To my good friends, the Housewives of America:

I am sending this little book to you with its new recipes for attractive and nutritious Desserts and Salads -- it shows you the importance of using my gelatine in your daily Menus, for your Parties, Entertainments, Children's Parties and the making of Candy -- it also gives you dishes for the invalid and convalescent. This book covers all these subjects and my sincere wish is that it may come into your home as a real friend, carrying with it my best wishes for your success in preparing these dishes -- they are so easily made, and as economically or elaborately as the occasion demands.

From your many letters, I notice your great interest in the high grade products that you use on your home table; and it is gratifying to me that you recognize this high quality in Knox Sparkling Gelatine, placing it on your selected list. You will notice when opening packages of Knox Gelatine, there is no sugar, coloring or flavoring mixed with the Gelatine -- it allows you to show more originality in the preparation of gelatine dishes by adding your own lemon and orange juice, sugar, fresh or canned fruits and their juices that Nature intended you to use in their pure and natural form. If at any time I can be of assistance in helping you with your Menus or give you any information on Knox Gelatine or its many uses, kindly write to me and I will be happy to answer all your letters. I am often asked the question in your letters, "From what is your gelatine made?" I explain this very simply by referring to a soup bone that comes into your kitchen -- after it is cooked, you know how the stock jellies! Knox Gelatine is made from the same good bone, only it is prepared much more scientifically.

I know you are familiar with the table uses of Knox Sparkling Gelatine, but are you familiar with its Nutritive Value? Through many years of Medical Research Work conducted in the finest laboratories of the country, it was proven that Gelatine aids digestion and is valuable in combination with milk for infants and adults where only a plain gelatine without sugar, color or flavoring can be used. It has real value, too, in the Diabetic and Tubercular, as well as Liquid and Soft Diets for the sick room. All these important findings have been given to physicians throughout the country. A list of the books that have been published on these subjects is given on page 47 of this book -- I am sure you will find them helpful. I will send them to you or your friends if you will send me names and addresses, and if you are ever in this vicinity, a cordial welcome awaits you at my factory.

With best wishes, I am

Very cordially yours,

(Mrs. Charles B. Knox)
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Price of this book twenty-five cents
Setting the Table

The keynote of attractive decoration for the table is simplicity. Candles alone or in combinations are used, with a centerpiece of flowers or fruit.

It is good form to have a plate before each guest until the table is cleared for dessert. This is called a service plate. Upon this service plate are placed dishes containing the first courses of the meal, such as fruit, oysters and soup. It is not removed until it is exchanged for the first hot course after the soup. The charm of the table depends on the orderly arrangement of the silver, glasses and china. All flat silver is laid in order of its use. The knives are placed to the right with the cutting edge toward the plate. The spoons to the right with the bowls up. Forks are placed to the left with the tines up, with the exception of the oyster and canape forks, which are placed to the right.

The bread and butter plates, when used, are placed at the tips of the forks. Glasses are placed at the right side at the tip of the knife. Tea and coffee spoons are laid across one side of the saucers. The bread and butter spreader is placed across the rim of the bread and butter plate, the handle pointing diagonally toward the service plate. The napkin is placed to the left of the cover.

Individual salts and peppers are placed directly in front of each cover. Dishes for nuts and bonbons are placed on the table. The finger bowl is usually brought in on a plate on which there is a doily and placed directly in front of the guest after the last course. Another method is to place the doily and finger bowl on the dessert plate, and the guest removes them to the table before the dessert is passed.
What Each Package of Knox Sparkling Gelatine Contains

Knox Sparkling Gelatine is put up in two different packages—the yellow and the blue one. Both packages contain two envelopes of plain Sparkling gelatine—without artificial coloring, flavoring or sweetening. It combines highest quality with economy, for each package will make four pints of jelly—enough for four different desserts or salads, each one ample for six generous servings. (This is four times the quantity made by ready flavored jelly powders.)

The only difference between the Yellow (No. 1 package) and the Blue (No. 3 package) is that in addition to the two envelopes of gelatine, the Blue (No. 3) contains an extra envelope with fruit acid in it. But this fruit acid is entirely separate and is not mixed in with the gelatine. With either package you may use the natural fruit juices of oranges, lemons, or any other fruit, but with the Blue No. 3 package, you have the extra envelope of fruit acid to use if you desire, and in this way save the time, expense and trouble of preparing lemons.

IMPORTANT: Lemon juice is used in a number of recipes in this book. For those who prefer our Blue No. 3 package, the fruit acid that goes with this package may be used in place of the lemon juice. In some cases you will have to use your own judgment as to how much to use, and flavor the dish according to taste.

There Is Great Economy in the Quantity of Liquid Jellied by a Package of Knox Sparkling Gelatine

The recipes in this book call for level tablespoonful measurements,—each tablespoonful will congeal one pint of liquid—and as the two envelopes contain four tablespoonfuls of Knox Sparkling Gelatine, you can make four pints of jelly from the entire package or four different desserts or salads of six generous servings each. (It takes four packages of ready flavored jelly powders to make the same quantity of jelly that one package of Knox Sparkling Gelatine makes.)

CAUTION: The liquid quantities in the recipes shown in this book are based on Wine Measurement (U. S. Standard) and are correct. However, in some countries where the Imperial or Metric System is used (a quart of which measures more than one quart Wine Measure), this should be taken into consideration and less water or more gelatine used.
Directions for Using Knox Sparkling Gelatine

1. First put cold water in bowl, add the gelatine and let soak until soft (from five to ten minutes). While soaking, prepare ingredients.
2. Add hot water and sugar and stir until dissolved.
3. Add remaining liquids or fruit pulp cold, and mix all together thoroughly.
4. If sliced or chopped fruits or vegetables are to be added and no special design is desired, allow mixture to thicken slightly and stir the prepared food through the congealing jelly.
5. Pour into a mold which has been rinsed in cold water and set in a cool place or in refrigerator to stiffen.
6. To congeal or “set” Knox Sparkling Gelatine salads and desserts quickly in much less than an hour’s time, put them into small molds and set them in a large pan with ice underneath, ice around the sides—using a large cover over the dishes to be congealed—with ice on top of the cover. A little salt added to the ice is a very good thing to use, but not absolutely necessary. Naturally this pan with ice in must be set in a refrigerator or cool place. You will be surprised at the results of the short time that Knox Gelatine dishes may be stiffened and ready to serve at the table.

7. Unmold. Immerse mold to the top for a second in warm—not hot—water—or wrap a hot cloth about mold; slightly loosen jelly at the edge, turning mold from side to side, then place serving dish on top of mold, invert, and carefully remove mold.

Hot fruit juices (fresh or canned) may be substituted for hot water in which soaked gelatine is dissolved.

The Molding of Plain and Fancy Desserts and Salads

Molds for making ornamental dishes are not necessary. Mold jellies in any fancy dish or bowl you may have in the house; and for individual servings of dessert or salad, use as molds small cups.

To simulate a border or ring mold: Place a small wet glass in the center of a large wet mold, pour liquid jelly around and when ready to unmold, fill the glass with warm water, lift out, and then unmold the ring of jelly on a serving dish, filling the center with whipped cream or cut-up fruit.

To garnish a mold: Dip the garnish into cool, liquid jelly and press it well down into the bottom of mold which has been rinsed in cold water. When firm, pour in the cool jelly very carefully. If there is to be a garnish between the layers of jelly of different colors, wait until the first layer is becoming firm, but not quite set, arrange garnish on this, dipping it into more liquid jelly and allow this to become firm before adding another layer.

Double molding: Use two dishes of different sizes but of similar shape. Place the larger one on ice and pour into it sufficient liquid jelly to form a foundation the same thickness as the width of space between the two molds. When this layer is firm, place the smaller one on it, fill with ice, and then pour liquid jelly in the space between the two molds. When set, carefully remove the ice with a spoon from the smaller mold. Pour in a little warm water, then quickly lift out the inner mold, leaving a space to be filled with some other cream or fruit. Contrasting colors should always be used. Carefully smooth the surface of the filling and allow it to become firm before pouring on the remaining jelly, which completely encases the filling-in jelly.

To simplify the above: Fill entire mold with clear liquid jelly. When firm, with a warm spoon dip out sufficient of the center to leave the space desired for the filling.
Always use a real orange and lemon in making your Desserts and Salads, and take advantage of the pure health-giving vitamins that fresh fruits contain.

Electric Refrigerators — Ices and sherbets may be chilled or frozen more satisfactorily in the trays with the addition of Knox Sparkling Gelatine.

When there are odds and ends of food left over use them up in combinations with gelatine dishes and show real economy in the household. Our book, "Food Economy," directs you in their use.

Gelatine will harden much quicker if put in several small molds than in one large one. Jellies will take less time to cool and set if the soaked gelatine is melted over hot water and the remaining liquid added cold—instead of using hot liquid to dissolve it.

If you wish to combine fresh pineapple with gelatine, always first scald the pineapple, both fruit and juice. When using canned pineapple, this is not necessary, as the pineapple has already been cooked.

Jellied desserts and salads are a great help to the busy housekeeper, as they may be prepared hours before needed, or even the day before, and when guests arrive there is no last-minute hurrying.

Flowers or flags may be molded in jelly for table decorations for special occasions. Pour liquid jelly into a plain wet mold to make a thin layer. Very carefully arrange flowers and leaves on this when it has stiffened, remembering that the mold will be turned upside down, and the more attractive side must be down. Allow the remaining jelly to stiffen slightly and carefully place about the flowers by spoonfuls, and fill mold.

Instead of making fruit jellies during the hot summer months, can the juice, with or without sugar. Then during the winter months, make gelatine jellies as you need them. The gelatine jellies are much more easily prepared.

To make currant, grape or other jelly firm: If a fruit jelly does not "jell" after being boiled a sufficient length of time, add to each pint a level tablespoonful Knox Sparkling Gelatine that has been softened five minutes in one-fourth cup cold water. Heat to the boiling point, skim and strain into the glasses.

Melted ice cream should never be thrown away. Stiffen it with gelatine, using a level tablespoonful of gelatine to a pint of cream. Chocolate, Strawberry, Coffee and Pistachio are especially delicious. Chopped raisins, dates, nuts, cherries or marshmallows make an excellent combination.

Use left-over coffee for a Coffee Jelly, Coffee Spanish Cream or Mocha Sponge.

Cream puffs and eclairs may be filled with Bavarian Cream. Filling should be put in just before serving that the crust may remain crisp. These are very effective when filled with Strawberry Bavarian Cream and garnished with a few whole berries.

The jellied salads and meats are especially pretty when served in dainty baskets. These may be made with timbale irons, or line little fluted gem pans with a savory short crust and bake in oven. Baskets may also be made of halves of lemon, orange or grapefruit skins, or serve in an apple, tomato or pepper shell.

When making croquettes, try the following: Soften a teaspoonful of gelatine in a little cold water and dissolve over hot water (using as little water as possible to reduce the gelatine to a liquid). Stir into the croquette mixture and set aside until gelatine has had time to stiffen it. Croquettes may then be shaped very easily, and the heat of the frying will dissolve the gelatine again, making the inside of the croquettes soft and creamy.
Aspic Jelly
(For 6 Servings)

Note: All recipes in this book may be divided or doubled to serve any size family.

2 level tablespoonfuls Knox Sparkling Gelatine
3½ cups well seasoned soup stock  Pared lemon rind
2 tablespoonfuls lemon juice  Juice ½ onion if desired
Few grains cayenne  2 egg whites

Soak gelatine in one-half cup cold stock about five minutes. Heat remaining stock, add lemon juice and rind, cayenne, and more seasonings if necessary. Add soaked gelatine, and when dissolved, add egg whites slightly beaten. Stir constantly and boil for five minutes. Cool, strain through double cheesecloth and chill. Canned broths and soups or bouillon cubes may be used. Meat, fish or vegetables may be molded in the aspic and served as an entree or a salad. Cut in fancy shapes, aspic is used as a garnish; often it is used as a glossy coating for meats, fish and eggs.
Jellied Soup
(For 6 Servings)
Prepare same as for Aspic Jelly, using four cups soup stock instead of three and one-half cups. Use chicken or veal for light colored soups; or for a richer soup, brown or beef stock. It must be a delicate jelly and not so firm as the aspic. Season very highly. Add a few cooked vegetables if desired, such as peas or tiny cubes of carrot with or without a little minced pepper. Turn into bouillon cups, and just before serving beat slightly with a fork. A clear jellied tomato bouillon is prepared in like manner, equal quantities of broth and strained tomato being especially good. Serve with a garnish of parsley or cress. It will not be necessary to clarify the canned broths and consomme with egg whites.

Fruit Soup
(For the Summer Luncheon)
2 level tablespoonfuls Knox Sparkling Gelatine
$\frac{1}{2}$ cup cold water
$1\frac{1}{2}$ cups boiling water
2 cups fruit juice
Soak gelatine in cold water about five minutes, add boiling water and stir until dissolved. Add fruit juice (using orange, cherry, grape, raspberry, currant, cooked pineapple, grapefruit, or a combination of any of them, fresh or canned); add sugar according to the acidity of the fruit, and salt. Turn into tall, thin glasses, in bouillon cups or in glass grapefruit sets. Serve thoroughly chilled, garnished with a bit of fruit and accompanied by unsweetened crackers. Thicker soups may be made with banana, apricot or apple pulp.

Chicken Mousse
(6 Servings)
1 level tablespoonful Knox Sparkling Gelatine
$\frac{1}{4}$ cup cold water
Yolks of three eggs
$\frac{3}{4}$ teaspoonful salt
$\frac{3}{4}$ teaspoonful paprika
$1\frac{3}{4}$ cups hot chicken stock
Beat yolks of eggs slightly, add salt, paprika, and chicken stock slowly. Cook over hot water, stirring constantly, until mixture thickens; then add gelatine, which has soaked in cold water about five minutes. When gelatine has dissolved, cool, and add chicken or other meat finely chopped or ground. Season highly with salt and paprika. Chopped almonds may also be added if desired. When mixture begins to thicken, fold in cream or evaporated milk beaten until stiff. Turn into wet mold, and chill. When firm unmold on platter, and garnish with slices of lemon or tomato, and sprigs of parsley. Any cold meat left over may be made into a Meat Loaf.

Ham Mousse
(6 Servings)
1 level tablespoonful Knox Sparkling Gelatine
$\frac{1}{4}$ cup cold water
$\frac{1}{2}$ cup hot water
1 teaspoonful mixed mustard
$\frac{3}{4}$ cup cream or evaporated milk
Soak gelatine in cold water about five minutes and dissolve in hot water. Cool and add to chopped or ground ham; add mustard, cayenne, and cream or evaporated milk, beaten until stiff. Turn into a wet mold. Chill, remove from mold to serving dish, and garnish with parsley.
Meat Loaf
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water
2 cups stock, well seasoned
1 onion, peeled and sliced
1 stalk celery

1 tablespoonful finely chopped parsley

Soak gelatine in cold water about 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, cool, and when mixture begins to stiffen, add meat, pimentos and chopped parsley. Turn into wet mold, and chill. Remove from mold, and cut in slices for serving.

If beef is used, season with a tablespoonful Worcestershire sauce and omit the lemon juice. Use the lemon juice with veal, garnishing with sliced cooked eggs and sliced tomatoes. Lamb may be used, seasoning with a little minced mint. Garnish with lettuce, green peppers, asparagus, first dipped in French dressing, or with small stuffed tomatoes.

Cold Sliced Meat in Aspic
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine

\[ \frac{1}{2} \text{ cup cold water} \]
\[ 2 \text{ hard-cooked eggs, sliced} \]
\[ 3 \text{ cups consomme, highly seasoned} \]
\[ \text{Slices of ham} \]
\[ 1 \text{ cup peas} \]
\[ \text{Slices of chicken or veal} \]
\[ 2 \text{ beets, sliced} \]

Soak gelatine in cold water about five minutes and dissolve in hot consomme. Pour a thin layer in a wet mold. When it stiffens, arrange on it decorations of the peas, beets and eggs. Cover with a little more of the gelatine mixture which has been allowed to stiffen slightly. Dip other pieces of the decorations in the aspic and set them against the chilled sides of the mold. When these have stiffened, fill mold alternately with slices of the ham, chicken and thickening aspic. When firm, unmold on a bed of lettuce leaves. Garnish with radish roses.

Eggs and Vegetables in Aspic
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine

\[ \frac{1}{2} \text{ cup cold water} \]
\[ 1 \text{ cup cooked peas} \]
\[ 2 \text{ cups consomme} \]
\[ 2 \text{ small tomatoes} \]
\[ 1 \text{ cup strained tomato juice} \]
\[ 1 \text{ cup asparagus tips} \]
\[ 3 \text{ hard-cooked eggs} \]

Soak gelatine in cold water about five minutes. Scald tomato juice and consomme and add gelatine. When dissolved, pour about half an inch layer into a wet mold. Stand mold in crushed ice and salt, and when aspic is firm, arrange peas about the edge and asparagus tips upright around the sides. Arrange slices of eggs and tomato in the center, and when remaining aspic begins to stiffen, arrange alternating layers of vegetables, eggs and aspic. Chill, and when firm unmold on a bed of lettuce. Instead of the consomme, a stock may be made by dissolving two bouillon cubes in two cups boiling water.

Lobster in Aspic

Remove meat from a two-pound boiled lobster, cut in pieces of uniform size, and dress with olive oil, vinegar and cayenne. Mold in aspic jelly mixture, and chill. Remove from mold to nest of crisp lettuce leaves. Garnish with lobster shells and large claws. Accompany with mayonnaise dressing. Sardines may also be molded similarly in Aspic Jelly.
Jellied Chicken and Vegetables
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water or stock  2 cups vegetables, cooked peas, string beans, beets, carrots, asparagus, etc.
3 cups hot chicken stock (canned broth or soup may be used)  3/4 teaspoonful salt
1/4 teaspoonful salt  1 pimento or green pepper
2 cups chicken, sliced or chopped

Soak gelatine in cold water about five minutes and dissolve in hot stock. Add salt and cool. Rinse a square mold in cold water, pour in a thin layer of the liquid jelly, let stiffen slightly and decorate with peppers and other vegetables. Arrange the thickening jelly, chicken and vegetables in layers and chill. Unmold on a bed of lettuce leaves and garnish with parsley and salad dressing.

Salmon or Tuna Fish Loaf
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water  1 1/2 tablespoonfuls melted butter
Yolks of two eggs  3/4 cup milk
1 teaspoonful salt  2 1/2 tablespoonfuls mild vinegar or lemon juice
1/2 teaspoonful mustard
Few grains cayenne or paprika

Soak gelatine in cold water about five minutes. Mix egg yolks, slightly beaten with salt, mustard and cayenne; then add butter, milk, and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Add soaked gelatine and salmon, separated into flakes. Turn into wet mold, chill, and when firm, unmold on platter. Garnish with crisp lettuce leaves.

Variations
1. Fill wet ring mold (described on page 6) with fish mixture. When firm, unmold and fill center with Cucumber Sauce: Beat one-half cup cream until stiff, add one-half teaspoonful salt, a few grains pepper, and gradually two tablespoonfuls mild vinegar; then add one cucumber, pared, chopped and drained.
2. Pare large cucumbers or ripe tomatoes, remove centers and fill with the salmon mixture. Chill, cut in slices and serve on lettuce.
3. To salmon mixture add one-half cup stiffly beaten whipped cream or whipped evaporated milk, and turn into wet mold. When firm, unmold and serve garnished with ripe olives and surrounded with sliced cucumbers.

Hors d’oeuvre or Appetizer

The jellied salads, fish loaves or the aspic jellies molded in tiny molds make a most decorative appetizer. Or, cut Aspic Jelly in thin rounds with a cake cutter and lay on top of prepared appetizer on toast or a cracker. Serve on a hors d’oeuvre plate or on individual plates.

Mint Jelly for Cold Lamb
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold water  Few grains paprika
1 cup sugar  Green coloring
3/4 teaspoonful salt  1 cup mild vinegar
1 cup finely chopped mint leaves (fresh or dried)

Soak gelatine in cold water about five minutes, and dissolve in syrup made by boiling sugar and vinegar five minutes. Add salt and paprika, and color green; then add mint leaves. Let stand five minutes, strain into wet molds and chill. When firm, unmold.

NOTE: Mint Extract may be used instead of leaves.
A Foundation Recipe for Salads and Desserts

(12 Servings—For 6 Servings use half of recipe)

THIS recipe is the foundation for nearly all salads and desserts made with Knox Sparkling Gelatine. The jelly may be used as a plain salad served on lettuce leaves with a salad dressing, or fruit or vegetables may be added—any left-over fruit or vegetables may be utilized in this way. Or the jelly may be served plain as a dessert, or with a custard sauce, whipped cream, fruit or fruit juices.

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water ¾ cup sugar 1 teaspoonful salt
2 cups boiling water ½ cup mild vinegar or lemon juice

Soak gelatine in cold water about five minutes and dissolve in boiling water; add sugar and stir until dissolved. Add vinegar or lemon juice and salt. Allow jelly to thicken somewhat, then stir prepared vegetables or fruit through, and turn into wet molds. Chill, and when firm, unmold. When canned fruit is to be molded, the fruit syrup may be substituted for part of the boiling water and less sugar used.
Perfection Salad
(12 Servings—For 6 Servings use half of recipe)

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

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

A delicious salad to serve with cold sliced chicken, veal or other meat.

Jewel Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water
1/4 cup boiling water
1/4 cup pineapple syrup
1/4 cup mild vinegar
1/4 cup lemon juice
1/2 cup sugar
1 cup sugar
1 cup pineapple syrup
1/4 teaspoonful salt
1 cup pineapple syrup
1 cup pineapple syrup
1/4 teaspoonful salt

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar, pineapple syrup, lemon juice, vinegar and salt. Cool, and when mixture begins to thicken, add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into wet individual molds and chill. When firm, remove from molds and garnish with lettuce and mayonnaise dressing. Grapefruit may be used instead of pineapple. NOTE: Salad may be tinted a delicate green. Tarragon vinegar may be used.

Pear Salad
(8 Servings)

2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water
1 1/2 cups boiling water
1 1/2 cups pear syrup (canned)
1/4 cup lemon juice
1/2 cup sugar
Halves of canned pears
Cheese balls
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 jelly over pear to fill mold. Chill, and when firm, turn out salad 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.

Fruit Salad Supreme
(12 Servings—For 6 Servings use half of recipe)

Make salad jelly according to Foundation Recipe, page 12, substituting fruit juice for part of boiling water if canned fruits are used, and when jelly begins to thicken, add three cups fresh or canned fruit, drained of juice (use cherries, oranges, grapes, apples, bananas or cooked pineapple, alone or in combination). Turn into wet mold and chill. Remove from mold and serve on lettuce garnished with mayonnaise or cooked salad dressing.
White Fruit Salad
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
\[
\begin{align*}
\frac{3}{4} \text{ cup cold fruit juice} & \quad \frac{1}{2} \text{ cup almonds, chopped} \\
1 \text{ cup hot fruit juice} & \quad \frac{1}{2} \text{ cup mayonnaise} \\
1 \text{ cup canned pineapple, sliced} & \quad 1 \text{ cup cream or evaporated milk} \\
1 \text{ cup white cherries (or red cherries)} & \quad \frac{1}{4} \text{ cup powdered sugar} \\
& \quad \text{Salt}
\end{align*}
\]

Soak gelatine in cold fruit juice drained from the canned fruit about five minutes. Dissolve in hot fruit juice. Cool, and when mixture begins to stiffen, add mayonnaise and beat in whipped cream or whipped evaporated milk and powdered sugar. Add pineapple and cherries cut in small pieces, and nuts. Mold in wet individual molds and chill. When firm, remove to nests of lettuce leaves. Serve with a tinted whipped cream salad dressing.

Golden Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \frac{1}{4} \text{ cup sugar} \\
1 \text{ cup pineapple juice} & \quad 1 \text{ cup oranges, cut in small pieces} \\
\frac{1}{4} \text{ cup mild vinegar} & \quad 1 \frac{1}{2} \text{ cups cooked pineapple, cut in small pieces} \\
\frac{1}{2} \text{ cup orange juice} & \quad 1 \text{ cup raw carrot (grated on a coarse grater)} \\
& \quad \text{Few grains salt}
\end{align*}
\]

Soak gelatine in cold water about five minutes. Dissolve in hot pineapple juice, and add sugar, salt, orange juice and vinegar. Cool, and when jelly begins to stiffen, add other ingredients. Turn into wet mold and chill. If individual molds are used, place one teaspoonful of clear jelly in bottom of mold. When nearly firm, place on it one tablespoonful of thick mayonnaise. When this is firm, fill mold with salad mixture. When congealed, unmold on lettuce.

Fruit Ginger Ale Salad
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
\[
\begin{align*}
\frac{3}{4} \text{ cup cold water or fruit juice} & \quad 2 \text{ cups ginger ale} \\
\frac{1}{4} \text{ cup lemon juice} & \quad \frac{1}{4} \text{ cup sugar} \\
\frac{1}{2} \text{ cup orange or other fruit juice} & \quad 2 \text{ cups fruit} \\
& \quad \text{Few grains salt}
\end{align*}
\]

Soak gelatine in cold water about five minutes and dissolve over hot water. Add sugar, salt and fruit juice. When cool, add ginger ale. When beginning to thicken, add the fruit cut in small pieces (canned pineapple, pears, apricots or cherries, or fresh fruit, such as oranges, apples, grapes and bananas). Two tablespoonfuls Canton ginger may be added for the extra flavor if desired. Turn into wet individual molds and chill. Unmold and serve with mayonnaise to which has been added a few spoonfuls whipped cream.

Orange Salad Supreme
(12 Servings—For 6 Servings use half of recipe)

Make Orange Dessert, following recipe on page 21. When it begins to stiffen, add oranges or other fruit or a combination of fruits, cut in small pieces. Turn into wet mold and chill. Remove from mold to crisp lettuce leaves and accompany with mayonnaise or cooked salad dressing.
Salad-Dessert
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
4 tablespoonfuls cold water
1 tablespoonful butter
Yolks of two eggs
3 tablespoonfuls sugar

\[ \frac{1}{2} \text{ teaspoonful salt} \]
\[ \frac{1}{2} \text{ teaspoonful paprika} \]
\[ \text{Few grains cayenne} \]
\[ \frac{3}{4} \text{ cup milk} \]

2 tablespoonfuls canned pineapple juice
1 cup prepared fruit
\[ \frac{1}{4} \text{ cup mild vinegar} \]
1 cup cream or evaporated milk

Soak gelatine in the cold water about five minutes. Whip egg yolks and salt, add gradually vinegar, sugar, butter, cayenne and pineapple juice. Whip lightly. Heat milk in double boiler and gradually add to the above egg mixture. Return to the top of double boiler, add soaked gelatine and when mixture thickens, remove from fire. Whip occasionally while cooling, and when beginning to set, add whipped cream or whipped evaporated milk and the fruit cut in small pieces (oranges, cherries, canned pineapple, grapefruit, pears or any desired fruit). Turn into wet mold and, when firm, remove to bed of crisp lettuce leaves. Serve with mayonnaise to which has been added a few spoonfuls whipped cream or the beaten white of egg. Mold may be tightly sealed and packed in ice and salt if a frozen salad is desired, or turn mixture into trays of mechanical refrigerator.

Salad Sponge Delight
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[ \frac{1}{4} \text{ cup canned pineapple or cherry juice} \]
\[ \frac{1}{4} \text{ cup cold water} \]
Whites 2 eggs
\[ \frac{1}{4} \text{ pound almonds} \]
Salt

\[ \frac{1}{4} \text{ cup white grapes or strawberries} \]
\[ \frac{1}{4} \text{ pound marshmallows} \]
1 cup cream or evaporated milk
1 cup canned white cherries

Soak gelatine in cold water about five minutes and dissolve in hot pineapple juice. When cold, whip with egg beater and add chopped almonds, marshmallows, grapes and cherries cut up. Fold in whipped cream or whipped evaporated milk and lastly the whites of eggs stiffly beaten. Turn into wet mold and chill. When firm, unmold and serve with a whipped cream salad dressing.

Frozen Fruit Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[ \frac{1}{2} \text{ cup canned pineapple juice} \]
1 cup mayonnaise
2 tablespoonfuls powdered sugar
Salt

2 cups fruit, cut in small pieces
1 cup cream or evaporated milk
1 cup fruit juice (any kind)

Soak gelatine in pineapple juice about five minutes and dissolve over boiling water. Cool. Beat mayonnaise gradually into the whipped cream or whipped evaporated milk and add dissolved gelatine and powdered sugar. Fold in fruit (canned pineapple, apricots, pears, cherries or any fresh fruit). Turn into mold, seal tightly and pack in equal parts of ice and salt. Let stand three hours. Unmold, slice and serve on lettuce leaves. Individual molds may be used—put inside a freezer can and pack can in ice and salt. Allow additional hour for freezing. Or turn mixture into trays of mechanical refrigerator.
Tomato Jelly

(8 Servings)

2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water  Stalk celery
3 1/2 cups canned tomatoes  Few grains cayenne
2 tablespoonfuls onion juice  2 tablespoonfuls mild vinegar
1/2 bay leaf  Few grains salt  or 2 tablespoonfuls lemon juice

Soak gelatine in cold water about five minutes. Mix remaining ingredients, except onion and vinegar, and let boil ten minutes. Add soaked gelatine and stir until dissolved; then add vinegar and onion juice (extracted by grating onion). Strain. Turn into wet molds and chill. Remove from molds to bed of crisp lettuce leaves and garnish with mayonnaise or cooked dressing, or the jelly may be cut in any desired shapes and used as a garnish for salads or cold meats. The juice of fresh tomatoes makes a delightful salad.

NOTE: Tomato soup diluted with an equal quantity of water, tomato juice, or tomato juice cocktail may be substituted for the canned tomatoes.
Variations

1. **PEPPER SALAD.** Remove core and seeds from large green peppers. When Tomato Jelly begins to stiffen, fill prepared peppers. When firm, slice and serve three to a person, garnishing with lettuce, salad dressing and a slice of hard cooked egg, or a cheese ball.

2. **FAVORITE SALAD.** When Tomato Jelly begins to stiffen, add one cup diced celery and one cup blanched and chopped almonds. Turn into wet individual molds.

3. **CHRISTMAS SALAD.** Pour Tomato Jelly into a wet shallow pan to the depth of about one-half inch. When firm, cut in stars, using a paper pattern and a sharp knife. Remove carefully to salad plates, put a small ball of cream cheese and a stuffed olive in the center of each star and garnish with parsley. Serve with any preferred dressing.

4. **TOMATO JELLY PERFECTION.** When Tomato Jelly begins to stiffen, stir through it two cups shredded cabbage, one cup chopped celery and one green pepper, finely chopped. Turn into wet individual molds.

5. **TOMATO SHRIMP SALAD.** When Tomato Jelly begins to stiffen, add one cup flaked shrimps and one-half cup finely cut celery. Turn into small wet molds. Chicken or tuna fish may be used instead of shrimps.

**Asparagus Bavarian Salad**

(8 Servings)

- 1 level tablespoonful Knox Sparkling Gelatine
- 1/4 cup cold water
- 1 cup cream or evaporated milk
- Mace
- 3/4 cups asparagus liquid
- 1/2 pimento, chopped
- 2 cups asparagus, cooked

Cook asparagus and save liquid when draining it. Soak gelatine in cold water about five minutes and dissolve in hot asparagus juice, which has been strained. Season with salt and white pepper. Arrange stalks of asparagus around sides of mold. When jelly begins to stiffen, add some of the asparagus which has been rubbed through a sieve, a dash of mace, bits of pimento and the whipped cream or the whipped evaporated milk. Turn into wet mold. When firm, unmold and serve with a mayonnaise or French dressing.

**Grapefruit Salad with Nuts**

(6 Servings)

- 1 level tablespoonful Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/2 cup boiling water
- 1 cup grapefruit juice
- 1/4 cup sugar
- 12 whole pecan nut meats
- 1/2 cup celery, diced
- 12 stuffed or ripe olives, sliced
- Salt

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar and grapefruit juice. Pour a little in the bottom of wet individual molds. When thickened slightly, arrange a ring of sliced olives with a pecan nut meat in the center. When remaining jelly has stiffened somewhat, stir in the rest of the asparagus and celery, and fill molds. Chill, turn out on lettuce leaves, garnishing each salad with mayonnaise and a whole nut meat. Or, season cream cheese highly, moisten with cream and arrange about molds.

**Pineapple Cheese Salad**

(6 Servings)

- 1 level tablespoonful Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/2 cup boiling water
- 1/2 cup grated cheese
- 1 cup crushed pineapple (canned)
- 1 tablespoonful sugar
- Few grains salt
- 1/2 cup cream, or evaporated milk, whipped
- 2 tablespoonfuls lemon juice

Soak gelatine in cold water about five minutes and dissolve in boiling water; add sugar, salt, lemon juice and pineapple. When it begins to stiffen, beat in the whipped cream or whipped evaporated milk and cheese. Turn into small wet molds. Chill, and when firm, unmold and serve on lettuce leaves with mayonnaise—sprinkle the mayonnaise with chopped red or green peppers.
Cottage Cheese Salad Mold with Fruit
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/3 cup cold water
2 cups cottage cheese
3/4 teaspoonful salt
3/4 teaspoonful paprika

Soak gelatine in cold water about five minutes and dissolve over hot water. Mash cheese very fine, add seasonings, cream and gelatine. Turn into wet border mold. Chill, and when firm, unmold the cheese ring on a bed of lettuce and fill center with the fruit, which has been cut in small pieces and mixed with salad dressing to which has been added a few spoonfuls whipped cream. Serve with a salad dressing.

Beet Jelly Salad
(12 Servings—For 6 Servings use half of recipe)

Make salad jelly according to Foundation Recipe, page 12, and when jelly begins to thicken, add four cooked beets, chopped very fine, two cups celery or cabbage, shredded, and one fresh red or green pepper, chopped. Two tablespoonfuls prepared horseradish may be added, or a chopped cucumber. Turn into small wet molds, and when firm, unmold on lettuce and garnish with cheese balls and mayonnaise.

Luncheon Salad
(12 Servings—For 6 Servings use half of recipe)

Make salad jelly according to Foundation Recipe, page 12, and when jelly begins to thicken, add three tart apples, cut in small pieces, one cup chopped celery and one-half cup pecan nut meats. Turn into wet molds and chill. Remove from molds and serve on lettuce with salad dressing. Or, turn the salad mixture into cases made of bright red apples.

Green Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/3 cup cold water
1/3 cup boiling water
1/3 cup mild vinegar
1/3 cup sugar
1/3 cup blanched almonds

Soak gelatine in cold water about five minutes; dissolve in boiling water and add vinegar, sugar and salt. When it begins to stiffen, add remaining ingredients. Pickles should be sliced thin, almonds chopped. Turn into wet individual molds. When firm, unmold on lettuce and serve with mayonnaise.

Tuna Fish, Salmon or Crabmeat Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/3 cup cold water
1 cup tuna fish
1/3 cup celery, chopped
1/2 green pepper, finely chopped
2 tablespoonfuls chopped olives

Soak gelatine in cold water about five minutes, and add to hot cooked salad dressing, or hot mayonnaise. Cool, and add tuna fish, separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, paprika, vinegar and cayenne. Turn into wet individual molds, and chill. Remove from molds to nests of lettuce leaves, and garnish with slices cut from pimolas, diamond shaped pieces cut from green peppers, celery tips and watercress.
Chicken Cream Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\(\frac{1}{4}\) cup cold chicken stock  \(\frac{1}{4}\frac{1}{2}\) cups cooked chicken, cut in dice
1 cup heavy cream or evaporated milk
Salt and pepper
\(\frac{1}{4}\) cup hot chicken stock, highly seasoned

Soak gelatine in cold stock about five minutes, dissolve in hot stock, to which a little onion has been added. When mixture begins to thicken, beat, using an egg beater, until frothy; then add cream or evaporated milk, beaten until stiff, and chicken dice. Season with salt and pepper. Turn into one-fourth pound baking powder tins, first dipped in cold water, and chill. Unmold, cut in slices, and serve on lettuce surrounded with a dressing to which chopped celery and nut meats have been added.

Reception Salad
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\(\frac{1}{4}\) cup cold water  \(\frac{1}{4}\frac{1}{2}\) cups chicken, diced
1 cup cream or evaporated milk  Salt
\(\frac{1}{4}\) cup almonds, blanched and chopped
1 cup cooked salad dressing or mayonnaise
\(\frac{1}{4}\) cup Malaga grapes, oranges or canned pineapple

Soak gelatine in cold water about five minutes and dissolve over hot water. Cool and combine with salad dressing and whipped cream or whipped evaporated milk. Fold in chicken (using white meat), almonds and grapes, skinned, seeded and cut in pieces. Turn into small wet molds and chill. When firm, unmold and serve with a garnish of lettuce, whole almonds and halved white grapes.

Supreme of Casaba Melon Salad

Scoop round balls from a ripe Casaba or Watermelon. Arrange on lettuce leaves with cubes of Grapefruit Jelly, or Pineapple Jelly, page 21. Garnish with mayonnaise to which has been added whipped cream tinted delicately with pink coloring.

Knox Mayonnaise Dressing
(Makes 1 Pint)

1 teaspoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water
1 teaspoonful mustard, if liked
1 teaspoonful salt
Few grains cayenne or paprika
Yolks of two eggs
4 tablespoonfuls lemon juice
2 cups olive oil
Onion or garlic juice, if desired
1 teaspoonful curry powder, if desired

Soak gelatine in cold water about five minutes, and dissolve over boiling water. Mix mustard, salt, cayenne and sugar, if used. Add egg yolks, and when well mixed one-half teaspoonful lemon juice; then add soaked gelatine. Cool and add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with remaining lemon juice. Add oil and lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape.

COOKED DRESSING. Soak two teaspoonfuls Knox Sparkling Gelatine in two tablespoonfuls cold water about five minutes; dissolve over boiling water, cool and add to a pint of cooked salad dressing. This improves the dressing and makes it stand up firm and hard. Dressing may be molded and passed with the salad to be cut in slices.
Foundation Recipe for Desserts and Salads

(12 Servings—For 6 Servings use half of recipe)

Note: Any recipe in this book may be divided or doubled to serve any size family.

Lemon

<table>
<thead>
<tr>
<th>2 level tablespoonfuls Knox Sparkling Gelatine</th>
<th>¾ cup sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cold water</td>
<td>½ cup lemon juice</td>
</tr>
<tr>
<td>2 cups boiling water</td>
<td>Salt</td>
</tr>
</tbody>
</table>

Soak gelatine in cold water about five minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Pour into wet mold, and chill. When firm, unmold.

Other jellies are made in the same way, except the fruit juice is substituted for the hot water in the recipe and two tablespoonfuls lemon juice are added instead of the half-cup in the recipe. The amount of sugar used when desserts or salads are made with fresh or canned fruit or fruit juices varies according to the acidity of the fruit—with canned fruits using less sugar than with fresh fruits.
Orange Dessert in Baskets

Cut a circular piece of peel one inch in diameter from as many oranges as desired. Introduce handle of a silver spoon into opening thus made and remove pulp and juice. Cut the skins in form of baskets, leaving a handle. Strain juice from pulp and use in making the Orange Dessert as in above recipe. Fill orange baskets with mixture, place in pan and surround with ice to which a small quantity of water has been added. When firm, arrange on serving plates on lace paper doilies and garnish with whipped cream and cherries.

Variations

GRAPEFRUIT. Make like Orange Recipe, substituting grapefruit juice and pulp for orange juice.

GRAPE JUICE. Make like Orange Recipe, substituting grape juice for the orange juice, and when beginning to set, mold in Malaga grapes, skinned, seeded, and cut in pieces.

Pineapple Dessert

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1 cup cold water 1 tablespoonful lemon juice
⅜ cup pineapple juice, scalded ½ cup sugar Salt

Soak gelatine in one-half cup cold water about five minutes. Heat pineapple juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar, salt and lemon juice. Turn into wet mold and when beginning to set mold in slices of cooked pineapple, fresh strawberries or raspberries.

NOTE: Fresh pineapple fruit or juice must first be scalded or jelly will not harden.

Jellied Cider or Fruit Juice

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
¼ cup cold water 1½ cups sweet cider or fruit juice
½ cup boiling water Sugar Salt

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. When firm, unmold.

Coffee Dessert

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
¼ cup cold water ½ cup sugar
1½ cups clear strong coffee 2 tablespoonfuls lemon juice Salt

Soak gelatine in the cold water about five minutes and dissolve in the hot coffee; add lemon juice, sugar and salt and stir until dissolved. Turn into wet mold. When firm, unmold. Serve with whipped cream or whipped evaporated milk.
Lemon Sponge or Snow Pudding
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

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

Soak gelatine in cold water about five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon; 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. Turn into wet mold. Chill and when firm unmold and serve with boiled custard made of yolks of eggs. A very attractive dish may be prepared by coloring half the mixture red.

Mocha Sponge
(6 Servings)

\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \frac{3}{4} \text{ cup sugar} \\
1 \frac{1}{2} \text{ cups strong boiled coffee} & \quad \text{Whites of two eggs} \\
2 \text{ tablespoonfuls lemon juice} & \quad \text{Salt}
\end{align*}
\]

Soak gelatine in cold water about five minutes and add to hot coffee; then add sugar and lemon juice. Strain, cool, and when nearly set beat, using a wire whisk, until quite stiff. Add whites of eggs, beaten until stiff, and continue the beating until mixture will hold its shape. Turn into a wet mold. Chill thoroughly, remove from mold and serve with sugar and thin cream.

Maple Sponge or Caramel Whip
(6 Servings)

\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad \text{Whites of 2 eggs} \\
1 \frac{1}{2} \text{ cups brown or maple sugar} & \quad 1 \text{ cup chopped nut meats} \\
1 \text{ cup boiling water} & \quad \text{Salt}
\end{align*}
\]

Soak gelatine in cold water about five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs beaten until stiff, and nut meats. Turn into wet mold, and chill. When firm, unmold and serve with custard made of yolks of eggs, sugar, a few grains of salt, milk, and flavoring.

Orange-Pineapple Sponge
(6 Servings)

\[
\begin{align*}
\frac{1}{4} \text{ cup cold water} & \quad 1 \text{ tablespoonful lemon juice} \\
\frac{1}{2} \text{ cup boiling water} & \quad \text{Few grains salt} \\
\frac{1}{2} \text{ cup canned pineapple or apricot juice} & \quad \frac{1}{4} \text{ cup orange juice} \\
\frac{3}{4} \text{ cup sugar} & \quad \text{Whites 2 eggs}
\end{align*}
\]

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.
CONDENSED AND EVAPORATED MILK RECIPES

Condensed and evaporated milk may be used in place of plain milk and cream

Orange-Cocoanot Blanc Mange
(12 Servings—For 6 Servings use half of recipe)

Condensed and evaporated milk may be used in place of plain milk and cream

2 level tablespoonfuls Knox Sparkling Gelatine
½ cup cold water 1½ cups boiling water ½ cup sugar
1 teaspoonful vanilla ½ cup cocoanut 2 oranges
2 cups evaporated milk Few grains salt

Soak gelatine in cold water about five minutes, dissolve in boiling water and add evaporated milk, sugar and salt. Cut oranges in slices and quarter each slice. Add with the cocoanut to the mixture when it begins to set. Turn into wet individual molds. When firm, unmold and serve garnished with orange sections.

Evaporated Milk Blanc Mange
Make like plain Blanc Mange, but use two cups evaporated milk and two cups water instead of the plain milk. Use condensed milk in the same way, but allow less sugar.

Blanc Mange
(12 Servings—For 6 Servings use half of recipe)

4 cups milk ¾ cup sugar
½ teaspoonful salt 1 teaspoonful vanilla

Soak gelatine in half-cup milk about five minutes. Scald remaining milk with sugar and add soaked gelatine. Strain, cool slightly, add flavoring and turn into wet mold and chill. When firm, unmold and serve with currant, strawberry, or any preferred jelly, or with whipped cream, pineapple, strawberry or any fruit sauce. When Blanc Mange begins to stiffen, any sliced canned or fresh fruit, drained of juice, may be stirred through the mixture.

Variations

CHOCOLATE BLANC MANGE. Add two squares melted chocolate or six tablespoonfuls cocoa and one-fourth cup more sugar to the scalded milk.

AN EASTER DESSERT. Wash a dozen large eggs; make a large hole in the round end of each shell, then shake out the contents from the shell, using eggs for custards, cakes, etc. Rinse shells clean, leaving them filled with cold water until used. Pour the chilled, liquid Blanc Mange (page 23) or Evaporated Milk Blanc Mange (page 23) through a funnel into the shells and set them in an upright position in a pan of salt. When ready to serve, remove shells and arrange contents in a nest of Lemon or Orange Jelly, as per recipes on pages 20 and 21, or spun sugar may be used for the nest. Serve with whipped cream or whipped evaporated milk (page 46). Cocoa may be added to part of the Blanc Mange for brown eggs, or the vanilla Blanc Mange may be tinted with various colorings, as pink, yellow or green.

FRUIT CAPRICE OR RAINBOW DESSERT. In tall, thin glasses, arrange alternate layers of vanilla Blanc Mange or Bavarian Cream with crushed strawberries, raspberries, apricots, or any bright colored fruit. Allow Blanc Mange to become rather stiff before filling the glasses. Top with a single berry or apricot.
Spanish Cream or Molded Custard

(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine

3 cups milk

3 eggs

$\frac{1}{2}$ cup sugar, scant

$\frac{1}{4}$ teaspoonful salt

1 teaspoonful vanilla

Soak gelatine in the milk about five minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top.) Unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice.

CONDENSED or EVAPORATED milk may be used in Spanish Cream Desserts. Use one and one-half cups each evaporated milk and water instead of the three cups milk. Less sugar will be needed if condensed milk is used.
Variations

1. CHOCOLATE SPANISH CREAM. Make like Spanish Cream, adding two squares melted chocolate or six tablespoonfuls cocoa to the milk before scalding. Macaroons dried and rolled, nut meats, or Maraschino cherries, chopped, may be added. Serve with cream.

2. COFFEE SPANISH CREAM. Make like Spanish Cream, but use two cups of strong coffee and three-fourths cup milk, instead of the three cups milk, and add one-third cup more sugar. Serve with cream.

3. ORANGE SPANISH CREAM. Make like Spanish Cream, substituting a cup of orange juice for one cup of the milk, adding it after custard is removed from fire. Serve with sliced oranges.

4. LEMON SPANISH CREAM. Make like Spanish Cream, using two cups water and no milk; add one-half cup more sugar. Add one-third cup lemon juice after removing custard from fire.

5. MACAROON SPANISH CREAM. Make like Spanish Cream, adding three-fourths cup macaroons, dried and rolled, or chopped nuts, just before turning custard into molds. Garnish with candied cherries or fresh fruit and serve with a cream, lemon or chocolate sauce or juice from canned fruit.

6. BUTTERSCOTCH SPANISH CREAM. Make like Spanish Cream, using three-fourths cup brown sugar instead of the half cup white sugar, and adding two tablespoonfuls butter. Cook butter and brown sugar for a moment in double boiler and add to the hot milk. Garnish mold with nut meats or figs and serve with or without cream.

7. PUDDING DELICIOUS. Make Spanish Cream. Pour into a deep glass bowl and chill. Just before serving, cover with sweetened fresh strawberries or raspberries (or use canned berries drained of juice). Cover fruit with a thick layer of whipped cream. Sprinkle grated chocolate over pudding. Serve with or without a chocolate sauce, or with the canned juice.

Bavarian Cream No. 1
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

1/4 cup cold water
1 pint cream
1/2 cup sugar
1/2 cup scalded milk
1 teaspoonful vanilla
Salt

Soak gelatine in cold water about five minutes and dissolve in hot milk, then add sugar. When mixture begins to thicken, beat, add cream, beaten until stiff, and flavoring. Turn into a wet mold, and chill. When firm, unmold.

Bavarian Cream No. 2
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

1/4 cup cold water
1 cup milk
1 cup cream, or evaporated milk
1/2 cup sugar
1/2 teaspoonful vanilla
Few grains salt
Yolks of 2 eggs

Soak gelatine in cold water about five minutes. Make a custard of milk, yolks of eggs, sugar and salt. Add soaked gelatine and when mixture begins to thicken, add whipped cream or whipped evaporated milk and vanilla. Stiffly beaten whites of the eggs may be added. Turn into wet mold and chill. When firm, unmold.

Chocolate Bavarian Cream

Make same as Bavarian Cream No. 1, adding two squares of melted, unsweetened chocolate or six tablespoonfuls cocoa to the hot milk. Whipped evaporated milk may be used instead of whipped cream.

Coffee Bavarian Cream

Make same as Bavarian Cream No. 1, substituting one-half cup strong boiled coffee in place of one-half cup of the milk, and add one tablespoonful lemon juice.
Fruit Bavarian Cream  
(6 Servings)  
1 level tablespoonful Knox Sparkling Gelatine  
\[
\frac{1}{4} \text{ cup cold water} \quad \frac{1}{2} \text{ cup sugar}  
\frac{1}{2} \text{ cup fruit juice and pulp} \quad 1 \frac{1}{2} \text{ cups cream, or evaporated milk}  
1 \text{ tablespoonful lemon juice} \quad \text{Salt}  
\]
Soak gelatine in cold water about five minutes, and dissolve by standing cup containing mixture in hot water. Pour into fruit juice mixed with lemon juice. Add sugar, and stir until dissolved; cool and when mixture begins to thicken fold in whipped cream or whipped evaporated milk. Turn into wet mold, and chill. When firm, unmold. Use canned pineapple, fresh or canned strawberries, raspberries, peaches or any preferred fruit.

Rice Bavarian Cream  
(6 Servings)  
1 level tablespoonful Knox Sparkling Gelatine  
\[
\frac{1}{2} \text{ cup cold water} \quad 1 \text{ cup cooked rice}  
\frac{1}{4} \text{ cup sugar} \quad 1 \text{ cup cream, or evaporated milk}  
\frac{1}{4} \text{ teaspoonful salt} \quad 1 \text{ teaspoonful vanilla}  
\]
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 or whipped evaporated milk. Turn into wet mold or pile in individual glasses. When firm, unmold and serve with a fruit or a chocolate sauce.

Chocolate Rice Bavarian  
Beat three tablespoonfuls cocoa into the rice before adding cream.

Fruit Rice Bavarian  
Whip into the Rice Bavarian one-half cup cooked pineapple, Maraschino cherries, fresh or canned peaches, strawberries or cooked apples. Bananas or preserved figs with one tablespoonful lemon juice may also be combined with the rice mixture. Garnish rice mold with the fruit or a few nut meats. With fresh fruit, additional sugar may be required.

Butterscotch Rice Pudding  
(6 Servings)  
1 level tablespoonful Knox Sparkling Gelatine  
\[
\frac{1}{2} \text{ cup rice} \quad 3 \text{ cups milk}  
2 \text{ tablespoonfuls butter} \quad 1 \text{ cup brown sugar} \quad \text{Salt}  
\]
Wash the rice and cook it until nearly tender in a double boiler with two cups milk scalded and one-fourth teaspoonful salt. Meanwhile cook together in a shallow pan one cup brown sugar and two tablespoonfuls butter until it gets very dark brown but not burnt. Add this to the rice and milk and finish cooking until the rice is tender and the caramel melted. Soak the gelatine in one-half cup cold water about five minutes and dissolve it in one cup hot milk. Add to cooked rice mixture and turn into a wet mold. When firm, unmold and serve plain or with whipped cream or a fruit sauce.

Maple Bavarian Cream  
Make same as Bavarian Cream No. 2, page 25, using shaved maple sugar instead of the white sugar. One dozen cut marshmallows may be added, or one-half cup chopped pecan or walnut meats.

Butterscotch Bavarian Cream  
Make same as Bavarian Cream No. 2, page 25, omitting the white sugar. Cook three-fourths cup brown sugar and two tablespoonfuls butter together for a moment and add this to the hot custard.
Rice Parfait

(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold milk
1 cup scalded milk
2 cups cooked rice
1 cup sugar
1/4 teaspoonful salt
1 cup cream or evaporated milk
1 cup nut meats, chopped
1 teaspoonful vanilla

Soak gelatine in cold milk about five minutes and dissolve in scalded milk, add sugar, salt and rice. When cool, fold in whipped cream or whipped evaporated milk. Add nut meats and flavoring. Turn into mold and pack in ice and salt—or turn into tray of mechanical refrigerator. When frozen, unmold and serve with a chocolate, pineapple or any fruit sauce.

Maple Rice Parfait

Make same as Rice Parfait, using maple or brown sugar in place of white sugar.

Charlotte Russe

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1 1/4 cups milk
2 tablespoonfuls sugar
Few grains salt
Sponge cake
3 tablespoonfuls powdered sugar
1/2 teaspoonful vanilla
1/4 cup cold water

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. Cool, and when mixture begins to thicken, then add cream, or evaporated milk, 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.

Chocolate Charlotte Russe

Add one and one-half squares melted chocolate or four tablespoonfuls cocoa to the scalded milk.

Caramel Charlotte Russe

Add one-third cup sugar, caramelized, to the scalded milk before the usual amount of sugar is added. Caramelize sugar by putting it in a saucepan and stirring it over hot fire until maple color; add one-third cup hot water and cook to a syrup.

Cornucopia Delight

Make a plain sponge cake batter, pour thinly into large coffee saucers and bake until a light brown color. When baked and while hot, remove from saucers and roll into a cornucopia or cone shape. A wooden toothpick will help to hold the bottom in shape. When cold, fill with Bavarian Cream No. 2 (page 25). Top with a spoonful of whipped cream or whipped evaporated milk (page 46). Nuts may be added to filling, or Fruit Bavarian Cream (page 26) or Chocolate Sponge (page 30) may be used.

Poached Egg Dessert (Delicious)

Make Lemon Sponge or Snow Pudding, following recipe on page 22. Pour into large coffee saucers and place a peach or apricot—rounded side up—on pudding to resemble the yolk of an egg. Serve in the same saucers, or remove to large glass platter, and serve with a custard sauce, whipped cream or whipped evaporated milk (page 46). POACHED EGG ON TOAST: Remove the pudding from saucer to a thin slice of sponge cake and place half peach or apricot in the center.
Pineapple Ice Box Cake
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine

\[ \frac{1}{2} \text{ cup cold water} \]
\[ 2 \frac{1}{2} \text{ cups crushed canned pineapple} \]
\[ \frac{1}{4} \text{ teaspoonful salt} \]
\[ \frac{1}{2} \text{ cup sugar} \]

1 tablespoonful lemon juice
\[ 1 \frac{1}{2} \text{ cups cream, or evaporated milk} \]
Lady fingers or stale sponge cake

Soak gelatine in cold water about five minutes, dissolve over hot water and add pineapple, sugar, salt and lemon juice. Stir until all gelatine and sugar have dissolved. When it begins to thicken, beat and fold in whipped cream or whipped evaporated milk. Line sides and bottom of large square or round mold with lady fingers. Cover with pineapple cream mixture, then alternate cakes and cream until mold is full. Place in ice box and let stand three or four hours. Unmold on a large cake plate and garnish with whipped cream and strawberries in season.
Ice Box Cakes

Make Chocolate Sponge (page 30), Orange Spanish Cream (page 25), Orange-Banana Cream (page 33), or any of the Bavarian Cream mixtures. When mixture begins to thicken, mold with lady fingers as in preceding recipe. These cream mixtures may be combined with stale cakes of any kind, especially sponge cakes and macaroons.

Orange Charlotte

(6 Servings)

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

Soak gelatine in cold water about five 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. When firm, unmold. One and one-half cups whipped cream or whipped evaporated milk may be used in place of whites of eggs. Or use one cup whipped cream or whipped evaporated milk and whites of two eggs.

Apple Charlotte

Make same as Orange Charlotte, using cooked apple pulp in place of orange juice.

Peach Snowballs

Make same as Orange Charlotte, using fresh or canned peach pulp; or use other fruits. Mold in egg cups. If canned fruit is used, very little sugar will be required.

Angel Charlotte Russe

(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/2 dozen rolled stale macaroons
1 dozen marshmallows, cut in small pieces
2 tablespoonfuls chopped candied cherries
1/4 lb. blanched and chopped almonds
3/4 cup sugar
2 cups cream or evaporated milk
1/4 cup boiling water
1/4 cup cold water
Salt
Vanilla

Soak the gelatine in cold water about five minutes, dissolve in boiling water, and add sugar. When mixture is cold, add cream or evaporated milk beaten until stiff, almonds, macaroons, marshmallows and candied cherries. Flavor with vanilla. Turn into a wet mold, and chill. Remove from mold and serve with angel cake. This dessert may be made more elaborate by cutting the top from an angel cake and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting, and garnishing with candied cherries and blanched almonds.

Chartreuse of Jelly

(12 Servings—For 6 Servings use half of recipe)

Cut out the center of a round stale sponge cake, leaving the bottom and sides thick enough to hold a quart of jelly. Prepare a lemon, orange, strawberry or any fruit jelly, and when it is cold and just ready to form, turn into the cake and set aside in a cool place or on ice. When ready to serve cover the top with the chilled, sweetened and flavored whipped cream, or whipped evaporated milk.
Chocolate or Christmas Plum Pudding
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water
1 pint milk
1 1/2 squares chocolate
1/2 teaspoonful vanilla
1 cup seeded raisins
1/2 cup currants
3 egg whites
1 cup sugar
1/4 cup dates
1/2 cup nuts
Salt

Soak gelatine in cold water about five minutes. Put milk with fruit in double boiler. When hot, add chocolate which has been melted with part of the sugar and a little milk added to make a smooth paste (or use one-quarter cup cocoa). Add soaked gelatine, sugar and salt, remove from fire, and when mixture begins to thicken, add vanilla and nut meats, chopped, and lastly fold in whites of eggs, beaten very stiff. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream or whipped evaporated milk, sweetened and flavored with vanilla or with a currant jelly sauce.

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
1/2 cup sugar
3 eggs
Few grains of salt

Soak gelatine in cold water about five minutes. Put sugar, melted chocolate or cocoa and boiling water together and bring to boiling point. Remove from fire, add soaked gelatine and salt and cool somewhat; add slightly beaten egg yolks and when it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into wet mold, chill, and when firm, unmold. 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.

Cocoa Tutti Fruitti
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water
1/2 cup boiling water
1 teaspoonful salt
1 tablespoonful cinnamon
1 cup cream or evaporated milk
2 eggs
6 macaroons, dried and rolled
6 marshmallows
1/2 cup Maraschino cherries
1/2 cup cocoa

Make a custard of the milk, egg yolks, cocoa, sugar, salt and cinnamon. Cook in upper part of double boiler, and when it begins to thicken slightly, add the gelatine which has soaked in the cold water about five minutes. Stir until dissolved and cool. Add vanilla and the stiffly beaten whites of eggs, whipped cream or whipped evaporated milk, macaroons, marshmallows cut in pieces, and cherries drained and cut in quarters. Continue beating and pour into cold wet mold. Chill, unmold and serve with whipped cream.

Strawberry Sponge
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water
1/4 cup boiling water
1/2 cup sugar
1 cup strawberry juice and pulp
1 tablespoonful lemon juice
2 egg whites
Salt
Sponge cake
1/2 cup cream or evaporated milk

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar and fruit juice. When it begins to thicken, beat, then add egg whites beaten until very stiff and fold in whipped cream or whipped evaporated milk. Serve with whole berries on sponge cake.

Any fresh or canned fruit may be used.
Jellied Prunes  
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine

2 cups prunes  1 cup sugar
2½ cups cold water  ¼ cup lemon juice  Salt

Wash and soak prunes for several hours in two cups cold water, and cook slowly in same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half cup cold water, about five minutes, dissolve in hot liquid, add sugar and lemon juice. Cool and when jelly begins to thicken add prunes. Turn into wet mold and chill. When firm unmold and serve with sugar and cream. If preferred, prunes may be forced through a sieve.

Prune Whip  
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

⅛ cup cold water  ⅛ cup cooked prune juice  ¼ cup cooked prune pulp
⅛ cup sugar  2 egg whites  1 dozen nuts, chopped
2 tablespoonfuls lemon juice  Few grains salt

Soak gelatine in cold water about five minutes; put prune juice and pulp, lemon juice and sugar in saucepan, bring to boiling point, stirring constantly. Add soaked gelatine and stir until dissolved. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites and turn into wet mold or paper cases. When firm, unmold and serve sprinkled with chopped nuts, with or without whipped cream.

Prune Oriental Cream  
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine

⅛ cup cold water  ⅛ cup cooked prunes, cut in pieces
⅛ cup scalded milk  ⅛ cup chopped figs
Whites of two eggs  ½ pint cream or evaporated milk
Salt

Soak gelatine in cold water about five minutes, dissolve in scalded milk, and add sugar. Cool, and when mixture begins to thicken add cream or evaporated milk beaten until stiff, prunes and figs. Then add whites of eggs beaten until stiff. Turn into 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).

Orange Trifle  
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine

½ cup cold water  Grated rind of one orange
1½ cups boiling water  1 tablespoonful lemon juice
1 cup sugar  1 cup cream or evaporated milk
1½ cups orange juice  Salt

Soak gelatine about five 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. Cool remaining mixture and when it begins to thicken, fold in whipped cream, or whipped evaporated milk. Turn into a wet ring mold and chill. Remove mixture from ring mold to serving dish and garnish with glacèd cherries, cut to represent flowers. Fill center with first part removed from pan and cut in cubes.
Marshmallow Cream
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
1 teaspoonful vanilla
1 teaspoonful lemon extract
1 1/2 squares chocolate or cocoa
4 tablespoonfuls cocoa

1/2 cup cold water
1/2 cup boiling water
Whites of four eggs
1 cup sugar
Salt

Soak gelatine in the cold water about five minutes. Add boiling water and place over teakettle until dissolved. Cool, but do not chill. Stir sugar into dissolved gelatine. Beat the whites of eggs very light, and to the eggs add the gelatine and sugar, a few spoonfuls at a time, beating constantly. Divide quickly into three parts. To the first part add vanilla flavoring and color pink; to the second part add melted chocolate and vanilla flavoring, and flavor the third part with lemon. Mold in layers in square mold, adding nuts to the pink part and red cherries to the white. Chill, and when firm, unmold and cut in slices, and serve with or without whipped cream or sauce made with the yolks of eggs.
Pineapple Souffle
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
½ cup cold water
Yolks of three eggs
¼ cup cream or evaporated milk
Grated rind of one lemon
¼ cup sugar
2 tablespoonfuls lemon juice
Few grains salt
Whites of three eggs
½ cup crushed canned pineapple

Beat yolks of eggs slightly, and add grated rind, lemon juice, sugar and salt. Cook in double boiler, stirring constantly until mixture thickens. Remove from range, and add gelatine (which has soaked in cold water about five minutes) and pineapple. When mixture begins to thicken, add cream or evaporated milk, beaten until stiff, and whites of eggs, beaten until stiff. Turn into a wet mold and chill. Remove from mold to serving dish, and garnish with quarter slices of canned pineapple, and cherries.

Nut Souffle
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
½ cup cold water
¼ cup milk or fruit juice
Y cup sugar
1 cup cooked pineapple and strawberries
½ cup chopped nuts
1 cup cream or evaporated milk, whipped
White of one egg
Salt

Soak gelatine in the cold water about five minutes and dissolve in hot milk or fruit juice. Add sugar, cool and when it begins to thicken add whipped cream or whipped evaporated milk and fold in beaten white of egg and pineapple and strawberries which have been chopped in small pieces. Serve ice cold in sherbet glasses and sprinkle with chopped nuts. Cherries may be used instead of strawberries. If desired, turn into mold lined with lady fingers and when firm, unmold and serve garnished with whipped cream and cherries.

Orange-Banana Cream
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
½ cup cold water
½ cup orange juice
Y cup powdered sugar
4 bananas
1 cup cream, or evaporated milk
1 tablespoonful lemon juice
Few grains salt

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 or evaporated milk 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.

Fruit Marshmallow
(12 Servings—For 6 Servings use half of recipe)

2 level tablespoonfuls Knox Sparkling Gelatine
½ cup cold water
1 cup peaches, diced
1 cup boiling fruit juice (any kind)
1 cup bananas, or other fruit
¼ cup lemon juice
½ cup cream or evaporated milk, whipped
½ cup sugar
1 cup marshmallows, diced
2 egg whites
Few grains salt

Soak gelatine in cold water about five minutes. Add boiling fruit juice and stir until gelatine is dissolved. Add lemon juice and sugar. When it begins to thicken, beat and add egg whites beaten until stiff, marshmallows and fruit cut in small pieces. Fold in whipped cream, or whipped evaporated milk and blend thoroughly. Pile in glasses and set in a cold place for an hour or two. Serve with whipped cream or whipped evaporated milk. Any canned fruit juice may be used.

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**Bisque Tortoni**  
*(6 Servings)*

1 level tablespoonful Knox Sparkling Gelatine  
\[\frac{1}{4}\text{ cup cold milk} \quad 1 \text{ cup scalded milk} \quad 1 \text{ teaspoonful vanilla}\]  
\[\frac{1}{2}\text{ cup macaroons} \quad \text{Few grains salt} \quad 2 \text{ eggs}\]  
\[1 \text{ cup cream, whipped}\]

Soak gelatine in cold milk about five minutes. Beat egg yolks with the sugar and add to scalded milk in double boiler. Heat until mixture coats spoon, remove from fire and add soaked gelatine. Cool and add whipped cream, vanilla and salt. Fold in whites of eggs beaten until stiff and pour into glasses or mold. Sprinkle tops with dried and rolled macaroons or chopped nuts and garnish with a bit of fruit or jelly. Three tablespoonfuls cocoa may be added to hot milk.

**Vanity Cream**  
*(6 Servings)*

1 level tablespoonful Knox Sparkling Gelatine  
\[\frac{1}{4}\text{ cup cold water}\]
\[\frac{1}{4}\text{ cup sugar}\]
\[\frac{1}{4}\text{ cup orange}\]
\[\frac{1}{4}\text{ cup pineapple}\]
\[\frac{1}{4}\text{ cup almonds}\]
\[4 \text{ lady fingers or other stale cake}\]
\[1 \text{ teaspoonful vanilla}\]
\[1 \text{ cup cream or evaporated milk}\]
\[1 \text{ teaspoonful lemon extract}\]
\[3 \text{ eggs}\]
\[\text{Few grains salt}\]

Soak gelatine in cold water about five minutes and dissolve over hot water. Cool. Beat yolks of eggs with the sugar, add extracts and cakes broken in pieces. Whip whites of eggs thoroughly, add dissolved gelatine and beat well. Add whipped cream and fold in egg yolk and cake mixture. Add nuts and fruit which have been cut in small pieces and drained. Turn into small wet molds. When firm, unmold and garnish with small cakes frosted with orange frosting.

**Thanksgiving Pudding**  
*(6 Servings)*

1 level tablespoonful Knox Sparkling Gelatine  
\[\frac{1}{4}\text{ cup cold water}\]
\[1\frac{1}{4}\text{ cups prune juice}\]
\[\frac{1}{2}\text{ cup sugar}\]
\[1 \text{ square chocolate or cocoa}\]

Soak gelatine in cold water about five minutes. Drain juice from cooked prunes. Heat with sugar, chocolate, six cloves and three-inch stick cinnamon (powdered spices or extracts may be used). Strain, add soaked gelatine and cool. As it thickens, beat well and add cream or evaporated milk whipped very stiff, chopped prunes and nuts. Turn into wet mold. Unmold, garnish with whole nut meats and stuffed prunes and serve with whipped cream or whipped evaporated milk.

**Easter Cream or Golden Pudding**  
*(12 Servings—For 6 Servings use half of recipe)*

2 level tablespoonfuls Knox Sparkling Gelatine  
\[\frac{1}{2}\text{ cup cold water}\]
\[2 \text{ cups hot milk}\]
\[1 \text{ cup sugar}\]
\[1 \text{ cup orange juice}\]
\[\text{Yolks 3 eggs}\]
\[1 \text{ cup cream or evaporated milk}\]
\[\frac{1}{4}\text{ teaspoonful salt}\]
\[1 \text{ teaspoonful lemon extract}\]

Grated rind 1 orange

Soak gelatine in cold water about five minutes. Add to hot milk and stir until dissolved. Add sugar and pour slowly on yolks of eggs well beaten. Cook in double boiler, until mixture coats the spoon. Remove from fire, add orange juice, orange rind, and when cool fold in whipped cream or whipped evaporated milk and add flavoring. If a deeper tint is desired, add a few drops yellow coloring. Turn into wet ring mold. (Page 6.) When firm, unmold and fill center with canned apricots, drained.
GELATINE PIES

Knox Berry Pie  (6 Servings)
1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water  1 pint berry juice and berries
1 cup cream or evaporated milk  Few grains salt
Soak gelatine in the cold water about five minutes; add boiling fruit juice and when almost set, add berries and pour into baked pastry shell. When firm and ready to serve, cover top with cream or evaporated milk, whipped, sweetened and flavored with vanilla. This recipe is for canned fruit, but fresh fruit may be used. The egg meringue may be used on top instead of cream and browned a moment in the oven. Chill and serve.

Knox Pineapple Pie  (6 Servings)
2 level tablespoonfuls Knox Sparkling Gelatine
2 cups hot crushed pineapple with juice  2 tablespoonfuls lemon juice
1/2 cup cold water  1 cup cream or evaporated milk, whipped
1/2 cup sugar  Few grains salt
Soak gelatine in cold water about five minutes and dissolve in boiling pineapple juice. Add lemon juice, sugar and salt. When it begins to thicken, beat until light and foamy and fold in cream or evaporated milk. Pile in baked pastry shell. May be garnished with pineapple, berries or nut meats.

Knox Lemon Pie  (6 Servings)
1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold water  1/2 cup lemon juice
1/4 cup boiling water  2 eggs
Salt
Soak gelatine in cold water about five minutes, and dissolve in boiling water; add lemon juice. Beat egg yolks until thick, add half the sugar. Slowly add gelatine mixture, pour into top of double boiler and add rest of sugar. Cook, stirring constantly until mixture is blended and begins to thicken. Cool. Whip until stiff enough to hold its shape and pour into pastry shell which has been baked. Cover with egg whites beaten with five tablespoonfuls sugar. Brown the meringue for a moment in the oven. Chill and serve.

Other Gelatine or Ice Box Pies
Make any desired Jellied Dessert with fresh or canned fruit juice and when almost "set" turn into previously baked pie shell or tart shells. Cut-up fruit may be stirred through the jelly. Top with whipped cream or whipped evaporated milk or whites of eggs beaten until stiff with confectioners' sugar and a little flavoring. Any Bavarian Cream or Sponge mixture may be served in a baked pastry shell, but the mixture must be very thick before turning into the baked pie shell.

Maple Nut Tarte  (6 Servings)
1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold water  2 eggs
1/4 cup maple syrup  10 macaroons
1/4 cup nuts, chopped  Lady fingers
1 cup cream or evaporated milk  Few grains salt
Soak gelatine in cold water about five minutes. Beat egg yolks slightly, add maple syrup and cook until well blended and thick. Add soaked gelatine, and when gelatine is dissolved cool mixture somewhat. Add stiffly beaten egg whites, crushed macaroons, nuts, and fold in whipped cream or whipped evaporated milk. Line a mold with lady fingers or stale cake and pour in mixture. Chill. Unmold and garnish top with whipped cream, whole nut meats or candied fruit, or the maple cream may be piled in glasses.
Fruit Bavarian Cream — recipe on page 26

Lemon Ice
(12 Servings — For 6 Servings use half of recipe)
2 teaspoonfuls Knox Sparkling Gelatine
4 cups boiling water 2 cups sugar
2 tablespoonfuls cold water ¾ cup lemon juice Salt
Soak gelatine in cold water about five minutes. Make a syrup by boiling water and sugar, and add salt and dissolved gelatine and lemon juice; cool and freeze. When partly frozen, stiffly beaten whites of two eggs may be added.

Lemon Milk Sherbet (8 Servings)
2 teaspoonfuls Knox Sparkling Gelatine
1 quart milk 1½ cups sugar Salt ¾ cup lemon juice
Soak gelatine in one-half cup of the milk about five minutes. Dissolve over hot water and add to remainder of milk. Mix lemon juice and sugar, add slowly to milk mixture, and freeze. For a richer sherbet use half cream and half milk.
Fruit Juice Ice—Other than Lemon
(12 Servings—For 6 Servings use half of recipe)
2 teaspoonfuls Knox Sparkling Gelatine
3 tablespoonfuls cold water
2 cups boiling water
1 cup sugar
1 1/2 cups fruit juice
2 tablespoonfuls lemon juice
Rind 1 lemon
Salt

Soak gelatine in cold water about five minutes. Make a syrup of boiling water and sugar, boiling it with the grated rind for five minutes. Add soaked gelatine. Cool, add fruit juice and freeze. When partly frozen, stiffly beaten whites of two eggs may be added. Fruit, if berries, should be squeezed through a double thickness of cheesecloth to obtain the juice. When making Orange Ice add grated or pared rind of orange instead of lemon. The amounts in this recipe may be increased or lessened, but the proportions should be kept the same.

Fruit Sherbet
(6 Servings)
1 level tablespoonful Knox Sparkling Gelatine (scant measure)
1 1/2 cups sugar
1/2 cup orange juice
3 cups rich milk
1/4 cup lemon juice
Salt

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for about five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. Turn into ice cream freezer and when it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired.

Grape Juice Sherbet
(12 Servings—For 6 Servings use half of recipe)
1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold water
1 1/2 cups boiling water
1 cup sugar
1/2 cup orange juice
4 tablespoonfuls lemon juice
1 pint grape juice
1/2 cup orange juice
Salt

Soak gelatine in cold water about five minutes. Make a syrup by boiling sugar and hot water ten minutes, and add soaked gelatine. Cool slightly and add fruit juices; then freeze. Serve in sherbet glasses and garnish with candied violets or fruit, if desired.

Orange Cream Sherbet
(12 Servings)
1 level tablespoonful Knox Sparkling Gelatine
1 1/2 cups sugar
1/2 cup cold water
1 1/2 cups boiling water
Grated rind of two oranges
1 cup lemon juice
1 1/2 cups orange juice
1/2 cup sugar
2 eggs
Few grains salt
2 cups cream or evaporated milk

Soak gelatine in cold water about five minutes. Dissolve gelatine and sugar in boiling water; add orange rind, lemon juice and orange juice. Turn into ice cream freezer and freeze to a mush. Beat cream or evaporated milk until stiff, and add sugar and salt. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing.

Cranberry Frappe
(12 Servings—For 6 Servings use half of recipe)
1 level tablespoonful Knox Sparkling Gelatine
1 cup cold water
3 cups boiling water
1 quart cranberries
1/2 cups sugar
Salt
4 tablespoonfuls lemon juice

Soak gelatine in cold water about five minutes. Cook cranberries in boiling water until soft; then force through strainer. Add sugar and lemon juice, salt and bring to a boil, add soaked gelatine; cool and freeze. A delicious accompaniment to roast turkey.
Custard Ice Cream
(8 Servings)
2 teaspoonfuls Knox Sparkling Gelatine
1 quart milk  2 eggs  1 teaspoonful vanilla
1 cup sugar (scant measure)  Few grains salt

Soak gelatine in one-quarter cup of the milk about five minutes. Make a custard of the remaining milk, yolks of eggs, sugar and salt, and dissolve the gelatine in the hot custard. Strain, and when cold add flavoring and freeze to a mush. Add whites of eggs, beaten until stiff, and continue the freezing.

Variations

MAPLE ICE CREAM. Substitute a cup of maple syrup for the cup of sugar in the Custard Ice Cream recipe.

BANANA ICE CREAM. Halve bananas and force through a coarse sieve. Add to the cooled custard.

STRAWBERRY OR RASPBERRY ICE CREAM. Crush two cups berries and press through a fine sieve. Add the necessary additional sugar, stir well and add to the custard when cool. A cup of whipped cream or evaporated milk may be added. Freeze as usual. Peach and other fruit ice creams are made in the same way.

Philadelphia Vanilla Ice Cream
(12 Servings—For 6 Servings use half of recipe)
1 level tablespoonful Knox Sparkling Gelatine
1/2 cup cold milk  2 cups sugar
1 quart scalded milk  2 tablespoonfuls vanilla
1 quart cream  Few grains salt

Soak gelatine in cold milk about five minutes and dissolve in scalded milk. Add sugar and when sugar is dissolved strain mixture into cream, and add flavoring. Freeze, using three parts finely crushed ice to one part rock salt. Serve with maple sauce and chopped pecan nut meats. If part of the cream is whipped and added when partly frozen, it will improve it.

Variations

CHOCOLATE ICE CREAM. Add two squares of melted chocolate or six tablespoonfuls cocoa to the scalded milk.

CARAMEL ICE CREAM. Caramelize one cup of sugar by placing it in a saucepan over a hot fire and stirring until melted and the color of maple syrup. Add one cup hot water and simmer on back of stove until the consistency of hot syrup. Add to the scalded milk together with the other cup of sugar and stir over fire until dissolved. Add soaked gelatine and proceed as in Philadelphia Vanilla Ice Cream recipe.

Fruit Mousse
(8 Servings)
1 level tablespoonful Knox Sparkling Gelatine
1/4 cup cold water  1 tablespoonful lemon juice
1 1/2 cups fruit pulp  Powdered sugar
2 cups cream or evaporated milk  Few grains salt  Vanilla

Soak gelatine in cold water about five minutes and dissolve by standing over hot water. Mix with fruit pulp which has been drained of juice and sprinkled with powdered sugar. Fold in whipped cream or whipped evaporated milk, add salt and vanilla and turn into mold, having mixture overflow mold. Adjust cover and seal with a strip of cloth which has been dipped in melted lard, completely covering the crack. Pack in ice and salt for three hours and unmold. Or, turn mixture into trays of mechanical refrigerator. When making Orange Mousse, add grated rind one orange. Small baking powder boxes may be used for molds in which Mousse is frozen.

KNOX SPARKLING GELATINE should always be added to mixtures which are to be frozen in the trays of mechanical refrigerators. The gelatine gives body and consistency and helps prevent the formation of ice crystals.
Chocolate Mousse
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
\frac{1}{2} & \text{ cup boiling water} \\
2 & \text{ squares unsweetened chocolate or 6 tablespoonfuls cocoa} \\
\frac{1}{2} & \text{ cup sugar} \\
2\frac{1}{2} & \text{ cups cream or evaporated milk} \\
1 & \text{ teaspoonful vanilla}
\end{align*}
\]

Soak gelatine in cold water about five minutes. Melt chocolate or cocoa in boiling water and add soaked gelatine; then add sugar and vanilla. Cool and add cream or evaporated milk, beaten stiff. Fill a chilled mold with mixture, having mixture overflow mold, adjust cover, pack in rock salt and finely crushed ice, using equal parts, and let stand four hours and unmold.

Angel Parfait with Candied Fruit
(8 Servings)

2 teaspoonfuls Knox Sparkling Gelatine
\[
\begin{align*}
\frac{1}{2} & \text{ cup granulated sugar} \\
\frac{1}{2} & \text{ cup cold water} \\
\text{Whites of two eggs, beaten dry} \\
1\frac{1}{2} & \text{ cups cream or evaporated milk}
\end{align*}
\]

Soak gelatine in one-quarter cup cold water about five minutes. Boil the sugar and half cup of water to the soft ball degree (as in making boiled frosting), pour in a fine stream on the whites of eggs, beating constantly meanwhile; add the gelatine, stir over cold or ice water until the mixture is cold and begins to set, then fold in the cream and the fruit and flavoring. The fruit will be softer if soaked in the fruit juice or syrup some hours or over night. Turn into a quart mold lined with paper, cover securely and let stand in equal measures of ice and salt about three hours and unmold.

Coffee Parfait
(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
1 & \text{ cup strong coffee, boiled} \\
1 & \text{ cup sugar} \\
\frac{1}{2} & \text{ cup candied fruit, cut fine}
\end{align*}
\]

Soak gelatine in cold water about five minutes. Make a custard of coffee, sugar and yolks of eggs, and add soaked gelatine. Cool, add whipped cream or whipped evaporated milk and freeze. Serve in parfait glasses; garnish with whipped cream, sweetened, and flavored with vanilla, forced through a pastry bag and tube, and glazed cherries or any fancy fruit.

Watermelon Dessert
(12 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\[
\begin{align*}
\frac{1}{4} & \text{ cup cold water} \\
2 & \text{ eggs} \\
\frac{1}{2} & \text{ cups sugar} \\
\text{Few grains salt} \\
\frac{1}{4} & \text{ cup Sultana raisins} \\
\text{Vanilla} \\
\text{Almond Extract}
\end{align*}
\]

Soak gelatine in the cold water about five minutes. Add sugar and salt to well beaten eggs, and slowly add the hot milk. Cook for a few minutes, and dissolve soaked gelatine in the hot custard. When cold, add one quart cream. Separate into two portions of one-third and two-thirds—to be frozen in two freezers. Flavor the two-thirds portion with vanilla and color with pink coloring to match a ripe watermelon. Flavor the one-third portion with almond and vanilla or pistachio, and color with green coloring. When frozen, pack a melon mold with a layer of the green, making a wall at the bottom and sides of mold to the thickness of a melon rind, and fill with the pink portion to which add the raisins (first having soaked them in a tasty juice or hot water), placing the raisins to resemble the seeds of a melon. Cover and seal tightly; pack in ice and salt for three or four hours and unmold. When cream is frozen in one freezer, a portion of frozen cream may be removed from the center, colored with any desired fruit juice or coloring, and put back in freezer. Let stand for an hour or so and when ready to serve slide out on a platter and cut in slices. Raspberry Ice may be used for the pink portion.
Spinach Salad

Many children refuse to eat vegetables, but when molded with gelatine, they appeal to the child’s fancy and they are delighted to eat the salads which appear so attractive. Recipe on page 45.

Jellied Vegetables (Perfection Salad)

Mold in tiny cubes of cooked carrot, peas and chopped celery, or a few asparagus tips. If you wish to serve a raw vegetable salad, use cabbage, celery and grated raw carrot. Recipe on page 13.

Fruited Jelly

Make Orange, Grape, Pineapple or any favorite fruit jelly. Mold attractively in tiny fancy molds, cups, orange skins or apple cases. All sorts of little fancy boxes may be purchased, lined with waxed paper and filled with gelatine mixtures. Little boxes may be made of three lady fingers or three Nabiscos tied together with narrow ribbon.
Banana Boats
Partially remove some of the banana pulp and fill skin with a well-flavored gelatine jelly. When firm, add a little sail made of stiff paper fastened to a toothpick.

Flowers
Tiny flower pots may be lined with waxed paper and filled with jelly, ice cream or a sponge. Sprinkle top with sweetened cocoa and insert a real or an artificial flower.

Eggs
Make “Humpty Dumpty Eggs” by dipping hard-cooked eggs from which shells have been removed, in mayonnaise to which a little liquid gelatine has been added to make it firm. Then decorate with cut pimentos, pickles or olives to form funny faces.

Duck Pond
Make an Orange Jelly and mold in large shallow cups or in saucers. Turn out on a plate to form the water on which a cookie or toy duck appears to float. Around the “pond” have ice cream or whipped cream. Green riced jelly may represent grass.

Goldfish
Mold Lemon Jelly in glass sherbet cups. Insert a candy or toy fish so that it suggests a goldfish in a globe.

Chariots
Make a cart or chariot by scooping out an orange. With toothpicks fasten slice of an orange (at least one-fourth inch in thickness—with the peel left on) on each side of chariot for wheels. Fill chariot with orange jelly, ice cream, Knox Dainties or Marshmallows. The chariot is drawn by animal crackers fastened together—two by two—with toothpicks, leaving a little space between the pairs, and attached to the chariot with ribbons for reins.

Marshmallows
These may be warmed in the oven and pinched in the shape of animals. Paint eyes, nose and mouth with vegetable colorings. Recipe on page 42.

Cake Decorations
Jelly may be molded in shallow pans and cut in fancy shapes with tin cutters or a paper pattern—make rabbits, pigs, etc. Use these to decorate cakes, ice cream or any desserts. Birthday cakes may be decorated with Marshmallows, Knox Dainties or Gumdrops. Instead of Birthday Cake, make a handsome mold of jelly, Spanish Cream or Marshmallow Cream—decorate top with candies in holders; or with animal crackers to represent a merry-go-round. Make Knox Dainties, coloring them a bright green. Cut in inch squares, trim each piece in shape of a pyramid (tree) with scissors and roll in tiny colored candies. Mount each piece on a toothpick which has been dipped in melted chocolate. Use these tiny Christmas Trees to decorate a cake. Cake may be frosted with white or chocolate frosting and sprinkled with cocoanut. Small cup cakes are attractive with one of the miniature trees in the center.

Other Gelatine Dishes for Parties

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<td>Spanish Cream</td>
<td>24</td>
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<tr>
<td>Vanilla Ice Cream</td>
<td>38</td>
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<td>11</td>
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<td>Peanut Dainties, Turkish Delight</td>
<td>43</td>
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<td>Orange Dessert</td>
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</tr>
<tr>
<td>Orange Charlotte</td>
<td>29</td>
<td>Rice Bavarian</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Easter Dessert</td>
<td>23</td>
</tr>
</tbody>
</table>
Candies

**Knox Dainties**

4 level tablespoonfuls Knox Sparkling Gelatine
4 cups granulated sugar
1 cup cold water
1 1/2 cups boiling water

Soak gelatine in the cold water about five minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract. To the other part add one teaspoonful extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Rinse out shallow pans in cold water and then pour in candy mixture to the depth of three-fourths inch and let stand overnight. Turn out, cut in squares and roll in powdered or fine granulated sugar.

**NOTE:** If Blue Package is used add 1/2 teaspoonful Fruit Acid Flavor to the Lemon Dainties and 1/4 teaspoonful Fruit Acid Flavor to Dainties flavored with cinnamon, clove or peppermint extract.

**Marshmallows**

2 level tablespoonfuls Knox Sparkling Gelatine
1 1/4 cups water
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 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 cocoanut before being sugared. Dates stuffed with this confection are delicious.

**After-Dinner Jelly Mints**

2 level tablespoonfuls Knox Sparkling Gelatine
2 cups sugar
2 tablespoonfuls lemon juice
Green coloring

Soak gelatine in two-thirds cup cold water about five minutes. Put sugar and two-thirds cup water in saucepan, bring to the boiling point, add soaked gelatine and let boil twenty minutes. Remove from fire, add remaining ingredients and color green. Turn into a pan (first rinsed in cold water) to one inch in thickness. When set, remove to board, cut in cubes and roll in powdered sugar.

**Cocoanut Fudge**

1 level tablespoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water
1 cup shredded cocoanut
2 cups sugar
1 cup milk
1 1/2 tablespoonful butter
1 teaspoonful vanilla

Soak gelatine in cold water about five minutes. Put sugar and milk in saucepan, bring to boiling point and let boil until when tried in cold water a soft ball may be formed. Remove from range, add soaked gelatine, butter and vanilla. Beat until creamy, add cocoanut and turn into a buttered pan. A tablespoonful peanut butter may be added.
**Peanut Dainties**

2 level tablespoonfuls Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{2} \text{ cup cold water} & \quad \text{2 cups chopped roasted peanuts} \\
2 \text{ cups light brown sugar} & \quad \text{1 tablespoonful lemon juice} \\
\frac{3}{4} \text{ cup boiling water} & 
\end{align*}
\]

Soak gelatine in cold water about five minutes. Put sugar and boiling water in saucepan, and when sugar is dissolved add gelatine, bring to the boiling point and let boil fifteen minutes. Remove from range and add one cup peanuts and one tablespoonful lemon juice, or one-half teaspoonful of the lemon flavoring found in the Knox No. 3 (blue) Package, soaked in one tablespoonful cold water. Turn into pan, first dipped in cold water, having mixture three-fourths inch in depth. Let stand over night, cut in squares and roll in ground peanuts.

**Turkish Delight**

2 level tablespoonfuls Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{2} \text{ cup cold water} & \quad \frac{1}{2} \text{ cup orange juice} \\
\frac{1}{2} \text{ cup boiling water} & \quad \frac{1}{4} \text{ cup lemon juice} \\
2 \text{ cups granulated sugar} & \quad \frac{1}{2} \text{ cup chopped nut meats} \\
\text{Grated rind of one orange} & \quad \text{Red coloring} 
\end{align*}
\]

Soak gelatine in cold water about five minutes. Put sugar and boiling water in saucepan, bring to the boiling point, add soaked gelatine and let boil twenty minutes. Add fruit juice and coloring, strain, add nut meats and turn into a bread pan (first dipped in cold water) to one inch in depth. Let stand until firm, remove to board, cut in cubes and roll in powdered sugar. The nut meats may be omitted.

**Creamy Fondant**

1 level tablespoonful Knox Sparkling Gelatine

\[
\begin{align*}
2 \text{ cups granulated sugar} & \quad 1 \text{ teaspoonful peppermint or vanilla} \\
\frac{1}{4} \text{ teaspoonful cream of tartar} & 
\end{align*}
\]

Soak the gelatine in one-fourth cup cold water about five minutes. Mix sugar and cream of tartar together; add one-half cup cold water and boil until syrup is clear. Stir softened gelatine through syrup quickly and turn into a pan to cool, but do not scrape pan. When partially cool, beat until creamy and stiff enough to form in centers. Place small pieces of confectioner’s dipping chocolate over hot water until melted. Remove, and drop centers one at a time into chocolate and place on paraffine paper. If centers are not dropped in chocolate at once, place in covered dish to keep from hardening.

**Christmas Candy Supreme**

1 level tablespoonful Knox Sparkling Gelatine

\[
\begin{align*}
2 \text{ squares chocolate} & \quad \frac{1}{2} \text{ cup candied cherries} \\
3 \text{ cups sugar} & \quad \frac{1}{4} \text{ cup chopped English walnut meats} \\
1 \text{ cup sour cream} & \quad \frac{1}{4} \text{ teaspoonful cinnamon} \\
\frac{1}{2} \text{ cup Sultana raisins} & 
\end{align*}
\]

Soak gelatine in one-fourth cup cold water about five minutes. Melt chocolate in saucepan placed in larger saucepan containing boiling water. Add sugar and sour cream alternately, while stirring constantly. Bring to the boiling point and let boil until mixture will form a soft ball when tried in cold water. Remove from fire, add gelatine, and when it has dissolved add cinnamon, raisins, cherries, cut in small pieces, and nut meats. Beat until creamy and turn into buttered tins, having mixture about 1\(\frac{1}{4}\) inches deep. Cool, remove from pan and cut in slices for serving. The mixture may be put in individual tins, and when unmolding insert in top of each a sprig of holly. Omit fruit in this recipe and you have Somerville Fudge.
DISHES FOR CONVALESCENTS

Jellied Chicken Broth

Food Value:  
- Protein, 2 grams  
- Calories, 8

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>2 grams</td>
</tr>
<tr>
<td>or 14 teaspoonful Knox Gelatine</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful cold water</td>
<td></td>
</tr>
<tr>
<td>Seasonings</td>
<td></td>
</tr>
<tr>
<td>14 cup chicken broth</td>
<td></td>
</tr>
</tbody>
</table>

Soak gelatine in cold water about five minutes, add hot broth and season. Turn into a mold dipped in cold water. Chill and when firm, unmold. This may be served hot.

Orange Delight

Food Value:  
- Carbohydrate, 19 grams  
- Protein, 1 gram  
- Calories, 80

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knox Sparkling Gelatine</td>
<td>14 teaspoonful</td>
</tr>
<tr>
<td>1 tablespoonful cold water</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful boiling water</td>
<td></td>
</tr>
<tr>
<td>3 tablespoonfuls ice water</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful sugar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoonfuls orange juice</td>
<td></td>
</tr>
<tr>
<td>14 teaspoonful lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

Soak gelatine in cold water about five minutes, add boiling water and sugar and stir over hot water until dissolved. Add to the fruit juices and ice water. Turn into wet mold and chill. When firm, unmold.
Orange and Egg

Food Value: Carbohydrate, 4 grams  Protein, 8 grams  Fat, 6 grams  Calories, 102
2 grams or \( \frac{3}{8} \) teaspoonful Knox Sparkling Gelatine
20 grams of orange juice or \( 3 \frac{1}{2} \) teaspoonfuls 1 egg

Soak gelatine in orange juice about five minutes 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. Turn into wet mold and chill. When firm unmold.

Spinach Salad

Food Value: Carbohydrate, 1 gram  Protein, 8.5 grams  Fat, 6 grams  Calories, 92
1 gram or \( \frac{1}{8} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 egg
30 grams of hot spinach or \( 1 \frac{1}{2} \) tablespoonfuls 1 tablespoonful hot water
\( \frac{1}{16} \) teaspoonful citric acid, if desired

Soak gelatine in cold water. Dissolve in boiling water and add to hot spinach. Turn into a wet mold lined with hard-cooked egg cut in slices. Chill. When firm, unmold.

Jellied Custard

Food Value: Carbohydrate, 15 grams  Fat, 7 grams  Protein, 9 grams  Calories, 159
\( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water Pinch of salt
1 tablespoonful hot milk 1 whole egg
2 teaspoonfuls sugar 1/4 cup cold milk

Soak gelatine in cold water, add hot milk and dissolve gelatine over boiling water. Add sugar and salt, then the egg and milk which have been beaten together. Turn into wet mold and chill. When firm, unmold.

Rice Bavarian Cream

Food Value: Carbohydrate, 37 grams  Fat, 12 grams  Protein, 4 grams  Calories, 272
\( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 3 tablespoonfuls hot boiled rice
2 tablespoonfuls sugar 1/4 cup cream, whipped

Soak the gelatine in the cold water, then add it with the sugar to the hot rice. Mix thoroughly. When the rice begins to cool, add the whipped cream. Pour in a wet mold. When firm, unmold and serve plain or with sweetened crushed fruit such as pineapple, strawberries or raspberries if these are allowed the individual patient.

Cherry Sponge

Food Value: Carbohydrate, 40 grams  Protein, 4 grams  Calories, 176
\( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls sugar 1/4 egg white
1 tablespoonful cold water 1/4 cup pitted cherries, stewed and pressed through colander
1 tablespoonful boiling water

Soak gelatine in cold water, add boiling water and sugar. Dissolve over boiling water and add cherries. When it begins to thicken, fold in stiffly beaten egg white. Turn into sherbet glass. Strawberries or other fruit may be used.

Grape Souffle

Food Value: Carbohydrate, 9 grams  Protein, 3.5 grams  Calories, 50
\( \frac{3}{2} \) teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls cold water 1/4 lemon 1/2 egg white
4 tablespoonfuls boiling water 1/2 teaspoonful lemon juice
2 tablespoonfuls grape juice 1/2 teaspoonful sugar

Soak gelatine in cold water about five minutes. Add lemon rind to water while heating to boil. Pour over soaked gelatine. When dissolved, add remaining ingredients. When nearly set, beat until frothy and add beaten egg white. Turn into wet mold, and chill. When firm, unmold. This may be served with a tablespoonful cream.
**ADDITIONAL USES**

**Whipped Cream**

<table>
<thead>
<tr>
<th>½ teaspoonful Knox Sparkling Gelatine</th>
<th>1 teaspoonful vanilla</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cream</td>
<td>Few grains salt</td>
</tr>
<tr>
<td>2 tablespoonfuls cold milk</td>
<td></td>
</tr>
<tr>
<td>½ cup powdered sugar</td>
<td></td>
</tr>
</tbody>
</table>

Soak gelatine in cold milk about five minutes, dissolve by placing over boiling water and cool. Whip cream and gradually add dissolved gelatine. Beat until stiff, and add sugar, vanilla and salt.

**Whipped Evaporated Milk**

<table>
<thead>
<tr>
<th>½ teaspoonful Knox Sparkling Gelatine</th>
<th>1 cup evaporated milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoonfuls cold water</td>
<td></td>
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</tbody>
</table>

Soak the gelatine in the cold water five minutes. Pour milk into top part of double boiler and heat with the lid off until hot. Add the soaked gelatine to the hot milk and stir until dissolved. Now pour into a shallow bowl—and chill until icy cold. Then whip vigorously until stiff. Makes about three cups of whipped cream. If used as topping sweeten and flavor.

**Inch High Icing**

<table>
<thead>
<tr>
<th>1 teaspoonful Knox Sparkling Gelatine</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoonfuls cold water</td>
</tr>
<tr>
<td>½ teaspoonful vanilla</td>
</tr>
<tr>
<td>(1 teaspoonful orange extract, if desired)</td>
</tr>
<tr>
<td>¼ cup hot water</td>
</tr>
<tr>
<td>2 egg whites</td>
</tr>
</tbody>
</table>

Soak the gelatine in the cold water in a small cup about five minutes and dissolve by melting over hot water. Add the sugar to the hot water and cook directly over the fire until the syrup will spin a thread. Remove pan from the fire, and add the liquid gelatine immediately, pouring it through a strainer into the syrup. Have egg whites beaten until stiff on a platter, and very slowly add the syrup, beating constantly between additions. When all the syrup has been added, add flavoring, pour icing in top of double boiler and cook over hot water, beating constantly with a slotted spoon. When icing becomes so thick spoon can be drawn through it without icing running together again, it is ready to pile on cake. Remove from fire and pile icing quickly on cake, evening top with a broad-bladed knife. If the icing should lose its shine, continue icing cake but leave a little of the icing in the double boiler; to this add two or three tablespoonfuls of hot water and cook until thickened, but not as thick as the first icing. Pour this on top of the dull icing for a glossy finish.

**Cream Fruit Cake Filling**

<table>
<thead>
<tr>
<th>1 teaspoonful Knox Sparkling Gelatine</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoonfuls cold milk</td>
</tr>
<tr>
<td>1 cup cream or evaporated milk</td>
</tr>
<tr>
<td>½ cup confectioners' sugar</td>
</tr>
<tr>
<td>¼ cup raisins or candied cherries</td>
</tr>
<tr>
<td>2 tablespoonfuls nuts, chopped</td>
</tr>
<tr>
<td>½ teaspoonful vanilla</td>
</tr>
</tbody>
</table>

Soak gelatine in cold milk about five minutes and dissolve over hot water. Cool, and add gradually to the cream or evaporated milk, beaten until stiff. Beat in sugar. Add fruit and nuts. Whip thoroughly and spread between layers of cake. Six cut-up marshmallows or a few spoonfuls cocoanut may be used instead of nuts. Or, beat in three tablespoonfuls cocoa.
Frosting for Cake

1 teaspoonful Knox Sparkling Gelatine
2 teaspoonfuls cold water
6 tablespoonfuls hot milk
2 tablespoonfuls melted butter
Confectioners' sugar
1 teaspoonful vanilla

Soak gelatine in cold water about five minutes, and dissolve in hot milk; then add butter. Stir in sugar until mixture is of the right consistency to spread (the amount required being about two and three-fourths cups), and add vanilla.

Marshmallow Creme

(Makes two pints)

1 rounding teaspoonful Knox Sparkling Gelatine
1¾ cups cold water
2 cups fine granulated sugar
Few grains salt
1 egg white
¼ teaspoonful cream of tartar
1½ teaspoonfuls vanilla

Soak gelatine in ¼ cup water for about five minutes. Put remaining water, sugar and cream of tartar in a saucepan, bring to boiling point and let boil until syrup will spin a thread when dropped from tip of spoon (224°). Add soaked gelatine, let stand until partially cooled, then add flavoring, salt and unbeaten egg white, and beat until mixture becomes white and thick. Pour into glass jars and keep covered in a cool place. Whip up with fork before using as filling in cake. Apply with teaspoon when garnishing desserts. By adding different flavors to the creme, such as lemon, orange, chocolate, almond, etc., deliciously flavored fillings and sauces may be made.

GLOSSARY

WHIP—A jelly Dessert which, as it begins to thicken, is beaten until light and frothy.
SPONGE—A jelly Dessert beaten until light and the beaten whites of eggs incorporated.
BAVARIAN CREAM—Jellied Desserts with whipped cream incorporated.
SOUFFLE—A gelatine mixture made light and fine grained by the addition of yolks or whites of eggs.
CHARLOTTE—Molds lined with lady fingers or stale cake and filled with a Bavarian Cream, Sponge or Custard mixture.
BLANC MANGE—Jellied Desserts made with milk, instead of water.
MOLDED CUSTARD—Combinations of milk, eggs and gelatine.
CHARTREUSE—A cake having the center removed and the space filled with a jellied fruit or cream mixture.
GELATINE PIE—Jellied Fruit, Bavarian Cream, Sponge or Custard mixtures served in a baked pastry shell.
ASPIC—Jelly made with meat stock and gelatine.
FRAPPE—Semi-frozen water ice.
PARFAIT—Mixtures of syrup cooked with yolks or whites of eggs and combined with whipped cream and gelatine. Frozen without stirring.
MOUSSE—Cream beaten until stiff with sugar, flavoring and gelatine added. Frozen without stirring.
BOMBE GLACE—Chilled molds are filled with frozen mixtures of contrasting colors. The lining is usually a sherbet or water ice and the center a cream or custard mixture.

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