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. 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 Jell-O Company, Inc. LeRoy, N.Y.
JELL-O RECIPES

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.

PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in a half-pint 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 moulds and set in a cold place to harden. Turn from the mould and garnish with sliced pineapple and cherries or grapes.

Remember to use not more than one pint of liquid, including the boiling water and the fruit juice.
JELL-O HORSERADISH RELISH
Dissolve a package of Lemon Jell-O in a scant pint of boiling water and one tablespoonful vinegar. Add one pimento, one-half green pepper cut fine and half a cup of grated horseradish. As it begins to thicken mould in green peppers, and when set cut in slices. Serve with meat or fish.

CRANBERRY MOULD
Dissolve a package of Lemon Jell-O in three-fourths pint boiling water. When cool add two-thirds cup cranberry pulp which has been sweetened and rubbed through a sieve. Pour half in a mould and when firm pour on the other half whipped. Very fine with turkey and fowl generally.

SPANISH JELL-O SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water and one tablespoonful vinegar. Mix lightly one cup of finely shredded cabbage, one cup chopped celery, one-half cup chopped pickle and about one-third of a small can of pimentos. Season with salt. Just as Jell-O begins to thicken add the mixture. Mould in teacups or individual Jell-O moulds. Set in a cold place to harden, and serve on crisp lettuce leaf with mayonnaise dressing.