

The great new protein cereal  
that helps you have

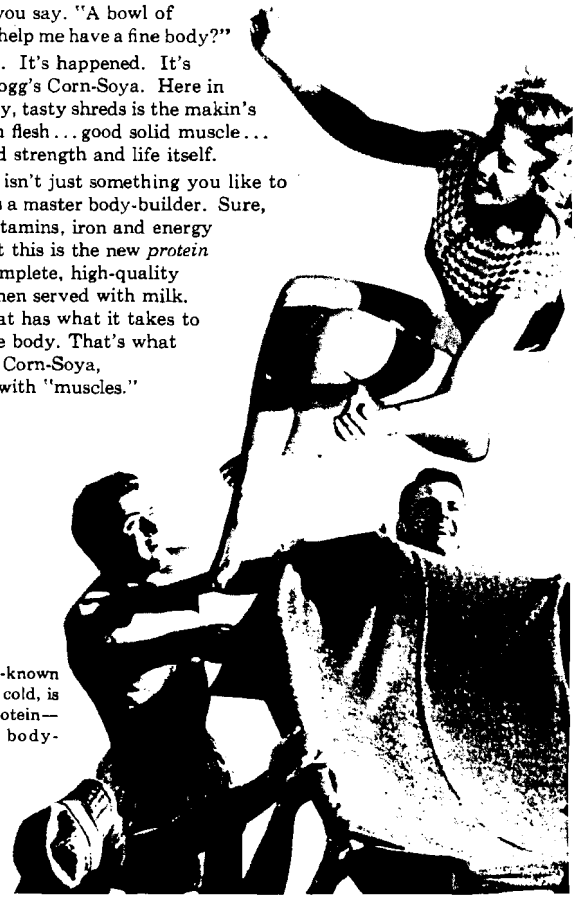
# a fine body!

ENJOY KELLOGG'S CORN SOYA, THE NEW TOASTY-TASTING CEREAL WITH THE HIGH PROTEIN FACTOR

"What!" you say. "A bowl of cereal can help me have a fine body?"

It's true. It's happened. It's here. Kellogg's Corn-Soya. Here in these toasty, tasty shreds is the makin's of fine firm flesh... good solid muscle... growth and strength and life itself.

For this isn't just something you like to eat. This is a master body-builder. Sure, it has B vitamins, iron and energy value. But this is the new protein cereal. Complete, high-quality protein, when served with milk. Protein that has what it takes to build a fine body. That's what you get in Corn-Soya, the cereal with "muscles."



No other well-known cereal, hot or cold, is so rich in protein—the master body-builder.

By LOUELLA G. SHOUB

JEANNE and Tom have been married a little short of five months. Like many other young couples, they began their new life with an assortment of wedding presents—including all the more glamorous kitchen gadgets, dozens of glasses and pieces of china—but not one stick of furniture. Now, for the first time, they can actually say they are "at home." No more dinners on the wardrobe trunk, using a foot locker for a bench, and a glass coffee pot to hold Tom's weekly bouquets. "Not that it wasn't fun in those early months," recalls Jeanne, "but life is certainly more comfortable now that we have a table and chairs and something in the living room besides the rug."

Though she had never done much cooking before she was married, "She's caught on fast," Tom says. "Her dinners are sure wonderful!" Tom is a meat-and-potato man—a meal without plenty of both is like a room without furniture to him. Jeanne has two pressure saucepans to speed up dinner. "One is for potatoes," insists Tom. Even though potatoes don't appear in some of Jeanne's menus below, you can bet there'll be potatoes on their table every night.

"Tom thinks I spend hours in the kitchen preparing his dinner, but actually I don't. With a bean Frencher that makes quick work of a pound of beans and a pressure cooker to cook them (in three minutes), my electric mixer and broiler, this meal is a cinch to prepare in twenty minutes. This doesn't count setting the table. I do that after lunch—particularly if I plan to be away in the afternoon."

**Monday Dinner**

- Broiled Ham with Orange
- Green Beans
- Salad Bowl
- Applesauce
- Coffee

**BROILED HAM WITH ORANGE**

"This is so simple. You'll wonder you hadn't thought of it before, for it gives the ham a wonderful flavor."

Buy a thickish slice of ham. Slash the fat around the edge with a sharp knife. Broil on one side. Turn. Open 1 can frozen concentrated orange juice. Spread 2 table-spoons right from the can (don't dilute) over the ham. (Prepare the rest of juice for next day's

breakfast.) Continue broiling until ham is browned to your taste. In its concentrated state the juice is sweeter and more than regular juice, it glazes and adds a very zippy orange flavor. You don't get the same orange juice, regular strength.

For one of their first dinners, Jeanne bought two rib racks. There was actually only one piece in each. Tom still complains about this meager meal. When quantities, Jeanne allows 1 1/2 pounds of lamb for a shish kebab. The fat is removed, so don't let the fat frighten you.

**Tuesday Dinner**

- Shish Kebab
- Green Salad
- Strawberries with Coconut Cream
- Coffee

**SHISH KEBAB**

Crush 1/2 clove garlic in 1/2 teaspoon salt. Add 1/2 cup French dressing, onion, chopped, 1/2 bay leaf, crushed, and a pinch of oregano. Cut 1 1/2 pounds lamb into 1 1/2-2-inch cubes. Jeanne uses the piece cut off the end of leg of lamb. Some butchers call this cut lamb steak. The pieces of lamb should stand in this dressing a day or two. Though it's a quick and easy to prepare, you do have to think ahead of time. Thread the pieces of lamb on skewers, alternating with pieces of bacon, quarters of tomato, and mushroom caps. Brush the shish kebabs with some of the dressing. Sprinkle with salt and pepper. Broil. Turn skewers occasionally so they brown evenly.

**STRAWBERRIES WITH COCONUT CREAM**

Sweeten 1/2 cup heavy cream, whipped stiff, with 1 1/2 teaspoons sugar. Add 1 can moist coconut and 1/4 teaspoon almond extract. Put a spoonful in each of 2 sherbet glasses. Top with frozen or fresh strawberries or raspberries. Sprinkle the rest of the coconut on top.

"When I finally get around to using up the leftovers from a roast—whatever hasn't disappeared in sandwiches—I proceed with caution. Tom will eat leftovers heated up in the gravy—period. Since we're both fond of baked potatoes, I combine the two in a simple dish we have dubbed the 'ensemble.'"

9128 CHJ 4/50