MISS JELL-O IN IRELAND
Raspberry Jell-O
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% | 50        |
| Vegetable Acid| 2.0%  |           |
| Total Food Value| 402 calories |

JELL-O RECIPES

RASPBERRY JELL-O

Dissolve a package of Raspberry Jell-O in a pint of boiling water. Pour into a mold and cover with 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 Raspberry Jell-O.

ORANGE CUPS AND BASKETS

To make orange cups cut large oranges in two. Take juice and pulp out so carefully as not to break the shell, and when perfectly clean scallop the edges with scissors. The “basket” may be made by cutting the oranges in basket shape.

For a filling, dissolve a package of Orange Jell-O in half a pint of boiling water and add one-half cup of sugar. When cool combine with the juice from the oranges, to which has been added enough water to make a half-pint. Also add small pieces of oranges or nut meats. Put into cups or baskets.
CALIFORNIA SPECIAL

To the juice from a can of white cherries add enough water to make a pint. Heat to boiling point and dissolve a package of Lemon Jell-O in it. When it begins to thicken add a cup of chopped white cherries, half a cup of nutmeats, half a cup of celery. Set away to harden. This dish may be used either as a dessert or a salad. Serve on lettuce leaves with mayonnaise, as a salad; serve without the lettuce leaves, with whipped cream, as a dessert.

There are other delightful salads described in our free Jell-O book—send for one.

PARADISE PUDDING

Take one-quarter pound blanched almonds, one dozen marshmallows, one dozen candied cherries, one-half dozen macaroons. Cut these fine and stand aside in a cool place. Dissolve a package of Lemon Jell-O in a pint of boiling water, and when cold set the dish in cold (or ice) water and whip to consistency of whipped cream. Then fold in one cup of whipped cream, the cut fruit and one-quarter cup of sugar. Turn into a square pan and set in a cold place to harden. Serve in slices. Will serve twelve.