Miss JELL-O visits GERMANY
**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 fruit into place and fill the mould with cold liquid Jell-O or whipped Jell-O.

To make 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 consistent consistency.

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 a pan with warm water a 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.

**JELL-O RECIPES**

Under the heading “Estimates of Food Values” in Practical Dietetics by Miss Alida Frances Pattee the following analysis of Jell-O appears:

- **Carbohydrates**: 85.8% yielding 352 calories
- **Protein**: 12.2% yielding 50 calories
- **Vegetable Acid**: 2.0%

Total Food Value: 402 calories

**JELL-O CUBES ON JELL-O WHIP**

Dissolve a package of Jell-O, any flavor, in a pint of boiling water. Pour a small part into a flat pan to harden. Whip the remainder as directed in Jell-O rules on other side of this folder. Pile whipped Jell-O lightly in serving dish. Garnish with tiny cubes cut from portion left in flat pan to harden.

**CUSTARD FOR WHIPPED JELL-O**

Scald one cup milk in double boiler. Beat yolks of two eggs, add three tablespoonfuls sugar, and pour on the scalded milk. Pour back into double boiler and stir until creamy. Take from the hot water, cool and flavor with one-half teaspoonful of vanilla.

**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, and 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.
JELL-O IN QUARTER ORANGES

Dissolve a package of any flavor Jell-O in a pint of boiling water. Cut oranges in halves and scoop out all the pulp. Fill them with cool Jell-O and allow it to harden. When hard, cut in quarters with a thin, sharp knife that has been dipped in hot water.

PEACH WHIP

Dissolve a package of Lemon or Orange Jell-O in half a pint of boiling water. When cold and still liquid add half a pint of peach juice and whip. Then fold in one cup of crushed peaches from which the juice has been drained. Set in a cold place to harden. Serves twelve persons.

A DELICIOUS TABLE JELLY

There is no fruit jelly that is better than Jell-O as a table jelly for serving with fowl or lamb, and it is a question whether any of the fruit jellies are so generally liked as Jell-O for the purpose. As for lemon jelly, the best and easiest made lemon jelly is made by simply dissolving a package of Lemon Jell-O in a pint of boiling water and letting it cool.

A great many excellent recipes are collected in our Jell-O book; it will be sent upon request.