Dear Friend,

You may not like the idea of hemlines going down but I'm sure you'll be glad to know about ways to keep your food bill down. That's why I know you'll welcome these pet recipes and money-saving meal plans. The use of Pet Milk can help you save money in many ways. For example . . .

Pet Milk provides the kind of protein your family needs for body-building and growth—so you can use it to prepare meatless and meat-saving dishes such as Deviled Macaroni Squares and Tamale Casserole.

Pet Milk, because it is double-rich whole milk, gives a dessert like Pumpkin Pie a wonderful richness of flavor—and helps you to save on expensive ingredients such as cream and eggs.

Pet Milk whips easily, so you can use it for making delicious dishes such as Halloween Salad and for Whipped Lemon Topping. You save money by doing this because Pet Milk costs a great deal less than whipping cream.

In fact, you save whenever you purchase Pet Milk because Pet Milk costs less generally than ordinary milk, and much less than cream. That's one reason why many thrifty homemakers use Pet Milk, not only for cooking, but also in coffee and on cereals.

I hope you'll use Pet Milk and these pet recipes often—and that you'll listen regularly to my Saturday morning broadcasts for more money-saving ideas.

Sincerely yours,

Mary Lee Taylor

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**Pumpkin Pie**

(Photograph on front cover)

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>For two 4-inch tarts</th>
<th>For one 7-inch pie</th>
<th>For one 9-inch pie</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUGAR</strong></td>
<td>3/4 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1/2 cup</td>
<td>1/3 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>SALT</td>
<td>1/2 tsp</td>
<td>3/4 tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>CINNAMON</td>
<td>1/2 tsp</td>
<td>1/3 tsp</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>NUTMEG</td>
<td>1/2 tsp</td>
<td>1/3 tsp</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>GINGER</td>
<td>1/3 tsp</td>
<td>1/3 tsp</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>CLOVES</td>
<td>few grains</td>
<td>1/6 tsp</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>PUMPKIN</td>
<td>cooked or canned</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>EGG</td>
<td>slightly beaten</td>
<td>1 (yolk only)</td>
<td>4 (whole)</td>
</tr>
<tr>
<td>MOLASSES</td>
<td>2 teasp.</td>
<td>4 teasp.</td>
<td>2 tablesp.</td>
</tr>
</tbody>
</table>

1. Turn on oven and 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

**For Sweet Potato Pie**, substitute for the pumpkin freshly cooked or canned sweet potatoes or yams, put through a sieve; reduce brown sugar to 3 tablespoons for 2; 1/2 cup for 4 and 1/2 cup for 6; omit the molasses and add 2 teaspoons melted shortening for 2; 4 teaspoons for 4 and 2 tablespoons for 6.

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

**Note**: Prepared pumpkin pie spice can be substituted for the cinnamon, nutmeg, ginger and cloves. Use 3/4 teaspoon of such spice for 2; 1 1/2 teaspoons for 4 and 2 1/4 teaspoons for 6.

*To make filling for 4 two-inch tarts, follow recipe for 7-inch pie.*

---

**MARY LEE TAYLOR'S FAVORITE HOLIDAY DINNER**

Small Servings of Cranberry Orange Salad*
Roast Turkey, Chicken, Duck or Guinea Hen
Harvest Stuffing*
Giblet Gravy*
Buttered Broccoli or Brussels Sprouts
Hot Coffee

*Recipes are in this book*
THIS EASY MEAL SAVES MONEY ON THE FOOD BILL

Potato Meat Patties*
Big Bowl of Green Salad
Chocolate Graham Slice
*Recipes are in this book

Potato Meat Patties

(Photograph above)

DIRECTIONS

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

2. Mix together thoroughly:
   - twice-ground MEAT*
   - ROLLED OATS, quick cooking
   - CATSUP
   - PET MILK
   - finely cut ONION
   - PEPPER

3. Shape into 2 or 4 or 6 large rounds. Put into greased shallow pan. Bake about 35 minutes.

4. Shape Mashed Potatoes** (see below) into nests on top of meat.

5. Bake 15 minutes longer, or until potatoes are lightly browned.

6. Fill nests with Creamed Peas (see index). Top with bits of pimiento.
* Use beef, veal, lamb or lean pork. **Left-over mashed potatoes can also be used.

Mashed Potatoes

DIRECTIONS

1. Cook in tightly covered pan 20 min., or until tender in.
   - medium, pared POTATOES
   - boiling WATER

2. Drain and save 4 teaspoons potato water for 2; 2 1/2 tablespoons for 4 and 1/4 cup for 6. Mash potatoes thoroughly.

3. Beat in potato water and:
   - hot PET MILK
   - SALT
   - PEPPER

INGREDIENTS FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>twice-ground MEAT*</td>
<td>1/4 lb.</td>
<td>1 lb.</td>
<td>1 1/4 lbs.</td>
</tr>
<tr>
<td>ROLLED OATS, quick cooking</td>
<td>2 1/2 tablesp.</td>
<td>3/4 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>CATSUP</td>
<td>2 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>1 1/2 tablesp.</td>
<td>2 tablesp.</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
</tbody>
</table>

INGREDIENTS FOR 2 FOR 4 FOR 6

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>medium, pared POTATOES</td>
<td>2 (3/4 lb.)</td>
<td>4 (1 1/2 lbs.)</td>
<td>6 (2 1/2 lbs.)</td>
</tr>
<tr>
<td>boiling WATER</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>hot PET MILK</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>1/6 teasp.</td>
</tr>
</tbody>
</table>
Deviled Macaroni Squares

**DIRECTIONS**

1. Boil until tender...
2. Drain and rinse with hot water.
3. Grease an oblong or square shallow baking dish holding about 1 pint.
4. Turn on oven; set at slow (325° F.).
5. Mix together...
6. Let stand 5 minutes.
7. Then add and mix well.
8. Add macaroni. Pour into baking dish.
9. Bake until firm, or about 25 minutes.
10. Cut into squares and serve with...

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>MACARONI or spaghettis, broken into pieces</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>in boiling WATER</td>
<td>2 1/2 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>PET MILK boiling WATER</td>
<td>1/3 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>soft BREAD</td>
<td>3 tablesp.</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>CUBES (day old)</td>
<td>1/4 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>slightly beaten EGGS</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>grated American CHEESE</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>finely cut ONION</td>
<td>2 teasp.</td>
<td>1 1/2 tablesp.</td>
</tr>
<tr>
<td>finely cut PIMIENTO (can omit)</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td>melted BUTTER or margarine</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
</tbody>
</table>

**Whipped Lemon Topping**

**DIRECTIONS**

1. Chill until icy cold.
2. Add...
3. Whip with chilled rotary beater, or electric beater at high speed, until fluffy.
4. Then add...
5. Continue whipping until stiff.
6. Sprinkle over the top...
7. Fold in carefully. Serve as a topping on beverages, fruit salads, plain cake, puddings or other desserts that will blend with the lemon flavor of this topping.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>granulated SUGAR</td>
<td>1 tablesp.</td>
<td>4 teasp.</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 1/2 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td>grated LEMON RIND or lemon extract</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
</tr>
</tbody>
</table>

Whipped Lemon Topping
Mincemeat Pudding

**DIRECTIONS** | **INGREDIENTS** | **FOR 2** | **FOR 4** | **FOR 6**
---|---|---|---|---
1. Turn on oven; set at moderately slow (350° F.).
2. Grease a shallow baking dish holding...
3. Spread with... \{ **soft BUTTER or margarine** \} \{ **slices of BREAD** \} \{ 1 pint \} \{ 2 tablesp. \} \{ 3 tablesp. \}
4. Cut each slice in 4 pieces.
5. Arrange bread in baking dish in layers with ..............
   Have bread on bottom of dish and mincemeat on top.
6. Mix together...... \{ **slightly beaten EGG** \} \{ **SUGAR** \} \{ **PET MILK** \} \{ **WATER** \} \{ **grated LEMON** \} \{ **SALT** \} \{ 1 \} \{ 2 tablesp. \} \{ 1/2 cup \} \{ 1/4 cup \} \{ 1/4 cup \} \{ 1/2 teaspoon \} \{ few grains \}
7. Pour over mixture in baking dish.
8. Bake until firm, or about ................ \{ 15 minutes \} \{ 25 minutes \} \{ 35 minutes \}
9. Serve warm or cold to top off a meal of baked beans, scalloped tomatoes and lettuce salad.

*Bulk mincemeat or packaged mincemeat made according to directions on package can be used. Any left-over mincemeat can be thinned with fruit juice and served as sauce.*

Creamed Peas

**DIRECTIONS** | **INGREDIENTS** | **FOR 2** | **FOR 4** | **FOR 6**
---|---|---|---|---
1. Drain and save \{ **cooked or canned PEAS** \} \{ 1 cup \} \{ 2 cups \} \{ 3 cups \}
   There should be 1/3 cup liquid for 2; 1/2 cup for 4 and 3/4 cup for 6. If not, add water.
2. Melt in saucepan... \{ **BUTTER or margarine** \} \{ 2 teaspoons \} \{ 1 tablespoon \} \{ 1 1/2 tablespoons \}
3. Blend in .............. \{ **FLOUR** \} \{ 1 teaspoon \} \{ 2 teaspoons \} \{ 3 tablespoons \}
   \{ **SALT** \} \{ 1/4 teaspoon \} \{ 3/4 teaspoon \} \{ 3/8 teaspoon \}
   \{ **PEPPER** \} \{ few grains \} \{ few grains \} \{ few grains \}
4. Stir in liquid off vegetable slowly; boil and stir 2 minutes.
5. Stir in .............. \{ **PET MILK** \} \{ 1/3 cup \} \{ 1/2 cup \} \{ 3/4 cup \}
6. Add drained peas and heat thoroughly.

*For a variety of creamed vegetables: corn, Brussels sprouts, onions, lima beans, sliced carrots, turnips, parsnips or celery, cut green or wax beans or cut-up cabbage, cauliflower, mushrooms or potatoes can replace the peas.*
Noodle Ham Scallop

DIRECTIONS  INGREDIENTS FOR 2 FOR 4 FOR 6
1. Boil until tender...
   medium NOODLES \(\frac{3}{4}\) cup \(1\frac{1}{2}\) cups \(2\frac{1}{4}\) cups
   in boiling WATER 3 cups 6 cups 8 cups
   SALT \(\frac{1}{3}\) teasp. \(1\frac{1}{2}\) teasp. 2 teasp.
2. Drain.
3. Cook slowly 5 minutes ...
   finely cut ONION 2 tablesp. \(\frac{1}{4}\) cup \(\frac{1}{8}\) cup
   finely cut GREEN PEPPER 2 tablesp. \(\frac{1}{4}\) cup \(\frac{1}{8}\) cup
   diced HAM,\* \(\frac{1}{2}\) cup 1 cup 1\(\frac{1}{2}\) cups
   boiled or baked
   condensed cream of MUSHROOM SOUP \(\frac{3}{4}\) cup \(10\frac{1}{2}\)-oz.can \(1\frac{3}{4}\) cups
   PET MILK \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup
   WATER 2 tablesp. \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup
   SALT \(\frac{1}{6}\) teasp. \(\frac{1}{6}\) teasp. \(\frac{1}{6}\) teasp.
   PEPPER few grains few grains \(\frac{1}{6}\) teasp.
   diced American CHEESE \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup
4. Add ................
   chopped PARSLEY 1 tablesp. 2 tablesp. 3 tablesp.
   PIMIENTO (can omit)
   Heat slowly and stir until cheese melts.
5. Add noodles and...
   Heat slowly. Serve with spinach, carrot sticks and fruit salad for dessert.
   *If ham is lean, add \(\frac{1}{2}\) teasp. fat for 2; 1 tablesp. for 4 and \(1\frac{1}{2}\) tablesp. for 6.
6. Pour in filling and bake as directed for Pumpkin Pie (see index).
   Note: For four 4-inch tarts, follow the recipe for a 9-inch pie.

Unbaked Pastry

DIRECTIONS  INGREDIENTS FOR two 4-inch tarts FOR one 7-inch pie FOR one 9-inch pie
1. Sift before measuring .............. all-purpose FLOUR \(\frac{1}{4}\) cup \(\frac{1}{4}\) cup \(1\) cup
2. Resift with        SALT \(\frac{1}{6}\) teasp. \(\frac{1}{3}\) teasp. \(\frac{1}{2}\) teasp.
3. Work into flour with fork or pastry SHORTENING 2\(\frac{1}{2}\) tablesp. \(\frac{1}{4}\) cup \(\frac{1}{8}\) cup
   blender ................
4. When mixture has the appearance of small PET MILK \(\frac{4}\) teasp. \(1\frac{1}{2}\) tablesp. 2 tablesp.
   peas, gradually stir in diluted with WATER \(\frac{4}\) teasp. \(1\frac{1}{2}\) tablesp. 2 tablesp.
5. On floured board, roll into a round 1 inch larger than pan and about \(\frac{1}{8}\) inch thick. Trim if necessary.
6. Fit loosely into pan. Fold extra dough under.
7. Pinch with fingers to make fancy edge.
8. Pour in filling and bake as directed for Pumpkin Pie (see index).
**Chocolate Graham Slices**

**DIRECTIONS**

1. Mix together ... [Sugar] 1/4 cup [Cornstarch] 1 tbsp. [Cocoa] 2 tbsp. [Salt] few grains

2. Then stir in slowly a mixture of ... [PET Milk] 1/4 cup [Boiling water] 1/2 cup

3. Cook and stir over boiling water until thick. Cover and cook 15 minutes, stirring occasionally.

4. Stir slowly into ... [slightly beaten egg] 1 (yolk only) [Vanilla] 1/4 tsp. [Chopped nuts] 1/4 cup

5. Cook and stir 2 minutes longer.


7. Cover and cool.

8. Meanwhile, line with waxed paper a loaf pan holding about ... [Graham crackers] 4 [21/2-in. square]

9. Roll into fine crumbs

10. Arrange in layers with chocolate mixture; begin and end with crumbs.

11. Cover and chill until ready to serve. Lift out with aid of paper and slice.

**Harvest Stuffing**

**DIRECTIONS**

1. Cook and stir until brown ... [Bulk pork sausage] 1/4 lb. [Finely cut onion] 1/4 cup

2. Add ... [Grated, raw sweet potato] 1 cup

3. Cover; cook slowly 5 minutes longer.


5. Spoon lightly into cavity of ... [Chicken, duck or turkey] 5 lbs. [3 1/2-lb. guinea hen, use 1/2 recipe for 6; for 10 to 12-lb. turkey, double recipe for 4]

6. Fasten cavity. Bake in slow oven (300° F.) until tender or about 2 1/2 hours

*Poultry seasoning can replace marjoram, sage and thyme. Use 1/4 tsp. for 4 and 1 tsp. for 6.

**For 3 1/2-lb. guinea hen, use 1/2 recipe for 6; for 10 to 12-lb. turkey, double recipe for 4.
Tamale Casserole
(Photograph below)

**DIRECTIONS**

1. Put into saucepan .......... CORN MEAL or whole wheat cereal ½ cup ¾ cup
   SALT ½ teasp. ¾ teasp.
2. Stir in ..................... WATER ¾ cup 1½ cups
3. Add gradually ............... PET MILK 1½ cups 1¾ cups
4. Stir and boil until mixture thickens. Cover and let cool.
5. Turn on oven; set at moderate (375° F.).
6. Grease a shallow baking dish holding about .......... 1 quart 1½ quarts
7. Cook slowly for 5 minutes ....... finely cut ONION in hot SHORTENING ¼ cup 6 tablesp.
8. Add and continue cooking until meat has lost its red color ...... ground, lean BEEF (shoulder or chuck) ½ pound ¾ pound
9. Then add .................. cooked or canned TOMATOES ½ cup ¾ cup
   SALT ½ teasp. ¾ teasp.
   PEPPER few grains ½ teasp.
   CHILI POWDER ¼ teasp. 1 teasp.
   (can omit)
10. Stir and cook until mixture is well blended. Spread half of corn meal mixture in baking dish. Cover with meat mixture. Top with remaining corn meal mixture.
11. Bake until top is lightly browned, or about .......... 35 minutes 45 minutes
12. Serve at once from the baking dish.

---

**ENJOY A FEAST WITH LITTLE MEAT**

Tamale Casserole*
Cole Slaw
Baked Apples with Whipped Lemon Topping*

★Recipes are in this book
Easy Brown Bread

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a loaf pan about 8x4x3 in. deep.
3. Sift before measuring all-purpose flour. 1 1/2 cups.
4. Resift with 1/2 cup salt, 1/4 teaspoon baking powder, 1/4 teaspoon baking soda.
5. Mix together:
   - 1/2 cup pet milk
   - 1/2 cup water
   - 1 tablespoon vinegar
6. Add and let stand 5 minutes.
7. Work into flour with fork:
   - 1 1/2 cups bran
   - 3 tablespoons shortening
8. When mixture looks like fine corn meal, add milk mixture and:
   - 3/4 cup seedless raisins
9. Mix quickly but thoroughly. Pour into prepared pan. Bake on center shelf of oven until bread shrinks from sides of pan, or about 30 minutes.

**Ingredients for one medium loaf**
- 8x4x3 in. deep
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon salt
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 cup pet milk
- 1/2 cup water
- 1 tablespoon vinegar
- 1 1/2 cups bran
- 3 tablespoons shortening
- 3/4 cup seedless raisins

**Note:** Use this recipe in any altitude up to 5,000 feet. A special recipe adjusted for higher altitudes will be sent on request. State altitude at which you live when writing for high altitude recipe.

Halloween Salad

**DIRECTIONS**

1. Chill until icy cold.
2. Dissolve 1/2 cup lemon gelatin in hot apple cider.
3. Add 1/8 teaspoon salt.
4. Chill until syrupy.
5. Add pared, shredded apples. 1 1/4 cups (1/2 lb.) for 4 and 2 1/4 cups (3/4 lb.) for 6.
6. Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff.
7. Fold into gelatin mixture. Put into 4 or 6 wet individual molds or cups.
8. Chill until firm. Unmold and serve at once on lettuce or other salad greens, if desired.

**Ingredients for 4**
- 1/2 cup pet milk
- 1/2 cup lemon gelatin
- 1/8 teaspoon salt
- 1 1/4 cups pared, shredded apples (1/2 lb.)

**Ingredients for 6**
- 1/2 cup pet milk
- 1/2 cup lemon gelatin
- 1/8 teaspoon salt
- 2 1/4 cups pared, shredded apples (3/4 lb.)

*Apple juice or water can be used if you add 1 tablespoon vinegar for 4 and 4 1/2 teaspoons vinegar for 6. Stir vinegar into gelatin mixture when you add the salt.
Surprise Molasses Cookies

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>For 2 dozen</th>
<th>For 4 dozen</th>
<th>For 6 dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Turn on oven; set at moderately slow (350° F.).</td>
<td>sifted, all-purpose FLOUR</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>SUGAR</td>
<td>3 tablesp.</td>
<td>6 tablesp.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>COCOA</td>
<td>3 tablesp.</td>
<td>6 tablesp.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>BAKING SODA</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>BAKING POWDER</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
<td>3/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>2. Sift together into bowl</td>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>1/4 cup</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td></td>
<td>MOLASSES</td>
<td>6 tablesp.</td>
<td>1/4 cup</td>
<td>1 1/2 cups*</td>
</tr>
<tr>
<td></td>
<td>VANILLA</td>
<td>1/4 teasp.</td>
<td>1 teasp.</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td>3. Mix together</td>
<td>SHORTENING</td>
<td>3 tablesp.</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>EGG</td>
<td>1 (yolk only)</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. Add all at once to dry ingredients along with</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5. Beat vigorously until well mixed. Drop from a teaspoon onto well-greased baking sheet. Bake on oven shelf slightly above center 10 minutes, or until firm to the touch. Remove from baking sheet at once.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*1 1/8 cups equal 1 cup plus 2 tablespoons.

Note: Use this recipe in any altitude up to 3,000 feet. A special recipe adjusted for higher altitudes will be sent on request. State altitude at which you live when writing for high altitude recipe.

Vegetable Meat Loaf

<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>twice-ground MEAT*</td>
<td>1/2 lb.</td>
<td>2/3 lb.</td>
<td>1 lb.</td>
</tr>
<tr>
<td></td>
<td>ROLLED OATS</td>
<td>2 1/2 tablesp.</td>
<td>1 1/2 cups</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>finely cut ONION</td>
<td>2 tablesp.</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/2 teasp.</td>
<td>few grains</td>
<td>1 1/2 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>1 cup</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>drained PEAS,II</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>cooked or canned</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>drained, diced CARROTS,II</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cooked or canned</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Press into greased loaf pan holding about</td>
<td>1 pint</td>
<td>1 1/2 pints</td>
<td>1 quart</td>
<td></td>
</tr>
<tr>
<td></td>
<td>about</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bake until firm, or about</td>
<td>1 hour</td>
<td>1 1/4 hours</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td></td>
<td>5. Serve hot or cold.</td>
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</tr>
</tbody>
</table>

*Beef, veal, lamb, lean pork or a mixture of these meats can be used.

**Cut green beans, diced, celery or potatoes can replace peas or carrots.
SERVE THIS
LOW-COST DINNER
AND TAKE A BOW!

Fish Chowder*
Apple and Celery Salad
Hard Rolls
Royal Custards*

*Recipes are in this book

Royal Custards
(Photograph above)

<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 slow (325° F.).</td>
<td>[slightly beaten] EGG YOLKS</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Mix together ......</td>
<td>brown SUGAR</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>1¼ cup</td>
</tr>
<tr>
<td>3. Stir in mixture of...</td>
<td>SALT</td>
<td>few grains</td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td>4. Beat until stiff, but not dry..........</td>
<td>VANILLA</td>
<td>few grains</td>
<td>1 teasp.</td>
<td>¼ teasp.</td>
</tr>
<tr>
<td>5. Continue beating while adding..........</td>
<td>PET MILK</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>6. Fold milk mixture slowly into egg white mixture. Pour into 2 or 4 or 6 custard cups.</td>
<td>WATER</td>
<td>2 tablesp.</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>7. Sprinkle over top......</td>
<td>EGG WHITES</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Set in pan containing about ½ inch of hot water.</td>
<td>brown SUGAR</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>9. Bake 45 minutes, or until knife inserted near outer edge comes out clean.</td>
<td>shelled, chopped NUTS</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>10. Cool; garnish, if desired, with equal portions of..........</td>
<td>JELLY or marmalade</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
</tbody>
</table>
Cranberry Orange Salad

**DIRECTIONS**

1. Dissolve .......... \{**orange-flavored**
   GELATIN in boiling \WATER\} \{3 tablesp. \ \ 6 tablesp. \ \ 1 package \} \{1/4 cup \ \ 1/4 cup \ \ 1/4 cup \}

2. Cool.

3. Put into bowl..... \{**bottled SALAD**
   DRESSING or mayonnaise \} \{2 tablesp. \ \ 1/4 cup \ \ 6 tablesp. \} \{few grains \ \ few grains \ \ 1/8 teasp. \}

4. Stir in slowly...... \{PET MILK \} \{3 tablesp. \ \ 1/2 cup \ \ 1/2 cup \}

5. Stir milk mixture into cooled gelatin mixture; chill until syrupy.

6. Wash, then dry on \{fresh \**CRANBERRIES** \} \{2/3 cup \ \ 1 1/3 cups \ \ 2 cups \}

7. Put through medium knife of food chopper.

8. Then grind......... \{**sliced ORANGE, unpeeled** \} \{1 small \ \ 1 medium \ \ 1 large \}

9. Mix ground cranberries and orange together and chill.

10. Rub with vegetable oil 2 or 4 or 6 in-\{1 pint \ \ 1 1/2 pints \ \ 1 quart \} individual molds, or one mold holding about

11. Whip chilled gelatin mixture with rotary beater until fluffy. Fold in cranberry mixture. Put into oiled molds or mold. Chill until firm. Unmold and serve on lettuce or other salad greens with additional salad dressing, if desired.

**TRY THIS GRAND MEAT-SAVING MEAL**

Deviled Macaroni Squares*
Seasoned Spinach
Pickled Beets
and Onion Slices
Surprise Molasses Cookies*
Hot Beverage
★Recipes are in this book

**GOOD . . . GOOD FOR YOU AND THRIFTY, TOO!**

Vegetable Meat Loaf★
Baked Potatoes
Jellied Tomato Salad
Dessert of:
Easy Brown Bread★
Cream Cheese and Jelly
★Recipes are in this book
**Fish Chowder**

**DIRECTIONS**

1. Cover and boil 5 minutes, or until tender  
   FISH FILLETS* [1/2 pound in boiling WATER 1 1/2 cups]  [1 pound in boiling WATER 3 1/2 cups]  [1 1/2 pounds in boiling WATER 5 cups]
2. Drain and save liquid. Break fish into small pieces with a fork.
3. Cook until lightly browned:
   - thinly sliced ONION [1/4 cup]  [1/2 cup]  [3/4 cup]
   - in hot vegetable SHORTENING** [1 tablesp.]  [2 tablesp.]  [3 tablesp.]
   - pared, diced POTATOES [1 cup]  [2 cups]  [3 cups]
   - BAY LEAF [1 small]  [1 medium]  [1 large]  
   - (can omit)
   - SALT [1 teasp.]  [2 teasp.]  [1 tablesp.]
   - PEPPER [few grains]  [1/2 teasp.]  [1/4 teasp.]
4. Then add liquid off fish and:
   - PET MILK [3/4 cup]  [1/4 cups]  [1 1/4 cups]
5. Cover and boil 20 minutes, or until potatoes are tender.
6. Add flaked fish and PET MILK [3/2 cup]  [1 1/4 cups]  [1 1/2 cups]
7. Heat slowly, but do not boil.
8. Sprinkle each portion with equal parts of:
   - finely cut PARSLEY [1 tablesp.]  [2 tablesp.]  [3 tablesp.]

*Halibut, haddock, cod or sole can be used. If canned fish is used, add water to liquid to make 1 1/2 cups for 2; 3 cups for 4 and 4 1/2 cups for 6.

**Salt pork or bacon fat or meat drippings can also be used.

**Giblet Gravy**

**DIRECTIONS**

1. Drain off all fat remaining in pan from roasting poultry, then measure and return to pan.
2. Blend in:
   - FAT [1 1/2 tablesp.]  [3 tablesp.]  [4 1/2 tablesp.]
   - FLOUR [1 1/2 tablesp.]  [3 tablesp.]  [4 1/2 tablesp.]
   - SALT [1/2 teasp.]  [3/4 teasp.]  [1 teasp.]
   - PEPPER [few grains]  [1/2 teasp.]  [1/4 teasp.]
3. Stir until brown.
4. Then stir in slowly:
   - liquid off cooked GIBLETS* [6 tablesp.]  [3/4 cup]  [1 1/8 cups]
   - (liver, heart and gizzard)
5. Boil and stir 2 minutes.
6. Add diced, cooked giblets and:
   - PET MILK [6 tablesp.]  [3/4 cup]  [1 1/8 cups]

*Giblets from chicken, turkey, goose, duck or guinea hen can be used.

**1 1/8 cups equal 1 cup plus 2 tablespoons.
Baked Hash au Gratin

**DIRECTIONS**

1. Turn on oven; set at slow (325°F).
2. Mix together:
   - Thinly sliced, pared Potatoes
   - Salt
   - Pepper
   - Cooked, ground meat
   - Grated onion
3. Put into greased baking dish holding about 1½ pints for 2, 1½ quarts for 4, 2 quarts for 6.
4. Cover with mixture of:
   - Shortening
   - Flour
   - Salt
   - Pepper
   - Water or vegetable liquid
5. Melt in saucepan:
   - Shortening
   - Flour
   - Salt
   - Pepper
6. Blend in:
   - Milk
7. Stir in:
   - Seedless raisins
8. Boil 1 minute, then add:
9. Pour over meat in dish. Cover; bake on lower shelf of oven 45 minutes.
10. Put on top:
11. Bake uncovered 15 minutes longer, or until lightly browned. Serve hot.

*Left-over beef, veal, lamb or lean pork can be used.*

---

**Surprise Sweet Potatoes**

**DIRECTIONS**

1. Turn on oven; set at moderately slow (350°F).
2. Grease a baking dish holding about 1 pint for 2, 1 quart for 4, 1½ quarts for 6.
3. Mix together thoroughly:
   - Mashed sweet potatoes
   - Melted butter or margarine
   - Cinnamon or nutmeg
   - Corn flake crumbs
4. Fold in:
   - Seedless raisins
5. Put into baking dish.
6. Top with mixture of:
   - Melted butter or margarine
7. Bake until thoroughly heated or about 20 minutes for 2, 30 minutes for 4, 45 minutes for 6.
8. Serve from the baking dish with pork patties, sauerkraut and baked apples.
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The reason is plain. It's vitamin D and the minerals of milk that help a baby to have sound teeth—bones that are straight and strong—and to make the best of growth.

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And Pet Milk is always uniformly rich in the minerals and other food substances of whole milk. It is always easy for babies to digest and always as safe in its sealed container as if there were no germ of disease in the world.

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