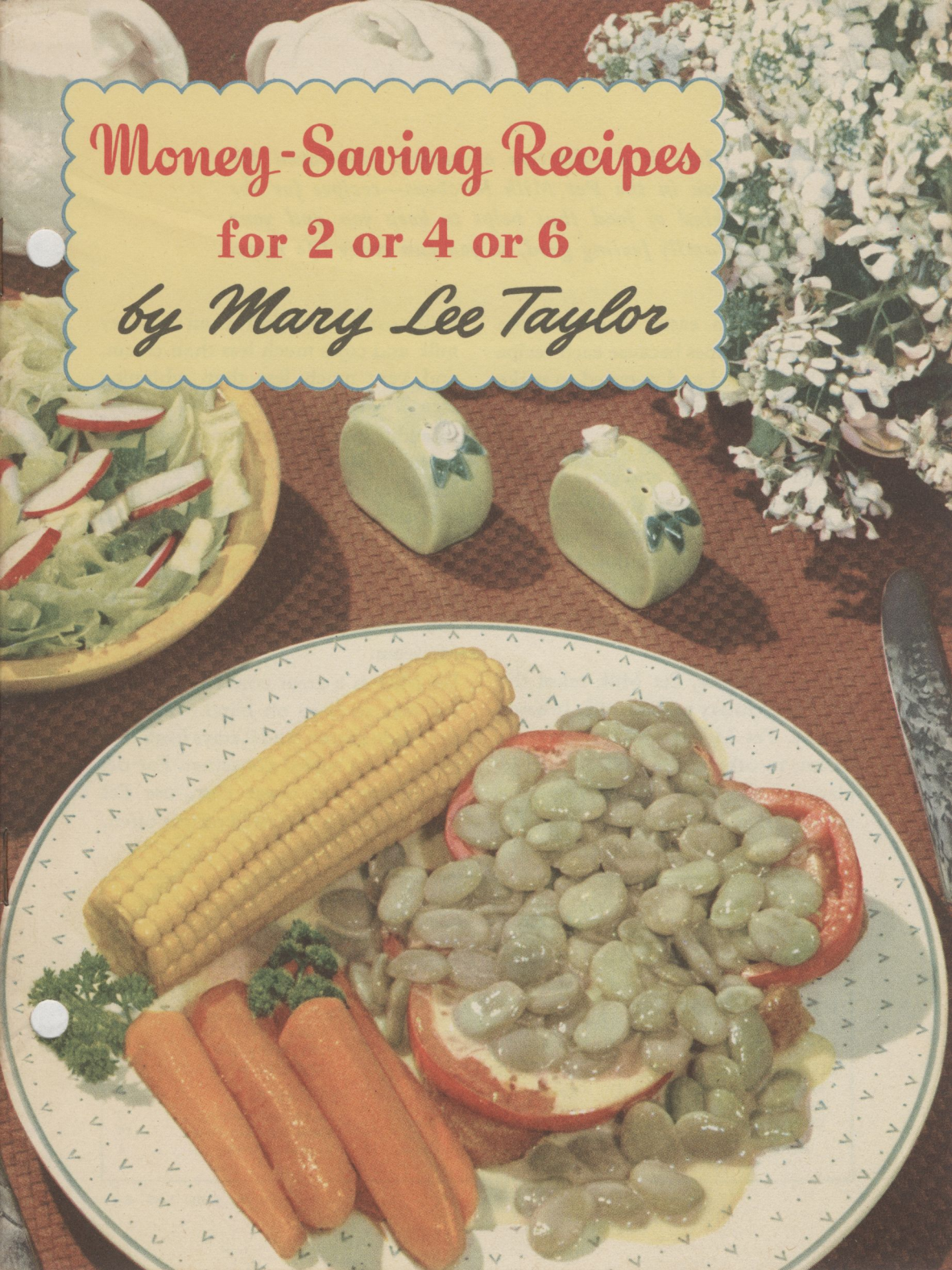


# Money-Saving Recipes

for 2 or 4 or 6

*by Mary Lee Taylor*





*Here is a collection of recipes, developed for you in the Pet Milk Kitchens—recipes for the kind of food that helps to keep you and your family feeling good, so you can enjoy life more.*

**C**OOKING is easier when you use these recipes because each recipe has been tested and re-tested to make sure that the directions are fail-proof.

Every recipe is for food that is good to look at, good to eat, and good for you—wholesome, nourishing food that contains worth-while amounts of the whole milk substances that nutrition authorities agree children and grown-ups, too, must have in order to feel their best.

In many recipes, Pet Milk takes the place of ordinary bottled milk. In some recipes, Pet Milk takes the place of cream; in others, Pet Milk is used in place of whipping cream. You save money using these recipes because Pet

Milk costs less generally than ordinary milk and costs much less than cream, and very much less than whipping cream.

In addition to saving money, you add to the wholesomeness of the food you serve because Pet Milk is whole milk that is double-rich. Pet Milk supplies twice the protective milk substances that ordinary milk supplies, and furnishes the whole milk substances that you, of course, do not get in any kind of cream.

Pet Milk is a great convenience, too. It's easy to keep on hand—takes up very little space—and it stays fresh and sweet in its sealed container. For delicious food at lower cost, use Pet Milk and Pet Milk tested recipes often.

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# Vegetable Rarebit

(Photograph on front cover)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together .....	<i>diced American</i> <b>CHEESE</b> <b>PET MILK</b> <b>SALT</b> <i>dry</i> <b>MUSTARD</b>	$\frac{1}{2}$ cup (2½ ozs.) $\frac{1}{4}$ cup few grains $\frac{1}{4}$ teasp.	1 cup ( $\frac{1}{3}$ lb.) $\frac{1}{2}$ cup $\frac{1}{8}$ teasp. $\frac{1}{2}$ teasp.	$1\frac{1}{2}$ cups ( $\frac{1}{2}$ lb.) $\frac{3}{4}$ cup $\frac{1}{4}$ teasp. $\frac{3}{4}$ teasp.
2. Stir and cook over boiling water until cheese melts.				
3. Add .....	<i>drained</i> <b>LIMA BEANS*</b> <i>cooked or canned</i>	$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups (No. 2 can)
4. Cover and keep warm until needed.				
5. Turn on oven; set at moderate (375° F.).				
6. Toast on one side only .....	<i>slices of</i> <b>BREAD</b>	2	4	6
7. Put bread, toasted side up, in shallow baking pan.				
8. Cut into ½-inch slices .....	<b>TOMATOES</b>	1	2	3
9. Arrange sliced tomatoes on top of toast.				
10. Sprinkle with.....	<b>SALT</b> <b>PEPPER</b>	$\frac{1}{8}$ teasp. few grains	$\frac{1}{4}$ teasp. few grains	$\frac{1}{2}$ teasp. $\frac{1}{8}$ teasp.
11. Bake 5 minutes, or until tomatoes are thoroughly heated.				
12. Top with the bean mixture and serve with corn on the cob and whole carrots.				

\*Whole kernel corn or peas can replace the lima beans.

# Molasses Milk Drink

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together thoroughly .....	<i>cold</i> <b>PET MILK</b> <i>cold</i> <b>WATER</b> <b>MOLASSES</b> <b>SALT</b>	$\frac{2}{3}$ cup $\frac{2}{3}$ cup 2 tablesp. few grains	$1\frac{1}{3}$ cups $1\frac{1}{3}$ cups $\frac{1}{4}$ cup few grains	2 cups 2 cups 6 tablesp. $\frac{1}{8}$ teasp.
2. Chill before serving or serve with crushed ice.				

## AN APPETIZING WARM WEATHER MEAL

Frankfurter Fingers\*

Plain Potato Salad\* with Slices of Fresh Tomatoes

Banana Cream Dessert\*

Hot or Iced Beverage

\*Recipes are in this book





**USES FRESH FRUIT  
AND VEGETABLES  
NOW PLENTIFUL**

Frankfurter Fingers★  
Creole Corn Pudding★  
Jellied Beet Salad  
with  
Cooked Salad Dressing  
Peach Scallop★

★Recipes are in this book

## Creole Corn Pudding

(Photograph above)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven; set at moderately slow (350° F.).				
2. Grease a baking dish holding about. . . .		{ 1 pint	{ 1 quart	{ 1½ quarts
3. Cook slowly 5 minutes . . . . .	{ <i>finely cut</i> GREEN PEPPER <i>finely cut</i> ONION in SHORTENING	{ 2 tablesp. 1 tablesp. 2 teasp.	{ ¼ cup 2 tablesp. 1½ tablesp.	{ 6 tablesp. 3 tablesp. 2 tablesp.
4. Blend in . . . . .	{ FLOUR SALT PEPPER	{ 2 teasp. ¼ teasp. few grains	{ 1½ tablesp. ½ teasp. few grains	{ 2 tablesp. ¾ teasp. ⅛ teasp.
5. Stir in and cook until thickened a mixture of . . . . .	{ PET MILK WATER or corn liquid	{ ¼ cup ¼ cup	{ ⅓ cup ⅓ cup	{ ½ cup ½ cup
6. Then stir into. . . . .	{ <i>slightly beaten</i> EGG	{ 1	{ 1	{ 2
7. Fold in. . . . .	{ <i>drained, whole kernel</i> CORN, <i>canned or</i> <i>cut from cob</i>	{ ¾ cup	{ 1½ cups	{ 2¼ cups
8. Put into greased baking dish.				
9. Bake until almost firm, or about. . . . .		{ 15 min.	{ 25 min.	{ 35 min.
10. Arrange on top. . .	{ TOMATOES, <i>sliced</i>	{ 1	{ 2	{ 3
11. Sprinkle tomatoes with . . . . .	{ SALT	{ ⅛ teasp.	{ ¼ teasp.	{ ⅓ teasp.
12. Bake 10 minutes longer, or until pudding is firm. Serve at once.				



## Chocolate Ice Cream

(To be frozen in an automatic refrigerator tray)

DIRECTIONS	INGREDIENTS	FOR 4	FOR 6
1. Chill until icy cold.....	{ PET MILK	{ $\frac{2}{3}$ cup	{ 1 cup
2. Soften .....	{ unflavored GELATIN	{ 1 teasp.	{ $1\frac{1}{2}$ teasp.
	{ in cold WATER	{ 4 teasp.	{ 2 tablesp.
3. Mix together .....	{ SUGAR	{ $\frac{1}{4}$ cup	{ $\frac{1}{3}$ cup
	{ COCOA	{ 3 tablesp.	{ $4\frac{1}{2}$ tablesp.
	{ SALT	{ few grains	{ $\frac{1}{8}$ teasp.
4. Stir in gradually a mixture of..	{ PET MILK	{ 3 tablesp.	{ $\frac{1}{4}$ cup
	{ WATER	{ 3 tablesp.	{ $\frac{1}{4}$ cup
5. Place over boiling water. Stir and cook 5 minutes after water again boils.			
6. Add softened gelatin and stir until dissolved. Remove from heat.			
7. Add .....	{ VANILLA	{ $\frac{3}{4}$ teasp.	{ 1 teasp.
8. Chill until syrupy, stirring occasionally.			
9. Whip chilled milk until stiff. Fold into gelatin mixture. Freeze, without stirring, in automatic refrigerator tray 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	FOR 4	FOR 6
1. Put into small bowl {	{ chilled PET MILK	{ $\frac{1}{4}$ cup	{ $\frac{1}{3}$ cup	{ $\frac{1}{2}$ cup
	{ granulated SUGAR	{ $1\frac{1}{2}$ teasp.	{ 2 teasp.	{ 1 tablesp.
2. Whip with rotary beater, or electric beater at high speed, until fluffy.				
3. Then add..... {	{ LEMON JUICE	{ $1\frac{1}{2}$ teasp.	{ 2 teasp.	{ 1 tablesp.
4. Continue whipping until stiff. Serve on beverages, fruit salads, plain cake, pudding or other desserts that will blend with the lemon flavor of this topping.				

### HAVING COMPANY? SERVE THIS MEAL!

Veal Patties in  
 Parsley Sauce★  
 Mashed Potatoes  
 Seasoned Peas and Carrots  
 Tomato Salad  
 Chocolate Ice Cream★  
 Plain Cake★

★Recipes are in this book





## Plain Cake

### DIRECTIONS

### INGREDIENTS

For one 9-in. square or round layer, or eight 2½-in. cup cakes

1. Turn on oven; set at moderate (375° F.).
2. Grease a 9-in. square or round pan or eight 2½-in. muffin tins.
3. Sift before measuring. . . . . { *emergency or all-purpose* FLOUR { 1 cup
4. Resift with. . . . . { BAKING POWDER { 1½ teasp.  
SALT { few grains
5. Put into bowl. . . . . { *soft* SHORTENING { ¼ cup
6. Add gradually, mixing together until light and fluffy. . . . . { SUGAR { ½ cup
7. Beat in vigorously. . . . . { *well-beaten* EGG { 1  
VANILLA { ½ teasp.
8. Add flour mixture alternately with . . . . . { PET MILK { 6 tablesp.
9. Beat until smooth after each addition. Pour into greased pan or tins, filling ⅔ full. Bake on oven shelf slightly above center for 20 minutes, or until cake shrinks from sides of pan or tins. Let layer remain in pan 5 minutes before turning out. Remove cup cakes from tins at once.

NOTE: *You'll have perfect success with this recipe in any altitude up to 5,000 feet. If you live in a higher altitude a specially adjusted recipe will be sent on request. When writing for adjusted recipe, state altitude at which you live and give name of recipe desired.*

## Frankfurter Fingers

### DIRECTIONS

### INGREDIENTS

### FOR 2

### FOR 4

### FOR 6

1. Mix together. . . . . { *diced American* CHEESE { ½ cup (2½ ozs.) { 1 cup (½ lb.) { 1½ cups (½ lb.)  
PET MILK { 2½ tablesp. { ½ cup { ½ cup  
SALT { ⅛ teasp. { ¼ teasp. { ½ teasp.  
dry MUSTARD { ¼ teasp. { ½ teasp. { ¾ teasp.  
PEPPER { few grains { few grains { ½ teasp.
2. Stir and cook over boiling water until cheese melts.
3. Remove from heat, cover and let stand at room temperature until needed.
4. Turn on oven; set at moderate (375° F.).
5. Remove crusts from { *slices of* BREAD { 4 { 8 { 12
6. Spread with cheese mixture.
7. Arrange diagonally { FRANKFURTERS { 2 { 4 { 6  
across center of slices { *split lengthwise*
8. Fold opposite corners of bread over frankfurters; fasten with toothpicks. Put on greased baking sheet. Bake 10 minutes or until thoroughly heated. Serve hot.



## French Toast

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together .....	<i>well-beaten</i> EGG PET MILK WATER SALT	$\left\{ \begin{array}{l} 1 \\ 6 \text{ tablesp.} \\ 2 \text{ tablesp.} \\ \frac{1}{8} \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} 1 \\ \frac{3}{4} \text{ cup} \\ \frac{1}{4} \text{ cup} \\ \frac{1}{4} \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} 2 \\ 1\frac{1}{4} \text{ cups} \\ \frac{1}{3} \text{ cup} \\ \frac{1}{2} \text{ teasp.} \end{array} \right.$
2. Dip in mixture, one at a time, to moisten both sides .....	<i>bread</i> SLICES ( <i>dry but not hard</i> )	$\left\{ \begin{array}{l} 4 \end{array} \right.$	$\left\{ \begin{array}{l} 8 \end{array} \right.$	$\left\{ \begin{array}{l} 12 \end{array} \right.$
3. Brown slowly on both sides in $\frac{1}{8}$ in. of hot shortening.				
4. Serve at once with syrup, jelly, jam or a mixture of sugar and cinnamon.				

## Butterscotch Ice Box Cake

DIRECTIONS	INGREDIENTS	FOR 4	FOR 6
1. Roll into fine crumbs.....	$2\frac{1}{2}$ -in. GRAHAM CRACKERS	$\left\{ \begin{array}{l} 4 \end{array} \right.$	$\left\{ \begin{array}{l} 6 \end{array} \right.$
2. Rub bottom of dish holding 1 qt. for 4 and $1\frac{1}{2}$ qts. for 6 with...	<i>soft</i> BUTTER or margarine	$\left\{ \begin{array}{l} 1 \text{ tablesp.} \end{array} \right.$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tablesp.} \end{array} \right.$
3. With back of spoon, press crumbs in bottom of dish saving 3 tablesp. crumbs for 4 and $\frac{1}{4}$ cup crumbs for 6.			
4. Put into saucepan.....	<i>butterscotch</i> PUDDING POWDER	$\left\{ \begin{array}{l} 1 \text{ pkg.} \end{array} \right.$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ pkgs.} \end{array} \right.$
5. Stir in gradually a mixture of..	PET MILK WATER	$\left\{ \begin{array}{l} 1 \text{ cup} \\ 1 \text{ cup} \end{array} \right.$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups} \\ 1\frac{1}{2} \text{ cups} \end{array} \right.$
6. Stir and heat to boiling. Continue to stir and boil 30 seconds.			
7. Cover and cool slightly. Then put into dish on top of crumbs.			
8. Sprinkle reserved crumbs over top. Chill until firm.			

## Chocolate Ice Cream

(To be frozen in an ice cream freezer)

DIRECTIONS	INGREDIENTS	FOR 4	FOR 6
1. Mix together.....	SUGAR COCOA SALT	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \\ \frac{1}{4} \text{ cup} \\ \frac{1}{8} \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} \frac{3}{4} \text{ cup} \\ 6 \text{ tablesp.} \\ \frac{1}{4} \text{ teasp.} \end{array} \right.$
2. Stir in gradually.....	WATER	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \end{array} \right.$	$\left\{ \begin{array}{l} \frac{3}{4} \text{ cup} \end{array} \right.$
3. Stir and boil slowly 2 minutes.			
4. Remove from heat and stir in..	PET MILK VANILLA	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups} \\ 1 \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} 2\frac{1}{4} \text{ cups} \\ 1\frac{1}{2} \text{ teasp.} \end{array} \right.$
5. Cool thoroughly. Freeze in 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 $1\frac{1}{2}$ to 2 hours to ripen.			





**IN THIS MEAL  
THE SALAD SERVES  
AS YOUR DESSERT**

**Spaghetti with Dried Beef  
Sauce★**

**Seasoned Spinach or  
Diced Beets**

**Green Onions**

**Raw Carrot Strips**

**Jellied Peach Salad★  
(serve as dessert)**

★Recipes are in this book

## Jellied Peach Salad

(Photograph above)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Soften .....	{ <i>unflavored</i> <b>GELATIN</b> <i>in cold WATER</i>	{ 1 teasp. 1½ tablesp.	{ 2 teasp. 3 tablesp.	{ 1 tablesp. ¼ cup
2. Add and stir until dissolved.....	{ <i>boiling WATER</i> <b>SALT</b>	{ 3 tablesp. ⅛ teasp.	{ ⅓ cup ¼ teasp.	{ ½ cup ½ teasp.
3. Let stand at room temperature.				
4. Put into bowl.....	{ <i>white CREAM</i> <b>CHEESE</b>	{ 3 tablesp. (1½ ozs.)	{ ⅓ cup (3 ozs.)	{ ½ cup (4½ ozs.)
5. Add gradually, stirring until smooth....	{ <b>PET MILK</b>	{ ¼ cup	{ ½ cup	{ ¾ cup
6. Stir in gelatin mixture and .....	{ <b>LEMON JUICE</b>	{ 2 tablesp.	{ 4 tablesp.	{ 6 tablesp.
7. Chill until syrupy, then beat with rotary beater until fluffy.				
8. Fold in .....	{ <i>diced, peeled</i> <b>PEACHES★</b>	{ ⅓ cup	{ ⅔ cup	{ 1 cup
9. Rinse with cold water a mold holding about .....		{ 1 pint	{ 1½ pints	{ 1 quart
10. Fill with peach mixture; chill until firm. Turn out on lettuce if desired.				

★Oranges, pears or apricots can also be used.

*Note: To garnish the salad as illustrated, arrange additional sliced peaches in mold before filling with the mixture.*



# Barbecued Cheese Buns

(Photograph below)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven; set at moderately hot (400° F.).				
2. Split .....	<b>SANDWICH BUNS★</b>	{ 2	{ 4	{ 6
3. Put in shallow baking pan having cut side up.				
	<i>finely diced, American</i> <b>CHEESE</b> <i>chopped hard-cooked</i> <b>EGGS</b> <i>finely cut</i> <b>GREEN PEPPER</b> <i>grated</i> <b>ONION</b> <b>PET MILK</b> <b>CATSUP</b> <b>SALT</b> <b>PEPPER</b>	$\frac{1}{2}$ cup (2½ ozs.)  1  $\frac{1}{4}$ cup $\frac{1}{2}$ teasp. 2 tablesp. 1 tablesp. $\frac{1}{4}$ teasp. few grains	1 cup (⅓ lb.)  2  $\frac{1}{2}$ cup 1 teasp. $\frac{1}{4}$ cup 2 tablesp. $\frac{1}{2}$ teasp. few grains	1½ cups (½ lb.)  3  $\frac{3}{4}$ cup 1½ teasp. $\frac{1}{3}$ cup 3 tablesp. $\frac{3}{4}$ teasp. $\frac{1}{8}$ teasp.
4. Mix together .....				
5. Arrange on buns, using about $\frac{1}{4}$ cup of mixture for each.				
6. Bake on top shelf of oven 7 minutes, or until cheese melts and buns are toasted.				
7. Serve with radishes if desired.				
★ <i>Slices of bread can also be used.</i>				
<i>To fix buns ahead of time</i> , combine the above cheese mixture and keep chilled. When ready to use, mix well, arrange on split buns and toast.				
<i>To make radish roses as illustrated</i> , cut off the root and with a sharp paring knife score sections of the skin from the tip toward the stem end; loosen the skin nearly to the stem end so that these sections stand out like petals. Chill in ice water until petals curl back slightly.				

## YOU CAN FIX MOST OF THIS MEAL AHEAD OF TIME

- Barbecued Cheese Buns★
- Pickle Slices      Radishes
- Plain Potato Salad★
- Butterscotch Ice Box Cake★

★Recipes are in this book





## Grape Whip

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Chill until icy cold.	{ PET MILK	{ ¼ cup	{ ⅓ cup	{ ½ cup
2. Soften .....	{ <i>unflavored</i> GELATIN <i>in cold</i> WATER	{ 1 tablesp. 4 tablesp.	{ 2 tablesp. 3 tablesp.	{ 1 tablesp. ¼ cup
3. Heat to boiling a mixture of.....	{ <i>sweetened</i> GRAPE JUICE WATER SALT SUGAR	{ 6 tablesp. 1½ tablesp. few grains 1 tablesp.	{ ¾ cup 3 tablesp. few grains 2 tablesp.	{ 1¼ cups ¼ cup ⅛ tablesp. 3 tablesp.
4. Add gelatin and stir until dissolved.				
5. Add, then chill until syrupy .....	{ LEMON JUICE	{ 1 tablesp.	{ 2 tablesp.	{ 1 tablesp.
6. Whip chilled milk with rotary beater, or electric beater at high speed, until fluffy.				
7. Add .....	{ LEMON JUICE	{ 1 tablesp.	{ 2 tablesp.	{ 1 tablesp.
8. Continue whipping until stiff. Fold into gelatin mixture.				
9. Then fold in.....	{ <i>diced</i> CAKE, <i>angel or sponge</i>	{ ⅔ cup	{ 1⅓ cups	{ 2 cups
10. Chill until firm before serving.				

## Veal Patties in Parsley Sauce

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together .....	{ <i>ground</i> VEAL, <i>beef or pork</i> SALT PEPPER <i>soft</i> BREAD CRUMBS★ PET MILK	{ 1 cup (½ lb.) ½ tablesp. few grains ⅓ cup ⅓ cup	{ 2 cups (1 lb.) 1 tablesp. ⅓ tablesp. ⅔ cup ⅔ cup	{ 3 cups (1½ lbs.) 1½ tablesp. ¼ tablesp. 1 cup 1 cup
2. Shape into 4, 8 or 12 patties; then roll in	{ FLOUR	{ 1 tablesp.	{ 2 tablesp.	{ 3 tablesp.
3. Cook slowly in ⅛-inch of hot shortening for 15 minutes, or until brown on both sides.				
4. Then add a mixture of .....	{ PET MILK WATER	{ ⅓ cup ⅓ cup	{ ½ cup ½ cup	{ ¾ cup ¾ cup
5. Heat thoroughly, or until slightly thickened.				
6. Just before serving, add .....	{ <i>finely cut</i> PARSLEY	{ 1 tablesp.	{ 2 tablesp.	{ 3 tablesp.

★Quick-cooking rolled oats can replace bread crumbs. You will need ¼ cup for 2; ½ cup for 4 and ¾ cup for 6.



## Butter Spread

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Cut into small pieces and put into mixing bowl .....	{ BUTTER or margarine SALT	{ ¼ lb. ⅛ teasp.	{ ½ lb. ¼ teasp.	{ 1 lb. ½ teasp.
2. Let stand in warm room until soft enough to stir easily with a mixing spoon. Before adding milk, butter must stir as easily as mayonnaise (see note).				
3. Also let stand in warm room.....	{ PET MILK	{ 6½ tablesp.★	{ ¾ cup	{ 14½-oz. can
4. Butter and milk will blend together better if they are the same temperature.				
5. Stir milk into soft butter gradually, adding about 2 tablespoons at a time and using a mixing spoon, a rotary beater or electric beater at low speed. When all milk is added, beat vigorously 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.				
6. Makes a little less than.....	{ 1 cup (½ lb.)	{ 2 cups (1 lb.)	{ 4 cups (2 lbs.)	

★When using ¼ lb. butter, add about 1 tablesp. of milk at a time.

Note: If kitchen or weather is cool, place bowl containing butter in large bowl or pan half filled with hot water, stirring butter as it softens.

## Banana Cream Dessert

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Put into saucepan..	{ vanilla PUDDING POWDER	{ ½ package	{ 1 package	{ 1½ pkgs.
2. Stir in slowly a mixture of.....	{ PET MILK WATER	{ ½ cup ½ cup	{ 1 cup 1 cup	{ 1½ cups 1½ cups
3. Stir and boil slowly 30 seconds.				
4. Cover and cool.				
5. Arrange cooled custard in serving dish in layers with.....	{ GRAHAM CRACKERS★ sliced, ripe BANANAS★★	{ 6 1	{ 12 2	{ 18 3
6. Have crackers on top and bottom. Cover and chill. Serve from the dish.				

★Large vanilla wafers can also be used. You will need 9 wafers for 2; 18 wafers for 4 and 27 wafers for 6.

★★Fresh apricot halves, sliced peaches or plums can replace the bananas.



# Tomato Egg Salad

(Photograph below)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Soften .....	<i>unflavored</i> GELATIN <i>in cold</i> WATER	$\left\{ \begin{array}{l} 1 \text{ tablesp.} \\ 4 \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} 2 \text{ tablesp.} \\ 3 \text{ tablesp.} \end{array} \right.$	$\left\{ \begin{array}{l} 1 \text{ tablesp.} \\ \frac{1}{4} \text{ cup} \end{array} \right.$
2. Heat to boiling point a mixture of.....	PET MILK WATER	$\left\{ \begin{array}{l} 3 \text{ tablesp.} \\ 4 \text{ teasp.} \end{array} \right.$	$\left\{ \begin{array}{l} \frac{1}{3} \text{ cup} \\ 2\frac{1}{2} \text{ tablesp.} \end{array} \right.$	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \\ \frac{1}{4} \text{ cup} \end{array} \right.$
3. Stir in gelatin; let stand at room temperature.				
4. Mix together, then stir into gelatin mixture .....	<i>diced, fresh</i> TOMATO <i>chopped, hard-</i> <i>cooked</i> EGGS <i>finely cut</i> GREEN PEPPER VINEGAR SALT dry MUSTARD PEPPER	$\left\{ \begin{array}{l} \frac{1}{3} \text{ cup} \\ 1 \\ 2\frac{1}{2} \text{ tablesp.} \\ 1\frac{1}{2} \text{ tablesp.} \\ \frac{1}{3} \text{ teasp.} \\ \frac{1}{4} \text{ teasp.} \\ \text{few grains} \end{array} \right.$	$\left\{ \begin{array}{l} \frac{2}{3} \text{ cup} \\ 2 \\ \frac{1}{3} \text{ cup} \\ 3 \text{ tablesp.} \\ \frac{3}{4} \text{ teasp.} \\ \frac{1}{2} \text{ teasp.} \\ \text{few grains} \end{array} \right.$	$\left\{ \begin{array}{l} 1 \text{ cup} \\ 3 \\ \frac{1}{2} \text{ cup} \\ \frac{1}{4} \text{ cup} \\ 1 \text{ teasp.} \\ \frac{3}{4} \text{ teasp.} \\ \frac{1}{8} \text{ teasp.} \end{array} \right.$
5. Chill until syrupy.				
6. Rinse with cold water a ring mold or loaf pan holding about.....		$\left\{ \begin{array}{l} 1 \text{ pint} \end{array} \right.$	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ pints} \end{array} \right.$	$\left\{ \begin{array}{l} 1 \text{ quart} \end{array} \right.$
7. Fill with mixture, then chill until firm. Turn out; serve with salad greens garnished with hard-cooked egg yolk, if desired.				

*Note: To prepare salad as illustrated, line the outer side of the ring mold with sliced tomatoes before filling with the mixture.*



**DELICIOUS  
SUMMER MEAL**  
*with ONE HOT DISH*

Assorted Cold Meats  
Tomato Egg Salad★  
Vegetable Chop Suey★  
Bread      Butter Spread★  
Sliced Peaches with  
Whipped Topping★

★Recipes are in this book



**EASY TO FIX  
AND  
EASY TO SERVE**

Tomato Soup  
Meat and Potato Salad★  
Green Beans  
Soy or Rye Crackers  
Grape Whip★

★Recipes are in this book



## Meat and Potato Salad

(Photograph above)

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Cook slowly 5 minutes .....	<i>finely cut</i> ONION <i>in</i> MEAT DRIP- PINGS	{ 1 tablesp. 1½ tablesp.	{ 2 tablesp. 3 tablesp.	{ 3 tablesp. 4½ tablesp.
2. Blend in mixture of	FLOUR SUGAR dry MUSTARD SALT PEPPER	{ 1 tablesp. 1½ teasp. ⅓ teasp. ¾ teasp. few grains	{ 2 tablesp. 1 tablesp. ¾ teasp. 1¼ teasp. few grains	{ 3 tablesp. 1½ tablesp. 1 teasp. 2 teasp. ⅛ teasp.
3. Stir in mixture of..	VINEGAR WATER	{ 3 tablesp. 1½ tablesp.	{ ⅓ cup 3 tablesp.	{ ½ cup 4½ tablesp.
4. Stir and boil slowly 2 minutes.				
5. Remove from heat; stir into.....	PET MILK	{ 3 tablesp.	{ ⅓ cup	{ ½ cup
6. Add and mix well..	<i>diced, cooked</i> POTATOES <i>diced</i> LUNCH MEAT★ <i>finely cut</i> PARSLEY <i>drained</i> PICKLE RELISH or <i>finely</i> <i>cut</i> pickle	{ 1¼ cups ¾ cup (¼ lb.) 1 tablesp. 1½ tablesp.	{ 2½ cups 1½ cups (½ lb.) 2 tablesp. 3 tablesp.	{ 3¾ cups 2¼ cups (¾ lb.) 3 tablesp. 4½ tablesp.

7. If desired, serve garnished with hard-cooked egg slices and strips of pimiento as illustrated.

★Bologna, canned lunch meat, cooked ham or chicken can also be used.

For **PLAIN POTATO SALAD**, omit meat in above recipe and increase potatoes to 1½ cups for 2; 3 cups for 4 and 4½ cups for 6.



## Peach Scallop

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Turn on oven; set at moderately slow (350° F.).				
2. Grease a baking dish holding about...		1 pint	1 quart	1½ quarts
3. Break into small pieces .....	<b>GRAHAM CRACKERS</b> *	⅔ cup	1⅓ cups	2 cups
4. Arrange crackers in layers in greased dish with .....	<i>sliced</i> <b>PEACHES</b> ★★ <i>light brown</i> SUGAR BUTTER or margarine	⅔ cup 3 tablesp. 2 teasp.	1⅓ cups ⅓ cup 1½ tablesp.	2 cups ½ cup 2 tablesp.
5. Begin with fruit, then sugar, bits of butter and crackers, having 2 layers of each.				
6. Mix and pour over.	<b>PET MILK</b> <b>WATER</b>	¼ cup 2 tablesp.	½ cup ¼ cup	⅔ cup ⅓ cup
7. Bake until brown, or about.....		20 min.	30 min.	40 min.
8. Serve warm or cold.				
*Plain cake can replace graham crackers.				
★★Thinly sliced, pared apples, or pitted, sliced plums or drained, canned peaches or plums can also be used.				

## Spaghetti With Dried Beef Sauce

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Boil until tender...	<b>SPAGHETTI</b> or macaroni broken into pieces <i>in boiling</i> WATER SALT	⅔ cup 4 cups 1 teasp.	1⅓ cups 6 cups 1½ teasp.	2 cups 8 cups 2 teasp.
2. Drain; rinse with hot water.				
3. Cook slowly until edges are brown.....	<i>shredded, dried</i> <b>BEEF</b> * <i>in hot</i> SHORTENING	½ cup 1½ tablesp.	1 cup 3 tablesp.	1½ cups 4 tablesp.
4. Sprinkle over beef, then blend in.....	<b>FLOUR</b> dry MUSTARD PEPPER	1½ tablesp. ¼ teasp. few grains	3 tablesp. ½ teasp. ⅓ teasp.	4½ tablesp. ¾ teasp. ¼ teasp.
5. Stir in, then boil 2 minutes .....	<b>WATER</b>	½ cup	1 cup	1½ cups
6. Add spaghetti and..	<b>PET MILK</b> <i>diced</i> American CHEESE <i>finely cut</i> PARSLEY	½ cup ½ cup (3 ozs.) 1 tablesp.	1 cup 1 cup (½ lb.) 2 tablesp.	1½ cups 1½ cups (½ lb.) 3 tablesp.
7. Stir and heat slowly until cheese melts. Serve at once.				
*Diced bologna, lunch meat, cooked smoked tongue or ham can replace dried beef if ¼ teasp. salt for 2; ½ teasp. salt for 4 and ¾ teasp. salt for 6 is added with the flour mixture.				



# Vegetable Chop Suey

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Put in heavy saucepan .....	SHORTENING or meat drippings cut-up	1 tablesp.	2 tablesp.	3 tablesp.
	TOMATOES★ shredded	½ cup	1 cup	1½ cups
	CABBAGE	2 cups	4 cups	6 cups
	GREEN PEPPER	¼ cup	½ cup	¾ cup
	finely cut ONION	3 tablesp.	½ cup	½ cup
	fresh CORN,★★ cut from cob	½ cup	1 cup	1½ cups
	WATER	¼ cup	½ cup	¾ cup
	SALT	⅓ teasp.	¾ teasp.	1⅛ teasp.
	PEPPER	few grains	few grains	½ teasp.

2. Cover and boil slowly 15 minutes, or until vegetables are tender, stirring occasionally.

3. Sprinkle over vegetables, then stir and boil 1 minute.....

FLOUR	{ 2 teasp.	{ 1½ tablesp.	{ 2 tablesp.
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4. Stir in ..... { hot PET MILK { ⅓ cup { ⅔ cup { 1 cup

5. Do not heat after combining, but serve at once.

★Cut up summer squash can replace the tomatoes.

★★Drained, whole kernel canned corn can replace fresh corn if it is added 5 minutes before vegetables are tender.

## Cooked Salad Dressing

DIRECTIONS	INGREDIENTS	FOR 2	FOR 4	FOR 6
1. Mix together .....	SUGAR	1 tablesp.	2 tablesp.	3 tablesp.
	SALT	¼ teasp.	½ teasp.	¾ teasp.
	dry MUSTARD	¼ teasp.	½ teasp.	¾ teasp.
	FLOUR	1½ teasp.	2 tablesp.	3 tablesp.
2. Stir in .....	{ well-beaten EGG	{ 1	{ 1	{ 2
3. Then add.....	WATER	2 tablesp.	¾ cup	6 tablesp.
	VINEGAR	2 tablesp.	¾ cup	6 tablesp.
4. Place over boiling water. When water again boils, stir and cook 8 minutes, or until very thick.				
5. Cool slightly, then stir in .....	{ PET MILK	{ ¼ cup	{ ½ cup	{ ¾ cup
6. Store in covered jar in refrigerator and use for all kinds of salads and sandwich fillings.				
7. Makes .....	{ ½ cup	{ 1 cup	{ 1½ cups	



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