Knox Gelatine

in Infant and Child Feeding

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KNOX GELATINE IN INFANT AND CHILD FEEDING

Knox Plain Gelatine is very useful in the preparation of foods for healthy infants and children as well as in certain special feeding problems. Knox Plain Gelatine is so carefully controlled in manufacture that it is safe to use in infant and child feeding.

The nutritional requirements of the infant and child include all the factors which are essential for growth and activity. These are the proteins, carbohydrates, fats, minerals, and vitamins, and must be obtained from a variety of carefully selected and well prepared foods. Since the diet needs of infants increase from month to month, changes must be based on the factors of age, growth, and health of the child as determined by the physician.

Knox Gelatine in the Infant’s Dietary

In certain cases where difficulty is encountered in the digestion of a milk formula the addition of approximately 2 per cent of Knox Plain Gelatine to the mixture improves digestibility. Also where an extra amount of protein is required in the infant’s diet the addition of gelatine to the formula is a practical means of increasing this factor.

The advice of a physician should be carefully followed in these matters.

Knox Gelatinized Milk Formula for Infants

Knox Gelatine may be added to any suitable milk formula as follows:

For 24 ounces of a 2 per cent solution:

1. Soak for five minutes 2 envelopes of Knox Sparkling Gelatine in ½ cup of milk formula.
2. Heat cup over boiling water and stir until gelatine is thoroughly dissolved.
3. Return dissolved gelatine to original 24 ounces of milk formula, mix and divide into individual nursing bottles. STORE IN REFRIGERATOR.

Note: After placing in refrigerator the gelatine milk formula will become thick and somewhat solid, but it is easily liquefied again when the bottles are warmed before feeding.

Milk Substitutes in Allergies

Eczema in infants is frequently associated with sensitivity to the casein in milk and often it is necessary to devise a substitute which
will maintain a balanced nutrition to take the place of milk when it cannot be tolerated. First every attempt should be made to find a suitable milk modification, but failing in that a milk substitute must be resorted to. Several formula modifications based upon a variety of cereal flours plus plain gelatine, carbohydrate, fat, and mineral and vitamin supplements have been devised by Wolpe* to meet these requirements. An important feature of this investigation is the method shown for constructing an infinite number of substitutes based upon the patient's requirements and the nutritional balance of the mixture. Gelatine serves the function of a complementary protein in all of these mixtures because it is non-allergenic.

**Food Preparation for Young Children**

Child feeding is important from the standpoint of nutrition and also from the standpoint of developing good habits of eating. The careful selection of food and its preparation into tasty and appetizing dishes promotes good eating habits and even helps to solve the difficult feeding problem. The special infants' and children's foods, including cereals, soups, and strained and chopped vegetables and fruits, have accomplished much for simplifying the preparation of well-balanced meals for young children. The serving of these and other suitable foods can be made into most tasty and appetizing dishes with Knox Plain Gelatine, which helps to avoid monotony by keeping the child interested in his food. Examples of the various Knox Gelatine recipes for preparing the different classes of dishes are clearly described in the following pages.

**An Aid in Digestion of Milk by Older Children**

Besides its nourishing qualities, Knox Gelatine has a further effect due to its "colloidal action." When added to milk it largely prevents the formation of firm curds in the stomach. Many children who experience difficulty with digestion of milk can drink it without discomfort when gelatine is added.

**Knox Gelatinized Milk** is prepared as follows:

1. Soak 1 envelope of Knox Sparkling Gelatine in ½ cup of milk.
2. Place cup over boiling water and stir until gelatine is thoroughly dissolved.
3. Pour into glass and add ½ cup of cold milk, flavor with vanilla, chocolate syrup, or molasses, mix and drink.

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*J. of Pediatrics, 21:635 (1942).*
JELLIED SOUPS AND BROTHS

Jellied soups play a helpful part in children's diets, and when children are just learning to eat soups, prepared in this manner they are much more easily handled than thin soups. They may be served in a mold or mashed with a fork. The meat broths, cereals and the strained or chopped vegetables can be combined in a variety of ways to interest the child and at the same time build a balanced diet.

JELLIED VEGETABLE CREAM SOUP

*Foundation Recipe*

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 1 can strained vegetable
- 1½ cups milk

Soften the gelatine in cold water. Heat the milk and vegetable together and add the softened gelatine. Stir until dissolved. Pour into cups and set in the refrigerator until stiffened.

JELLIED CHICKEN BROTH

*4 servings*

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold broth or cold water
- 1⅛ cups chicken broth
- ½ tablespoonful onion juice
- ½ teaspoonful salt
- Few grains mace and pepper

Heat to boiling the broth, onion juice (extracted by grating onion) and seasonings. Soften gelatine in cold water or cold broth, pour into cups. Stir well. Add to hot liquid and stir until dissolved. May be served warm or chill until firm and serve cold. When served cold, stir with fork just before serving.

JELLIED CHICKEN AND TOMATO BROTH

*4 servings*

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold chicken broth
- 1 cup tomato juice
- 1 cup hot chicken broth
- ½ teaspoonful salt

Soften gelatine in cold broth. Stir well. Add hot broth and stir until gelatine is dissolved. Add tomato juice and salt. Stir well. Then pour into cups or mold that has been rinsed in cold water and chill. When firm, cut in small cubes and pile them into bouillon cups.

**Variation:** They may also be served warm.
## Jellied Chicken and Puree Vegetables

(6 servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup cold water or stock</td>
<td>1 cup chicken, chopped or ground</td>
</tr>
<tr>
<td>1 1/2 cups hot chicken stock (canned broth or soup may be used)</td>
<td>1/2 cup (1 can) strained vegetables, cooked peas, string beans, beets, carrots, asparagus, etc.</td>
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<tr>
<td>1/2 teaspoonful salt</td>
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Soften gelatine in cold water or stock. Add to hot stock and stir until dissolved. Add ground chicken, vegetables, salt, and cool. Pour into cups and chill until firm. Cut in cubes or stir with fork before serving. A meat and vegetable dish in one.

## Liver and Bacon Loaf

(6 servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td>1 tablespoonful lemon juice</td>
</tr>
<tr>
<td>1 1/4 cups mixed vegetable juices such as V-8 or any other canned vegetable juices</td>
<td>1 tablespoonful onion juice</td>
</tr>
<tr>
<td>1 beef bouillon cube</td>
<td>1/2 teaspoonful salt</td>
</tr>
<tr>
<td>4 slices crisp bacon, ground</td>
<td>1 1/2 cups ground boiled liver* or (2 cans) strained liver</td>
</tr>
</tbody>
</table>

*Boil liver in small amount of water until done. Any kind of fresh liver may be used, such as beef, lamb, calf or chicken.

## Salads

### Tomato Aspic with Strained Vegetables

Make recipe Jellied Chicken and Tomato Broth. When mixture begins to stiffen, stir in 1 cup strained string-beans or other strained vegetables. If desired, the chicken broth may be omitted and tomato juice substituted.

### Orange and Carrot Puree Salad

(6 servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td>1/2 cup orange juice</td>
</tr>
<tr>
<td>1 cup hot water</td>
<td>1 tablespoonful lemon juice</td>
</tr>
<tr>
<td>1 teaspoonful sugar</td>
<td>1/4 teaspoonful salt</td>
</tr>
<tr>
<td>1 cup (2 cans) strained carrots</td>
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</tbody>
</table>

Soften gelatine in cold water. Add sugar, salt, and hot water, and stir until dissolved. Add orange and lemon juice and set aside to slightly stiffen. Add the strained carrots to the slightly stiffened jelly and
pour into individual molds that have been rinsed in cold water. Chill and unmold on lettuce leaf. Garnish with 1 tablespoonful of salad dressing.

**CHICKEN CREAM SALAD**  
*(6 servings)*

1 envelope Knox Sparkling Gelatine  
$\frac{1}{4}$ cup cold water  
$\frac{3}{4}$ cup hot chicken stock (canned broth or soup may be used)  
$1\frac{1}{2}$ cups cooked chicken, chopped fine  
1 cup cream or evaporated milk (whipped)  
$\frac{1}{2}$ teaspoonful salt  
1 tablespoonful onion juice, if desired

Soften gelatine in cold water. Add hot stock and stir until dissolved. Add onion juice, extracted by grating onion. Cool and when mixture begins to thicken, beat, using an egg beater until frothy, then fold in whipped cream or whipped evaporated milk and chicken. Season with salt. Turn into individual molds that have been rinsed in cold water and chill. When firm, unmold, cut in slices and serve on lettuce surrounded with a mild dressing.

**APPLESAUCE AND COTTAGE CHEESE SALAD**  
*(6 servings)*

1 envelope Knox Sparkling Gelatine  
$\frac{1}{4}$ cup cold water  
1 cup applesauce  
1 cup cottage cheese  
1 cup milk  
$\frac{1}{2}$ teaspoonful lemon juice  
$\frac{1}{2}$ teaspoonful lemon flavoring

Soften gelatine in cold water. Place dish over boiling water and stir until gelatine is dissolved. Add cottage cheese, mashed or sieved, milk, applesauce, lemon juice, salt and flavoring. Turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce leaf and serve with mild dressing.

**CARROT AND PINEAPPLE SALAD**  
*(4 servings)*

2 teaspoonfuls Knox Sparkling Gelatine  
2 tablespoonfuls cold water  
1 can chopped carrots  
1 can strained pear and pineapple

Soften the gelatine in the cold water. Heat the carrots, then add the gelatine and stir until dissolved. Add the pear and pineapple, pour into molds which have been previously rinsed in cold water. Chill. When set, unmold on lettuce. Serve with or without salad dressing.

**MOLDED VEGETABLE SALAD**  
*(3 servings)*

1 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1 can of any strained or chopped vegetable  
$\frac{1}{2}$ teaspoonful salt  
$\frac{1}{4}$ cup water  
1 tablespoonful sugar  
2 hard cooked eggs

Soften the gelatine in the cold water. Combine and heat the vegetable and water and stir in the gelatine until dissolved. Add the salt and sugar and cool. When it begins to set add the chopped eggs (or the
eggs may be sliced) and chill in the refrigerator. When set, unmold on lettuce or other greens and serve with salad dressing.

FRUIT SALAD
1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad 1 \text{ cup (2 cans) strained or} \\
\frac{1}{2} \text{ cup boiling water} & \quad \text{cut mixed fruits}
\end{align*}
\]

Soften gelatine in the cold water. Pour the boiling water on the soaked gelatine and stir until dissolved. Add to the fruits and thoroughly mix. Pour into molds or cups previously rinsed with cold water and chill until firm. Unmold and serve as salad or dessert.

SALAD DRESSING

2 tablespoonfuls lemon juice
\[
\frac{3}{4} \text{ teaspoonful salt}
\]
2 tablespoonfuls milk or cream or undiluted evaporated milk

Stir the lemon juice slowly into the milk. Add salt.

SALAD DRESSING

2 tablespoonfuls salad oil
2 tablespoonfuls grapefruit juice
2 tablespoonfuls honey
Few grains salt

Combine the oil, juice and salt. Slowly add the honey, beating constantly. Chill. Mix well before using. For fruit salads.

DESSERTS

MOLDED CUSTARD

(6 servings)

\[
\begin{align*}
1 \text{ envelope Knox Sparkling Gelatine} & \quad 3 \text{ eggs} \\
3 \text{ cups milk} & \quad \frac{1}{4} \text{ teaspoonful salt} \\
\frac{1}{2} \text{ cup sugar, scant} & \quad 1 \text{ teaspoonful vanilla}
\end{align*}
\]

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add sugar and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top. If you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped evaporated milk, sliced oranges or any fruit or fruit juice. Condensed or evaporated milk may be used in Molded Custard desserts. Use one and one-half cups each evaporated milk and water instead of the three cups milk. Less sugar will be needed if condensed milk is used.
BAVARIAN CREAM

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
\frac{3}{4} & \text{ teaspoonful salt} \\
1 & \text{ cup milk} \\
\frac{1}{2} & \text{ teaspoonful vanilla} \\
Yolks & 2 \text{ eggs} \\
1 & \text{ cup cream or evaporated milk (whipped)} \\
\frac{1}{2} & \text{ cup sugar}
\end{align*}
\]

Beat egg yolks with sugar and salt, add to milk and cook in double boiler until of custard consistency. Soften gelatine in cold water. Add to hot custard and stir until dissolved. Cool, and when mixture begins to thicken, beat with egg beater until fluffy then fold in whipped cream or whipped evaporated milk, and vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Note: The stiffly beaten whites of eggs may be added to the cream mixture if desired.

FRUIT BAVARIAN CREAM

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
\frac{1}{2} & \text{ cup sugar} \\
\frac{3}{4} & \text{ cup fruit juice and pulp} \\
\frac{1}{2} & \text{ cups cream or evaporated milk (whipped)} \\
1 & \text{ tablespoonful lemon juice} \\
\frac{1}{4} & \text{ teaspoonful salt}
\end{align*}
\]

Soften gelatine in cold water. Place dish in boiling water and stir until gelatine is dissolved. Add fruit juice mixed with lemon juice, salt and sugar, and stir until dissolved. Cool, and when mixture begins to thicken, beat with egg beater until fluffy, then fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill until firm. Unmold. Use any strained fruit.

PRUNE WHIP

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
\frac{3}{4} & \text{ cup hot prune juice} \\
\frac{1}{2} & \text{ cup sugar} \\
2 & \text{ tablespoonfuls lemon juice} \\
\frac{1}{2} & \text{ cup hot prune juice} \\
2 & \text{ egg whites} \\
\frac{1}{4} & \text{ teaspoonful salt}
\end{align*}
\]

Soften gelatine in cold water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water or into sherbet glasses. When firm, unmold and serve with or without whipped cream or evaporated milk.

FRENCH VANILLA ICE CREAM

Make recipe for Soft Custard as given above. Cool custard. Increase quantity of vanilla to \(1\frac{1}{2}\) tablespoonfuls and fold in with \(\frac{1}{2}\) cup cream, whipped. Freeze.
PHILADELPHIA VANILLA ICE CREAM  (6 servings)

1 envelope Knox Sparkling Gelatine

1/4 cup cold milk 1 cup sugar, scant
1 3/4 cups scalded milk (not boiled) 1 tablespoonful vanilla
1 pint cream 1/4 teaspoonful salt

Scald 1 3/4 cups milk. Soften gelatine in 1/4 cup cold milk. Add to scalded milk. Add sugar and when this is dissolved add mixture to the cream and add salt and flavoring. Freeze, using three parts finely crushed ice to one part rock salt — or turn into tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape. Serve with maple sauce and chopped pecans. If part of the cream is whipped and added when mixture is partly frozen, it will improve the product. Cream may be tinted a delicate green, or any color to match the color scheme of your table.

SOFT CUSTARD  (6 servings)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water 2 cups scalded milk
2 eggs 1/4 teaspoonful salt
1 teaspoonful vanilla 1 tablespoonful sugar

Soften gelatine in cold water. Add sugar, salt and scalded milk, and stir until dissolved. Pour hot mixture slowly into eggs which have been beaten until smooth. Cook over hot water, stirring constantly until mixture begins to thicken. Remove from stove, pour into cold bowl. Add vanilla, stir well.

SNOW PUDDING  (6 servings)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water 1 teaspoonful grated lemon rind
1 cup hot water 3/4 cup sugar
1/4 cup lemon juice Whites of 2 eggs
1/4 teaspoonful salt

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and grated rind of the lemon; occasionally stir the mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Turn into mold that has been rinsed in cold water. Chill and when firm unmold and serve with soft custard. See recipe above. A very attractive dish may be prepared by coloring half the mixture red. This is very nice served in a sherbet glass with any fruit sauce.

BLANC MANGE  (6 servings)

1 envelope Knox Sparkling Gelatine

2 cups milk 1/3 cup sugar
1/4 teaspoonful salt 1/2 teaspoonful vanilla

Scald one and one-half cups milk with sugar. Soften gelatine in one-half cup cold milk. Add to hot mixture and stir until dissolved. Cool
slightly, add flavoring and salt and turn into mold that has been rinsed in cold water, and chill. When firm, unmold and serve with currant, strawberry or any preferred jelly, or with whipped cream, pineapple, strawberry or any fruit sauce. When Blanc Mange begins to stiffen, any sliced, canned or fresh fruit, drained of juice, may be added.

CHOCOLATE SPONGE

(6 servings)

<table>
<thead>
<tr>
<th>1 envelope Knox Sparkling Gelatine</th>
<th>1/3 cup sugar</th>
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<tbody>
<tr>
<td>1/4 cup cold water</td>
<td>3 eggs</td>
</tr>
<tr>
<td>1/4 cup boiling water</td>
<td>1/4 teaspoonful salt</td>
</tr>
<tr>
<td>2/3 square chocolate or</td>
<td>1 teaspoonful vanilla</td>
</tr>
<tr>
<td>2 tablespoonfuls cocoa</td>
<td></td>
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</table>

Put sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Soften gelatine in cold water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with whipped cream or whipped evaporated milk.

WHIPPED EVAPORATED MILK

More easily digestible and more nourishing than whipped cream

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

Pour evaporated milk in top part of double boiler and heat with the lid off until hot. Soften gelatine in cold water. Add softened gelatine to the hot milk and stir until dissolved. Now pour into a shallow bowl—and chill until icy cold. Then whip vigorously until stiff. Makes about two cups of whipped cream. If used as a topping, sweeten and flavor.
IMPORTANCE OF KNOX QUALITY FOR SPECIAL DIETARIES

ALL PLAIN GELATINES ARE NOT ALIKE. Due to varying types of raw material and methods of processing, gelatines differ in quality and performance.

• Knox Gelatine is highest quality U.S.P. gelatine, a uniform dietary protein made from selected bone.

  Important Note: The ready flavored gelatine dessert preparations contain about 85% sugar, acid flavoring, and only about 10% gelatine.

• Knox Gelatine is odorless and tasteless.

• Knox Gelatine is neutral, which makes it effective in control of gastric conditions.

• Knox Gelatine is made under careful bacteriological control. Therefore, avoids a possibility of gastro-intestinal upset.

• Knox Gelatine is easily digested and is a dependable source of protein for patients with allergic manifestations.

Additional copies of this book, as well as our other books on “Feeding Sick Patients” (Liquid and Soft Diets), “Reducing Diets,” “Peptic Ulcer Dietary” and “Feeding Diabetic Patients,” will be sent on request.

Knox Gelatine is sold at all good grocers—in both the 4-envelope and 32-envelope package size.

KNOX GELATINE, Dept. F, JOHNSTOWN, N.Y.

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