

7 meals men like!



with *LOW-POINT*
LOW-COST recipes

by *Mary Lee Taylor*

7 MEALS MEN LIKE

*(in which 1/2 pound of meat makes
4 big servings)*

Creole Meat Balls*
in a nest of Boiled Rice
or Noodles
Buttered Green Beans or
Broccoli
Cole Slaw*
Maple Chiffon Pie*

*(a meatless meal that's just as
satisfying and nourishing)*

Tomato Soup
Surprise Cheese Ring*
filled with Creamed Eggs
and Carrots
(see Basic White Sauce*)
Fried Potatoes
Head Lettuce Salad
Baked Apples

*(a spaghetti dinner that's low in
points and cost)*

Spaghetti or Macaroni with
Savory Meat Sauce*
Buttered Carrots or Beets
Tossed Green Salad
Sliced Oranges
Cake or Cookies

*(an old-fashioned stew made a
new and more wholesome way)*

Meat Stew with Oatmeal
Dumplings*
Lettuce and Tomato Salad
Cooked Salad Dressing*
Rice Nut Pudding*

*(a nourishing meal to carry in a
lunch box or eat at home)*

Lunch Box Salad*
Cream Cheese Sandwich
Egg Salad Sandwich
Fruit in Season
Cookies Hot Cocoa

*(an appetizing meal rich in
minerals and vitamins)*

Broiled Liver Patties
Creamed Potatoes
(see Basic White Sauce*)
Buttered Brussels Sprouts
Celery and Apple Salad
Cooked Salad Dressing*
Maple Chiffon Pie*

*(in which meat, vegetables and
bread can bake together)*

Spareribs and Sauerkraut
Baked Sweet Potatoes
Bacon Corn Bread*
Raw Carrot Strips
Apple Sauce Cookies

NOTE: Plan to serve butter or fortified margarine with enriched or whole wheat bread, unless other breads are specified, at every meal. These meals, with the exception of the lunch box meal, do not mention beverages, because different families have different needs, depending on the ages and preferences of the members of the families. Growing children in a family will increase the amount of milk needed.

*Recipes starred are in this material.

Lunch Box Salad

- 1 cup diced bologna,
lunch meat, cooked
frankfurters or wieners
- 2 cups diced potatoes,
cooked and peeled
- 1½ cups shredded, chilled
cabbage
- 3 tablespoons finely cut
green pepper
- 1½ tablespoons finely cut
onion
- 1 teaspoon salt
- 2 teaspoons sugar
- ½ teaspoon dry mustard
- ⅛ teaspoon pepper
- 4 tablespoons vinegar
- ½ cup cold Pet Milk

PUT in mixing bowl diced bologna, potatoes, shredded cabbage, cut green pepper and onion. Let stand. Mix together salt, sugar, dry mustard and pepper. Add vinegar and stir until smooth. Stir in slowly the cold milk. Fold into potato mixture, mixing thoroughly. Serve at once, or pack in small covered jar or paper cup for lunch box. Serves 4.

Only cream can be used to replace the Pet Milk in this recipe if the salad is to have about the same flavor and consistency of the one made with undiluted Pet Milk. Cream, however, will not furnish the whole milk substances and the vitamin D supplied by the Irradiated Pet Milk.

Creole Meat Balls

- ½ lb. twice-ground meat*
- ¾ cup finely cut onion
- 2 tablespoons chopped
parsley (optional)
- ⅓ cup Pet Milk
- ⅓ cup uncooked rolled oats
- 1¼ teaspoons salt
- ⅛ teaspoon pepper plus
few grains
- 3 tablespoons hot bacon fat
or meat drippings
- 3 tablespoons flour
- 2½ cups cooked or canned
tomatoes**

TURN on oven and set at moderate (375° F.). Mix together meat, ¼ cup cut onion, parsley, milk, oats, ¾ teaspoon salt and few grains pepper. With wet hands, shape into 8 balls. Brown slowly on all sides in bacon fat in skillet. Remove from skillet. Add remaining ½ cup finely cut onion to fat in skillet. Cook slowly 5 minutes. Sprinkle over onion the flour, remaining ⅛ teaspoon pepper and ½ teaspoon salt. Add tomatoes. Stir and boil 2 min-

utes, or until mixture thickens. Put meat balls into sauce, cover and cook slowly 35 minutes. Serve with cooked noodles, spaghetti, macaroni, rice or potatoes. Serves 4.

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

**2 cups of cut-up fresh tomatoes and ¾ cup water can replace the cooked or canned tomatoes. ¾ cup condensed tomato soup and ⅓ cup water can replace the tomatoes if flour is omitted and salt in tomato mixture is reduced to ¼ teaspoon.

One egg and 3 tablespoons ordinary milk or cream can replace the Pet Milk in these meat balls. Neither ordinary milk nor cream alone could be used because they will not produce the proper consistency.

Bacon Corn Bread

3 thin slices bacon*
3/4 cup all-purpose flour
4 1/2 teaspoons baking powder
1 tablespoon sugar
1 1/2 teaspoons salt
1 1/2 cups corn meal
1 well-beaten egg
2/3 cup Pet Milk
2/3 cup water

CUT bacon slices into 1/4-inch squares. There should be 1/3 cup. Cook slowly until lightly browned. Drain off fat. There should be 1/4 cup. Let bacon and fat stand. Turn on oven and set at hot (425° F.). Grease well a baking pan about 8 x 8 x 2 inches deep. Sift flour before measuring. Resift with baking powder, sugar, salt and corn meal. Mix together beaten egg, milk and water. Mix in the bacon fat, then add all at once to dry ingredients. Mix quickly but thoroughly. Pour into greased pan. Sprinkle cooked bacon over top. Bake on oven shelf slightly above center for 25 minutes, or until brown. Serve at once. Serves 4.

*1/3 cup finely diced salt pork can also be used.

1/3 cups ordinary milk can replace the Pet Milk and water but the corn bread won't have quite the same rich flavor or be as wholesome, because Pet Milk diluted with an equal amount of water is generally richer than milk sold in bottles.

NOTE: You'll have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude, 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.

Savory Meat Sauce

1/2 lb. bulk pork sausage,*
or thinly sliced links
2 tablespoons flour
1/4 teaspoon salt
few grains pepper
1 cup water
1 cup Pet Milk

BROWN sausage slowly over low heat, stirring with fork to keep separated. Drain off all fat, then measure and return 2 tablespoons fat to skillet. Sprinkle over browned sausage and fat the flour, salt and pepper. Stir in water and boil slowly for 2 minutes. Add milk. Heat slowly, but do not boil. Serve at once on cooked rice, macaroni, spaghetti, noodles, potatoes or toast. Serves 4.

*Ground lamb, veal or beef can be substituted if 2 tablespoons hot meat drippings are used to brown the meat, and salt is increased to 1 teaspoon.

Cream can replace the Pet Milk in this recipe, but remember that cream furnishes only butter-fat, for the most part, and not the whole milk substances and extra vitamin D which Irradiated Pet Milk supplies. 2 cups ordinary milk can replace the Pet Milk and water if the fat and flour are increased to 3 tablespoons. This is necessary to have the sauce approach the flavor and consistency of the one made with Pet Milk. It will not, however, be as wholesome, because Pet Milk diluted with an equal part of water is richer than milk generally sold in bottles.

Meat Stew with Oatmeal Dumplings

- 1 lb. meat,* cut for stew
- 2½ tablespoons flour
- 2¾ teaspoons salt
- ⅛ teaspoon pepper
- 3 tablespoons hot meat drippings or bacon fat
- ½ cup finely cut onion
- 2¾ cups boiling water
- 8 carrots, quartered
- 4 pared potatoes, quartered
- 1 cup sifted, all-purpose flour
- 1½ teaspoons baking powder
- ⅓ cup rolled oats
- 2 tablespoons chopped parsley (optional)
- ⅔ cup Pet Milk
- ⅓ cup water

ROLL meat in mixture of 2½ table-
spoons flour, 2 teaspoons salt
and the pepper. Brown in hot meat
drippings. Push meat to side of pan,
then add onion and brown lightly.
Sprinkle remaining flour mixture
over onion, then add boiling water.
Cover and cook slowly for 30 min-
utes. Add carrots and potatoes and
boil slowly 25 minutes, or until tender.
Resift 1 cup flour with baking
powder and remaining ¾ teaspoon
salt. Fold in oats and parsley. Stir
in quickly ⅓ cup milk and the
water. Drop by tablespoons on top
of meat or vegetables. Cover tightly;
cook slowly 15 minutes. Remove
dumplings, stir remaining ⅓ cup
milk into stew. Heat thoroughly.
Serve with dumplings. Serves 4.

*Lamb, pork, veal, beef or kidneys can be used.

⅔ cup of ordinary milk can replace the Pet Milk and water in the dumpling mixture. The dumplings won't be as wholesome, however, because Pet Milk diluted with an equal part of water is richer than milk generally sold in bottles. Cream can replace the undiluted milk in the stew mixture, but remember that cream furnishes only butterfat, for the most part, and not the whole milk substances or extra vitamin D which Irradiated Pet Milk supplies.

Basic White Sauce

(for creaming vegetables, meat, fish or eggs)

- 2 cups freshly cooked or
canned vegetable*
- 1 tablespoon unseasoned
chicken fat, butter or
fortified margarine
- 2 tablespoons flour or
1 tablespoon cornstarch
- ½ teaspoon salt
- ½ grains pepper
- ½ cup vegetable liquid
or meat stock
- ½ cup Pet Milk

DRAIN and save liquid from vege-
table. Melt fat in saucepan.
Blend in flour, salt and pepper. Stir
in slowly ½ cup liquid off vegetable.
Boil 2 minutes, stirring constantly.
Stir in milk. Add drained vegetable
and heat thoroughly, but do not boil.
Serve at once. Serves 4.

*Diced, cooked meat (chicken, pork, lamb, ham, beef, sweetbreads, tongue, etc.) flaked fish or sliced, hard-cooked eggs can be substituted for all or part of the vegetable.

If you use 1 cup of ordinary milk in place of the ½ cup of Pet Milk and ½ cup vegetable liquid, you must increase the fat to 2 tablespoons and the flour to 3 tablespoons—or cornstarch to 1½ tablespoons to approach the flavor and consistency of the Pet Milk sauce.

Rice Nut Pudding

- 1 slightly beaten egg
- 2 tablespoons peanut butter
- ½ cup Pet Milk
diluted with
- ½ cup water
- 1⅓ cups cooked rice
- ⅓ cup sugar
- ⅛ teaspoon salt
- ½ teaspoon maple flavor
or 1 teaspoon vanilla*

TURN on oven and set at slow (325° F.). Grease a baking dish holding about 4 cups. Mix until smooth the slightly beaten egg and peanut butter. Add diluted milk, rice, sugar, salt and flavoring. Mix well. Put in greased baking dish. Bake on oven shelf slightly below center 1 hour, or until firm. Serve warm or cold. Serves 4.

*1 teaspoon grated lemon rind or 2 teaspoons grated orange rind can also be used.

Cream can replace the Pet Milk, but remember that cream furnishes only butterfat for the most part, and not the whole milk substances or extra vitamin D supplied by the Irradiated Pet Milk. 1 cup of ordinary milk can replace the Pet Milk and water if 1 tablespoon melted butter or fortified margarine is added to the mixture.

Cooked Salad Dressing

- 2 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon dry mustard
- 2 tablespoons flour
- 1 well-beaten egg
- ¼ cup water
- ¼ cup vinegar
- ½ cup Pet Milk

MIX together sugar, salt, dry mustard and flour. Stir in beaten egg. Then add water and vinegar. Place over boiling water. Stir and cook 8 minutes after water again comes to a boil, or until very thick. Cool slightly. Then stir in milk. Store in covered jar in refrigerator, and use for all kinds of salads and sandwich fillings. Makes 1 cup.

1 cup.

Cole Slaw

Mix 4 cups shredded, chilled cabbage or a mixture of 3 cups shredded, chilled cabbage and 1 cup diced celery with 2 tablespoons finely cut onion and ¾ cup Cooked Salad Dressing (see recipe above). Serves 4.

Cream can replace the Pet Milk in Cooked Salad Dressing, but remember that it will supply only butterfat, for the most part, and not the whole milk substances and extra vitamin D furnished by Irradiated Pet Milk. Ordinary milk can replace the Pet Milk if the flour is increased to 2½ tablespoons and ½ tablespoon butter is added to the dressing at the end of the cooking time to approach the rich flavor of the Pet Milk dressing.

Surprise Cheese Ring

- 1 1/3 cups Pet Milk
diluted with
- 1 1/3 cups water
- 1 1/2 tablespoons finely cut
onion
- 3/4 teaspoon salt
- few grains pepper
- 2/3 cup granular wheat cereal
- 1 cup diced American
cheese, *packaged variety*
- 2 slightly beaten eggs

TURN on oven and set at moderately slow (350° F.). Heat to boiling a mixture of diluted milk, onion, salt and pepper. Stir in cereal so slowly that boiling does not stop. Continue boiling slowly for 5 minutes, stirring frequently. Add cheese and stir until melted. Remove from heat and stir into slightly beaten eggs. Put into greased and floured 6 1/2 inch ring mold. Bake 30 minutes,

or until firm to the touch. Remove from oven, loosen sides with knife and let stand for 5 minutes before turning out. Fill center with a creamed vegetable (see recipe for Basic White Sauce) and serve at once. Serves 4.

NOTE: This mixture can be baked in a greased and floured loaf pan holding about 4 cups, then turned out and the creamed vegetable served around it.

Cream can replace the Pet Milk in this recipe, but remember that it will furnish only butterfat, for the most part, and not the whole milk substances and extra vitamin D supplied by the Irradiated Pet Milk. 2 2/3 cups of ordinary milk can replace the Pet Milk and water, but the dish won't have the same rich flavor because Pet Milk diluted with an equal part of water is generally richer milk than that you can buy in bottles.

Maple Chiffon Pie

- 2 teaspoons plain,
unflavored gelatin
- 2 1/2 tablespoons cold water
- 1/2 cup Pet Milk
diluted with
- 1/2 cup water
- 1 egg, separated
- 1/3 cup sugar
- few grains salt
- 17 vanilla wafers, 2 inches
across
- 1/4 teaspoon maple flavor

SOFTEN gelatin in water. Scald diluted milk, then stir into mixture of well beaten egg yolk, sugar and salt. Stir and cook over boiling water until thickened. Remove from heat. Add gelatin and stir until dissolved. Chill until beginning to thicken. Meanwhile, line bottom and sides of deep 7-inch pie pan with vanilla wafers. Let stand. Beat egg white until stiff, but not dry. Fold into chilled gelatin mixture along

with maple flavor. Put in wafer-lined pan. Chill until firm. Serves 4.

1 cup ordinary milk can be used in this recipe in place of the Pet Milk and 1/2 cup water, but the pie won't have the same rich flavor because Pet Milk diluted with an equal part of water is generally richer milk than you can buy in bottles. Cream can be used in place of the Pet Milk, but remember that cream furnishes only butterfat, for the most part, and not the whole milk substances and extra vitamin D which the Irradiated Pet Milk supplies.



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