INTRODUCTORY

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

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

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

(Send in the coupon.)
For Nourishment

In addition to its value in the convalescent diet, Knox Sparkling Gelatine, supplies many important food elements which help promote sturdy growth in children and which are also beneficial in adult diets.

IMPORTANT

When dissolved and added to milk, Knox Sparkling Gelatine acts as a preventative of excessive curdling of milk in the stomach. Authorities report that this has been found especially valuable in infant feeding and for underweight or undernourished cases. Ask your physician about it.

DIRECTIONS

1. Soak for ten minutes one level tablespoonful of Knox Sparkling Gelatine in \( \frac{1}{2} \) cup cold milk.
2. Place cup in boiling water and stir until gelatine is thoroughly dissolved.
3. Return dissolved gelatine to original quart of milk.
4. For smaller quantities of milk reduce gelatine in proportion.
5. In Infant Feeding, ask your physician about adding Knox Gelatine to the formula he prescribes, according to directions above. Also follow same method and proportions for a condensed or evaporated milk formula.
6. For children and adults who need full milk nourishment, dissolve and add one teaspoonful of Knox Sparkling Gelatine to a glass of milk before serving, following same method as above.

DIETS—If you are dieting, write us for special recipes for various diets—to make your diets more appetizing, more digestible and more successful.
KNOX DAINIES (Candy)
Illustrated Above
4 level tablespoonfuls Knox Sparkling Gelatine
4 cups granulated sugar
1 cup cold water
1/2 cup 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. Pans out, cut in squares and roll in powdered or fine granulated sugar.
NOTE: If Blue Package is used add 1/2 teaspoonful Fruit Acid Flavour to the Lemon Dainties and 1 teaspoonful Fruit Acid Flavour to Dainties flavored with cinnamon, clove or peppermint extract.

PINEAPPLE ICE BOX CAKE
(12 Servings—For 6 Servings use half of recipe)
2 level tablespoonfuls Knox Sparkling Gelatine
1/2 cup cold water
1 tablespoonful lemon juice
1 can crushed pineapple juice
1/2 teaspoonful salt
1/2 cup sugar
蒸发的牛奶
倒入火上溶解，加入菠萝、糖和柠檬汁，搅拌至凝胶和糖完全溶解。当它开始凝固时，用打蛋器打匀，然后倒入蛋糕罐，盖上盖子，放入冰箱中冷藏三到四小时。取出，用鲜奶油和草莓装饰。

FOUNDATION RECIPE (LEMON)
(For 8 Servings) Illustrated Below
2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water
1/4 cup sugar
2 cups boiling water
1/2 cup lemon juice
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 well-molded, and chill. When firm, unmold. Other recipes are made in the same way, except the fruit juice is substituted for the 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 is the same for fresh or canned fruit or fruit juices varies according to the acidity of the fruit—with canned fruits using sugar less than with fresh fruits.
Send for Mrs. Knox’s Recipe Books—containing many delicious recipes, from wholesome and delightful family suppers to the most unusual and exquisite dishes for guest entertainment. These books are full of helpful information and beneficial suggestions. Send for them today.

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

- Automatic Refrigerator Recipe Book
- Dainty Desserts, Salads, Candies—Food Economy
- Health Value of Knox Gelatine
- Liquid and Soft Diets
- Reducing Diets
- Special books will be sent free. Check the ones you desire.

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

- Anemic Diets
- Knox Gelatine
How KNOX Sparkling Gelatine is Made

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

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

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

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

1 level tablespoonful Knox Sparkling Gelatine
\( \frac{1}{4} \) cup cold water \( \frac{1}{2} \) cup sugar
\( \frac{3}{4} \) cup prune juice Several grains salt
1 cup prune pulp 2 egg whites
2 tablespoonfuls lemon juice 1 dozen nuts, chopped

Soak gelatine in cold water about five minutes; put prune pulp, prune juice, lemon juice and sugar in saucepan, bring to boiling point, stirring constantly. Add soaked gelatine and stir until cool. 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.

TUNA FISH, SALMON OR CRABMEAT SALAD
(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
\( \frac{1}{4} \) cup cold water \( \frac{3}{4} \) cup boiled salad dressing
\( \frac{1}{4} \) cup tuna fish \( \frac{1}{2} \) teaspoonful salt
\( \frac{1}{2} \) cup celery, chopped \( \frac{1}{4} \) teaspoonful paprika
\( \frac{1}{2} \) green pepper, finely chopped 2 teaspoonfuls vinegar
2 tablespoonfuls chopped olives Few grains cayenne

Soak gelatine in cold water about five minutes, and add to hot boiled salad dressing. 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.