dry bread crumbs
1/4 cup Pet Milk
1/4 teaspoon salt
1/4 teaspoon pepper

Shape into 6 cakes.

Wrap cakes with 6 slices bacon

Broil in a hot oven (425°F,) until brown on both sides. . . Serves 6.

MACARONI WITH CHEESE IN HAM JACKETS

Cook until tender

1 1/2 cups macaroni (broken into 4-inch pieces)

4 cups boiling water
1/2 teaspoon salt

Drain and rinse with cold water.

Melt in saucepan

2 tablespoons fat
2 tablespoons flour
1/4 teaspoon salt
1/4 teaspoon pepper

Stir in slowly

1 cup Pet Milk
1 cup water

Add

1 cup grated cheese
1 tablespoon horseradish

Cook slowly until cheese has melted.

Put about 12 pieces macaroni on each of 8 large, thin slices boiled ham.

Pour hot cheese sauce over macaroni, then roll up and secure with string or toothpicks.

Bake in a hot oven (400°F,) 30 minutes, or until ham has browned. . . Serves 8.

BEEFSTEAK PIE

Mix in saucepan

1 tablespoon minced parsley
1 tablespoon chopped green pepper
1 onion, chopped

Cook slowly 2 minutes in

3 tablespoons bacon fat
3 tablespoons flour
3/4 cup meat or vegetable stock
1/2 cup Pet Milk
diluted with
1/2 cup liquid off carrots
2 cups cooked beef, cubed
3/4 cup cooked potatoes, diced
3/4 cup cooked or canned carrots, diced

Put into greased casserole or individual ramekins

Pour sauce over meat and vegetables.

Top with Biscuit dough

Bake in hot oven (425°F,) 20 minutes, or until browned. . . Serves 6.
STUFFED PORK CHOPS
Illustrated on front cover

Split through center to make a pocket..............

6 pork chops, 1 inch thick
(about 2 pounds)

Melt in skillet............... 2 tablespoons fat

Brown lightly in hot fat ...................

6 tablespoons chopped onion

1 tablespoon chopped, green pepper
2 tablespoons chopped celery
1 teaspoon salt
2 cups dry bread crumbs

Moisten with .................... 1/4 cup Pet Milk

Stuff chops with dressing and fasten with toothpicks.

Roll chops in .................... Cracker meal

Dip in ....................... undiluted Pet Milk

Roll again in meal.

Brown in skillet in ........ 2 tablespoons hot fat

Season with ................ 1/4 teaspoon salt
1/4 teaspoon pepper

Add water to depth of 1/2 inch in skillet. Bake in moderate oven (350°F.) about 1 hour, or until tender. . . Serves 6.

MEAT LOAF
Illustrated on back cover

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

1 pound ground beef
1/2 pound ground pork
1 cup dry bread crumbs
2 tablespoons chopped onion
3 tablespoons chopped green pepper
2 tablespoons chopped celery
1/4 cup Pet Milk

Season with .............. 1 1/2 teaspoons salt
1/4 teaspoon pepper

Shape into loaf. Place in greased baking dish.

Lay over top ........... 3 strips bacon

Bake in moderate oven (350°F.) 1 1/4 hours. . . . Serves 6.

NOTE: 1 pound ground veal and 1/2 pound ground lamb may be used instead of beef and pork.

DEVILED STEAK

Mix thoroughly

1 1/4 pounds ground beef
1 cup Pet Milk
1 teaspoon salt
1/4 teaspoon pepper

Shape into 6 cakes.

Wrap cakes in .......... 12 slices bacon

Secure bacon with toothpicks.

Brown meat well in .......... 2 tablespoons hot fat

On top of cakes, place .......... 6 slices pimiento cheese

Add ............... 1 cup boiling water

Cover quickly and cook 15 minutes. Remove meat.

Mix to a thin paste. ........ 1 tablespoon flour
2 tablespoons cold water

Stir into liquid in pan to make gravy. . . . Serves 6.

SOMERSET SIRLOIN

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

1 tablespoon olive oil
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 tablespoon Worcestershire sauce

Rub oil mixture into 1 1/2-inch thick sirloin steak

Sear steak on both sides in ........ 2 tablespoons hot fat

Lower flame and cook slowly until tender. Remove steak.

Stir into the liquid remaining in pan .......... 1 cup cooked or canned mushrooms
1/4 cup Pet Milk

Heat thoroughly and serve with steak at once. . . . Serves 6.

VEAL FILLETS

Cut into 6 small pieces ........ 2 pounds veal (1/2 inch thick)

Sprinkle with ................ 1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon flour

Brown in ............. 2 tablespoons hot fat

Pour over meat in baking pan .......... 1/4 cup Pet Milk

Bake in a moderate oven (350°F.) until tender and milk is absorbed. . . . Serves 6.
**LIVER EN CASSEROLE**

Roll: 
- ½ pound liver, sliced in flour
- Brown in 3 tablespoons hot fat
- Remove liver and cut into cubes.
- Brown in same fat:
  - 2 tablespoons chopped onion
  - Blend in 1½ tablespoons flour
  - Add, stirring constantly:
    - ⅛ cup Pet Milk
    - ⅛ cup liquid off vegetables
    - 1 cup cooked or canned carrots
    - 1 cup cooked or canned peas
    - ½ cup cooked, diced potatoes
    - 1 teaspoon salt
    - ½ teaspoon pepper

Mix:
- Arrange liver, vegetables and seasonings in layers in casserole.
- Pour gravy over all.
- Top with ¼ cup dry bread crumbs, buttered.
- Bake in moderate oven (350°F) 35 minutes.
- ... Serves 6.

**SAVORY FRANKFURTERS**

Cook 10 minutes in boiling water to cover:
- 6 frankfurters
- Skin and cut lengthwise.
- Melt in saucepan:
  - 1 tablespoon butter
  - Blend in:
    - 1 tablespoon flour
    - ¼ teaspoon salt
  - Stir in gradually:
    - ½ cup Pet Milk diluted with
    - ½ cup liquid off frankfurters
- Cook 5 minutes. Add frankfurters and heat thoroughly. ... Serves 6.

**HAM SANDWICH AU GRATIN**

Heat in top of double boiler:
- 1 cup Pet Milk
- Melt in the milk:
  - 1 cup grated cheese
  - Then add:
    - ½ teaspoon salt
    - 2 hard-cooked eggs, chopped
  - Meanwhile mix:
    - 1 cup ground cooked, ham
    - 3 tablespoons mayonnaise
- Spread on:
  - 6 slices hot toast
- Pour sauce over toast.
- Sprinkle with:
  - ¼ teaspoon paprika
- Serve at once. ... Serves 6.

**APPLE STUFFING**

For Crown Roast of Pork Illustrated on page 3

Melt in saucepan:
- 2 tablespoons fat
- Add, and cook until light brown:
  - 1 tablespoon chopped onion
- Remove from heat.
- Add:
  - 1 cup soft bread cubes
  - 2 cups tart apples, finely chopped
  - Moisten with undiluted Pet Milk
  - Season with:
    - ¼ teaspoon salt
    - Few grains pepper
- Mix well. Use for stuffing the center of a 3-pound crown roast of pork. ... Serves 6.
**RICE AND NUT RAREBIT**

Mix to a thin paste in top of double boiler...

1 tablespoon flour
2 tablespoons water

\[ \frac{3}{4} \text{ cup Pet Milk} \text{ diluted with} \]

\[ \frac{1}{2} \text{ cup water} \]
\[ \frac{1}{2} \text{ cup grated cheese} \]

Stir in...

Cook 10 minutes, stirring occasionally.

Add...

\[ \frac{1}{2} \text{ cup cooked rice} \]
\[ \frac{1}{2} \text{ cup chopped nuts} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Heat thoroughly. Serve on toast or crackers. . . . Serves 6.

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**DE LUXE MACARONI AND CHEESE**

Break into pieces

1 1/2 cups macaroni

Cook until tender in

4 cups boiling water
1 teaspoon salt

Drain and rinse with cold water.

Mix with macaroni

1 1/2 cups soft bread crumbs
2 tablespoons butter
1 teaspoon chopped onion
1/2 teaspoon chopped parsley
2 teaspoons salt
3/4 cup grated cheese

Stir into mixture...

3 cups hot Pet Milk
1 well-beaten egg

Turn into greased baking dish and set in pan of hot water. Bake in moderate oven (350°F.) 40 minutes, or until firm. . . . Serves 6.

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**CREAMY RAREBIT**

May be served cold as a sandwich spread

Mix well in top of a double boiler...

1 1/2 cups grated cheese or 6 ounces processed cheese
1 cup Pet Milk
1 tablespoon Worcestershire sauce
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper


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**HOT SLAW**

Cook, uncovered...

8 cups finely-shredded cabbage
8 cups boiling water
1/4 teaspoon salt

Drain.

Brown lightly...

2 tablespoons chopped onion
2 tablespoons chopped bacon

Combine with cabbage.

Then add...

2 teaspoons salt
2 teaspoons pepper
2 teaspoons sugar
1/2 cup Pet Milk

Boil 1 minute. Remove from heat.

Stir in...

3 tablespoons vinegar
2 tablespoons water

Serve at once. . . . Serves 6.

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**ORANGE DRESSING**

This is especially good with duck or squab

Cut into small pieces...

2 oranges
4 fresh or canned peaches
6 stewed prunes
4 cooked or canned apricots

1/2 cup chopped nuts
4 cups soft bread crumbs
1/2 teaspoon salt
3/4 cup Pet Milk

Mix well with...

Sufficient for stuffing 3-pound fowl.

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**CAULIFLOWER CUSTARD**

Illustrated on back cover

Separate into flowerets...

1 medium-sized head cauliflower

Cook for 10 minutes

4 cups boiling water in

1/2 teaspoon salt

Drain and chop fine.

2 slightly-beaten eggs
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon melted butter
1 cup Pet Milk

Mix...

Stir in the cauliflower. Pour into greased custard cups, set in pan of hot water and bake in moderate oven (350°F.) 30 minutes, or until firm. . . . Serves 6.
DINNER MENU

MOCK BISQUE

CHINESE MOLDS

HAMBURGER DE LUXE

CELERY HEARTS

ICE BOX ROLLS

COFFEE

See index, page 19 for the recipes for Stuffed Tomatoes and Ice Box Rolls

MOCK BISQUE

MELT in saucepan...

2 tablespoons butter

Blend in...

2 tablespoons flour

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<th>1 cup Pet Milk diluted with</th>
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Add...

1 cup liquid off corn

1 cup cooked or canned corn

½ slice onion

Cook 10 minutes, stirring constantly.

Heat thoroughly...

½ cup tomatoes

½ teaspoon salt

½ teaspoon pepper

½ teaspoon paprika

Strain tomatoes and stir into hot corn mixture. Serve immediately... Serves 6.

CHINESE MOLDS

Beat well........2 eggs

Add.............................

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<th>½ cup Pet Milk diluted with</th>
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Mix well and pour into greased custard cups. Set in pan of hot water and bake in moderate oven (350°F.) 45 minutes, or until firm... Serves 6. Note: May be served in molds or turned out and arranged on platter.

Mock Bisque (see below)

HAMBURGER DE LUXE

Mix well...

<table>
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<tr>
<th>1½ pounds ground beef</th>
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<th>2 tablespoons chopped green pepper</th>
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<th>2 tablespoons chopped onion</th>
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<th>2 tablespoons chopped celery</th>
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<th>1 tablespoon minced parsley</th>
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<th>1 cup soft bread crumbs</th>
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<th>½ cup Pet Milk</th>
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<th>1 teaspoon salt</th>
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<th>½ teaspoon pepper</th>
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<th>½ teaspoon paprika</th>
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Shape into 6 cylinders. Using 2 slices bacon each, wrap cylinders in...

Insert a skewer through center of each cylinder.

Cap ends of skewers with... 12 fresh or canned mushrooms

Bake in hot oven (400°F.) 15 minutes, then put under broiler to brown the bacon...

Serves 6.

This dinner menu for six people provides a little more than one half pint of milk for each person.

TWO-TONE PIE

Heat in top of double boiler...

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<th>1 cup Pet Milk diluted with</th>
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<th>1 cup water</th>
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Mix together...

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<th>½ cup sugar</th>
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<th>2 tablespoons cornstarch</th>
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<th>¾ teaspoon salt</th>
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Add to hot milk and cook 20 minutes, stirring occasionally.

Remove from heat.

Pour mixture over...

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<th>4 beaten egg yolks</th>
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<th>or 2 beaten eggs</th>
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Return to heat and cook 2 minutes longer.

Cool.

Add...

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<th>2 teaspoons vanilla</th>
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Pour into...

Baked pastry shell

Mix together...

<table>
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<tr>
<th>2 tablespoons Pet Milk</th>
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<tr>
<th>1 cup powdered sugar</th>
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<tr>
<th>1 square unsweetened chocolate, melted</th>
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<th>(from ½ pound cake)</th>
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<table>
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<tr>
<th>½ teaspoon vanilla</th>
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<tr>
<th>2 teaspoons butter, melted</th>
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Beat well, then spread on top of custard when firm... Makes one 9-inch pie.
JIFFY COFFEE CAKE

Sift, before measuring...
2 cups bread flour
3 teaspoons baking powder
1 teaspoon salt
1/4 cup shortening

Resift with...
1/2 cup Pet Milk diluted with
1/4 cup water

Work into dry ingredients with 2 knives, pastry blender or fingers until mixture has the appearance of coarse corn meal

Mix together...
1 well-beaten egg
1/2 cup Pet Milk diluted with

Combine dry and liquid ingredients quickly.

With last stirs, add...
1/2 cup raisins, or currants

Stir until batter is smooth.

Pour into 8x8 inch greased pan.

Brush top with...
1 tablespoon melted butter

Sprinkle with mixture of...
1/4 cup sugar
1 teaspoon cinnamon

Bake in hot oven (425°F.) 20 minutes, or until cake shrinks from sides of pan.

APPLE MUFFINS

Sift, before measuring...
2 cups bread flour
4 teaspoons baking powder
1/2 cup sugar
1 teaspoon salt
1/4 teaspoon cinnamon
1 well-beaten egg
1/2 cup Pet Milk diluted with

Resift with...
1/4 cup water
2 tablespoons melted shortening
1 cup chopped, raw apples

Mix...
2 well-beaten eggs
1 teaspoon vanilla
2 squares unsweetened chocolate (from 1/2 pound cake)

Stir two mixtures together rapidly. Fill hot, greased muffin tins 2/3 full. Bake in hot oven (400°F.) 20 to 25 minutes, or until they shrink from sides of pan. Makes about 12 muffins, 2-inches in diameter.

DEVIL'S FOOD WAFFLES

Serve with Whipped Pet Milk Topping

Sift, before measuring...
1 1/2 cups pastry flour
2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 cup shortening

Resift with...
1 cup sugar
2 well-beaten eggs
1 teaspoon vanilla

Cream together until light and fluffy

Beat vigorously into mixture

Melt and stir in...
1/2 cup Pet Milk diluted with
1/4 cup water

Add flour mixture in thirds alternately with thirds of

Beat until smooth after each addition. Then beat 2 minutes. Bake in hot waffle iron. Makes 6 large waffles of 4 sections each.

ICE BOX ROLLS

Heat to boiling point...
1 cup Pet Milk diluted with
1 cup water

Cool to lukewarm.

Then add...
1/2 cake compressed yeast dissolved in
2 tablespoons water

Sift, before measuring...
1 1/2 cups bread flour
4 cups bread flour
1/2 teaspoon soda
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup sugar

Resift with...
1/4 cup melted shortening
1/4 cup mashed potatoes (about 2 medium-sized)

Stir into yeast mixture.

Add, mixing well...
1/2 cup Pet Milk

Keep in refrigerator and use as desired. Roll and cut into rounds. Put in greased pan and let rise until tripled in bulk.

Brush tops with...
1/2 cup undiluted Pet Milk

Bake in hot oven (400°F.) about 15 minutes, or until browned. Makes about 3 dozen rolls.
WHOLE WHEAT DOUGHNUTS

Sift, before measuring.

1 cup whole wheat flour
3/4 teaspoon salt
3 1/2 teaspoons baking powder
1/2 teaspoon nutmeg
Add bran that sifted retains.

Cream together until light and fluffy.

1/4 cup shortening
1 cup sugar
2 well-beaten eggs
1/2 teaspoon lemon extract
Add flour mixture in thirds alternately with thirds of

1/2 cup Pet Milk diluted with
1/2 cup water
Beat well after each addition.

Sift, then measure.

3 cups whole wheat flour
Add enough flour to make soft dough.
Chill 1 hour. Roll 3/4-inch thick on lightly-floured board. Cut with doughnut cutter and fry until brown in deep fat (365°F.) hot enough to brown a 1-inch cube of bread in 60 seconds. Drain on unglazed paper. Dust with sugar if desired. ... Makes 18 doughnuts, 3 inches in diameter.

PINEAPPLE BREAD
Serve plain with butter or with cheese filling for a tea sandwich

Sift, before measuring.

3 cups bread flour
1 teaspoon salt
6 teaspoons baking powder
3/4 cup sugar
1 1/2 cup Pet Milk diluted with
1/2 cup water
Mix together

3/4 cup melted shortening
1 well-beaten egg
Stir into dry ingredients, mixing until smooth.
Add

3/4 cup crushed pineapple, drained
Fill greased and floured pans 3/4 full and bake in moderate oven (350°F.) 35 - 45 minutes, or until bread shrinks from sides of pan. ... Makes 2 loaves.

WHOLE WHEAT PECAN BREAD
Serve plain with butter for especially good tea sandwiches

Sift, before measuring.

3 cups whole wheat flour
1/2 teaspoon soda
3 teaspoons baking powder
2 teaspoons salt
Add bran that sifted retains.

1/2 cup molasses
1/4 cup Pet Milk diluted with
1/4 cup water
1 cup chopped pecans
3 tablespoons shortening, melted
Pour into greased loaf pan and let stand 20 minutes. Bake in a slow oven (300°F.) 1 1/2 hours. ... Makes 1 large loaf.

CHEESE WAFFLES

Sift before measuring.

2 cups bread flour
2 tablespoons sugar
1 teaspoon salt
4 teaspoons baking powder
3 well-beaten egg yolks
1 cup Pet Milk diluted with
1 cup water
7 tablespoons melted shortening
3/4 cup grated cheese
Mix together

3 stiffly-beaten egg whites
Combine dry and liquid ingredients and beat until smooth.
Fold in

3 stiffly-beaten egg whites
Bake in hot waffle iron. Serve with tart jelly. ... Makes 6 large waffles of 4 sections each.

FRENCH TOAST
Serve with syrup, jelly, or honey

Mix

1 well-beaten egg
1/4 teaspoon salt
5 tablespoons sugar
1 1/4 cups Pet Milk diluted with
1/4 cup water
Cut crusts from

12 slices dry bread
Soak bread in mixture. Brown on both sides on a hot, slightly-greased griddle ... Serves 6.
PANCAKES

Sift before measuring

1 1/4 cups bread flour
2 1/4 teaspoons baking powder
1/2 tablespoon sugar
1/2 teaspoon salt
1 well-beaten egg
1/2 cup Pet Milk
diluted with
1/2 cup water

Resift with

Mix well together.

Combine dry and liquid ingredients and beat until smooth. Bake on a lightly-greased hot griddle.

Makes 12 cakes, about 3 inches in diameter.

EGG NESTS

Mix

2 cups diced, cooked potatoes
1 cup chopped corned beef
1/4 cup Pet Milk
1/4 teaspoon grated onion
1/4 teaspoon salt
1/4 teaspoon pepper

Pat into 6 flat cakes.

Drop into hollows in cakes

Pour over eggs

Sprinkle with

Top with bits of

Return to moderate oven (325° F.) and bake until eggs are set.

Serves 6.

MIDNIGHT OMELET

Serve with thin slices of toast cut in fancy shapes

Brown slightly in frying pan

Add to bacon and cook 5 minutes

Mix together

Add to bacon mixture and cook slowly until eggs are set, stirring occasionally.

Serves 6.

EGGS A LA KING

Melt in saucepan

Blend in

Slowly stir in

Cook 10 minutes, stirring frequently.

Then add

Heat thoroughly. Serve on toast or in patty shells.

Serves 6.

CREOLE EGGS

Melt in saucepan

Add and cook until tender

Blend in

Add

Cook until thickened, stirring constantly.

Melt in saucepan

Blend in

Stir in slowly

Cook until thickened, stirring constantly.

Add

Fill baking dish with alternate layers of two sauces.

Top with

Bake in moderate oven (350° F.) 25 minutes, or until firm.

Serves 6.
PEACH OMELET

Melt in saucepan
1 tablespoon butter
Blend in
2 tablespoons flour
\( \frac{1}{4} \) teaspoon salt
1 cup fresh or canned peaches (put through sieve)
5 well-beaten egg yolks
5 tablespoons Pet Milk

Heat to boiling point, stirring constantly.
Remove from heat.

Fold in
5 stiffly-beaten egg whites
Melt in omelet pan or skillet
1 tablespoon butter
Pour in egg mixture and cook slowly 2 minutes. Then bake in slow oven \( (325°F.) \) 20 to 25 minutes, or until firm. Crease omelet, fold over. Turn out onto hot platter, garnish with peach slices, if desired, and serve at once.

Serves 6.

DEVILED SPINACH

Melt in top of \( \frac{1}{2} \) cups grated cheese
1 tablespoon butter
1 cup Pet Milk
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon pepper
\( \frac{1}{4} \) teaspoon dry mustard
Few grains cayenne

Cook until thickened, stirring constantly.

Then add
2 cups cooked or canned peas, beans, carrots, or cabbage, etc.

Fill onions with creamed vegetable and
Cover with
\( \frac{1}{2} \) cup fresh or canned tomatoes
Bake in moderate oven \( (350°F.) \) 30 minutes, or until onions are tender.

Note: Left-over vegetables may be used.

APPLE CUPS filled with SWEET POTATOES

Boil until tender
6 medium-sized sweet potatoes
4 tablespoons red hots
\( \frac{1}{2} \) cup sugar
1 1/2 cups water

Peel and scoop out centers of
Put apples in hot syrup and simmer 20 minutes, or until tender, basting frequently.
Drain.

Peel and mash potatoes with
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) cup chopped pecans

Fill apple cups with potato mixture.
Top with
6 marshmallows
Set in baking dish with remaining syrup. Bake in moderate oven \( (375°F.) \) 10 minutes, or until marshmallows are lightly browned.

Note: Red hots are small red, cinnamon-flavored candies about \( \frac{1}{2} \) inch in diameter.
STUFFED TOMATOES

Illustrated on back cover

Scoop centers from 6 tomatoes

Turn upside down to drain.

Melt in saucepan 1 tablespoon fat

Blend in 1 tablespoon flour

½ teaspoon salt

Few grains pepper

Stir in slowly ½ cup Pet Milk
diluted with ½ cup liquid off vegetable

Cook until thickened, stirring constantly.

Then add 2 cups cooked or canned peas, beans, carrots or cabbage, etc.

Fill tomatoes with creamed vegetable and

Top with ½ cup dry bread crumbs, buttered

Bake in moderate oven (350°F.) 15 minutes, or until browned . . . Serves 6.

Note: Left-over vegetables may be used.

CHEESE SAUCE

Serve on macaroni, vegetables, eggs or fish

Melt in top of double boiler 1 ½ cups grated cheese

1 tablespoon butter

1 cup Pet Milk

½ teaspoon salt

¼ teaspoon dry mustard

Few grains cayenne


TOMATO CREAM SAUCE

Simmer for 20 minutes 1 cup tomatoes

1 stalk celery

1 slice onion

1 bay leaf

Rub through a sieve.

Melt in saucepan 1 tablespoon butter

Blend in 1 tablespoon flour

½ teaspoon salt

Few grains pepper

Stir in slowly ½ cup Pet Milk
diluted with ½ cup water

Cook 10 minutes, stirring occasionally. Remove from heat and pour hot tomato mixture slowly into hot milk mixture, while stirring.

Serve at once . . . Makes 1 ½ cups.

MINTED CHOCOLATE

Melt in top of double boiler 2 squares unsweetened chocolate (from ¼ pound cake)

Add 1 cup boiling water

Cook 5 minutes.

Stir in 1 ½ cup sugar

¼ teaspoon salt

Beat with rotary beater 1 minute.

Heat thoroughly.

Add 2 drops oil of peppermint or ¼ teaspoon peppermint extract

Serve hot or iced . . . Serves 6.

Note: 6 tablespoons ground chocolate may be used instead of 2 squares. Mix with ¼ cup sugar, salt and boiling water. Proceed as above.

GOLDEN SAUCE

Serve with cauliflower, asparagus or broccoli

Mix to a thin paste 1 tablespoon flour

2 tablespoons Pet Milk

Stir in 1 ½ cup Pet Milk
diluted with 1 cup vegetable liquid or meat broth

Then add 1 well-beaten egg yolk

¼ teaspoon salt

¼ teaspoon pepper

Cook 15 minutes, stirring constantly . . .

Makes 2 cups.

HORSE-RADISH SAUCE

Serve on spinach, cauliflower or broccoli

Melt in saucepan 2 tablespoons butter

Blend in 2 tablespoons flour

Stir in gradually . . .

Cook 15 minutes, then remove from heat.

Makes about 1 ½ cups.
PLUM PUDDING
May be sliced cold and served as cake

Mix well

2 1/2 cups dry cake crumbs
1/2 cup Pet Milk diluted with 1/2 cup water
1 cup raisins
1 cup chopped nuts
2 tablespoons molasses
1/2 teaspoon soda
2 stiffly-beaten egg whites
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg

Stir in

Fill greased baking powder cans. Put in covered pan filled with water to 1/2 height of cans and steam 2 hours. Serve with Velvet Sauce. (See index on page 19)... Serves 6.

NOTE: This pudding may be steamed in top of a double boiler.

CHOCOLATE CHARLOTTE RUSSE

Soak for 5 minutes

1/2 teaspoon granulated gelatin in 2 teaspoons cold water
1 cup Pet Milk

Scald in top of double boiler

2 squares unsweetened chocolate (from 1/2 pound cake)
2 tablespoons hot water
1/2 cup Pet Milk
1/2 cup sugar
3/4 tablespoon granulated gelatin in 3 tablespoons cold water

Stir in

Soak for 5 minutes

Add gelatin to chocolate mixture. Beat with rotary beater 1 minute to blend, then cool.

Stir in

Beat cold milk until stiff with rotary beater. Fold into chocolate mixture as it begins to congeal.

Line a mold with

1 teaspoon vanilla
1 dozen lady fingers or strips of plain cake

Fill with chocolate mixture and chill until firm... Serves 6.

WHIPPED PET MILK
As a topping for desserts, salads, beverages, etc.

Soak for 5 minutes

1/2 teaspoon granulated gelatin in 2 teaspoons cold water

Scald in top of double boiler

1 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

2 tablespoons powdered sugar
2 teaspoons vanilla

Makes about 3 cups.

Note: The following flavorings may be substituted for vanilla:
2 teaspoons orange extract, or 1 teaspoon lemon extract, or 3/4 teaspoon almond extract and 1/4 teaspoon lemon extract, or 3/4 teaspoon peppermint extract, or 4 drops oil of peppermint

WHIPPED PET MILK
As a topping for creamed soups or jellied bouillons

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, whip stiff with rotary beater, then

Fold in

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

Makes about 1 1/2 cups.

VELVET SAUCE

Mix in top of double boiler

1/2 cup soft butter
2 beaten egg yolks
1 cup powdered sugar
1 cup Pet Milk

Add 2 teaspoons vanilla

Cook 10 minutes, or until thickened, stirring frequently.

Serve warm... Makes 2 cups.
FRUIT CAKE
Delicious and easy to make

Break into pieces

26 vanilla wafers

Soak until soft in

1/4 cup Pet Milk
4 well-beaten eggs
1/2 cup sugar
1/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice

Beat together

1/4 teaspoon flour

Add wafers and mix well.

Mix

1 tablespoon flour
1 cup chopped dates
1 cup raisins
1 cup broken nuts

Add to wafer mixture. Bake in well-greased loaf pan in moderate oven (350°F.) 1 1/4 hours, or until cake shrinks from sides of pan.

Makes 1 medium-sized loaf.

BITTERSWEET CUSTARD

Melt in top of double boiler

3 squares unsweetened chocolate (from 1/2 pound cake)

Slowly stir in

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

Beat with rotary beater 1 minute.

Mix together

2 slightly-beaten eggs
1/4 cup sugar
1 teaspoon salt
1 teaspoon vanilla

Stir chocolate mixture into eggs. When sugar is dissolved, pour into custard cups, set in pan of hot water and bake in moderate oven, (350°F.) 50 minutes, or until a knife inserted comes out clean.

Serves 8.

CARAMEL FROSTING

Mix

1 cup light brown sugar
1 1/2 cups granulated sugar
1 cup Pet Milk
Pinch soda

Boil slowly until a small amount when dropped into cold water forms a soft ball (235°F.).

Cool at room temperature until lukewarm. Beat until creamy and slightly thickened.

Stir in

1 teaspoon vanilla
1/4 cup chopped pecans

Spread rapidly as soon as it will hold its shape.

Sufficient for two 8-inch layers.

Note: Thin frosting with a little undiluted Pet Milk if it thickens too rapidly.

LEMON CREAM PIE

Heat in top of double boiler

3/4 cup Pet Milk diluted with
3/4 cup water

3/4 cup sugar
1 tablespoon corn-starch
1/2 teaspoon salt

Mix thoroughly

1/2 cup chopped pecans

Stir mixture into milk.

Remove from heat and add to

2 well-beaten egg yolks

Return to double boiler and cook 20 minutes, stirring occasionally.

Remove from heat.

Stir in

4 tablespoons lemon juice
1/4 teaspoon grated lemon rind

Pour into

Baked pastry shell
For meringue, beat until stiff
2 egg whites
Fold in
4 tablespoons sugar
Few grains salt

Spread on pie and bake in a slow oven (300°F.) 15 minutes, or until brown.

Makes one 9-inch pie.

CHOCOLATE PUDDING

Beat well in mixing bowl

1 egg

Gradually beat in

1/2 cup sugar
1/2 cup Pet Milk diluted with
1/2 cup water
3 squares unsweetened chocolate, melted (from 1/2 pound cake)

Sift, before measuring
2 cups pastry flour

Resift with
4 teaspoons baking powder
1/4 teaspoon salt

Stir into first mixture.

Add
1/4 cup melted shortening
1 teaspoon vanilla

Stir vigorously until smooth. Pour into greased pudding mold, cover tightly. Set in pan of hot water and bake in moderate oven (350°F.) 2 hours. Serve with Velvet Sauce. (See index on page 19)

Serves 8.

Note: This pudding may be steamed in top of a double boiler.
CHOCOLATE ROLL

Soak for 5 minutes
Scald in top of double boiler...
Add gelatin and stir until dissolved.
Pour into bowl and chill until icy cold before whipping.
Heat to boiling point...Mix to thin paste and stir into hot fruit juice.
Cook 20 minutes, stirring frequently.
Remove from heat.
Add...
Chill.
Whip cold milk with rotary beater until stiff. Fold into orange mixture. Let stand in refrigerator.
Mix...
Gradually add to...
Beat until well blended.
Melt, then cool to lukewarm...
Fold into egg-white mixture. Spread ¼ inch thick on ungreased baking sheet 9x13 inches. Bake in moderate oven (325°F.) 20 minutes. Cover with cloth. Cool. Invert, remove pan and spread with the chilled filling. Roll as for jelly roll. Chill until firm... Serves 8.

CHOCOLATE FUDGE SAUCE

Serve hot or cold on ice cream, custard or pudding

Melt in top of double boiler
Stir in slowly...
Then add...
Boil to 234°F., or until a few drops form soft ball when dropped into cold water. Remove from heat.
Add...
Makes 2 cups.

Beverages

CHOCOLATE ROLL

½ teaspoon granulated gelatin in 2 teaspoons cold water
½ cup Pet Milk
1 cup orange juice
1 tablespoon lemon juice
½ cup sugar
2 tablespoons cornstarch
2 tablespoons water
½ teaspoon grated orange rind
½ teaspoon salt
3 tablespoons sugar
¾ teaspoon salt
6 stiffly-beaten egg whites
1 ½ squares unsweetened chocolate (from ½ pound cake)
3 squares unsweetened chocolate (from ½ pound cake)
1 cup sugar
3 tablespoons white corn syrup
1 cup Pet Milk
1 teaspoon vanilla

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This booklet is designed for the winter season. Three more such books will be published—one for spring, giving salads and luncheon menus; one for midsummer, specializing in frozen desserts and beverages; and one for fall, emphasizing pies, puddings and custards. Be sure to send for the other three. When you have received the four booklets, you will have a valuable collection of recipes appropriate to every season of the year.

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