Reliable Recipes

"If" may be just a little word but it often means success or failure in your homemaking plans.

Perhaps you plan to do the washing, if it doesn’t rain. Or your party will be a success, if your dessert turns out right. You can’t do much about the weather but you can do something about the "if" in cooking. You can forget about that "if" when you follow my recipes. They are reliable in every way. Each recipe has been carefully tested. The directions are simple and easy to follow. The ingredients are accurately balanced so you are assured of perfect results whether you're cooking for 2 or 4 or 6.

There is another reason why you can be sure of reliable results. It’s Pet Milk. Pet Milk, uniformly rich in all the food substances that milk can be depended upon to supply, assures the same dependable results every time. Used full strength or diluted as called for in the directions, it also makes food extra-nourishing and more appetizing. It adds creamy texture to every dish you prepare. It whips into fluffy mounds for dessert toppings. Yet Pet Milk costs less generally than ordinary milk, 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. For more suggestions about meal planning and other reliable recipes, tune in regularly to my Saturday morning radio program.

Sincerely yours,

Mary Lee Taylor

Index to Recipes

BEVERAGES

Grape Juice Arctic ........... 3
Hot or Iced Cocoa ............ 5
Pineapple Flip ............... 12

DESSERTS AND TOPPING

Butterscotch Icebox Pudding ...11
Chocolate Angel Dessert .... 6
Frozen Tutti Frutti Pudding ...14
Peppermint Ice Cream .........15
Whipped Topping ............ 15

MAIN DISHES

Barbecued Beef Patties ........ 3
Braised Round Steak ...........12
Creamed Eggs ................. 13
Creamed Fish ................. 13
Creamed Meat ................. 13
Economy Drumsticks .......... 7

SALADS AND SALAD DRESSINGS

Golden Salad Dressing ........ 6
Jiffy Mustard Dressing ....... 4
Party Peach Salad ............ 8
Pet Potato Salad .............10

SANDWICHES AND SPREAD

Butter Spread ............... 8
Combination Sandwiches .... 4
Peanut Relish Sandwiches ... 5

SOUPS

Basic Cream Soup—for making a variety of vegetable cream soups ..........14
Tomato-Corn Soup ........... 7

VEGETABLES

Creamed Peas ............... 13
Goldenrod Beans ........... 9
Stuffed Baked Potatoes .... 13
Tomato Surprise ............ 11
Vegetable Chop Suey ....... 10
Barbecued Beef Patties

(Photograph on front cover)

**DIRECTIONS**

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

2. Mix together:

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>ground BEEF*</td>
<td>½ lb.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>ROLLED OATS**</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>grated ONION</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
</tr>
</tbody>
</table>

3. Shape into 4 or 8 or 12 patties.

4. Cover and boil 10 inches CARROT SLICES in boiling WATER for 4 minutes.

5. Arrange meat patties on skewers with carrot slices.

6. Put into greased shallow baking pan, side by side.

7. Bake ½ hour, then cover with BOTTLED BARBECUE SAUCE.

8. Bake ½ hour longer, or until carrots are tender.

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

**Cooked rice can be used. Allow ½ cup for 2, ¾ cup for 4 and 1 cup for 6.

Note: To cook over red coals of an open fire, arrange 10 to 12 inches from fire and brush with the sauce during cooking.

Grape Juice Arctic

**DIRECTIONS**

1. Mix together:

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>bottled GRAPE JUICE*</td>
<td>⅔ cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td>2½ teasp.</td>
<td>1 ½ tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>few grains</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>⅔ cup</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>WATER</td>
<td>⅔ cup</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

2. Stir slowly into mixture of PET MILK and WATER.

3. Mix thoroughly and chill before serving, or serve with crushed ice.

*Grape juice can be either the sweetened or unsweetened variety.

A WARM-WEATHER DINNER THAT HITS THE SPOT!

Barbecued Beef Patties*
Baked Potatoes with Butter Spread*
Vegetable Chop Suey*
Green Onions and Crisp Radishes
Frozen Tutti Frutti Pudding*

*Recipes are in this book
Combination Sandwiches
(Photograph above)

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>diced AMERICAN CHEESE</td>
<td>⅛ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>PET MILK</td>
<td>2 tablesp.</td>
<td>4 tablesp.</td>
<td>6 tablesp.</td>
</tr>
<tr>
<td>dry MUSTARD</td>
<td>⅛ teasp.</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
<tr>
<td>PAPRIKA (can omit)</td>
<td>⅛ teasp.</td>
<td>½ teasp.</td>
<td>¾ teasp.</td>
</tr>
</tbody>
</table>

1. Mix together.

2. Cook and stir over boiling water until smooth. Cover and cool.

3. Stir in ground LUNCH MEAT*

4. Makes sufficient for double double double sandwiches

*Ground frankfurters, wieners, bologna, canned lunch meat or left-over cooked meat can also be used.

For open-face sandwiches, spread on bread, cut in fancy shapes, and decorate with stuffed olive slices. Serve with raw carrot sticks and celery if desired.

**Jiffy Mustard Dressing**

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>bottled MUSTARD</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>4½ tablesp.</td>
</tr>
<tr>
<td>SUGAR</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>½ teasp.</td>
<td>¼ teasp.</td>
<td>½ teasp.</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td>PET MILK</td>
<td>2½ tablesp.</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

1. Put into bowl.

2. Mix in.


4. Beat until smooth. Serve on green or vegetable salads.
# Peanut Relish Sandwiches

*(Photograph opposite)*

**INGREDIENTS**

FOR 2
- 2 1/2 tablesp. PEANUT BUTTER
- 2 tablesp. PET MILK
- few grains SALT
- 2 large tablesp. drained PICKLE RELISH*

FOR 4
- 1/2 cup PEANUT BUTTER
- 1/4 cup PET MILK
- 1/6 teasp. SALT
- 4 large tablesp. drained PICKLE RELISH*

FOR 6
- 6 tablesp. PEANUT BUTTER
- 1/4 cup PET MILK
- 1/4 teasp. SALT
- 6 large tablesp. drained PICKLE RELISH*

*Finely cut sweet pickles also can be used.

## DIRECTIONS

1. Put into bowl and mix well
2. Stir in
3. Makes sufficient for

Makes sufficient for

Hot or Iced Cocoa

**DIRECTIONS**

1. Mix together
2. Stir in slowly
3. Boil and stir 5 minutes.
4. Add
5. Heat thoroughly.
6. Beat in
7. Serve hot or iced.

**INGREDIENTS**

FOR 2
- 4 teasp. COCOA
- 4 teasp. SUGAR
- few grains SALT
- 3/4 cup boiling WATER
- 1/2 cup PET MILK
- 1/4 teasp. VANILLA

FOR 4
- 2 1/2 tablesp. COCOA
- 2 1/2 tablesp. SUGAR
- 1/2 teasp. SALT
- 1 1/2 cups boiling WATER
- 1 1/2 cups PET MILK
- 1/2 teasp. VANILLA

FOR 6
- 1 1/2 cups COCOA
- 1 1/2 cups SUGAR
- 3/4 teasp. SALT
- 2 cups boiling WATER
- 2 cups PET MILK
- 3/4 teasp. VANILLA

---

# A Dinner You'll Be Proud To Serve

- Economy Drumsticks*
- Creamed New Potatoes
- Buttered Green Peas
- Shredded Cabbage with Jiffy Mustard Dressing*
- Chocolate Angel Dessert*

*Recipes are in this book

# A Summer Meal With Real Appeal

- Tomato Surprise*
- Fried Potatoes
- Deviled Eggs on Lettuce
- Butterscotch Icebox Pudding*
- Iced Tea

*Recipes are in this book
Chocolate Angel Dessert

**DIRECTIONS**

1. Chill until icy cold.       {PET MILK}  \(\frac{3}{4}\) cup \(\frac{3}{4}\) cup
2. Soften                  {GELATIN}  % cup % cup
   in cold WATER          2 teasp.  1 tablesp.
3. Mix together.        {COCOA}  % cup % cup
   SUGAR                  % cup % cup
   SALT                   % cup % cup
4. Stir in gradually a mixture of
   {PET MILK}  % cup % cup
   WATER     % cup % cup
5. Place over boiling water. Cook and stir 5 minutes after water again boils.
6. Remove from heat; stir slowly into  \(\text{slightly beaten EGG}\) 1 2
7. Cook 2 minutes longer, or until mixture thickens slightly.
8. Stir in softened gelatin, then add \(\text{VANILLA}\) 1 teasp. 1 1/2 teasp.
9. Chill until syrupy.
10. Meanwhile, line with waxed paper a pan holding about 1 quart 1 1/2 quarts
11. Arrange on bottom and sides \(\text{ANGEL CAKE}\) 12 strips 18 strips
12. Whip chilled milk with icy cold rotary egg beater, or electric beater at high speed, until stiff. Fold into syrupy gelatin mixture. Put into prepared pan. Continue chilling until firm. Unmold to serve.

\*Plain or sponge cake or 2-inch vanilla wafers can replace the angel cake.

Golden Salad Dressing

**DIRECTIONS**

1. Remove and mash yolks of  \(\text{hard-cooked EGG}\) 1 2 3
2. Chop whites very fine and save.
3. Mix into mashed yolks       \(\text{SALT}\) 1/8 teasp. 1/4 teasp. 1/2 teasp.
   dry MUSTARD          1/8 teasp. 1/4 teasp. 1/2 teasp.
   SUGAR                1/4 teasp. 1/2 teasp. 3/4 teasp.
   PEPPER               few grains  few grains  few grains
4. Stir in                   \(\text{PET MILK}\) 1 1/2 tablesp. 3 tablesp. 1/4 cup
5. Then stir in               \(\text{VINEGAR}\) 1 1/2 teasp. 1 tablesp. 1 1/2 tablesp.
6. Add chopped whites and chill thoroughly. Serve on green or vegetable salads.
## Economy Drumsticks

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cut into narrow strips 2 1/2 inches long</td>
<td>American CHEESE</td>
<td>4 strips (1 oz.)</td>
<td>8 strips (2 ozs.)</td>
<td>12 strips (3 ozs.)</td>
</tr>
<tr>
<td></td>
<td>twice-ground MEAT*</td>
<td>1/2 lb.</td>
<td>1 lb.</td>
<td>1 1/2 lbs.</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>fine corn flake CRUMBS**</td>
<td>4 teasp.</td>
<td>2 1/2 teasp.</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>grated ONION</td>
<td>3/4 teasp.</td>
<td>1 1/4 teasp.</td>
<td>1 1/4 teasp.</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>1/4 teasp.</td>
<td>1/4 teasp.</td>
<td>1/8 teasp.</td>
</tr>
</tbody>
</table>

2. Mix together…

3. When thoroughly mixed, divide into 4, 8 or 12 portions. Shape into oblongs like regular drumsticks, placing a strip of cheese in the center of each and taking care to cover the cheese with meat.

4. Dip, one at a time, in...

5. As each “drumstick” is dipped in milk, roll it at once in...


7. If desired, insert in ends of “drumsticks” pieces of...

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

**Crush 1 1/2 cups corn flakes for 2; 3 1/3 cups for 4 and 5 cups for 6.

## Tomato-Corn Soup

<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. Cover and cook until tender</td>
<td>fresh CORN,* cut and scraped from cob in boiling WATER</td>
<td>3/4 cup</td>
<td>1 1/2 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>condensed TOMATO SOUP</td>
<td>1/2 cup</td>
<td>3/4 cups</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>PET MILK</td>
<td>1/2 cup</td>
<td>1 1/4 cups</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>SALT</td>
<td>1/4 teasp.</td>
<td>3/4 teasp.</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>few grains</td>
</tr>
<tr>
<td></td>
<td>BUTTER or margarine</td>
<td>1 teasp.</td>
<td>2 teasp.</td>
<td>1 tablesp.</td>
</tr>
</tbody>
</table>

2. Add...

3. Heat and stir until thoroughly hot, but do not boil.

*Canned cream style corn can replace fresh corn if cooking is omitted. Simply mix corn and water with remaining ingredients and heat as directed.
Party Peach Salad

<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. Put into bowl</td>
<td>white CREAM CHEESE</td>
<td>3 tablesp. (1 1/2 ozs.)</td>
<td>1/2 cup</td>
<td>1/2 cup (4 1/2 ozs.)</td>
</tr>
<tr>
<td>2. Stir in gradually until smooth</td>
<td>PET MILK</td>
<td>1 1/2 tablesp.</td>
<td>3 tablesp.</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>3. Add, then beat until smooth</td>
<td>SALT PEPPER VINEGAR</td>
<td>1/2 teasp.</td>
<td>few grains</td>
<td>1 teasp.</td>
</tr>
<tr>
<td></td>
<td>diced, boiled or baked HAM*</td>
<td>1/2 cup</td>
<td></td>
<td>1/2 cups</td>
</tr>
<tr>
<td></td>
<td>drained PEAS, cooked or canned</td>
<td>1/2 cup</td>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>diced CELERY</td>
<td>1 cup</td>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>LETTUCE LEAVES</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>4. Fold in</td>
<td>large PEACH HALVES,**</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>5. Chill.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. At meal time, put on serving plates</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Arrange on lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Fill with salad mixture. For a complete meal, add only soup and dessert. See index for recipes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Canned lunch meat or bologna or left-over chicken can replace ham.
** If fresh peaches are used, peel, remove pits and halve just before using. If peaches are small, use 2 halves to each serving.

Butter Spread

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cut in small pieces and put into mixing bowl</td>
<td>BUTTER or margarine SALT</td>
<td>1/4 pound</td>
<td>1/2 pound</td>
<td>1 pound</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/8 teasp.</td>
<td>1/4 teasp.</td>
<td>1/2 teasp.</td>
</tr>
<tr>
<td>2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise.</td>
<td>PET MILK</td>
<td>6 1/2 tablesp.*</td>
<td>3 1/4 cup</td>
<td>14 1/2-oz. can</td>
</tr>
<tr>
<td>3. Also let stand in warm room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. 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.</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td></td>
</tr>
<tr>
<td>5. Makes a little less than</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

*(Photograph below)*

**DIRECTIONS**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Remove shells from <strong>hard-cooked EGGS</strong></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Chop whites and press yolks through a sieve.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Melt in saucepan...</td>
<td><strong>BUTTER or margarine</strong></td>
<td>$1\frac{1}{2}$ teasp.</td>
<td>1 tablesp.</td>
</tr>
<tr>
<td>4. Blend in ..........</td>
<td><strong>FLOUR</strong></td>
<td>2 teasp.</td>
<td>$\frac{3}{8}$ teasp.</td>
</tr>
<tr>
<td>5. Stir in ..........</td>
<td><strong>SALT</strong></td>
<td>$\frac{3}{4}$ teasp.</td>
<td>few grains</td>
</tr>
<tr>
<td>6. Boil slowly and stir 2 minutes.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Add chopped egg whites and ..........</td>
<td><strong>PET MILK</strong></td>
<td>$\frac{1}{4}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
</tr>
<tr>
<td>8. Heat thoroughly.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Remove from heat and stir in ..........</td>
<td><strong>bottled MAYONNAISE or salad dressing</strong></td>
<td>$\frac{1}{4}$ cup</td>
<td>$\frac{1}{2}$ cup</td>
</tr>
<tr>
<td>10. Pour over ..........</td>
<td><strong>hot GREEN BEANS,∗</strong></td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

∗Asparagus can be substituted for the beans.

**TOO HOT TO COOK? HERE’S THE ANSWER!**

- Assorted Cold Meats
- with Sliced Tomatoes
- Potato Chips
- Goldenrod Beans∗
- Rye Bread  Butter Spread∗
- Sugared Fresh Berries with Whipped Topping∗

∗Recipes are in this book
Pet Potato Salad

**DIRECTIONS**

1. Cook slowly 5 minutes.

2. Add and heat to boiling.

3. Pour over mixture of.

4. Add.

5. Mix gently until well blended.

6. Arrange around edge of platter.

7. Serve salad in center.

*Cut-up celery can replace all or part of shredded carrot.

**Ham, bologna, salami, canned lunch meat or left-over cooked meat can be used.

Note: For added flavor, cook potatoes in their jackets; then cool before peeling and slicing.

---

**Vegetable Chop Suey**

**DIRECTIONS**

1. Put into large skillet.

2. Cook about 15 minutes, or until vegetables are tender and glazed, stirring frequently.

3. Add.

4. Cook and stir slowly until mixture thickens. Remove from heat.

5. Stir in.

6. Serve at once; do not reheat.
Butterscotch Icebox Pudding

**DIRECTIONS**

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>butterscotch Pudding Powder*</td>
<td>⅔ pkg.</td>
<td>1 pkg.</td>
<td></td>
</tr>
<tr>
<td>PET MILK</td>
<td>⅔ cup</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>WATER</td>
<td>⅔ cup</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>VANILLA</td>
<td>⅔ teasp.</td>
<td>1 teasp.</td>
<td></td>
</tr>
<tr>
<td>seedless RAISINS or chopped nuts</td>
<td>3 tablesp.</td>
<td>⅔ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>2½-in. GRAHAM CRACKERS**</td>
<td>6</td>
<td>12</td>
<td>18</td>
</tr>
</tbody>
</table>

1. Put into saucepan...
2. Stir in mixture of...
3. Bring to a boil, stirring constantly. Cook slowly and stir 30 seconds.
4. Add ............... seedless RAISINS or chopped nuts
5. Cover and chill.
6. Using about 1½ tablespoons for each, spread on............
7. As each is spread, arrange in waxed paper-lined pan to form a loaf. Spread remaining pudding mixture over top and sides.
8. Chill 4 to 6 hours, or until firm. To serve, cut into slices diagonally.

*Vanilla pudding powder also can be used.
**8 or 16 or 24 vanilla wafers can replace graham crackers. Arrange in a serving dish in layers with the pudding mixture.

Tomato Surprise

**DIRECTIONS**

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>finely cut ONION in hot SHORTENING</td>
<td>1½ tablesp.</td>
<td>3 tablesp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>FLOUR</td>
<td>1 tablesp.</td>
<td>2 tablesp.</td>
<td>3 tablesp.</td>
</tr>
<tr>
<td>SALT</td>
<td>⅔ teasp.</td>
<td>1 teasp.</td>
<td>⅓ cup</td>
</tr>
<tr>
<td>PEPPER</td>
<td>few grains</td>
<td>few grains</td>
<td>⅛ teasp.</td>
</tr>
<tr>
<td>canned TOMATOES*</td>
<td>1¼ cups</td>
<td>2½ cups (No. 2 can)</td>
<td>3½ cups (No. 2½ can)</td>
</tr>
<tr>
<td>PET MILK</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>crisp BACON SLICES</td>
<td>4</td>
<td>8</td>
<td>12</td>
</tr>
</tbody>
</table>

4. Boil slowly and stir 5 minutes.
5. Heat to boiling....
6. Remove tomato mixture and milk from heat. Stir tomato mixture into hot milk. Do not heat after combining.
7. Serve hot on toast topped with............

*To use peeled, cut-up fresh tomatoes, increase amounts to 1½ cups for 2; 2½ cups for 4 and 4 cups for 6. Increase the cooking time to 10 minutes.
EXTRA NICE FOR FATHER'S DAY DINNER
- Fruit Cup
- Braised Round Steak*
- Stuffed Baked Potatoes*
- Creamed Peas*
- Lettuce and Onion Salad
- Heated Rolls
- Butter Spread*
- Peppermint Ice Cream*
*Recipes are in this book

Braised Round Steak
(Photograph above)

DIRECTIONS

1. Cut into pieces suitable for serving...
2. Mix together...
3. Pound flour mixture into both sides of meat.
4. Brown meat on both sides in skillet in...
5. Then add.......
6. Cover tightly and cook very slowly 1 hour, or until tender.
7. Stir into liquid remaining in skillet....
8. Heat slowly, but do not boil. Serve over the steak.
*Beef shoulder or chuck steak also can be used.

Pineapple Flip

DIRECTIONS

1. Mix together....
2. Stir slowly into mixture of....
3. Chill before serving, or serve iced.
*1 1/2 cups equal 1 cup plus 2 tablespoons.
Creamed Peas

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

1. Drain and save *cooked or canned* liquid from *PEAS*.

There should be \( \frac{1}{3} \) cup liquid for 2; \( \frac{1}{2} \) cup for 4 and \( \frac{3}{4} \) cup for 6. If not, add water.

2. Melt in saucepan... *BUTTER or margarine*.

3. Blend in... *FLOUR, SALT, PEPPER*.

4. Stir in vegetable liquid slowly; boil and stir 2 minutes.

5. Stir in... *PET MILK*.

6. Add drained peas and heat thoroughly.

*Whole kernel corn, cut-up asparagus, cabbage, carrots, potatoes, green or wax beans or sliced onions can replace peas.*

**For Creamed Meat,** substitute diced, cooked or canned meat for the peas. 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 peas. Water can be substituted for the vegetable liquid.

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

### Stuffed Baked Potatoes

**DIRECTIONS**

<table>
<thead>
<tr>
<th>FOR 2</th>
<th>FOR 4</th>
<th>FOR 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (1 lb.)</td>
<td>4 (2 lbs.)</td>
<td>6 (3 lbs.)</td>
</tr>
</tbody>
</table>

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

2. Wash and grease... *medium-sized POTATOES*.

3. Bake \( \frac{3}{4} \) hour, or until soft to the touch. Cut in halves, lengthwise, and scoop out centers. Save only 2 or 4 or 6 half-skins.

4. Add to potatoes... *PET MILK diluted with boiling WATER, SALT, PEPPER*.

5. Beat until light and fluffy. Pile into potato skins.

6. Top with strips of... *American CHEESE*.

7. Bake 5 minutes longer, or until cheese is melted.
Basic Cream Soup
(for making a variety of vegetable cream soups)

<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. Cook together in deep saucepan 5 min...</td>
<td>Finely cut ONION 2 teasp. in SHORTENING 1½ teasp.</td>
<td>4 teasp. 1 tables. 1½ tables.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Blend in</td>
<td>FLOUR 2 teasp. SALT ¼ teasp. PEPPER few grains</td>
<td>4 teasp. 3 tables. ½ tables. 3 tables.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Stir in slowly...</td>
<td>LIQUID off vegetable or meat broth ½ cup</td>
<td>1 cup 1½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Boil slowly and stir 2 minutes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Add</td>
<td>PET MILK cooked or canned ½ cup</td>
<td>VEGETABLE PUREE* ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Heat thoroughly and serve at once.</td>
<td></td>
<td>1 cup 1 cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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 replaces the vegetable liquid or meat broth.

Frozen Tutti Frutti Pudding
(to be frozen in automatic refrigerator tray)

<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. Chill until icy cold</td>
<td>PET MILK ½ cup</td>
<td>soft CAKE CRUMBS* ½ cup</td>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td>2. Mix together, then let stand until needed</td>
<td>finely cut Marachino CHERRIES 1½ tables.</td>
<td>3 tables. ¾ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Whip chilled milk with icy cold rotary beater, or electric beater, until fluffy.</td>
<td></td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Add LEMON JUICE 2 teasp.</td>
<td></td>
<td>4 teasp. 2 tables.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Continue whipping until stiff.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Then beat in gradually SUGAR 1 tables.</td>
<td></td>
<td>2 tables. 3 tables.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Add crumb mixture, all at one time, mixing lightly but thoroughly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in mixture of 3 parts crushed ice to 1 part ice cream salt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Angel or sponge cake can be used.
Peppermint Ice Cream
(to be frozen in automatic refrigerator tray)

**DIRECTIONS**

**INGREDIENTS**

**FOR 4**

1. Soften ...........................................
   Unflavored Gelatin
   1/2 teasp.

2. Scald over boiling water......
   Pet Milk
   1 cup
   1 1/2 cups

3. Add softened gelatin; stir until dissolved. Chill until icy cold (see bottom of page for “Ways to Chill Pet Milk”).

4. Heat in top of double boiler... Pet Milk
   Diluted with Water
   1/2 cup
   1/2 cup

5. Crush and add.................. Peppermint stick Candy
   1/2 lb.
   6 ozs.

6. Heat until candy is dissolved, stirring occasionally. Chill.

7. Whip chilled milk with icy cold rotary beater, or electric beater at high speed, until stiff. Fold into candy 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.

Whipped Topping

**DIRECTIONS**

**INGREDIENTS**

**FOR 2**

1. Chill until icy cold.. Pet Milk
   1/4 cup

2. Add ..................... Granulated Sugar
   1 tablesp.
   4 teasp.
   2 tablesp.

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

4. Then add ............. Lemon Juice
   1 1/2 teasp.
   2 teasp.
   1 tablesp.

5. Continue whipping until stiff.

6. Sprinkle over the top
   Grated Lemon Rind
   1/4 teasp.
   1/4 teasp.
   1/2 teasp.

7. Fold in carefully. Serve as a topping on beverages, fruit salads, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.

**Ways to Chill Pet Milk**

1. Put into ice tray of an automatic refrigerator and chill until ice crystals begin to form around the edges.

2. Put into a small bowl and set on the ice, chilling until both bowl and milk are icy cold.

3. Place unopened can of Pet Milk either under the refrigerating unit of an automatic refrigerator or directly on the ice and chill until icy cold—overnight if possible.
When a baby smiles often and easily, when he laughs out loud from sheer joy, it means he is well-fed...for only a well-fed baby is a happy baby. And when babies are fed on Pet Milk they are as a rule, sturdy, well-developed, happy babies.

Pet Milk is a favored form of milk for babies because of the sure freedom from harmful germs, the uniform, unvarying richness in all the food substances of whole milk; the ready digestibility that frees babies almost completely from digestive disturbances.

There is also another important point of quality. Pet Milk supplies—in pure form—the vitamin D a baby needs in order to develop sound teeth, straight bones, and to have the best of growth.

Doctors all over America recommend Pet Milk for babies who need to have milk from a bottle. Ask your doctor about it.