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 GENESSEE PURE FOOD COMPANY, LE ROY, N. Y.
JELL-O RECIPES

STRAWBERRY WHIP
Dissolve a package of Strawberry Jell-O in half a pint of boiling water. When cold and still liquid add half a pint of strawberry juice and whip. Then fold in one cup of the crushed strawberries from which the juice was drained. Set in a cold place to harden. Serves twelve persons.

PRUNE WHIP
Dissolve a package of Lemon Jell-O in a pint of boiling water. When cool and still liquid whip with egg beater to consistency of whipped cream and add one cup prune pulp. Serve with whipped cream.

ORANGE DELIGHT
Dissolve a package of Orange Jell-O in a pint of boiling water. Pour a little of the Jell-O into the mould, lay in sliced oranges, add a little cool Jell-O, let it harden, then add another layer of oranges and more Jell-O until the mould is full. Serve plain or with whipped cream.
**NUT FRAPPE**

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.

**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.

**OLIVE JELL-O SALAD**

Dissolve a package of Lemon Jell-O in half a pint of boiling water. Add a half-pint of canned tomato soup, one cup of finely chopped celery and twelve olives chopped. Salt to taste. Set away to harden.
STRAWBERRY WHIP

Recipe Inside