NOTE

IMPORTANT CHANGE

• For your convenience, this new style package of KNOX SPARKLING GELATINE is now divided into FOUR envelopes. • Each envelope contains enough gelatine to congeal ONE pint of liquid, and will make a dessert or salad of six generous servings. The entire package of four envelopes will, therefore, make FOUR pints of jelly. If the recipes you have been using call for "ONE TABLESPOONFUL of Gelatine" just use one envelope. We guarantee the same results.
HOW MANY RECIPES DO YOU KNOW?

You have, of course, your own favorite recipes using Knox Gelatine. But why not, in addition, discover some new favorites that are sure to be popular at the family dinner-table? “Golden Salad” will make a good starting point and right in this folder are several more suggestions. But to know how very, very many ways Knox Gelatine can help you to make your meals more interesting, it is best to have the FREE recipe books which the coupon will bring you.

One point to remember in preparing all these dishes is this: When you use Knox Gelatine you also use real fruits or real vegetables. In that way the family enjoys the benefit of vitamins and minerals they would miss if Knox Gelatine were “factory-flavored” and used alone. Knox does not contain flavoring, sweetening or artificial coloring. That is why you can make so many different dishes with it.
GOLDEN SALAD

(Recipe on other side)
RICE APRICOT MOLD
(6 Servings)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water 1 cup apricots
3/4 cup hot apricot juice 1 cup cooked rice
1/2 cup sugar 1/2 cup cream, whipped or
1/4 teaspoonful salt evaporated milk, whipped
1 tablespoonful lemon juice 6 apricot halves

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot apricot juice (drained from canned or stewed dried apricots) and stir until dissolved. Add lemon juice, and combine with rice and apricots, cut in small pieces. Cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk. Arrange apricot halves in bottom of mold that has been rinsed in cold water or individual molds, and fill with rice mixture. Chill, and when firm, unmold and serve with whipped cream, whipped evaporated milk, or a sauce of the apricot syrup. Other fruits may be used.
RICE APRICOT MOLD
KNOX GELATINE

IN THE FOUR MEAL PACKAGE FOR YOUR CONVENIENCE!

We hope you will like the new way in which we are packing Knox Gelatine in FOUR envelopes. It has been done solely for your convenience. But the Quality and Purity of Knox Gelatine has not been changed.

Just remember, if your old and favorite recipes should call for ONE TABLESPOONFUL of gelatine, you simply use one of these envelopes instead, and we guarantee the same results. Each package of Knox Gelatine will make four different desserts or salads, each ample for a family serving.
**PERFECTION SALAD** *(6 Servings)*

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<th>Ingredient</th>
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<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
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<td>1 cup hot water</td>
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<td>¼ cup mild vinegar</td>
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Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add vinegar and lemon juice. Cool, and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove to bed of lettuce leaves or endive, and garnish with mayonnaise dressing. Or cut salad in cubes and serve in cases made of red or green peppers, or turn into individual molds lined with canned pimientos.

**NOTE:** Raw carrots and turnips, cut in pieces about three inches long and one-fourth inch wide, are very nice to serve with any salad, or with a dinner course instead of celery.
GOLDEN SALAD (6 Servings)

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water
1 cup hot pineapple juice
$\frac{1}{4}$ cup mild vinegar
$\frac{1}{2}$ cup orange juice
1 cup raw carrots (grated on a coarse grater)

$\frac{1}{4}$ cup sugar
1 cup oranges cut in small pieces
1 $\frac{1}{2}$ cups canned pineapple, cut in small pieces
$\frac{1}{4}$ teaspoonful salt

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot pineapple juice and stir until dissolved. Add orange juice and vinegar. Cool, and when jelly begins to stiffen, add other ingredients. Turn into mold that has been rinsed in cold water 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.

COTTAGE CHEESE SALAD MOLD WITH FRUIT (8 Servings)

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water
2 cups cottage cheese
$\frac{3}{4}$ teaspoonful salt
$\frac{1}{8}$ teaspoonful paprika

$\frac{1}{2}$ cup cream or milk
$\frac{1}{2}$ cup pineapple
6 dates
1 orange
1 cup strawberries or bananas

Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Mash
cheese very fine, add seasonings, cream and gelatine. Turn into border mold that has been rinsed in cold water. 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.

APPLE SPONGE PUDDING (6 Servings)

1 envelope Knox Sparkling Gelatine

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

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

\[ 1 \frac{1}{2} \text{ cups strained apple sauce} \]

\[ \frac{1}{3} \text{ cup sugar} \]

\[ \frac{1}{4} \text{ teaspoonful grated lemon rind} \]

\[ \frac{1}{4} \text{ teaspoonful salt} \]

Mix together boiling water, apple sauce, sugar, salt, lemon rind and beaten egg yolks, and cook over boiling water, until mixture thickens slightly. (Less sugar will be needed if apple sauce has been sweetened.) Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture and stir until dissolved. Add lemon juice. Cool until mixture begins to thicken, fold in stiffly beaten egg whites and turn into mold that has been rinsed in cold water. Chill, and when firm, unmold. Garnish with cooked apple quarters or with orange marmalade and nut meats. Serve with whipped cream or whipped evaporated milk, or a custard sauce. A little ginger or the small red cinnamon candies may be cooked with the apple pulp.
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