Busy-Day Meals

You probably have them very often, those busy days when the hands on the clock seem to spin around faster and faster, and there just doesn’t seem to be time enough to get everything done.

Still, on those overcrowded days, meals must somehow be prepared. And in spite of the lack of time, you want those meals to be appetizing-looking and good for your family. You’ll find many ideas for just such mouth-watering dishes in this booklet.

Busy days don’t leave time for failures. And you’re not trusting to luck when you use these recipes, for every one has been tested so it’s absolutely fail-proof.

With these recipes you can prepare delicious meals in less time, knowing that the Pet Milk you’ve used makes the food you serve extra-wholesome. For Pet Milk is whole milk that’s concentrated to double richness so it supplies twice the protective whole milk substances that ordinary milk supplies. Yet Pet Milk costs less generally than ordinary milk, and costs much less than cream.

With a supply of Pet Milk on your kitchen shelf, and with these recipes, you’ll always be prepared to make tempting dishes as good for you as they are good to eat. And, busy as you are, I hope you’ll always find time to tune in regularly to my Saturday morning program for more money-saving, time-saving ideas.

Mary Lee Taylor

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Form No. 4328—1-18—3-1
Lenten Special

(DIRECTIONS INGREDIENTS FOR 2 FOR 4 FOR 6)

1. Boil until tender...
   washed RICE* in boiling WATER
   SALT
   ½ cup 4½ cups 1¼ cups
   ¾ cup 6 cups 1½ cup
   1 cup 8 cups 2 cups

2. Drain, then rinse with hot water.

3. While rice cooks, mix together...
   diced American CHEESE
   PET MILK
   SALT
   dry MUSTARD
   ½ cup (2½ ozs.) ½ cup few grains ½ cup
   1 cup (½ lb.) ½ cup ½ cup
   1½ cups (1½ lbs.) ½ cup ½ cup

4. Cook and stir over boiling water until smooth.

5. Mix hot rice with...
   drained, hot PEAS, cooked or canned
   ½ cup 1 cup 1½ cups

6. Pack into greased ring mold or bowl**
   holding about...
   1 pint 1 quart 1½ quarts

7. Turn out onto serving plate.

8. Arrange around edge...
   sliced, hard-cooked EGGS
   1 2 3

9. Fill center with hot cheese sauce. If desired, garnish with radish roses.

*Macaroni or spaghetti can replace rice; chop after cooking.

**If bowl is used, turn out rice; press hollow in center with a spoon.

Easy Creamed Potatoes

(DIRECTIONS INGREDIENTS FOR 2 FOR 4 FOR 6)

1. Put into top of
   finely diced, pared POTATOES
   SALT
   PEPPER
   PET MILK
   boiling WATER
   1½ cups (¾ lbs.) ½ cup 3 tablesp.
   3 cups (1½ lbs.) 1¼ cup 3 tablesp.
   4½ cups (2¼ lbs.) 1½ cup 3 tablesp.

2. Cook over boiling water 1 hour, or until potatoes are tender.

A MEATLESS MEAL THAT'S MIGHTY SATISFYING

Lenten Special*
Served with a garnish of crisp radishes
Lettuce Salad with Tomato Salad Dressing*
Rye Bread Butter Spread*
Canned Peaches with Molasses Butter Sauce*

*Recipes are in this book
Pancakes

(Photograph above)

DIRECTIONS

1. Put into mixing bowl ........................................
   prepared PANCAKE FLOUR* ................................
   ⅔ cup  1 ½ cups  2 cups

2. Stir in gradually ............................................
   PET MILK diluted with WATER ..........................
   ⅔ cup  ⅓ cup  1 cup

3. Do not beat until smooth, as overbeating toughens pancakes. The lumps are bits of shortening and will disappear in the baking. Bake on hot, slightly greased griddle until bubbles appear and edges are cooked, then turn and brown on other side. Serve with sausages, Butter Spread or Molasses Butter Sauce (see index), syrup, honey, jelly or preserves.

Makes .........................................................
   9 four-in. pancakes  18 four-in.  27 four-in. pancakes

*To Substitute All-Purpose Flour for the Prepared Pancake Flour:

1. Sift into mixing bowl ......................................
   sifted, all-purpose FLOUR ................................
   ⅔ cup  1 ½ cups  2 cups
   BAKING POWDER ...........................................
   1 ⅓ teasp.  2 ⅔ teasp.  4 teasp.
   SALT .......................................................
   ½ teasp.  1 teasp.  1 ½ teasp.

2. Stir in gradually a mixture of ..........................
   well-beaten EGGS ........................................
   1  2  2
   PET MILK ..................................................
   ⅓ cup  ⅓ cup  1 cup
   WATER ....................................................
   ⅔ cup  ⅔ cup  1 cup

3. Add ........................................................
   melted BUTTER or other shortening ..................
   1 tablesp.  2 tablesp.  3 tablesp.

4. Bake as directed above.

For WAFFLES, follow the above recipe for pancakes, adding just before baking 1 tablespoon melted butter or other shortening for 2; 2 tablespoons for 4 and 3 tablespoons for 6. Pour about ⅔ cup of batter into center of hot, preheated waffle baker. Close quickly and bake about 4 minutes, or until brown. Makes 2, 4 or 6 seven-inch waffles.
Potato Yeast Rolls

**DIRECTIONS**

1. Cover and boil until tender.

2. Drain; save liquid. There should be 3 tablesp. liquid for 4 and ¼ cup for 6. If not, add water.

3. Mash potato thoroughly. There should be ⅓ cup mashed potato for 4 and ½ cup for 6.

4. Soften.

5. Add to mixture of mashed potato, potato liquid and.

6. Add gradually, mixing well after each addition.

7. Turn dough onto floured board; knead until smooth and elastic. Put in greased bowl. Cover with cloth wrung out of hot water. Let rise until doubled in bulk. Knead to original size. Then roll to ⅛-in. thickness; cut into rounds with floured 2½-in. cutter. Put on greased baking sheet 2 in. apart. Let rise again until doubled in bulk. Bake in moderately hot oven (400° F.) 15 min., or until brown. Makes.

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Creamy Rutabagas

**DIRECTIONS**

1. Cover and boil 20 minutes, or until tender.

2. Drain well and mash thoroughly.

3. Then add and mix well.


5. Serve hot.

*For Creamy Carrots,* substitute thinly sliced carrots for the rutabagas.
Stuffed Hamburger Slices

**DIRECTIONS**

1. Cook slowly 5 minutes

2. Add

3. Mix until bread is no longer visible. Let stand.

4. Mix together thoroughly

5. With wet fingers shape meat mixture on waxed paper into a sheet about...

6. Spread with stuffing; with aid of paper roll up like jelly roll. Cut into 4, 8 or 12 slices.

7. Brown on both sides

8. Serve hot.

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

**Sausage Dinner**

**DIRECTIONS**

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

2. Grease a shallow baking dish holding about

3. Put into cold skillet

4. Cover; cook slowly until water evaporates.

5. Core and slice...

6. Mix apples with...

7. Put into greased baking dish.

8. Mix together...


10. Bake 45 minutes, or until sausage is brown; serve hot.
**Maple Bread Pudding**

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a baking dish holding about . . . . .
3. Mix together and let stand . . . .
4. Beat until stiff but not dry . . . .
5. Continue beating while adding gradually . . . .
6. Fold into bread mixture.
7. Pour into greased baking dish. Set in pan containing ½ inch hot water.
8. Bake until knife inserted near the edge comes out clean, or about . . . .

*Vanilla can replace the maple flavoring, if you use ½ teasp. for 2; 1 teasp. for 4 and 1½ teasp. for 6.*

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
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<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>EGG YOLKS</td>
<td>1 pint</td>
<td>1 quart</td>
<td>1½ quarts</td>
</tr>
<tr>
<td>PET MILK</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>MAPLE FLAVORING*</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>few grains</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td>TOASTED BREAD CUBES</td>
<td>½ cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>EGG WHITES</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>SUGAR</td>
<td>2 tablesp.</td>
<td>¼ cup</td>
<td>6 tablesp.</td>
</tr>
</tbody>
</table>

**Jiffy Hash**

**DIRECTIONS**

1. Heat in skillet . . . .
2. Add and cook slowly until potatoes are brown . . . .
3. Stir in mixture of . . . .
4. Cook and stir until thick. Serve hot with green peas and pickled beets.

*Left-over cooked meat, lunch meat, bologna, frankfurters or wieners can be used.*

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHORTENING</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>Diced, cooked POTATOES</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Diced, cooked MEAT*</td>
<td>½ cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Finely cut ONION</td>
<td>2 tablesp.</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>PAPRIKA (optional)</td>
<td>¼ teasp.</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>few grains</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>½ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>CONDENSED MUSHROOM SOUP</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>10½-oz. can</td>
</tr>
<tr>
<td>PET MILK</td>
<td>3 tablesp.</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>WATER</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>¾ cup</td>
</tr>
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</table>
### Peanut Brittle Dessert

#### INGREDIENTS

<table>
<thead>
<tr>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET MILK</td>
<td>½ cup</td>
</tr>
<tr>
<td><em>unflavored</em> GELATIN</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>in cold WATER</td>
<td>¼ cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>½ cup</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>VANILLA</td>
<td>1 teasp.</td>
</tr>
<tr>
<td><em>crushed PEANUT BRITTLE</em></td>
<td>1 cup</td>
</tr>
<tr>
<td><em>diced ANGEL CAKE</em></td>
<td>(¼ lb.)</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

#### DIRECTIONS

1. Chill until icy cold.
2. Soften GELATIN in cold WATER.
3. Heat to boiling a mixture of PET MILK, WATER, SALT.
4. Stir into gelatin, then add VANILLA.
5. Chill until syrupy, then beat until fluffy.
6. Fold in PEANUT BRITTLE, ANGEL CAKE.
7. Whip chilled milk with rotary beater, or electric beater at high speed until fluffy.
8. Add LEMON JUICE.
9. Continue whipping until stiff. Fold into cake mixture. Put into 4 or 6 dessert dishes. Chill until serving time.

*Plain sponge cake or ladyfingers can also be used.*

### Macaroni Cheese Loaf

#### INGREDIENTS

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>MACARONI or spaghetti, broken in pieces</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>in boiling WATER</td>
<td>3 cups</td>
<td>6 cups</td>
</tr>
<tr>
<td>SALT</td>
<td>¾ teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>DICED AMERICAN CHEESE</td>
<td>1 pint</td>
<td>1 quart</td>
</tr>
<tr>
<td>PET MILK</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>WATER</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>chopped PARSLEY</td>
<td>1½ teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1½ teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>PAPRIKA</td>
<td>½ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td><em>slightly beaten</em> EGG</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

#### DIRECTIONS

1. Boil until tender...
2. Drain and rinse with hot water.
3. Turn on oven; set at moderately slow (350° F.).
4. Grease well a loaf pan holding about...
5. Heat over boiling water a mixture of...
6. Stir until cheese melts, then stir into...
7. Add macaroni and put into greased pan. Set in larger pan containing about ½ inch hot water. Bake until firm, or about 40 minutes, 1 hour, 1½ hours.

Serve with stewed tomatoes, green beans, cabbage slaw and baked apples.

*1⅛ cups equal 1 cup plus 2 tablespoons.*
**Raisin Chiffon Pie**

*(Photograph below)*

**DIRECTIONS**

**INGREDIENTS**

For two 4-inch tarts

1. Chill until icy cold...
   - **PET MILK**  \(\frac{1}{4}\) cup
   - **SEEDLESS RAISINS**  \(\frac{1}{3}\) cup

2. Put through medium knife of food chopper or cut fine
   - **GRADED LEMON RIND**  \(\frac{1}{4}\) teasp.
   - **LEMON JUICE**  1 tablesp.

3. Stir into raisins, then let stand.
   - **GRAHAM CRACKER CRUMBS**  \(\frac{1}{2}\) cup
   - **MELTED BUTTER OR MARGARINE**  1 tablesp.

4. Mix together
   - **UNFLAVORED GELATIN** in cold WATER  1 teasp.
   - **SLIGHTLY BEATEN EGGS**  1 (yolk only)
   - **SUGAR**  2 tablesp.
   - **SALT**  few grains
   - **PET MILK**  2\(\frac{1}{2}\) tablesp.
   - **WATER**  2\(\frac{1}{2}\) tablesp.

5. Take out 2 tablesp. for tarts or \(\frac{1}{4}\) cup for pie; press larger amount of crumbs on bottom and sides of greased.
   - **TWO 4-IN. TART PANS**
   - **9-IN. PIE PAN**

6. Soften
   - **UNFLAVORED GELATIN** in cold WATER  4 teasp.
   - **SLIGHTLY BEATEN EGGS**  2 (yolk only)
   - **SUGAR**  2 cups
   - **MELTED BUTTER OR MARGARINE**  2 cups

7. Mix together
   - **PET MILK**  2\(\frac{1}{2}\) tablesp.
   - **WATER**  2\(\frac{1}{2}\) tablesp.


**Note:** To make 4 tarts, double above recipe for 2 tarts, and use one whole egg.

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**COMPANY COMING? THEY’LL LIKE THIS!**

- **Stuffed Hamburger Slices**
- **Easy Creamed Potatoes**
- **Frozen or Canned Peas**
- **Lettuce Wedges with Tomato Salad Dressing**
- **Potato Yeast Rolls**
- **Butter Spread**
- **Raisin Chiffon Pie**

*Recipes are in this book*
### Bacon and Egg Puff

**DIRECTIONS**

1. Cover and boil until tender.
   - **FOR 2**: medium POTATOES, pared boiling WATER
   - **FOR 4**: 2 (1 7/8 lbs.)
   - **FOR 6**: 6 (2 3/4 lbs.)

2. Drain and save potato liquid allowing 4 teasp. for 2; 1 1/2 tablesp. for 4 and 1/4 cup for 6.

3. Mash potatoes, then add liquid and...
   - **FOR 2**: hot PET MILK
   - **FOR 4**: SALT
   - **FOR 6**: PEPPER

4. Put into shallow greased baking dish.
5. Turn on oven; set at slow (325° F.).
6. Separate carefully yolks and whites of...
7. Put yolks into pan holding 1/8 inch of water.
8. Sprinkle whites with...
9. Beat until stiff; arrange on mashed potatoes shaping into 2, 4 or 6 nests.
10. Lifting with spoon, put egg yolk into each nest.
11. Bake until egg whites are lightly browned, or about 15 minutes.
12. At serving time put crisp BACON SLICES, halved between the nests.

Makes a complete meal when served with Combination Salad and Peanut Brittle Dessert (see index).

### Tomato Salad Dressing

**DIRECTIONS**

1. Mix together in bowl...
2. Add and stir until smooth...
3. Stir in...
4. Add gradually, mixing until smooth after each addition...
5. Then stir oil mixture into...
6. Beat with rotary beater, or shake well before serving on lettuce or other salad greens.

Makes about...

<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.</td>
<td>SALT, PEPPER, PAPRIKA, dry MUSTARD</td>
<td>1/2 teasp.</td>
<td>1/2 teasp.</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>2.</td>
<td>condensed TOMATO SOUP</td>
<td>2 1/2 tablesp.</td>
<td>1 1/2 tablesp.</td>
<td>2 1/2 tablesp.</td>
</tr>
<tr>
<td>3.</td>
<td>VINEGAR, or lemon juice, grated ONION</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>4.</td>
<td>SALAD OIL</td>
<td>1 1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>5.</td>
<td>PET MILK</td>
<td>2 1/2 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
</tbody>
</table>
Baked Fish Fillets

### DIRECTIONS

1. Cut in pieces...
   - **FISH FILLETS**: \(\frac{3}{4}\) lb. for 2, 1 lb. for 4, \(\frac{3}{4}\) lbs. for 6
   - **PET MILK**: 2 tablesp. for 2, \(\frac{1}{4}\) cup for 4, \(\frac{1}{2}\) cup for 6
   - **SALT**: \(\frac{1}{4}\) teasp. for 2, \(\frac{1}{2}\) teasp. for 4, \(\frac{3}{4}\) teasp. for 6
   - **PEPPER**: few grains for 2, few grains for 4, \(\frac{1}{6}\) teasp. for 6
2. Dip into mixture of...
   - **corn flake CRUMBS**: \(\frac{1}{4}\) cup for 2, \(\frac{1}{2}\) cup for 4, \(\frac{3}{4}\) cup for 6
3. Then roll in...
   - **SHORTENING**: 1 tablesp. for 2, 2 tablesp. for 4, 3 tablesp. for 6
4. Dot with bits of...
5. Bake in moderately slow oven (350° F.) 30 minutes, or until brown. Serve with baked potatoes and creamed peas and carrots (see below for Creamed Vegetables).

*Fresh or frozen halibut, codfish, haddock, hake, etc., free from bones can be used.

**Fine, dry bread crumbs also can be used.

Creamed Vegetables

### DIRECTIONS

1. Drain and save li-
   - **cooked or canned VEGETABLE**: 1 cup for 2, 2 cups for 4, 3 cups for 6
2. Melt in saucepan...
   - **BUTTER or margarine**: 2 teasp. for 2, 1 tablesp. for 4, \(1\frac{1}{2}\) tablesp. for 6
3. Blend in....
   - **FLOUR**: 1 tablesp. for 2, 2 tablesp. for 4, 3 tablesp. for 6
   - **SALT**: \(\frac{1}{4}\) teasp. for 2, \(\frac{1}{2}\) teasp. for 4, \(\frac{3}{4}\) teasp. for 6
   - **PEPPER**: few grains for 2, few grains for 4, \(\frac{1}{6}\) teasp. for 6
4. Stir in slowly....
   - **LIQUID off vegetable**: \(\frac{1}{3}\) cup for 2, \(\frac{1}{4}\) cup for 4, \(\frac{3}{4}\) cup for 6
5. Stir and boil 2 minutes.
6. Stir in .........
   - **PET MILK**: \(\frac{1}{2}\) cup for 2, \(\frac{1}{2}\) cup for 4, \(\frac{3}{4}\) cup for 6
7. Add drained vegetable and heat thoroughly, but do not boil. Serve at once.

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

For **Creamed Meat**, substitute diced, cooked or canned meat for the vegetable. Meat stock can be substituted for the vegetable liquid for added flavor.

For **Creamed Fish**, substitute flaked fish or seafood, cooked or canned, for the vegetable. Water can be substituted for the vegetable liquid.

For **Creamed Eggs**, substitute sliced, hard-cooked eggs for the vegetable, using 2, 4 or 6 eggs. Meat stock or water can be substituted for vegetable liquid, if desired.
Meat Rolls

(Photograph above)

DIRECTIONS

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

2. Mix together, then let stand.............

3. Sift together...........

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

5. Mix and stir in.......

6. Turn out on lightly floured board. Knead a few seconds.

7. Roll into sheet measuring about...........

8. Spread with the meat; roll up. Cut into inch slices. Arrange on greased baking sheet. Bake 20 minutes, or until brown.

9. Meanwhile, heat slowly ...............

10. Serve over the hot rolls.

*Bologna, lunch meat, wiener or ham 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.
Combination Salad

**DIRECTIONS**

1. Cook slowly 5 minutes ..............
2. Blend in mixture of
3. Stir in mixture of...
4. Boil and stir slowly 2 minutes.
5. Cool; then stir into
6. Cover and chill.
7. Put through medium knife of food chopper...
8. Add ..................
9. Mix well with the dressing. Pack into 2, 4, or 6 wet individual molds. Keep chilled until ready to serve.
10. Turn out on lettuce or other salad greens, if desired.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>1½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
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<tr>
<td>¾ teasp.</td>
<td>¾ teasp.</td>
<td>¾ teasp.</td>
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<tr>
<td>1½ teasp.</td>
<td>1 teasp.</td>
<td>1½ teasp.</td>
</tr>
<tr>
<td>1 small head</td>
<td>1 small head</td>
<td>1 medium head</td>
</tr>
<tr>
<td>¹⁄₄ lb.</td>
<td>¹⁄₂ lb.</td>
<td>³⁄₄ lb.</td>
</tr>
<tr>
<td>¹⁄₄ cup</td>
<td>¹⁄₂ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>CAULIFLOWER* broken in pieces</td>
<td>CARROT ¹⁄₄ lb.</td>
<td>CELERY** ³⁄₄ cup</td>
</tr>
</tbody>
</table>

**LET YOUR OVEN FIX THIS DINNER**

Baked Fish Fillets*
Baked Potatoes
Creamy Carrots*
Cole Slaw
Heated Rolls
Butter Spread*
Baked Apples

**BUSY-DAY MEAL EVERYONE WILL ENJOY**

Sausage Dinner*
Grapefruit Salad with Tomato Salad Dressing*
Bread Butter Spread*
Maple Bread Pudding*

*Recipes are in this book

Note: Tomato Salad Dressing (see index) can replace the Pet Milk dressing in the above recipe.

Ground parsnips, rutabagas or turnips can replace cauliflower. You'll need 1 cup for 2; 2 cups for 4 and 3 cups for 6.

Cabbage can replace celery.

*Recipes are in this book
Butter Spread

DIRECTIONS  INGREDIENTS FOR 2 FOR 4 FOR 6
1. Cut in small pieces and put into mixing bowl .......... BUTTER or margarine 1/4 pound 3/4 pound 1 pound
2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise (see note).
3. Also let stand in PET MILK 6 1/2 cup 3/4 cup 14 1/2-oz. can
4. Butter and milk will blend together better if they are the same temperature.
5. Stir milk into soft butter gradually, adding about 2 tablespoons at a time and using a mixing spoon, a rotary beater or electric beater at low speed. When all milk is added, beat vigorously for 1 minute to blend completely. Cover bowl and chill, or pack while soft into straight-sided dish. Keep chilled when not in use. Serve as a spread on bread, sandwiches, toast, pancakes, waffles and other hot breads.
6. Makes a little less than .......... 1 cup (1/2 lb.) 2 cups (1 lb.) 4 cups (2 lbs.)
*When using 1/4 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.

Basic Cream Soup
(for making a variety of vegetable cream soups)

DIRECTIONS  INGREDIENTS FOR 2 FOR 4 FOR 6
1. Cook together in FINELY CUT ONION 2 teasp. 4 teasp. 2 tablesp. in SHORTENING 13/4 teasp. 2 tablesp. 1 1/2 tablesp.
2. Blend in .............. FLOUR 2 teasp. 4 teasp. 2 tablesp. SALT 1/4 teasp. 1/4 teasp. 1/4 teasp. PEPPER few grains few grains few grains
3. Stir in slowly........... LIQUID off vegetable or meat broth 1/2 cup 1 cup 1 1/2 cups
4. Stir and boil slowly 2 minutes.
5. Add .................. PET MILK 1/2 cup 1 cup 1 1/2 cups cooked or canned VEGETABLE PUREE* 1/2 cup 2 1/2 cup 1 cup
6. Heat thoroughly and serve at once.
*Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve, can be used. Cream style corn can be used just as it comes from the can. Cooked or canned mushrooms, finely chopped, can be substituted for vegetable puree, if mushroom liquid is used to dilute Pet Milk.
Dinner Casserole

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a baking dish holding about... {1 pint
3. Cut into quarters... {BREAD SLICES {2
4. Arrange in baking dish in layers with... {LUNCH MEAT* {1 54 cup
diced American
CHEESE {1 54 cup (2 ozs.)
5. Pour over a mixture of... {PET MILK
WATER
SALT
PEPPER
6. Top with bits of... {SHORTENING
7. Bake until firm, or about... {20 minutes
Serve with baked sweet potatoes, Combination Salad (see index) and a fruit
dessert.

*Canned lunch meat, bologna or cooked ham can also be used.

**INGREDIENTS**

FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th></th>
<th>1 quart</th>
<th>1 1/2 quarts</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAD SLICES</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>LUNCH MEAT</em></td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>American</td>
<td>2/3 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>CHEESE</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>(4 ozs.)</td>
<td>(6 ozs.)</td>
</tr>
<tr>
<td>Egg</td>
<td>2/3 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>1 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Water</td>
<td>1/2 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 cup</td>
<td>1 1/2 cups</td>
</tr>
</tbody>
</table>

Hot Cocoa

**DIRECTIONS**

1. Mix together... {COCOA
SUGAR
SALT
2. Stir in slowly... {boiling WATER
3. Stir and boil 5 minutes.
4. Add... {PET MILK
5. Heat thoroughly.
6. Beat in... {VANILLA
7. Serve hot.

**INGREDIENTS**

FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th></th>
<th>2 1/2 cup</th>
<th>3 1/2 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>COCOA</td>
<td>4 teasp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td></td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td>SALT</td>
<td>few grains</td>
<td>2 1/2 cup</td>
</tr>
<tr>
<td>Boiling WATER</td>
<td>3/4 cup</td>
<td>1 1/3 cups</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1/3 cup</td>
<td>1 1/3 cups</td>
</tr>
<tr>
<td>VANILLA</td>
<td>1/4 teasp.</td>
<td>1/4 teasp.</td>
</tr>
</tbody>
</table>

Molasses Butter Sauce

**DIRECTIONS**

1. Heat and stir very slowly in saucepan until butter melts...
2. Serve warm on Pancakes or Waffles (see index), French toast or other hot breads and simple desserts, such as fruit, cooked rice, etc.
3. Makes about... {1/2 cup

**INGREDIENTS**

FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th></th>
<th>1 1/2 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET MILK</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>dark cooking MOLASSES</td>
<td>3 teasp.</td>
</tr>
<tr>
<td>BUTTER or margarine</td>
<td>1 1/2 cup</td>
</tr>
</tbody>
</table>

15
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