Busy Day Ahead? Let Knox Help!

Knox treats can be made the day ahead, whenever convenient... are all ready to serve on the busy day itself!

Picture shows White Cap Tomato Jelly — recipe inside
FREE - Mrs. Knox's Recipe Books

Recipes for unusual salads ... for stretching leftovers into delicious main dishes ... for luscious chiffon pies, candies ... and many more treats. Mail this coupon today to Book Dept., Knox Gelatine, S-1, Johnstown, N. Y.

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SPECIAL DIET LEAFLETS

Many physicians are recommending Knox Gelatine in special diets and, if you will give us the name of your physician, we will gladly send him any or all of the following pamphlets:

☐ Reducing Diets & Recipes ☐ Diabetic Recipe Book
☐ Colitis ☐ Feeding Sick Patients
☐ Infant Feeding ☐ Peptic Ulcer

LITHO. IN U. S. A. — COPR. 1949 CHARLES B. KNOX GELATINE CO., INC.
THE MODERN ART OF GEL-COOKERY

This package of Knox Gelatine opens the door to a treasury of meal-brightening dishes— an endless variety of salads, desserts and entrees with a fresh, new kind of appetite appeal.

In addition, Gel-Cookery brings you wonderful new ways of dressing up drab left-overs — and of stretching small amounts of meat, fish, and other left-over foods into delicious, ample portions.

Knox Gelatine is non-acid, and thus combines easily with milk, cream, eggs and other nourishing foods. In fact, it is often prescribed by doctors for special diets for its supplementary protein value.

You see, Knox is all real gelatine— it lets the good fresh flavors and vitamins of the combined foods come through. It is all gelatine, no sugar — unlike the factory-flavored gelatine dessert powders which are 3/8 sugar and only 1/8 gelatine.

The recipes in this folder are just the beginning of Gel-Cookery. Try four of them, with the four envelopes of gelatine in this package. Then send for Mrs. Knox’s master recipe book and go on and on in this grand, modern world of meal-making. See how easy the recipes are to mix, how quick to fix, how enthusiastically your family receives them.
REFRIGERATOR BREAD PUDDING (6 Servings)

1 envelope Knox Sparkling Gelatine

2 cups milk

½ cup light or dark corn syrup or ⅓ cup sugar

¼ teaspoon salt

4 slices white bread (2½ cups cubed)

2 eggs, slightly beaten

1 teaspoon vanilla

nutmeg, if desired

Soften gelatine in ¼ cup cold milk. Scald remaining milk with corn syrup (or sugar) and salt in double boiler. Add gelatine and stir until dissolved. Remove crusts and cut slices of bread into cubes. Pour hot milk slowly over beaten eggs, stirring constantly. Return to double boiler. Add bread cubes and cook until custard consistency, stirring constantly. Remove from heat. Add vanilla and beat with rotary beater until frothy. Turn into one large (or individual molds) that have been rinsed in cold water first. Chill. When firm, unmold and serve with cream or any sauce. If desired, sprinkle with nutmeg or garnish with canned cherries or raisins. One cup canned cherries or chopped raisins may be folded in after beating mixture to a froth.
WHITE CAP TOMATO JELLY (6 Servings)

1 envelope Knox Sparkling Gelatine
1/4 cup cold tomato juice 1/8 teaspoon celery salt
1 1/2 cups hot tomato juice 1 cup cottage cheese
1 tablespoon lemon juice 2 tablespoons minced celery
1/4 teaspoon salt 2 tablespoons chopped stuffed olives
1 tablespoon chopped chives or green onion tops

Soften gelatine in cold tomato juice; dissolve in hot tomato juice. Add lemon juice, salt, and celery salt. Cool. Combine cottage cheese, celery, olives, and chives or green onion tops; shape into 6 balls. Pour a thin coating of gelatine into individual molds that have been rinsed in cold water. When firm, put a cheese ball in each mold. When remaining gelatine begins to thicken, pour into molds. Chill until firm. Serve with mayonnaise. Garnish with additional cottage cheese.

NOTE: Save leftover coffee! Make Coffee Jelly—Mocha Sponge—or Coffee Spanish Cream.
CARROT SALAD (6 Servings)

1 envelope Knox Sparkling Gelatine

\[
\begin{aligned}
\frac{1}{4} \text{ cup cold water} & \quad \frac{1}{4} \text{ cup vinegar} \\
1 \text{ cup hot water} & \quad 1 \text{ cup cabbage, finely shredded} \\
\frac{1}{4} \text{ cup sugar} & \quad 1 \text{ cup celery, chopped} \\
\frac{3}{4} \text{ teaspoon salt} & \quad 1 \text{ cup grated carrot (uncooked)}
\end{aligned}
\]

1 red or green pepper, shredded

Soften gelatine in cold water. Add hot water, sugar, and salt; stir until dissolved. Add vinegar. Cool. When mixture begins to thicken, stir in prepared vegetables. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with mayonnaise.

NOTE: Money-saver Knox Gelatine stretches leftovers—makes a little go a long way.
SNOW WHITE PUDDING
LEMON SPONGE OR SNOW PUDDING (6 Servings)

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \frac{1}{4} \text{ cup lemon juice} \\
1 \text{ cup hot water} & \quad \text{Whites of two eggs} \\
\frac{3}{4} \text{ cup sugar} & \quad \frac{1}{4} \text{ teaspoon salt}
\end{align*}
\]

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

SNOW-WHITE PUDDING (6 Servings)

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} \text{ cup cold milk} & \quad \frac{1}{3} \text{ cup sugar or} \\
1 \frac{1}{4} \text{ cups hot milk} & \quad \frac{1}{2} \text{ cup corn syrup} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 2 \text{ egg whites} \\
\frac{1}{2} \text{ teaspoon vanilla} & 
\end{align*}
\]

Soften gelatine in cold milk. Add hot milk, salt and sugar; stir until dissolved. Cool. When it is thick and almost set, beat with wire
spoon or whisk until frothy. Fold in stiffly beaten egg whites and vanilla; continue beating until stiff enough to hold its shape. Turn into mold that has been rinsed in cold water; chill. When firm, unmold and garnish with a little jam or, if preferred, custard sauce made with the egg yolks.

**ORANGE CHARLOTTE (6 servings)**

1 envelope Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
\frac{1}{2} & \text{ cup hot water} \\
1 & \text{ cup sugar} \\
\frac{1}{4} & \text{ teaspoonful salt} \\
2 & \text{ tablespoonfuls lemon juice} \\
1 & \text{ cup orange juice and pulp} \\
\text{Whites} & \text{ 3 eggs} \\
\text{Lady fingers or stale sponge cake} & \\
\end{align*}
\]

Soften gelatine in cold water. Add sugar, salt, and hot water and stir until dissolved. Add lemon juice, orange juice and pulp, and cool. When mixture begins to stiffen, beat until light; then add whites of eggs beaten until stiff, and beat thoroughly. Turn into mold lined with stale lady fingers or sponge cake and chill. When firm, unmold. One cup whipped cream or whipped evaporated milk may be used in place of whites of eggs. Or use one-half cup whipped cream or whipped evaporated milk and whites two eggs.
ORANGE CHARLOTTE