A Gay New Salad - A Grand New Dessert!

2 deliciously different treats made with Fruit Cocktail and Knox Gelatine

MAKE THE MOST of canned fruit cocktail (it's plentiful!) ...and make it interesting and varied with the help of Knox Gelatine. Try this grand, new salad and the fancy Surprise Whip on the other side...both are easy with Knox and fruit cocktail. The fruits are all ready to use—and Knox Gelatine lets you make them ahead of time, whenever convenient!

FRUIT COCKTAIL SALAD MOLD (Serves 6; uses package)

1 envelope Knox Gelatine
1/4 cup lemon juice
1/4 cup hot fruit-cocktail juice
1/4 teaspoon salt

1/4 cup diced green pepper
1/4 cup diced celery
1 1/2 cups fruit cocktail, drained (one no. 2 can)

Soften gelatine in lemon juice. Dissolve in hot fruit-cocktail juice. Add salt; chill. When it starts to thicken, fold in green pepper, celery, and drained fruit cocktail. Pour into square pan that has been rinsed in cold water (or into individual molds). Chill until firm. Serve, cut in squares, on salad greens with mayonnaise.

NOTE: Salads and desserts made with real fruit and plain, unflavored Knox Gelatine have a wonderful true-flavor goodness and all the good fruit vitamins, too!

See other side for the dessert recipe
There's a teasing combination of flavors in this brand-new dessert!

Tangy sweetness of the many mixed fruits, plus the unusual surprise of tender prunes and peanut butter...you'll never believe how utterly delicious they can all be together until you taste it!

FRUIT COCKTAIL SURPRISE WHIP
(Serves 6; uses ¼ package)

1 envelope Knox Gelatine  ¼ teaspoon salt  3 tablespoons fruit cocktail, drained
¼ cup lemon juice  1 cup fruit cocktail, drained  2 egg whites
¾ cup hot fruit-cocktail juice  ½ cup chopped, soaked prunes

Soften gelatine in lemon juice. Dissolve in hot fruit-cocktail juice. Add salt; chill. When it starts to thicken, fold in drained fruit cocktail, prunes, and peanut butter (broken in small bits). Fold in stiffly beaten egg whites. Pour into sherbet glasses (or into molds that have been rinsed in cold water); chill until firm. Serve plain or with custard sauce made from the egg yolks. (When dates are in season, try substituting them for the prunes.)

NOTE: Knox Gelatine is a supplementary protein—adds real nutrition to every dish in which you use it. Plan to use Knox regularly to make your meals varied...and meal-getting easier.

FREE—Mrs. Knox's beautifully illustrated Recipe Book containing dozens of excellent recipes for salads, main dishes, puddings, pies, frozen desserts. Write to Mrs. Charles B. Knox, Box FC, Johnstown, New York, for your copy.