MISS JELL-O IN JAPAN
Jell-O Fruit Salad
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 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 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.

To remove Jell-O from the mould, fill with warm water a pan 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.

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

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

JELL-O RECIPES

JELL-O FRUIT SALADS

The famous "combination salads" that can be served as desserts also are coming into general use. They are made either according to the recipes herein and in the Jell-O Book, or by pouring Jell-O into a pan to the depth of an inch, adding, when it is cold, fruit of almost any kind (and nutmeats, of course, if you wish), and when hard cutting it into squares with a knife dipped in warm water. A bit of the different flavors of Jell-O, except Chocolate, can be used for these dishes.

The illustration shows a fruit salad, made of Raspberry Jell-O, on which the dressing could be served as a dessert. It requires only a change in the sauce or dressing to transform a fruit salad into a dessert.

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 nuts, half a cup of celery. Set away to harden. Serve with mayonnaise dressing.
BEAUTY SALAD

Dissolve a package of Raspberry Jell-O in a pint of boiling water and fill individual moulds or cups one-fourth full. Let harden. Coarsely chop three bananas, sprinkle with lemon juice, and add half a cup of English walnut meats coarsely chopped. Put the mixture in the moulds and pour on rest of Jell-O when it is a cold liquid. At serving time arrange on lettuce with slices of banana sprinkled with nutmeats around the turned-out Jell-O. Serve with salad dressing. This makes nine individual servings.

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, 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.

Be sure to read the "Jell-O Rules" in this folder if you are at a loss as to how to proceed at any time.