JELL-O
America's most famous Dessert
For over twenty-five years, Jell-O has been esteemed for deliciousness, sparkling beauty, economy and ease of preparation. But not until recently have its healthful qualities been understood.

Scientific experiments have now proved that Jell-O is a body-building, energizing food of real value—and a food that requires very little digestive effort. Think how important this is! So many desserts tax digestion severely; but the important nourishment that Jell-O contains is given to the body quickly, easily and completely. A Jell-O dessert is not merely a delicacy. It is a real benefit to health.

Because of this, Jell-O should be served frequently—to children as well as adults. The six delicious flavors make possible an almost endless variety of desserts, salads and entrées.

The Jell-O Company, Inc.
Le Roy, N.Y.
STRAWBERRY JELL-O

Dissolve a package of Strawberry 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.

STRAWBERRY LOAF

Dissolve a package of Strawberry Jell-O in a pint of boiling water. When cool whip the Jell-O and fold in one cup of whipped cream, one pint of fresh strawberries halved, and a dozen diced marshmallows. Mold. Serve in slices.

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 or until it will drop from a spoon in a lump-like mass.

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. Unmold and serve plain or garnished with fruits or whipped cream.
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 can be made of any fruit except uncooked pineapple and may be served beautifully in sherbet glasses.

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.

NEAPOLITAN JELL-O
Dissolve a package of Lemon JELL-O in a pint of boiling water. Pour two-thirds of it into a properly 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.

CHERRY SALAD
Dissolve a package of Cherry JELL-O in a pint of boiling water. As it begins to thicken add two tablespoons candied ginger cut fine, one cup white cherries and one cup cooked pineapple cut small. Set to harden. Serve with fruit salad dressing.

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 pepper 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.
COMPANY LUNCHEON

Bouillon
Celery - Stuffed Olives
Lamb Chops with Bacon
Small Potatoes with Hollandaise Sauce
Celery au Gratin
Swedish Rolls
Cherry Salad
Vanilla Ice Cream
Chocolate Sauce
Angel Cake - Coffee
Salted Pecans
Bonbons

NEapolitan Jell-O — An Oriental Group

For recipe see page 3
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.

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 congeal and serve with sweetened cream either plain or whipped. Very nice for children.

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.

TO ADD FRUIT TO JELL-O

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 has begun to thicken and is like a heavy syrup in consistency.

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.

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.
LEMON JELL-O

Dissolve a package of Lemon 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 and whipped cream.

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.

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.
RASPBERRY JELL-O

Dissolve a package of Raspberry 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. Plain desserts of Strawberry, Cherry, Orange, and Lemon Jell-O are made and served in the same way. Plain Chocolate Jell-O should be made with hot milk.

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. Fresh pineapple should not be used.
JELL-O America’s Most Famous Dessert

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 make one pint of liquid.

JELL-O HORSERADISH RELISH
DISSOLVE a package of Lemon Jell-O in a scant pint of boiling water and two tablespoons 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.

SPANISH JELL-O SALAD
DISSOLVE a package of Lemon Jell-O in a pint of boiling water and one tablespoon of vinegar. Mix lightly one cup of finely shredded cabbage, one cup chopped celery, one-half cup chopped pickle and about one-third of a small can of pimentos. Season with salt. As Jell-O begins to thicken add the mixture. Mold in teacups or individual Jell-O molds. Serve on crisp lettuce leaves with mayonnaise dressing.

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 in a cold place to harden. Serve in slices. Dip the knife in hot water before slicing. Or mold as in illustration.

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 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.

MINT JELL-O
TO ONE and three-quarters 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.
INEXPENSIVE CLUB LUNCHEON

Meat Loaf
Succotash
Hot Biscuits
Spanish Jell-O Salad
Milk Sherbet
Little Frosted Cakes
Hot or Iced Tea
Salted Nuts
Mints

JELL-O PARADISE PUDDING — A LA FRANCAISE

For recipe see page 8
AFTERNOON TEA

Assorted Sandwiches
Olives
Tea with Lemon or Cream
Tiny Cream Puffs, frosted
Fruit Salad
Candied Grapefruit Peel
Salted Nuts

LEMON JELL-O — A SCANDINAVIAN MOTIF
For recipe see page 6
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, place it in a mold and set the mold in a pan of cracked ice. When Jell-O begins to thicken pour it over the fruit. Serve with fruit salad dressing.

FRUIT SALAD DRESSING

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

MOCHA CHARLOTTE

Dissolve one package of Chocolate Jell-O in one and three-quarters cups of coffee, of moderate strength, which has been 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 teaspoon vanilla and one-half cup heavy whipped cream. Mold in individual molds. 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.

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 placed around the turned-out Jell-O. Serve with cream salad dressing.

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 fine. Set away to harden. Serve plain or with 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.
PINEAPPLE - AND - RASPBERRY - NEAPOLITAN

For recipe see below

PINEAPPLE AND RASPBERRY NEAPOLITAN

Dissolve a package of Lemon Jell-O in one-half pint of boiling water and add one-half pint of juice from canned pineapple. When cold whip and then fold in two or three slices of canned pineapple, finely chopped. Turn into round or square mold, filling half full. Dissolve a package of Raspberry Jell-O in a half pint of boiling water, add a half pint of juice of canned or fresh raspberries, whip, and fold in the berries. Pour into the mold after the Lemon Jell-O has hardened.

Fresh pineapple should not be used.
FRUIT CUP

JELL-O FRUIT CUP
CUT UP any fruit in season, place in glasses and pour over it any flavor of Jell-O just as it begins to thicken. When hard, top with whipped cream and garnish; or, serve as a fruit salad with fruit salad dressing instead of whipped cream. The illustration shows a similar combination of fruit and Jell-O molded in a glass bowl instead of individual glasses.

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. Canned peaches are preferred for this fine dessert.
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 dressing. The onion may be omitted.

NUT FRAPPÉ

Dissolve a package of Jell-O, any flavor, in a pint of boiling water. Set aside to harden. Stir four tablespoons of sugar into one-half pint of whipped cream. When Jell-O is cold and beginning to thicken mix Jell-O and whipped cream by beating with a fork, and add one cup chopped nuts. Serve in sherbet glasses with fresh or preserved fruit, saving some of the nuts to use as a garnish.

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.

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 of boiling water. When cool add the prune pulp and meats. Mold and serve with plain or whipped cream.

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 and partly congealed. Set in a cold place to harden. Serve as a relish.
Dinner

Clam Cocktail
Olives - Celery
Roast Guinea Chicken
Cranberry Mold
Sweet Potato and Almond Croquettes
Asparagus on Toast
Lettuce with Roquefort Cheese Dressing
Nut Frappe'
Coffee

JELLO PLUM PUDDING — AN ENGLISH SERVICE

For recipe see page 16
CRANBERRY MOLD

Measure one pint of boiling water, remove one-half cup to allow for other liquids to be added, and dissolve a package of Lemon Jell-O in it. When it is cold and beginning to thicken add the juice of one-half of a lemon, one-half cup finely cut celery, one-half cup shredded pineapple, one cup thick cranberry sauce sweetened, and mold. Serve as a salad with cooked salad dressing. Garnish with a bit of whipped cream.

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.

BERRY FRAPPÉ

Dissolve a package of Raspberry or Strawberry Jell-O in a pint of boiling water. Whip and pile in 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. Use canned berries when the fresh fruit is out of season.

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.

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 or with the banana sauce described below.

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.
CHERRY ALMOND JELL-O

Dissolve a package of Cherry Jell-O in a pint of boiling water. Pour half into a bowl or mold. Just as it begins to harden, drop in a row of blanched almonds or walnut meats. When hard pour in rest of Jell-O, add another row of almonds, and set away to harden. Jell-O of any of the other fruit flavors may be made up in the same way with other nutmeats.

For recipe see below

APPLE SNOW JELL-O

Dissolve a package of Raspberry Jell-O in a pint of boiling water. When cool 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.
FOR DISSOLVING JELL-0

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.

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 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.

Note, on page 2, directions for whipping Jell-O.

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.

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.

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>
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<tbody>
<tr>
<td>Protein</td>
<td>12.2% yielding 50 calories</td>
</tr>
<tr>
<td>Vegetable Acid</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

Total Food Value 402 calories
STRAWBERRY JELL-O

A SPANISH ENSEMBLE

JELL-O America's most famous Dessert