PHYSICIANS in their practices, scientists in their laboratories, and mothers in their homes—all have found that Knox Sparkling Gelatine has great health value, not only as a daily food, but also as an important factor in infant feeding, in the nourishing of underweight children, in the improvement of digestion generally, and in the diets for various illnesses and organic conditions. The facts, with helpful suggestions, are presented in this booklet.
THE HEALTH VALUE OF
KNOX SPARKLING GELATINE

The food-value of Knox Gelatine has been fully demonstrated. Every Woman-of-the-Home knows what appetizing desserts, salads, candies, etc., may be made with it. Every woman knows how delightful Knox Gelatine dishes look, how delicious they taste and how popular they are with the family and guests.

But—do you really know the Health value of Knox Sparkling Gelatine? Do you know that physicians, nurses and dietitians are using it with unusual success, in the treatment of many conditions in which food plays an important part?

The purpose of this book is not to discuss the value of Knox Gelatine on your home table. Our other books cover this subject in detail. This book presents to you, briefly and clearly, what Knox Gelatine means to your family's health. We hope you will read it carefully, and think about it deeply.

IN THE FEEDING OF INFANTS

Let us begin with the most important member of the family—the baby.

As early as 1879, the famous Dr. Abraham Jacobi in his book "The Intestinal Diseases of Infancy and Early Childhood" proved and recorded the highly beneficial results of adding small quantities of dissolved gelatine to the cow's milk for infants and adults.

Dr. C. A. Herter in his book "Infantilism from Chronic Intestinal Infection" also found that the addition of plain gelatine to
the milk was of great value because of the more perfect absorption of the milk fed.

Dr. Julius Friedenwald and Dr. John Ruhrah, in "Diet in Health and Disease," recognize the value of gelatine in rendering milk more digestible and in preventing both gastric and intestinal indigestion.

While these and other eminent authorities who advocated the use of pure, plain gelatine, did not determine the exact reasons for the results they recorded, exhaustive tests made with Knox Sparkling Gelatine, conducted by highly scientific authorities, clearly explains and proves the great importance of plain granulated gelatine in the diet from infancy to old age.

First of all, it has been proved that Knox Sparkling Gelatine has, in the language of the scientist, a "colloidal action" which means the power to emulsify or break up the fat masses of other foods. When dissolved and added to milk, it prevents the formation of hard curds (which so frequently cause colic and other stomach disturbances of infancy), and enables the child to get the benefit of the full nutriment of the milk.

Knox Sparkling Gelatine is practically neutral, and such a gelatine must be used for gelatinated milk in infant feeding, as a gelatine containing a large amount of acid, flavoring or sweetening will often curdle the milk. Knox Sparkling Gelatine is a natural product.

Physicians are also finding Knox Sparkling Gelatine of importance in cases of diarrhea and summer complaint in infants. By helping the little one to assimilate his food, and by soothing the inflamed intestines, it often prevents and invariably retards these dangers of infancy.

Not only does Knox Gelatine aid in the complete assimilation of milk but also in the digestion of other foods. This is of great benefit to people of all ages who suffer from dyspepsia, stomach disorders, diabetes, tuberculosis, fever and other wasting diseases where it is necessary to obtain the highest percentage of nourishment with the least taxation of the digestive powers.
On the following pages will be found selected and tested recipes which have all of the dietary requirements for various conditions, and are most delightful even when appetite rebels at the regulation diet.

**PROPORTIONS OF GELATINE USED IN INFANT FEEDING AND METHOD OF PREPARATION**

While it is never wise to change the feeding formula that is prescribed, and mothers are urged to consult the family physician before making any change in the child's diet, the following methods for adding gelatine to milk have proved valuable in rendering cow's milk more digestible in the infant stomach:

**The Approved Methods**  
For Adding Knox Gelatine to Milk

Soak, for ten minutes, one level tablespoonful of Knox Sparkling Gelatine in one-half cup of cold milk taken from the baby's formula; cover while soaking; then place the cup in boiling water, stirring until gelatine is fully dissolved; add this dissolved gelatine to the quart of cold milk or regular formula.

**NOTE:** If you are using a condensed or evaporated milk formula follow the same proportions and method as above.

**Gelatine Formula**  
(With Barley Flour)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>½ teaspoonful</td>
</tr>
<tr>
<td>Barley Four</td>
<td>2 tablespoonfuls</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 tablespoonfuls</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoonful</td>
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</tbody>
</table>

**DIRECTIONS:** Add enough water to the above ingredients to make a thin paste, and let stand until gelatine is dissolved. Add this to two cups of boiling water and cook until clear. Remove from fire, and add milk according to age of child, or combine with milk formula that is being prescribed.

*It is essential to use Knox Sparkling Gelatine in these formulas.*

For infants three weeks to six months old, add one-half teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.

For babies six months old and up add one teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.
A formula found useful in the feeding of breast nursing infants follows:

**Gelatine Formula**

Knox Sparkling Gelatine  
Water

**Directions:** Soften the gelatine in half pint of cold water, then add a half pint of boiling water and stir until gelatine is entirely dissolved. Give the infant two teaspoonfuls of this mixture just before the nursing period.

In this case, as the infant nurses, the mother’s milk falls into the thin gelatine solution which is in the stomach, thus aiding the complete digestion and assimilation of the mother’s milk.

**At Night—Knox Gelatine in Hot Milk**

Children and adults whose sleep is not restful will find that a glass of hot milk, combined with one teaspoonful Knox Sparkling Gelatine in the manner previously suggested, will induce sleep and benefit the health generally. This is also a valuable suggestion in the treatment of children who are underweight.

**THE VALUE OF KNOX SPARKLING GELATINE FOR GROWING CHILDREN**

Another discovery of great importance is that nature has given Knox Gelatine a large percentage of Lysine, which is the element in food that promotes growth and strength.

Some foods are lacking in Lysine. For example, if a child were fed on white bread alone as the only source of protein, that child would not grow normally because of the absence of Lysine, but if in conjunction with white bread, the child were fed plenty of plain granulated gelatine this fault would be corrected.

You cannot give a growing child Knox Sparkling Gelatine too often, and there are so many ways of preparing it in attractive desserts and salads, with your own pure fruits and fruit juices, fresh or canned, and with meat, fish, vegetables and even in candies, that it always tempts the appetite.

Especially in the feeding of growing children, fruits and fruit juices combined with Knox Sparkling Gelatine are of the utmost
importance. Ready-flavored, artificially colored gelatines cannot provide either the nutriment nor the wholesome vitamin or health value that is contained in dishes prepared with Knox Gelatine and your own fruits, either fresh or canned.

GELATINE DISHES ESPECIALLY NUTRITIOUS FOR GROWING CHILDREN AND ADULTS

Charlotte Russe
(Makes six servings)

| 1 ¼ cups milk | ¼ pint heavy cream |
| 2 tablespoonsfuls sugar | 2 eggs |
| Few grains salt | Sponge cake |
| 3 tablespoonsfuls powdered sugar | ¼ teaspoonful vanilla |
| ¼ cup cold water | |

DIRECTIONS: Scald milk and add gradually to yolks of eggs, slightly beaten, and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens. Then add gelatine, soaked in cold water. Add whites of eggs, beaten until stiff. Set pan in larger pan of ice water and stir, scraping from bottom and sides of pan, until mixture begins to thicken. Then add cream, beaten until stiff, and mixed with sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin ring to keep cases in shape. Fill with mixture and chill. Remove from cases and garnish tops with four narrow strips of cake, radiating from center, and garnish center with a cube of jelly or a cherry.

Jellied Apples
(Makes six servings)

| 2 level tablespoonfuls Knox Sparkling Gelatine | 1½ cups sugar |
| ½ cup cold water | Juice of one lemon |
| 6 apples | ½ cup each raisins and nuts (whole) |

DIRECTIONS: Soak the gelatine in the cold water. Peel and core apples, rubbing them with the cut side of a lemon. Place in saucepan with the sugar and two cups water, cover tightly and cook until tender, being careful to retain the shape of the apples. Drain from the syrup and arrange in a wet mold. Add hot water to the syrup to make three cups and in this dissolve the softened gel-
atine. Add lemon juice and when jelly begins to thicken, the raisins and nuts, stirring them through the jelly, and pour over the apples. Serve with a marshmallow sauce or with whipped cream garnished with toasted marshmallows and bits of red jelly. Apples may also be molded in tall sherbet glasses for individual service.

**Chocolate Sponge Pudding**

*(Makes six servings)*

1 level tablespoonful Knox Sparkling Gelatine  
1/2 cup cold milk  
1 teaspoonful vanilla  
1/2 cup sugar  
3 eggs. Few grains salt  
2 squares chocolate or  
6 tablespoonfuls cocoa

**DIRECTIONS:** Soak gelatine in cold water until soft, then dissolve over boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually 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 plain or with milk, whipped cream or whipped evaporated milk.

There is not a child that will not relish and ask for more of this wonderful Chocolate Sponge Pudding. It not only helps to satisfy the craving for chocolate but it is easily digested and is such an attractive way to serve raw eggs.

Knox Sparkling Gelatine will also be found most beneficial when combined with the morning cereal and in broths and soups.

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**IN CASES OF RICKETS AND SCURVY**

One often finds thin, undernourished, or mal-nourished children suffering from rickets or scurvy. The laboratory tests made with Knox Sparkling Gelatine in combination with such fruits as lemons, oranges, strawberries, raspberries, bananas and pineapple, either fresh or canned (not artificial flavors) have proved the power of plain granulated gelatine, in combination with pure fruit or fruit juices, to prevent and help to cure rickets and scurvy. It has been found that these combinations are of great benefit to the nursing mother. Pineapple must always be scalded before combining with gelatine.
The following recipes are not only delicious, but invaluable as a preventive and corrective diet. Other recipes will be found in Mrs. Knox’s book, “Dainty Desserts.”

### Orange Gelatine Trifle
(Makes eight servings)

- 2 level tablespoonsfuls Knox Sparkling Gelatine
- 1 cup orange juice
- ½ cup cold water
- 1½ cups boiling water
- 1 cup sugar
- Grated rind of one orange
- ½ pint heavy cream
- 1 tablespoonful lemon juice

**Directions:** Soak gelatine ten minutes in cold water, dissolve in boiling water, add sugar, orange juice, grated rind and lemon juice. Pour one-half the mixture into a shallow pan, dipped in cold water, and chill. Set bowl containing remaining mixture in pan of ice water and stir constantly until mixture begins to thicken; then fold in heavy cream, beaten until stiff. Turn into border mold first dipped in cold water, and chill. Fill center with first part removed from pan and cut in cubes.

### Tomato Jelly Salad
(Individual)

- ½ teaspoonful Knox Sparkling Gelatine
- Bit of bay leaf
- 2 teaspoonfuls cold water
- Sprig of parsley
- ½ cup tomatoes
- ½ slice of onion
- 1 clove. Few grains salt
- ½ teaspoonful vinegar or lemon juice

**Directions:** Cook tomatoes with clove, bay leaf, parsley and onion eight minutes. Remove vegetables and force tomato through a sieve; there should be one-fourth cupful. Add gelatine which has been softened in the cold water, and when dissolved, the salt and vinegar. Line a mold with a slice of egg or a slice of cucumber cut in fancy shape and pour in mixture. Chill, remove from mold and arrange on lettuce leaf. Garnish with mayonnaise dressing.

### Lemon Jelly
(Makes eight servings)

- 2 level tablespoonsfuls Knox Sparkling Gelatine
- 1 cup cold water
- 2 cups boiling water
- ¾ cup sugar
- ½ cup lemon juice

**Directions:** Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved, then add lemon juice. Pour into wet mold, and chill. Berries, fruits or nuts may be added.
Orange-Banana Cream
(Makes six servings)

1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water
4 bananas
1 tablespoonful lemon juice
1 orange
1/2 cup powdered sugar
1 cup cream, whipped
Few grains salt
1/2 cup seedless raisins may be added.

Directions: Soak gelatine in cold water about five minutes. Dissolve over boiling water. Mash bananas, add fruit juice and a little of the grated rind of the orange. Beat in dissolved gelatine and sugar, and fold in cream whipped very stiff. Turn into wet mold. Unmold and garnish with orange slices. Or, spread with sweetened and flavored whipped cream and place about the mold lady fingers iced with a delicate green icing. Garnish with nut meats. One cup seedless raisins may be added.

For Indigestion and Stomach Disorders

Aside from the specific uses of Knox Sparkling Gelatine for infancy and childhood, the investigation also included its value as an aid to general digestion. The experiments were made with human beings suffering with indigestion and other stomach disorders. In every instance, the records prove that not only was the gelatine satisfactorily digested, even in the most stubborn cases, but, by its protective “Colloidal Action” (power to help break up other foods) it greatly aided the digestion of the other foods.

Knox Sparkling Gelatine is, therefore, a very important article of diet for those with stomach disorders. For this purpose it may be prepared plain or in combination with fruits, fish, meat, vegetables, etc., according to the diet to be followed. It may be combined with the morning cereal and added to broths and soups and cow’s milk.

As most of us suffer, from time to time, from the indiscretions of eating, the importance of following a heavy dinner with a delicious dessert or salad prepared with Knox Sparkling Gelatine will be readily understood. Here are a few recipes that will be found not only helpful in aiding the digestion, but most delightful and appropriate for any occasion.
Gelatine with Orange Juice
(Makes eight servings)

2 level tablespoonfuls Knox Sparkling Gelatine ½ cup cold water
1 cup sugar 2 cups boiling water
1 cup orange juice 2 tablespoonfuls lemon juice

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice and orange juice. Pour into wet mold, and chill.

Note. The above recipe may also be used in a diet for fever patients.

Apricot Souffle
(Makes eight servings)

1 level tablespoonful Knox Sparkling Gelatine ½ cup cold water
1 ½ cups canned apricots 1 tablespoonful lemon juice
1 cup canned apricot juice Whites of two eggs
½ cup sugar A few grains of salt

Directions: Soak gelatine in cold water ten minutes, and dissolve in hot apricot juice. Add sugar and lemon juice and when mixture begins to set beat in whites of eggs which have been beaten until stiff. Add apricots stoned and cut in halves and turn into mold, first dipped in cold water and chill.

Fruit Salad Supreme
(Makes eight servings)

2 level tablespoonfuls Knox Sparkling Gelatine ½ cup cold water
½ cup lemon and orange juice mixed 2 cups boiling water
½ cup sugar 3 cups cooked fruit, cut in small pieces

Directions: Soak gelatine in the cold water ten minutes, and add boiling water, fruit juices and sugar. When mixture begins to stiffen, add fruit, using cherries, oranges, bananas, or pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves; accompany with mayonnaise or boiled salad dressing. Substitute vegetables for the fruit and you will have a delicious vegetable salad.

Note: By omitting the lettuce and salad dressing, this may be served as a dessert, and raspberry or other fruit juices may be used in the place of the cold water to give a different flavor.
Rice Bavarian Cream
(Makes six servings)

1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold water
1/4 cup sugar
1/4 teaspoonful salt

1 cup cooked rice
1 cup cream, or evaporated milk
1 teaspoonful vanilla

Directions: Soak gelatine in cold water about five minutes and dissolve over hot water. Add to hot cooked rice and sugar, salt and vanilla. Beat well, cool, and when it begins to thicken, add whipped cream. Turn into wet mold or pile in individual glasses. Serve with a fruit or a chocolate sauce.

Chocolate Blanc Mange
(Makes eight servings)

2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water
2 ozs. grated unsweetened chocolate
1 teaspoonful vanilla

1 quart milk
1 cup sugar
Few grains salt

Directions: Soak gelatine in cold water ten minutes. Scald milk and add sugar, grated chocolate and salt. When sugar is dissolved, add soaked gelatine; then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla, or with plain milk.

Luncheon Salad
(Makes eight servings)

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

3 tart apples
1 cup pecan nut meats
1 cup celery, cut in small pieces

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, cut in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples. Small pieces of sweet red pepper may be added.
OBESITY with Non-Fattening Recipes

Obesity may be due to improper functioning of the ductless glands, to over-eating, lack of exercise, or to inheritance, but whatever the cause or whatever the type, the dangers accompanying over-weight are many and a number of diseases are found more or less influenced by this condition or in complication with it. No system of treatment is successful without regulation of the diet. This should never be done except under the direction of a physician.

Fat and carbohydrate are the chief food elements to be restricted. The so-called Banting system of reduction advocates a predominance of protein in the diet. Knox Sparkling Gelatine is a form of protein which may be used freely without danger of over-taxing the kidneys which is not so true of some other forms of protein.

Knox Sparkling Gelatine is of value here, also, as small portions of vegetables or fruit may be molded in it, furnishing a bulk that is satisfying to hunger, yet comes within the limitations of the diet requirement. The furnishing of adequate bulk is very important in preventing the nervous strain that so frequently accompanies unappeased hunger.

Knox Sparkling Gelatine should form a prominent part of all reducing diets. Special book of non-fattening recipes sent on request.

Pineapple Fluff

(Makes six servings)

Total calories 330. One serving 55 calories.

1 level tablespoonful Knox Sparkling Gelatine

\[ \frac{1}{4} \] cup cold water

\[ \frac{1}{2} \] cup boiling water

2 tablespoons sugar

2 tablespoons lemon juice

\[ \frac{1}{2} \] cup crushed pineapple cooked

Few grains salt

1 egg white stiffly beaten

Cherries

Directions: Soak the gelatine in the cold water ten minutes. Dissolve in the boiling water and add sugar, lemon juice, pineapple and salt. When it begins to thicken, beat until light and frothy, then fold in stiffly beaten egg whites and beat until thick. Pile into sherbet glasses and decorate with a cherry.
Beet Salad
(Makes six servings)
Total calories 150. One serving 25 calories.

1 level tablespoonful Knox Sparkling Gelatine 1/4 teaspoon salt
1/4 cup cold water 1/4 teaspoon prepared mustard
7/8 cup boiling water 1 tablespoon minced onion
2 tablespoons mild vinegar 1 cup cooked beets diced
1 tablespoon sugar 1/2 cup celery cut fine

DIRECTIONS: Soak the gelatine in cold water about five minutes and dissolve in boiling water. Add vinegar, sugar, salt, mustard and onion and when it begins to stiffen, stir in beets and celery. Turn into individual molds which have been dipped in cold water. Serve on lettuce, cress or romaine with low calorie mayonnaise.

Tuna Fish and Celery Salad
(Individual)
Total calories, 62

3/4 teaspoonful Knox Sparkling Gelatine 1/2 cup tuna fish
1 tablespoonful cold water 2 tablespoonfuls chopped celery
3 tablespoonfuls boiling water Salt

Directions: Soak the gelatine in cold water, add the boiling water and dissolve over hot water. Add tuna fish, chopped celery and salt. Mold and chill.

CONSTIPATION

Constipation is a widely prevalent disease and if neglected frequently leads to serious results. Correct manner of living and correct methods of eating are important in overcoming constipation. A proper diet includes a liberal use of liquids, a goodly amount of coarse vegetables and fruits, and plenty of fat. Knox Sparkling Gelatine is helpful in combination with all these desirable foods.

Liquids of many kinds may be used with Knox Gelatine, juices of nearly all fruits, be they fresh or canned; broths may be
jellied, and small amounts of coffee or milk may be used as a beverage with the other food materials prepared with gelatine, thereby satisfying the desire for these beverages without drinking enough to cause harmful results.

Green vegetables containing much cellulose, such as celery, cabbage, cucumbers, string beans, make attractive and delicious salads in combination with Knox Sparkling Gelatine, which also provides a safe medium for preparing fruit desserts in almost innumerable combinations. Fat in the form of salad dressings and cream, either plain or whipped, add to the value of these foods in the diet for constipation, and are especially delightful in combination with the gelatine dishes. The following recipes will be found helpful in the treatment of constipation.

**Almond and Rhubarb Jelly**
(Makes eight servings)

**Food Value:**
- Carbohydrate, 30 grams
- Fat, 47 grams
- Protein, 20 grams
- Calories, 613

| 1 level tablespoonful Knox Sparkling Gelatine | 1/2 cup nuts, chopped |
| 1/4 cup cold water | 1 quart hot rhubarb sauce |

**Directions:** Soak gelatine in cold water, add hot rhubarb and sugar sufficient to sweeten, and stir until dissolved. When it begins to stiffen, add nuts and turn into wet mold. May be served with cream or boiled custard sauce.

**Fig Surprise**
(Individual)

**Food Value:**
- Carbohydrate, 25 grams
- Fat, 8 grams
- Protein, 4 grams
- Calories, 188

| 3/4 teaspoonful Knox Sparkling Gelatine |
| 1 tablespoonful cold water |
| 1 tablespoonful boiling water |
| 1/2 cup whipped cream |
| 1/4 cup chopped figs, steamed |

**Directions:** Soak gelatine in cold water, add boiling water, and melt over hot water. When cool add to whipped cream and fold in the chopped figs.
**Prune Loaf**

*(Individual!)*

Food Value:  
- Carbohydrate, 40 grams  
- Fat, 7 grams  
- Protein, 5 grams  
- Calories, 243

\[\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine}\]

1 tablespoonful cold water  
1 tablespoonful boiling water  
\[\frac{1}{4} \text{ cup finely cut stewed prunes}\]

1 tablespoonful raisins, finely cut  
1 teaspoonful English walnuts cut in small pieces  
2 teaspoonfuls sugar

**DIRECTIONS:** Soak gelatine in cold water, add boiling water and dissolve over hot water. Add sugar and the cut fruit and nuts. Mold and chill.

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**GELATINE AS AN IMPORTANT PART OF THE DIABETIC DIET**

*NOTE: A special booklet of additional diabetic recipes will be sent upon request.*

In all dietetic treatment of disease the first and most important point is to follow the directions of your physician. It is the physician who best knows your needs and the correct way that you should be treated.

Diet is the basis for all methods of treating diabetes. Even though one is receiving insulin, as much attention has to be given to diet as formerly. The diet may be more liberal, but one must be careful in its computation and the weighing of the food which is to be eaten.

Because of its great adaptability in adding nourishment as well as appetite attraction to otherwise unappealing diet, Knox Sparkling Gelatine is especially valuable for diabetic patients.

The following recipes, prepared by an eminent dietitian, have been accurately weighed and carefully tested to conform to the most exacting requirements in the treatment of diabetes:
Orange and Egg

Food Value: Carbohydrate, 4 grams  Fat, 6 grams  Protein, 8 grams  Calories, 102

2 grams or \( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
20 grams of orange juice or \( \frac{3}{2} \) teaspoonfuls 1 egg

DIRECTIONS: Soak gelatine in orange juice and dissolve over boiling water. Beat egg yolk and add to stiffly beaten egg white. Add the dissolved gelatine and beat constantly until it begins to stiffen.

Coffee Jelly

Food Value: Protein, 2 grams  Calories, 8

2 grams or \( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 3 tablespoonfuls boiling coffee
\( \frac{1}{8} \) grain saccharin \( \frac{1}{8} \) teaspoonful citric acid, if desired

DIRECTIONS: Soak gelatine and acid in the cold water, add the boiling coffee and saccharin. Stir until the gelatine is dissolved. Mold and chill.

Cream Chicken Salad

Food Value: Carbohydrate, 1 gram  Fat, 13 grams  Protein, 9.5 grams  Calories, 159

2 grams or \( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 tablespoonful boiling water
30 grams 40% Cream or \( \frac{3}{2} \) level tablespoonfuls whipped
1 teaspoonful of chopped parsley \( \frac{1}{8} \) teaspoonful citric acid, if desired
30 grams of chicken or 2 tablespoonfuls

DIRECTIONS: Soak gelatine in cold water and dissolve in hot water then add to the cream which has been whipped. When mixture begins to thicken add the chicken which has been cut into small pieces and the parsley. Turn into a wet mold and chill.

Ivory Cream Dessert

Food Value: Carbohydrate, 1.6 grams  Fat, 18 grams  Protein, 3.5 grams  Calories, 182

2 grams or \( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water \( \frac{1}{8} \) grain saccharin
45 grams of 40% cream or 3 tablespoonfuls whipped
DIRECTIONS: Soak gelatine in cold water, add part of cream which has been heated to boiling point, cool, then add remainder of cream beaten stiff.

**Spinach Salad**

*(Individual)*

Food Value:  
Carbohydrate, 1 gram  
Fat, 6 grams  
Protein, 8.5 grams  
Calories, 92

2 grams or $\frac{3}{4}$ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1 tablespoonful hot water  
30 grams of hot spinach or $\frac{1}{2}$ tablespoonfuls  
1 egg  
$\frac{1}{10}$ teaspoonful citric acid, if desired

DIRECTIONS: Soak gelatine in cold water. Dissolve in boiling water and add to hot spinach. Turn into a mold lined with hard-cooked egg cut in slices. Chill.

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**GELATINE IMPORTANT IN TUBERCULOSIS**

Nourishment easily and completely absorbed is the first dietary essential for the tubercular patient. Milk and raw eggs are accepted by many authorities as having great recuperative value. But it is sometimes difficult for the patient to digest milk in the required quantity, and raw eggs frequently cause a revolt that is more harmful than beneficial.

In the research of the specific uses of a plain, unflavored gelatine in the dietary, conducted by Dr. T. B. Downey, Fellow at the Mellon Institute, University of Pittsburgh, it was conclusively proved by feeding experiments that 1% of pure, plain gelatine (an even tablespoonful) dissolved and added to a quart of milk, will not only make it more readily digestible, but will increase the nourishment obtainable from that milk by about 23%. (See formula for adding gelatine to milk on page 4.)

Raw eggs may be so appetizingly prepared with Knox Sparkling Gelatine that even the weakest stomach will welcome them and their benefit will be greatly increased.
Besides the milk and egg combination, here are a few highly nutritious gelatine recipes of inestimable value as an attractive change of diet for the tubercular patient.

**Spanish Cream**  
*(Makes eight servings)*

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<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>1 level tablespoonful</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cups</td>
</tr>
<tr>
<td>Sugar (scant)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>3 whites</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoonful</td>
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**Directions:** Soak gelatine in one-half cup milk. Scald remaining milk, and pour slowly on the yolks of eggs well beaten. Add sugar, and salt and return to double boiler. Cook until mixture thickens somewhat. Remove from stove, and add gelatine. When partially cool add whites of eggs beaten until stiff. Flavor, and turn into individual molds, first dipped in cold water, and chill. Serve with whipped cream.

**Beef Jelly**  
*(Individual)*

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<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>½ teaspoonful</td>
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<tr>
<td>Beef Juice</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Boiling Water</td>
<td>1 tablespoonful</td>
</tr>
<tr>
<td>Cold Water</td>
<td>1 tablespoonful</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoonful</td>
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**Directions:** Soften the gelatine in the cold water and dissolve in the hot water; add to the beef juice, and season with salt and a little pepper. Pour into mold. Serve the day prepared. Beef cubes may be used to make the beef juice.

**Orange and Raw Egg**  
*(Recipe on page 16.)*

**Meat Loaf**  
*(Makes six servings)*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>2 level tablespoonfuls</td>
</tr>
<tr>
<td>Cold Water</td>
<td>1 cup</td>
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<tr>
<td>Stock, well seasoned</td>
<td>2 cups</td>
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<tr>
<td>Onion, peeled and sliced</td>
<td>1</td>
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<tr>
<td>Celery</td>
<td>1 stalk</td>
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<tr>
<td>Lemon Juice</td>
<td>1 tablespoonful</td>
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<tr>
<td>Cold Cooked Veal, Ham, Beef</td>
<td>2 cups</td>
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<tr>
<td>Pimentos, cut in thin strips</td>
<td>½ cup</td>
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<tr>
<td>Parsley or Celery leaves</td>
<td>½ tablespoonful</td>
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</table>
DIRECTIONS: 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.

**Orange Charlotte**  
*(Makes eight servings)*

| 1 level tablespoonful Knox Sparkling Gelatine | 2 tablespoonsful lemon juice |
| 1/2 cup cold water | 1 cup orange juice and pulp |
| 1/2 cup boiling water | Whites of three eggs |
| 1 cup sugar | Lady fingers |

DIRECTIONS: Soak gelatine in cold water ten minutes and dissolve in boiling water. Add sugar, and when dissolved add lemon juice. 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.

**DIET FOR FEVER PATIENTS**

Many authorities are recommending Knox Sparkling Gelatine for fever patients because it enables the patient to obtain the maximum amount of nourishment from the prescribed food with least digestive effort, and makes these foods more attractive. The following recipes will be found very useful and practical in fever cases:

**Snow Pudding**  
*(Makes eight servings)*

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

DIRECTIONS: Soak the gelatine in the cold water for ten minutes, and dissolve in the boiling water, add sugar and lemon juice.
When jelly begins to thicken, beat until quite frothy, add whites of eggs beaten until stiff, and continue beating until stiff enough to hold its shape. Turn into wet mold or small cups and chill. Serve with a boiled custard.

**Cream Jelly**
**(Individual)**

- 1 teaspoonful Knox Sparkling Gelatine
- 3 tablespoonfuls cold water
- Few grains salt
- 3 tablespoonfuls scalded milk
- 3 tablespoons heavy cream
- 1 tablespoonful sugar
- 4 teaspoonful vanilla

**DIRECTIONS:** Soften the gelatine in the cold water and dissolve in the hot milk. Add sugar, salt, cream and vanilla. Stir occasionally until mixture begins to thicken. Pour into wet mold and chill. Serve with a custard sauce if desired. This recipe furnishes about 300 calories.

**Jellied Tomato En Creme**
**(Makes six servings)**

- 1 level tablespoonfuls Knox Sparkling Gelatine
- 5 tablespoonfuls cold water
- 1 cup boiling water
- ½ teaspoonful salt
- ½ cup cream, whipped
- 1½ cups strained tomatoes
- 2 teaspoonfuls whole mixed spices

**DIRECTIONS:** Put seasonings in boiling water and simmer five minutes. Soak gelatine in cold water for about five minutes and dissolve in hot liquid. Strain into tomatoes. Chill and when nearly firm fold in whipped cream.

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**THE USE OF KNOX SPARKLING GELATINE FOR CONVALESCENTS**

If you have ever had to take care of an invalid or a convalescent, you know how difficult it is to tempt a jaded appetite with a sufficient variety of dishes that are dainty and nutritious at the same time. Knox Sparkling Gelatine solves that problem in two ways. First of all, the variety of alternative dishes you
can make with it—in combination with milk, eggs, vegetables, fruit juices and broths—is almost endless. They look so attractive and appetizing that the patient is sure to enjoy eating them. Better than that, the recent laboratory tests have shown that gelatine preparations, because of their ease of digestion and their real food value, actually improve the general physical condition of the patients. It is really an ideal food, especially for people with delicate appetites.

In addition to the recipes already given, here are a few suggestions for invalid and convalescent dishes. Other recipes for this purpose are in Mrs. Knox's book, "Dainty Desserts."

**Cocoa Cream**

*(Individual)*

<table>
<thead>
<tr>
<th>1 teaspoonful Knox Sparkling Gelatine</th>
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<tr>
<td>1/4 cup cold milk</td>
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<tr>
<td>1/4 cup scalded milk</td>
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<tr>
<td>1 teaspoonful cocoa</td>
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<tr>
<td>1 egg</td>
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**Directions:** Soften the gelatine in the cold milk and dissolve in the hot milk. Mix the cocoa, sugar and salt; add boiling water stirring constantly. Add gelatine mixture and cook in double boiler, adding slowly the beaten yolk of the egg. Cook until it begins to thicken, stirring constantly. Remove from fire, and when cooled add the beaten white of the egg and the flavoring. Turn into a wet mold and chill. Serve with sugar and cream or whipped cream.

**Jellied Cider or Fruit Juice**

*(Makes six servings)*

<table>
<thead>
<tr>
<th>1 level tablespoonful Knox Sparkling Gelatine</th>
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<tr>
<td>1/4 cup cold water</td>
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<tr>
<td>1/2 cup boiling water</td>
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<tr>
<td>1/4 cups sweet cider or fruit juice</td>
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<tr>
<td>Sugar</td>
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<tr>
<td>Salt</td>
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**Directions:** Soak gelatine in cold water about five minutes. Dissolve in boiling water and add cider or fruit juice; then add salt and sugar to taste (if canned fruit juice is used, very little sugar will be required). Turn into wet mold and chill.
GELATINE IN THE PROTECTION OF HEALTH

Many of the ills of life have their beginning in the improper assimilation of the foods we eat.

Frequently you hear people say that certain foods do not agree with them. But you have never heard anyone say that Knox Gelatine did not agree with them.

No matter how delicate the stomach, or how sensitive the digestion, Knox Sparkling Gelatine never causes the slightest distress or disturbance. Furthermore, in combination with other wholesome foods, it will, because of its protective "Colloidal" ability, very largely influence the easy digestion and assimilation of the other foods. For this reason alone, and entirely aside from its delicious, appetizing qualities, Knox Sparkling Gelatine should form an important part of every meal, as a dietary protection to health.

For breakfast, if combined with the cereal, it will in many cases greatly increase the nutriment obtainable from that cereal.

For luncheon, the most exquisite and satisfying dishes may be prepared with Knox Gelatine, which will fully sustain the body without putting a mid-day burden on the stomach.

For dinner or supper, Knox Gelatine may be used in many beneficial ways, either in preparing the main meat or vegetable dishes, or desserts or salads. It will assist the digestive machinery and insure a more complete assimilation of nourishment from the heavier food, thus strengthening the body to resist the attacks of disease.

GELATINE AS A DAILY DELIGHT

Do not look upon Knox Sparkling Gelatine entirely as a health food or medicine. Remember that the great chefs and millions of women are using it daily in the preparation of an endless variety of appetizing dishes so delicious that they are almost irresistible.
Not only are there hundreds of wonderful recipes for you to follow, but being unflavored and unsweetened Knox Sparkling Gelatine gives you unlimited opportunities for originality in serving attractively every-day foods, as well as for the home-making of wonderful candies which the children or anyone may eat with real benefit.

Another advantage in using Knox Sparkling Gelatine is that it is free from artificial, chemical coloring matter. This transparent purity enables the housewife to utilize the wholesome juices of berries, fruits and vegetables. For example, the juice of the beet will lend a most beautiful red, and that of spinach a most appetizing green; all of which adds to the attraction of the table.

**RECIPE BOOKS—FREE**

It pays to consult daily our recipe books and any of the following will be sent free upon request:

- Dainty Desserts, Salads, Candies
- Food Economy
- Liquid and Soft Diets
- Diabetic Book
- Reducing Diet Book
- Anemic Diet Book
- Automatic Refrigerator Recipe Book

**CHARLES B. KNOX GELATINE CO.**

**JOHNSTOWN, N. Y.**
KNOX SPARKLING GELATINE is put up in the above two packages—the No. 1 (yellow) package and the No. 3 (blue) package. Both packages contain two envelopes of the same quantity and quality of plain granulated Sparkling Gelatine. The only difference between these two packages is that the No. 3 has in it an extra envelope of fruit acid. This, however, is not mixed in with the gelatine, and for those who prefer it, saves the cost, time and trouble of preparing lemons.