Children like to eat things that are “good for them”—if they’re combined with Knox Sparkling Gelatine. Try the appetite way to feed your children health foods.
Prune Oriental Cream
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water $\frac{1}{2}$ pint heavy cream

$\frac{1}{4}$ cup scalded milk $\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup cooked prunes, cut in pieces

Whites of two eggs $\frac{1}{2}$ cup chopped figs

Salt

Soak gelatine in cold water about five minutes, dissolve in scalded milk, and add sugar. Pour into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla).

Marshmallows (Candy)

2 level tablespoonfuls Knox Sparkling Gelatine

$1\frac{1}{4}$ cups water Few grains salt

2 cups fine granulated sugar 1 teaspoonful vanilla

Soak gelatine in one-half cup cold water about five minutes. Put three-fourths cup water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits, chopped, may be added—or the plain ones rolled in grated cocoanot before being sugared. Dates stuffed with this confection are delicious.

Any of the following books will be sent free upon request:

Dainty Desserts, Salads, Candies—Food Economy—Health Value of Knox Gelatine—Liquid and Soft Diets—Diabetic Recipe Book—Special Recipes for Electric Refrigerators—Reducing Diet—Recipes for Anemia

CHARLES B. KNOX GELATINE CO., 1 KNOX AVE., JOHNSTOWN, N. Y.

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KNOX is the Real GELATINE

One package contains enough gelatine to make a dessert today, a salad tomorrow, a meat loaf the next day—and some other dainty the day after that!
Chocolate Sponge
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water
1/4 cup boiling water
1 teaspoonful vanilla
1 1/2 squares of chocolate or 4 tablespoonfuls cocoa

Soak gelatine in cold water about five minutes, 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.

NOTE. Chopped nuts or macaroons may be added and, for a more elaborate dessert, line mold with stale lady fingers or sponge cake.

Jewel Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1 cup cucumber
1/4 cup canned sliced pineapple
1/4 cup cold water
1/4 cup boiling water
1/4 cup mild vinegar
1/2 cup pineapple syrup
1 tablespoonful lemon juice
Few grains salt
1/4 cup sugar

Pare, cut and drain cucumber; cut and drain pineapple. Mix cucumber and pineapple, and add gelatine, which has been soaked in cold water about five minutes and dissolved in boiling water; then add remaining ingredients. Turn into individual wet molds, and chill. Remove from molds to nest of lettuce leaves. Accompany with mayonnaise dressing. Jelly may be tinted a delicate green. Grapefruit juice and pulp may be substituted for the pineapple. NOTE: Tarragon vinegar may be used.

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Orange Pineapple Sponge

Recipes on other side.

KNOX is the Real GELATINE

Make this dessert today—there are other recipes in the package.—
And enough gelatine in the package for four different recipes, six
generous servings each!
Orange-Pineapple Sponge
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

1/4 cup cold water 1 tablespoonful lemon juice
1/2 cup boiling water Few grains salt
1/2 cup canned pineapple or apricot juice 1/2 cup orange juice
1/4 cup sugar Whites 2 eggs

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar, salt and fruit juice. When it begins to stiffen, beat until frothy and fold in egg whites beaten very stiff. Beat thoroughly and pile in glasses. Decorate with pieces of pineapple, apricot or cherries. Serve with or without cream. Strawberry, cherry or any canned or fresh fruit may be used, and pieces of fruit drained of juice may be whipped through the sponge. More sugar will be needed if fresh fruit is used.

Pear Salad
(8 Servings)

2 level tablespoonfuls Knox Sparkling Gelatine

1/2 cup cold water 1/4 cup sugar
1 1/2 cups boiling water Halves of canned pears
1 1/4 cups pear syrup (canned) Cheese balls
1/4 cup lemon juice Salt

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar, pear syrup and lemon juice. Pour a little of the jelly in small wet molds and chill. Fill centers of pears with a cheese ball, highly seasoned, or with a cherry-marshmallow mixture. When jelly in molds is partially thickened, invert pear half and pour over jelly to fill mold. When firm, turn out on lettuce leaves and garnish with whole nut meats and salad dressing to which a little whipped cream has been added. Halves of canned peaches or apricots may be used in the same way.

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