MISS JELL-O IN HAWAII
Raspberry Jell-O Supreme
**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 mold 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 mold 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 mold is full.
- To fix fruit in an upright position, put enough Jell-O in the mold to hold the fruit in place and let it jell to the consistency of thick molasses. Press the fruit into place and fill the mold 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 mold, fill with warm water a pan large enough to admit the whole mold and dip the mold to the edge. Place a plate over the mold 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:

- Carbohydrates 85.8%, yielding 352 calories
- Protein 12.2%
- Vegetable Acid 2.0%
- Total Food Value 402 calories

**JELL-O RECIPES**

**RASPBERRY JELL-O SUPREME**

Make custard for whipped Jell-O according to recipe in Jell-O book. Dissolve one-half package of Lemon Jell-O in half a pint of boiling water. When cold whip to consistency of thick whipped cream and add custard. Dissolve a package of Raspberry Jell-O in a pint of boiling water and turn into a pie tin to harden. When ready to serve, dip a knife in hot water and cut Jell-O in half-inch cubes and half fill individual glasses; then add the custard mixture.

**JELL-O PIMENTO SALAD**

Dissolve a package of Lemon Jell-O in a pint of boiling water. When it begins to thicken add one cup finely chopped celery, one cup finely chopped green pepper, two slices pimento, one-half teaspoon salt, one-half teaspoonousalard mustard, one-fourth teaspoon paprika, two tablespoonfuls vinegar or lemon juice. Mix thoroughly. Set to harden. Serve with mayonnaise dressing.
IMPERIAL SALAD

Drain juice from half a can pineapple, add one tablespoonful of vinegar and enough water to make a pint. Heat to boiling point and add one package of Lemon Jell-O. Just as it begins to set add three slices of canned pineapple, cubed, one-half can Spanish pimientos, shredded, and one medium size cucumber or one cup celery, cut fine and salted. Mould in individual moulds or in one large mould and slice. Serve with cream salad dressing.

Many other salad recipes will be found in our free Jell-O book.

JELL-O FRUIT COCKTAIL

Dissolve a package of Orange Jell-O in a pint of boiling water. Stand in a cold place. Cut baskets out of oranges. Save the pulp and juice, and add one-half cup canned pineapple cut in cubes, one-half cup white grapes cut in halves and seeded, one-half cup of Maraschino cherries, and one-half cup sugar. When Jell-O begins to thicken add the fruit and set in a cold place to harden. Serve in orange baskets or in sherbet glasses. Any fresh fruit can be used except pineapple. Use canned pineapple.