Rationing of Meat Is Vital to Our Victory

Housewives Urged To Use Substitutes For Fresh Meats

WASHINGTON; Nationwide consumer meat rationing, with its probable allowance of about two and one-half pounds of meat per person per week, is an important part of the country’s all-out program for defense and victory.
Dear Housewives:

Once again . . . as in World War I . . . we are having the rationing of foodstuffs. And now, just as then, when I brought out my "Food Economy" booklet, which seemed to help so many homemakers, I'd like to help again with this little booklet.

The following recipes have been collected particularly to make the rationing of meat easier . . . and to show you what delightful dishes you can serve your family from meat leftovers and other protein-rich foods. They are all made with Knox Gelatine, because Knox, in itself, is pure protein that provides a perfect blending base for foods.

Protein is vital to sound diets and the building of American stamina. You can give your family good amounts of it in dishes like these, yet keep within your budget and your ration allowance. So let's all dig in and be good soldiers in the cause of a better nutrition and a better world. Try these recipes soon, won't you?

Very sincerely yours,

(MRS. CHARLES B. KNOX)

P. S. — As heavy whipping cream is not available, I am sure you will also want to try the whipped evaporated milk recipe shown on the last page.
MOLDED MACARONI SALAD
(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine

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\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \frac{1}{4} \text{ cup celery, chopped} \\
\frac{1}{2} \text{ cup hot water} & \quad \frac{1}{2} \text{ cup mayonnaise} \\
\frac{1}{2} \text{ cup American or cream cheese} & \quad 1 \text{ teaspoonful parsley, finely} \\
1 \text{ tablespoonful lemon juice} & \quad \text{chopped} \\
1 \text{ tablespoonful onion juice} & \quad \frac{3}{4} \text{ teaspoonful salt} \\
1\frac{1}{2} \text{ cups cooked macaroni,} & \quad \frac{1}{2} \text{ cup cream or evaporated milk} \\
\text{chopped} & \quad \text{(whipped)}
\end{align*}
\]

Soften gelatine in cold water. Add hot water and stir until dissolved. Add cheese cut in small pieces and let stand over hot water until cheese has softened. Cool slightly, and add salt, lemon juice, macaroni, celery, parsley and onion juice (extracted by grating onion). Cool, and when it begins to thicken, fold in mayonnaise and whipped cream or whipped evaporated milk. Turn into ring mold or loaf pan that has been rinsed in cold water and chill until firm. Unmold on lettuce and garnish with strips of red or green pepper or sliced tomatoes. Serve with mayonnaise.

EGG SALAD
(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine

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\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \frac{3}{4} \text{ teaspoonful salt} \\
1 \text{ cup mayonnaise} & \quad 2 \text{ tablespoonfuls green pepper, chopped} \\
4 \text{ hard cooked eggs (either} & \quad 2 \text{ tablespoonfuls pickle relish} \\
\text{sliced or diced)} & \quad 1 \text{ tablespoonful pimiento, chopped} \\
\frac{1}{2} \text{ cup celery, chopped} & \quad 1 \text{ tablespoonful lemon juice}
\end{align*}
\]

Soften gelatine in cold water. 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 Egg Salad on lettuce and garnish with slices of tomato, cucumbers or radish roses.
FISH MOLD
(Serves 6; uses ⅛ pkg.)

1 envelope Knox Gelatine

⅛ cup cold water
Yolks of two eggs or lemon juice
1 teaspoonful salt
1 ¼ tablespoonsful melted butter
⅛ cup milk

Mix egg yolks, slightly beaten with salt, mustard and paprika; then add butter, milk and vinegar. Cook over boiling water, stirring constantly, until mixture thickens. Soften gelatine in cold water. Add softened gelatine to hot mixture and stir until dissolved. Add fish, separated into flakes. Turn into a mold that has been rinsed in cold water, chill, and when firm, unmold on platter.

WINTER SALAD
(Serves 6; uses ⅛ pkg.)

1 envelope Knox Gelatine

⅛ cup cold water
1 ½ cups grated American cheese
1 cup hot water
⅝ cup stuffed olives, chopped
⅛ teaspoonful salt
⅛ cup celery, chopped
⅛ cup mild vinegar
⅛ cup green pepper, chopped
⅜ cup cream or evaporated milk (whipped)

Soften gelatine in cold water. 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 whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill until firm. Unmold on lettuce and serve with a salad dressing. Very good for sandwich filling, also an excellent dish for the diabetic diet.

HAM MOUSSE
(Serves 6; uses ⅛ pkg.)

1 envelope Knox Gelatine

⅛ cup cold water
1 ½ cup cream or evaporated milk (whipped)
⅜ cup hot water
1 teaspoonful mixed mustard
2 cups chopped cold boiled ham
⅛ cup green pepper, chopped
⅛ cup lemon juice
⅛ cup canned pimientos, cut in thin strips

Soften gelatine in cold water. Add hot water and stir until dissolved. Add mustard, paprika, and whipped cream or whipped evaporated milk. Add salt if desired. Turn into a mold that has been rinsed in cold water, and chill. When firm, unmold and garnish with parsley. A tablespoonsful of catsup or horseradish, or a dozen ripe olives, chopped, may be added.

MEAT LOAF
(Serves 6; uses ⅛ pkg.)

1 envelope Knox Gelatine

⅛ cup cold water
1 teaspoonful finely chopped parsley
1 ½ cup stock, well seasoned
1 ½ onion, peeled and sliced
1 stalk celery, chopped
1 tablespoonsful lemon juice
⅛ teaspoonful salt

Add onion, celery and salt to stock, bring to a boiling point and boil three minutes. Strain. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add lemon juice and cool. When mixture begins to thicken, add meat, pimientos and parsley. Turn into a mold that has been rinsed in cold water, and chill. To serve, unmold and cut in slices. Canned soup, broth or bouillon cubes may be used to make stock (use one bouillon cube to one cup water to make one cup stock).

If beef is used, season with a tablespoonful Worcestershire sauce and omit lemon juice. Use the lemon juice with veal, garnishing with sliced cooked eggs and sliced tomatoes. Lamb may be used, seasoning with a little minced mint. Garnish with lettuce, green peppers, asparagus first dipped in French dressing, or with small stuffed tomatoes. With ham, less salt is required.

COFFEE JELLY
(Serves 6; uses ⅛ pkg.)

1 envelope Knox Gelatine

⅛ cup cold water
1 ½ cups clear leftover boiled coffee
1 ½ cup sugar
2 tablespoonsful lemon juice
⅛ cup creamy milk

Soften gelatine in cold water. Add sugar, salt and hot coffee, and stir until dissolved. Add lemon juice. Turn into a mold that has been rinsed in cold water. Chill, and when firm, unmold. Serve with whipped cream or whipped evaporated milk.
TOMATO-CHEESE SALAD
(Serves 6; uses 1/4 pkg.)

1 envelope Knox Gelatin
1/2 cup cold water
1 1/2 cups hot thick tomato soup
1/2 cup cream cheese or cottage cheese
1 tablespoonful onion juice
1 tablespoonful butter (whipped)

Put soup in double boiler, add cheese, butter, salt and onion juice (extracted by grating onion). Heat until cheese has softened. Soften gelatine in cold water, add gelatine to hot mixture and stir until dissolved. Cool, add mayonnaise, whipped cream or whipped evaporated milk and stuffed olives. Turn into mold that has been rinsed in cold water, and chill. When firm, unmold on lettuce and garnish with sliced olives. Serve with mayonnaise sprinkled with paprika. This salad may be chilled in tray of mechanical refrigerator.

TOMATO JELLY
(Serves 6; uses 1/4 pkg.)

1 envelope Knox Gelatin
1/4 cup cold water
2 cups canned or fresh tomatoes
1/2 bay leaf (if desired)
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. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion.) Strain and turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with mayonnaise or cooked dressing. Or the jelly may be cut in any desired shape and used as a garnish for salads or cold meats. The juice of fresh tomatoes makes a delightful jellied salad.

NOTE: Tomato soup diluted with an equal quantity of water, or tomato juice, or tomato juice cocktail may be used instead of the canned or fresh tomatoes.

VEGETABLE SALAD
(Serves 6; uses 1/4 pkg.)

1 envelope Knox Gelatine
1 1/2 cups hot water
1/4 cup cold water
3 tablespoonfuls mild vinegar
2 tablespoonfuls chopped parsley
1/4 cup carrots, grated fine or 2 teaspoonfuls onion juice
shredded
1/4 cup cabbage, grated fine or
shredded
2 tablespoonfuls chopped parsley
or raw spinach (extracted by grating onion)

Soften gelatine in cold water. Add salt, hot water. Stir until dissolved. Add vinegar, lemon juice, onion juice. Cool. When mixture begins to thicken add remaining ingredients. Turn into mold that has been rinsed in cold water. Chill. When firm, unmold. Decorate with raw carrot and green pepper. Serve with salad dressing.

Make 1/2 lb. Spread With 1/4 lb. of Butter

KNOX SPREAD

1 teaspoonful Knox Gelatine
1 tablespoonful cold water
1/2 cup fresh milk or evaporated milk
1/4 pound butter
1 tablespoonful cold water
1/4 teaspoonful salt

1. Soften gelatine in cold water. (If fresh milk is to be used, soften gelatine in 1 tablespoonful milk, instead of cold water.)
2. Dissolve thoroughly over hot water.
3. Cut butter into small pieces and heat over hot water until soft enough to beat, but do not melt the butter.
4. Add dissolved gelatine and salt to the milk (having milk at room temperature). Gradually whip milk into butter with a Dover (or rotary) egg beater or electric mixer, until the milk is entirely absorbed.
5. Add coloring, if desired.
6. Pack into dish or container and place in refrigerator until hard. Keep in refrigerator when not in use.

NOTE: To make 1 lb. spread with 1/2 lb. butter, follow same directions, but double ingredients called for in 1/4 lb. recipe. To make 2 lbs. spread with 1 lb. butter, follow same procedure as above, using 1 envelope Knox Gelatine, 1/4 cup cold water, 1 lb. butter, 1 large can evaporated milk (or 1 pint of fresh milk) and 1 teaspoonful salt.

Knox Spread is not suggested for frying, sauteing, or greasing pans, nor should it be substituted for butter in cake recipes unless carefully worked out for the use of Knox Spread. The above recipe may also be used with Oleomargarine, as well as with one-half butter and one-half Oleomargarine combined.
WHIPPED EVAPORATED MILK FOR TOPPING

1 teaspoonful Knox Gelatine
2 teaspoonfuls cold water
1 cup evaporated milk
2 tablespoonfuls sugar
1/2 teaspoonful vanilla

Soften gelatine in cold water. Dissolve gelatine thoroughly over hot water. (Important — Have milk thoroughly chilled). Add dissolved gelatine to milk and whip until stiff, adding sugar and vanilla.

NOTE: When the whipped evaporated milk is used for purposes other than for a topping, follow same procedure but omit sugar and vanilla.

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