JELL-O Luncheon Salads
Jell-O—“America’s Most Famous Dessert”
Delicious, beautiful, healthful!

For nearly thirty years the women of America have esteemed Jell-O for its delicious pure fruit flavor and its sparkling beauty. They have considered it one of the most tempting foods they could possibly serve—as well as one of the easiest to prepare and the most economical.

But there is still another reason for using Jell-O—and using it often. Jell-O is an unusually healthful dessert. In the first place, it is a “light” dessert, which requires very little digestive effort. In the second place, it is of real value as an energizing and body-building food. The elements which it contains favorably influence growth and strength.

The purest of ingredients go into the making of Jell-O; fine gelatin, snowy cane sugar and pure fruit flavors. Jell-O reaches you always in perfect condition because of the specially designed Jell-O package. . . . Keep Jell-O always on hand. Use it for delicious salads and entrees, as well as for desserts. Write to the Jell-O Company, Inc., Le Roy, N. Y., for a complete recipe book. Your grocer sells Jell-O in six delightful flavors.
**IMPERIAL SALAD**

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

**SALMON SALAD**

Measure one pint boiling water, remove two tablespoonfuls and use two tablespoons lemon juice instead. Add one-fourth teaspoon salt and dissolve one package Lemon Jell-O in the hot liquid. Place a little clear Jell-O in the bottom of any shaped mold. Pack it in ice. When beginning to thicken press in one cup of red salmon and let this layer harden. Then add another layer of Jell-O and, while thickening, one cup green peas. When again firm add last layer of Jell-O, and one cup carrots, diced. Set away to mold for at least two hours. Serve garnished with green leaves and salad dressing.
OLIVE JELL-O SALAD
Dissolve a package of Lemon Jell-O in half a pint of boiling water. Add a half-pint can of tomato soup to which two tablespoons of vinegar have been added, one cup of finely chopped celery and twelve olives chopped. Salt to taste. Set away to harden.

HEALTH SALAD
Dissolve a package of Lemon Jell-O in one cup of boiling water and add one cup of juice from a can of crushed pineapple. Cook and add one cup of the crushed pineapple, one cup raw carrot, one-fourth cup sugar, one teaspoon salt. Serve on lettuce with salad dressing.

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.

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 bottom of mold and let it harden. Arrange fruit and add enough cold liquid Jell-O to hold fruit in place. When this Jell-O has hardened add more cold liquid Jell-O. Press the fruit into place and fill mold with cold liquid Jell-O or whipped Jell-O.

In making Jell-O in layers, let each layer harden before adding another. Be sure the Jell-O poured upon any hardened layer is so cool it will not soften the layer.

Before slicing or cutting Jell-O dip knife in hot water.

Cook fresh pineapple a few minutes with a little sugar before using it with Jell-O, or use canned pineapple.

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