The Jell-O girl in May

Lucile Patterson Marsh
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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>85.8%</td>
<td>352</td>
</tr>
<tr>
<td>Protein</td>
<td>12.2%</td>
<td>50</td>
</tr>
<tr>
<td>Vegetable Acid</td>
<td>2.0%</td>
<td></td>
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<tr>
<td>Total Food Value</td>
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<td>402</td>
</tr>
</tbody>
</table>

The Genesee Pure Food Company, LeRoy, N. Y.
ORANGE JELL-O WITH BANANAS

Dissolve a package of Orange Jell-O in a pint of boiling water. Pour a layer of Jell-O in mould and let it harden. Cut a banana in thin slices and place slices one over the edge of the other around outer edge of hardened Jell-O. Add another layer of cool liquid Jell-O. When this has hardened put on another layer of fruit. Fill the mould to top with remaining cold Jell-O. Set to harden, and serve with an egg custard.

LEMON JELL-O WHIP WITH PRUNES

Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold but not set beat with an egg beater to consistency of whipped cream. Stir in one cup of chopped prunes, which have been stewed until very tender. Turn into mould to harden. Add more sugar to the water in which they were cooked, and boil this down to a thick syrup. When cold, pour it about the base of the dessert, after you have turned it out, and arrange whole prunes as a garnish.
PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in a half-pint of boiling water and add a half-pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cold place to harden. Turn from the mould and garnish with sliced pineapple and cherries or grapes. Instead of pineapple, stewed prunes, chopped, may be used, or canned peaches, or berries. Remember to use not more than one pint of liquid, including the boiling water and the fruit juice.

MRS. HILL'S RASPBERRY JELL-O

Dissolve a package of Raspberry Jell-O in a pint of boiling water. When cold and still liquid whip to consistency of whipped cream. Set in a cold place to harden. Put a large spoonful of canned raspberries, or fresh raspberries sprinkled with sugar, into individual glasses. With a teaspoon put the beaten Raspberry Jell-O on the fruit and serve.

A beautiful new Jell-O book will be sent free to any address upon request.