Recipes

RICH IN MILK
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You will have perfect results with the recipes in this book in any altitude up to 3,000 feet. A special group of recipes adjusted for altitudes above 3,000 feet will be sent on request. State altitude at which you live when writing for high altitude recipes. Address Pet Milk Company, 1453 Arcade Bldg., St. Louis, Mo.

HOW TO WHIP PET MILK

For perfect results every time have Pet Milk icy cold
have bowl icy cold
have beater icy cold

Pour the exact quantity of Pet Milk to be whipped, as called for in a Pet Milk recipe:
1) into the tray of an automatic refrigerator and chill until ice crystals begin to form around the edges, then pour into a bowl that has been thoroughly chilled;
or 2) pour the milk into a small bowl and set right on the ice, chilling until both bowl and milk are icy cold.

Whip the chilled milk vigorously until stiff (about 200 revolutions a minute) with a rotary egg beater that has also been chilled, or an electric beater at high speed. (Be sure to chill the paddles beforehand.) The best sized bowl to use is one that measures about 4 inches across the base. A thin bowl which will chill easily is best.

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Milk-Rich Recipes
Which Help to Put into the Diet the Much Needed
“Quart of Milk Per Person—Per Day”

Authorities on adequate nutrition are advising more emphatically than ever before that the daily diet of every child should include a quart of whole milk—that every adult should have at least a pint—that pregnant and nursing mothers should have a quart. To assist in getting those quantities consumed, the trained staff of the Pet Milk Experimental Kitchens has created and perfected these recipes which put an extra amount of whole milk into appetizing and delicious dishes.

Because Irradiated Pet Milk is more than twice as rich as ordinary milk in the important substances supplied by whole milk, making milk-rich food with it is easily accomplished.

In recipes where Pet Milk is used undiluted, the milk substances are increased more than 100%. In others, where, for example, a half a cup of water is added to a cup of Pet Milk, the milk solids are increased more than 50%. And even more significant are the recipes which put milk into dishes which usually are not made with milk. There’s Pet Milk in the Oatmeal de Luxe—the Corn Meal Mush—the Tomato Juice Cocktail—to mention a few of the examples in this book.

Striking Illustrations
The frozen desserts are still more striking examples of how more whole milk can be put in the diet by using Irradiated Pet Milk. Desserts such as the Vanilla Ice Cream have, in the past, required whipping cream—one like the Banana Ice Cream, regular cream—but these recipes both use undiluted Irradiated Pet Milk, whipped in the one, unwhipped in the other. These desserts have a delightfully rich flavor, remarkably smooth texture, and contain whole milk instead of cream.

Extra vitamin D
When you use Pet Milk, you are, at the same time, including an extra supply of “sunshine” vitamin D—the vitamin which enables our bodies more efficiently to use the milk substances—the calcium and phosphorus—of which sound bones and teeth are built. All Pet Milk is irradiated with ultraviolet rays, thus increasing the vitamin D content.

At lower cost
These extraordinary results can be accomplished without extra cost because Irradiated Pet Milk costs less generally than ordinary milk. Where it is used in place of whipping cream, the saving is even more striking because Pet Milk costs only from a fourth to a third as much as cream.
CEREAL COOKED in PET MILK

\[
\begin{align*}
\text{Heat to boiling point in top of double boiler,} & \quad 1\frac{1}{2} \text{ cups water} \\
& \quad \frac{1}{8} \text{ teaspoon salt} \\
\text{Sprinkle in slowly so water does not stop boiling} & \quad 4 \text{ tablespoons cereal} \\
& \quad (\text{corn meal, oatmeal, farina, cream of wheat, hominy grits, whole wheat}) \\
\text{Stir briskly to prevent burning and lumping} & \quad 0 \frac{1}{2} \text{ cup Pet Milk} \\
\text{Then place top part in lower part containing} & \quad \text{boiling water, cover tightly} \\
& \quad \text{and continue cooking} \\
\text{Add and cook} & \quad 15 \text{ minutes longer} \\
\text{Strain through a fine sieve before serving if directed by your physician...Serves 3.}
\end{align*}
\]

CORN MEAL MUSH

\[
\begin{align*}
\text{Heat to boiling point} & \quad 2 \text{ cups Pet Milk diluted with} \\
& \quad 2 \text{ cups water} \\
\text{Stir in slowly so that} & \quad \frac{1}{2} \text{ cup corn meal} \\
\text{Boil for 10 minutes, stirring constantly...} & \quad 1\frac{1}{2} \text{ teaspoons salt} \\
\text{Serves 6. Serve with Spiced Milk (See Below) if desired.}
\end{align*}
\]

SPICED MILK

\[
\begin{align*}
\text{Mix together} & \quad \frac{3}{4} \text{ teaspoon cinnamon} \\
& \quad \frac{3}{4} \text{ teaspoon nutmeg} \\
& \quad 3 \text{ tablespoons sugar,} \\
& \quad \text{strained honey or white corn syrup} \\
& \quad \frac{1}{4} \text{ teaspoon salt} \\
& \quad 4 \text{ cups Pet Milk diluted with} \\
& \quad 2 \text{ cups water} \\
\text{Stir or shake until sugar is dissolved. Serve as a beverage or on cereals...Makes 6 large servings.}
\end{align*}
\]

For Hot Spiced Milk:

Heat sugar, honey or syrup, spices, salt and diluted milk together until thoroughly hot. Remove from heat and stir in 2 teaspoons vanilla. Serve at once.

To make Spiced Milk with saccharin:
Crush 3 saccharin tablets (1/4 grain each) and combine with seasonings in either of the above recipes, omitting the sugar, honey or syrup. Mix as directed.

OATMEAL de LUXE

\[
\begin{align*}
\text{Heat to the boiling point in saucepan} & \quad 2 \text{ cups Pet Milk} \\
& \quad \text{diluted with} \\
& \quad 2 \text{ cups water} \\
& \quad 1 \text{ teaspoon salt} \\
\text{Stir in so that mixture does not stop boiling} & \quad 2 \text{ cups rolled oats} \\
\text{Add} & \quad 1\frac{1}{2} \text{ cups pared, chopped apples} \\
\text{Cook over low heat for 10 minutes, or until apples are tender, stirring constantly.} \\
\text{Stir in} & \quad \frac{1}{4} \text{ cup sugar} \\
& \quad \frac{1}{2} \text{ teaspoon cinnamon (optional)} \\
\text{Serve at once with Spiced Milk (See Below)...Serves 6.}
\end{align*}
\]

JELLIED CEREAL

\[
\begin{align*}
\text{Heat to the boiling point} & \quad 5 \text{ cups water} \\
& \quad 2 \text{ teaspoons salt} \\
\text{Stir in slowly so that water does not stop boiling} & \quad 1 \text{ cup whole wheat cereal} \\
\text{Cook for 15 minutes, stirring frequently.} \\
\text{Then add} & \quad 2 \text{ ripe bananas, thinly sliced} \\
& \quad 1 \text{ cup Pet Milk} \\
\text{Heat again to the boiling point. Remove from heat and pour immediately into 6 individual molds or custard cups which have been rinsed in cold water. Chill until firm. Unmold. Serve as breakfast cereal for all the family, or as a children's dessert...Serves 6.}
\end{align*}
\]

TOMATO JUICE COCKTAIL

\[
\begin{align*}
\text{Chill} & \quad 3 \text{ cups tomato juice} \\
\text{Stir slowly into} & \quad 1 \text{ cup chilled Pet Milk} \\
& \quad \frac{1}{2} \text{ teaspoon celery salt*} \\
\text{Season with} & \quad 1 \text{ teaspoon salt} \\
& \quad \text{few grains pepper} \\
\text{Mix thoroughly with} & \quad \text{cracked ice} \\
\text{Makes 6 servings.}
\end{align*}
\]

*Celery salt may be omitted if ordinary salt is increased to 1/4 teaspoons.
CABBAGE and POTATO SOUP

B oil together 20 minutes, or until tender in un-covered saucepan.

Add 1/4 cup finely cut onion
2 cups diced raw potatoes, pared
2 cups finely cut raw cabbage
3 cups boiling water
2 teaspoons salt
1/4 teaspoon pepper
1 1/2 cups Pet Milk (1 tall can)


CREAMY RAREBIT

M ix together \( \frac{3}{4} \) cup grated American cheese or \( \frac{1}{2} \) lb. sliced packaged variety
1 cup Pet Milk
1/4 teaspoon salt
1 teaspoon Worcestershire sauce (optional)

Cook over boiling water until cheese is melted and mixture is smooth and creamy, stirring constantly. Serve on toast . Serves 4.

CREAM of TOMATO SOUP

M ix together in saucepan .

Heat until thoroughly hot, but do not boil, stirring constantly.

Add 1/2 teaspoon salt
Serve at once . Serves 4.

*To measure milk, empty can of soup into saucepan, then fill can with Pet Milk.

NOTE: Do not add soda to Cream of Tomato Soup to prevent curdling. This soup will not curdle if the directions are followed carefully. Soda destroys valuable vitamins contained in the tomatoes.

MEAT LOAF

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

Mix together...

3/4 pound twice-ground beef
3/4 pound twice-ground pork
1 cup Pet Milk
1/2 cup uncooked, rolled oats
4 tablespoons finely cut onion
1 1/2 teaspoons salt
1/4 teaspoon pepper

When thoroughly mixed, dip hands in water and shape into an oblong loaf. Put in greased baking pan.

Put on top bits of...

1 1/4 tablespoons butter or other shortening

Bake about 1 1/4 hours, or until meat is brown. Baste occasionally with drippings in pan . Serves 6.

SCRAMBLED EGGS

M elt in skillet .

Add a mixture of...

2 tablespoons butter or other shortening
9 well-beaten eggs
6 tablespoons Pet Milk diluted with
3 tablespoons water
3/4 teaspoon salt
1/4 teaspoon pepper

Cook slowly, stirring constantly, for about 3 minutes, or until eggs are creamy. Serve at once . Serves 6.

BASIC WHITE SAUCE

for making a variety of vegetable cream soups

Cook together in deep saucepan for 5 minutes.

Mix together...

2 tablespoons finely cut onion in
1 1/2 tablespoons butter or other shortening
2 tablespoons flour
3/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups liquid off vegetable, meat broth or water

Boil slowly for 2 minutes, stirring constantly.

Stir in...

1 1/2 cups Pet Milk

Stir in...

1 cup freshly cooked or canned vegetable puree (see note)

Heat thoroughly and serve at once. Serves 6.

NOTE: Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, cauliflower, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve may be used. Cream style corn may be used just as it comes from the can. Cooked or canned mushrooms, finely cut, may also be substituted for the vegetable puree. Use mushroom liquid to dilute Pet Milk instead of vegetable liquid, meat broth, or water.
POTATO-SPINACH SOUP

Cook for 3 minutes, or until lightly browned.

Add...

Boil for 20 minutes.

Add...

Cook 10 minutes longer, or until spinach is tender.

Stir in...

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

*Cook, chicken or bacon fat may be used.

CREAMED SPINACH

Wash thoroughly...

Cook in water that clings to the leaves for 8 minutes, or until tender. Do not cover. Drain and chop.

Return to saucepan and add...

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

PET BAKED POTATOES

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

Wash and grease...

Bake 45 minutes, or until soft to the touch. With a small knife cut a cross in top of each potato.

Press sides gently to fluff up the potato inside.

Mix together...

Pour an equal portion of milk mixture into center of each potato.

Put in shallow pan and return to oven and bake 10 minutes longer, or until tops are lightly browned.

Serve at once with equal portions of...

Serves 6.

BRAN MUFFINS

Turn on oven and set at moderately hot (400° F.). Grease 12 muffin tins measuring 2 inches across.

Sift before measuring...

Resift with...

Mix in...

Mix together...

Stir into dry ingredients rapidly, but thoroughly. Do not beat until smooth. Fill prepared muffin tins ¾ full. Bake on oven shelf slightly above center 20 minutes, or until firm to the touch... Makes 12 muffins.

You will have perfect results with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, see inside front cover.

MASHED POTATOES

Prepare and quarter...

Cover and boil about 20 minutes, or until tender in...

Drain and save ¼ cup potato water. Keep hot. Mash potatoes.

Add potato water and...

Beat until light and fluffy. Serve at once... Serves 6.

CREAMED EGGS

Melt in saucepan...

Blend in...

Stir in slowly...

Boil 2 minutes, stirring constantly.

Stir in...

Add...

Heat thoroughly. Serve on buttered, thin slices of dry toast... Serves 2.
CREAMED VEGETABLES

**Melt in saucepan**

- 1 1/2 tablespoons butter or other shortening
- 3 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper

**Blend in**

- 3 cups freshly cooked or canned vegetable

**Stir in slowly**

- 3/4 cup liquid off vegetable

**Boil 2 minutes, stirring constantly.**

**Stir in**

- 3/4 cup Pet Milk

**Add**

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

*Broccoli, peas, corn, lima beans, wax or green beans, carrots, Brussels sprouts, kohlrabi, asparagus, celery, cabbage or cauliflower may be used.

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

For Creamed Fish or Sea Food, substitute flaked fish or seafood, freshly cooked or canned, for the vegetable. Water may be substituted for the vegetable liquid.

For Creamed Eggs, substitute 6 sliced, hard-cooked eggs for the vegetable. Meat stock or water may be substituted for vegetable liquid, if desired.

For Creamed Chicken, substitute diced, freshly cooked or canned chicken for the vegetable. Chicken stock or water may be substituted for the vegetable liquid.

PET GRAVY

**Melt**

- 3 tablespoons fat or meat drippings

**Blend in**

- 3 tablespoons flour
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

**Stir until brown.**

Then stir in slowly

- 3/4 cup meat stock or vegetable liquid

**Boil 2 minutes, stirring constantly.**

**Add**

- 3/4 cup Pet Milk

Heat thoroughly, but do not boil. Serve at once... Serves 6.

PLAIN OMELET

**Beat until lemon-colored**

- 6 egg yolks

**Add**

- 6 tablespoons Pet Milk
- 1/8 teaspoon salt
- Few grains pepper

**Fold in**

- 6 stiffly beaten egg whites

Pour into hot, buttered frying pan and spread evenly. Cook over low heat until bottom is golden brown. Then bake in moderately slow oven (350° F.) 10 minutes, or until top is dry and firm. Loosen from pan with broad knife and turn out. Serve at once... Makes 6 large servings.

HAM with MILK GRAVY

**Brown slowly on**

- 2 slices smoked ham
  (about 1/2-inch thick)

**Remove ham to hot platter.**

**Blend in**

- 1 tablespoon flour
- 1 1/2 cups Pet Milk diluted with
- 1/8 teaspoon pepper

**Boil 2 minutes, stirring constantly. Serve with the ham... Serves 6.**

CUSTARD SAUCE

Serve on plain cake, puddings or custards

**Mix together**

- 1/4 cup sugar, strained
  honey or white corn syrup
- 2 teaspoons cornstarch
- 1/8 teaspoon salt
- 1 3/4 cups Pet Milk diluted with
- 3/4 cup water

Cook for 20 minutes over boiling water, stirring occasionally. Remove from heat.

**Stir into**

- 3 slightly beaten egg yolks

Return to heat and cook 2 minutes longer. Cool slightly.

**Add**

- 1 1/2 teaspoons vanilla*

Serve warm or cold... Makes 2 cups, ample for 6.

*1/2 teaspoons grated orange rind may be substituted for the vanilla if it is cooked in the milk mixture.
**CREAMED OYSTERS**

- Melt........ { 2 tablespoons butter
- Blend in......... { 1/2 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Stir in slowly.... { 3/4 cup liquid off oysters or water
- Cook over boiling water for 10 minutes, stirring frequently.
- Add............. { 2 1/2 cups drained oysters* (about 1 1/2 pints)
- Cook until edges of the oysters begin to curl.
- Stir in........... { 1 cup Pet Milk
- 4 teaspoons chopped parsley (optional)
- Heat thoroughly and serve at once on buttered, thin slices of toast... Serves 6.

*NOTE: This sauce will be very thick, but the oysters will thin it to the right consistency. Use fresh oysters just removed from their shells, those that are sold in bulk, canned oysters, or the frozen fresh ones.

**CREAMED LIVER**

- Remove membrane and cut into half-inch slices........ { 1/2 pound liver
- Cover with boiling water and let stand for 5 minutes. Drain.
- Broil or cook in hot frying pan for 5 minutes, turning frequently. Then chop fine.
- Combine with..... { 1 cup freshly cooked or canned vegetables, finely chopped
- 1 cup White Sauce (see index)
- Heat thoroughly and serve on buttered, thin slices of toast... Serves 4.

**BAKED CEREAL CUSTARD**

- Heat in top of double boiler until hot and well blended..... { 1 cup Pet Milk diluted with 1/2 cup water
- 1 cup cooked, whole wheat cereal
- 2 tablespoons butter
- Remove from heat.
- Stir into a mixture of........ { 1 slightly beaten egg
- 1/2 cup sugar or white corn syrup*
- 1/4 teaspoon salt
- Add................ { 1 teaspoon vanilla
- Strain into greased baking dish or custard cups and set in pan of hot water. Bake in moderate oven (375° F.) 45 minutes, or until knife inserted in the center comes out clean... Serves 6.

*1/8 cup strained honey may be substituted for the sugar or syrup.

**CAPE COD LOAF**

- Turn on oven and set at moderately slow (350° F.).
- Grease a loaf pan measuring about 8 x 4 x 3 inches deep.
- Put in mixing bowl........ { 2 cups flaked fish,* freshly cooked or canned
- 1 cup soft bread crumbs
- 2 tablespoons finely cut pimiento (optional)
- 1 tablespoon finely cut parsley
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Add a mixture of... { 1 slightly beaten egg
- 1 cup Pet Milk
- 2 tablespoons melted butter or other shortening
- Mix well and put into prepared pan. Bake on oven shelf slightly below center for 50 minutes, or until firm. Turn out and serve... Serves 6.

*Halibut, haddock, tuna fish, salmon, codfish or fish flakes may be used.
**HONEY COOKIES**

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

Sift before measuring...

Resift with...

Put in bowl...

Blend in...

Then beat in gradually...

Beat in vigorously...

Add flour mixture alternately with...

Beat until smooth after each addition. Begin and end with flour mixture. Drop from a teaspoon onto greased baking sheet, leaving a 2-inch space to allow for spreading. Bake on oven shelf slightly above center for 12 minutes, or until cookies are brown. . . .

Makes 4 dozen.

Note: You will have perfect success with this recipe in any altitude up to 3,000 feet.

**ORANGE CUSTARD**

Mix together in saucepan...

Stir in...

Then add...

Cook for 20 minutes, stirring occasionally.

Remove from heat.

Return to double boiler and cook for 2 minutes longer. Pour into wet molds. Chill . . .

Serves 6.

*¼ cup strained honey may be substituted for the sugar or syrup.

**HONEY FRUIT WHIP**

Chill until icy cold.

Boil slowly in covered saucepan 45 minutes, or until tender.

Drain, then push through a sieve. There should be ½ cup of pulp.

Add to pulp and mix well.

Chill thoroughly.

Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff. Fold into fruit mixture. Serve at once . . .

Serves 6.

NOTE: This mixture may also be served on slices of Loaf Cake (See Index).

**UPSIDE-DOWN CARAMEL CUSTARDS**

Melt in iron skillet or heavy saucepan until golden brown, stirring constantly.

Pour into the bottom of 6 greased custard cups.

Mix together...

Strain into custard cups on top of caramel syrup. Set in pan of hot water. Bake in moderately slow oven (350° F.) 50 minutes, or until knife inserted in center comes out clean.

Unmold while still warm . . . Serves 6.

*For Upside-Down Maple Custards omit ½ cup sugar and put equal parts of ¼ cup maple syrup in bottom of greased custard cups. Substitute ¼ cup maple syrup for sugar in custard mixture. Bake as directed above.

**PUDDING SAUCE**

Mix together in saucepan...

Stir in slowly.

Boil slowly 2 minutes, stirring constantly.

Remove from heat and add...

Serve warm or cold . . . Serves 6.

*½ cup of strained honey may be substituted for the sugar or syrup.
PASTEL CREAM

Dissolve

1 package lemon-flavored gelatin in
2 cups boiling water

1 beaten egg yolk
1/4 teaspoon lemon extract or 1 teaspoon grated lemon rind

Stir into

Beat with rotary beater until well blended.
Add gradually, while beating
1/2 cup Pet Milk

Fold in

1 stiffly beaten egg white

Pour into an 8-inch mold or 6 individual molds which have been rinsed with cold water. Chill until firm. Unmold... Serves 6.

BANANA ICE CREAM

To be frozen in an ice cream freezer

Mix together

2 cups Pet Milk
1/4 cup sugar or strained honey
1/2 teaspoon salt
2 teaspoons vanilla or grated orange rind

Slice into bowl

2 large, ripe bananas, peeled

Beat with rotary beater until creamy. There should be 1 cup mashed banana. Stir mashed banana into milk mixture. Freeze in a hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When frozen, remove dasher, drain off excess water and pack in mixture of 3 parts crushed ice to 1 part ice cream salt. Let stand 1 1/2 to 2 hours to ripen and develop flavor... Serves 6.

VANILLA ICE CREAM

Freeze in automatic refrigerator tray or mold

Chill until icy cold
1 1/3 cups Pet Milk
Beat until very light
2 eggs
Continue beating while adding gradually
1/2 cup sugar
1/8 teaspoon salt
Stir in
2 teaspoons vanilla

Whip chilled milk with rotary egg beater, or electric beater at high speed until stiff.
Fold into egg mixture. 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... Serves 6.

*1/4 cup sugar and 1/2 cup white corn syrup may be substituted.

PRUNE NOG

Mix together

1/2 cup prune juice*
1 tablespoon lemon juice
1/2 cup Pet Milk
1/4 cup water
1 tablespoon sugar, strained honey or white corn syrup

Stir slowly into

Sweeten with

Shake thoroughly with

Cracked ice

Makes 2 small servings.

*The juice drained off cooked prunes or the canned juice may be used.

ORANGE MILK SHERBET

To be frozen in an ice cream freezer

Mix together

2 cups Pet Milk
1 cup sugar, strained or white corn syrup
1 tablespoon grated orange rind
1/8 teaspoon salt

Stir in
2 1/2 cups orange juice

Freeze in hand-turned or motor-driven ice cream freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When frozen, remove dasher, drain off excess water and pack in mixture of 3 parts crushed ice to 1 part ice cream salt. Let stand 1 1/2 to 2 hours to ripen and develop flavor... Serves 6.

PEANUT BUTTER SANDWICHES

Put in mixing bowl
6 tablespoons peanut butter
1/2 teaspoon salt

Blend in gradually
6 tablespoons Pet Milk

Stir in
2 tablespoons lemon juice

Spread between
12 slices buttered bread, white or whole wheat

Makes 6 large, double sandwiches or 12 small, open-face sandwiches.

Note: Keep any remaining spread in a tightly covered jar in the refrigerator.
WHIPPED PET MILK TOPPING
(using lemon juice)

Put in small bowl:

- 1/2 cup chilled Pet Milk
- 1 tablespoon granulated sugar

Whip with rotary egg beater, or electric beater at high speed, until fluffy.

Then add:

- 1 tablespoon lemon juice

Continue whipping until stiff. Serve as a topping on gingerbread, open-face apple pies, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.

To make this topping with saccharin, instead of sugar, scald the milk, then add 1 saccharin tablet (1/4 grain) and stir until dissolved. Chill and whip as directed above, omitting sugar.

HOT OR ICED COCOA OR CHOCOLATE

Mix together:

- 1/4 cup cocoa
- 1/4 cup sugar
- 1/4 teaspoon salt

Stir in slowly:

- 2 cups boiling water

Boil 5 minutes, stirring constantly. (See Note)

Add:

- 2 cups Pet Milk

Heat thoroughly but do not boil. Serve hot or iced.

For Chocolate:

Melt over boiling water:

- 1 1/2 squares unsweetened chocolate

Add sugar and salt (see quantities above) and proceed as directed for Cocoa.

BANANA MILK SHAKE

Slice into bowl:

- 1 large, ripe banana

There should be 1/2 cup sliced banana. Beat with rotary egg beater until creamy.

Add:

- 2 teaspoons sugar, strained honey or white corn syrup
- 1/2 teaspoon vanilla*
- 1/2 cup chilled Pet Milk diluted with
- 1/2 cup cold water

Stir in.

Beat vigorously until well blended. Serve at once with cracked ice, if desired... Serves 2.

*2 tablespoons orange juice or 2 teaspoons lemon juice may be substituted for the vanilla.

VANILLA ICE CREAM
to be frozen in an ice cream freezer

Scald a mixture:

- 2 cups Pet Milk
- 2 cups water
- 1 cup sugar*

Stir slowly into:

- 2 well-beaten eggs
- 1/8 teaspoon salt

Cool thoroughly, then add:

- 1 tablespoon vanilla

Freeze in a hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. Pack as directed for Banana Ice Cream on page 10... Serves 6.

*For Honey Ice Cream, substitute 1 cup strained honey for the sugar.

PINEAPPLE FLIP

Mix together:

- 1 1/2 tablespoons lemon juice
- 1/3 cup pineapple juice
- 1 tablespoon sugar, strained honey or white corn syrup
- 1/2 cup Pet Milk diluted with
- 1/4 cup water

Shake thoroughly with...

cracked ice

Makes 2 small servings.

OATMEAL BREAD

Heat to the boiling point:

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

Stir into:

- 2 cups rolled oats
- 1/4 cup sugar
- 1 1/2 teaspoons salt
- 2 tablespoons shortening

Let mixture stand until lukewarm.

Add:

- 1 cake compressed yeast softened in
- 1/2 cup lukewarm water

Sift before measuring...

- 4 1/2 cups enriched all-purpose flour

Add enough flour to yeast mixture to make a dough that can be handled. Turn out onto a floured board and knead until smooth and elastic. Let rise until doubled in bulk. Knead again. Shape into loaves, place into greased loaf pans and let rise until doubled in bulk. Bake in a moderately hot oven (375° F.) on shelf slightly below center for 55 minutes, or until bread shrinks from sides of pan...

Makes 2 loaves.
**FRENCH TOAST**

Mix

- 1 well-beaten egg
- 3/4 teaspoon salt
- 11/4 cups Pet Milk diluted with 1/2 cup water
- 3 tablespoons sugar, white corn syrup or strained honey
- 1/4 teaspoon vanilla
- Grated lemon rind

Cut crusts from... 12 slices dry bread

Soak bread in mixture. Brown on both sides on a hot, slightly greased griddle. Serve with syrup, jelly or honey... Serves 6.

**LOAF CAKE**

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

Grease a loaf pan 9 x 5 x 3 inches deep or an 8 1/2-inch tube pan.

| Sift before measuring | 2 cups cake or all-purpose flour
| Resift with | 1/2 teaspoon baking powder
| Put in bowl | 1/2 cup soft butter or other shortening
| Blend in | 1/4 cup sugar
| Beat in gradually | 1 cup strained honey*
| Beat in vigorously, one at a time | 2 eggs
| Add flour mixture alternately with | 1/4 cup Pet Milk

Meanwhile, beat with rotary egg beater until very light and lemon colored

| 3 eggs

Add, while continuing to beat

| 11/4 cups sugar*
| 1/4 teaspoon salt
| 11/2 teaspoons vanilla or 3/4 teaspoon grated lemon rind

Beat in hot milk mixture gradually.

Add flour mixture, all at once, beating quickly but thoroughly.

Pour into prepared pan. Bake on oven shelf slightly below center for 50 minutes, or until cake is firm to the touch. Let cake stand in pan for 15 minutes, then turn out.

You will have perfect success with these recipes in any altitude up to 3,000 feet.

**SPONGE CAKE**

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

Grease a round pan measuring about 8 1/2 inches across x 3 1/2 inches deep.

| Sift before measuring | 1 1/2 cups cake flour
| Resift with | 1 1/2 teaspoons baking powder
| Heat slowly to boiling point | 6 tablespoons Pet Milk diluted with 6 tablespoons water
| Add flour mixture alternately with | 1/2 tablespoons butter or other shortening
| 3 eggs
| 11/4 cups sugar*
| 1/4 teaspoon salt
| 1 1/2 teaspoons vanilla or 3/4 teaspoon grated lemon rind

Beat in hot milk mixture gradually.

Add flour mixture, all at once, beating quickly but thoroughly.

Pour into prepared pan. Bake on oven shelf slightly below center for 50 minutes, or until cake is firm to the touch. Let cake stand in pan for 15 minutes, then turn out.

You will have perfect results with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, see inside front cover.

* 3/4 cup sugar and 1/2 cup white corn syrup may be substituted for the sugar if Pet Milk and water are reduced to 1/4 cup each.

**ORANGE BOUNTY**

Mix well

| 1/4 cup Pet Milk
| 1 well-beaten egg yolk
| 1 tablespoon sugar, white corn syrup or strained honey
| Few grains salt

Stir in

| 3/4 cup orange juice

Serve with

| Cracked ice

Makes 1 large serving.
HIGH CALORIC RECIPES

Note: Lactose is milk sugar which is sold commercially in a fine powdered form. You may obtain it at most drug stores.

EGG NOG
About 304 calories per serving

Mix together in saucepan...

Stir in...

Heat to the boiling point, stirring constantly until lactose is dissolved. Remove from heat.

Add...

Stir into...

Just before serving, fold in

Sprinkle top with...

Serve very cold... Makes 1 large serving.

APRICOT WHIP
About 300 calories per serving

Heat to the boiling point...

Add and stir until dissolved...

Chill.

Whip with rotary egg beater until fluffy

Add...

Continue whipping until stiff. Fold in chilled apricot mixture. Pile in sherbet glasses; serve at once, or chill until needed... Serves 3.

*See inside front cover for hints on whipping.

NOTE: To make ½ cup pulp, cook 1 pound dried apricots in 1 cup water for ½ hour, or until tender. Rub through a sieve.

SPICED MILK
About 268 calories per serving

Mix together...

Heat to the boiling point...

Add and stir until dissolved...

Remove from heat.

Stir in...

Add spice mixture and stir or shake until well blended. Serve as a beverage or on cereals... Serves 3.

CUSTARD SAUCE
About 238 calories per serving

Put in saucepan...

Stir in...

Heat to the boiling point.

Then stir into...

Cook over boiling water until thickened, stirring constantly. Cool slightly.

Add...

Serve warm or cold on Sponge Cake, Orange Custard or Pastel Cream (See Index)... Serves 3.

TOMATO SOUP
About 200 calories per serving

Put in saucepan...

Stir in...

Heat, but do not boil, stirring constantly.

Add...

Serve at once... Makes 1 serving.

Note: There will be enough tomato soup remaining from a 10½-ounce can to make two more servings. Keep this soup in a covered jar in the refrigerator, and use as needed.

PRUNE NOG
About 250 calories per serving

Mix together...

Heat to the boiling point.

Add and stir until dissolved...

Remove from heat.

Add...

Stir in prune juice mixture... Serves 2.

(High caloric recipes continued next page)
High Caloric Recipes, continued

**PEA SOUP**

*About 300 calories per serving*

**MELT in sauce-pan**

- 3 tablespoons butter
- Blend in 2 tablespoons flour
- ½ teaspoon salt
- ½ cup Pet Milk diluted with
- ½ cup water

Cook over boiling water 5 minutes, stirring constantly.

Add 5 tablespoons lactose
1 cup pea puree*

Heat thoroughly. Beat 1 minute with rotary egg beater to dissolve lactose. Serve at once. ... Serves 3.

*To make puree, press 1½ cups freshly cooked or canned peas through fine sieve, or use pureed peas in 4½-oz. cans which hold ½ cup puree. Green beans, carrots, spinach, etc. may be used in place of the peas.*

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**CUSTARD**

*About 385 calories per serving*

**PUT in mixing bowl**

- ⅛ cup lactose
- Stir in gradually
- 1 cup Pet Milk
- Stir until mixture is free from lumps.

Then stir into 3 slightly beaten eggs

Pour into 3 custard cups. Set in pan of hot water. Bake in a slow oven (325° F.) 45 minutes, or until a knife inserted into the center comes out clean ... Serves 3.

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**COCOA**

*About 328 calories per serving*

**MIX together in saucepan**

- 2 tablespoons cocoa
- 1 teaspoon sugar
- 7 tablespoons lactose
- few grains salt

Stir in gradually 3 tablespoons water
Mix until smooth and free from lumps. Cook until mixture comes to a boil.

Add 2 cups Pet Milk
Heat until foamy.

Add ¼ teaspoon vanilla (optional)
Beat 1 minute with rotary egg beater and serve at once ... Serves 3.

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