MISS JELL-O IN RUSSIA
Jell-O Tomato Salad
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 mould it, soften by setting the pan or bowl containing it in hot water.

To fix 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 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 to 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 the fruit into 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.

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 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 Altona Frances Pattee the following analysis of Jell-O appears:

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>85.8%</th>
<th>yielding 352 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12.2%</td>
<td>50</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>

JELL-O RECIPES

STRAWBERRY JELL-O WITH CHERRIES

Dissolve a package of Strawberry Jell-O in a pint of boiling water. Place layer of Jell-O in mould, let harden, add a layer of cherries, then remainder of Jell-O. Let harden. Garnish with whipped cream and cherries.

JELL-O AND BAKED APPLES

Bake six medium-sized or small apples with cores removed and filled with brown sugar and chopped nuts. When cold arrange the apples in a pan and cover them with Raspberry Jell-O (one package dissolved in a pint of boiling water). After the Jell-O has set, cut into squares, using a knife dipped in hot water and serve with whipped cream. Or place each apple in a cup and pour the Jell-O over.

MAGIC ICE

Dissolve a package of Lemon Jell-O in a pint of boiling water. When cool add green Malaga grapes, halved and seeded, and let harden. Remove by spoonfuls into sherbet glasses. The irregular mass looks like ice and is delicious. Whipped cream may be served with this.
TOMATO JELL-O SALAD

Cook half a can tomatoes with half a cup celery, half a bay leaf and a small onion cut fine, for five minutes. Strain through a coarse sieve, add two tablespoonfuls vinegar and enough water to make a pint. Heat to boiling point and pour it over a package of Lemon Jell-O. Add a dash of red pepper and salt to taste. Pour in individual moulds and when firm serve on lettuce leaves with salad dressing, or jell in border mould, turn on a platter and fill center with chicken or celery salad.

CHERRY JELL-O

Dissolve a package of Cherry Jell-O in a pint of boiling water. Pour into a bowl or mould 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 the Cherry Jell-O. 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.

It will well repay you to read the “Jell-O Rules” on the two pages inside.