



**Thrifty
Meals**
for 2 or 4 or 6
BY
Mary Lee Taylor



Dear Friend:



Whenever you meet with a group of your friends, I am sure that sooner or later, your talk centers on the high cost of food.

Fortunately, you can do more than just talk about food costs. With the recipes in this booklet you can actually do something about cutting costs, and still keep your meals delicious and nourishing.

The Macaroni Loaf with Creole Sauce, pictured on the cover, is a delicious main dish, for example, that uses no meat. It fits in well with special Lenten menus, too, as do many of these recipes. The attractive Club Salad requires no oil for its dressing, and is satisfying enough to be a luncheon main course. And because most of these recipes give

directions for preparing 2, 4, or 6 servings, you need never waste food by fixing more than you need.

Are these grand-tasting dishes nourishing, too? Of course, because they are rich in milk. Milk, as you know, is Nature's most nearly perfect food, and Pet Milk is whole milk concentrated to double richness, supplying *twice* the protective whole milk substances of ordinary milk.

You can use Pet Milk in so many ways that I hope you'll always keep a supply on hand. Remember, Pet Milk costs less generally than any other form of milk.

I hope you'll listen regularly to my Saturday morning broadcasts for more money-saving ideas.

Sincerely yours,

Mary Lee Taylor

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Macaroni Loaf With Creole Sauce

(Photograph on front cover)

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|--|--|---|--|
| 1. Turn on oven; set at moderately slow (350° F.). | | | | |
| 2. Grease well a loaf pan holding about... | | { 1 pint | { 1 quart | { 1½ quarts |
| 3. Heat over boiling water a mixture of.... | <i>diced American</i> CHEESE PET MILK WATER dry MUSTARD SALT | { ½ cup { 6 tablesp. { ¼ cup { ¼ teasp. { ¼ teasp. | { 1 cup { ¾ cup { ½ cup { ½ teasp. { ½ teasp. | { 1½ cups { 1⅞ cups★ { ¾ cup { ¾ teasp. { ¾ teasp. |
| 4. Stir until cheese melts, then stir into... | <i>slightly beaten</i> EGG | { 1 | { 2 | { 3 |
| 5. Fold in..... | <i>cooked, drained</i> MACARONI★★ | { 1½ cups | { 3 cups | { 4½ cups |
| 6. Put into loaf pan. Set in larger pan holding ½ inch hot water. | | | | |
| 7. Bake until firm, or about..... | | { 40 minutes | { 1 hour | { 1¼ hours |
| 8. Cook slowly 5 minutes | <i>cut-up</i> GREEN PEPPER <i>cut-up</i> ONION <i>in</i> SHORTENING | { 3 tablesp. { 1 tablesp. { 2 teasp. | { ½ cup { 2 tablesp. { 4 teasp. | { ½ cup { 3 tablesp. { 2 tablesp. |
| 9. Stir in | <i>condensed</i> TOMATO SOUP SALT PEPPER | { 6 tablesp. { few grains { few grains | { ¾ cup { ⅞ teasp. { few grains | { 10½-oz. can { ¼ teasp. { ⅞ teasp. |
| 10. Boil 1 minute, stirring occasionally. Turn out loaf; serve with the sauce. | | | | |
| ★1⅞ cups equal 1 cup plus 2 tablespoons. | | | | |
| ★★You will need ½ cup uncooked macaroni for 2; 1 cup for 4 and 1½ cups for 6. Break in pieces; cook tender in boiling salted water. | | | | |

THRIFTY, MEATLESS DINNER—NOURISHING AS MEAT

Macaroni Loaf with Creole Sauce★

Mixed Raw Vegetable Tray

(carrot strips, flowerets of cauliflower, radish "roses,"
spring onions and celery "curls")

Seasoned Spinach or other Greens

Hard Rolls or Bread Sticks

Butter Spread★

Squares of Gingerbread with Whipped Lemon Topping★

★Recipes are in this book



**SAVE MONEY
USE FOODS IN SEASON**

Lamb Patties
Browned Potatoes
Spring Succotash★
Leaf Lettuce with
Mock Cream Dressing
Tropical Fruit Loaf★

★Recipes are in this book

Tropical Fruit Loaf

(Photograph above)

| DIRECTIONS | INGREDIENTS | FOR 4 | FOR 6 |
|--|--|--|--|
| 1. Heat to boiling a mixture of... | <i>canned</i> PINE-APPLE JUICE WATER SALT | $\frac{1}{4}$ cup $\frac{1}{4}$ cup $\frac{1}{8}$ teasp. | $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{4}$ teasp. |
| 2. Add and stir until dissolved... | <i>strawberry-flavored</i> GELATIN | $\frac{1}{2}$ package | 1 package |
| 3. Cool thoroughly, then stir in.. | PET MILK | 6 tablesp. | $\frac{3}{4}$ cup |
| 4. Chill until mixture begins to thicken. | | | |
| 5. Meanwhile, rub with vegetable oil a mold holding about | | $2\frac{1}{2}$ cups | 5 cups |
| 6. Whip chilled gelatin mixture with rotary egg beater until fluffy. | | | |
| 7. Then fold in..... | <i>canned, crushed</i> PINEAPPLE, <i>drained</i> MARSH- MALLOWS <i>finely cut</i> | $\frac{1}{4}$ cup 8 (2 ozs.) | $\frac{1}{2}$ cup 16 ($\frac{1}{4}$ lb.) |
| 8. Put into oiled mold and chill until firm. | | | |
| 9. Turn out and sprinkle top and sides with..... | <i>shredded</i> COCONUT | $\frac{3}{4}$ cup (2 ozs.) | $1\frac{1}{2}$ cups ($\frac{1}{4}$ lb.) |

For Tropical Fruit Pie, line with vanilla wafers a 7-in. pie pan for 4 and a 9-in. pie pan for 6. Fill with gelatin mixture; top with coconut; chill.

Note: Cut up, canned or frozen peaches and juice, or cooked dried prunes, apricots or peaches and juice can be substituted for the pineapple and juice.

Caramel Frosting

| DIRECTIONS | INGREDIENTS | For 8x8x2 in. Loaf | For two 9-in. layers |
|---|---|------------------------|-------------------------|
| 1. Mix together in saucepan..... | <div> <div> <i>light brown</i> SUGAR, <i>lightly packed</i> PET MILK BUTTER <i>or</i> <i>margarine</i> SALT </div> <div> $\frac{1}{2}$ cup $2\frac{1}{2}$ tablesp. $1\frac{1}{2}$ teasp. few grains </div> <div> 1 cup $\frac{1}{3}$ cup 1 tablesp. few grains </div> </div> | | |
| 2. Heat and stir until mixture boils; cool. | | | |
| 3. Stir in..... | { VANILLA | { $\frac{1}{2}$ teasp. | { 1 teasp. |
| 4. Add, about 3 tablespoons at a time | { powdered SUGAR | { $1\frac{1}{3}$ cups | { $2\frac{2}{3}$ cups |
| 5. Beat until creamy. Spread on top and sides of Easy Mix Cake (see below). | | | |

Easy Mix Cake

| DIRECTIONS | INGREDIENTS | For one loaf 8x8x2 in. | For two 9-in. layers |
|--|--|---------------------------|-------------------------|
| 1. Turn on oven; set at moderately slow (350° F.). | | | |
| 2. Grease, then dust with flour a pan 8x8x2 in. deep, or 2 deep 9-in. layer cake pans. | | | |
| 3. Sift before measuring..... | { <i>all-purpose</i> FLOUR | { $1\frac{1}{3}$ cups | { $2\frac{2}{3}$ cups |
| 4. Resift into bowl with..... | <div> SUGAR BAKING POWDER SALT </div> <div> 1 cup $2\frac{1}{4}$ teasp. $\frac{1}{2}$ teasp. </div> <div> 2 cups $4\frac{1}{2}$ teasp. 1 teasp. </div> | | |
| 5. Add | <div> <i>soft vegetable</i> SHORTENING PET MILK WATER VANILLA </div> <div> $\frac{1}{3}$ cup $\frac{1}{3}$ cup $\frac{1}{3}$ cup 1 teasp. </div> <div> $\frac{2}{3}$ cup $\frac{2}{3}$ cup $\frac{2}{3}$ cup 2 teasp. </div> | | |
| 6. Beat vigorously 2 minutes with mixing spoon, or electric beater at medium speed. | | | |
| 7. Then add and beat 2 minutes longer | { <i>unbeaten</i> EGG | { 1 | { 2 |
| 8. Put into prepared pan. Bake on center shelf of oven 35 minutes, or until cake shrinks from sides of pan. Remove from oven; let stand in pan 5 minutes before turning out. When cool, spread with Caramel Frosting (see above) if desired. | | | |

Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.

Split Pea Soup

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|--|--|---|--|
| 1. Cook slowly 5 minutes | <i>finely cut</i> ONION in SHORTENING | { 2½ tablesp. 1 tablesp. | { ⅓ cup 2 tablesp. | { ½ cup 3 tablesp. |
| 2. Wash and drain... | <i>split dried</i> PEAS, <i>quick cooking</i> | { ⅓ cup | { ¾ cup | { 1 cup |
| 3. Add to onion mixture with..... | WATER SALT PEPPER POULTRY SEASONING★ | { 2 cups ¾ teasp. few grains ½ teasp. | { 4 cups 1¾ teasp. ⅓ teasp. ¾ teasp. | { 6 cups 2 teasp. ¼ teasp. 1 teasp. |
| 4. Cover; boil slowly 1 hour, or until peas are tender. | | | | |
| 5. Mash peas, then add | PET MILK | { ½ cup | { 1 cup | { 1½ cups |
| 6. Heat thoroughly. Serve with toasted rolls and Apple Cheese Salad (see index). | | | | |

★Powdered sage also can be used.

Top-Stove Dinner

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|---|--|--|---|
| 1. Boil until tender... | <i>medium</i> NOODLES★ <i>broken in pieces</i> boiling WATER SALT | { ⅔ cup 3 cups ¾ teasp. | { 1⅓ cups 6 cups 1½ teasp. | { 2 cups 8 cups 2 teasp. |
| 2. Drain. | | | | |
| 3. Mix together..... | <i>condensed</i> CHICKEN SOUP PET MILK WATER <i>grated</i> ONION | { ½ cup 3 tablesp. 1½ tablesp. ¾ teasp. | { ¾ cup ⅓ cup 3 tablesp. 1½ teasp. | { 10½-oz. can ½ cup ¼ cup 2 teasp. |
| 4. Add cooked noodles and | <i>drained, cooked</i> CELERY <i>drained</i> PEAS★★ <i>cooked or canned</i> SALT PEPPER WORCESTER- SHIRE SAUCE (can omit) | { ¼ cup ⅓ cup ¼ teasp. few grains ½ teasp. | { ½ cup ⅔ cup ½ teasp. few grains 1 teasp. | { ¾ cup 1 cup ¾ teasp. ⅞ teasp. 1½ teasp. |
| 5. Heat slowly until thickened, or about.. | | { 1½ minutes | { 2 minutes | { 3 minutes |
| 6. Add | <i>diced American</i> CHEESE | { ⅓ cup | { ⅔ cup | { 1 cup |
| 7. Heat very slowly stirring until cheese melts; do not boil. Serve hot. | | | | |

★Spaghetti or macaroni can replace noodles if amounts are reduced to ½ cup for 2; 1 cup for 4 and 1½ cups for 6.

★★Diced carrots, whole kernel corn or cut-up green beans can replace peas.

Oatmeal Muffins

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|---|--|--|--|
| 1. Put into mixing bowl | { ROLLED OATS, <i>quick-cooking</i> | { 6 tablesp. | { $\frac{3}{4}$ cup | { $1\frac{1}{8}$ cups★ |
| 2. Add a mixture of... | { PET MILK WATER <i>melted</i> SHORTENING | { $\frac{1}{4}$ cup $\frac{1}{4}$ cup 1 tablesp. | { $\frac{1}{2}$ cup $\frac{1}{2}$ cup 2 tablesp. | { $\frac{3}{4}$ cup $\frac{3}{4}$ cup 3 tablesp. |
| 3. Let stand for 10 minutes. | | | | |
| 4. Turn on oven; set at hot (425° F.). | | | | |
| 5. Grease thoroughly 6, 12 or 18 two-inch muffin tins. | | | | |
| 6. Sift together..... | { <i>sifted, all-purpose</i> FLOUR BAKING POWDER SUGAR SALT | { $\frac{1}{2}$ cup $1\frac{1}{4}$ tablesp. 1 tablesp. $\frac{1}{3}$ tablesp. | { 1 cup $2\frac{1}{2}$ tablesp. 2 tablesp. $\frac{2}{3}$ tablesp. | { $1\frac{1}{2}$ cups $3\frac{3}{4}$ tablesp. 1 tablesp. 1 tablesp. |
| 7. Add milk mixture all at once, mixing quickly but thoroughly. Divide among muffin tins, filling $\frac{2}{3}$ full. Bake on oven shelf slightly above center 20 minutes, or until brown. Serve with baked beans, apple salad and hot cocoa. | | | | |

★ $1\frac{1}{8}$ cups equal 1 cup plus 2 tablespoons.

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.

Spring Succotash

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|--|--|--|--|
| 1. Put into saucepan.. | { <i>condensed asparagus</i> <i>or celery</i> SOUP | { 6 tablesp. | { $\frac{3}{4}$ cup | { $10\frac{1}{2}$ -oz. can |
| 2. Stir in | { PET MILK <i>vegetable</i> LIQUID | { 3 tablesp. 4 teasp. | { $\frac{1}{3}$ cup $2\frac{1}{2}$ tablesp. | { $\frac{1}{2}$ cup $\frac{1}{4}$ cup |
| 3. Add | { <i>drained, whole</i> <i>kernel</i> CORN, <i>cooked or canned</i> <i>drained</i> GREEN BEANS, <i>cooked or canned</i> SALT PEPPER | { $\frac{3}{4}$ cup $\frac{3}{4}$ cup few grains few grains | { $1\frac{1}{2}$ cups $1\frac{1}{2}$ cups $\frac{1}{8}$ teasp. few grains | { $2\frac{1}{4}$ cups $2\frac{1}{4}$ cups $\frac{1}{4}$ teasp. $\frac{1}{8}$ teasp. |
| 4. Heat slowly. Do not boil. Serve hot. | | | | |

Note: Save remaining liquid drained from vegetables to use in soups or sauces.

Chocolate Chip Banana Cookies

| DIRECTIONS | INGREDIENTS | For 3 dozen | For 6 dozen |
|---|---|---|---|
| 1. Turn on oven; set at moderately hot (400° F.). | | | |
| 2. Sift together..... | <i>sifted, all-purpose</i> FLOUR BAKING POWDER BAKING SODA SALT | $1\frac{1}{8}$ cups★ 1 teasp. $\frac{1}{8}$ teasp. $\frac{1}{4}$ teasp. | $2\frac{1}{4}$ cups 2 teasp. $\frac{1}{4}$ teasp. $\frac{1}{2}$ teasp. |
| 3. Mix together..... | <i>mashed, ripe</i> BANANA PET MILK VANILLA | $\frac{1}{3}$ cup (1 small) $2\frac{1}{2}$ tablesp. $\frac{1}{2}$ teasp. | $\frac{2}{3}$ cup (2 small) $\frac{1}{3}$ cup 1 teasp. |
| 4. Put into bowl | <i>soft</i> SHORTENING | $\frac{1}{3}$ cup | $\frac{2}{3}$ cup |
| 5. Add gradually, beating until light and fluffy..... | SUGAR | $\frac{1}{2}$ cup | 1 cup |
| 6. Beat in vigorously..... | <i>unbeaten</i> EGG | 1 | 2 (1 at a time) |
| 7. Stir in about one-third of flour mixture. | | | |
| 8. When smooth, stir in half of milk mixture. | | | |
| 9. Repeat until all flour and milk are used. | | | |
| 10. Fold in | CHOCOLATE MORSELS | $\frac{1}{2}$ cup | 1 cup (6-oz. pkg.) |
| 11. Drop from a teaspoon 2 inches apart onto greased baking sheet. Bake on top shelf of oven 10 minutes, or until lightly browned. Remove from pan at once. | | | |

* $1\frac{1}{8}$ cups equal 1 cup plus 2 tablespoons.

Note: You'll have perfect success with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, write for a specially adjusted recipe, stating altitude at which you live and name of recipe.

Mock Cream Dressing

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|---------------------------|--|--|--|
| 1. Mix together..... | SUGAR SALT PEPPER | $\frac{1}{4}$ teasp. $\frac{1}{4}$ teasp. few grains | $\frac{1}{2}$ teasp. $\frac{1}{2}$ teasp. few grains | $\frac{3}{4}$ teasp. $\frac{3}{4}$ teasp. $\frac{1}{8}$ teasp. |
| 2. Add and mix well.. | PET MILK grated ONION★ | 3 tablesp. $\frac{1}{8}$ teasp. | $\frac{1}{3}$ cup $\frac{1}{4}$ teasp. | $\frac{1}{2}$ cup $\frac{1}{2}$ teasp. |
| 3. Stir in slowly | VINEGAR or lemon juice | $1\frac{1}{2}$ tablesp. | $2\frac{1}{2}$ tablesp. | $\frac{1}{4}$ cup |
| 4. Serve on all kinds of vegetable or green salads. | | | | |

*To serve this dressing on fruit salads, omit the onion.

Vegetable Ham Rolls

(Photograph below)

DIRECTIONS

INGREDIENTS

FOR 2

FOR 4

FOR 6

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

| | | | | |
|-------------------|---|---|---|--|
| 2. Mix well | <i>ground, lean smoked</i> HAM <i>soft BREAD</i> CRUMBS <i>(2 days' old)</i> PET MILK <i>dry MUSTARD</i> | $\frac{1}{2}$ lb. $\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ teasp. | 1 lb. 1 cup $\frac{1}{2}$ cup 1 teasp. | $1\frac{1}{2}$ lbs. $1\frac{1}{2}$ cups $\frac{3}{4}$ cup $1\frac{1}{2}$ teasp. |
|-------------------|---|---|---|--|

3. Shape into 4 or 8 or 12 oblong patties about 3x5 inches.

| | | |
|--------------------------------------|--|---|
| 4. Arrange across pat- ties | <i>cooked CARROTS,*</i> <i>cut lengthwise</i> | $\left\{ \begin{array}{l} 3 \text{ medium} \\ 6 \text{ medium} \\ 9 \text{ medium} \end{array} \right.$ |
|--------------------------------------|--|---|

5. Fold meat over carrots. Put into greased baking pan, folded side down.

| | | |
|-------------------------|-------------------|---|
| 6. Dot with bits of.... | SHORTENING | $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ teasp.} \\ 1 \text{ tablesp.} \\ 1\frac{1}{2} \text{ tablesp.} \end{array} \right.$ |
|-------------------------|-------------------|---|

7. Bake 45 minutes, or until meat is brown. Remove ham rolls to platter.

8. Put into saucepan 1 or 2 or 3 tablesp. of drippings from baking pan.

| | | | | |
|-------------------|--|--|--|---|
| 9. Blend in | FLOUR SALT PEPPER | $\left\{ \begin{array}{l} 1 \text{ tablesp.} \\ \frac{1}{4} \text{ teasp.} \\ \text{few grains} \end{array} \right.$ | $\left\{ \begin{array}{l} 2 \text{ tablesp.} \\ \frac{1}{2} \text{ teasp.} \\ \text{few grains} \end{array} \right.$ | $\left\{ \begin{array}{l} 3 \text{ tablesp.} \\ \frac{3}{4} \text{ teasp.} \\ \frac{1}{8} \text{ teasp.} \end{array} \right.$ |
|-------------------|--|--|--|---|

| | | |
|-------------------|--------------|--|
| 10. Stir in | WATER | $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup} \\ \frac{1}{2} \text{ cup} \\ \frac{3}{4} \text{ cup} \end{array} \right.$ |
|-------------------|--------------|--|

| | | | | |
|--|--|---|--|--|
| 11. Boil and stir 1 min- ute, then stir in..... | PET MILK <i>drained PEAS,</i> <i>cooked or canned</i> | $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup} \\ 1 \text{ cup} \\ 2 \text{ cups} \end{array} \right.$ | $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup} \\ 2 \text{ cups} \\ 3 \text{ cups} \end{array} \right.$ | $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup} \\ 3 \text{ cups} \end{array} \right.$ |
|--|--|---|--|--|

12. Heat thoroughly, but do not boil. Serve over ham rolls.

*Whole green beans, either cooked or canned, can replace the carrots. Use about 8 green beans for each roll.

**FOR ANY SUNDAY
INCLUDING EASTER**

Vegetable Ham Rolls*

Hash Browned Potatoes

Club Salad*

Hot Rolls Butter Spread*

Tropical Fruit Pie*

*Recipes are in this book



Cheese Puff

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|---|---|---|-----------------------------------|
| 1. Turn on oven; set at slow (325° F.). | | | | |
| 2. Grease a baking dish holding about.... | | { 1 pint | { 1 quart | { 1½ quarts |
| 3. Melt in saucepan... | { SHORTENING | { 1 tablesp. | { 2 tablesp. | { 3 tablesp. |
| 4. Blend in..... | { FLOUR { SALT { PEPPER | { 1½ tablesp. { few grains { few grains | { 3 tablesp. { ⅛ teas. { few grains | { ¼ cup { ¼ teas. { ⅛ teas. |
| 5. Stir in mixture of.. | { PET MILK { WATER | { 3 tablesp. { 3 tablesp. | { ⅓ cup { ⅓ cup | { ½ cup { ½ cup |
| 6. Cook and stir until thickened. | | | | |
| 7. Add and cook until cheese melts..... | { <i>diced American</i> { CHEESE | { ½ cup | { 1 cup | { 1½ cups |
| 8. Stir slowly into.... | { <i>slightly beaten</i> EGG { YOLKS | { 2 | { 3 | { 4 |
| 9. Fold in..... | { <i>stiffly beaten</i> EGG { WHITES { <i>chopped</i> PARSLEY { <i>(can omit)</i> | { 2 { 1 tablesp. | { 3 { 2 tablesp. | { 4 { 3 tablesp. |
| 10. Put into baking dish. Set in pan containing an inch of hot water. | | | | |
| 11. Bake until firm, or about..... | | { 25 minutes | { 45 minutes | { 1 hour |
| 12. Serve with a mixed green salad, rolls and Tropical Fruit Loaf (see index). | | | | |

Swiss Steak

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|---|--|--|---|
| 1. Mix together | { FLOUR { SALT { PEPPER | { 1 tablesp. { ½ teas. { ⅛ teas. | { 2 tablesp. { 1 teas. { ¼ teas. | { 3 tablesp. { 1½ teas. { ⅓ teas. |
| 2. With edge of saucer pound flour mixture into both sides of.... | { <i>lean</i> BEEF SLICES { <i>(chuck, shoulder or round)</i> | { ¾ lb. | { 1½ lbs. | { 2¼ lbs. |
| 3. In skillet or Dutch oven brown meat slowly on both sides in.... | { SHORTENING | { 1 tablesp. | { 2 tablesp. | { 3 tablesp. |
| 4. Add | { <i>canned</i> { TOMATOES | { 1 cup | { 2 cups { <i>(No. 2 can)</i> | { 3 cups { <i>(No. 2½ can)</i> |
| 5. Cover; cook very slowly 1½ hours, or until tender. Remove meat to hot platter. | | | | |
| 6. Stir into remaining sauce | { <i>hot</i> PET MILK | { ⅓ cup | { ⅔ cup | { 1 cup |
| 7. Serve over meat. | | | | |

Easy Thousand Island Dressing

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|--|-----------------------|----------------------|-------------------------|
| 1. Put into bowl..... | { <i>white</i> CREAM CHEESE | { 1½ ozs. (½ pkg.) | { 3 ozs. (1 pkg.) | { 4½ ozs. (1½ pkgs.) |
| 2. Stir in slowly..... | { PET MILK | { 2 tablesp. | { ¼ cup | { ⅓ cup |
| 3. When cheese mixture is smooth, stir in | { CHILI SAUCE | { 2 tablesp. | { ¼ cup | { ⅓ cup |
| | { VINEGAR | { 1½ teasp. | { 1 tablesp. | { 1½ tablesp. |
| | { SALT | { ⅛ teasp. | { ¼ teasp. | { ⅓ teasp. |
| | { PEPPER | { few grains | { few grains | { ⅛ teasp. |
| 4. Chill before serving | on all kinds of green, vegetable or tart fruit salads. | | | |

Oyster Stew

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|---|---------------------|----------------------|------------------------|
| 1. Clean carefully.... | { OYSTERS, <i>fresh or</i> <i>frozen</i> | { 1 cup (½ pint) | { 2 cups (1 pint) | { 3 cups (1½ pints) |
| 2. Cook oysters until edges start to curl in | { BUTTER or <i>margarine</i> | { 1 tablesp. | { 2 tablesp. | { 3 tablesp. |
| 3. Add and heat very slowly to boiling..... | { PET MILK | { 1⅓ cups | { 2⅔ cups | { 4 cups |
| | { WATER | { ⅔ cup | { 1⅓ cups | { 2 cups |
| | { SALT | { ⅓ teasp. | { ⅔ teasp. | { 1 teasp. |
| | { PEPPER | { few grains | { few grains | { ⅛ teasp. |
| | { BAY LEAF | { ½ small | { 1 small | { 1 large |
| 4. Add | { <i>finely cut</i> PARSLEY | { 2¼ teasp. | { 1½ tablesp. | { 2½ tablesp. |
| 5. Do not boil, but serve at once. | | | | |

Club Salad

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|--|--------------------------|--------------------------|----------------------------|
| 1. Cook slowly 5 minutes | { <i>finely cut</i> ONION in SHORTENING | { 1 tablesp. 1 teasp. | { 2 tablesp. 2 teasp. | { 3 tablesp. 1 tablesp. |
| 2. Then add..... | { VINEGAR | { 1½ tablesp. | { 3 tablesp. | { ¼ cup |
| | { SUGAR | { ½ teasp. | { 1 teasp. | { 1½ teasp. |
| | { SALT | { ¼ teasp. | { ¼ teasp. | { ¾ teasp. |
| | { PEPPER | { few grains | { few grains | { ⅛ teasp. |
| | { dry MUSTARD | { ¼ teasp. | { ¼ teasp. | { ¾ teasp. |
| 3. Stir and boil 1 minute. | | | | |
| 4. Remove from heat; stir into | { hot PET MILK | { 2½ tablesp. | { ⅓ cup | { ½ cup |
| 5. Remove yolks from whites of | { hard-cooked EGGS | { 1 | { 2 | { 3 |
| 6. Cut up egg whites and put into bowl with | { <i>shredded</i> LETTUCE or <i>raw spinach</i> | { 2 cups | { 4 cups | { 6 cups |
| 7. Pour over dressing. | Mix lightly with fork. Top with egg yolks, pushed through a sieve. | | | |

**PLENTY GOOD
AND DOESN'T
COST A FORTUNE!**

**Sausage Casserole★
with
Fried Apple Slices★
Creamed Peas
(see Creamed Vegetables★)
Tomato Salad
Chocolate Chip
Banana Cookies★**

★Recipes are in this book



Sausage Casserole

(Photograph above)

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|--|-----------------------------------|---------------------------------------|--|
| 1. Turn on oven; set at hot (425° F.). | | | | |
| 2. Heat to boiling.... | { PET MILK diluted with WATER | { ½ cup | { 1 cup | { 1½ cups |
| 3. Stir in so slowly that boiling does not stop.. | { CORN MEAL SALT | { ½ cup 3 tablesp. ½ teasp. | { 1 cup 1 cup ⅓ cup 1 teasp. | { 1½ cups 1½ cups ½ cup 1½ teasp. |
| 4. Add | { APPLES, <i>pared and</i> <i>chopped</i> | { ½ cup | { 1 cup | { 1½ cups |
| 5. Boil and stir 5 minutes. | | | | |
| 6. Pour into greased baking dish measur- ing | { 6 inches across | { 8 inches across | { 9 inches across | |
| 7. Put into cold skillet { link pork SAUSAGE cold WATER | { ⅓ lb. 2 tablesp. | { ⅔ lb. 2½ tablesp. | { 1 lb. ¼ cup | |
| 8. Cover and steam 5 minutes. Arrange sausages on top of corn meal mixture. | | | | |
| 9. Bake 15 minutes, or until sausages are brown. Serve with Fried Apple Slices (see below), if desired. | | | | |

Fried Apple Slices

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|-------------------|-------------|--------------|---------------|
| 1. Cut into eight sections and core..... | { unpeeled APPLES | { 2 medium | { 4 medium | { 6 medium |
| 2. Sprinkle with..... | { SUGAR | { 1½ teasp. | { 1 tablesp. | { 1½ tablesp. |
| 3. Cook until brown in { | hot SHORTENING | { 4½ teasp. | { 3 tablesp. | { 4½ tablesp. |
| 4. Serve with Sausage Casserole (see above) or with ham or pork. | | | | |

Potato Egg Scallop

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|---|---------------|--------------|---------------|
| 1. Turn on oven; set at moderately hot (425° F.). | | | | |
| 2. Grease a shallow baking dish holding about | | { 1 pint | { 1 quart | { 1½ quarts |
| 3. Arrange in layers in baking dish half of... | <i>crushed</i> POTATO CHIPS | { ¾ cup | { 1⅓ cups | { 2 cups |
| 4. With | <i>sliced, hard-cooked</i> EGGS | { 2 | { 4 | { 6 |
| | <i>condensed cream of mushroom</i> SOUP | { ⅓ cup | { ¾ cup | { 10½-oz. can |
| | PET MILK | { 2 tablesp. | { ¼ cup | { ⅓ cup |
| 5. Mix together..... | WATER | { 1½ tablesp. | { 3 tablesp. | { ¾ cup |
| | <i>grated</i> ONION | { ½ teasp. | { 1 teasp. | { 1½ teasp. |
| | SALT | { few grains | { ⅛ teasp. | { ¼ teasp. |
| | PEPPER | { few grains | { few grains | { ⅙ teasp. |
| 6. Pour over mixture in baking dish. Top with remaining chips. | | | | |
| 7. Bake until bubbly hot, or about..... | | { 10 minutes | { 15 minutes | { 20 minutes |
| 8. Serve with a raw vegetable salad, hot rolls and fruit for dessert. | | | | |

Cocoa

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|-----------------------------|----------------------|--------------|---------------|------------|
| 1. Mix together | COCOA | { 4 teasp. | { 2½ tablesp. | { ¼ cup |
| | SUGAR | { 4 teasp. | { 2½ tablesp. | { ¼ cup |
| | SALT | { few grains | { ⅛ teasp. | { ¼ teasp. |
| 2. Stir in slowly..... | <i>boiling</i> WATER | { ¾ cup | { 1⅓ cups | { 2 cups |
| 3. Boil and stir 5 minutes. | | | | |
| 4. Add | PET MILK | { ¾ cup | { 1⅓ cups | { 2 cups |
| 5. Heat thoroughly. | | | | |
| 6. Beat in, then serve.. | VANILLA | { ¼ teasp. | { ½ teasp. | { ¾ teasp. |

HUNGRY FOR STEAKS? TRY THIS THRIFTY EASY-TO-FIX MEAL

Swiss Steak★
Mashed Potatoes
with Butter Spread★
Cole Slaw with
Mock Cream Dressing★
Fruit Cup

★Recipes are in this book

A MEAL LIKE THIS MAKES BUDGET'S PURR

Top-Stove Dinner★
Mixed Green Salad
with
Easy Thousand Island
Dressing★
Easy Mix Cake★ with
Caramel Frosting★

★Recipes are in this book

Apple Cheese Salad

| DIRECTIONS | INGREDIENTS | FOR 4 | FOR 6 |
|---|--|--------------------------------------|-------------------------------------|
| 1. Soften | { <i>unflavored</i> GELATIN <i>in cold</i> WATER | { 2 tablesp. 2½ tablesp. | { 1 tablesp. ¾ cup |
| 2. Add to mixture of..... | { <i>boiling</i> WATER SALT SUGAR | { ¼ cup ½ tablesp. 1½ tablesp. | { ⅓ cup ¾ tablesp. 2 tablesp. |
| 3. Remove from heat; stir until dissolved. | | | |
| 4. Add | { LEMON JUICE | { 3 tablesp. | { ¼ cup |
| 5. Chill until syrupy. | | | |
| 6. Meanwhile, mix together..... | { <i>diced, unpared</i> APPLES COTTAGE CHEESE PET MILK | { 1½ cups 1 cup ⅓ cup | { 2¼ cups 1½ cups ½ cup |
| 7. Fold into chilled gelatin mixture. | | | |
| 8. Put into wet mold holding about..... | | { 1 quart | { 1½ quarts |
| 9. Chill until firm. Turn out and serve on lettuce or other salad greens, if desired. | | | |

Butter Spread

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|--|---|-------------------------|-------------------------|-------------------------|
| 1. Cut in small pieces and put into mixing bowl | { BUTTER or <i>margarine</i> SALT | { ¼ pound ⅛ tablesp. | { ½ pound ¼ tablesp. | { 1 pound ½ tablesp. |
| 2. Let stand in a 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 |
| Butter and milk will blend together better if they are the same temperature. | | | | |
| 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. | | | | |
| 5. 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 tablespoon of milk at a time.

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

Creamed Vegetables

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|------------------------------------|---|--|--|--|
| 1. Drain and save liquid from..... | { <i>cooked or canned</i> VEGETABLE ★ | { 1 cup | { 2 cups | { 3 cups |
| 2. Melt in saucepan... | { BUTTER or <i>margarine</i> | { 2 tablesp. | { 1 tablesp. | { 1½ tablesp. |
| 3. Blend in | { FLOUR SALT PEPPER | { 1 tablesp. { ¼ tablesp. { few grains | { 2 tablesp. { ½ tablesp. { few grains | { 3 tablesp. { ¾ tablesp. { ⅛ tablesp. |
| 4. Stir in slowly..... | { LIQUID <i>off</i> <i>vegetable</i> | { ⅓ cup | { ½ cup | { ¾ cup |
| 5. Boil and stir 2 minutes. | | | | |
| 6. Stir in | { PET MILK | { ⅓ cup | { ½ cup | { ¾ cup |

7. Add drained vegetable and heat thoroughly, but do not boil.

★*Asparagus, broccoli, cabbage, carrots, cauliflower, celery, corn, eggplant, green beans, lima beans, mushrooms, onions, parsnips, peas, potatoes, rutabagas, or wax beans can be used.*

Whipped Lemon Topping

| DIRECTIONS | INGREDIENTS | FOR 2 | FOR 4 | FOR 6 |
|---|---|---------------|--------------|--------------|
| 1. Chill until icy cold.. | { PET MILK ★ | { ¼ cup | { ⅓ cup | { ½ cup |
| 2. Add | { <i>granulated</i> SUGAR | { 1 tablesp. | { 4 tablesp. | { 2 tablesp. |
| 3. Whip with chilled rotary beater, or electric beater at high speed, until fluffy. | | | | |
| 4. Then add..... | { LEMON JUICE | { 1½ tablesp. | { 2 tablesp. | { 1 tablesp. |
| 5. Continue whipping until stiff. | | | | |
| 6. Sprinkle over the top | { <i>grated</i> LEMON RIND ★ | { ¼ tablesp. | { ¼ tablesp. | { ½ tablesp. |
| 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.

★★*Lemon extract can replace lemon rind. Use ⅛ tablesp. for 2 or 4 and ¼ tablesp. for 6.*

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