7 Tempting delights for
Breakfast Luncheon
Afternoon Tea
Dessert

recipes endorsed by
Better Homes & Gardens
Tasting-Test Kitchen
America's three highest authorities on diet have now disclosed an amazing finding about the effect of foods. It is of utmost importance to every person who has a tendency to overweight.

These scientists agree that foods more rapidly turn to energy during the active hours when the mind and body are using energy. That foods are stored up in the form of fat when the body is resting—when it makes no call for an energy supply.

Thus the time of day when you eat your heavy meal may indicate whether it will turn to energy or to fat.

This makes more important a substantial breakfast. An energy food in the morning instead of paltry breakfast dainties that are not enough to replace the energy burned up in daily work or play.
MALT-O-MEAL MAPLE DELIGHT
(Serves 6-8)
Cook 3/4 cupful of Malt-O-Meal with 1 quart of milk and water, in the proportion of 3 cupfuls of milk and 1 cupful of water, and 1 teaspoonful of salt. Get the following ingredients ready:

- 2 eggs, separated
- 3/4 cupful of maple syrup
- 3/4 cupful of nut meats

When Malt-O-Meal is thick add beaten yolks combined with the sugar and the maple syrup. Remove from the fire at once, add stiffly beaten egg whites and nut meats. Then put into molds and serve cold with whipped cream or plain cream. 1/4 cupful of sugar and 4 drops of maple flavoring may be substituted for maple syrup and 1/2 cupful of sugar.

DATE PUDDING
(Serves 4-6)
2 cupfuls of milk 1/4 teaspoonful of salt 3/8 cupful of sugar 1 cupful of dates cut in small pieces

Heat milk to scalding in double boiler, add Malt-O-Meal, stirring constantly. Then add the salt, sugar and dates. Cook slowly for 20 minutes. Pour into 4 or 6 wet molds to cool. When ready to serve, unmold into sherbet glasses and serve with whipped cream.

STEAMBOAT MUFFINS
(Serves 4-6)
2 1/2 tablespoonsfuls of shortening 1 cupful of Malt-O-Meal 1/4 cupful of sugar 1/2 cupful of sour milk 1/2 cupful of sugar 1/2 teaspoonful of baking powder 1/2 teaspoonful of salt

Cream the shortening and sugar, add the eggs and beat well, add milk and Malt-O-Meal. Mix and sift other ingredients and add to the other mixture. Bake in greased muffin tins in a hot oven (400 degrees) for 25 minutes. Makes 12 large muffins.

MALT-O-MEAL WITH FRUIT
(Serves 4-5)
Heat 4 cupfuls of water to boiling, add 1/2 teaspoonful of salt and 3/4 cupful of Malt-O-Meal. Stir until smooth. Add 1 cupful of dried fruits (dates, raisins, prunes, or chopped figs) and cook in double boiler 20 minutes. Serve hot with sugar and cream. Also makes a delicious cold pudding if molded individually and served with sugar and cream.

SLICED PORRIDGE

To four cups of briskly boiling water add 1 teaspoonful of salt and stir in slowly one-half to two-thirds of a cup of Malt-O-Meal. Boil two or three minutes in an open dish. Pour into loaf pan and let cool. When cold cut in thin slices and fry in butter. Serve with butter, syrup, or fruit, as desired. Longer cooking in double boiler improves the flavor.

GRIDDLE CAKES
(Serves 4)
1 cupful of Malt-O-Meal 1 1/4 cupfuls of boiling water 2 eggs, beaten 1 teaspoonful of salt 1 cupful of milk 2 tablespoonfuls of melted shortening 1 tablespoonful of sugar 4 teaspoonfuls of baking powder

Pour the boiling water over the Malt-O-Meal, add the eggs well beaten, and melted shortening. Add the milk. Then add the flour, baking powder, salt, and sugar sifted together. Beat well. Fry on a sizzling hot griddle-cake pan over moderate heat.

MALT-O-MEAL CUSTARD
(Serves 6)
Make a custard using the recipe for Malt-O-Meal Maple Delight, but do not pour into molds. Place in the bottom of each of the 6 small muffin tins, 2 seeded dates cut fine and 1 teaspoonful of melted butter. Then pour in the custard and bake in a slow oven (325 degrees) until done. Turn out on wax paper to cool, serve with hard sauce or vanilla sauce.

Chopped figs may be used in place of the seeded dates. Or they may be mixed into the custard before placing in the buttered pans.
There is one food now widely recommended for its high energy value. It is a delightful new breakfast cereal called Malt-O-Meal. It contains Wheat and Toasted Malt. It supplies the body a substance that builds up the muscles. This renews them. Gives the whole body increased muscular energy. So you feel eager to do things—ready for any activity.

This food, too, is an economy. One package of Malt-O-Meal cooks to twelve pounds of food. Or 24 times the weight of the food contained in the average package of cold cereals.

Malt-O-Meal cooks in 2 to 3 minutes. Takes no more time to prepare than the coffee.

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