MISS JELL-O VISITS HOLLAND
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 liquid Jell-O to hold the fruit in place, but not to cover it. When this Jell-O has hardened add more cold 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 Puttee the following analysis of Jell-O appears:

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>85.8%</th>
<th>yielding 332 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12.2%</td>
<td>&quot;  50 &quot;</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

LEMON JELL-O

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour into a bowl or mold 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 in the same way as Lemon.

The bulk of any of these dishes may be doubled by whipping the jelly while it is still liquid — cold but not yet congealing. You will be delighted with the effects produced by the whipping.

GLORIFIED RICE

Dissolve a package of Lemon Jell-O in half a pint of boiling water. Add one-half pint of canned pineapple juice or any fruit juice. When a cold liquid whip to the consistency of heavy whipped cream. Have two cups of cold boiled rice cooked dry. Fold the rice into the whipped Jell-O. Add one cup whipped cream, four tablespoonfuls sugar, and salt to taste. Set in a cold place to harden.

The whipped cream may be omitted and the Glorified Rice will still be a most delicious dish.
BERRY FRAPPÉ

Dissolve a package of Raspberry or Strawberry Jell-O in a pint of boiling water. When cold and still liquid whip and pile into frappé glasses partly filled with crushed fresh raspberries or strawberries. A cup of whipped cream may be folded into the whipped Jell-O if desired.

LEMON JELL-O WITH FRUITS

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour a thin layer into mould. When it has hardened place cherries, sliced bananas and cubes of pineapple. Add another layer of cold Jell-O. Continue with fruit and Jell-O until mould is full. Serve with whipped cream.

PLAIN JELL-O

Dissolve a package of Jell-O, any flavor, in a pint of boiling water and set in a cold place to harden. Turn out and serve plain or with whipped cream.

JELL-O RULES

It will well repay you to read carefully, on the two pages inside, the rules for whipping Jell-O, adding fruit, unmoulding, and other processes.