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

Recipe for this Perfection Salad shown on page 4
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.
Soak gelatine in cold water five minutes. Whip egg yolks and salt; add gradually vinegar, sugar, butter, cayenne and pineapple juice. Heat milk in double boiler and gradually add the above mixture. Add soaked gelatine, and when mixture thickens, remove from fire. Stir occasionally while cooling, and when beginning to set add whipped cream and fruit cut in small pieces and drained (oranges, cherries, canned pineapple, grapefruit, pears or any desired fruit). Turn into wet mold. When firm, remove to bed of crisp lettuce leaves. Serve with mayonnaise. Mold may be packed in ice and salt if a frozen salad is preferred.
ORANGE CHARLOTTE

1/2 envelope Knox Sparkling Gelatine   2 tablespoonfuls lemon juice
1/4 cup cold water                    1 cup orange juice and pulp
1/2 cup boiling water                Whites of three eggs
1 cup sugar                          Lady fingers

Soak gelatine in cold water five minutes and dissolve in boiling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen, beat, using a wire whisk, until light; then add whites of eggs, beaten until stiff, and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.

PERFECTION SALAD

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

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, cut in cubes and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes.

A delicious accompaniment to cold sliced chicken or veal.
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.

**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.

**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 tablespoonsfuls of lemon juice, 1/2 cup of sugar, and a little salt.
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.

**SPANISH CREAM** (Individual)

1 teaspoonful Knox Sparkling Gelatine  2 tablespoonfuls sugar
3 tablespoonfuls cold water or milk  Few grains salt
$\frac{3}{4}$ cup hot milk  1 egg  $\frac{1}{4}$ teaspoonful vanilla

Soak gelatine in cold water. Beat yolk of egg in top of double boiler, add sugar and gradually the hot milk. Place over hot water and add softened gelatine. Stir until custard thickens. Remove from fire, add salt and flavoring and fold in stiffly beaten egg white. Pour into wet molds. Serve with whipped cream or a fruit sauce.
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 ½ 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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