There was an old woman who lived in a shoe; 
Had so many children that pies would not do: 
So she made them some **JELL-O** strawberry 'tis said. 
Then contented and happy they hopped off to bed.
JELL-O RULES

Do not use more than a pint of hot water or fruit juice, or liquid of any kind, for each package of Jell-O used.

Jell-O may be cooled quickly by dissolving a package in one-half pint of boiling water and then adding one-half pint of ice water and setting it in cracked ice.

If Jell-O should harden before you are ready to mould it, soften by setting the pan or bowl containing it in hot water.

To place fruit in Jell-O, pour a little Jell-O in the bottom of the mould and let it harden. On this arrange fruit as desired and add carefully enough cold liquid Jell-O to hold the fruit in place, but not to cover it. When this Jell-O has hardened add more cold liquid Jell-O. This process can be repeated until the mould is full.

To fix fruit in an upright position, put enough Jell-O in the mould to hold the fruit in place and let it jell to the consistency of thick molasses. Press the fruit into place and fill the mould with cold liquid Jell-O or whipped Jell-O.

In making Jell-O in layers, let each layer harden before adding another, and be sure the Jell-O poured
upon any hardened layer is so cool it will not soften the layer.

To whip Jell-O successfully, use a Ladd or Dover egg-beater and a dish rather deep but not large. When Jell-O has become cold and is still liquid set the dish in a pan of ice water or very cold water and whip until Jell-O is of consistency of whipped cream.

Cook fresh pineapple a few minutes with a little sugar before using it with Jell-O, or use canned pineapple.

To remove Jell-O from the mould, fill with warm water a pan large enough to admit the whole mould and dip the mould to the edge. Place a plate over the mould and turn them over together, with a little shake added. If this does not loosen the Jell-O dip a second time.

Under the heading “Estimates of Food Values” in Practical Dietetics by Miss Alida Frances Pattee the following analysis of Jell-O appears:

Jell-O—Carbohydrates 85.8% yielding 352 calories
Protein 12.2% " 50 "
Vegetable Acid 2.0%
Total Food Value 402 calories

The Genesee Pure Food Company, Le Roy, N. Y.
CHERRY-STRAWBERRY

Pour off juice from a can of plain sour cherries, add enough water to make one pint, heat it to boiling point and dissolve it in a package of Strawberry Jell-O. When it begins to harden add the drained cherries and one-half cup nut meats. Serve with whipped cream. The mixed flavor of Strawberry Jell-O and cherries is delightful.

ORANGE CUPS AND BASKETS

To make orange cups cut large oranges in two, take juice and pulp out so carefully as not to break the shell, and when perfectly clean scallop edges with scissors. The “baskets” are made by cutting the oranges in basket shape.

For a filling, dissolve a package of Orange Jell-O in half a pint of boiling water and add one-half cup of sugar. When cool combine with the juice from the oranges to which has been added enough water to make a half-pint. Also add small pieces of orange or nut meats. Put into cups or baskets. Any fresh fruit may be used.
THRIFTY SALAD
Dissolve one package of Lemon Jell-O in one pint of boiling water. When cold, put a shallow layer in bottom of mould, and when partly set, place in sliced tomatoes. Fill mould with alternate layers of salmon, cold cooked peas and cold Jell-O. Serve on bed of lettuce leaves, garnished with tomatoes, adding French dressing or mayonnaise.

CHOCOLATE BLANC MANGE WITH NUTS
Make a paste of a box of Chocolate Jell-O and a little milk taken from a pint, adding the milk slowly. Heat the rest of the pint of milk to boiling and stir into the Jell-O. Set aside to cool, and when it stiffens put in a half cup of almonds, shelled, blanched, and chopped fine. Pour into cups and when firm turn out on a flat dish, decorating the small shapes with blanched almonds cut in strips.

BANANA CREAM
Peel five large bananas, rub smooth with five teaspoonfuls of sugar, and add one cup of cream beaten to a stiff froth. Dissolve one package of Lemon Jell-O in three-fourths pint of boiling water. When cold stir in the cream mixture. Pour into a mould and set in a cold place to harden. Serve with whipped cream.
The Easy Jell-O Way

CHERRY-STRAWBERRY JELL-O Recipe Inside