How to serve MALTEx
MALTEx is a vitalizing, energizing food
(75% carbohydrates, 14% protein and less than 2% fat)
Maltex is concentrated vitality. It combines all the values of whole wheat with the delicate flavor and tonic qualities of barley malt. It builds bone, muscle and energy. Maltex is an excellent breakfast cereal and it can also be used in many appetizing dishes for luncheon and dinner. Our exclusive process of manufacture entirely preserves the natural, nut-like flavor of the grain.
Maltex is used and recommended by leading dietetic authorities, hospitals and athletic trainers. It is so easily digested that it is often the first solid food given a patient after a surgical operation and yet it is so strengthening that one of the famous football teams insists that it be on their diet regularly.
Children eat it readily, without urging.
Adults find that Maltex provides complete nourishment and enjoy its hearty flavor.
Aged people find it a stimulating, strength-giving and palatable food, with exactly the right degree of laxative elements.
BREAKFAST CEREAL

To four cupfuls (one quart) of water—hot or cold add one cupful Maltex and one teaspoonful of salt. Boil over direct heat eight to ten minutes, stirring often. If more time can be given, place in a double boiler and continue heat for twenty minutes. If wholly cooked in double boiler, from twenty to thirty minutes should be given. Serve with cream or top milk. For a special breakfast dish, add raisins or dates to the cooking dish about five minutes before removing from stove. Serve in regular way.

BROWN BREAD

2 cups cooked Maltex (un-cooked)
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon soda
1/2 cup water or sour milk

Mix dry ingredients with other ingredients. Fill cans 2/3 full with mixture. If placed in two small cans, 2 hours is sufficient for steaming, otherwise steam 3 hours. If sour milk is used, add 1/2 teaspoon MORE of soda. Dates or raisins may be added.

STUFFED PEPPERS

3 medium-sized peppers
1/2 cup sliced bacon
1/4 small chopped onion
1/2 cup cooked Maltex
1/2 cup bread crumbs

Remove seeds from peppers and parboil for 5 minutes. Cook bacon and onion until onion is light brown. Mix with other ingredients, stuff peppers, place in baking-dish, sprinkle with grated cheese and bread crumbs. Bake until heated and brown in oven 375° F. Serve with tomato sauce or cream sauce. Crumbs for top should be buttered to brown nicely—1 tablespoon butter to 1/2 cup crumbs. Chopped nutmeats, 1/2 cup, can be added.

BUTTERSCOTCH PUDDING

2 cups cooked Maltex
1 1/4 cups light brown sugar or a mixture of brown and white
1 cup milk

1/4 teaspoon salt
1 tablespoon melted butter
1 egg, slightly beaten
1/2 teaspoon vanilla

Bake in casserole 8 in. diameter (set in pan of boiling water) in oven 375° F. until set, 30 minutes. Serve with plain cream. Serves 5 generously. Chopped nutmeats are good addition to this.

MALTEx CRISPS

Cold cooked Maltex (rather thick) is spread 1/4 inch thick on the back of well oiled cookie sheets and set in oven (low heat) until they are thoroughly dry and crisp.

Break into uneven pieces and serve as an accompaniment to clear soup or crisp green salads. (These are an appetizing brown, and lacy in appearance.)

MUFFINS

2 cups flour
5 teaspoons baking powder
1/2 teaspoon salt
2 to 3 tablespoons sugar

1 cup cooked Maltex
3/4 cup milk
1 egg
2 tablespoons melted fat

Mix in order given, and bake in oven 400° F. for 25 minutes. Stir only enough to mix ingredients. Makes 12 muffins. Nuts or raisins (1/2 cup) may be added.

DROP CAKES

( Can be made in a jiffy )

3/4 cup Maltex
1 egg
1/4 cup white flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon sugar
1 teaspoon cinnamon
1/2 cup bread crumbs
1/4 cup melted shortening

Mix dry ingredients in a bowl. Break in egg, add milk and molasses, and mix well. Beat in shortening. Drop from a teaspoon (first dipped in hot fat) in hot heated to 375°F. Fry to a nice brown (about 2 minutes). Roll in powdered sugar and serve hot.

MEAT LOAF

3/4 cup Maltex
1 cup milk, heated to scalding
1 egg
1 pound ground raw beef
1 small onion, minced
1 teaspoon salt
3/4 teaspoon pepper

Put the Maltex into a bowl and pour the scalding milk over it. Stir to mix and let it stand until it cools. Beat in the remaining ingredients in the order given. Pack into a well oiled one-loaf bread pan, spread the top with butter and bake in moderate oven (350°F.), for 50 minutes. Serve hot with brown or mushroom sauce.

Variations: Ground lean raw ham may be used instead of beef.

Thin slices of bacon may be put over the top instead of the butter.

If the loaf is to be served sliced cold, put one half the mixture in the pan, with the back of a mixing spoon make three nests in a row through the center. Put a shelled hard-cooked egg in each. Cover with the other half of the mixture and bake as directed.

AN EASY DESSERT

To a pint of hot Maltex, cooked as directed on the package, add 3/4 cup of any one of the following, or a mixture of them:

Coarsely chopped nut-meats.
Cut-up figs, dates, raisins or prunes, or candied fruits.
Pour into ramekins or small custard cups to set. Chill, unmold, and serve with thin cream or top milk. Serves 5.
The Malted Cereals Company's

MALTEx CEREAL

Prepared Wheat and Malt