Mary, Mary, quite contrary,
What does your garden grow?
Silver bells and cockle shells
And rows of sweet JELL-O
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.
**NUT FRAPPÉ**

Dissolve a package of Jell-O, any flavor, in a pint of boiling water. Set aside to harden. Stir four tablespoonfuls of sugar into one-half pint of whipped cream. When Jell-O is just on the point of setting, mix Jell-O and whipped cream by beating with a fork and add one cup chopped nuts. Serve in sherbet glasses with fresh or preserved fruit, saving some of the nuts to use as a garnish.

**BEAUTY SALAD**

Dissolve a package of Raspberry Jell-O in a pint of boiling water and fill individual moulds or cups one-fourth full. Let harden. Coarsely chop three bananas, sprinkle with lemon juice, and add half a cup of English walnut meats coarsely chopped. Put the mixture in the moulds and pour on rest of Jell-O when it is a cold liquid. At serving time arrange on lettuce with slices of banana sprinkled with nut meats around the turned-out Jell-O. Serve with salad dressing. This makes nine individual servings. It is a particularly beautiful salad.

Write for our free Jell-O book.
BERRY FRAPPÉ
Dissolve a package of Raspberry or Strawberry Jell-O in a pint of boiling water. When cold and still liquid whip and pile into frappé glasses partly filled with crushed fresh raspberries or strawberries. A cup of whipped cream may be folded into the whipped Jell-O if desired. Canned berries are good when fresh fruit is out of season.

ASPARAGUS SALAD
Drain the liquor from one can of asparagus tips. Add one tablespoonful vinegar and enough water to make a pint. Add to this one-half cup of chopped celery, one-fourth teaspoonful of salt, one small onion. Simmer a few minutes, strain and add a package of Lemon Jell-O. Line the bottom of mould with Jell-O and let harden. Then place asparagus tips with strips of sweet green pepper and pimento and turn the remaining Jell-O over it. Set away to harden. Turn out on lettuce leaves and serve with mayonnaise dressing.

ORANGE JELL-O
Dissolve a package of Orange Jell-O in a pint of boiling water and set in a cold place to harden. Turn out and serve plain or with whipped cream. Any of the other flavors are as easily prepared as the Orange.
The Easy Jell-O Way

BEAUTY SALAD

Recipe Inside