The Charm of JELL-O
CONTENTS

AMERICA'S MOST FAMOUS DESSERT
PAGE 2

JELL-O ILLUSTRATIONS, MENUS RECIPES AND TABLE SERVICE

A FORMAL EVENING
PAGE 4

BUFFET SUPPER
PAGE 8

WHEN SUMMER COMES
PAGE 12

THE DESSERT BEAUTIFUL
PAGE 16

DINING AT HOME
PAGE 18

FOR THE DELICATE
PAGE 22

SELECTED MENUS
PAGE 28

EASY RULES FOR PREPARING JELL-O
PAGE 30
In Colonial days the influence of other countries on the art of cooking played a large part in the national life. In the matter of desserts this is especially true. The Anglo-Saxon habit of eating sweet puddings and heavy pies, the French-Italian one of serving frozen desserts, became the American habit all through Colonial times.

However, as the art of cooking advanced and as food value was more considered, the idea of desserts began to change. No longer does the hostess have to serve heavy desserts which burden rather than satisfy, or frozen desserts which may interfere with digestion.
The hostess must search for the simple, the beautiful and that which represents economy of time and labor.

Jell-O, America's most famous dessert, is light, not too sweet, sparkling in color and tempting to the appetite. Professional dieticians recognize the food value of Jell-O and agree that it contributes largely to the balanced meal. For more than a quarter of a century Jell-O has gathered its fine materials from five continents and packed them in perfect crystal form in their American home at LeRoy, New York, in the beautiful Genesee Valley.

The Jell-O recipes for special occasions or seasons are merely suggestive to the hostess, and such other Jell-O dishes as may be more conveniently prepared or more desirable for any reason should be substituted.
PARADISE PUDDING

Take one-quarter pound blanched almonds, one dozen marshmallows, one dozen maraschino 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, nutmeats, etc., and one-quarter cup of sugar. Turn into an oblong cake tin and set it in a cold place to harden. Serve in slices. Dip the knife in hot water before slicing.
SPICED JELLIED PEACHES
Dissolve a 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, and line the bottom of large or small molds. 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 liquid. Set in a cold place to harden. Serve as a relish.
SUGGESTIONS FOR

PINEAPPLE BAVARIAN CREAM

RASPBERRY BAVARIAN CREAM

ORANGE JELL-O
PINEAPPLE BAVARIAN CREAM
Dissolve a package of Lemon Jell-O in a half-pint of boiling water. Cool slightly and add a half-pint of juice from a can of pineapple. When cold and beginning to thicken whip until it will drop from a spoon in a lumplike mass, and quickly fold in one cup of crushed pineapple. Add two cups whipped and sweetened cream. Pour into mold and set in a cold place to harden. Turn from the mold and garnish with sliced pineapple and cherries or grapes, or pile lightly in stem glasses and garnish with cherry rings or pineapple.

RASPBERRY BAVARIAN CREAM
Sprinkle a half-cup of sugar over a pint of fresh raspberries and let stand a few minutes. Dissolve a package of Raspberry Jell-O in a little less than a pint of boiling water, then add juice from raspberries to make one pint liquid. When cold and beginning to thicken whip until it will drop from a spoon in a lumplike mass. Fold in one cup of cream, whipped and sweetened, and the berries. Canned raspberries may be used by draining the juice from them and adding water to it to make one pint of liquid.

ORANGE JELL-O
Dissolve a package of Orange Jell-O in a pint of boiling water. Pour a little of the Jell-O into the mold. When it has cooled a little lay in sliced oranges, add a little cool Jell-O and let it harden. Then add another layer of oranges and more Jell-O until the mold is full. Serve plain or with whipped cream.

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

BUFFET SUPPER

MINT JELL-O

To one and three-fourths cups of water add one-fourth cup of weak vinegar and two tablespoons of sugar. Let come to boiling point; add one-fourth cup of finely chopped fresh mint leaves and boil one minute. Add a little Burnett’s green for deeper color. Strain through a fine cloth and dissolve one package of Lemon Jell-O in the hot liquid. Delicious with lamb.
BUFFET SUPPER

Menu
Anchovy on Toast
Bouillon
Celery Ripe Olives
Assorted Cold Meats
(Smithfield Ham, Cold Fowl or
Cold Game in Season)
Watercress Sandwiches
Mint Jell-O* Midget Cream Puffs
Peach Whip *
Black Coffee Salted Pecans

PEACH WHIP
Dissolve a package of Lemon or Orange Jell-O in one-half pint of boiling water. When cold and still liquid add a half pint of peach juice and whip. Then fold in one cup of whipped cream and one cup of crushed and sweetened peaches from which the juice has been drained, and mold. Either fresh or canned peaches may be used for this fine whip.
SUGGESTIONS FOR

SALMON SALAD

ORANGE PEKOE JELL-O

CHERRY JELL-O
SALMON SALAD
Measure one pint of boiling water, remove two tablespoons of it and use two tablespoons of lemon juice instead. Add one-fourth teaspoon of salt, and dissolve a package of Lemon Jell-O in the hot liquid. Pour a little Jell-O in bottom of mold and pack in ice. When it begins to thicken press in one cup of red salmon and let this layer harden. Then add another layer of Jell-O and one cup of green peas. When again firm add the last layer of Jell-O and one cup of carrots, diced. Set away to harden for at least two hours. Serve garnished with greens, carrots and salad dressing.

ORANGE PEKOE JELL-O
Add two teaspoons Orange Pekoe tea to one pint of boiling water. Let stand in a warm place five minutes. Strain and dissolve one package of Lemon Jell-O in the hot liquid. Set in a cold place to harden.

CHERRY JELL-O
Dissolve a package of Cherry Jell-O in a pint of boiling water. Pour into mold and pack in ice or stand in a cold place. When set turn out on a plate and serve plain or garnished with fruits or whipped cream.

COTTAGE CHEESE SALAD
Drain the juice from one quart can of crushed pineapple, add enough water to the juice to make one quart, heat to boiling point and dissolve two packages of Lemon Jell-O in it. When it begins to thicken fold in the crushed pineapple and two cups of fresh cottage cheese. Mix thoroughly and mold. This will make sixteen generous portions or twenty smaller ones.

OLIVE JELL-O SALAD
Dissolve a package of Lemon Jell-O in a half-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.
WHEN SUMMER COMES

JELL-O FRUIT COCKTAIL

Cut baskets out of oranges. Save the pulp and juice. Add one-half cup canned pineapple cut in cubes, one-half cup white grapes cut in half and seeded, one-half cup maraschino cherries and one-half cup sugar. Dissolve a package of Lemon or Orange Jell-O in a half pint of boiling water, and add the juice from the fruit with enough cold water added to make one-half pint. When Jell-O begins to thicken place the fruit in the baskets, pour the Jell-O over it, and set in a cold place to harden. Serve with a fruit salad dressing. Jell-O fruit cocktails and salads may be made of any fresh fruits except pineapple and may be served beautifully in sherbet glasses.
Menu
Jell-O Fruit Cocktail*
Creamed Chicken
and
Mushrooms in Chafing Dish
Olives Cheese Biscuit
Strawberry Loaf*
Iced Chocolate

STRAWBERRY LOAF
Dissolve a package of Strawberry Jell-O in a pint of boiling water. When cool, whip, fold in one cup of whipped cream, one pint of fresh strawberries halved, and a dozen marshmallows cut in small pieces. Mold. Serve in slices with crushed strawberries.
SUGGESTIONS FOR

MOLDED FRUIT SALAD

ASPARAGUS SALAD

IMPERIAL SALAD
MOLDED FRUIT SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water. While it is cooling prepare one small can or six medium slices of canned or cooked pineapple diced, two tart apples diced, two bananas diced. Mix the fruit, and set the mold in a pan of cracked ice. When Jell-O begins to thicken pour it over the fruit in mold. Serve with fruit salad dressing. To be at their best all fruit salads and salad dressings should be very cold when served.

FRUIT SALAD DRESSING
Beat together two eggs, one-half cup sugar, one and one-half teaspoon flour, and juice of one lemon. Add one cup of pineapple juice to the mixture and cook until it thickens. Cool. When ready to serve fold in one cup of whipped cream.

ASPARAGUS SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water. In the bottom of a shallow oblong tin lay, crosswise, asparagus tips and strips of pimento alternating and rather close together. When the Jell-O is cold pour a little of it onto the asparagus and pimento and let it harden to hold them in place. Then add the rest of the Jell-O and let it harden. When ready to serve cut into strips lengthwise of the tips and about three tips wide. Serve on lettuce with mayonnaise.

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 dissolve in it one package of Lemon Jell-O. Just as Jell-O begins to set add three slices of canned pineapple diced, one-half can Spanish pimentos shredded, and one medium-sized cucumber salted and cut fine. Mold in individual molds or in one large mold and slice. Serve with cream salad dressing.
The Jell-O habit is a good one to develop in children. Jell-O dishes for children furnish an easily digested protein and just the right amount of sugar. Children do not have to be coaxed—once they eat Jell-O they just love it.

After hours of play children clamor for something good to eat. Grandmother knows what children love, so she brings to the window a beautiful dish of Jell-O. Shouts of joy are heard from the little group. They know how good Jell-O is.
Menu

Asparagus Soup
Roast Stuffed Breast of Veal
Jell-O Horseradish Relish*
Roast Browned Potatoes
Scalloped Tomatoes
Creamed Onions
Raspberry Jell-O* Sponge Cakes
Demi Tasse

JELL-O HORSERADISH RELISH

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

Dissolve a package of Raspberry Jell-O in pint of boiling water. Pour into mold and pack in ice or stand in a cold place. When set turn out on a plate and serve plain or garnished with fruits or whipped cream.
SUGGESTIONS FOR

LEMON JELL-O
Dissolve a package of Lemon Jell-O in pint of boiling water. Pour into mold and pack in ice or stand in a cold place. When set turn out on a plate and serve plain or garnished with fruits or whipped cream.

COFFEE JELL-O
Dissolve a package of Lemon Jell-O in a pint of strong coffee while it is still at boiling point. While still hot add four tablespoons sugar. Set away to harden. As it begins to thicken fold in one cup of cream that has been whipped. Serve garnished with sweetened whipped cream.

STRAWBERRY JELL-O
Dissolve a package of Strawberry Jell-O in pint of boiling water. Pour into mold and pack in ice or stand in a cold place. When set turn out on a plate and serve plain or garnished with fruits or whipped cream.

APPLE SAUCE MOLDED IN JELL-O
Cook six tart apples till very tender in one pint of boiling water. Add one-half cup of sugar and while still boiling hot stir in one package of Raspberry or other fruit flavor of Jell-O. Beat thoroughly to remove all lumps, or put through a strainer. Set in a cold place to harden and serve with sweetened cream either plain or whipped. Nice for children.

COCOANUT ORANGE JELL-O
Dissolve a package of Orange Jell-O in one-half pint of boiling water. Add the grated rind of an orange and one-half cup sugar. Cut the pulp of the orange in small pieces and cover with sugar. Drain, add enough cold water to the juice to make one-half pint and stir into the dissolved Jell-O. Strain through a sieve before it congeals. Pour a little of the liquid into individual molds, add a few pieces of orange pulp, sprinkle with Baker’s cocoanut and let cool. When set add more Jell-O, orange pulp and cocoanut, continuing the process until the molds are full. Serve on flat glass dishes with sweetened whipped cream.
THE HOSTESS

LEMON JELL-O

COFFEE JELL-O

STRAWBERRY JELL-O
JELL-O CHARLOTTE RUSSE
Make a custard of three egg yolks beaten slightly, two cups of milk, one-third cup of sugar. Cook until thickened. Dissolve one-half package of Lemon Jell-O in one-half cup of boiling water and add to the custard. Whip and fold in one-half pint of whipped cream. Serve with lady-fingers.

JELL-O IN QUARTERED ORANGES
Dissolve a package of Jell-O, any flavor except Chocolate, in a pint of boiling water. Cut oranges in halves and scoop out all the pulp. Fill them with cool Jell-O. When hard, with a thin sharp knife that has been dipped in hot water, cut the halves in two, making quarters.

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. Cool 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.

BEAUTY SALAD
Dissolve a package of Raspberry Jell-O in a pint of boiling water and fill individual molds or cups one-fourth full. Let harden. Coarsely chop three bananas, sprinkle with lemon juice, add half a cup of English walnut meats coarsely chopped. Put the mixture in the molds and pour on the rest of the Jell-O when it is cold and has begun to thicken. At serving time arrange on lettuce, with slices of banana sprinkled with nutmeats around the turned-out Jell-O. Serve with cream salad dressing.
BAKED APPLE DE LUXE

Core six nice round apples (do not pare them); fill with sugar and small bits of butter, sprinkle cinnamon and nutmeg over them and bake until tender in a pan containing just enough water to form a syrup with the juice from the apples as they bake. Whip Jell-O from one package, any flavor except Chocolate. Place apples in individual dishes and pour some of the syrup from the apples around each one. When slightly cool top each apple with the whipped Jell-O, piling it high. Chop green cherries and drop here and there over the Jell-O.
HEALTH DISHES

CREAM FIG PUDDING
Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold and beginning to thicken whip to the consistency of whipped cream. Then add one cup of whipped cream and one cup of chopped figs cooked to a jam. Serve in sherbet glasses or turn from a mold.

APPLE SNOW JELL-O
Dissolve a package of Raspberry Jell-O in a pint of boiling water. When partly cold turn into sherbet glasses, filling them three-quarters full. When firm pile Apple Snow on top. For an Apple Snow that is particularly good with Jell-O if served immediately after being made, grate one large apple and fold in the beaten whites of two eggs and four tablespoons sugar.

JELL-O WITH FRUIT JUICES
Dissolve a package of Strawberry, Raspberry or Cherry Jell-O in a half-pint of boiling water and add a half-pint of strawberry, raspberry or cherry juice, cold. Serve plain or garnished with whipped cream or custard sauce.

NEW PRUNE DESSERT
Soak one pound of dried prunes (overnight if possible) in water to cover. Simmer over low heat until tender, adding one cup of sugar before removing from fire. Remove the pits from one cup of the prunes and drain off all juice from the pulp. Crack the pits and save the nutmeats. Over these pour boiling water to remove the rough husks (as in blanching almonds). Dissolve a package of Orange Jell-O in a pint boiling water. When cool add the prune pulp and meats. Mold and serve with plain or whipped cream.

CARDINAL SALAD
Dissolve a package of Lemon Jell-O in one pint less one-half cup of boiling water and add one-half cup of juice of canned beets. When cool add one cup celery shredded, one cup beets diced, one-half cup Spanish onion chopped fine, one green pepper shredded, one-fourth teaspoon salt. Mold in individual molds, turn out on lettuce and serve with mayonnaise. The onion may be omitted.
SUGGESTIONS FOR

BERRY FRAPPE
Dissolve a package of Raspberry or Strawberry Jell-O in a pint of boiling water. Whip and pile in frappe' glasses partly filled with crushed fresh raspberries or strawberries. A cup of whipped cream may be folded into the whipped Jell-O if desired. Use canned berries when the fresh fruit is out of season.

JELL-O MACEDOINE
Dissolve a package of Jell-O, any flavor except Chocolate in a pint of boiling water. While it is cooling chop fine such candied fruit—cherries, a pear, peach, apricot—as may be chosen for the purpose. As the jelly begins to thicken stir the candied fruit into it, mixing thoroughly. Top with whipped cream, a cherry and half a dozen nutmeats.

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 seeded raisins, three-fourths cup English walnut meats, three-fourths cup cooked prunes and one-fourth cup citron—all cut fine; one-half teaspoon cinnamon, one-fourth teaspoon cloves. Salt to taste. Mix and let harden. Serve with whipped cream or pudding sauce.

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 by spoonfuls into sherbet glasses and serve with a custard flavored with the grated rind of fresh lemon.

BANANA SAUCE
Mash one banana, add one-half cup sugar and the juice of half a lemon. Beat one egg, yolk and white, very stiff and add it to the banana mixture. This is particularly good with Snow Pudding, the golden sauce contrasting beautifully with the white dessert.
BERRY FRAPPE

JELL-O MACEDOINE

PLUM PUDDING
Informal Dinner

TOMATO SOUP
BRAISED DUCK WITH TURNIPS
MACARONI AND CHEESE
PANFRIED APPLES
*OLIVE JELL-O SALAD
*BERRY FRAPPE
MACAROONS
COFFEE

Formal Dinner

JELL-O FRUIT COCKTAIL*
(WHITE GRAPES AND MARASCHINO CHERRIES)
CROWN ROAST OF LAMB
NEW PARSLEY POTATOES
GREEN PEAS
ALLIGATOR PEAR SALAD
*RASPBERRY BAVARIAN CREAM
WHITE FRUIT CAKE
COFFEE
CRYSTALLIZED GINGER
SALTED NUTS

* Recipes for these Jell-O dishes will be found in this book.
Luncheon

JELLIED TOMATO BOUILLON
BROILED CHICKEN SWEET POTATO SOUFFLE
FINGER ROLLS ASPARAGUS SALAD* GRAPE JELLY
ARTICHOKE—HOLLANDAISE DRESSING
*MOCCHA CHARLOTTE LADY FINGERS
DEMI TASSE

CHOCOLATE MINTS SALTED ALMONDS

Buffet Service

OYSTER OR SWEETBREAD PATTIES

CELERY OLIVES FINGER ROLLS
*IMPERIAL SALAD CHEESE STRAWS
*COFFEE JELL-O FROSTED CUP CAKES

COFFEE

MINTS SALTED WALNUTS

* Recipes for these Jell-O dishes will be found in this book.
JELL-O RULES

For Mixing
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.

For Cooling
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 too hard
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 add fruit
To place fruit in layers 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. Do not fold fruit or nutmeats into Jell-O until it has congealed sufficiently to hold them in place and prevent their rising to the top. In mixing whipped cream or eggs with Jell-O do not fold it in until the jelly begins to thicken.

To keep fruit in an upright position
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.
JELL-O RULES

For layer 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

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

To remove Jell-O from the mold

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.

Food Value of Jell-O

Under the heading “Estimates of Food Values” in Practical Dietetics by Miss Alida Frances Pattee the following analysis of Jell-O appears:

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>85.8% yielding 352 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12.2% yielding 50 calories</td>
</tr>
<tr>
<td>Vegetable Acid</td>
<td>2.0%</td>
</tr>
<tr>
<td>Total Food Value</td>
<td>402 calories</td>
</tr>
</tbody>
</table>
NEAPOLITAN JELL-O
Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour two-thirds of it into a heart-shaped mold and when it has set whip the rest, pour it on and let it harden. Dissolve a package of Strawberry or Raspberry Jell-O in a pint of boiling water and when it is 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 Jell-O or Raspberry Jell-O and pour it on the hardened plain layer. For a three-layer piece whip half the Jell-O from a package, any flavor except Chocolate, making two layers of it, with a layer of the unwhipped Jell-O between them.

CHOCOLATE WALNUT JELL-O
Dissolve a package of Chocolate Jell-O in a pint of boiling milk. When it begins to harden, add one-half cup of English walnut meats and a half dozen figs cut up fine. Set away to harden. Serve plain or with whipped cream.

MACARONI SALAD
Dissolve a package of Lemon Jell-O in a pint of boiling water. When it begins to thicken add one cup macaroni cooked and cut fine, one-half cup shredded cabbage, one-half green peppers shredded, one-half cup celery and one-fourth teaspoon salt. Mold and serve as a salad with mayonnaise. If convenient, garnish with rings of stuffed olives.