Hey! diddle, diddle, the cat and the fiddle,
The dish ran after the spoon;
For it knew without doubt, they should not be out;
They'd be needed for JELL-O right soon.
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.
PLUM PUDDING

Dissolve a package of Lemon Jell-O in a pint of boiling water, and while it is still hot stir in three-fourths cup grape nuts or one cup coarse dried and browned bread crumbs, three-fourths cup stoned raisins, three-fourths cup English walnut meats, three-fourths cup cooked prunes and one-fourth cup citron—all cut fine; one-half teaspoonful cinnamon, one-fourth teaspoonful cloves. Salt to taste. Mix and let harden. Serve with whipped cream or pudding sauce.

The woman who has never been able to make a good plum pudding can do so easily enough by following the above recipe.

CHERRY JELL-O

Dissolve a package of Cherry Jell-O in a pint of boiling water. Pour into a bowl or mould and put in a cold place to harden. When set, turn out on a plate and serve plain or with whipped cream. Any of the other five flavors of Jell-O can be used instead of the Cherry Jell-O.

Any of them may be whipped as easy as cream, and are very attractive in that form.
NEAPOLITAN JELL-O

Layer pieces are made in great variety, with all layers of plain Jell-O, or all whipped, or alternate plain and whipped. The most common one of four layers is made as follows:

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour two-thirds of it into a mould of proper shape and when it has set whip the rest, pour it on and let it harden. Dissolve a package of Strawberry or Raspberry Jell-O in a pint of boiling water and when it is cold put two-thirds of it, a spoonful at a time, on the Lemon Jell-O. For the fourth layer whip the rest of the Strawberry Jell-O or Raspberry Jell-O and pour it on the hardened plain layer.

All layers must be hard before others are added. Unmould by dipping in hot water as directed on the back of the Jell-O package.

For a two-layer piece with both layers whipped as shown on cover, use Lemon Jell-O for one and Raspberry or Strawberry Jell-O for the other, half of the full pint of each being whipped and the rest served in some other way. All can be used, of course, if an extra large dessert is desired, and in such case four layers instead of two may be made.
The Easy JELL-O Way

JELL-O PLUM PUDDING

Recipe Inside