Polly, put the kettle on,
Polly, put the kettle on,
And we'll all have

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.
JELL-O RECIPES

MINT JELL-O
To one and three-fourths cups of water add one-fourth cup of vinegar and two tablespoonfuls of sugar. Let come to boiling point, add one-fourth cup of finely chopped fresh mint leaves, and boil one minute. Strain through fine cloth and dissolve one package of Lemon Jell-O in the liquid while it is still at boiling point.

STRAWBERRY JELL-O
Dissolve a package of Strawberry 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 Jell-O flavors are prepared in the same way.

APRICOT WHIP
Cook one-half pound of dried apricots and sweeten the same as for sauce. Drain juice, add enough water to make one pint, heat to boiling point and dissolve a package of Orange Jell-O in it. When cool set in ice or very cold water and whip with Dover egg-beater to consistency of thick whipped cream. Then add the drained apricots after they have been put through a colander. Serve with custard or whipped cream.
JELL-O IN QUARTER ORANGES

Dissolve a package of any flavor Jell-O in a pint of boiling water. Cut oranges in halves and scoop out all the pulp. Fill them with cool Jell-O and allow it to harden. When hard cut in quarters with a thin, sharp knife that has been dipped in hot water.

PEACH WHIP

Dissolve a package of Lemon or Orange Jell-O in half a pint of boiling water. When cold and still liquid add half a pint of peach juice and whip. Then fold in one cup of crushed peaches from which the juice was drained. Set in a cold place to harden. Serves twelve persons.

A DELICIOUS TABLE JELLY

There is no fruit jelly that is better than Jell-O as a table jelly for serving with fowl or lamb, and it is a question whether any of the fruit jellies are so generally liked as Jell-O for the purpose. As for lemon jelly, the best and easiest-made lemon jelly is made by simply dissolving a package of Lemon Jell-O in a pint of boiling water and letting it cool.

A great many excellent recipes are collected in our Jell-O book; it will be sent upon request.