FOREWORD

THE "JELL-O" Menus shown in this book were originated and prepared by Alice Wright Penrose, Director Foods and Cookery, Ballard School, Central Branch Y. W. C. A., New York City, in collaboration with the Domestic Science Staff of The Genesee Pure Food Company.

The Silverware and China Service shown were selected from the stock of the most exclusive shop on The Avenue.
PARADISE PUDDING

TAKE ONE-QUARTER POUND BLANCHED ALMONDS, ONE DOZEN MARSHMALLOW, ONE DOZEN CANDIED CHERRIES, ONE-HALF DOZEN MACAROONS. CUT THESE FINE AND STAND ASIDE IN A COOL PLACE. TO A PACKAGE OF LEMON JELLO ADD 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 AND THE CUT FRUIT. TURN INTO A SQUARE PAN AND SET IT IN A COLD PLACE TO HARDEN. SERVE IN SLICES. WILL SERVE TWELVE OR MORE.

By Elizabeth Palmer Bonesteel.
Suggestions for

FORMAL LUNCHEON

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. Serve with mayonnaise dressing.

Lillian May Payne.

GRAPEFRUIT SALAD
Remove the pulp from two grapefruit, separate membrane from pulp over a strainer and leave pulp in large pieces. Sprinkle with two tablespoonfuls of sugar and let drain thoroughly. Dissolve a package of Lemon Jell-O in one-half pint of boiling water. When cool add the grapefruit juice to which enough water has been added to make a half pint. Turn into a shallow pan, let harden and cut in cubes. Serve cubes and pulp mixed in grapefruit shells or on lettuce leaves with French or mayonnaise dressing.

Beth Salisbury Offutt.

PEACH SURPRISE
Dissolve one package of Orange Jell-O in one-half pint of boiling water; when cool add the peach juice with enough water to make a half pint. Line the bottom of individual cups with the Jell-O, let harden and on this arrange one-half peach, the part from which pit has been removed up, and fill with chopped nuts; put enough of the cold Jell-O in to cover the peach. When jelled remove (pit down) and serve with whipped cream.

Jean Salisbury Goldsmith.

PEAR WHIP
Dissolve one package of Lemon Jell-O in one-half pint of boiling water and one-half pint of juice (strained) from canned pears. Pour into a quart measuring cup, pack in ice, and when cool but not thick whip with egg beater until of consistency of whipped cream. Then fold in one-half pint pears, halved and crushed with a fork. Beat one-half pint of whipping cream until thick, add one-half cup sugar and one-half teaspoonful vanilla, and fold lightly into the beaten Jell-O. Pile in stem glasses and garnish with chopped nuts.

Mrs. Lincoln's Strawberry Mousse
Dissolve one package of Strawberry Jell-O in one pint of boiling water and cool it quickly. Whip one cup of thick chilled cream very stiff and whip into it gradually one cup strained canned or fresh strawberry juice, sweetened to taste. When the Jell-O begins to stiffen, beat it into the cream; pour it into a wet mould having a tight cover; lay buttered paper on top cover and immerse in one part salt and two parts ice for three hours. Serve in individual glasses.
Asparagus Salad

Drain liquor from one can of asparagus tips. Add one tablespoonful vinegar and enough water to make a pint. Add to this one-half cup of chopped celery, one-fourth teaspoonful of salt, one small onion. Simmer a few minutes, strain and add package of lemon Jell-O. Line the bottom of mould with Jell-O and let harden. Then place asparagus tips with strips of green pepper and pimento, and turn the remaining Jell-O over it. Set away to harden. Turn out on lettuce leaves and serve with mayonnaise dressing.
Suggestions for
BUFFET LUNCHEON

SPICED JELLED PEACHES
Dissolve one package of Orange Jell-O in one cup of boiling water. Add a cup of juice from spiced peaches—or canned peach juice that has been spiced; line the bottom of large or small moulds. When firm arrange on this a cup of spiced or canned peaches cut fine, and add the remaining Jell-O, which should be cold but a liquid. Set aside to harden. To be served as a relish.

BETH SALISBURY OFFUTT.

DELICIOUS SALAD
Drain juice from one medium-sized can of white cherries, add two tablespoonfuls of vinegar, and enough water to make one pint. Heat to boiling point and add one package of Lemon Jell-O. Alternate layers of Jell-O with layers of white cherries, cold chicken (chopped fine) and chopped celery. Mould in individual moulds, or one large mould and slice.

MARGARET VARNER WALES.

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.

MRS. HILL'S RASPBERRY JELL-O FRAPPÉ
Dissolve one package of Raspberry Jell-O in a pint of boiling water; let stand until beginning to set, then beat until very light and foamy, and remove to a cool place until firm. Put a large spoonful of canned raspberries or fresh raspberries sprinkled with sugar into individual glasses. With a teaspoon dispose the beaten Raspberry Jell-O above the fruit, and serve. (Any other fruit may be used.)

PINEAPPLE AND RASPBERRY NEAPOLITAN
Dissolve a package of Lemon Jell-O in one-half pint of boiling water, add one-half pint of juice from canned pineapple. When cold but still liquid whip to consistency of whipped cream. Fold in two or three slices of canned pineapple, finely chopped. Turn into square mould, filling half full. Dissolve a package of Raspberry Jell-O in a half pint of boiling water, add half a pint of juice of canned or fresh raspberries, whip and fold in the berries. Pour into the mould after the Lemon Jell-O has hardened.
Porch Luncheon

MENU

PORCH LUNCHEON

Dexter Canapé
Creamed Sweetbreads in Chafing Dish
Tomato Jelly
Hot Buttered Rolls
Jello Fruit Cup
Maple Cream Cake

JELLO FRUIT CUP

Cut up any fruit in season, place in glass and pour over any flavor of Jell-O when cold, but still in liquid form. When jelled top with whip cream and garnish.
Suggestions for

PORCH LUNCHEON

TOMATO JELL-O SALAD
Cook half a can tomatoes with half a cup of celery, half a bay leaf and a small onion cut fine, for five minutes. Strain through a coarse sieve, add two tablespoonsfuls 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.

ELIZABETH PALMER BONESTEEL.

LUNCHEON SALAD
Dissolve one package of Lemon Jell-O in one-half pint of boiling water. Stir until dissolved. Then add two tablespoonsfuls of vinegar to enough water to make one-half pint and pour all together. Then add one tablespoonful Spanish pepper. When the Jell-O starts to set add three or four slices of finely chopped cold boiled ham, one-half cup chopped raw cabbage, one-fourth cup pimento shredded, three sweet pickles chopped fine and one-half cup broken walnut meats. Serve on lettuce leaves with mayonnaise dressing.

LILLIAN MAY PAYNE.

BANANA CREAM
Peel five large bananas, rub smooth with five teaspoonfuls of sugar, and add one cup of cream beaten to a stiff froth. Dissolve one package of Lemon Jell-O in three-fourths pint of boiling water. When cold, stir in the cream mixture. Pour into a mould and set away to harden. Serve with whipped cream.

LILLIAN MAY PAYNE.

Dexter Canape
Have ready four moulds of bread toasted on one side. Spread untoasted side with onion butter (made by creaming one tablespoonful of butter with eight drops of onion juice). Place on this a slice of tomato jelly, cut one-third inch thick and same size as bread. With a small pastry tube put a ring of mayonnaise around the edge of tomato jelly. In center place a small, cupped lettuce leaf, fill with mayonnaise sprinkled with finely minced broiled bacon. Top with parsley. Serve at once.

MAPLE CREAM FILLING FOR CAKE
Dissolve one-half package of Orange Jell-O in one-half cup of maple syrup heated to boiling point. Cook one-half cup of maple syrup and one-half cup of granulated sugar until a drop will form a hair from the prong of a fork. Beat the white of one egg stiff, add syrup in thin stream, beating all the time. Slowly beat in Jell-O and continue beating until the mixture will stand up in points. Use between layers and on top of cake.
Hurry up Luncheon

MENU

HURRY UP LUNCHEON

Tomato Cream Soup
Toasted Biscuits
Welsh Rarebit
New Manhattan Salad
Raspberry Jell-O

RASPBERRY JELL-O

Dissolve a package of raspberry Jell-O in one cup of boiling water. Add one cup of ice water, pour into mould and pack in ice. When set, turn out on plate, cut in small dice and serve in individual glasses, plain or with whipped cream.
Suggestions for
HURRY UP LUNCHEON

NEW MANHATTAN SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water and one tablespoonful vinegar. While it is cooling, chop one cup of tart apples, one-half cup of English walnuts, one cup of celery, and season with salt. Mix these ingredients, and pour over them the Jell-O. Cool in individual moulds, and serve with mayonnaise or French dressing.

ADELAIDE M. WHITE.

TUNA FISH SALAD
Break with a fork the tuna fish from a large-size can. Add one-half cup celery, two pimentos, one-half green pepper (cut fine), a few drops of onion juice, a dash of pepper and salt to taste. Put three tablespoonfuls of vinegar in a pint measure and fill with boiling water. Dissolve a package of Lemon Jell-O in this liquid and when cold pour over the tuna fish mixture. Fill large or individual moulds. When firm turn out on lettuce leaves and serve with salad dressing.

CHERRY SALAD
Dissolve one package Cherry Jell-O in one pint boiling water. As it begins to jell add two tablespoonfuls candied ginger (cut fine), one cup white cherries and one cup cooked pineapple (cut small). Set to harden and serve with fruit salad dressing.

CORA ELLA KREASAN.

APRICOT WHIP
Cook one-half pound of dried apricots and sweeten the same as for sauce. Drain juice, add enough water to make one pint, heat to boiling point and dissolve a package of Orange Jell-O in it. When cool set in ice or very cold water and whip with Dover egg-beater to consistency of thick whipped cream. Then add the drained apricots after they have been put through a colander. Serve with custard or whipped cream.

SNOW PUDDING
Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold and still liquid whip with an egg-beater to consistency of whipped cream. Let stand till firm and then pile it by spoonfuls into sherbet glasses and serve with custard flavored with grated rind of fresh lemon.

CUSTARD FOR WHIPPED JELL-O
Scald one cup milk in double boiler. Beat yolks of two eggs, add three tablespoonfuls sugar, and pour on the scalded milk. Pour back into double boiler and stir until creamy. Take from the hot water, cool and flavor with one-half teaspoonful vanilla.

SOPHIE B. HURD.
Pineapple Bavarian Cream

Dissolve a package of lemon jell-o in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still in liquid form whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pile into individual glasses and set in a cold place to harden. Garnish with whipped cream or fruit.

By Jean Salisbury Goldsmith.
SUNDAY DINNER

MINT JELL-O
To one and three-fourths cups of water add one-fourth cup of weak vinegar and two tablespoonfuls of sugar. Let come to boiling point; add one-fourth cup of finely chopped fresh mint leaves, and boil one minute. Strain through fine cloth and dissolve one package of Lemon Jell-O in the liquid while it is still at boiling point.

CELERY AND APPLE SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water to which a tablespoonful of vinegar and a very little green coloring has been added. Line bottom of individual moulds and let jell; fill the mould three-fourths full of finely cut apple and celery (salted to taste), turn over the remainder of the Jell-O and set away to become firm. Turn on lettuce leaf and serve with Russian dressing.

PIMENTO SALAD
Dissolve one package of Lemon Jell-O in three-fourths pint of boiling water to which three tablespoonfuls of vinegar have been added. Set in a cool place. When as thick as molasses stir through the following ingredients: three-fourths cup shredded cabbage, three-fourths cup celery cut fine, one pimento cut fine, one-half teaspoonful dry mustard, one-half teaspoonful salt, one tablespoonful minced onion. Mould in large or individual moulds and turn on lettuce leaf. Serve with mayonnaise dressing. Nice for stuffing celery, green peppers, or served in beet cups.

BERTHA RUSHTON STACK

JELL-O AND BAKED APPLES
Bake six medium-sized or small apples that have had 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.

ELIZABETH PALMER BONESTEEL

RASPBERRY BAVARIAN CREAM
Wash one box of raspberries and sprinkle with four tablespoonfuls of sugar. Dissolve a package of Raspberry Jell-O in three-fourths pint of boiling water and when cold and still liquid whip to consistency of whipped cream. Then fold in the raspberries and juice. Set in a cold place to harden. Serve with whipped cream and garnish with fresh berries. Use canned berries when fresh are out of season.
THANKSGIVING DINNER
Oysters on Half Shell
Consomme
Celery Olives
Roast Turkey
Mashed Potatoes
Creamed Onions
Cranberry Ice
Plum Pudding
Candy Raisins
Coffee Nuts

Thanksgiving Dinner

Cranberry Ice
Cook four cups of cranberries in one quart of water until soft. Then mash through fine strainer. Add one pound of sugar. Bring to boil, and pour over a package of lemon jell-o. Freeze to soft slush and serve in glasses.
Suggestions for

THANKSGIVING DINNER

ORANGE SALAD
Dissolve a package of Orange Jell-O in a pint of boiling water. Pour a little of the Jell-O into the mould, lay in sliced oranges, add a little cool Jell-O, let it harden, then add another layer of oranges and more Jell-O until the mould is full. Serve plain or with whipped cream salad dressing.

VARIETY SALAD
Dissolve one package of Cherry or Strawberry Jell-O in a pint of boiling water. Cut off the end of three sweet green peppers and slip into each pepper one hard-boiled egg. Fill in around the egg with the Jell-O (cooled) and place on ice to harden. Cut in slices with a sharp knife. Serve on a lettuce leaf with a red cross cut from pimento placed on center, which will be the yolk of the egg.

BERTHA RUSHTON STACK.

LOGANBERRY JELL-O
Dissolve a package of Lemon or Raspberry Jell-O in three-fourths of a pint of boiling water and add one-fourth pint of Loganberry juice. Set away to harden. If Loganberry juice cannot be had, use grape juice instead.

CRANBERRY MOULD
Dissolve a package of Lemon Jell-O in three-fourths pint boiling water. When cool add two-thirds cup cranberry pulp which has been sweetened and rubbed through a sieve. Pour half in a mould and when firm pour on the other half whipped. Very fine with turkey and fowl generally.

FRUIT WHIP
Dissolve one package of Jell-O, any flavor except Chocolate, in one and one-half cups of boiling water. When Jell-O is cold whip to consistency of whipped cream. Add two sliced bananas, one small can of grated pineapple, two oranges cut into small pieces and one-half cup of nutmeats. Turn into mould to harden.

CYNTHIA LIEBLER SHANNON.

PLUM PUDDING
Dissolve a package of Lemon Jell-O in a pint of boiling water, and while it is still hot stir in three-fourths cup Grape Nuts, three-fourths cup stoned raisins, three-fourths cup English walnut meats, three-fourths cup cooked prunes and one-fourth cup citron—all cut fine; one-half teaspoonful cinnamon, one-fourth teaspoonful cloves. Salt to taste. Mix and let harden. Serve with whipped cream or pudding sauce.
IN A PINT OF BOILING WATER, POUR TWO-THIRDS INTO A MOULD OF PROPER SHAPE AND WHEN SET WHIP THE REST, POUR IT ON AND LET HARDEN. DISSOLVE A PACKAGE OF STRAWBERRY OR RASPBERRY JELL-O IN A PINT OF BOILING WATER AND WHEN COLD PUT TWO-THIRDS OF IT, A SPOONFUL AT A TIME, ON THE LEMON JELL-O. FOR THE FOURTH LAYER WHIP THE REST OF THE STRAWBERRY OR RASPBERRY JELL-O AND POUR IT ON THE HARDENED PLAIN LAYER. ALL LAYERS MUST BE HARD BEFORE OTHERS ADDED. UNMOULD AS DIRECTED ON LAST PAGE. SERVE PLAIN OR WITH WHIPPED CREAM.
Suggestions for

CHILDREN’S PARTY

APPLE SNOW JELL-O
Dissolve a package of Strawberry Jell-O in a pint of boiling water. When partly cold turn into sherbet glasses, filling three-quarters full. When firm pile Apple Snow on top. To make Apple Snow, dissolve one-half package of Lemon Jell-O in half a pint of boiling water. When cool whip to consistency of thick whipped cream. Then add one grated apple and four tablespoonfuls of sugar.

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.

MARION HARLAND’S PRUNE WHIP
Dissolve one package of Lemon Jell-O in a pint of boiling water and set it aside until it begins to thicken. Then beat with an egg beater until it reaches the consistency of whipped cream. Stir in one cup of chopped prunes which have been stewed until very tender. Very much better if one cup whipped cream is added. Turn into mould to harden. Add more sugar to the water in which they were cooked, and boil this down to a thick syrup. When cold, pour it about the base of the dessert, after you have turned it out, and arrange whole prunes as a garnish.

VALENTINE DAY HEARTS
Dissolve a package of Lemon Jell-O and a package of Strawberry Jell-O, each in a pint of boiling water. Pour the Lemon Jell-O in a flat pan so it will be about three-quarter inch deep, and let it harden. Then pour the Strawberry Jell-O into another pan to the depth of three-quarter inch and let it harden. Dip a biscuit cutter in hot water and cut the Lemon Jell-O into round forms. Place each on a serving plate. Dip a heart-shape cutter in hot water, cut the Strawberry Jell-O into hearts and with a broad knife slip one of them upon each round form. Serve with whipped cream.
TRAY SERVICE

Breast of Chicken
Pea Timbale
Bread and Butter
Orange Jell-O
in Orange Baskets

SELECT THICK SKINNED ORANGES, CUT IN SHAPE OF BASKET WITH THIN, SHARP KNIFE, BEING CAREFUL NOT TO BREAK HANDLE. WHEN PERFECTLY CLEAN, SCALLOP EDGES WITH SCISSORS. DÉCORATE TO SUIT OCCASION.
Suggestions for

TRAY SERVICE

FILLING FOR ORANGE BASKETS
Cut pulp of orange into small pieces, adding any other fruit or nuts in season; sprinkle with sugar and drain. Dissolve one package of Orange Jell-O in one-half pint of boiling water; when cool add the fruit juice, to which there has been added enough water to make a half pint. Can be turned into a shallow pan to jell and cut in cubes, or jelled with the fruit. Serve in orange baskets.

SPRING SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water and one tablespoonful vinegar. Let cool until it begins to thicken and add to it one cup nutmeats, two cups chopped cucumbers which have been salted and drained, or one cup chopped celery. Mould and serve on crisp lettuce leaves with 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 tablespoonfuls of vinegar have been added, one cup of finely chopped celery and twelve olives chopped. Salt to taste. Set away to harden.

JELL-O HORSERADISH RELISH
Dissolve a package of Lemon Jell-O in a scant pint of boiling water and one tablespoonful vinegar. Add one pimento, one-half green pepper cut fine, and half a cup of grated horseradish. As it begins to thicken mould in green peppers, and when set cut in slices. Serve with meat or fish.

PEACH DELIGHT
Dissolve a package of Orange Jell-O in a pint of boiling water. Pour half in a mould. Lay canned peaches in the bottom of mould. When hard pour in rest of Jell-O and add another layer of peaches. Turn out when hard and serve with whipped cream, sweetened.

MRS. RORER'S FROZEN QUEEN MAB PUDDING
Add juice, the grated rind of two oranges and two-thirds of a cupful of sugar to one package of Orange Jell-O and dissolve in a half-pint of boiling water. When cold add a pint and a half of good milk that has been scalded and cooled, or a pint of unsweetened condensed milk and a half-pint of cold water. Mix and turn into an ice cream freezer, and turn slowly until frozen. Repack and stand aside for an hour or more. Serve in sherbet glasses garnished with sliced oranges or cherries.
GRAPE JUICE WHIP

Dissolve one package of lemon Jell-O in one-half pint of boiling water and add one-half pint grape juice. Just as it begins to set, whip with egg beater until light and spongy; add one cup whipped cream and stir. Serve very cold in sherbet glasses, garnished with a spoonful whipped cream and some candied violets.

By Cynthia Liebler Shannon.
Suggestions for

CARD PARTY

IMPERIAL SALAD
Drain juice from half a can of pineapple, add one tablespoonful 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. Mould in individual moulds or in one large mould and slice. Serve with cream salad dressing. 

JEAN SALISBURY GOLDSMITH.

CUCUMBER SALAD
Grate enough cucumber to fill one cup. Add one tablespoonful of vinegar and pinch of salt. Dissolve a package of Lemon Jell-O in one-half pint boiling water. When cool add cucumber mixture, press through a sieve, add a few drops of green coloring and turn into a pan. When firm cut in squares. Serve on sliced cucumbers or lettuce. Fine with fish.

MACAROON VELVET JELL-O
Dissolve a package of any flavored Jell-O in a pint of boiling water. When cold and still liquid whip to thickness of whipped cream, add a cup of whipped cream and six crushed macaroons. Fold together thoroughly, and set in a cold place to harden.

MOCHA CHARLOTTE
Dissolve one package Chocolate Jell-O in one and three-quarters cups of coffee (moderate strength) which has been strained through a fine cloth and heated to a boiling point. Add the Jell-O slowly, stirring meanwhile, and add one-eighth teaspoonful salt. When cold and beginning to thicken add one teaspoonful vanilla and one-half cup heavy whipped cream. Mould in individual moulds. Serve with whipped or plain cream slightly sweetened, or custard dressing. Nutmeats and diced marshmallows may be added to it or used as a garnish.

EDNA BURWELL WILLIAMS.

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. Canned berries are good when fresh fruit is out of season.
Hot Afternoon Luncheon

Gingerale Salad
Ribbon Sandwiches
Punch

Gingerale Salad
Pour one-half cup of boiling water over one package of lemon Jell-O, set in hot water till thoroughly dissolved, stirring all the time. Cool and add one and one-half cups ginger ale. Set in a cool place until it begins to thicken, then stir in one-fourth cup finely cut nutmeats, one-fourth cup finely cut celery, one cup finely cut assorted fruits (pineapple, orange, apple, cherries or grapes), one tablespoonful finely cut crystallized ginger. Set aside until firm, unmould on crisp lettuce, and serve with cream mayonnaise.

By Adelaide M. White.
Suggestions for
HOT AFTERNOON
LUNCHEON

FRUIT COCKTAIL
Cut any fresh fruit in season (can be combined with canned fruit), sprinkle with sugar, let stand a half hour and drain. Dissolve a half package of Lemon or Orange Jell-O in one-half pint of boiling water. When cool add fruit juice and fruit, chill and fill sherbet glasses or orange baskets. The juice should be half jelled.
Margaret Varner Wales.

FROZEN FRUIT SALAD
Cut two cups assorted canned and fresh fruits into small pieces. Sweeten to taste and drain off all juice. Dissolve one package of Lemon Jell-O in one cup of boiling water, add enough water to drained juice from fruit to make one cup and add to Jell-O. Set in a cool place. When beginning to jell, add one-half cup of mayonnaise or cooked salad dressing to fruit, mix thoroughly, then add the half jelled Jell-O. Turn into a tightly covered mould and pack in ice and salt for three to four hours. When ready to serve turn from the mould, cut in slices and place on lettuce.

MAGIC ICE
Dissolve a package of Lemon Jell-O in a pint of boiling water. When cool add one cup green malaga grapes, halved and seeded, and let harden. Remove by spoonfuls into sherbet glasses. The irregular mass looks like ice and is delicious.

PEACH WHIP
Dissolve a package of Lemon or Orange Jell-O in half a pint of boiling water. When cold and still liquid add half a pint of peach juice and whip. Then fold in one cup of the crushed peaches from which the juice was drained. Set in a cold place to harden. Serves twelve persons.

FROZEN PUNCH
Dissolve one package of Lemon Jell-O in one-half pint of boiling water. When cool add one pint of grape juice, one pint of ginger ale and one-half cup of sugar. Freeze in ice cream freezer. Will serve twelve people.

RASPBERRY JELL-O
Dissolve a package of Raspberry Jell-O in one cup of boiling water. Pour into mould and pack in ice. When set, turn out on plate, cut in small dice and serve in individual glasses, plain or with whipped cream.
Menus

Oyster Cocktail

Bouillon

Turkey

Cranberry Mould

Sweet Potato Balls

Spiced Jell-O Peaches

Tomato Salad, Shredded Lettuce

Plum Pudding

Coffee


Bouillon

Creamed Chicken in Patti Shells

Green Peas in Potato Nests

Rolls

California Special Salad

Paradise Pudding

Fancy Cakes

Coffee

Recipes for dishes in italics will be found in this book.
Menus

Fruit Cocktail in Orange Baskets

Tomato Bouillon

Olives Celery Radishes

Chicken a la King French Fried Potatoes

Asparagus Tips Rolls

Imperial Salad

Strawberry Bavarian Cream

Assorted Cakes

Coffee

Jell-O Fruit Cocktail

Stuffed Celery Radishes

Creamed Asparagus

Crown of Lamb stuffed with Peas and Carrots

New Manhattan Salad

Frozen Punch

Pineapple and Raspberry Neapolitan

Sponge Cake

Coffee

Recipes for dishes in italics will be found in this book.
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 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 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.

In mixing whipped cream or egg with Jell-O, do not fold it in until Jell-O begins to thicken.

In slicing or cutting Jell-O dip the knife in hot water first.

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:

| Jell-O—Carbohydrates 85.8% yielding 352 calories |
| Protein 12.2% “ 50 “ |
| Vegetable Acid 2.0% |
| Total Food Value 402 calories |