Man-Pleaser
Salads
From the Knox Gelatine Kitchens
FOR SPECIAL DIETS

Because scientific research has uncovered important values in gelatine, doctors are recommending it for a number of special diets. Knox Sparkling Gelatine is specified by doctors for its purity and high quality.

The following pamphlets prepared under the direction of leading dietary authorities may be had FREE.

Write for the ones you want.

Reducing Diets          Colitis
Diabetic recipe book    Convalescents
Gastric Ulcer recipes   Muscular Toning
                       Digestion of Milk

KNOX GELATINE, JOHNSTOWN, N. Y.

Printed in U. S. A.    Copr. 1938. Charles B. Knox Gelatine Co., Inc.
The secret of making salads that are sure to win cheers from the men is not a hard one to learn. Here it is... Men like a salad that has a fresh, keen flavor. They abominate a lot of sugar in salads. A salad to be a salad, they maintain, must be something that a good, self-respecting French dressing or mayonnaise can enjoy associating with.

Jellied salads make a big hit with the men if they're tart and have the fresh taste of honest home ingredients.

You can't make such a salad with a gelatine dessert powder. Gelatine dessert powders are 85% sugar, 5% factory flavoring and color—and only about 10% gelatine. But you can make it, to the king's taste, with Knox Gelatine. Knox Gelatine is all pure gelatine, unflavored and unsweetened. Though it has no flavor of its own it is the secret of all these recipes. For it blends and molds the ingredients into salads that are new, different and completely delicious.
## Complexion Salad

(6 servings)

- 1 envelope Knox Sparkling Gelatine
- \( \frac{1}{4} \) cup cold water
- 3 tablespoonfuls mild vinegar
- \( \frac{3}{4} \) cup carrots, grated fine or shredded
- 2 tablespoonfuls chopped parsley or raw spinach
- \( \frac{1}{4} \) cup hot water
- 1 tablespoonful lemon juice
- 1 teaspoonful salt
- \( \frac{3}{4} \) cup cabbage, grated fine or shredded
- 2 teaspoonfuls onion juice

Soak gelatine in cold water about five minutes. Add salt, hot water and stir until dissolved. Add vinegar, lemon juice and onion juice. Cool and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold to bed of lettuce leaves or endive and garnish with mayonnaise dressing.

## Grape Jelly Salad

(6 servings)

- 1 envelope Knox Sparkling Gelatine
- \( \frac{1}{4} \) cup cold water
- 1 cup grape juice
- \( \frac{1}{4} \) cup chopped nuts
- \( \frac{1}{2} \) cup hot water
- 2 tablespoonfuls lemon juice
- \( \frac{1}{2} \) cup Malaga grapes, skinned, seeded and cut in pieces
- \( \frac{1}{4} \) teaspoonful salt

Soak gelatine in cold water about five minutes. Add hot water, lemon juice, salt and grape juice. Cool and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold and serve with mayonnaise dressing or whipped cream.

## Pear Salad

(8 servings)

- 2 envelopes Knox Sparkling Gelatine
- \( \frac{1}{2} \) cup cold water
- \( \frac{3}{4} \) cups hot water
- \( \frac{1}{4} \) cups pear syrup (canned)
- \( \frac{1}{4} \) cup lemon juice
- \( \frac{1}{4} \) cup sugar
- Halves canned pears
- Cheese balls
- \( \frac{1}{4} \) teaspoonful salt

Soak gelatine in cold water about five minutes. Add sugar, salt and hot water and stir until dissolved. Add pear syrup and lemon juice. Rinse shallow pan in cold water and pour in jelly to the depth of about one-half inch, and allow to congeal. Fill centers of pears with a cheese ball, highly seasoned, or with a cherry-marshmallow mixture. Arrange pear halves—on the jelly. Cover with remaining jelly which has been allowed to thicken somewhat. Chill, and cut in individual servings, having a pear half in each serving. Serve on lettuce with salad dressing to which a little whipped cream has been added. Halves of canned peaches or apricots may be molded in the same way.
TOMATO SALAD RING

1 envelope (1/4) package Knox Sparkling Gelatine
1/4 cup cold water
2 cups canned or fresh tomatoes
1/2 bay leaf (if desired)
1/2 teaspoonful salt
1 tablespoonful mild vinegar or lemon juice
1 tablespoonful onion juice

Mix tomatoes, bay leaf, salt, celery and Cayenne or pepper and boil ten minutes. Soak gelatine in cold water about five minutes. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain; turn into ring mold first rinsed in cold water; chill. (To fill 9-inch mold, double recipe.) When firm unmold on lettuce. Fill center, if desired, with potato salad or cole slaw. Tomato juice may be used instead of canned or fresh tomatoes.
**SALAD SUPREME**

(6 servings)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water

1 tablespoonful lemon juice

1 cup cabbage, shredded fine

1/4 cup nut meats, cut in small pieces

1/4 cup seedless raisins

1 cup hot water

3 tablespoonfuls mild vinegar

1 teaspoonful salt

1/2 cup apples, cut in small pieces

Soak gelatine in cold water about five minutes. Add salt and hot water and stir until dissolved. Add vinegar, lemon juice and stir thoroughly. Cool and when mixture begins to stiffen, add remaining ingredients. Turn into a large mold or individual molds (teacups will be very satisfactory) that have been rinsed in cold water and chill. To serve, remove to bed of lettuce and garnish with mayonnaise and pieces of apple.

**PINEAPPLE-CHEESE SALAD**

(6 servings)

1 envelope Knox Sparkling Gelatine

3/4 cup cold water

1/4 teaspoonful salt

1/2 cup grated American cheese or cream cheese

1/2 cup cream or evaporated milk (whipped)

1/2 cup crushed pineapple (canned)

1 tablespoonful sugar

2 tablespoonfuls lemon juice

1/4 cup hot water

1/2 cup grated American cheese or cream cheese

1/2 cup cream or evaporated milk (whipped)

Soak gelatine in cold water about five minutes. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and pineapple and cool. When it begins to stiffen, beat in cheese and whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water, and chill. When firm, unmold on lettuce and serve with mayonnaise—sprinkle the mayonnaise with chopped red or green peppers.

**CUCUMBER-PINEAPPLE SALAD**

(6 servings)

1 envelope Knox Sparkling Gelatine

1 cup cold canned pineapple juice

1/2 cup boiling water

1/4 cup shredded cabbage

1/2 cup diced cucumber

1/4 teaspoonful salt

1/2 sweet green pepper, shredded

3/4 cup shredded canned pineapple

Green coloring

1/4 cup chopped celery

Mix and sprinkle the vegetables with salt; let stand while preparing the other ingredients. Soak gelatine in one-quarter cup of cold pineapple juice for five minutes. Add one-half cup boiling water to the remainder of the pineapple juice; heat to boiling point and stir in gelatine. When dissolved, add enough coloring to make a delicate green. Drain the liquid from the vegetables, mix with the pineapple, add to the liquid, pour into a mold or into individual molds and chill. When firm serve on lettuce with mayonnaise.
SAVORY SUPPER SALAD

(6 servings)

1 envelope (1/4 pkg.) Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot water
1/2 teaspoonful salt
1/4 cup mild vinegar
1 1/2 cups grated American cheese
1/2 cup stuffed olives, chopped
1/2 cup celery, chopped
1/4 cup green pepper, chopped
1/3 cup cream or evaporated milk (whipped)

Soak gelatine in cold water about five minutes. Add hot water and stir until dissolved. Add salt and vinegar, cool, and when it begins to thicken, beat until frothy. Fold in cheese, olives, celery, pepper and whipped cream or evaporated milk. Turn into mold that has been rinsed in cold water and chill. Unmold on lettuce and serve with salad dressing.
SUNDAY NIGHT SALAD

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup orange juice
3/4 cup mayonnaise or cooked salad dressing
1 tablespoonful lemon juice
11/2 cups shrimps separated into flakes

2/3 cup orange sections, cut in small pieces
1/4 cup cold water
1/4 teaspoonful salt
1/4 teaspoonful paprika
Few grains white pepper
2 tablespoonfuls whipped cream

Soak gelatine in cold water about five minutes. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and beat in mayonnaise or cooked salad dressing. Add fruit juice and seasonings. Allow mixture to thicken slightly and fold in shrimps separated into flakes, oranges and whipped cream. Rinse mold in cold water and garnish with slices cut from stuffed olives. Fill mold with salad mixture. Chill until firm and unmold on lettuce. Serve with or without salad dressing, and triangular pieces of bread, toasted with cheese between them.

HOME RUN SALAD

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup mayonnaise
4 hard-cooked eggs (either sliced or diced)
1/2 cup celery, chopped
1 tablespoonful lemon juice
3/4 teaspoonful salt
2 tablespoonfuls green pepper, chopped
2 tablespoonfuls pickle relish or chopped pickle
1 tablespoonful pimiento, chopped, if desired

Soak gelatine in cold water about five minutes. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and beat into the mayonnaise. Add other ingredients and mix thoroughly. Turn into loaf pan that has been rinsed in cold water, and chill. When firm, unmold and slice very thin. Arrange slice of Home Run Salad on lettuce and garnish with slices of tomato, cucumbers or radish roses.

PERFECTION SALAD

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot water
1/4 cup mild vinegar
1 tablespoonful lemon juice
1/4 cup sugar
1/2 teaspoonful salt
1/2 cup cabbage, finely shredded
1 cup celery, cut in small pieces
1 pimiento, cut in small pieces, or 2 tablespoonfuls sweet red or green peppers

Soak gelatine in cold water about five minutes. Add sugar, salt and hot water, and stir until dissolved. Add vinegar and lemon juice. Cool, and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold to bed of lettuce leaves or endive, and garnish with mayonnaise dressing. Or cut salad in cubes, and serve in cases made of red or green peppers, or turn into individual molds lined with canned pimientos.
MOLDED SALMON SALAD

(6 servings)

1 envelope (¼ pkg.) Knox Sparkling Gelatine
1/4 cup cold water
1 cup salmon
1/2 cup celery, chopped
1/2 green pepper, finely chopped
2 tablespoonfuls olives, chopped
Few grains Cayenne, if desired

1/4 cup cooked salad dressing or mayonnaise
1/2 teaspoonful salt
1/4 teaspoonful paprika
1 tablespoonful mild vinegar

Soak gelatine in cold water about five minutes. Place bowl over boiling water and stir until gelatine is dissolved. Cool and add salad dressing, fish separated into flakes, celery, pepper, olives, salt, vinegar, paprika and Cayenne. Turn into mold that has been rinsed in cold water and chill. Remove to bed of lettuce leaves and garnish. Tuna fish or crabmeat may be used in place of the salmon.
SALAD DRESSINGS that Stay Mixed

KNOX MAYONNAISE DRESSING  (Makes 1 Pint)

1 teaspoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water
1 teaspoonful mustard, if desired
1 teaspoonful salt
Few grains Cayenne or paprika
1 teaspoonful curry powder, if desired

Yolks 2 eggs
1/4 cup lemon juice
2 cups olive oil
Onion or garlic juice, if desired

Mix mustard, salt, Cayenne and sugar (if used). Add egg yolks, and when well mixed, one-half teaspoonful lemon juice. Soak gelatine in cold water about 5 minutes. Place bowl over boiling water and stir until gelatine is dissolved. Add gelatine to egg mixture. Cool, and add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with remaining lemon juice. Add oil and lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape.

FRENCH DRESSING  (Makes 3/4 Cup)

1/2 teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls cold water
2 tablespoonfuls vinegar
1 teaspoonful onion juice (extracted by grating onion)

1 teaspoonful salt
Few grains pepper
8 drops Worcestershire Sauce
1/2 cup olive oil

Soak gelatine in cold water about 5 minutes, add vinegar. Place bowl over boiling water and stir until gelatine is dissolved. Add seasonings and cool (but do not allow it to thicken). Pour into bottle, add oil, and shake until well blended. Use other seasonings as desired.

This dressing will remain in emulsion, but do not place it in refrigerator or it will become of a jellylike consistency.

COOKED DRESSING

Soak one-half envelope of gelatine in 2 tablespoonfuls cold water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and add to a pint of cooked salad dressing. This improves the dressing and makes it stand up firm and hard. Dressing may be molded and passed with the salad and may be cut in slices.
THESE 3 DESSERTS always make a hit with men

CHOCOLATE CHIFFON PIE  (Filling for one 9-inch pie)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
½ cup boiling water
6 level tablespoonfuls cocoa or
2 squares chocolate
4 eggs
1 cup sugar
¼ teaspoonful salt
1 teaspoonful vanilla

Soak gelatine in cold water about five minutes. Mix boiling water and cocoa or chocolate until smooth. Add softened gelatine to hot chocolate mixture and stir until dissolved. Add egg yolks, slightly beaten, one-half cup sugar, salt and vanilla. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites and the other half cup sugar. Fill baked pie shell and chill. Just before serving spread over pie a thin layer of whipped cream.

MOCHA SPONGE  (6 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1½ cups strong boiled coffee
2 tablespoonfuls lemon juice
3/4 cup sugar
2 eggs
½ teaspoonful salt

Soak gelatine in cold water about five minutes. Add sugar, salt and hot coffee and stir until dissolved. Add lemon juice. Cool and when nearly set beat, using a wire whisk, until quite stiff. Add whites of eggs, beaten until stiff, and continue the beating until mixture will hold its shape. Turn into a mold that has been rinsed in cold water. Chill thoroughly, remove from mold and serve with sugar and thin cream.

APPLE PUDDING  (6 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
½ cup boiling water
1½ cups strained applesauce
1/2 cup sugar
2 tablespoonfuls lemon juice
2 eggs
¼ teaspoonful grated lemon rind
¼ teaspoonful salt

Mix together boiling water, applesauce, sugar, salt, lemon rind and beaten egg yolks, and cook over boiling water until mixture thickens slightly. (Less sugar will be needed if applesauce has been sweetened.) Remove from fire. Soak gelatine in cold water about five minutes. Add to hot mixture, stir until dissolved, and add lemon juice. Cook until it begins to thicken, fold in stiffly beaten egg whites and turn into mold that has been rinsed in cold water. Chill, and when firm, unmold. Garnish with cooked apple quarters or with orange marmalade and nut meats. Serve with whipped cream or whipped evaporated milk, or a custard sauce. A little ginger or the small red cinnamon candies may be cooked with the apple pulp.
4 ENVELOPES in Every Package

- There are four envelopes of gelatine in every Knox Gelatine package. Each envelope makes a dish that serves six people generously.

- That's an economy point for Knox. And it's a convenience, too, to be prepared for four jellied dishes when you buy one package of Knox.

- There's a leaflet in every Knox package which illustrates delicious dishes and gives a wonderful variety of recipes suitable for any occasion. Watch for the leaflets and use the recipes.

- Insist on Knox Gelatine. All good grocers sell it.

KNOX GELATINE

IS PURE GELATINE—NO SUGAR

Charles B. Knox Gelatine Company, Inc.
Johnstown, N. Y.