The JELL-O girl in December
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 JELL-O COMPANY, INC. LE ROY, N. Y.
JELL-O RECIPES

JELL-O BIRTHDAY CAKE

Dissolve a package of Lemon Jell-O in a pint of boiling water. While it is cooling dissolve a package of Orange Jell-O in a pint of boiling water. Whip half of the Lemon Jell-O with an egg-beater. Pour it into a large round mould or three-pint basin and let harden. Add the Orange Jell-O when it is cold and still liquid, a spoonful at a time, so that the whipped Lemon Jell-O may not be disturbed. Let harden. Then whip the rest of the Lemon Jell-O and turn it into the mould. When hard remove from the mould and place small candles on top.

NEW MANHATTAN SALAD

Dissolve a package of Lemon Jell-O in a scant pint of boiling water and one tablespoonful vinegar. While it is cooling, chop one cup tart apples, one cup English walnuts, one cup celery. Mix these ingredients, season with salt, and pour over them the Jell-O. Cool in individual moulds. Serve with mayonnaise or French dressing.

Be sure to read the “Jell-O Rules” in this folder if you are at a loss as to how to proceed at any time.
ORANGE JELL-O

Dissolve a package of Orange 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 other five flavors of Jell-O can be used instead of the Orange Jell-O.

Any of them may be whipped as easily as cream, and all are very attractive in that form.

CHOCOLATE WALNUT JELL-O

Dissolve a package of Chocolate Jell-O in a pint of boiling milk. When it begins to harden, add one-half cup of English walnut meats and a half-dozen figs cut up fine. Set away to harden. Serve plain or with whipped cream.

ROMAN SPONGE

Dissolve a package of Cherry Jell-O in a pint of boiling water. When cold, whip to consistency of whipped cream, then add a cup whipped cream, one-half dozen macaroons crushed, and a handful of chopped nuts. Set in a cold place to harden. Garnish with cherries and serve with whipped cream.