



Springtime Recipes

USEFUL THE YEAR AROUND



...AND HELPFUL MEAL PLANS
by Mary Lee Taylor



PET MILK now has 400 UNITS of SUNSHINE VITAMIN D

For a long time Pet Milk has been extra

rich in vitamin D. Now Pet Milk contains three times as much vitamin D as ever before! That means it is better than ever for babies—better, too, for growing children.

According to medical authorities, 400 units of vitamin D per quart of milk will supply the full requirements of the normal baby for the development of good bones and teeth and for excellent growth. When you dilute Pet Milk with an equal amount of water, that's exactly what you get—400 units of vitamin D per quart.

The vitamin D in Pet Milk is vitamin D₃—exactly the same kind of vitamin D that you get from sunshine—the same form of vitamin D that is in “cod-liver oil”.

The laboratory of the Wisconsin Alumni Research Foundation regularly tests samples of Pet Milk and its seal on Pet Milk labels is your assurance that a quart of milk consisting of equal parts of Pet Milk and water contains 400 units of vitamin D.

Pet Milk is double-rich in protective whole milk substances and triple-rich in sunshine vitamin D.

2 *Great radio programs*
EVERY SATURDAY

EVERY SATURDAY MORNING

Mary Lee Taylor's recipe and meal-planning program—a half hour packed with timely and helpful food ideas.

EVERY SATURDAY NIGHT

Saturday Night Serenade—featuring Jessica Dragonette, Bill Perry, the Serenaders, and Gus Haenschen and his Orchestra.

Columbia Broadcasting System

For the exact time of these popular C. B. S. programs, consult your local newspaper.

Pet Milk Company, 1418 Arcade Building, St. Louis 1, Missouri.

Surprise Custard Pie

1. Turn on oven; set at moderately slow (350° F.).
2. Grease a deep 7-inch pie pan.
3. Mash thoroughly with back of spoon
1 1/2 cups.....cooked RICE
4. Blend in mixture of
3 tablespoons.....SUGAR
2 tablespoons.....COCOA
1/4 teaspoon.....SALT
5. Mix in
2 tablespoons.....melted BUTTER
 or fortified margarine
6. With back of spoon dipped in water, press rice mixture on bottom and sides of greased pie pan. With wet fingers, pinch mixture to make fancy edge. Let stand.
7. Mix together
2.....slightly beaten EGGS
3 tablespoons.....SUGAR
1/4 teaspoon.....SALT
1 teaspoon.....VANILLA
8. Stir in
2/3 cup.....PET MILK
 diluted with
2/3 cup.....WATER
9. Pour into rice-lined pan. Bake on center shelf of oven 50 minutes, or until custard is firm. Cool before cutting. Serves 4.

Note: You'll need to cook 6 tablespoons rice in 3 cups boiling water and 3/4 teaspoon salt to have 1 1/2 cups cooked, drained rice.

1 1/2 cups ordinary milk can replace the Pet Milk diluted with water, but the pie won't taste as rich or have the same wholesomeness because Pet Milk diluted with an equal amount of water is richer in whole milk substances than ordinary milk.

Sunset Salad

1. Mix together
1/2 teaspoon.....dry MUSTARD
1/2 teaspoon.....SALT
1 1/2 tablespoons.....FLOUR
1 tablespoon.....SUGAR
2. Stir in gradually
1/2 cup.....PET MILK
3. Stir and cook over boiling water 5 minutes, or until very thick.
4. Remove from heat and stir in
2 tablespoons.....VINEGAR
5. Cover and cool.
6. Then mix in thoroughly
2.....chopped, hard-cooked EGGS
1/2 cup
.....drained, whole kernel CORN*
 cooked or canned
1/4 cup.....finely cut SWEET PICKLE*
7. Chill; at serving time divide into 4 portions and put on lettuce or other salad greens. Shape into mounds with back of spoon.
8. Sprinkle with equal portions of
1/4 cup
.....finely shredded, raw CARROT*
Serves 4.

*Variations:

1. Peas, cut green or wax beans can replace corn.
2. Well-drained sweet pickle relish can replace pickles.
3. Finely shredded raw turnips or rutabagas can replace carrot.

Ordinary milk can replace Pet Milk if flour is increased to 2 tablespoons and 1/2 tablespoon shortening is added after milk is stirred in. The salad won't be as wholesome, however, because Pet Milk is twice as rich as ordinary milk and supplies extra sunshine vitamin D.

Five-Star Stew

1. Mix together thoroughly
 - 1 pound twice-ground MEAT*
 - 2/3 cup PET MILK
 - 1/2 cup quick-cooking ROLLED OATS
 - 1 1/4 teaspoons SALT
 - 1/8 teaspoon PEPPER
2. Shape into 16 balls; then roll balls in
 - 3 tablespoons FLOUR
3. Brown on all sides in
 - 3 tablespoons hot SHORTENING
4. Add
 - 1 cup sliced ONIONS
(2 medium)

5. Cook slowly until onions are lightly browned, then add
 - 1 1/2 cups boiling WATER
 - 2 cups pared, diced POTATOES
(4 medium)
 - 2 cups cut GREEN BEANS*
(1/2 lb.)
 - 1 teaspoon SALT
 - 1/8 teaspoon PEPPER
6. Cover and cook slowly 25 minutes, or until vegetables are tender. Serve at once. Serves 4.

*Variations:

1. Beef, veal, lamb or pork can be used.
 2. Cut-up celery or cabbage can replace green beans if added 10 minutes before end of cooking time.
- $\frac{1}{3}$ cup ordinary milk and 1 slightly beaten egg can replace the Pet Milk. The egg is necessary because Pet Milk takes the place of egg ordinarily used to hold a meat mixture together.

Basic White Sauce

(for creaming a variety of vegetables)

1. Melt in saucepan
 - 1 tablespoon MEAT DRIPPINGS
or other shortening
2. Blend in
 - 2 tablespoons FLOUR
 - 1/2 teaspoon SALT
 - few grains PEPPER
3. Stir in
 - 1/2 cup WATER
or liquid off vegetable
4. Stir and boil 2 minutes.
5. Then stir in
 - 1/2 cup PET MILK
6. Add
 - 2 cups drained, cooked VEGETABLE*
7. Heat thoroughly, but do not boil. Serve at once. Serves 4.

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

For Creamed Eggs

Substitute 4 sliced, hard-cooked eggs for the cooked vegetable in Basic White Sauce. (see opposite).

For Creamed Fish

Substitute 2 cups flaked, cooked or canned fish for the cooked vegetable.

For Creamed Meat

Substitute 2 cups diced, cooked or canned meat for the cooked vegetable.

1 cup ordinary milk can replace Pet Milk and water if shortening is increased to 2 tablespoons and flour to 3 tablespoons. The sauce won't have the same rich flavor or the same wholesomeness, however, because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.

Fruit Betty

1. Turn on oven; set at slow (350° F.).
2. Grease a 1½-qt. baking dish.
3. Melt
3 tablespoons _____ BUTTER
 or fortified margarine
4. Blend in
2 cups _____ soft BREAD CRUMBS
 (day old)
5. Mix together
4 cups _____ pared, thinly sliced APPLES*
1/3 cup _____ SUGAR
3/4 teaspoon _____ CINNAMON
1/4 teaspoon _____ SALT
6. Arrange apples and crumbs in layers in greased baking dish, having 3 layers of each. Start with apples and end with crumbs on top.
7. Cover; bake 25 minutes, or until apples are tender.
8. Pour over top
1/2 cup _____ PET MILK
9. Continue baking, uncovered, 15 minutes longer or until lightly browned. Serves 4.

* Variation:

1⅓ cups cut-up cooked, pitted prunes and ¼ cup prune juice can replace the apples, if baking time while covered is reduced to 15 minutes.

Only cream can replace the Pet Milk, but remember that cream furnishes only butterfat, for the most part, and not the protective whole milk substances and extra vitamin D furnished by Pet Milk.

Butter Spread

1. Cut in small pieces and put in mixing bowl
1/4 pound _____ BUTTER
 or fortified margarine
1/8 teaspoon _____ SALT
2. Let stand in warm room until soft enough to stir easily with a mixing spoon. It must stir as easily as mayonnaise before adding the milk (see note).
3. Also let stand in warm room
6 1/2 tablespoons _____ PET MILK
4. Stir milk into soft butter gradually, adding about 1 tablespoon at a time and using a mixing spoon, a rotary egg beater or electric beater at low speed. When all milk is added, beat vigorously for 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, pancakes, waffles, biscuits, muffins, French toast, etc. Makes a little less than 1 cup, or a little less than ½ pound.

Butter and milk will blend together better if they are the same temperature.

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.

Scrambled Eggs

1. Mix together
5 _____ slightly beaten EGGS
2 tablespoons _____ PET MILK
 diluted with
2 tablespoons _____ WATER
1/2 teaspoon _____ SALT
few grains _____ PEPPER
2. Cook over boiling water, stirring until thickened. Serves 4.

Ordinary milk can replace the Pet Milk and water but the dish won't have the same wholesomeness because Pet Milk when diluted with an equal amount of water is richer than milk generally sold in bottles.

Noodle Ring

1. Boil until tender
 1 1/3 cups _____ broken NOODLES
 1/4-in. wide (3 ozs.)
 in 4 cups _____ boiling WATER
 1 teaspoon _____ SALT
2. Drain.
3. Grease, then dust with flour, a 7-inch ring mold or quart baking dish.
4. Turn on oven; set at slow (325° F.).
5. Cook slowly 5 minutes
 2 tablespoons _____ finely cut ONION
 in 1 1/2 tablespoons _____ MEAT DRIPPINGS
 or other shortening
6. Add to noodles with mixture of
 2 _____ slightly beaten EGGS
 1/2 cup _____ PET MILK
 1/4 cup _____ WATER
 1/2 teaspoon _____ dry MUSTARD
 1 teaspoon _____ SALT
 few grains _____ PEPPER

7. Put in prepared ring or dish. Bake 45 minutes, or until firm. Loosen mixture from sides of ring with knife and let stand 5 minutes before turning out. Serve with Creamed Meat, Creamed Fish, Creamed Eggs or a Creamed Vegetable (see recipe for Basic White Sauce). Serves 4.

For Spaghetti or Macaroni Ring

Substitute 1 cup broken spaghetti or macaroni for the 1 1/3 cups broken noodles.

3/4 cup ordinary milk can replace 1/2 cup Pet Milk and 1/4 cup water, but the dishes won't taste as rich or be as wholesome because 1/2 cup Pet Milk supplies the protective whole milk substances of a full cup of rich whole milk.

Chinese Molds

1. Turn on oven; set at moderately slow (350° F.).
2. Grease well 4 custard cups or a qt. baking dish.
3. Beat slightly
 2 _____ EGGS
4. Add and mix thoroughly
 1/2 cup _____ PET MILK
 1/3 cup _____ WATER
 1 1/3 cups _____ cooked RICE*
 1 1/3 cups _____
 diced, packaged American CHEESE*
 (4 ozs.)
 1 teaspoon _____ SALT
 few grains _____ PEPPER
 2 tablespoons _____ finely cut PIMIENTO
 (optional)

5. Divide among custard cups and set on baking sheet, or pour into baking dish. Bake on center shelf of oven 30 minutes, or until firm. Turn out of cups and serve at once, garnished with slices of hard-cooked egg if desired, or serve from baking dish. Serves 4.

Note: You'll need to cook until tender 1/4 cup rice in 2 1/2 cups boiling water and 1/2 teaspoon salt to have 1 1/3 cups cooked, drained rice.

* Variations:

1. Coarsely chopped, cooked macaroni or spaghetti can replace rice.
2. Cheese can be omitted if 3 eggs are used instead of 2.

Ordinary milk can replace Pet Milk and water if 1 tablespoon melted shortening is added. The dish won't taste as rich or be as wholesome, however, because Pet Milk supplies far more protective whole milk substances than ordinary milk and also supplies extra vitamin D.

Meringue Jelly Cake

1. Turn on oven; set at moderate (375° F.).
2. Grease an 8-inch layer cake pan.
3. Sift into bowl

1 cup	sifted, all-purpose FLOUR
1/2 cup	SUGAR
2 teaspoons	BAKING POWDER
1/4 teaspoon	SALT
4. Make a hollow in center of flour mixture and add, all at once, a mixture of

1/4 cup	PET MILK
1/4 cup	WATER
1/4 cup	soft SHORTENING
1	unbeaten EGG YOLK
1/2 teaspoon	VANILLA
5. Beat vigorously 2 minutes with spoon, or electric mixer at medium speed. Put in greased pan. Bake on oven shelf slightly above center 20 minutes, or until cake shrinks from sides of pan. Let cake stand in pan 5 minutes, then turn out. Cool while preparing meringue. Reduce heat to slow (325° F.).
6. Beat until stiff but not dry

1	EGG WHITE
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7. Continue beating while adding gradually

2 tablespoons	SUGAR
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8. Spread on top of cake

1/4 cup	JELLY or marmalade
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9. Cover with meringue. Bake 15 minutes longer, or until meringue is lightly browned. Cool before serving. Serves 4.

For Meringue Jelly Cup Cakes

Divide batter among 1 dozen 2-inch muffin tins filling $\frac{2}{3}$ full. Bake 20 minutes in 375° F. oven. Top with equal parts of jelly. Spread with meringue. Bake 10 minutes longer, or until meringue is lightly browned.

$\frac{1}{2}$ cup ordinary milk can replace Pet Milk and water, but the cakes won't taste as rich or be as wholesome because Pet Milk diluted with an equal amount of water is richer than milk generally sold in bottles.

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

All-in-one Dinner

1. Mix together in saucepan

10 1/2-oz. can	condensed VEGETABLE SOUP
1 1/4 cups	WATER
2. Add and heat to boiling

1 1/2 cups	thinly sliced FRANKFURTERS*
	(1/2 lb.)
1 1/2 cups	cooked RICE
3. Put in bowl

1 cup	prepared PANCAKE FLOUR
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4. Add all at once a mixture of

1/3 cup	PET MILK
1/3 cup	WATER
5. Mix well, then drop 8 portions by spoonfuls on top of boiling soup mixture to make 8 dumplings. Cover tightly and cook slowly 15 minutes without lifting cover. Serve at once. Serves 4.

* Variations:

Sliced wieners or cut-up bologna or lunch meat can replace frankfurters.

$\frac{2}{3}$ cup ordinary milk can replace the Pet Milk and water. The dumplings won't be as wholesome, however, because Pet Milk diluted with an equal amount of water is richer than ordinary milk.

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 MEALS . . . *by Mary Lee Taylor*

*(a light but satisfying
meatless meal)*

Scrambled Eggs★
Creamed Asparagus
Hashed Browned Potatoes
Mixed Green Salad
Stewed Rhubarb Cookies

*(makes a little meat go a
long way)*

All-in-one Dinner★
Boiled Cabbage
Sunset Salad★
Sliced Oranges or Bananas
in Fruit-flavored Gelatin

*(starring a meat-saving
main dish and a sugar-
saving dessert)*

Noodle Ring★ filled with
Creamed Meat
(see Basic White Sauce★)
Green Beans Apple Salad
Meringue Jelly Cake★

*(easy on your ration book
—easy on the cook, too)*

Spaghetti Ring
(see Noodle Ring★)
filled with Chili Con Carne
Cole Slaw
Meringue Jelly Cup Cakes★

*(appetizing fish dinner
that's easy to prepare)*

Pan-fried Fish
Creamed Potatoes and Peas
(see Basic White Sauce★)
Sunset Salad★
Fresh Fruit Cup

*(a delicious meatless meal
—main dish and dessert
bake together)*

Chinese Molds★
Creamed Peas
(see Basic White Sauce★)
Whole Carrots Lettuce Salad
Fruit Betty★

*(you'll like this time-
saving one-dish meal)*

Five-Star Stew★
Grapefruit Salad
Surprise Custard Pie★

Note: Butter, fortified margarine or Butter Spread (see recipe) with enriched or whole wheat bread should be served at every meal. These meals do not mention beverages because different families have different needs, depending on the ages and preferences of the members of the family. Growing children will increase the amount of milk needed.

*Recipes starred are in this material.