Dessert Magic
HOW TO MAKE AND MOLD JELL-O

1. Turn colorful Jell-O into a bowl.
2. Add 2 cups hot water and stir well.

ADDING FRUITS AND VEGETABLES

1. Use Jell-O when thick, but not set.
2. Add prepared vegetables or fruits.
3. Fill up molds and chill until firm.

THE WAY TO WHIP JELL-O

1. Start with slightly thickened Jell-O.
2. Beat until high, thick, and fluffy.
3. Pile in pretty dishes for serving.
Make them good—
make them gay!

Desserts are the fun of each meal. We want them delicious to eat and gay, yet easy to fix, good for all the family. . . . And here they are, just to order, in the simple, exciting things you can make with two of America’s best-loved desserts — Jell-O and Jell-O Puddings.

*Dessert Magic* brings their full story. It begins with plain Jell-O, so easy and so welcome. It shows how, with simple changes and additions, this lovely dessert is served in new ways, with new flavors. . . . How, with fruits and vegetables, it brings vitamin-rich salads or desserts to the menu. . . . How it becomes a luscious whip or a cream. . . . And how it transforms small amounts of meat, fish, eggs, or cheese, into full-fledged entrées, delicious to taste and attractive to serve.

Here, too, are the “professional” secrets that make special desserts look special—success with layering, with designs, with big molds, and with garnishing.

Nourishing Jell-O Puddings show their magic ways, too. They switch about flavors, whisk up new textures, and bring time-saving fillings for cakes, pies, and tarts.

The book is arranged for simple lesson use. You’ll find the basic recipes listed in a way practical to use as a working schedule and market order for the day.

In the final chapter are interesting facts to know about these two dessert products. . . . What they are made of, how prepared. Why they are so good and so convenient.

So *Dessert Magic* comes with facts and fancies to brighten up meals and make desserts more delicious and more fun to do.
No dessert in the world is easier to prepare than Jell-O! Each package of Jell-O contains its own sugar, flavor, color, and gelatin — everything but liquid — in just-right proportions for a perfect, molded dessert. It needs only to be dissolved in hot liquid and chilled long enough for the gelatin to set. These technics are simple, but important to know. So learn first these basic rules for preparing Jell-O and making clear molds.

- **Add 2 cups liquid**

  Use 2 standard measuring cups (1 pint) liquid to 1 package of Jell-O. This proportion gives the ideal set — a firm, but tender mold. A little more or a little less liquid is possible, but “a pint a package” is right for most molds.

  **Pour hot liquid over Jell-O.** The liquid may be water, fruit juice, or a combination of liquids. Jell-O dissolves quickly and completely in hot liquid (140° F. to 160° F.) — it need not be boiling. At least 1 cup of hot liquid should be used for dissolving a package of Jell-O. The remaining liquid may be added cold after all Jell-O is dissolved. This is convenient when fruit juice is used as part of the liquid. Or 1 cup (level) ice cubes and water may be stirred with 1 cup hot dissolved Jell-O for quicker cooling and setting.

- **Dissolve completely**

  **Stir until Jell-O is completely dissolved.** Make sure that all crystal-like particles on sides and bottom of bowl are stirred into the liquid. Stir until the colorful Jell-O is entirely clear when dipped up in a spoon and without trace of undissolved particles.

- **Turn into molds.** Use 1-pint mold, or four 1/2-cup molds, or six 1/4-cup molds. Or turn into a shallow pan, about 8x8 inches. (Metal chills quickly, so Jell-O becomes firm in less time when placed in metal molds or pans.)

- **Chill until firm**

  **Chill until firm.** Place the filled molds in refrigerator or other cold place and let stand until Jell-O is firm enough to unmold. It is often convenient to chill molds several hours or overnight.

  However, Jell-O sets quickly. In a good refrigerator (45° F. or less) an individual mold becomes firm in about 2 hours. If necessary to hasten the chilling, molds may be set in pans of ice and water and placed in refrigerator. Chilled in this way, Jell-O will set in about 1 hour. Do not freeze Jell-O.

  **Unmold Jell-O.** Dip a small pointed knife in warm water and use to loosen the firm Jell-O around edge of mold. Then quickly dip the mold just to the rim in warm
and mold Jell-O

water. Shake the mold slightly to loosen Jell-O, cover with a serving plate, and invert both plate and mold. Then lift off the mold. It is easy to unmold Jell-O from a metal mold because metal allows the heat of warm water to penetrate quickly and thus loosen the Jell-O. A porcelain or glass mold needs to stay in water longer.

Bright molds in many flavors

Jell-O itself offers six rich fruit flavors and colors. Many more delicious blends of flavor are made possible by using different liquids for all or part of the amount needed. Try these combinations. (Just follow the technic steps opposite.) Notice how the liquid in each case adds up to 1 pint; and how at least 1 cup is hot liquid for the dissolving.

<table>
<thead>
<tr>
<th>NAME OF RECIPE</th>
<th>FOR THE JELL-O</th>
<th>FOR THE PINT OF LIQUID</th>
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<tbody>
<tr>
<td>JELL-O MOLDS</td>
<td>1 package Jell-O (any flavor—Lemon, Orange, or Lime; Imitation Strawberry, Raspberry, or Cherry)</td>
<td>2 cups hot water, or 1 cup hot water and 1 cup cold water or fruit juice</td>
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<tr>
<td>GINGER RASPBERRY JELL-O</td>
<td>1 package Imitation Raspberry Jell-O</td>
<td>1 cup hot water</td>
</tr>
<tr>
<td>GRAPE ORANGE MOLD</td>
<td>1 package Orange Jell-O</td>
<td>1 cup hot water</td>
</tr>
<tr>
<td>STRAWBERRY HAWAII</td>
<td>1 package Imitation Strawberry Jell-O</td>
<td>1½ cups hot water ½ cup grape juice ½ cup strained orange juice</td>
</tr>
<tr>
<td>MOLDED GRAPEFRUIT JUICE</td>
<td>1 package Lemon or Lime Jell-O</td>
<td>1½ cups hot water ¼ cup canned grapefruit juice 2 tablespoons sugar Dash of salt</td>
</tr>
<tr>
<td>CARDINAL PEAR MOLD</td>
<td>1 package Imitation Cherry Jell-O</td>
<td>1½ cups hot water ½ cup cold canned pear juice ½ teaspoon ginger ½ teaspoon salt</td>
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Molded fruits and vegetables are favorite dishes not only because they taste so good, but because they make these nutritious foods so appealing. There are scores of tempting combinations for desserts and for salads. It is important to add these ingredients in a way that spreads them evenly through the mold. Here are the rules.

**The important stage**

*Have Jell-O mixture slightly thickened* before adding the solid ingredients. This means that the clear dissolved Jell-O should be chilled until thick enough to fall from a spoon in a jellied sheet. (While chilling, the fruits, vegetables, or special ingredients may be prepared.)

Add the prepared ingredients to this thickened Jell-O base and fold in carefully, distributing the pieces evenly. (Do not prolong the folding as it may break up ingredients slightly which will make the finished mold less clear.) So mold at once and continue chilling until Jell-O is firm. In this way, the mixture has no chance to soften and allow ingredients to settle or rise.

**For looks!**

*Prepare the ingredients carefully.* Remember they are going to show! Cut in shapely pieces of a size easy to eat, such as thin slices of carrot, cubes of apples with the red skins left on, crisp shreds of cabbage, tiny squares of green pepper, small orange sections, cubes or half-sections of grapefruit. Allow usually 1 to 2 cups of prepared fruits or vegetables to 2 cups of Jell-O. This makes at least 6 servings.

**For flavor!**

*Add flavor to bland fruits and vegetables.* A tablespoon of lemon juice, a sprinkling of sugar, a dash of salt or spice, may be used with fruits to heighten flavor. With vegetables, a few teaspoons of vinegar, a little salt, some scraped onion, a bit of celery seed, will often point up their flavor. These seasonings may be mixed with the fruits or vegetables and let stand to marinate while preparing the Jell-O. Or they may be added directly to the warm dissolved Jell-O.

**For variety**

*Favorite combinations* may be worked out easily with Jell-O. Try grapefruit sections in Lime Jell-O, bananas and canned pineapple cubes in Orange Jell-O. Fruit medleys, vegetable combinations, and mixtures of fruits and vegetables make delicious molds. Jell-O flavors are excellent with all fruits. For vegetable salads and...
fruits and vegetables

entrée dishes, the tartness of Lemon or Lime Jell-O is especially suitable. So use the Jell-O flavor that flatters the flavors of other ingredients in the mold.

Use only cooked or canned pineapple in Jell-O dishes. Raw pineapple contains an enzyme, bromelin, which acts on gelatin and prevents proper congealing.

Try fruit and vegetable molds

Just follow the rules opposite in making these delicious fruited desserts and salad combinations. Be sure the Jell-O base is slightly thickened before adding the other ingredients. Notice how the flavor and color of Jell-O count in the final dish!

<table>
<thead>
<tr>
<th>NAME OF RECIPE</th>
<th>FOR THE JELL-O BASE</th>
<th>THE INGREDIENTS TO ADD</th>
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</thead>
<tbody>
<tr>
<td>STRAWBERRY BANANA MOLD</td>
<td>1 package Imitation Strawberry Jell-O 2 cups hot water</td>
<td>2 medium bananas, sliced</td>
</tr>
<tr>
<td>GRAPEFRUIT AND GRAPE RING</td>
<td>1 package Orange Jell-O 1 cup hot water 1 cup cold grapefruit juice (or juice and water) Dash of salt</td>
<td>1 grapefruit, sections free from membrane, diced, and sugared 1 cup halved white grapes, seeded</td>
</tr>
<tr>
<td>PEACH AND MELON MOLD</td>
<td>1 package Imitation Raspberry Jell-O 2 cups hot water</td>
<td>1 cup diced peaches 1 cup diced cantaloupe</td>
</tr>
<tr>
<td>CABBAGE AND APPLE SALAD</td>
<td>1 package Lemon Jell-O 2 cups hot water</td>
<td>½ cup shredded cabbage, marinated with 4 teaspoons vinegar ½ teaspoon salt 1 cup diced red apples ¼ cup chopped walnut meats</td>
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<tr>
<td>CUCUMBER AND PEAR ASPIC</td>
<td>1 package Lime Jell-O 1 cup hot water 1 cup cold water and pear syrup 4 teaspoons vinegar</td>
<td>¾ cup drained diced cucumber, sprinkled with ¼ teaspoon salt ¾ cup diced canned pears</td>
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A thickened Jell-O mixture will whip up like egg white to make a delicate sponge-type dessert. Fruit or cream may be folded in, or egg white beaten with the whip for a "snow." All you need is a good egg beater and a bowl of ice and water for making whips and snows that are light and fine. Just follow this simple whipping technic.

- **Whip in ice water**

  **Start with slightly thickened Jell-O.** Choose a bowl of good shape and size for beating—as the mixture is going to double in bulk. Dissolve Jell-O in hot liquid as usual. Use fruit juice for part of the liquid, if convenient, to give concentrated flavor. Then chill the Jell-O mixture until thickened but still syrupy.

  **Whip Jell-O in ice water.** Set the bowl of thickened Jell-O in a somewhat larger bowl partly filled with ice and water. Ice cubes may be used. The bowl of Jell-O should rest firmly on the bottom of larger bowl to prevent slipping. Whip with a rotary egg beater until the mixture is thick and fluffy like whipped cream and piles up when the beater is raised. Turn into molds or serving dishes at once and chill. A pint of Jell-O whips up to make 8 to 10 servings.

- **For creams and snows**

  **Jell-O creams** are made by folding light cream into a whipped Jell-O mixture. Evaporated milk may be used in this way, or whipped or plain heavy cream added.

  For the molded cream, it is important to start out with a slightly stiffer Jell-O mixture than usual, as the added cream will soften it slightly. So prepare the Jell-O for whipping with only 1 1/2 to 1 3/4 cups liquid to 1 package of Jell-O.

  When whipped, fold in 1/3 to 1/2 cup light cream (or custard sauce, evaporated milk, or heavy cream). Mold at once, or pile in serving dishes and chill.

  **Jell-O snows** are made by whipping egg whites with the Jell-O mixture. Add 1 or 2 unbeaten egg whites to the slightly thickened Jell-O base and whip together until the mixture is fluffy, fine-grained, and light.

- **Delicious variations**

  **Make fruited whips and creams** by adding special flavor ingredients. Use 1/2 to 1 1/2 cups fruit, or other ingredients, and fold lightly into Jell-O whip or cream or snow. Mold at once. A wide variety of ingredients may be used, for example, crushed sweetened berries, mashed fruit pulp, jam, chopped nut meats, softened cream cheese, sieved cottage cheese, bits of preserved fruit or ginger. Then, for savory
molds, ingredients such as mayonnaise or salad mixtures are folded into a seasoned whip. These additions make dishes that are both rich in flavor and in nourishment.

Make luscious whips and creams

You can go right ahead using the directions just given and whip up these delicious dishes. Be sure the Jell-O is completely dissolved in hot liquid before adding any cold liquid. And remember, egg whites are added to the cold, thickened Jell-O mixture before whipping, while cream and other ingredients are folded in after whipping.

<table>
<thead>
<tr>
<th>NAME OF RECIPE</th>
<th>FOR THE JELL-O WHIP</th>
<th>TO FOLD INTO WHIP</th>
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<tbody>
<tr>
<td>FROSTY LIME WHIP</td>
<td>1 package Lime Jell-O 2 cups hot water</td>
<td>1/2 cup fresh or canned fruit pulp (such as pears, strawberries, etc.)</td>
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<tr>
<td>JELL-O FRUIT FLUFF</td>
<td>1 package Imitation Strawberry Jell-O 2 cups hot water and fruit juice</td>
<td>1 package (3 ounces) cream cheese, blended with 1/2 cup cold cherry juice 2 cups seeded, canned black cherries, well drained</td>
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<tr>
<td>CHERRY CREAM CHEESE DESSERT</td>
<td>1 package Imitation Cherry Jell-O 1 1/2 cups hot cherry juice and water</td>
<td>1/2 cup light cream 1/2 cup red raspberry jam</td>
</tr>
<tr>
<td>RASPBERRY CHARLOTTE</td>
<td>1 package Imitation Raspberry Jell-O 1 1/2 cups hot water 1/4 teaspoon salt</td>
<td>1/2 cup evaporated milk</td>
</tr>
<tr>
<td>ORANGE MOSS</td>
<td>1 package Orange Jell-O 1 1/2 cups hot water 1/2 cup cold orange juice 2 teaspoons grated rind</td>
<td>1 cup ripe plum pulp sweetened with 4 tablespoons powdered sugar</td>
</tr>
<tr>
<td>FRESH PLUM SNOW</td>
<td>1 package Imitation Cherry Jell-O 2 cups hot water 2 egg whites, unbeaten</td>
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Tricks that take no molds

Even without molds, Jell-O dishes can always be served attractively. Just turn any prepared Jell-O mixture into a serving dish, or individual cups or glasses. Then chill and serve right in the dish. Here are special suggestions.

- **Jell-O cubes**
  Mold Jell-O in a shallow pan, about 8x8x2 inches. (Or use a smaller pan for larger cubes.) Chill until very firm. Cut in cubes, using sharp knife warmed in water to avoid tearing edges of cubes. Unmold on waxed paper, or remove cubes from pan with spatula. Pile in serving dishes.
  - Try Strawberry Jell-O Cubes with cubes of cake in sherbet glasses. Add cake cubes carefully with spoonfuls of Jell-O cubes to avoid crumbling cake. Serve plain or with Jell-O Whipped Cream (page 16).
  - Pile Orange Jell-O Cubes in glass serving dish and arrange orange sections, free from membrane and sugared slightly, around top edge.
  - Serve Cherry Jell-O Cubes with Custard Sauce (page 16) in deep parfait glasses. Fill glasses about ⅔ full of cubes, add sauce to run down over cubes, add another ⅔ of cubes, more sauce, then fill with cubes.

- **Jell-O flakes**
  Mold Jell-O in a shallow pan or bowl. When firm, run fork through Jell-O, breaking it into bits or flakes.
  - Combine Lime Jell-O Flakes and Orange Jell-O Flakes in wide sherbet glass, filling one side of glass with the lime flakes, the other with the orange flakes. Insert half-slice of orange in center where colors meet.
  - Pour dissolved Lemon Jell-O into parfait glasses to fill ⅓ full. Chill until firm. Add red Raspberry or Strawberry Jell-O Flakes to fill glasses.
  - In deep parfait glasses, layer different colors of Jell-O flakes using combinations, such as lime, lemon, and cherry.

- **Jell-O fantasy**
  Mold Jell-O in parfait glasses. When firm, pour about 2 tablespoons light cream or Custard Sauce (page 16) on top. Cut Jell-O in several places by inserting flat side of knife deeply near edge of glass and allow cream to trickle down through cuts to form design. Bring a bit of Jell-O to surface as a garnish.

- **Jell-O fruit cups**
  Combine Jell-O cubes with fruit in sherbet glasses; serve plain or add a small amount of chilled fruit juice or ginger ale to each serving. Serve very cold.
  - Try Lime Jell-O Cubes with melon balls and ginger ale.
  - Serve Strawberry Jell-O Cubes with halved sweetened strawberries.
  - Combine Orange Jell-O Cubes with grapefruit sections and orange juice.
Here a whirl of peach slices set in Jell-O becomes a luscious tart. Try red Strawberry Jell-O Cubes in layers with a custard sauce. Cool Lime Jell-O Flakes hold a trio of juicy grapefruit sections.

- Cut red-skinned apple into match-stick pieces and sprinkle with lemon juice. Combine apple sticks with Lime or Lemon Jell-O Cubes. Garnish with mint.

**Mirrored fruits**

Place a large piece of canned or cooked fruit in bottom of sherbet glass. Pour on dissolved Jell-O carefully to cover fruit. Chill until firm.

- Use a large prune stuffed with cream cheese in Orange Jell-O.
- Stand pear wedges around edge of sherbet glass and fill with Imitation Cherry Jell-O.
- Use two overlapping half-circles of canned pineapple with Lime Jell-O.
- Serve peach half in Imitation Raspberry Jell-O. Garnish with mint leaf.

**Jell-O delights**

These combine Jell-O whip and cubes with bits of fruit to serve in a large bowl or individual glasses.

- Use 1 package Jell-O dissolved in 2 cups hot water and fruit juice. Add ½ teaspoon almond extract. Chill half of mixture in 8x4-inch pan and cut in cubes. Chill remaining mixture until slightly thickened, place in bowl of ice and water, and whip until thick and fluffy. Fold in ¾ cup canned or fresh fruit. Arrange alternate layers of fruit whip mixture and cubes in bowl or glasses. Chill and serve.
- Use Imitation Strawberry Jell-O for whip and cubes with a medley of fruit.
- Use Orange Jell-O for whip and cubes with sugared diced orange and banana.
- Use Imitation Cherry Jell-O for whip and cubes with broken walnut meats, chopped figs, and maraschino cherries.

**Fruit refreshers**

These are made with a soft Jell-O—2½ cups liquid to 1 package Jell-O.

Sprinkle ¼ to ½ cup sugar over 1½ cups canned or fresh fruit and let stand 10 minutes; drain juice and add water to make 1 cup. Dissolve 1 package Jell-O in 1½ cups hot water; add the 1 cup cold juice and water. Chill, stirring occasionally as Jell-O sets to give a soft—not firm—jelly. Add fruit or arrange fruit in sherbet glasses or a large serving dish and add the soft Jell-O. Serve very cold.

- Try canned pear halves with soft Lime Jell-O.
- Serve sliced fresh or canned peaches with soft Imitation Raspberry Jell-O.
- Use white, red, or Tokay grapes, halved and seeded, with soft Lemon Jell-O.
Any two or more Jell-O mixtures may be layered in a mold—a clear layer with a whipped layer, fruited layers sandwiched with a cream or a snow. These make it possible to combine flavors and colors in many interesting ways. Here are the secrets that make layered molds easy to do and always successful.

- **Work layer by layer**
  
  **Chill each layer until firm** before adding the next layer. For example, if layering a clear Jell-O with a whip, pour dissolved Jell-O for the clear layer into mold to desired depth and chill until firm. (For quick chilling, set mold in pan of ice and water.) Prepare the whipped mixture and pour over firm layer in mold; then chill until whip is firm.

  Two, three, or four layers may be built up in this way. Except for the first layer, the Jell-O mixtures used should always be cold, so that they will not soften any of the firmed preceding layer.

- **Self-layering molds**

  **Some fruits sink, some float** in Jell-O. This fact can make many layered fruit molds easy!

  Simply turn the dissolved Jell-O into the mold. Add 1 fruit that will sink, distributing the pieces as evenly as possible. Then add 1 fruit that will float. Chill until firm and unmold. There will be two fruit layers with clear Jell-O between.

  **These fruits sink**
  - Apricots, canned
  - Royal Anne Cherries, canned
  - Peaches, canned
  - Pears, canned
  - Pineapple, canned

  **These fruits float**
  - Plums, canned
  - Raspberries, canned
  - Fresh oranges sections
  - Fresh grapes
  - Prunes, cooked

- **Special handling for big molds**

  Jell-O molds are festive for parties. To make large molds, recipes may be doubled. Or the size of any particular mold may be measured, then enough Jell-O mixture prepared to fill it. To measure a mold, use a standard measuring cup and count the number of cups of water required to fill the mold. A quart mold holds 4 cups.
layers and designs in molds

Prepare a large Jell-O mold the day before serving so that it may chill overnight and be thoroughly set before unmolding.

For clear Jell-O molded in tall molds or large loaf molds (over 1 quart) use 1 ¼ cups liquid per package Jell-O instead of the usual proportion of 2 cups. This firmer consistency makes the heavy mold less fragile, and keeps it from settling or cracking at the base after unmolding.

Large ring molds, if whipped or layered, should also use a stiffer Jell-O portion, for otherwise they may crack at the narrow base. (Use 1 ½ to 1 ¾ cups liquid per package Jell-O.)

Fill molds as full as possible without spilling in order to unmold them easily.

Before unmolding large Jell-O molds, moisten plate and top of molded Jell-O with wet fingers. Then unmold in the usual way. The moist surfaces make it possible to slide the mold easily into the center of plate after unmolding. (Any water may be quickly wiped off with a tea towel.)

Making attractive designs

Foods arranged in Jell-O to form a design can glorify the simplest mold. There are two ways of adding this party touch. And it helps to set the mold in ice and water when you are working on the design.

The simplest way!

Use a simple border or ring design in molds of clear Jell-O or Jell-O whips or creams. This is especially effective for ring or loaf molds. Choose shapely, solid pieces of fruit or vegetables that will give an orderly design. Special suggestions for design ingredients are given on next page.

With a large mold it helps to first moisten the plate a little, then unmold the Jell-O as usual and slide it gently into the center of plate.
For simple design, choose substantial, clean-cut pieces of fruit or vegetables such as: peach or pear slices, orange or grapefruit sections, grape halves, melon balls, strawberry halves or slices, stuffed prunes. Or use carrot, cucumber, or radish slices, cauliflower florets, tomato wedges or slices, green pepper rings, or sections or slices of hard-cooked egg.

Turn the slightly thickened Jell-O into mold to make a thin layer (1/4 inch or less). Place fruit or vegetable sections or overlapping slices in the Jell-O to form an orderly ring or border on bottom of mold. Chill until firm; then fill mold with remaining slightly thickened Jell-O. If the Jell-O layer is well thickened and design seems stable, the mold may be filled at once with slightly thickened Jell-O by spoonfuls, being careful not to disarrange the design. Additional fruit or vegetable slices may be inserted around sides.

The fancy way

An attractive pattern may be worked out to decorate the top of any mold, using small whole fruits and vegetables, or carefully cut pieces. Ingredients used must be definite in shape and neatly trimmed. A simple arrangement in each corner or center of mold, or as a border is always attractive. More elaborate wheels, flowers with "petals," chains, diamonds, circles, etc. are lovely, too, if carefully done.

For the design, choose ingredients of appropriate flavor and color for the mold, and suited to its size. The three red Jell-O's and green Lime Jell-O are prettiest with light-colored designs, while Lemon and Orange Jell-O can use very colorful decoration. Consult these suggestions:

**Fruits for designs**

| Banana slices, round or diagonal cut | Melon balls or cubes |
| Berries, all kinds | Nut meats |
| Date or fig strips | Orange sections |
| Fresh fruit halves filled with berries | Pineapple wedges, rings, or half-rings |
| Grapes, whole or halved | Prunes or dates, stuffed with cream cheese |
| Maraschino cherries or circles |

**Vegetables for designs**

| Beet slices or cubes | Salad greens and minced parsley |
| Carrot sticks | Radish slices |
| Celery slices or sticks | Tomato wedges |
| Olives, stuffed or plain, slices or strips | Cucumber slices or unpeeled slices |
| Pimiento strips or dice | Pickle slices or dice |
| | Lima beans, cooked |
| | Cauliflower florets |

**Other design suggestions**

| Hard-cooked eggs, sections or slices | Cheese cubes |
| | Chicken slivers |

To make the design, turn a thin layer (1/4 inch) of dissolved Jell-O into mold. Chill until firm. On this arrange the design and cover carefully with a few spoonfuls of cold liquid Jell-O to anchor the design. Chill until firm. Add more liquid Jell-O if needed to make a definite layer and chill until firm. Then fill mold with cold clear Jell-O, with fruited Jell-O, or with whip.
Few foods are as lovely to look at as molded Jell-O. These dishes already have color, form, and gaiety so important to make food appealing at the table. Yet any mold is enhanced by a well-chosen garnish or sauce. Arranged around the mold this gives an attractive setting.

When not molded but served in dessert dishes, Jell-O cubes or flakes, whips, and creams may be garnished daintily on top.

Here are some helpful rules for garnishing

1. A garnish should be edible and suited to the character and size of the dish it adorns. Use light garnishes for dark molds and vice versa; choose sweet garnishes with desserts, salad garnishes with salads, savory garnishes with entrees; try crisp garnishes or soft sauces for jellied or fruited molds.

2. Garnishes should be neatly formed and arranged to emphasize the shape of the mold. A low, close, garnish makes a mold appear taller. A large or spread-out garnish makes a mold seem smaller.

3. Garnishes should always appear fresh, natural, and simple.

4. Consider the serving plate as well as the mold in arranging a garnish. The color of the plate is important and the garnish should not hide it. Often a few small groups of garnish are more attractive than a continuous border all around the mold.

5. One of the best garnishes for any dish is that which suggests its ingredients, such as berries for a berry-flavored mold, sliced cucumbers and radishes around a mold that contains those ingredients, salad greens and dressing for a salad mold. These “natural” garnishes may be used with others.

Choose from these garnish suggestions

**Vegetable slices or sticks**, such as slices of unpeeled (or peeled and scored) cucumber, cucumber cubes, green pepper rings, onion rings, tomato slices or wedges, carrot or celery sticks, cooked beet or carrot slices or cubes. Also raw radishes, cauliflower florets, scallions (trimmed to 2 inches).

**Fruit sections or slices**, such as slices of unpeeled apple, fresh or canned peach or pear, lemon, lime, or orange; sections of orange or grapefruit free from membrane and split, if thick. These may be grouped in fans, overlapped, or linked. Fresh mint sprigs combine well with these as do small bright berries or cherries.

**Small fruits**, such as berries, cherries, grapes. Use with stems or in clusters if possible. Maraschino or minted cherries may be whole or sliced into rings.

**Cut fruits**, such as melon balls, oval or diagonal-cut banana slices, pineapple wedges, rings or half-rings, quarter- or half-slices of orange or lemon. Combine these with mint leaves or with other fruits.

**Stuffed fruits**, such as prunes, dates, plums, grapes, cherries, peach or pear halves. These may be pitted and stuffed with cream or cottage cheese, or with cream cheese flavored with grated orange rind. Large peach or pear halves may be filled with berries or topped with bright Jell-O cubes.
**Jell-O cubes and flakes** garnish whipped Jell-O dishes well. They may be combined with fruit slices. Individual Jell-O molds arranged around a large party mold serve, with fruit, both as garnish and extra servings.

**Nut meats.** Chopped nut meats or halves may be used with fruit slices or to sprinkle over Jell-O Whipped Cream (below).

**Eggs, hard-cooked,** in slices or quarters, or stuffed and sprinkled with paprika or minced parsley, rings of egg white, sieved egg yolk on beet slices, etc. These may be combined with greens, tomato wedges, green pepper, to make a substantial garnish for entrees or salads.

**Pickles, olives and pimento,** such as whole green or ripe olives, whole stuffed olives or slices, small pickles or slices, pimento strips, dice, or cut-outs.

**Crisped greens** of almost any kind, such as parsley and water cress sprigs; leaves of lettuce, escarole, romaine, chickory, fennel, spinach, endive, dandelion; tops of carrot or celery; shredded greens and cabbage; light-colored greens combined with dark greens or sprinkled with bits of chive or parsley. Neat lettuce cups of mayonnaise, sprinkled with paprika or bits of chives make a practical garnish-accompaniment for salads. Salad greens may be sprinkled lightly with French dressing.

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**Special garnishes you can make**

**Radish Roses.** Use round radishes. Trim off all but a few small leaves. Cut off root. With a sharp, thin knife, cut 4 or 5 thick, red outside "petals" from tip almost to stem, leaving white center. A second cut may be made half way down petals. Chill in ice water to curl.

**Curled Celery.** Use inner stalks of celery. Cut 3 or 4 inches long. With sharp knife cut each piece into thin strips, stopping 1 inch from the end. Or cut from both ends to within an inch of center. Chill in ice water to curl.

**Cheese Carrots or Apples.** Work grated processed cheese until smooth. Roll small amounts into carrot or apple shapes. Insert bit of parsley for stem of carrot, a mint leaf for stem and clove for end of apple. Dust side of apple with paprika.

**Frosted Grapes.** Beat egg white until just foamy. Dip small bunches of green grapes in egg white, then in powdered sugar. Let dry on paper.

**Pickle Fans.** Use sweet gherkins. Cut each in thin parallel sections almost the entire length. Carefully spread out like a fan.

**Jell-O Whipped Cream.** Dissolve 1/2 package (1/4 cup) Jell-O—any flavor—in 1/4 cup boiling water, heating slightly if necessary. Add 1 cup light cream and mix well. Place in bowl of ice and water and whip with rotary egg beater 5 to 7 minutes, or until mixture begins to hold shape around side of bowl. Remove from ice water. Stir gently with spoon until smooth. Serve; or store in refrigerator until needed, stirring well before using.

**Custard Sauce.** Add 3 tablespoons sugar to 2 egg yolks. Then add 1 cup milk gradually, stirring vigorously. Cook in double boiler until mixture coats spoon, stirring constantly. Cool. Add 1/4 teaspoon vanilla. Makes 1 1/4 cups sauce.
These Jell-O recipes represent party ideas that are simple to make and gay to serve. Jell-O’s colors and flavors will suggest other festive variations. Here’s good use for party cookie cutters, a loaf pan, or sherbet glasses, as well as for fancier molds.

**Plain Jell-O in color and shape to suit special days. Served on cake cut-outs.**

- **ST. VALENTINE’S HEARTS**
  2 packages Jell-O (any red flavor)
  4 cups hot water
  1 large sheet cake

- **ST. PATRICK’S SHAMROCKS.** Use Lime Jell-O and shamrock-shaped cutter as above. Molded prune whip topped with an amber layer makes a delicious dessert for a crowd.

- **CRESTED PRUNE WHIP**
  1 package Lemon Jell-O
  2 cups hot water
  ¼ teaspoon salt
  ¼ teaspoon grated orange rind
  4 tablespoons sugar
  1½ cups cooked prune pulp
  Dissolve Jell-O in hot water. Add salt and orange rind. Turn about ⅛ of mixture into 2-quart mold and chill until firm.

- **JELL-O JACK-O’-LANTEENS**
  1 package Orange Jell-O
  2 cups hot water
  Dried currants
  6 halves canned peaches, drained
  6 marshmallows, flattened slightly
  Angelica or citron
  Dissolve Jell-O in hot water. Fill individual molds about ⅙ full and chill. Press currants into rounded side of each peach half to make eyes, nose, and mouth of jack-o’-lantern face. When Jell-O is firm, place peach half face-side down in each mold. Place marshmallow in hollow of each peach, then fill mold with remaining slightly thickened Jell-O. Chill until firm. Unmold. Insert piece of angelica or citron in top to represent stem. Makes 6.
Clear tomato tops creamy cheese with vegetables. Right for a fancy mold.

**TOMATO COTTAGE CHEESE MOLD**

2 cups canned tomatoes or juice
1 teaspoon salt
Dash of pepper
1 small bay leaf
3 whole cloves
3 tablespoons minced onion
1 package Lemon Jell-O
1 tablespoon vinegar
2 tablespoons cold water
1 1/4 cups cottage cheese
2 tablespoons minced green pepper
1/2 cup diced celery
1 cup cooked leftover green vegetable
or 2 cups finely shredded cabbage
1/3 cup mayonnaise or salad dressing

Combine tomatoes, salt, pepper, bay leaf, cloves, and onion in saucepan. Cook gently

20 minutes. Force through sieve, measure, and add hot water to make 1 1/2 cups. Dissolve Jell-O in hot tomato mixture. Add vinegar. Measure 1/2 cup mixture, add cold water, and turn into bottom of ring mold or individual molds. Chill until firm.

Chill remaining Jell-O mixture until slightly thickened. Combine remaining ingredients and fold into thickened mixture. Add salt to taste. Turn into mold over firm Jell-O layer and chill until firm. Unmold. Garnish with water cress and curled celery or with tomato wedges and green pepper rings. Makes 8 servings. Serve as a supper or luncheon main dish.

**NEAPOLITAN SALAD LOAF**

2 packages Lemon Jell-O
4 cups hot water
3 tablespoons vinegar
3 teaspoons salt
1 teaspoon finely chopped chives, scallions, or onion
1 1/2 cups finely chopped raw spinach
1 1/4 cups finely chopped raw cabbage
1 1/2 cups finely chopped raw carrots

Dissolve Jell-O in hot water. Add vinegar and salt. Divide Jell-O into three parts and chill each part until slightly thickened. To first part, fold in chives and spinach and turn into loaf pan, about 9x5x3 inches; chill until firm. To second part, fold in cabbage and turn over firm layer in pan; chill until firm. To third part, fold in carrots and turn over firm Jell-O in loaf pan. Chill until firm (overnight). Unmold. Garnish with crisp lettuce and sprigs of parsley. Cut in slices and serve with mayonnaise. Makes 12 servings.
Recipe magic for other good foods

Jell-O combines with all kinds of nourishing foods to make them more lovely to look at and more delicious to eat. It molds vitamin-rich vegetables and fruits into appealing salads, and transforms protein foods like cheese, eggs, fish, and meat into delightful molded entrées. Jell-O builds leftovers into worth-while dishes and adds its own good food value, too. These recipes show such uses. Each one is extra good!

A cup of ham—with the right additions—becomes a delicious entrée.

**PIQUANT HAM RING**

1 package Lemon Jell-O
1 1/2 cups hot water
3 tablespoons vinegar
Dash of salt
1 teaspoon scraped onion
1/3 cup chopped sweet pickles
1 1/2 tablespoons diced pimiento
1/3 cup mayonnaise
2 tablespoons milk or water
1 cup ground cooked ham, firmly packed
1/2 cup diced celery
1/2 teaspoon Worcestershire sauce


A few vegetables with a bit of leftover chicken make this light but savory.

**VEGETABLE CHICKEN MOLD**

1 package Lemon Jell-O
2 cups hot water and 2 chicken bouillon cubes
3 tablespoons vinegar
1 1/2 teaspoons minced onion
Dash of pepper
2 teaspoons minced onion
1/4 cup thinly sliced celery
1/2 cup finely chopped leftover cooked chicken or veal

A delicious salad from cooked vegetables and the stock. A bouillon cube adds flavor.

**JELLIED CARROTS AND PEAS**
1 package Lemon Jell-O
2 cups hot water and vegetable stock and 1 bouillon cube
3 tablespoons vinegar
1/2 teaspoon salt
1/2 teaspoon scraped onion
3/4 cup cooked diced carrots
3/4 cup cooked peas
Dash of cayenne


Self-layering fruit dessert for any season!

**LAYERED PEACH AND BANANA**
1 package Lime Jell-O
2 cups hot water
1/2 cup canned sliced peaches
1 banana, sliced


Cherries below, cream on top...wonderful pie!

**CHERRY BAVARIAN PIE**
1 package Imitation Cherry Jell-O
1 1/2 cups hot water
1/2 cup canned cherry juice
2 teaspoons lemon juice
1 cup drained canned cherries
1 baked 8-inch pie shell
1/4 cup light cream

Dissolve Jell-O in hot water; add fruit juices. Chill 1 1/2 cups Jell-O mixture until slightly thickened. Add cherries. Turn into cold pie shell; chill until firm. Place remaining slightly thickened Jell-O in bowl of ice and water; whip with rotary egg beater until fluffy and thick. Fold in cream. Pile lightly on firm Jell-O. Chill.

Plum pudding full of fruit, yet not too hearty.

**JELL-O PLUM PUDDING**
1 package Lemon or Imitation Cherry Jell-O
Dash of salt
1/4 teaspoon cinnamon
1/4 teaspoon cloves
2 cups hot water
3/4 cup finely cut raisins
3/4 cup finely cut cooked prunes
3/4 cup finely cut citron
3/4 cup finely cut nut meats
3/4 cup Grape-Nuts


Hard-cooked eggs with celery and olives make this a real main dish.

**HOSTESS SALAD**
1 package Lemon Jell-O
2 cups hot water
1 tablespoon vinegar
1/4 teaspoon salt
Dash of cayenne
2 hard-cooked eggs, coarsely cut
1 cup chopped celery
1/2 cup chopped olives
1 1/2 teaspoons chopped chives or
1 teaspoon scraped onion

Simple salad ingredients made worthy of a chef by use of seasonings.

**JELLIED POTATO SALAD**

- 21/2 cups diced hot cooked potatoes
- 2 teaspoons minced onion
- 3 tablespoons vinegar
- 2 tablespoons salad oil
- 11/4 teaspoons salt
- Pepper
- 1 package Lemon Jell-O
- 11/2 cups hot water
- 3 tablespoons vinegar
- Dash of salt
- 1/2 cup finely diced cucumbers
- 1/4 cup sliced radishes
- 1/2 cup thinly sliced celery
- 2 tablespoons 1/2-inch strips green pepper

Combine potatoes, onion, vinegar, salad oil, salt, and pepper. Mix carefully. Let stand 25 minutes to marinate, stirring occasionally.

Dissolve Jell-O in hot water. Add vinegar and salt. To 2/3 cup Jell-O mixture, add 3 tablespoons of water. Turn into 11/2-quart ring mold or loaf pan. Chill until slightly thickened. Arrange garnish of a few cucumber and radish slices in mixture. Chill until firm.

Chill remaining Jell-O until slightly thickened. Place in bowl of ice and water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in mayonnaise; then fold in remaining ingredients and potato salad mixture. Turn onto firm Jell-O in mold. Chill until firm. Unmold. Garnish with border of lettuce and deviled eggs or sliced tomatoes, sprinkled with French dressing. Serves 6 to 8.

**HONEY PECAN BAVARIAN**

- 1 package Imitation Strawberry Jell-O
- 11/2 cups hot water
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 1/4 cup honey
- 1/2 cup light cream
- 1/2 cup finely chopped pecan meats


Honey Bavarian, so creamy rich and rosy, it calls for the handsomest plate in the house.
How to make Jell-O Pudding

Jell-O Pudding supplies all but the milk for making old-fashioned cornstarch pudding of smooth, creamy consistency in any of three delightful flavors. Exact amounts of starch, sugar and flavorings are blended. The right addition of liquid, cooking, and cooling are important steps to a delicious finished dessert.

The liquid proportion. Use 2 cups (1 pint) milk to 1 package Jell-O Pudding. This gives a thick (but not stiff) pudding which most people prefer. It is possible to use a little more milk for a softer pudding, or less (1 3/4 cups milk) for a pudding stiff enough to mold.

Jell-O Pudding may also be made with milk and water for the liquid. Use 1 cup milk and 3/4 cup water instead of 2 cups milk.

Add milk gradually to pudding in a saucepan. It is important to stir the first additions of milk well with the pudding to make a smooth mixture free from lumps.

Keep stirring. Cook and stir over medium flame until mixture comes to a boil and is thickened. Keep stirring so that the starch is well distributed and mixture heats evenly. The swelling starch granules thicken the mixture, and by the time it starts to bubble and boil, it is sufficiently cooked and thickened.

The pudding may also be cooked in a double boiler. Cook and stir until thickened, then cook 6 minutes longer, stirring frequently.

Add 2 cups milk slowly to pudding. Cook and stir until mixture boils. Pour into serving dishes to cool.
**Three ways to cool.**  
*Jell-O Puddings may be cooled* in any one of the following ways. Each gives a slightly different consistency.

1. Turn pudding into individual serving dishes and let cool. Pudding cools quickly in this way and is stiffer than when stirred or beaten.
2. Or cover hot pudding and let cool. Then chill in refrigerator for several hours or overnight. Before serving, beat slowly with egg beater. This gives creamy smoothness.
3. Or stir the pudding while it cools, especially while still hot. (To hasten cooling, pudding pan may be set in cold water or ice water.)

*For molding pudding,* turn the hot cooked pudding mixture (made with $1^{3/4}$ cups milk) into custard cups or plain molds rinsed in cold water. Cool and chill several hours.

**Vary puddings in flavor ways**

Begin by making plain Chocolate, Butterscotch, and Vanilla Puddings. Then try these with other ingredients, either cooked with the pudding, or as a special addition to the hot pudding. Each makes a new dessert.

<table>
<thead>
<tr>
<th>NAME OF RECIPE</th>
<th>FOR JELL-O PUDDING</th>
<th>FOR LIQUID AND ADDITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHOCOLATE, BUTTERSCOTCH, OR VANILLA PUDDING</td>
<td>1 package Jell-O Pudding—Chocolate, Butterscotch, or Vanilla</td>
<td>2 cups milk</td>
</tr>
<tr>
<td>MEDLEY PUDDING</td>
<td>2 packages Jell-O Pudding (any two flavors)</td>
<td>4 cups (1 quart) milk</td>
</tr>
<tr>
<td>COFFEE CREAM PUDDING</td>
<td>1 package Jell-O Vanilla Pudding</td>
<td>$3/4$ cup cold milk, then $1^{1/2}$ cups milk scalded with $2$ tablespoons ground coffee and strained</td>
</tr>
<tr>
<td>SCOTCH APPLE PUDDING</td>
<td>1 package Jell-O Butterscotch Pudding</td>
<td>2 cups milk 1 cup diced apples (cook with pudding)</td>
</tr>
<tr>
<td>RICE PUDDING</td>
<td>1 package Jell-O Vanilla Pudding</td>
<td>$2^{1/2}$ cups milk 1 cup cooked rice (fold into cooked pudding)</td>
</tr>
<tr>
<td>BANANA PUDDING</td>
<td>1 package Jell-O Butterscotch or Vanilla Pudding</td>
<td>2 cups milk Fold hot pudding into 1 egg white, beaten only to form moist peaks Add 1 diced banana</td>
</tr>
<tr>
<td>LEMON FLUFF PUDDING</td>
<td>1 package Jell-O Vanilla Pudding</td>
<td>2 cups milk Fold hot pudding into 1 egg white, beaten only to form moist peaks Add $1/4$ cup lemon juice $1/4$ teaspoon grated lemon rind</td>
</tr>
</tbody>
</table>
Serving tips for puddings

Creamy Jell-O Puddings taste delicious just plain or served with light cream or Jell-O Whipped Cream (page 16) in appropriate flavor combinations. They are time-saving in making other desserts, too. Here are a few dress-up ideas for the puddings, as well as suggestions for unusual pies, tarts, and cake fillings.

SIMPLE GARNISHES
Top servings of Jell-O Pudding with half-slice of orange and two mint leaves, a quarter cherry, a wheel of peanuts, a walnut half, an unhulled strawberry.

VICTORY PARFAIT
Use chilled Vanilla Pudding and raspberry jam. Hold parfait glass at 45° angle and fill partially with pudding. Then add ¼-inch layer of jam and fill with pudding. The jam makes a diagonal stripe up through the pudding.

MARBLE PIE
Prepare 1 package each Jell-O Chocolate and Jell-O Vanilla Pudding, using only 1⅓ cups milk for each. Cool mixtures. Put, a tablespoon at a time, into baked 9-inch pie shell, alternating flavors. Cut through filling with knife in zigzag course to “marble;” repeat in opposite direction.

PEACH CREAM PIE

STRAWBERRY MERINGUE TARTS
Turn chilled Vanilla Pudding into 8 baked tart shells. Combine 1 egg white, ½ cup sugar, ½ teaspoon lemon juice, and ½ cup cut strawberries. Beat with rotary egg beater until mixture will stand in moist peaks (3 minutes or more). Pile lightly on filling.

CAKE FILLINGS
Prepare Jell-O Chocolate, Butterscotch, or Vanilla Pudding, using only 1½ cups milk. Stir while cooling. Makes enough filling for 9-inch layer cake.
Did you ever stop to think just what a package of Jell-O really means in saving of time, money, and bother? Each package holds in its protected inner satchel enough quality flavored gelatin dessert for the family dinner. Yet it costs but a few cents!

- **It couldn't be easier!**
  
  Jell-O takes but a few minutes to prepare and is equally good to serve for the next meal or on the next day.
  
  A scientific formula mixes ingredients in proportions that insure a firm, yet tender set, fine color, and true-to-the-fruit flavor. Since Jell-O dissolves in hot water, it can be chilled sooner and will set more quickly than gelatin which requires boiling water.

- **Happy ways to variety**
  
  There is sixfold variety for every Jell-O dessert because of its six fruit flavors and colors. And Jell-O's usefulness does not stop with desserts. It makes an easy-to-use base for almost every other kind of gelatin dish—salads and entrees, pie fillings, relishes, even ice creams, frostings, and candies. Each of these is made more attractive and delicious because of the added flavor and color which Jell-O contributes.

- **Rich, true flavors**
  
  In Jell-O, flavor is protected against loss of strength and freshness by a fine new process developed in the Jell-O laboratories. This unique process fixes or "locks" the flavor into the Jell-O itself. The rich flavor is held in tiny Jell-O particles. This cannot escape or evaporate until the package is opened and the product actually dissolves. So Jell-O flavors do not fade.
  
  These extra-rich fruit flavors are true to the real fruit, too. Orange, Lemon, and Lime Jell-O are all natural fruit flavors. Strawberry, Raspberry, and Cherry Jell-O are natural fruit flavors deepened with synthetic or "imitation" flavoring to bring them to the flavor-strength of ripe, just-picked fruit. Citric acid is included to give tart fresh-fruit tang.

- **Top quality only**
  
  In the Jell-O plant and laboratories, careful control at each step of production insures a wholesome, pure gelatin product of the highest possible quality, uniform month in and month out.
  
  The gelatin used is manufactured to strict Jell-O specifications in a subsidiary plant. Purity, strength of gel, and degree of acidity are factors important to good flavor, short setting time, and proper set.
It's fun to fix "parfaits" for a party with Jell-O Cubes and creamy Vanilla Pudding.

blended with pure cane sugar, now supplemented with dextrose because of sugar scarcity. Salt and citric acid give character and tartness. U. S. certified colors add the clear fruit tones, and sodium phosphate is added to maintain the proper degree of acidity needed for quick setting.

- **Good for everyone**

Jell-O is an aid to more happy, varied, and attractive meals. It appeals to everyone, children and grown-ups alike... even sick folks, too. And it is good for everyone. For Jell-O contains both protein and sugar and is easy to digest. A single serving of Jell-O (1/2 cup) contributes 90 calories and supplies 4% of the adult's minimum daily protein needs. This protein (gelatin) combines with other proteins in the diet to make an excellent food.

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This modern gelatin production parallels grandmother's long preparation of calves' foot jelly, but in the Jell-O plant and laboratory, it is possible to maintain technical standards and sanitary control that could never be duplicated at home!

Flavors are added by Jell-O's special new process. And the powdered gelatin is

Puddings like grandma's—only more so

Great-grandma would have loved Jell-O Puddings. And her eyes would pop to see how easy they are to make — compared to the old-fashioned kind she knew.

These rich, flavorful Jell-O Puddings are like the old-fashioned cornstarch puddings in every way — in flavor, in appearance, in actual ingredients.

- **No guesswork**

First, Jell-O Puddings are always flavored just right. The chocolate flavor is deep and rich, especially made for Jell-O Puddings in the famous Walter Baker Chocolate plant. The brown-sugar butter-scotch taste is luscious and full. The vanilla is delicate, light.

Second, the amounts of starch and sugar are exactly proportioned to give perfect consistency and sweetness.

- **Delicious and nourishing**

Because they're made with milk, Jell-O Puddings are important in the family diet. They are popular all around the table... and the three favorite flavors can be served, again and again, by using simple variations.

Like Jell-O, the cost of Jell-O Puddings is only a few cents a package—often less than the ingredients would cost to buy.

A package makes a pint of pudding. A half-cup serving of Jell-O Chocolate Pudding made with milk yields 180 calories. It supplies 6% of the protein, 16% of the calcium, 16% of the phosphorus, 5% of the iron, 3% of the vitamin A, 5% of the vitamin B₁₂, and 12% of the riboflavin (vitamin B₂ or G) required by the average adult every day. Such a contribution makes Jell-O Pudding important on any menu!