

*Robust, active youngsters  
have wholesome  
Meadow Gold Milk  
wherever they go*

**MILK**

1949  
1949  
1949



## Ginger Pear Shake

1 (8-ounce) can pears  
Gingerale

1 quart Meadow Gold Homogenized  
Milk

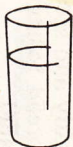
Press pears through sieve. Mix pulp and juice, add milk and pour into tall glasses. Fill glasses with ginger ale. Serves 6.

## Paprika Schnitzel

1½ lbs. veal steak  
3 tablespoons bacon fat  
3 tablespoons chopped onion  
1 teaspoon paprika  
1½ teaspoon salt

1 cup Vegamato Juice  
2 cups Meadow Gold Homogenized  
Milk  
3 tablespoons flour

Brown veal on both sides in small amount of fat. Add remaining fat and when hot, add onions and brown slightly. Season meat with paprika and salt, place onions on top of meat, add Vegamato juice, cover tightly and simmer slowly about 20 minutes. Just before serving, remove veal to a warm platter, blend flour with fat and liquid in skillet and add the milk, stirring constantly until mixture has boiled a few seconds. Serve at once. Gravy may be served over meat or separately as desired.



*Serve*  
*Meadow Gold Milk*  
with the meal *and*  
*in the meal*

## Vegamato Cream Cheese Sauce

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 2 cups Vegamato                    | 2 tablespoons Meadow Gold butter   |
| 2 tablespoons flour                | 1 cup Meadow Gold Homogenized Milk |
| $\frac{1}{3}$ teaspoon salt        |                                    |
| 1 teaspoon minced onion (optional) | 1 cup Meadow Gold American Cheese  |

Melt butter over low heat; add flour and stir until well blended. Slowly add the milk and cook until thickened. Stir constantly, to avoid lumps. Heat Vegamato and the grated cheese, and add to the milk mixture.

## Cheese Dreams

- |   |                                 |
|---|---------------------------------|
| 2 cups grated or chopped American or Smoozette Meadow Gold Cheese | 1 beaten egg                    |
| 1 tablespoon Meadow Gold Sandwich Spread                          | 1 teaspoon Worcestershire Sauce |

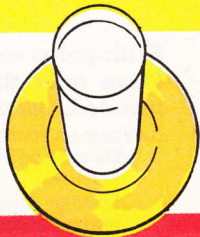
Mix thoroughly and spread on crustless slices of bread, place in a hot oven until bread toasts and cheese melts and browns. Serve with a tart green salad.



# MILK RECIPES



*Your family will  
enjoy a change to  
new and healthful  
dishes made with  
Meadow Gold Milk*



## Goldenrod Beans

1½ pounds whole green beans  
1½ tablespoons Meadow Gold butter  
2 tablespoons flour  
½ tsp. salt  
⅛ tsp. pepper  
¾ cup Meadow Gold Homogenized Milk  
3 hard cooked eggs, separated  
¾ cup Meadow Gold Salad Dressing

Cook beans in boiling salted water until tender. Save ½ cup liquid. Melt butter, blend in flour, salt and pepper. Add bean stock and cook until thickened, stirring constantly. Add milk and chopped egg whites; heat thoroughly. Remove from heat and add salad dressing. Drain beans, cover with sauce and sprinkle with egg yolks pressed through a sieve. Flavor sauce with ½ cup grated Meadow Gold Smoozette Cheese and ¼ teaspoon Worcestershire sauce.

## Fruit Milk Shakes

Fruit pulps and juices may be added to make many interesting drinks. Have milk thoroughly chilled; shake or beat with fruit until well blended. Use 2 cups Meadow Gold homogenized milk and add various flavors as follows:

Banana Milk Shake; add 1 banana, mashed

Orange Blossom Milk; add 2 cups orange juice, ¼ teaspoon almond

flavoring and sugar to taste.

Prune Treat; add 1 cup prune juice.

Strawberry: Add ½ cup crushed sweetened strawberries.

# MILK RECIPES



"SEE... HE DRANK HIS MILK!"



## Cocoanut Custard Pie

5 eggs	1 teaspoon vanilla
1/2 cup and 1 tablespoon sugar	1/2 teaspoon almond extract
2 1/2 cups Meadow Gold Homogenized Milk, scalded	1 can or 1/4 lb. moist cocoanut
	1/4 teaspoon salt

Beat eggs slightly, add remaining ingredients except cocoanut, stirring to combine. Sprinkle cocoanut evenly over unbaked pie shell, then pour in custard. Bake in very hot oven, 450 F. and bake, 10 minutes, then reduce temperature heat to 325 F., and bake about 25 minutes longer. One 9 inch pie.

## Meadow Gold Milk Homogenized Cream Dried Beef

1/2 lb. dried beef	3 cups Meadow Gold Homogenized Milk
3 cups medium white sauce made of	No salt, but pepper may be added for flavor
6 tablespoons Meadow Gold Butter	
6 tablespoons flour	

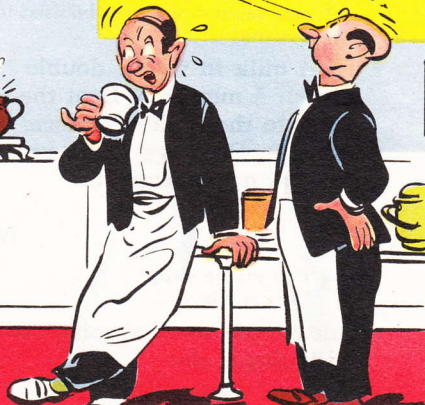
Make white sauce, add dried beef which has been separated, and mix well. Serve on toast, baked potato, waffles or split baking powder biscuits. Serves 6.



# MILK RECIPES



"HMM! MUST BE RAINING AGAIN... THE COFFEE'S GETTING WEAKER!"



## Tapioca Cream Pudding

- |  |                                |
|--|--------------------------------|
| 2 cups Meadow Gold Homogenized Milk        | $\frac{1}{3}$ cup sugar        |
| 3 tablespoons quick-cooking tapioca        | $\frac{1}{8}$ teaspoon salt    |
| 1 egg, separated ( may be used if desired) | $\frac{1}{2}$ teaspoon vanilla |

Heat milk in top of double boiler; add tapioca and cook until clear (about 5 minutes). Beat the egg yolk; add sugar and salt; and slowly stir into the cooked tapioca, continuing to cook not more than 2 or 3 minutes. Beat egg white until stiff and fold into the cooked tapioca. Chill at once. Serves 6.

## Maple Fizz

- |                               |                                      |
|-------------------------------|--------------------------------------|
| $\frac{1}{4}$ cup maple sirup | 1 quart Meadow Gold Homogenized Milk |
| Ginger Ale                    |                                      |

Add maple sirup to milk and mix well. Pour into tall glasses and fill with ginger ale.

# BUTTERMILK RECIPES

*There's joyful  
goodness in  
every glass of  
Meadow Gold  
Buttermilk*



## Buttermilk Cookies

1 cup Meadow Gold Butter  
2 cups sugar  
3 eggs  
1 cup Meadow Gold buttermilk

6 cups flour  
1 teaspoon soda  
 $\frac{1}{4}$  teaspoon nutmeg or  
other spice

Cream butter and sugar; add beaten eggs and buttermilk. Add sifted dry ingredients. Mix well. Roll and spread with sugar. Cut and bake in moderate oven (375 F.). Dough is easier to handle if chilled.

## Buttermilk Soup

1 tablespoon flour  
1 quart Meadow Gold buttermilk  
 $\frac{1}{2}$  cup seedless raisins  
1 piece stick cinnamon

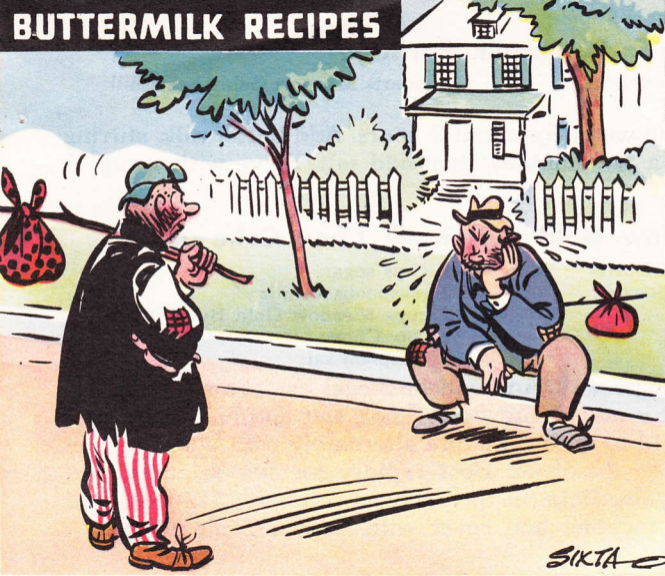
$\frac{1}{8}$  teaspoon salt  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup heavy cream, whipped

Moisten flour with 1 tablespoon of buttermilk and heat remaining buttermilk to boiling. Add flour and stir well; add raisins, cinnamon and salt. Cook until raisins are puffed. When ready to serve add sugar and whipped cream. Serves 4.

Omit whipped cream. Beat sugar with 2 egg yolks and add to soup just before serving.



# BUTTERMILK RECIPES



**"COME ON YARDLEY—  
IT SERVES NO  
PURPOSE TO GRIPE  
AND GROAN.  
PERHAPS THEY'LL  
SERVE US  
*BUTTERMILK*  
AT THE NEXT HOUSE."**

SIXTA

## Buttermilk Porridge

$\frac{1}{2}$  cup barley, 3 cups water  
 $\frac{3}{4}$  teaspoon salt

$1\frac{1}{2}$  quarts Meadow Gold Buttermilk

Boil barley slowly in water for about 2 hours. Add buttermilk, stirring until it boils, cook a few minutes, then add salt. Serve with syrup or sugar. Serves 5.

## Meadow Gold Buttermilk Chox Cake

$\frac{2}{3}$  cup Meadow Gold Butter  
3 teaspoons baking powder  
 $\frac{3}{4}$  teaspoon soda  
3 cups cake flour  
4 eggs

$1\frac{1}{2}$  cups sugar  
2 teaspoons vanilla  
2 cups Meadow Gold Buttermilk  
 $\frac{3}{4}$  cup Chox  
 $\frac{1}{4}$  teaspoon salt

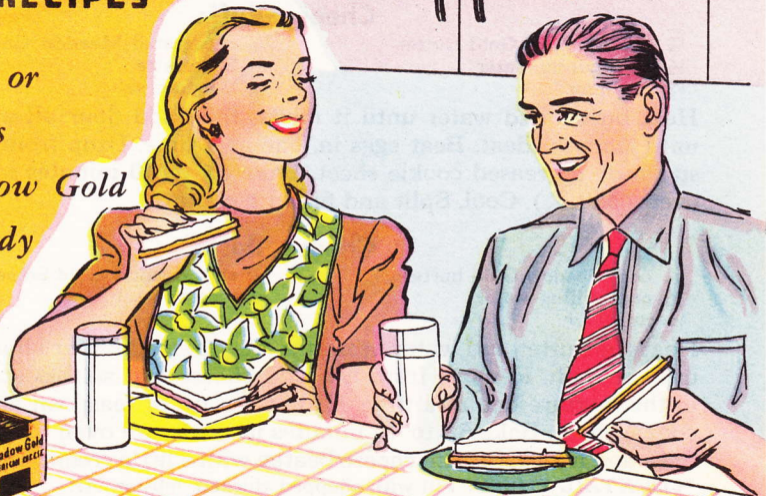
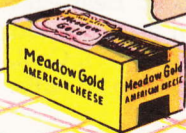
Cream butter and sugar well. Add unbeaten eggs one at a time, beating well before another is added. Sift flour, Chox, salt and baking powder together 4 times. Add to butter mixture alternately with buttermilk in which soda has been dissolved. Beat rapidly for few minutes, add vanilla and beat again. Bake in three layers in oven (375 F.) until well browned. Put together and cover with chocolate nut filling.

# CHEESE RECIPES

*For snacks or  
main dishes*

*keep Meadow Gold*

*Cheese handy*



## Cheese Puffs

1/4 cup Meadow Gold Butter  
1/2 cup boiling water  
1/3 cup flour

1/2 cup grated Meadow Gold  
Smoozette  
1/4 teaspoon salt  
2 eggs

Heat butter and water until it melts; then add flour all at once, stir until smooth. Beat eggs in, one at a time. Drop from tip of teaspoon on a greased cookie sheet. Bake 35 to 40 minutes in moderate oven (350 F.). Cool. Split and fill with cream.

## Cheese Puffs

1/4 cup Meadow Gold butter  
1/2 cup boiling water  
1/3 cup flour

1/2 cup Meadow Gold Smoozette Cheese  
1/4 teaspoon salt  
2 eggs

Heat the butter and water until it melts; then add flour all at once, stir until smooth. Remove from fire, add cheese and salt. Beat eggs in the mixture one at a time. Drop from tip of teaspoon on a greased cookie sheet. Bake 35 to 40 minutes in moderate oven (350 F.). Cool. Split and fill with cream cheese beaten with a little cream. 18 to 20 puffs.

\*COCKTAIL PUFFS: Fill with chopped chicken, lobster, etc.



# COTTAGE CHEESE



*Your family never tires of Meadow Gold Cottage Cheese served separately, in salads, or in cooked dishes*



## Meadow Gold Cottage Cheese Pudding

- |                                   |   |
|-----------------------------------|---|
| 4 hard coked egg yolks            | $\frac{1}{4}$ cup melted Meadow Gold butter |
| 1 pint Meadow Gold cottage cheese | $\frac{1}{2}$ teaspoon vanilla              |
| 3 egg yolks                       | 3 tablespoons flour                         |
| 1 cup sugar                       | $\frac{1}{2}$ cup raisins                   |
|                                   | 3 egg whites                                |

Force hard cooked egg yolks and cheese through sieve. Beat well. Cream egg yolks and sugar and add melted butter. Add to first mixture and beat thoroughly. Fold in flour, vanilla, and raisins. Beat egg whites until stiff and fold them in. Pour into a casserole, place it in a pan of hot water and bake in a moderate oven, 325 F. for 35 to 45 minutes.

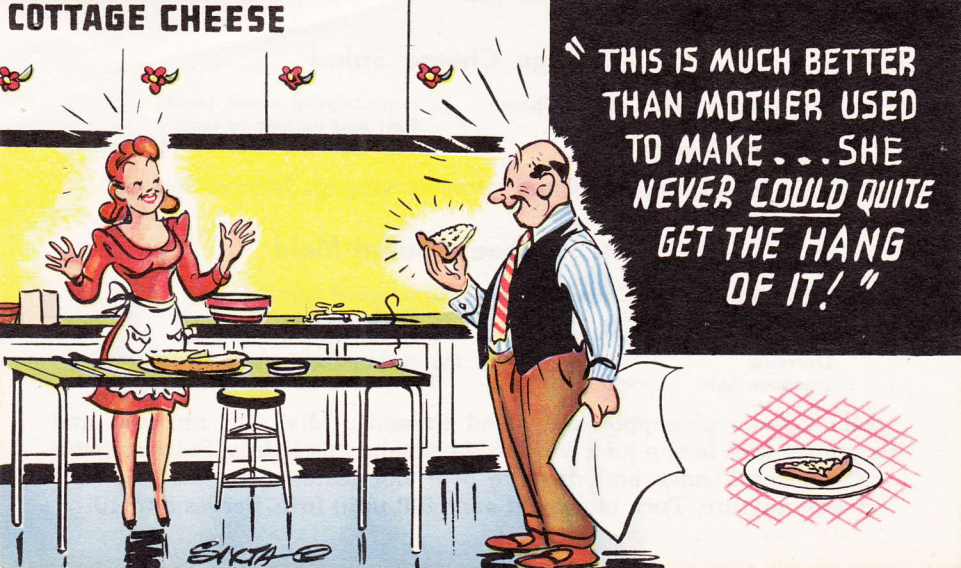
## Stuffed Bell Pepper Salad

Remove the tops and center from 4 large red or green bell peppers, or pimientos. Combine and mix well:

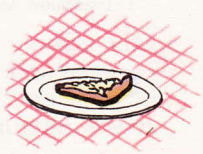
- |  |  |
|--|--|
| 2 cups Meadow Gold Cottage Cheese,<br>sieved | 1 small grated onion or leek                 |
|  | $\frac{1}{4}$ cup Meadow Gold Salad Dressing |

Stuff cheese filling into each pepper; chill, serve whole or slice cross-wise, and arrange on salad greens, using 1 pepper for each serving. Garnish centers with paprika.

# COTTAGE CHEESE



" THIS IS MUCH BETTER  
THAN MOTHER USED  
TO MAKE... SHE  
NEVER COULD QUITE  
GET THE HANG  
OF IT! "



SIXTA

## Cottage Cheese Salad

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 cup Meadow Gold Cottage Cheese | 1/4 cup chopped sweet pickle       |
| 1 cup minced salmon              | Salt and pepper to taste           |
| 1/2 cup chopped celery           | 1/2 cup Meadow Gold Salad Dressing |

Combine all ingredients. Chill before serving on lettuce. Serves 6.

## Cottage Cheese Salad Mold

- |  |                                       |
|--|---------------------------------------|
| 3 cups Meadow Gold Cottage Cheese      | 1/4 teaspoon mustard                  |
| 1 cup crushed pineapple, drained       | Dash cayenne                          |
| 5 teaspoons Meadow Gold Salad Dressing | 2 tablespoons lemon juice             |
| 1 teaspoon salt                        | 1 1/2 tablespoons unflavored gelatine |
|  | 1 cup pineapple juice                 |

Mix cheese, pineapple and salad dressing. Mix salt, mustard and cayenne with lemon juice. Add to cheese and mix lightly. Soften gelatin in pineapple juice and dissolve over hot water. Stir carefully into cheese mixture. Turn into mold and chill until firm. Serves 8 to 10.





*Worried about your budget?*

*Use cheese more often —  
and ask for Meadow Gold  
in 5 delicious varieties*

## Macaroni A La Goldenrod

- 1 tablespoon salt
- 3 quarts boiling water
- 4 ounces elbow macaroni
- 1 can condensed mushroom soup
- $\frac{2}{3}$  cup Meadow Gold Smoozette cheese grated
- 6 hard cooked eggs
- 2 tablespoons chili sauce
- 1 teaspoon Worcestershire Sauce

- $\frac{3}{4}$  cup Meadow Gold Homogenized Milk
- 1 teaspoon salt
- 2 cups cooked peas
- 2 tablespoons chopped pimiento
- 2 tablespoons Meadow Gold Salad Dressing
- Salt and Pepper to taste

Add 1 tablespoon salt to boiling water. Gradually add macaroni and boil until it is tender. Drain and rinse. While macaroni is cooking, combine soup, milk, Meadow Gold cheese, 1 teaspoon salt, peas and pimiento. Fold in macaroni. Pour into greased  $1\frac{1}{2}$  quart casserole. Prepare Eggs; cut eggs lengthwise and remove yolks. Press yolks through sieve. Add Chili sauce, Worcestershire sauce, salad dressing, salt and pepper to yolks, mixing well. Fill into egg white halves. Press eggs gently into macaroni mixture, arranging deviled eggs in diagonal rows. Bake in moderate oven (350 F.) about 15 minutes. Yield: 4 servings.



"BUT IT'S 238,840 MILES AWAY, DADDY! HOW CAN YOU BE SURE THE MOON IS MADE OF *GREEN CHEESE*?"



## Cabbage Au Gratin

- |                                       |   |
|---------------------------------------|---|
| 1 medium head of cabbage              | $\frac{1}{8}$ teaspoon pepper                           |
| 2 tablespoons Meadow Gold Butter      | $\frac{1}{2}$ cup grated Meadow Gold<br>American cheese |
| 2 tablespoons flour                   |   |
| 1 cup Meadow Gold Homogenized<br>Milk | 2 tablespoons chopped pimiento                          |
| $\frac{1}{2}$ teaspoon salt           | $\frac{1}{4}$ cup buttered crumbs                       |

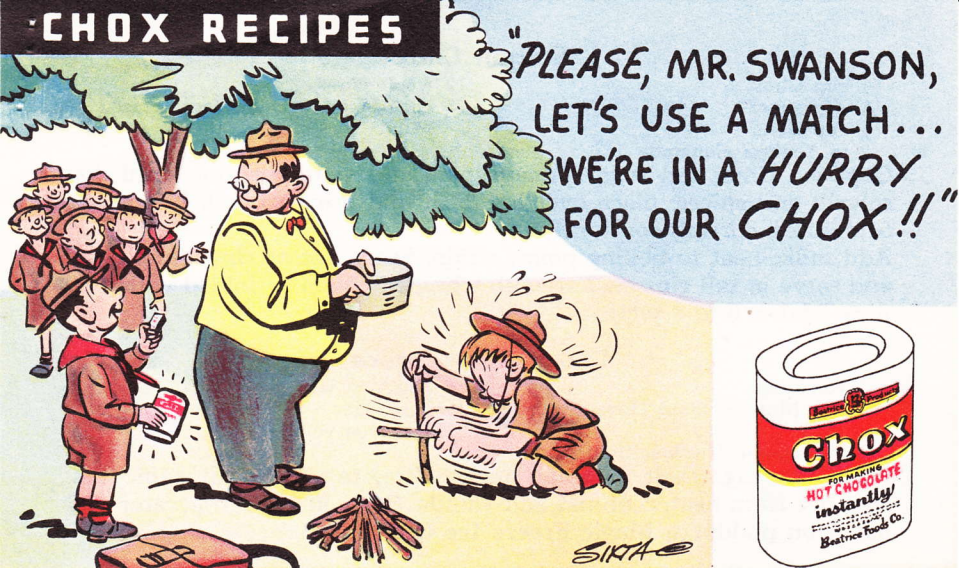
Shred cabbage and cook in  $\frac{1}{2}$  cup boiling water, covered, for 7 minutes. Use cooking water to dilute the sauce if necessary. Make a white sauce of the butter, flour, milk, salt, and pepper. Butter a casserole and place in it layers of cabbage, cheese, pimiento and white sauce until all ingredients are used. Sprinkle top with buttered crumbs. Bake at 375 F. for 15 minutes or until a delicate golden brown. Celery cabbage may be prepared in the same way.

## TOASTED CHEESE ROLLED CANAPES

Spread thin slices of bread with butter; then with melted Meadow Gold American Cheese, and chopped chives. Roll and toast under broiler until browned.



# CHOX RECIPES



## Saigon Chox

1/2 cup Chox

1/4 cup sugar

1/2 cup water

2 to 3 sticks cinnamon

12 whole cloves

5 cups Meadow Gold Homogenized  
Milk

Combine Chox and sugar in saucepan; add water, stirring until dissolved; add spices; place over low heat and bring to boil; boil about 5 minutes, stirring constantly.

Add milk; heat to boiling point; strain. Serve hot or chill thoroughly and serve in tall glasses. Top with whipped cream sprinkled with nutmeg. Makes 6 to 8 servings.

## Chox Fudge Sauce

1 cup Chox

3/4 cup Meadow Gold Homogenized  
Milk

1 tablespoon Meadow Gold butter

1/2 teaspoon salt

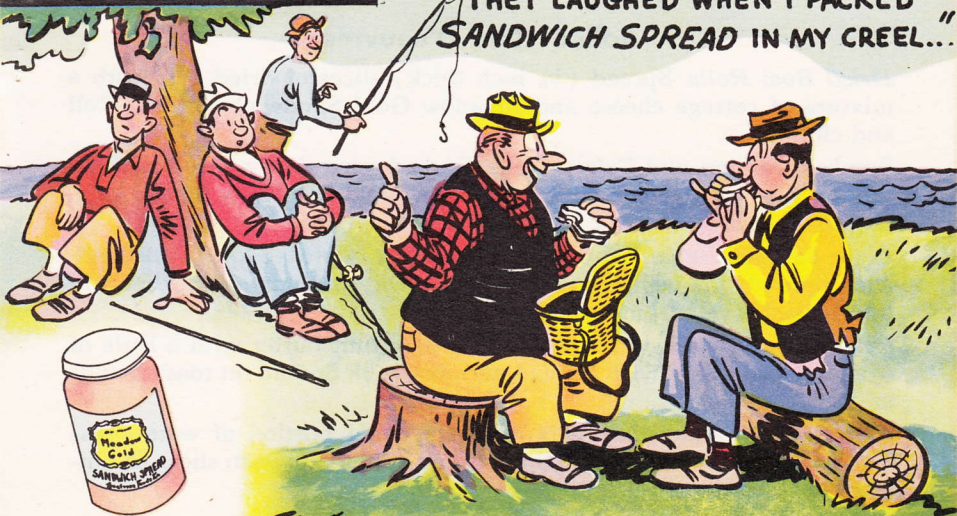
1/2 cup sugar

1 teaspoon vanilla

Mix Chox, sugar, salt, milk and butter. Bring to a boil until it thickens. Remove from heat, cool and add vanilla. Store in the refrigerator and use it on puddings, Magic Freeze Ice Cream, etc.

# SANDWICH SPREAD

THEY LAUGHED WHEN I PACKED  
*SANDWICH SPREAD* IN MY CREEL...



SIXA

## **Rolled Hors D'oeuvres**

*Dried Beef Rolls.* Spread ( $\frac{1}{8}$  inch thick) slices of dried beef with a mixture of cottage cheese and Meadow Gold Sandwich Spread. Roll and chill.

*Smoked Salmon and Celery Rolls.* Spread very thinly sliced smoked salmon with cottage cheese and Meadow Gold Sandwich Spread mixture. Roll around crisp (2 inch) stalks of celery.

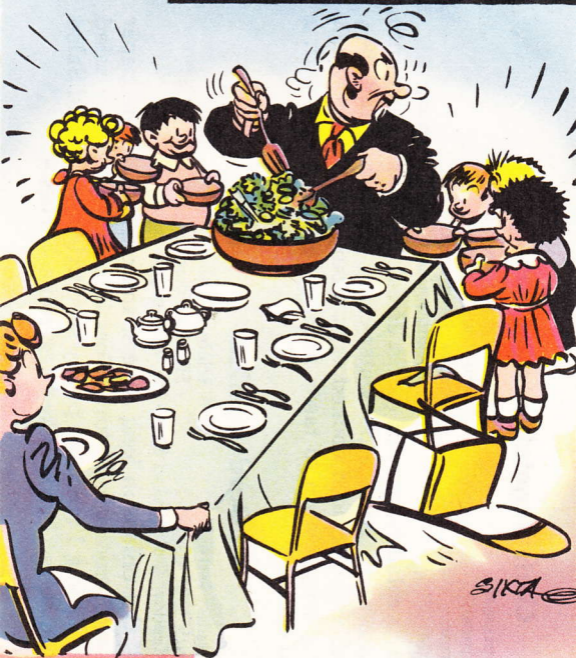
*Liver Sausage Balls.* 1 cup liver sausage,  $\frac{1}{4}$  cup Meadow Gold Sandwich Spread, mix well. Rub bowl with garlic, and mix again; then roll into balls. Serve on picks.

*Peanut Butter Sandwich Spread.* Soften peanut butter with a little of Meadow Gold Sandwich Spread and mix well. Spread on toast rounds or crackers.

*Water-Cress Sandwiches.* Mix a nearly equal portion of water-cress with Meadow Gold Sandwich Spread, and spread between slices of buttered dark bread.



# SALAD RECIPES



"BACK TO YOUR PLACES...  
IF YOU DON'T MIND--  
YOU'LL ALL GET  
SOME GREEN SALAD!!"

## **Chefs Vegetable Salad Bowl**

1 clove garlic (optional)  
1 small head lettuce  
1 bunch water-cress  
1 cucumber, sliced

1 bunch radishes, sliced  
 $\frac{1}{2}$  cup celery, diced  
6 eggs, hard cooked

Meadow Gold Salad Dressing

Rub inside of large salad bowl with garlic. Break head of lettuce into irregular sized pieces in bowl. Add water-cress, cucumber, radishes, diced celery, and chopped hard cooked eggs. Pour over salad enough dressing to coat greens; season to taste. Mix by tossing lightly with a wooden fork and spoon.

## **Garden Salad**

Large bunch garden lettuce  
6 green onions with tops

6 icicle radishes  
Hard cooked eggs

Meadow Gold Salad Dressing with poppy seed

Crisp the lettuce. Cut onions in long slivers, and cut radishes in paper thin slices; add with onions to lettuce. Toss lightly with poppy salad dressing, made by adding 1 teaspoon poppy seed to Meadow Gold Salad Dressing. Top with sieved hard-cooked egg yolks. Serves 4.