GELATINE
U. S. P.

APPROXIMATE ANALYSIS

Protein 85—87%
Moisture 12—14%
Ash 1.0—1.2%
Carbohydrate 0
Fat 0
Calories per env. 28

Source: Beef Bone

Net Weight—one quarter ounce

CHARLES B. KNOX GELATINE CO. INC.
JOHNSTOWN, N. Y.
PRINTED IN U. S. A.
Notice: This envelope is ready measured to make a pint or six servings of jelly. If your present recipes call for ‘ONE TABLESPOONFUL of Gelatine” just use one of these envelopes. We guarantee the same results.

FOUNDATION RECIPE FOR DESSERTS

(Lemon Jelly—6 Servings)

1 envelope Knox Sparkling Gelatine
\( \frac{1}{2} \) cup sugar
\( \frac{1}{4} \) cup lemon juice
\( \frac{1}{3} \) cup cold water
\( \frac{1}{8} \) teaspoonful lemon juice
\( \frac{1}{8} \) cup hot water
\( \frac{1}{4} \) cup lemon juice

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice, mix thoroughly and pour into mold that has been rinsed in cold water and chill.

NOTE: For salads follow the above foundation recipe using \( \frac{1}{4} \) teaspoonful salt in place of \( \frac{1}{8} \) teaspoonful.

Orange Jelly is made like Lemon, using \( \frac{1}{8} \) cup cold water, \( \frac{1}{4} \) cup orange juice, \( \frac{1}{8} \) cup lemon juice, \( \frac{1}{4} \) cup sugar and \( \frac{1}{8} \) teaspoonful salt.

SEND FOR MRS. KNOX’S FAMOUS RECIPE BOOKLETS

HOW TO DRINK KNOX GELATINE

If your physician has suggested that you take Knox Gelatine for more protein, in quantities larger than available in salads, desserts and other dishes, the best way is in the Knox Gelatine drink. This is prepared as follows:

1. Empty 1 envelope (\( \frac{1}{4} \) pkg.) Knox Gelatine in glass \( \frac{1}{2} \) full of water or fruit juice, not iced.
2. Let liquid absorb the gelatine. Then stir briskly.
3. Drink quickly. If it thickens, add more liquid, stir again.

GUARANTEE—If you are dissatisfied for any reason, return this envelope with empty carton, and your money will be refunded.

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