Meals Men Like

for 2 or 4 or 6

By Mary Lee Taylor
If you stop to think about it you will probably realize that you have worked out your own special recipe for keeping your husband happy.

You have learned when it’s better to listen than to talk, better to smile than be serious and I’m sure you have learned that love and faith and understanding are ingredients that should never be omitted.

There’s something else that makes a husband happy, too, and that is good food — food that he enjoys, food that is completely satisfying.

You can easily fix that kind of food when you use the recipes in this booklet.

Every recipe has been tried out on a group of men with varying tastes and there isn’t a recipe in the booklet that hasn’t been approved enthusiastically by these men. That’s why, when you use these recipes, you can be very sure of having Meals Men Like!

You can also be sure, when you use these recipes, that the food you serve will be extra-wholesome because of the Pet Milk it contains.

Pet Milk is whole milk that is double rich. It supplies twice the protective whole milk substances that ordinary milk supplies — yet it costs less generally than ordinary milk, and costs much less than cream.

I hope you will use these recipes often and that you will tune in regularly to my Saturday morning program dedicated to happier living.

Mary Lee Taylor

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Form No. 4295—10-19—11-30
Western Meat Balls

(Directions on front cover)

DIRECTIONS

1. Mix together thoroughly .........
   twice-ground
   MEAT* 
   quick-cooking
   ROLLED OATS
   SALT
   PEPPER
   PET MILK

2. With wet fingers shape mixture into 4, 8 or 12 balls.

3. Roll in mixture of...
   FLOUR
   PAPRIKA
   SALT

4. Brown on all sides in hot SHORTENING

5. Add and cook slowly.
   5 minutes............
   finely cut ONION

6. Stir in mixture of...
   bottled
   BARBECUE
   SAUCE
   WATER**

7. Cover; simmer 45 minutes, turning meat balls occasionally.

8. Then add and heat thoroughly ...........
   drained, whole
   kernel CORN,
   cooked or canned


*Veal, lamb, beef or lean pork can be used.

**Corn or other vegetable liquid can replace part of the water.

Note: Lima beans, peas, cut green beans or diced carrots or turnips can replace the corn.

A SURE WAY TO PLEASE A MAN

Western Meat Balls*
Whole Kernel Corn Mashed Potatoes
Lettuce and Onion Ring Salad
Bread Butter Spread*
Easy Chocolate Custard* with Whipped Topping*

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

**DIRECTIONS**

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

2. Mix together . . . . . .

3. Add and stir until smooth . . . . . .

4. Pour into deep pie pan lined with Unbaked Pastry (see index).

5. Bake 15 minutes, then reduce heat to slow (325° F.) and bake until firm, or about . . . . . .

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
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</thead>
<tbody>
<tr>
<td>light brown SUGAR</td>
<td>(\frac{1}{4}) cup</td>
<td>(\frac{1}{4}) cup</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>(\frac{1}{2}) teasp.</td>
<td>(\frac{1}{2}) teasp.</td>
</tr>
<tr>
<td>CINNAMON</td>
<td>(\frac{1}{2}) teasp.</td>
<td>(\frac{1}{2}) teasp.</td>
</tr>
<tr>
<td>NUTMEG</td>
<td>(\frac{1}{2}) teasp.</td>
<td>(\frac{1}{2}) teasp.</td>
</tr>
<tr>
<td>GINGER</td>
<td>(\frac{1}{2}) teasp.</td>
<td>(\frac{1}{2}) teasp.</td>
</tr>
<tr>
<td>CLOVES</td>
<td>few grains</td>
<td>(\frac{1}{2}) teasp.</td>
</tr>
<tr>
<td>cooked or canned PUMPKIN</td>
<td>(\frac{1}{2}) cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>(\frac{1}{2}) cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>slightly beaten EGG</td>
<td>1 (yolk only)</td>
<td>1</td>
</tr>
<tr>
<td>dark MOLASSES</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
</tr>
</tbody>
</table>

**Note:** Ground allspice or prepared pumpkin pie spice can be substituted for the cinnamon, nutmeg, ginger and cloves. Use \(\frac{3}{4}\) teaspoon of such spice for 2; 1 1/2 teaspoons for 4 and 2 1/4 teaspoons for 6.

**For Sweet Potato Pie,** substitute for the pumpkin cooked or canned sweet potatoes or yams, put through a sieve; reduce brown sugar to 3 tablespoons for 2, \(\frac{3}{4}\) cup for 4 and \(\frac{3}{2}\) cup for 6; omit the molasses and add 2 teaspoons melted butter or margarine for 2, 4 teaspoons for 4 and 2 tablespoons for 6.

**For Squash Pie,** follow recipe for Pumpkin Pie, substituting cooked, or canned winter squash, thoroughly mashed, for the pumpkin. To cook squash, cut in pieces, remove seeds and bake in moderate oven (375° F.) 1 hour; or pare, dice, remove seeds, and steam 45 minutes, or until tender.
Unbaked Pastry

**DIRECTIONS**

1. Sift before measuring
   - all-purpose FLOUR: \( \frac{1}{2} \) cup, \( \frac{3}{4} \) cup, 1 cup
2. Resift with
   - SALT: \( \frac{1}{4} \) teasp., \( \frac{3}{8} \) teasp., \( \frac{3}{8} \) teasp.
3. Work into flour with
   - SHORTENING: \( \frac{2}{3} \) tablesp., \( \frac{1}{2} \) cup, \( \frac{1}{2} \) cup
4. When mixture has the appearance of small peas, gradually stir in
   - PET MILK diluted with WATER:
     - FOR 2: 4 teasp., 1 \( \frac{1}{2} \) tablesp., 2 tablesp.
     - FOR 4: 1 \( \frac{1}{2} \) tablesp., 2 tablesp.
     - FOR 6: 2 tablesp., 2 tablesp.
5. On floured board, roll into a round 1 in. larger than pie pan and about \( \frac{3}{4} \) in. thick. Trim if necessary.
6. Fit loosely in
   - 2 tart pans
   - 4 in. across
   - 7-in. pie pan
   - 9-in. pie pan
7. Fold extra dough under; pinch with fingers to make fancy edge. Pour in filling and bake as directed in desired pie recipe (see index).

**Fruit Salad, With Creamy French Dressing**

**DIRECTIONS**

1. Mix together in bowl
   - SALT: \( \frac{1}{4} \) teasp., \( \frac{1}{2} \) teasp., \( \frac{3}{8} \) teasp.
   - PAPRIKA: \( \frac{1}{4} \) teasp., \( \frac{1}{2} \) teasp., \( \frac{3}{8} \) teasp.
   - dry MUSTARD: \( \frac{1}{4} \) teasp., \( \frac{1}{2} \) teasp., \( \frac{1}{2} \) teasp.
2. Stir in
   - PET MILK: \( \frac{1}{2} \) cup, \( \frac{2}{3} \) cup, 1 cup
3. Add, then beat until well blended
   - SALAD OIL: 1 tablesp.
   - CATSUP: 2 tablesp.
   - Worcestershire SAUCE: \( \frac{1}{2} \) teasp.
   - \( \frac{1}{4} \) cup
4. Beat in gradually
   - LEMON JUICE: \( \frac{3}{4} \) cup, \( \frac{1}{2} \) cup, \( \frac{1}{2} \) cup
5. Put in jar; cover and keep in refrigerator; shake well before using.
6. Peel and cut into sections
   - GRAPEFRUIT*: 1 small
   - ORANGES*: 1 medium
   - 1 large
   - 2 medium
   - 3 large
7. Arrange on
   - LETTUCE LEAVES: \( \frac{1}{2} \) cup, \( \frac{1}{2} \) cup, \( \frac{1}{2} \) cup
8. Add
   - seedless GRAPES*
9. Serve each salad with 2 tablespoons of the dressing.

*Sliced bananas, apples or pears can replace either the grapefruit or oranges, and canned, pitted sweet cherries can replace the grapes.
Dried Beef Goldenrod

**DIRECTIONS**

1. Cook slowly until edges are brown.
2. Sprinkle over beef, then blend in.
3. Stir in, then boil 2 minutes.
4. Separate whites from yolks of.
5. Push yolks through a sieve. Chop whites.
6. Add chapped whites to sauce along with...
8. Arrange on...{TOAST
9. Sprinkle with egg yolk and serve at once.

**INGREDIENTS**

FOR 2 FOR 4 FOR 6

- **DRIED BEEF** 1 cup (1 1/2 ozs.) 2/3 cup (2 1/2 ozs.) 1 cup (4 ozs.)
- **SHORTENING** 3 tablesp. 4 tablesp. 5 tablesp.
- **FLOUR** 1 1/2 cup (2 1/2 cups) 2 cups
- **PEPPER** few grains few grains 1/2 teasp.
- **WATER** 1/2 cup 3/4 cup 1 cup
- **hard-cooked EGGS** 1 2 3
- **PET MILK** 1/2 cup 2/3 cup 1 cup
- **drained PEAS,** cooked or canned 3/4 cup 1 1/2 cups 2 1/2 cups
- **melted SHORTENING** 1 teasp. 1 1/2 teasp.
- **unpared APPLES,** thinly sliced 2 cups 3 cups 3 1/2 cups
- **SUGAR** 3 teasp. 1/2 cup
- **SHORTENING** 2 teasp. 1 teasp.
- **CUT-UP, peeled oranges or grapefruit can replace apples. Drained, sliced, cooked or canned peaches can be used if sugar is omitted. Use 1 1/2 cups of any of these fruits for 4 and 2 cups for 6.
- **CORN SYRUP or honey can replace sugar.**

Sweet Potatoes and Apples

**DIRECTIONS**

1. Boil in their skins until tender.
2. Remove skins. Mash potatoes thoroughly.
3. Turn on oven; set at moderately slow (350° F.).
4. Grease a baking dish holding about.
5. Add to mashed potatoes and mix thoroughly.
6. Arrange in alternate layers with a mixture of.
7. Arrange on apples bits of.
8. Cover and bake 35 minutes, or until apples are tender.

**INGREDIENTS**

FOR 4 FOR 6

- **SWEET POTATOES** 4 medium 6 medium
- **in boiling WATER** 3 cups 3 1/2 cups
- **PET MILK** 1/2 cup 3/4 cup
- **SALT** 3/4 teasp. 1 teasp.
- **melted SHORTENING** 1 teasp. 1 1/2 teasp.
- **unpared APPLES,** thinly sliced 2 cups 3 cups
- **SUGAR** 3 teasp. 1/2 cup
- **SHORTENING** 2 teasp. 1 teasp.

*Cut-up, peeled oranges or grapefruit can replace apples. Drained, sliced, cooked or canned peaches can be used if sugar is omitted. Use 1 1/2 cups of any of these fruits for 4 and 2 cups for 6.

**Corn syrup or honey can replace sugar.**
### Easy Chocolate Custard

**DIRECTIONS**

1. Scald over boiling water mixture of:
   - **PET MILK** 1 cup
   - **WATER** 1/2 cup
   - chocolate flavored **SYRUP** 1/2 cup

2. Stir slowly into:
   - slightly beaten **EGG** 1
   - 2

3. Cook and stir over boiling water until slightly thickened or about:
   - 3 min.
   - 4 min.

4. Remove from heat; add:
   - **VANILLA** 1/2 teasp.
   - 3/4 teasp.

5. Put into large serving dish or individual dishes. Cover and chill.

*Use the chocolate-flavored syrup your grocer sells in bottles or cans.*

### Meat Rolls

**DIRECTIONS**

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

2. Mix together, then let stand:
   - **ground LUNCH MEAT**
   - **dry MUSTARD**
   - **PET MILK**
   - sifted, all-purpose **BAKING FLOUR**
   - **POWDER SALT**

3. Sift together:
   - **SHORTENING**

4. Work into flour mixture with fork:

5. Stir in with fork mixture of:
   - **PET MILK**
   - **WATER**

6. Turn out on lightly floured board. Knead a few seconds, or until smooth.

7. Roll into a sheet measuring about:
   - 4x8 inches
   - 8x8 inches
   - 8x12 inches

8. Cover with meat mixture leaving an inch margin on the 4-in. sides for 2; two opposite sides for 4 and the 12-in. sides for 6. Start at one of the margins and roll up like jelly roll. Cut into 4 or 8 or 12 slices. Put on greased baking sheet 2 1/2 inches apart. With floured knife or spatula flatten to 3/4 in. thickness. Bake 15 minutes or until brown. Serve hot with Pet Gravy or a Creamed Vegetable (see index).

*Bologna, frankfurters, wiener, canned lunch meat or any kind of cooked meat can also be used.*

*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.*
Chocolate Corn Flake Pudding

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Crease a quart baking dish for 4 and 1½-quart baking dish for 6.
3. Mix together .......... {SUGAR: ¾ cup | ½ cup}
{COCOA: 3 tablesp. | 4½ tablesp.}
{SALT: ½ teasp. | ¾ teasp.}
4. Stir in gradually mixture of... {PET MILK: ¾ cup | ½ cup}
{WATER: ¾ cup | ½ cup}
5. Add .................... {BUTTER or margarine: 1 tablesp. | 1½ tablesp.}
6. Place over boiling water; stir and cook 5 minutes after water again boils.
7. Remove from heat; stir into... {slightly beaten EGG YOLK: 1 | 2}
8. Beat until stiff, but not dry... {EGG WHITE: 1 | 2}
9. Fold into cocoa mixture along with .......... {CORN FLAKES: 2 cups | 3 cups}
{VANILLA: 1 teasp. | 1½ teasp.}
10. Put into baking dish. Set in pan containing about an inch of hot water.
11. Bake until firm, or about .................. {45 minutes | 1 hour}
12. Serve warm or cold.

*Note: Pudding can also be cooked in top part of a greased double boiler. Cover and steam over boiling water until firm, about 1 hr. for 4 and 1½ hrs. for 6.*

Frankfurter Loaf

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Put through fine knife of food chopper... {FRANKFURTERS*: ½ pound | 1 pound | 1½ pounds}
{slightly beaten EGG: 1 | 1 | 2}
{grated ONION: ½ teasp. | 1 teasp. | 2}
{ROLLED OATS**: ¾ cup | ½ cup | ¾ cup}
{quick cooking PET MILK: ¾ cup | ½ cup | ¾ cup}
{WATER: 2 tablesp. | ¾ cup | ¾ cup}
{powdered SAGE: ¾ teasp. | ¾ teasp. | ¾ teasp.}

*Optional*

3. Add and mix thoroughly ............
4. Put into greased baking dish holding... {1 pint | 1 quart | 1½ quarts}
5. Bake until firm, or about .................. {25 minutes | 35 minutes | 45 minutes}
6. Cut into pie-shaped pieces; serve with Baked Potatoes, Creamed Peas, Cabbage Salad and Baked Apples.

*Wieners or bologna can also be used.*

**Corn meal can replace the oats if you reduce the quantity to 2 tablesp. for 2; ¼ cup for 4 and ½ cup for 6.*
Vegetable Rarebit

(DireCTIONS INGREDIENTS)

DIRECTIONS
1. Mix together ... \( \text{ched} \text{ American} \)
CHEESE PET MILK SALT dry MUSTARD
\[
\begin{array}{|c|c|c|c|}
\hline
& \text{FOR 2} & \text{FOR 4} & \text{FOR 6} \\
\hline
\text{CHEESE} & \frac{1}{2} \text{ cup} & \frac{1}{2} \text{ cup} & \frac{3}{4} \text{ cups} \\
& (2^{1/2} \text{ ozs.}) & (1^{1/2} \text{ lb.}) & (3^{1/4} \text{ lb.}) \\
\text{PET MILK} & \frac{1}{4} \text{ cup} & \frac{1}{4} \text{ cup} & \frac{3}{4} \text{ cup} \\
\text{SALT} & \text{ few grains} & \frac{1}{4} \text{ teasp.} & \frac{1}{4} \text{ teasp.} \\
\text{dry MUSTARD} & \frac{2}{3} \text{ teasp.} & \frac{2}{3} \text{ teasp.} & \frac{2}{3} \text{ teasp.} \\
\hline
\end{array}
\]

2. Stir and cook over boiling water until cheese melts.

3. Add ... \{ \text{drained} \}
LIMA BEANS,\* \( \frac{3}{4} \text{ cup} \)
\( \text{cooked or canned} \)
\( \frac{1}{2} \text{ cups} \)
\( \frac{2}{3} \text{ cups} \)
\( (\text{No. 2 can}) \)

4. Cover and keep warm.

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

6. Toast on one side \{ \text{slices of BREAD} \}
\( \text{2} \)
\( \text{4} \)
\( \text{6} \)

7. Put bread, toasted side up, in shallow baking pan.

8. Cut into \( \frac{1}{2} \)-inch \{ \text{TOMATOES} \** \}
\( \text{1} \)
\( \text{2} \)
\( \text{3} \)

9. Arrange sliced tomatoes on top of toast.

10. Sprinkle with...
SALT \( \frac{1}{4} \text{ teasp.} \)
PEPPER \( \text{ few grains} \)
\( \frac{1}{4} \text{ teasp.} \)
\( \text{few grains} \)
\( \frac{1}{4} \text{ teasp.} \)

11. Bake 5 minutes, or until tomatoes are thoroughly heated.

12. Top with the bean mixture.

* Whole kernel corn or peas can replace the lima beans.
** Pieces of well-drained canned tomatoes can also be used. Tomatoes can be omitted and hot bean mixture served over toast spread with chili sauce.

A HEARTY MAN-PLEASING MEATLESS MEAL

Vegetable Rarebit\*
Whole Kernel Corn
Seasoned Carrots
Lettuce Salad
Gingerbread\* with Whipped Topping\*

\* Recipes are in this book
Apple Bavarian

**DIRECTIONS**

1. Chill until icy cold

2. Soften

3. Mix together

4. Cook and stir over boiling water until slightly thickened. Stir in gelatin.

5. Remove from heat and add

6. Chill until mixture begins to thicken.

7. Fold in

8. Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff. Fold into gelatin mixture. Divide among 4 or 6 dessert dishes. Cover and chill before serving.

*Canned, frozen or homemade applesauce can be used. You'll need to cook until tender 1½ cups sliced, pared apples in ½ cup water for 4, and 2½ cups apples in ½ cup water for 6. Do not drain. Put through strainer. Sweeten with 2½ tablespoons sugar for 4 and ¼ cup sugar for 6.

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<th>INGREDIENTS</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chill until icy cold</td>
<td>PET MILK</td>
<td>⅔ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>2. Soften</td>
<td>unflavored GELATIN in cold WATER</td>
<td>1 tablesp.</td>
<td>1½ tablesp.</td>
</tr>
<tr>
<td>2. Soften</td>
<td>slightly beaten EGG YOLK PET MILK WATER SUGAR SALT</td>
<td>⅔ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>3. Mix together</td>
<td></td>
<td>⅔ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>3. Mix together</td>
<td>PET MILK</td>
<td>1 cup</td>
<td>2 cup</td>
</tr>
<tr>
<td>3. Mix together</td>
<td>WATER</td>
<td>¾ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>3. Mix together</td>
<td>SUGAR</td>
<td>¾ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>3. Mix together</td>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td>3. Mix together</td>
<td></td>
<td></td>
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<tr>
<td>4. Cook and stir over boiling water until slightly thickened. Stir in gelatin.</td>
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<td></td>
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<tr>
<td>5. Remove from heat and add</td>
<td>strained, sweetened APPLESAUCE* grated LEMON RIND LEMON JUICE</td>
<td>⅔ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>5. Remove from heat and add</td>
<td></td>
<td>⅝ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td>6. Chill until mixture begins to thicken.</td>
<td>stiffly beaten EGG WHITE</td>
<td>1</td>
<td>2</td>
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<tr>
<td>7. Fold in</td>
<td></td>
<td></td>
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<tr>
<td>8. Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff. Fold into gelatin mixture. Divide among 4 or 6 dessert dishes. Cover and chill before serving.</td>
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Creamed Vegetables

**DIRECTIONS**

1. Drain and save li- quid from...{cooked or canned VEGETABLE*}

2. Melt in saucepan...

3. Blend in...

4. Stir in slowly....

5. Stir and boil 2 minutes.

6. Stir in...{PET MILK}

7. Add drained vegetable and heat thoroughly, but do not boil. Serve at once.

*Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, eggplant, green beans, kohlrabi, lima beans, mushrooms, onions, parsnips, peas, potatoes, radishes, rutabagas, turnips or wax beans can be used.

<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. Drain and save liquid from...</td>
<td>cooked or canned VEGETABLE*</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>2. Melt in saucepan...</td>
<td>BUTTER or margarine</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>1⅔ tablesp.</td>
</tr>
<tr>
<td>3. Blend in...</td>
<td>FLOUR SALT PEPPER</td>
<td>1 tablesp.</td>
<td>1⅛ teasp.</td>
<td>1⅛ teasp.</td>
</tr>
<tr>
<td>4. Stir in slowly...</td>
<td>LIQUID off vegetable</td>
<td>⅜ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>5. Stir and boil 2 minutes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Stir in...</td>
<td>PET MILK</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>

*Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, eggplant, green beans, kohlrabi, lima beans, mushrooms, onions, parsnips, peas, potatoes, radishes, rutabagas, turnips or wax beans can be used.
### Swedish Ham Balls

**DIRECTIONS**

1. Mix together thoroughly.
2. Shape into 4, 8 or 12 balls.
3. Brown slowly in skillet containing...
4. Pour over patties a mixture of...
5. Cover and cook very slowly 30 min., turning occasionally in the sauce.

**INGREDIENTS**

For 2  
- ground, smoked HAM 1/2 lb.  
- soft BREAD 1/2 cup  
- CRUMBS 1/2 cup  
- PET MILK 1/4 cup  

For 4  
- ground, smoked HAM 1 lb.  
- soft BREAD 1 cup  
- CRUMBS 1 cup  
- PET MILK 1/2 cup  

For 6  
- ground, smoked HAM 1 1/2 lbs.  
- soft BREAD 1 1/2 cups  
- CRUMBS 1 1/2 cups  
- PET MILK 3/4 cup  

**Note:** To bake Swedish Ham Balls, put into greased pan; pour over vinegar mixture. Bake in slow oven (325° F.) 1 hour. Baste every 15 min. with mixture in pan.

### Gingerbread

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease, then sprinkle lightly with flour an 8-in. square or 9-in. round pan.
3. Sift before measuring...
4. Resift with...
5. Heat slowly to boiling a mixture of...
6. Put in mixing bowl...
7. Add gradually, mixing thoroughly...
8. Beat in...
9. Then beat in vigorously...
10. Add flour mixture alternately with hot milk, mixing until smooth after each addition. Put in prepared pan. Bake on center shelf of oven 35 minutes, or until cake shrinks from sides of pan. Let stand in pan 5 minutes before turning out. Serve warm or cold.  

**INGREDIENTS**

For one 8-in. square or 9-in. round layer

- all-purpose FLOUR 1 1/2 cups
- baking POWDER 3/4 teasp.
- baking SODA 1/2 teasp.
- SALT 1/2 teasp.
- CINNAMON* 1 teasp.
- GINGER* 1 teasp.
- PET MILK 1/4 cup
- WATER 1/4 cup
- short SHORTENING 1/2 cup
- dark cooking SUGAR 1/4 cup
- MOLASSES 1/4 cup
- well-beaten EGGS 2

*1 1/2 teaspoons allspice can replace cinnamon and ginger.

**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.
Meat and Vegetable Pie

Photograph above

**DIRECTIONS**

1. Turn on oven; set at hot (425° F.).
2. Grease a deep pie pan holding about...
3. Melt in saucepan...
4. Blend in...
5. Stir in...
6. Cook and stir 2 minutes.
7. Then add...
8. Mix well, put in greased pan.
9. Roll into sheet to fit dish
10. With floured knife, cut and remove 2, 4, or 6 triangles from dough. Put remaining dough on meat mixture. Bake until browned, allowing 15 min. for 2, 18 min. for 4 and 20 min. for 6.

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BUTTER or margarine</strong></td>
<td>1 1/2 pints</td>
<td>1 quart</td>
<td>1 1/2 quarts</td>
</tr>
<tr>
<td><strong>FLOUR</strong></td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td><strong>SALT</strong></td>
<td>1 tablesp.</td>
<td>2 teasp.</td>
<td>3 teasp.</td>
</tr>
<tr>
<td><strong>PEPPER</strong></td>
<td>few grains</td>
<td>few grains</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td><strong>LIQUID off peas</strong></td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td><strong>PET MILK</strong></td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td><strong>MEAT</strong></td>
<td>2 1/2 cups</td>
<td>1 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td><strong>drained PEAS, cooked or canned</strong></td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td><strong>BISCUIT TOPPING</strong></td>
<td>(see opposite)</td>
<td>(see opposite)</td>
<td>(see opposite)</td>
</tr>
</tbody>
</table>

*Bologna, frankfurters, wieners, canned lunch meat or any kind of cooked meat can be used.

Note: Triangles cut from dough can be placed on baking sheet and baked as plain biscuits along with the meat pie. To put a beautiful glaze on the biscuit topping of the pie, brush with undiluted Pet Milk before baking.
Biscuit Topping

DIRECTIONS
1. Sift into bowl.......
2. Work into flour mixture with fork........
3. Stir in with fork......
4. Turn onto lightly floured board. Knead a few seconds before rolling to fit top of Meat and Vegetable Pie (see opposite).

INGREDIENTS

FOR 2 FOR 4 FOR 6

sifted, all-purpose FLOUR 1/2 cup 1 1/3 cups 2 cups

BAKING POWDER 1 1/4 teasp. 2 1/2 teasp. 3 3/4 teasp.

SALT 1 1/2 teasp. 2 1/2 teasp. 3 teasp.

SHORTENING 2 tablesp. 1/4 cup 6 tablesp.

PET MILK diluted with WATER 2 tablesp. 1/4 cup 6 tablesp.

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.

Whipped Topping

DIRECTIONS
1. Put into small bowl {chilled PET MILK 1/4 cup 1/4 cup 1/4 cup

granulated SUGAR 1 1/2 teasp. 2 teasp. 1 tablesp.

2. Whip with rotary beater, or electric beater at high speed, until fluffy.
3. Then add......... {LEMON JUICE 1 1/2 teasp. 2 teasp. 1 tablesp.

4. Continue whipping until stiff. Serve on Pumpkin Pie or Gingerbread (see index), fruit salads, or other desserts that will blend with the lemon flavor of this topping.

FEATURES
A COMBINATION "TOPS" WITH MEN
Swedish Ham Balls* Baked Sweet Potatoes
Sauerkraut Rye Bread
Butter Spread* Chocolate Corn Flake Pudding*

*Recipes are in this book

EASY TO FIX SURE TO PLEASE ANY HUSBAND
Home Style Goulash* Big Bowl of Mixed Green Salad
Hard Rolls Butter Spread* Apple Bavarian*

*Recipes are in this book
### Butter Spread

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cut in small pieces and put into mixing bowl</td>
<td>BUTTER or margarine</td>
<td>⅛ pound</td>
<td>½ pound</td>
<td>1 pound</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>¼ teasp.</td>
<td>½ teasp.</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>PET MILK</td>
<td>⅝ cup</td>
<td>⅔ cup</td>
<td>14½-oz. can</td>
</tr>
<tr>
<td>3. Also let stand in warm room</td>
<td></td>
<td></td>
<td></td>
<td></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>
<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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Makes a little less than</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

*When using ⅛ 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.

### Pet Gravy

<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. Drain off all fat remaining in pan from roasting meat, or poultry, then measure and return to pan</td>
<td>FAT</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>2. Blend in</td>
<td>VEGETABLE LIQUID*</td>
<td>⅜ cup</td>
<td>⅜ cup</td>
<td>⅜ cup</td>
</tr>
<tr>
<td>3. Stir until brown.</td>
<td>PET MILK</td>
<td>⅜ cup</td>
<td>⅜ cup</td>
<td>⅜ cup</td>
</tr>
<tr>
<td>4. Then stir in slowly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Stir and boil 2 minutes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Add</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

*Meat stock or water can be substituted for vegetable liquid and meat drippings can be used instead of fat remaining in roasting pan.
Home Style Goulash

**DIRECTIONS**

1. Mix together

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPAGHETTI,*</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>sliced CARROTS</td>
<td>¼ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>cooked or canned</td>
<td>¼ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>TOMATOES</td>
<td>¾ cup</td>
<td>1½ cups</td>
<td>2½ cups</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>CHILI POWDER</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
<td>1½ teasp.</td>
<td>1¾ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>¾ teasp.</td>
</tr>
</tbody>
</table>

2. Cover and boil slowly 30 minutes, or until spaghetti is tender, stirring frequently.

3. Meanwhile, cook until brown

| twiced-ground MEAT** | ½ pound | 1 pound | 1½ pounds |
| SHORTENING           | 1 tablesp. | 2 tablesp. | 3 tablesp. |

4. Add and cook 5 minutes longer

| finely cut GREEN PEPPER | ½ cup | ½ cup | ¾ cup |
| finely cut ONION        | 1½ tablesp. | 3 tablesp. | ½ cup |

5. Stir in and heat thoroughly

| PET MILK | ½ cup | ½ cup | 1 cup |


*Macaroni can replace spaghetti. Rice can also be used if the amount is reduced to ¼ cup for 2; ½ cup for 4 and ¾ cup for 6.

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

---

**Baking Directions for Poultry or Meat**

(At room temperature, stuffed, and ready for baking)

<table>
<thead>
<tr>
<th>MEAT</th>
<th>Oven Temperature</th>
<th>Length of Baking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3½-lb. Chicken</td>
<td>350° F.</td>
<td>40 minutes per lb.</td>
</tr>
<tr>
<td>3½-lb. Guinea Hen</td>
<td>350° F.</td>
<td>40 minutes per lb.</td>
</tr>
<tr>
<td>5-lb. Chicken</td>
<td>325° F.</td>
<td>40 minutes per lb.</td>
</tr>
<tr>
<td>5-lb. Duck</td>
<td>325° F.</td>
<td>40 minutes per lb.</td>
</tr>
<tr>
<td>5-lb. Goose</td>
<td>325° F.</td>
<td>30 minutes per lb.</td>
</tr>
<tr>
<td>8-lb. to 12-lb. Turkey</td>
<td>325° F.</td>
<td>25 minutes per lb.</td>
</tr>
<tr>
<td>12-lb. to 18-lb. Turkey</td>
<td>300° F.</td>
<td>18 to 20 minutes per lb.</td>
</tr>
<tr>
<td>3½-lb. Breast or Shoulder of Lamb</td>
<td>300° F.</td>
<td>45 minutes per lb.</td>
</tr>
<tr>
<td>3-lb. Pork Shoulder</td>
<td>350° F.</td>
<td>45 minutes per lb.</td>
</tr>
<tr>
<td>3½-lb. Breast or Shoulder of Veal</td>
<td>300° F.</td>
<td>45 minutes per lb.</td>
</tr>
<tr>
<td>2½ lb. Spareribs</td>
<td>350° F.</td>
<td>40 minutes per lb.</td>
</tr>
<tr>
<td>2-lb. Pork Tenderloin, cut with pocket</td>
<td>350° F.</td>
<td>40 minutes per lb.</td>
</tr>
</tbody>
</table>

*Note: Use a shallow, uncovered baking pan and do not baste.*
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