KNOX GELATINE
for The Joy of Eating
and the Happiness of Health

Recipe for this Fruit Bavarian Cream found on p. 4
INTRODUCTORY

No food product offers more attractive ways of adding charm to the every-day home meal, the simple luncheon, or the elaborate dinner than Knox Sparkling Gelatine. Dainty appetizing desserts, salads, meat and fish dishes, and wholesome candies, too—are all so easy and economical to make.

One of the many advantages of Knox Sparkling Gelatine is that being plain and unflavored, you can flavor your own dishes with real fruits and vegetables, and thus get the benefit of their valuable mineral salts and vitamins. That is why housewives are always proud to serve Knox Gelatine dishes, for ready-flavored brands cannot in any way equal the healthy freshness of Nature's own products.

Here are given but a few recipes of the many shown in Mrs. Knox's recipe books, in which the hostess will find a delightful variety of dishes that will beautify the whole table, prove a source of appetizing delight and be economical as well.
FRUIT SALAD SUPRÊME

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
2 cups boiling water
Few grains salt

1/2 cup mild vinegar
1/2 cup sugar
3 cups fresh fruit, cut in small pieces

Soak gelatine in cold water five minutes, and add boiling water, vinegar and sugar. Strain, and when mixture begins to stiffen, add fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves, and accompany with mayonnaise or boiled salad dressing.
LEMON SPONGE OR SNOW PUDDING

1/2 envelope Knox Sparkling Gelatine  3/4 cup sugar
1/4 cup cold water  1/4 cup lemon juice
1 cup boiling water  Whites of two eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain and set aside; occasionally stir 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. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

FRUIT BAVARIAN CREAM

1/2 envelope Knox Sparkling Gelatine  1 tablespoonful lemon juice
1/4 cup cold water  1/2 cup sugar
1 cup fruit juice and pulp  1 1/2 cups heavy cream, beaten until stiff

Soak gelatine in cold water five minutes, and dissolve by standing cup containing mixture in hot water. Strain into fruit juice mixed with lemon juice. Add sugar, and when sugar is dissolved set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold and chill. Garnish with fruit. Use fresh strawberries, raspberries, oranges, peaches, cooked pineapple, or any canned fruit.
This “Basic” recipe will enable you to make a Dessert or a Salad

**BASIC RECIPE**

*Lemon Jelly*

- 1 envelope Knox Sparkling Gelatine
- 2 cups boiling water
- 1/2 cup lemon juice
- 1 cup cold water
- 3/4 cup sugar
- Salt

Soak gelatine in cold water five minutes; dissolve in boiling water. Add sugar and stir until dissolved; then add salt and lemon juice. Strain into wet mold and chill.

*Orange Jelly* is made like Lemon Jelly, using 1 1/4 cups of cold water, 1 cup of boiling water, 1 cup of orange juice, 2 tablespoonfuls of lemon juice, 1/2 cup of sugar, and a little salt.

**Note:**

By adding fruits, nuts, etc., you can have a dessert, serving it with whipped cream or custard sauce. To make a salad from this same recipe, use fruit or vegetables, serving it with mayonnaise or French dressing.
Dishes for Convalescents

KNOX Sparkling Gelatine solves the problem of tempting the jaded or convalescent appetite with a sufficient variety of dishes that are dainty and nutritious at the same time. In combination with milk, eggs, vegetables, fruit juices and broths, Knox Gelatine dishes are ideal—their ease of digestion and their real food value are extremely beneficial. The following is but a suggestion of the many that are available for the invalid or those with delicate appetites.

ORANGE AND RAW EGG

1 teaspoonful Knox Sparkling Gelatine  1 egg  Few grains salt
2 tablespoonfuls orange juice  Sugar to taste  Flavoring if desired

Soften the gelatine in the orange juice and dissolve over boiling water. Beat yolk of egg, adding salt, and sugar, and gradually add to the well beaten white. Add dissolved gelatine, beating constantly. Mold in individual molds and serve with a fruit or a chocolate sauce.

Other fruit juices, such as grape, raspberry, loganberry, etc., give an appetizing variety to the above. This may also be served as a salad on lettuce.
23% More Nourishment

KNOX Sparkling Gelatine supplies very important elements for health. Authorities have proved that it is an aid to digestion; that it promotes sturdy growth in children; that it is valuable in many diets; that when dissolved and added to milk it not alone increases its available nourishment by about 23%, but it largely prevents milk colic and other difficulties common in infant feeding. Physicians are reporting unusual results in the use of Knox Sparkling Gelatine in milk formulas. Ask your doctor about it.

DIRECTIONS

1. Soak for ten minutes one level tablespoonful of Knox Sparkling Gelatine in \( \frac{1}{2} \) cup cold milk.
2. Place cup in boiling water and stir until gelatine is thoroughly dissolved.
3. Return dissolved gelatine to original quart of milk.
4. For smaller quantities of milk reduce gelatine in proportion.
5. For infant feeding proceed as above, using prescribed formula. Also follow same method and proportions for a condensed or evaporated milk formula.
6. For undernourished children or adults who are under weight, dissolve and add 1 teaspoonful of Knox Sparkling Gelatine to a glass of milk before serving, following same method as above.

DIETS—If you are dieting, write us for special recipes for various diets—to make your diets more appetizing, more digestible and more successful.
KNOX Sparkling Gelatine is put up in two packages—the No. 1 Plain Sparkling and the No. 3 Sparkling Acidulated. Both packages contain the same quantity and quality of plain unflavored gelatine, but the Acidulated package has in it a separate envelope of lemon flavor (not mixed with the gelatine). This is particularly convenient for parties and church entertainments as it saves the time and trouble of squeezing lemons.

Always keep a package of Knox Sparkling Gelatine on your pantry shelf—it has so many uses. It enables you to turn your left-overs into delightful dishes and each package will make four different desserts or salads, each sufficient for six servings.
How KNOX Sparkling Gelatine is Made

THE family of Knox and their associates take every known precaution to insure the purity of Knox Sparkling Gelatine. It is made from the inner shin bone of food animals in very much the same manner as soup stock is prepared at home. Hands never touch it, and it is truly prepared for those whose first consideration is the health of their families and who appreciate genuine quality.

A cordial welcome is extended to the public to visit us and see the cleanliness with which we surround the manufacture of Knox Sparkling Gelatine.

CHARLES B. KNOX GELATINE CO., Inc.
Johnstown, N. Y.
Mrs. KNOX'S RECIPE BOOKS

Send for Mrs. Knox's Recipe Books. In them you will find delicious recipes, helpful suggestions and valuable information on a topic most important to you—the “joy of eating and the happiness of health.” Send for them today, enclosing 4c for postage with the coupon below:

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KNOX GELATINE

FOR

The Joy of Eating
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Recipe for this
Tomato Jelly
shown on p. 4
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Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg whites until stiff and add well beaten egg yolks to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve with whipped cream or whipped evaporated milk.

**CHOCOLATE**

- ½ envelope Knox Sparkling Gelatine
- ¼ cup cold water
- ¼ cup boiling water
- 1 teaspoonful vanilla

**SPONGE PUDDING**

- ⅓ cup sugar
- 3 eggs
- Few grains salt
- 2 squares chocolate, or 6 tablespoonfuls cocoa
MEAT LOAF

1 envelope Knox Sparkling Gelatine
1 cup cold water
2 cups stock, well seasoned
1 onion, peeled and sliced
1 stalk celery
1 tablespoonful lemon juice

Soak gelatine in cold water five minutes. Add onion and celery to stock, bring to the boiling point, let boil three minutes, strain and pour over soaked gelatine. Add lemon juice and when mixture begins to stiffen, add meat, pimentos, and chopped parsley. Turn into brick mold, first dipped in cold water, and chill. Remove from mold, and cut in slices for serving.

TOMATO JELLY

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
3 1/2 cups tomatoes
1/2 onion

Soak gelatine in cold water five minutes. Mix the remaining ingredients, except vinegar, bring to boiling point and let boil ten minutes. Add vinegar and soaked gelatine, and when gelatine is dissolved, strain. Turn into a mold, first dipped in cold water, and chill. Remove from mold to bed of crisp lettuce leaves and garnish with mayonnaise dressing, forced through a pastry bag and tube; or the jelly may be cut in any desired shapes and used as a garnish for salads or cold meats.
This “Basic” recipe will enable you to make a Dessert or a Salad

**BASIC RECIPE**

**(Lemon Jelly)**

1 envelope Knox Sparkling Gelatine
2 cups boiling water
1/2 cup lemon juice
1 cup cold water
3/4 cup sugar
Salt

Soak gelatine in cold water five minutes; dissolve in boiling water. Add sugar and stir until dissolved; then add salt and lemon juice. Strain into mold, first dipped in cold water, and chill.

**Orange Jelly**

is made like Lemon Jelly, using 1 1/4 cups of cold water, 1 cup of boiling water, 1 cup of orange juice, 2 tablespoonfuls of lemon juice, 1/2 cup of sugar, and a little salt.

**Note:**

By adding fruits, nuts, etc., you can have a dessert, serving it with whipped cream or custard sauce. To make a salad from this same recipe, use fruit or vegetables, serving it with mayonnaise or French dressing.
Dishes for Convalescents

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RICE CREAM WITH PINEAPPLE

*Individual Serving*

1 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1/4 cup cream or evaporated milk  
Salt  
3 tablespoonfuls hot pineapple juice  
1 tablespoonful sugar

Soften the gelatine in the cold water, and dissolve in the hot fruit juice. Add sugar, and when it begins to thicken slightly, add slowly to the cream which has been beaten until thick. Fold in rice, and turn into small mold. Serve decorated with strips of pineapple. Other fruit juices may be used.
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