The Jell-O girl in June
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.

Jello-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, LeROY, N. Y.
JELL-O RECIPES

CHERRY WHIP

Dissolve a package of Cherry Jell-O in a pint of boiling water. When cold, but not yet congealing, whip to consistency of whipped cream. Pile into a glass dish or serve in individual glasses with whipped cream or custard sauce.

CHOCOLATE JELL-O

Dissolve a package of Chocolate Jell-O in a pint of boiling milk. Pour into individual moulds. Let harden. Garnish with whipped cream or serve plain.

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.
APPLE SNOW JELL-O

Dissolve a package of Strawberry Jell-O in a pint of boiling water. When partly cold turn into sherbet glasses, filling three-quarters full. When firm pile Apple Snow on top. To make Apple Snow dissolve one-half package of Lemon Jell-O in half a pint of boiling water. When cool whip to consistency of thick whipped cream. Then add one grated apple and four tablespoonfuls of sugar. Raspberry or Cherry Jell-O may be used instead of Strawberry.

GINGER ALE SALAD

Pour one-half cup of boiling water over one package of Lemon Jell-O, set in hot water till thoroughly dissolved, stirring all the time. Cool and add one and one-half cups ginger ale. Set in a cold place until it begins to thicken, then stir in one-fourth cup finely cut nutmeats, one-fourth cup finely cut celery, one cup finely cut assorted fruits (pineapple, orange, apple, cherries or grapes), one tablespoonful finely cut crystallized ginger.

See our free Jell-O book for many other delightful salads.