Chocolate Nut Bars

See Recipe on Page 3

Money-Saving Meals
For 2 or 4 or 6
By Mary Lee Taylor

Chocolate Nut Bars
See Recipe on Page 3
Dear Friend,

Isn't it true that when you think of saving money on food bills, the first thing that comes to mind is to cut out the "extras" — those special treats your family loves? Naturally, you don't like to do this, because it's one of the joys of home-making to please those at your table.

A better way is to find recipes that make low-cost foods taste better; recipes that help you use the seasonable, plentiful foods your market offers, in delicious ways. And that's just the kind of Pet Milk recipes I'm sending you in this new booklet.

You see, Pet Milk is a faithful standby because it helps save money all through the meal. With such simple ingredients as a package of dried beef, a can of condensed soup, and Pet Milk, you get a "de luxe" main dish with a rich chicken-flavored sauce that couldn't be duplicated with ordinary milk—see the recipe for Creamed Dried Beef in Toast Shells. And Pet Milk turns a pound of hamburger, some rolled oats and a can of peas into eight Royal Meat Patties—a meal that's meat-and-vegetables-and-milk in one!

You can use less butter in creaming vegetables when you use Pet Milk — and get rich sauces without any cream at all, like that in Creole Vegetables. You need less salad oil in Tomato Salad Dressing because Pet Milk gives it just the right consistency and blends the seasonings to perfection.

I'd like to put a big star on my recipe for Chocolate Nut Bars, pictured on the cover. They taste almost like candy — and you can't make them with any other form of milk. But with Pet Milk it's easy to turn them out rich, mellow and chewy.

Yes, indeed, your family can enjoy many delicious things to eat — and you'll save money when you use these recipes and Pet Milk — because Pet Milk—good, whole milk concentrated to double richness—costs less generally than any other form of milk. And do listen to my Saturday morning broadcasts for more recipes and ideas from the Pet kitchens.

Sincerely,

Mary Lee Taylor

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Form No. 4729—8-20-49—9-24-49
Chocolate Nut Bars

(DIRECTIONS)

1. Sift together on piece of paper creased in the center.
   - Cake Flour: \( \frac{2}{3} \) cup
   - Sifted Cake Flour: \( 2\frac{1}{4} \) cups
   - Sifted Salt: \( \frac{1}{2} \) teasp.
   - Salt: \( 1 \) teasp.

2. Mix in bowl.
   - Cocoa: \( \frac{1}{2} \) cup
   - Sugar: \( \frac{1}{4} \) cup
   - Sugar: \( 1 \) cup

3. Add slowly, mixing until smooth.
   - Pet Milk: \( \frac{1}{2} \) cup
   - Milk: \( 1 \) cup

4. Put into another bowl.
   - Shortening: \( \frac{1}{2} \) cup
   - Shortening: \( 1 \) cup
   - Vanilla: \( \frac{1}{2} \) teasp.
   - Vanilla: \( \frac{1}{4} \) cups

5. Mix in \( \frac{1}{4} \) cup at a time.
   - Sugar: \( \frac{3}{4} \) cup
   - Sugar: \( \frac{1}{2} \) cups

   - Unbeaten Egg: \( 1 \)
   - Egg: \( 2 \) (at a time)

7. Add milk mixture and.
   - Finely cut Nuts: \( \frac{3}{4} \) cup
   - Nuts: \( \frac{1}{2} \) cups

8. Mix in about \( \frac{1}{2} \) cup flour mixture at a time.

9. Spread stiff dough in ungreased pan about.
   - Pan: \( 6 \times 10 \) in.
   - Pan: \( 10 \times 15 \) in.

10. Cover with waxed paper; then press with fingers to smooth the top. Dough should be \( \frac{1}{2} \) in. thick.

11. Chill about 6 hours, or overnight.

12. Cut into bars 3 inches long and \( \frac{3}{4} \) inch wide.


14. Bake in moderate oven (375° F.) 15 minutes, or until firm to the touch.

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

GOOD EATING AT EVERYDAY PRICES

Easy Chop Suey*

Fluffy Boiled Rice

Mixed Green Salad with Tomato Salad Dressing*

Chocolate Nut Bars*

Orange Nog*

*Recipes are in this book
**Royal Meat Patties**

(Photograph above)

**DIRECTIONS**

1. Cut slices ½ inch thick from...........

2. Remove onion centers, leaving 2 outer rings from each slice.

3. Cut fine enough onion “centers” to make 2 tablesp. for 2; ¼ cup for 4 and ½ cup for 6.

4. Mix cut onion with

   - **ground BEEF**
   - **uncooked ROLLED OATS**
   - **PET MILK**
   - **SALT**
   - **PEPPER**

5. Dip hands in cold water, then shape meat mixture in 4 or 8 or 12 flat patties about ½ inch thick.

6. Cook onion rings slowly in skillet for 5 minutes in ...........

7. Remove onion rings and save.

8. Then brown patties slowly on one side.

9. Turn and arrange an onion ring on top of each patty.

10. Cover and cook slowly until underside of meat is brown.

11. Just before serving, fill onion rings with Creamed Peas (see index).

12. Garnish with tomato wedges, if desired.

*Veal, lamb, lean pork or a mixture of these meats also can be used.
## Easy Chop Suey

### DIRECTIONS
1. Cover; cook slowly 30 minutes, or until tender and brown...

### INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diced MEAT*</td>
<td>¾ cup</td>
<td>1½ cups</td>
<td>2½ cups</td>
</tr>
<tr>
<td>in SHORTENING</td>
<td>1 tablesp.</td>
<td>1½ tablesp.</td>
<td>2½ tablesp.</td>
</tr>
<tr>
<td>Thinly sliced ONIONS</td>
<td>2/3 cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Diced CELERY</td>
<td>1 ¼ cups</td>
<td>2 ½ cups</td>
<td>3 ½ cups</td>
</tr>
<tr>
<td>Liquid off green beans</td>
<td>⅓ cup</td>
<td>1 cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>CHOP SUEY SAUCE</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>Dark corn SYRUP</td>
<td>1 teasp.</td>
<td>1 ½ teasp.</td>
<td>2 teasp.</td>
</tr>
</tbody>
</table>

2. Add

3. Cover; cook slowly 10 minutes longer.

4. Stir in a mixture of FLOUR in WATER

5. Boil and stir 2 minutes.

6. Stir in

7. Heat thoroughly, but do not boil. Serve with boiled rice, spaghetti or macaroni.

*Raw beef, veal or lean pork can be used.

## Pineapple Cream Pudding

### DIRECTIONS
1. Mix, then chill..............

### INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drained, crushed PINEAPPLE</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>PINEAPPLE JUICE</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Quartered MARSH-MALLOW</td>
<td>16</td>
<td>24</td>
</tr>
<tr>
<td>Vanilla PUDDING POWDER</td>
<td>1 pkg.</td>
<td>1½ pkgs.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1 cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>

2. Put into saucepan.............

3. Stir in slowly mixture of......

4. Bring to a boil, stirring constantly. Cook slowly and stir 30 seconds.

5. Cover and chill.

6. Fold in pineapple mixture. Put into large serving dish, or 4 or 6 individual serving dishes. Keep chilled until serving time. If desired, garnish with slices of Maraschino cherries.

*For easy cutting, use scissors, dipping blades in cold water now and then.
Mexican Salad

DIRECTIONS
1. Cook until crisp. 
   - diced BACON (2 tablesp. 
   - VINEGAR (1 1/2 tablesp.)
   - SALT (1/2 teasp.)
   - PEPPER (few grains)
   - CHILI POWDER (1 1/4 teasp.)
   - SUGAR (1 teasp.)
   - grated ONION (can omit)

2. Mix in. 
   - VINEGAR (3 tablesp.)
   - SALT (1 teasp.)
   - PEPPER (1 teasp.)
   - CHILI POWDER (1 1/2 teasp.)
   - SUGAR (1/2 teasp.)
   - grated ONION (can omit)

3. Let stand at room temperature while preparing vegetables.

4. Put into bowl. 
   - shredded LETTUCE* (1 1/2 cups)
   - shredded raw CARROT** (3/4 cup)

5. Stir dressing into. 
   -PET MILK (2 tablesp.)

6. Mix with the vegetables; serve at once.
   *Shredded cabbage can replace a third of the lettuce; use 1/2 cup shredded cabbage for 2; 1 cup for 4 and 1 1/2 cups for 6.
   **Sliced radishes can replace half of the shredded carrot.

Frozen Graham Pudding

DIRECTIONS
1. Soften. 
   - unflavored GELATIN (1/2 teasp.)
   - in cold WATER (1 1/2 teasp.)

2. Scald over boiling water. 
   -PET MILK (1/2 cup)

3. Stir in softened gelatin until dissolved.
4. Chill until ice cold.
5. Then whip with cold rotary beater, or electric beater at high speed, until stiff.
6. Continue beating while adding gradually. 
   - SUGAR (1/4 cup)
   - graham cracker CRUMBS* (1/4 cup)
   - VANILLA (1 teasp.)

7. Fold in. 
   - PET MILK (1/2 cup)
   - SUGAR (1/2 cup)
   - graham cracker CRUMBS* (1/2 cup)
   - VANILLA (2 teasp.)

8. Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt.
   *You will need to roll into fine crumbs 3 graham crackers, 2 1/2 inches square for 2; 6 crackers for 4 and 9 crackers for 6.
Orange Nog  
(Photograph on front cover)

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>cold ORANGE JUICE</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 1/2 teasp.</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>4 1/2 tablesp.</td>
</tr>
<tr>
<td>SALT (can omit)</td>
<td>few grains</td>
<td>few grains</td>
<td>5/6 teasp.</td>
</tr>
<tr>
<td>cold PET MILK</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>mixed with cold WATER</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
</tbody>
</table>

1. Mix ...............  
2. Stir slowly into....  

Whipped Lemon Topping

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>chilled* PET MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>granulated SUGAR</td>
<td>1 1/2 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 1/2 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>RIND</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
</tbody>
</table>

1. Put into small bowl  
2. Whip with chilled rotary beater, or electric beater at high speed, until fluffy.  
3. Then add  
4. Continue whipping until stiff. Serve as a topping on plain cake, gingerbread, pudding or other desserts that will blend with the lemon flavor of this topping.  
*Put into ice tray of refrigerator; chill until ice crystals begin to form around edges.

Creamed Peas

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUTTER or margarine</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>5/6 teasp.</td>
</tr>
<tr>
<td>LIQUID off vegetable</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>3/4 cup</td>
<td>1 1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>drained PEAS, cooked or canned</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

7. Serve hot.

For Creamed Vegetables, substitute whole kernel corn, lima beans, mushrooms, cut-up asparagus, celery, cabbage, potatoes, green or wax beans or sliced onions or carrots or any combination of these vegetables for the peas.
Jellied Chicken Salad

DIRECTIONS

1. Put into large saucepan.

INGREDIENTS

FOR 4

WATER
3 cups

ONION
1 tablespoon

CELERY TOPS
3/4 cup

PARSLEY
2 tablespoons

SALT
3/4 teaspoon

PEPPER
few grains

whole CLOVES
2

BAY LEAF
1 medium

FOR 6

WATER
4 cups

ONION
2 tablespoons

CELERY TOPS
1/2 cup

PARSLEY
1/2 cup

SALT
1/2 teaspoon

PEPPER
1/8 teaspoon

whole CLOVES
4

BAY LEAF
1 large

2. Heat to boiling, then add.

CHICKEN, cut in pieces
3 1/2 lbs.

3. Cover and boil slowly until tender, or about.

1 1/4 hours

4. Drain and save stock. Chill stock, then remove layer of fat from top.

5. Remove chicken from bones and chill.

6. Put stock in saucepan with.

SALT
1/2 teaspoon

PEPPER
3/4 teaspoon

7. Boil vigorously, about 15 minutes, or until only 2/3 cup remains for 4 and 1 1/4 cups remain for 6. Remove from heat and let stand.

8. Rub with salad oil, a loaf pan holding about.

3 cups


10. Then add and mix thoroughly.

PET MILK
6 tablespoons

11. Pack into oiled pan. Cover with waxed paper and chill until firm. Turn out and slice. Serve on lettuce if desired.

Hot or Iced Cocoa

DIRECTIONS

1. Mix.

COCOA
4 teaspoons

SUGAR
4 teaspoons

SALT
few grains

2. Stir in slowly.

boiling WATER
3/4 cup

3. Boil and stir 5 minutes.

4. Add.

PET MILK
3/4 cup

5. Heat thoroughly.

6. Stir in.

VANILLA
1/2 teaspoon

7. Serve hot or iced.

To Use Chocolate-flavored Ovaltine; Cocomalt or Instant Cocoa:

Omit the cocoa, sugar and salt in the above recipe. Mix water and milk; heat to boiling. Stir hot milk into any one of these products using 8 teaspoons for 2; 5 tablespoons for 4 and 1/2 cup for 6.
Creamed Dried Beef in Toast Shells

(Photograph below)

**DIRECTIONS**

1. Turn on oven; set at moderate (375° F.).
2. Remove crusts from {fresh BREAD} 4 slices 8 slices 12 slices
3. Brush with .......... {melted BUTTER or margarine} 4 teasp. 3 tablesp. 4 tablesp.
4. Press buttered side down into 4 or 8 or 12 three-inch muffin cups.
5. Bake on center shelf of oven 10 minutes, or until light brown.
6. Pull into small pieces with the fingers
7. Put beef into sauce-pan with ............. {condensed cream of CHICKEN SOUP*} ½ cup (2 ozs.) 1 cup (4 ozs.) 1½ cups (6 ozs.)
8. Stir in .......... {PET MILK WATER PEPPER} ⅔ cup 1 can 1⅓ cups

*Mushroom soup also can be used.

*Note: If desired, toast remaining bread crusts, roll into crumbs and use for breading croquettes, chops, etc.

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**Ginger Fizz**

**DIRECTIONS**

1. Mix together, but do not shake .......... {chilled PET MILK chilled GINGER ALE} ¼ cup ½ cup ¾ cup
2. Stir thoroughly with cracked ice.

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**LOW-COST FOODS FIXED A NEW WAY**

Creamed Dried Beef in Toast Shells*
Buttered Green Beans
Hard-Cooked Egg Slices
Tomato Salad
Pineapple Cream Pudding*

*Recipes are in this book
Stuffed Ham Rolls

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6

1. Put into saucepan... {condensed CREAM OF MUSH-ROOM SOUP* 3/4 cup 1 can 1 1/4 cups

2. Stir in mixture of... {PET MILK 3/4 cup 2/3 cup 1 cup WATER 1/3 cup 1/2 cup

3. Add ... {grated American CHEESE 3/4 cup 1 1/2 cups 2 1/4 cups
dry MUSTARD 1/4 teasp. 1/2 teasp. 3/4 teasp.
PEPPER few grains few grains 3/4 teasp.

4. Heat slowly and stir just long enough to melt the cheese. Do not boil.

5. Put equal portions of... {cooked MACARONI 2 dozen 4 dozen 6 dozen (5-in. pieces)

6. On large, thin slices of... {HAM,** boiled or baked 2 slices 4 slices 6 slices 1/4 lb. 1/4 lb. 3/4 lb.

7. Put 2 tablesp. sauce over each portion. Roll up; secure with toothpicks or string. Put into greased shallow pan.

8. Dot with bits of... {SHORTENING 2 teasp. 4 teasp. 2 tablesp.

9. Bake 20 min., or until ham is light brown. Serve with remaining sauce which has been reheated very slowly.

*Cream of chicken soup also can be used.

**Large slices of bologna sausage can replace ham.

Peach Salad

DIRECTIONS

INGREDIENTS FOR 2 FOR 4 FOR 6

1. Put into jar... {SALT 1/4 teasp. 1/4 teasp. 1/4 teasp.
PAPRIKA 1/4 teasp. (can omit) 1/4 teasp. 1/4 teasp.
SUGAR 1/2 teasp. 1 teasp. 1 1/2 teasp.
LEMON JUICE 1 tablespoon 2 tablespoons 3 tablespoons
SALAD OIL 2 teasp. 4 teasp. 3 tablespoons
PET MILK 2 1/2 tablespoons 1/2 cup 1/2 cup

2. Cover jar and shake well. Keep chilled.

3. Put on salad plates... {LETTUCE 2 leaves 4 leaves 6 leaves

4. Arrange on lettuce... {PEACH HALVES* 2 4 6

5. Fill peaches with... {seedless GRAPES 1/4 cup 3/4 cup 1 cup

6. Shake chilled dressing well before serving on the salad.

*Fresh peeled or drained, canned peaches can be used.
# Spaghetti With Mushroom Sauce

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Boil until tender...</td>
<td>SPAGHETTI,* broken in pieces in boiling WATER SALT</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>2. Drain and rinse with hot water.</td>
<td>condensed cream of MUSHROOM SOUP PET MILK WATER diced American CHEESE SALT Worcestershire SAUCE (can omit)</td>
<td>3/4 cup</td>
<td>1 can</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>3. Mix ..........</td>
<td></td>
<td>1/2 teasp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

*Macaroni also can be used.*

# Scalloped Corn

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Turn on oven; set at moderately slow (350° F.).</td>
<td></td>
<td>1 pint</td>
<td>1 quart</td>
<td>1 1/2 quarts</td>
</tr>
<tr>
<td>2. Grease a baking dish holding about...</td>
<td></td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>3. Cook slowly 5 minutes .................</td>
<td>finely cut ONION hot SHORTENING</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>4. Add and heat to boiling ...............</td>
<td>PET MILK LIQUID off corn</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>5. Remove from heat and fold in...........</td>
<td>drained, whole kernel CORN, cooked or canned coarse, salted CRACKER CRUMBS SALT PEPPER</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>6. Put into baking dish.</td>
<td></td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>7. Top with mixture of</td>
<td>coarse, salted CRACKER CRUMBS melted SHORTENING</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>8. Bake until brown on top, or about.....</td>
<td>20 minutes</td>
<td>30 minutes</td>
<td>40 minutes</td>
<td></td>
</tr>
<tr>
<td>9. Serve from the baking dish.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</table>
Royal Peach Dessert

(Photograph above)

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chill until ice cold.............</td>
<td>PET MILK</td>
<td>½ cup</td>
<td>⅔ cup</td>
</tr>
<tr>
<td>2. Drain and save juice from........</td>
<td>canned, sliced PEACHES</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>3. Save ¼ cup sliced peaches for 4 and ½ cup for 6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Dice remaining peach slices and mix with ..........</td>
<td>MARSHMALLOWS, cut in small pieces PEACH JUICE</td>
<td>⅔ cup</td>
<td>1 ⅓ cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 tablesp.</td>
<td>¼ cup</td>
</tr>
<tr>
<td>5. Add water to remaining peach juice to make ½ cup for 4 and ⅔ cup for 6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Heat juice to boiling, then stir in ..........</td>
<td>lemon GELATIN**</td>
<td>½ pkg.</td>
<td>1 pkg.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>⅛ teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td>7. Cool to room temperature; add peach mixture; chill until slightly thicker than unbeaten egg whites.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Rinse with cold water a mold holding about......</td>
<td>1 ½ pints</td>
<td>1 ½ quarts</td>
<td></td>
</tr>
<tr>
<td>9. Line mold with the sliced peaches and ..........</td>
<td>finger strips of PLAIN CAKE</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>10. Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Fold into gelatin mixture with ..........</td>
<td>diced CAKE</td>
<td>⅔ cup</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

*For easy cutting, use scissors, dipping blades in cold water now and then.

**Orange gelatin also can be used.
# Creole Vegetables

## DIRECTIONS
1. Cook slowly 5 minutes.
2. Add; cover and boil slowly 15 minutes.
3. Then add.
4. Continue cooking until vegetables are just tender, or about 10 minutes.
5. Stir in mixture of.
7. Stir into.
8. Serve hot.

*Well-drained, canned tomatoes can be used in place of the fresh ones.*

**Carrots or celery cut into match-like strips can replace green beans.**

***Lima beans or peas can replace corn.*

## INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INGREDIENTS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>finely cut GREEN PEPPER</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>in hot bacon or ham FAT</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>cut-up fresh TOMATOES*</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>cut-up fresh GREEN BEANS**</td>
<td>½ cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td></td>
<td>(½ lb.)</td>
<td>(½ lb.)</td>
<td></td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>½ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>fresh CORN,***</td>
<td>¼ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>cut from cob</td>
<td>(1 medium ear)</td>
<td>(2 medium ears)</td>
<td>(3 medium ears)</td>
</tr>
</tbody>
</table>

## FOR 2

<p>| | | | |</p>
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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>FOR 2</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>WATER</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
</tbody>
</table>

## FOR 4

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<tbody>
<tr>
<td><strong>FOR 4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FLOUR</td>
<td>2 tablesp.</td>
<td>4 tablesp.</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>WATER</td>
<td>2 tablesp.</td>
<td>4 tablesp.</td>
<td>6 tablesp.</td>
</tr>
</tbody>
</table>

## FOR 6

<p>| | | | |</p>
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</thead>
<tbody>
<tr>
<td><strong>FOR 6</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FLOUR</td>
<td>3 tablesp.</td>
<td>6 tablesp.</td>
<td>9 tablesp.</td>
</tr>
<tr>
<td>WATER</td>
<td>3 tablesp.</td>
<td>6 tablesp.</td>
<td>9 tablesp.</td>
</tr>
</tbody>
</table>

## MEATLESS MEAL WITH TASTE APPEAL

- Macaroni and Cheese Loaf*
- Stewed Tomatoes
- Hard Rolls  Butter Spread*
- Peach Salad* *(serve as dessert)*

*Recipes are in this book

## COMPANY COMING? THIS MEAL'S EASY!

- Jellied Chicken Salad*
- Potato Chips
- Creole Vegetables*
- Buttered Rolls
- Ice Cream
- Chocolate Nut Bars*

*Recipes are in this book
Macaroni and Cheese Loaf

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a loaf pan holding about...  
   - PET MILK: 1 pint
   - WATER: 6 tablesp.
   - diced American CHEESE: ¼ cup
   - BUTTER or margarine: ½ cup
   - 2¾ teasp.
3. Heat to boiling a mixture of...  
   - soft BREAD CRUMBS: ½ cup
   - finely cut ONION: 1 cup
   - finely cut PIMIENTO (can omit): 2 cup
   - chopped PARSLEY: 1 cup
   - SALT: ¼ cup
   - PEPPER: 1 cup
   - slightly beaten EGGS: 2 cup
   - cooked, drained MACARONI or spaghetti: 3 cup
4. When cheese melts, remove from heat...  
   - 1½ hour
5. Mix in...  
   - 1 cup
   - 2 cup
   - 3 cup
6. Fold in...  
   - 1 cup
7. Put into greased pan. Bake until firm, or about...  
   - 1½ hours
8. Turn out and slice to serve.

*1½ cups equal 1 cup plus 2 tablespoons.

**Tomato Salad Dressing**

**DIRECTIONS**

1. Put into jar...  
   - SALT: ½ teasp.
   - PEPPER: few grains
   - PAPRIKA: few grains
   - dry MUSTARD: ⅔ teasp.
   - condensed TOMATO SOUP: 2½ tablesp.
   - VINEGAR or lemon juice: 1 cup
   - grated ONION: 1 cup
   - SALAD OIL: 2½ tablesp.
   - PET MILK: ½ cup
2. Cover jar and shake well. Keep chilled.
3. At serving time, shake well and serve on all kinds of vegetable salads or salad greens.

Makes about...  
- ½ cup
- 1 cup
- 1½ cups
**Butter Spread**

### DIRECTIONS

1. Cut in small pieces and put into mixing bowl.
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.
3. Also let stand in warm room.
4. Stir milk into soft butter gradually, adding about 2 tablespoons* at a time and using a mixing spoon, a rotary beater or electric beater at low speed. When all milk is added, beat vigorously 1 minute to blend completely. Cover bowl and chill, or pack while soft into straight-sided dish. Keep chilled when not in use. Serve as a spread on bread, sandwiches, pancakes, etc.
5. Makes a little less than.

### INGREDIENTS

<table>
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<tr>
<th>FOR 2</th>
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<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 pound BUTTER or margarine</td>
<td>1/2 pound</td>
<td>1 pound</td>
</tr>
<tr>
<td>1/8 teasp. SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>6 1/2 tbsp. PET MILK</td>
<td>3/4 cup</td>
<td>14 1/2-oz. can</td>
</tr>
</tbody>
</table>

*When using 1/4 lb. butter, add about 1 tablespoon of milk at a time.

**Meat Succotash**

### DIRECTIONS

2. Mix.
3. Sprinkle over meat, then blend in.
4. Stir in.
5. Boil slowly and stir 2 minutes.
6. Stir in.
7. Add.

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<th>FOR 2</th>
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<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup diced LUNCH MEAT* in hot SHORTENING</td>
<td>1 1/3 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>1/2 cup FLOUR</td>
<td>1/2 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>2 teasp. SALT</td>
<td>4 teasp.</td>
<td>7 1/2 teasp.</td>
</tr>
<tr>
<td>few grains dry MUSTARD</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td>1/4 cup LIQUID off corn or lima beans</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>1/4 cup PET MILK</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>1/2 cup drained, whole kernel CORN, cooked or canned</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>1/2 cup drained LIMA BEANS, cooked or canned</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Canned lunch meat, bologna, frankfurters or wieners can be used.
"Today he walked alone"

That first step is a big step in your baby’s growth. It means his baby-soft bones have grown strong—and he is on the way to sturdy childhood.

Of all the things that will help your baby make good growth, milk is most important. Is it safe milk, easy to digest, and rich in all the food substances that make milk the most nearly perfect food?

*Pet Milk is that kind of milk.* Always easy for babies to digest. Always uniformly rich in the food substances of whole milk. Always as safe, in its sealed container, as if there were no germ of disease in the world.

And one thing more; your baby needs an adequate amount of vitamin D, the sunshine vitamin, combined with the minerals of whole milk, to help him build straight, strong bones and sound teeth, and to make the best of growth. *Pet Milk contains vitamin D in pure crystalline form, in the full amount doctors say his milk should contain.*

With all these qualities *Pet Milk* costs less generally than any other form of milk.