Pineapple and Raspberry Neapolitan
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 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.

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>Carbohydrates</th>
<th>85.8%</th>
<th>yielding 352 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12.2%</td>
<td></td>
</tr>
<tr>
<td>Vegetable Acid</td>
<td>2.0%</td>
<td></td>
</tr>
<tr>
<td>Total Food Value</td>
<td>402 calories</td>
<td></td>
</tr>
</tbody>
</table>

THE JELL-O COMPANY, INC. LEROY, N. Y.

JELL-O RECIPES

NEAPOLITAN JELL-O

Layer pieces are made in great variety, with all layers of plain Jell-O, or all whipped or alternate plain and whipped. They are deceptive in that they look difficult to make, and are very easy. The most common one has four layers and is made as follows:

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour two-thirds of it into a mould of proper shape and when it has set whip the rest, pour it on and let it harden.

Dissolve a package of Strawberry or Raspberry Jell-O in a pint of boiling water and when it is cold put two-thirds of it, a spoonful at a time, on the Lemon Jell-O. For the fourth layer whip the rest of the Strawberry Jell-O and pour it on the hardened plain layer.

All layers must be hard before others are added. Unmould by dipping in warm water as directed on the back of the Jell-O package.

Serve plain or with whipped cream.

For a two-layer piece like the one illustrated, with both layers whipped, use Lemon Jell-O for one and Raspberry or Strawberry Jell-O for the other, half of the full pint of each being whipped and the rest served in...
some other way. All can be used, of course, if an extra large dessert is desired.

Three-layer pieces are made by dissolving a package of Jell-O (any flavor) in a pint of boiling water, whipping one-fourth of it for the middle layer and making the other two layers by dividing the unwhipped Jell-O into two equal parts, one for the bottom layer and the other for the top, with the whipped layer between.

It is well to bear in mind that whipping Jell-O doubles its bulk, and for this reason care should be taken to follow the rule above relative to quantities. In four-layer pieces, especially, the layers should be as nearly as possible of uniform thickness.

**PINEAPPLE AND RASPBERRY NEAPOLITAN**

Dissolve a package of Lemon Jell-O in one-half pint of boiling water, add one-half pint of juice from canned pineapple. When cold but still liquid whip to consistency of whipped cream. Fold in two or three slices of canned pineapple, finely chopped. Turn into square mould, filling half full. Dissolve a package of Raspberry Jell-O in half a pint of boiling water, add half a pint of juice of canned or fresh raspberries, whip and fold in the berries. Pour into the mould after the Lemon Jell-O has hardened.