Presenting Knox Quickies

Speedy, Easy Recipes for Delicious Knox Salads and Desserts
KNOX is packed for SPEED AND CONVENIENCE

Every package of Knox Sparkling Gelatine contains four envelopes. Each envelope contains exactly the amount of gelatine to make a dish of six servings. (If your own recipe should call for a tablespoonful of gelatine, you merely use one of the Knox envelopes, for each one is equal in jellying strength to a tablespoonful.)

No measuring, no extra spoon to wash! Just open an envelope of Knox—soften the gelatine in cold water, then dissolve it in or over hot water, and you have the exact amount of gelatine needed to give a firm, smooth jell!

There's economy, too, in Knox. Each package is sufficient for twenty-four servings, or for six servings each of four different dishes. Attractive recipe leaflets are included in every package to give you fresh ideas for meal planning throughout the year.

Insist on Knox Gelatine...all pure gelatine—no sugar. You'll find it at most grocers.
Make them in a JIFFY!

With these salad and dessert recipes . . . Knox Gelatine hangs up a speed record! From 9 to 19 minutes actual preparation time with any of these recipes and you're tucking away in the refrigerator to set the most delicious jellied dish you've ever made.

Here's simple magic that will get you out of the kitchen quicker . . . will give your menus the pleasant variety that Knox Sparkling Gelatine salads offer. Here are quick-as-a-flash ways of turning fresh ingredients or leftovers into inviting dishes that take no more time and trouble to make than a plain salad or dessert.

All of these recipes have been thoroughly tested and timed by leading home economists connected with Ladies' Home Journal, Woman's Home Companion, Good Housekeeping and by Prof. Bristow Adams of Cornell University for True Story Magazine, so that by following the simple directions and working efficiently, yours should be a rapid success!

NOTE—The directions for many of the following recipes suggest the use of an automatic refrigerator for the gelatine-thickening process. However, if you do not have an automatic refrigerator, use a regular ice refrigerator or put the bowl of gelatine liquid on ice or in ice water and stir occasionally to thicken before adding solid ingredients. Naturally, this process may take some minutes longer than if the automatic refrigeration method is used.
**JEWEL SALAD**

(6 servings)

- 1 envelope Knox Sparkling Gelatine
- ¾ cup cold water
- ¾ cup hot water
- ¼ cup sugar
- ⅛ cup pineapple syrup
- ¼ cup mild vinegar
- 1 tablespoonful lemon juice
- 1 cup cucumber
- 1 cup canned pineapple
- ¼ teaspoonful salt

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add pineapple syrup, lemon juice and vinegar. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to thicken add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water and chill. When firm, remove from molds and garnish with lettuce and mayonnaise dressing. Grapefruit may be used instead of the pineapple.

Note—Salad may be tinted a delicate green. Tarragon vinegar may be used.

*Actual preparation time as tested by Good Housekeeping: 12 minutes.*

**COMPLEXION SALAD**

(6 servings)

- 1 envelope Knox Sparkling Gelatine
- ¼ cup cold water
- 3 tablespoonfuls mild vinegar
- ¾ cup carrots, grated fine or shredded
- 2 tablespoonfuls chopped parsley or raw spinach
- 1 cup hot water
- 1 tablespoonful lemon juice
- 1 teaspoonful salt
- ¾ cup cabbage, grated fine or shredded
- 2 teaspoonfuls onion juice (extracted by grating onion)

Soften gelatine in cold water. Add salt, hot water and stir until dissolved. Add vinegar, lemon juice and onion juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold to bed of lettuce leaves or endive and garnish with mayonnaise dressing.

*Actual preparation time as tested by Good Housekeeping: 12 minutes.*

*Don't confuse Knox Gelatine with flavored gelatine*
TUNA FISH SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine

1/2 cup cold water

1 cup tuna fish

1/2 cup celery, chopped

1/2 green pepper, finely chopped

2 tablespoonfuls olives, chopped

3/4 cup cooked salad dressing or mayonnaise

1/2 teaspoonful salt

1/4 teaspoonful paprika

1 tablespoonful mild vinegar

Few grains Cayenne, if desired

Soften gelatine in cold water. Place bowl over boiling water and stir until gelatine is dissolved. Cool and add salad dressing, fish separated into flakes, celery, pepper, olives, salt, vinegar, paprika and Cayenne. Turn into mold that has been rinsed in cold water and chill. Remove to bed of lettuce leaves and garnish. Salmon or crabmeat may be used in place of the tuna fish.

Actual preparation time as tested by Woman’s Home Companion: 15 minutes.
CUCUMBER-PINEAPPLE SALAD (6 servings)

- 1 envelope Knox Sparkling Gelatine
- 1 cup cold canned pineapple juice
- 1/4 cup chopped celery
- 1/2 cup boiling water
- 1 cup diced cucumber
- 1/4 teaspoonful salt
- 1/4 cup shredded canned pineapple
- Green coloring

Soften gelatine in one-quarter cup of cold pineapple juice. Add one-half cup boiling water to the remainder of the pineapple juice; heat to boiling point and stir in gelatine and salt. When dissolved, add enough coloring to make a delicate green. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to stiffen add remaining ingredients which have been prepared while the gelatine was setting. Pour into a mold or into individual molds and chill. When firm serve on lettuce with mayonnaise.

Actual preparation time as tested by Good Housekeeping: 12 minutes.

PINEAPPLE-CHEESE SALAD (6 servings)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/2 cup hot water
- 1 cup crushed pineapple (canned)
- 1 tablespoonful sugar
- 2 tablespoonfuls lemon juice
- 1/4 teaspoonful salt
- 1/8 cup grated American cheese or cream cheese
- 1/4 cup cream or evaporated milk (whipped)

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and pineapple. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to stiffen, beat in cheese and whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water, and chill. When firm, unmold on lettuce and serve with mayonnaise—sprinkle the mayonnaise with chopped red or green peppers.

Actual preparation time as tested by Woman’s Home Companion: 17 minutes.

SPINACH SALAD (6 servings)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1/4 cup hot water
- 3/4 cup cooked spinach, chopped or sieved
- 1 tablespoonful lemon juice
- 1/4 teaspoonful salt
- 3 eggs, hard-cooked

Soften gelatine in cold water. Add hot water and stir until dissolved. Add lemon juice, salt and spinach. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze. Rinse mold in cold water and line with eggs cut in slices. Turn in the spinach mixture when it begins to thicken. Chill, and when firm, unmold.

Note—If leftover spinach is used it will shorten the time for preparing the salad.

Actual preparation time: 10 minutes.

Don’t confuse Knox Gelatine with flavored gelatine
PERFECTION SALAD

(6 servings)

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

Soften gelatine in cold water. Add sugar, salt and hot water, and stir until dissolved. Add vinegar and lemon juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold 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.

Actual preparation time as tested by Good Housekeeping: 12 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
TOMATO JELLY

(6 servings)

1 envelope Knox Sparkling Gelatine
\( \frac{1}{4} \) cup cold water
2 cups canned or fresh tomatoes
\( \frac{1}{2} \) bay leaf (if desired)
\( \frac{1}{2} \) teaspoonful salt

Stalk celery
Few grains Cayenne or pepper
1 tablespoonful mild vinegar or lemon juice
1 tablespoonful onion juice

Mix tomatoes, bay leaf, salt, celery and Cayenne or pepper and boil ten minutes. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain and turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with mayonnaise or cooked dressing. Or the jelly may be cut in any desired shape and used as a garnish for salads or cold meats. The juice of fresh tomatoes makes a delightful jellied salad.

Note—Tomato soup diluted with an equal quantity of water, or tomato juice, or tomato juice cocktail may be used instead of the canned or fresh tomatoes.

Tested under the supervision of Prof. Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 18 minutes.

GREEN SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine
\( \frac{1}{4} \) cup cold water
\( \frac{1}{2} \) cup hot water
\( \frac{1}{4} \) cup mild vinegar
\( \frac{1}{2} \) cup sugar
\( \frac{1}{2} \) cup shelled walnuts, blanched almonds (or other nuts)

\( \frac{1}{4} \) cup stuffed olives, sliced
\( \frac{1}{2} \) cup sliced pineapple (canned)
\( \frac{1}{2} \) cup small sweet cucumber pickles
\( \frac{1}{4} \) teaspoonful salt
Green coloring

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add vinegar and green coloring. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to stiffen, add remaining ingredients. Pickles should be sliced thin, nuts chopped and pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water. Chill and when firm, unmold on lettuce and serve with mayonnaise.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 15 minutes.
SAVORY SUPPER SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot water
1/2 teaspoonful salt
1/4 cup mild vinegar
1 1/2 cups grated American cheese
1/2 cup stuffed olives, chopped
1/2 cup celery, chopped
1/4 cup green pepper, chopped
1/2 cup cream or evaporated milk (whipped)

Soften gelatine in cold water. Add hot water and stir until dissolved. Add salt and vinegar. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to thicken, fold in cheese, olives, celery, pepper and whipped cream or evaporated milk. Turn into mold that has been rinsed in cold water and chill. Unmold on lettuce and serve with salad dressing.

Actual preparation time: 12 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
LUNCHEON SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine  1/2 cup chopped celery
1/2 cup cold water  1/2 cup sugar
1 cup hot water  1/2 teaspoonful salt
1/4 cup mild vinegar or lemon juice  2 tart apples, cut in small pieces
1/4 cup chopped pecans

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice or vinegar and mix thoroughly. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to stiffen add apples, celery and chopped pecans. Turn into mold that has been rinsed in cold water and chill. Unmold on lettuce and serve with salad dressing.

Note—Vegetables may be substituted in place of the fruit.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 18 minutes.

EGG SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine  2 tablespoonfuls green pepper, chopped
1/4 cup cold water  2 tablespoonfuls pickle relish, or chopped pickle
1 cup mayonnaise  1 tablespoonful pimiento, chopped if desired
4 hard-cooked eggs (either sliced or diced)  1 tablespoonful lemon juice
1/2 cup celery, chopped
1/4 teaspoonful salt

Soften gelatine in cold water. Place bowl over boiling water, stir until gelatine is dissolved. Cool, and beat into the mayonnaise. Add other ingredients, mix thoroughly. Turn into loaf pan that has been rinsed in cold water, and chill. When firm, unmold and slice very thin. Arrange slice of Egg Salad on lettuce, garnish with slices of tomato, cucumbers or radish roses.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 11 minutes.

GRAPE JELLY SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine  1/2 cup hot water
1/4 cup cold water  2 tablespoonfuls lemon juice
1 cup grape juice  1/2 cup Malaga grapes, seeded and cut in halves
1/4 cup chopped nuts  1/4 teaspoonful salt

Soften gelatine in cold water. Add hot water and stir until dissolved. Add lemon juice, salt and grape juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold and serve with mayonnaise dressing or whipped cream.

Actual preparation time: 12 minutes.

Don't confuse Knox Gelatine with flavored gelatine
CRANBERRY SALAD

(6 servings)

1 envelope Knox Sparkling Gelatine 1/4 teaspoonful salt
1/4 cup cold 1/2 cup celery, chopped
1/2 cup hot water 1/2 cup nuts, chopped
1 can (1 lb. 1 oz.) strained cranberry sauce

Soften gelatine in cold water; dissolve in hot water. Pour this hot liquid over cranberry sauce which has been turned into a bowl; beat with rotary beater until softened to a smooth mass. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze. Prepare celery and nuts. When gelatine begins to thicken add celery, nuts and salt. Turn into 6 individual molds or 1 large mold that has been rinsed in cold water and chill. Unmold on lettuce. Serve with salad dressing.

Note—2 cups home cooked strained cranberry sauce may be substituted for the canned.

Actual preparation time as tested by Good Housekeeping: 15 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
Salad made with Knox Sparkling Gelatine
(Note its firmness and clear transparency after an hour at room temperature.)

These are actual photographs of two molded vegetable salads prepared by a home economics expert. The one shown above is made with Knox Sparkling Gelatine, according to Mrs. Knox's recipe for Complexion Salad. The other—shown opposite—is made with a flavored gelatine dessert, according to a recipe given by the manufacturer of the product.

See the difference! The Knox Salad, after an hour at room temperature, is still firm, smooth and upstanding. It slices easily into clean, compact, appetizing pieces! Under the same conditions, the salad prepared with a flavored gelatine dessert has lost its shape, lacks firmness, is soggy . . . and slices into ragged, “messy” and unattractive pieces.

Don’t confuse Knox Gelatine with flavored gelatine desserts. They are 85% sugar—Knox is 100% Pure Gelatine

Same salad made with a ready flavored package—85% sugar. (Note its messy, unappetizing appearance after an hour at room temperature.)

Why? Because Knox Sparkling Gelatine is 100% pure gelatine—of a high jellying strength that will make it “stand up” longer in room temperature, while ready-flavored gelatine desserts contain only just enough gelatine to make them jell.

Taste the difference! Salads made with flavored gelatine desserts which are 85% sugar are naturally sugary-sweet and dominated by the ready-packaged flavor of the dessert. Salads made with Knox unsweetened, unflavored Gelatine are tart, savory, fresh, with the flavor of the home ingredients you add. So make it a rule to use Knox Gelatine for molded salads and desserts and be assured of eye-inviting, palate-pleasing, delicious successes!
**GRAPEFRUIT SNOW PUDDING**

(6 servings)

1 envelope Knox Sparkling Gelatine

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

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

\[
\frac{1}{4} \text{ cup sugar}
\]

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

\[
\frac{1}{4} \text{ cup grapefruit juice and pulp (canned)}
\]

\[
\frac{1}{4} \text{ cup orange juice}
\]

\[
1 \text{ tablespoonful lemon juice}
\]

2 egg whites

Soften gelatine in cold water. Add hot water and stir until dissolved. Add sugar, salt and fruit juices (cut grapefruit sections in small pieces). Mix thoroughly. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when jelly begins to thicken, beat until frothy and then fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with grapefruit sections, cherries or strawberries. Serve with custard sauce made from the yolks of the eggs. If fresh grapefruit is used, one-half cup more sugar will be necessary.

*Actual preparation time as tested by Woman’s Home Companion: 111/2 minutes.*

**FRUIT SPONGE**

(6 servings)

1 envelope Knox Sparkling Gelatine

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

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

1 cup sugar

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

1 cup fruit juice and pulp

1 tablespoonful lemon juice

\[
\frac{1}{2} \text{ cup cream or evaporated milk (whipped)}
\]

2 egg whites

Crush fruit, add sugar, and allow to stand about 15 minutes. Soften gelatine in cold water. Add salt and hot water and stir until dissolved. Add fruit mixture and lemon juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to thicken, fold in whipped cream or whipped evaporated milk, and the stiffly beaten egg whites. Turn into glasses and chill. Serve garnished with fruit. Or, serve on sponge cake with whole fruit and whipped cream or whipped evaporated milk. Any fresh or canned fruit may be used. (With canned fruit, less sugar will be required.)

*Actual preparation time as tested by Woman’s Home Companion: 19 minutes.*

*Don’t confuse Knox Gelatine with flavored gelatine*
CHOCOLATE CHIFFON PIE

(Filling for one 9 inch pie)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup boiling water
6 level tablespoonfuls cocoa or
2 squares chocolate
4 eggs
1 cup sugar
1/4 teaspoonful salt
1 teaspoonful vanilla

Soften gelatine in cold water. Mix boiling water and cocoa or chocolate until smooth. Add softened gelatine to hot chocolate mixture and stir until dissolved. Add egg yolks, slightly beaten, one-half cup sugar, salt and vanilla. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to thicken, fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Fill baked pie shell and chill. Just before serving spread over pie a thin layer of whipped cream.

Actual preparation time as tested by Good Housekeeping: 141/4 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
**CHOCOLATE MOUSSE**

| 1 envelope Knox Sparkling Gelatine | 1 cup sugar |
| 1/4 cup cold water | 2 1/2 cups cream, or evaporated milk (whipped) |
| 1/2 cup boiling water | 1 teaspoonful vanilla |
| 2 squares unsweetened chocolate or 6 tablespoonfuls cocoa | 1/8 teaspoonful salt |

Melt chocolate or cocoa in boiling water. Soften gelatine in cold water. Add to melted chocolate mixture and stir until dissolved; then add sugar, salt and vanilla. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when cool add whipped cream or whipped evaporated milk. Fill a chilled mold with mixture, having mixture overflow mold, adjust cover, pack in ice and salt, let stand three hours and unmold. Or turn into trays of automatic refrigerator.

*Actual preparation time: 12 minutes.*

**BLANC MANGE**

| 1 envelope Knox Sparkling Gelatine | 1/4 teaspoonful salt |
| 2 cups milk | 1/8 cup sugar |
| 1/2 teaspoonful vanilla |

Scald one and one-half cups milk with sugar. Soften gelatine in one-half cup cold milk—stir thoroughly. Add to hot mixture and stir until dissolved. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when cooled slightly, add flavoring and salt and turn into mold that has been rinsed in cold water 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 added.

*Actual preparation time: 9 minutes.*

**BAVARIAN CREAM**

| 1 envelope Knox Sparkling Gelatine | 2 cups cream (whipped) |
| 1/4 cup cold water | 1/8 cup sugar |
| 1/2 cup scalded milk (not boiled) | 1/8 teaspoonful salt |
| 1 teaspoonful vanilla |

Soften gelatine in cold water. Add sugar, salt and scalded milk and stir until dissolved. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to thicken, beat, and fold in whipped cream and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

*Actual preparation time: 11 minutes.*

_Don’t confuse Knox Gelatine with flavored gelatine_
PINEAPPLE ICE BOX CAKE

(6 servings)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup canned crushed pineapple
1/4 cup sugar

1/4 teaspoonful salt
1 tablespoonful lemon juice
3/4 cup cream or evaporated milk (whipped)

Lady fingers or stale sponge cake

Soften gelatine in cold water. Place bowl in boiling water and stir until gelatine is dissolved. Add pineapple, sugar, salt and lemon juice. Pour into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to thicken beat, and fold in whipped cream or whipped evaporated milk. Line sides and bottom of square or round mold with lady fingers (any stale cake may be used). Cover with pineapple cream mixture, then alternate cakes and cream until mold is filled. Place in refrigerator for three or four hours. To serve, unmold on cake plate and garnish with whipped cream and strawberries in season. Fresh or canned strawberries, raspberries, peaches or any preferred fruit may be used instead of the pineapple. More sugar will be needed for fresh fruit.

Actual preparation time as tested by Good Housekeeping: 10 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
ORANGE—BANANA CREAM

1 envelope Knox Sparkling Gelatine
1 cup cold water
4 bananas
1/2 cup orange juice
1 tablespoonful lemon juice
1 teaspoonful grated orange rind
1/4 teaspoonful salt
1/3 cup powdered sugar
1 cup cream or evaporated milk (whipped)

Mash bananas, add fruit juice, sugar, salt and grated rind. Soften gelatine in cold water. Place bowl in boiling water and stir until gelatine has dissolved. Beat dissolved gelatine into fruit mixture. Fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with orange slices. Or spread with sweetened and flavored whipped cream and place about the mold lady fingers or other small cakes iced with a delicate green icing. Garnish with nuts. One cup seedless raisins may be added.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 12 minutes.

PRUNE WHIP

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
5/4 cup hot prune juice
1 cup cooked prune pulp
1/4 teaspoonful salt
2 tablespoonfuls lemon juice
1/2 cup sugar
2 egg whites
1/2 cup nuts, chopped

Soften gelatine in cold water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to thicken, fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water or into sherbet glasses. When firm, unmold and sprinkle with chopped nuts. Serve with or without whipped cream.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 13 minutes.

Don't confuse Knox Gelatine with flavored gelatine
PRUNE ORIENTAL CREAM

(6 servings)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup scalded milk (not boiled)
1/2 cup sugar
1/4 teaspoonful salt
1/2 cup nuts, chopped
1/3 cup cooked prunes, chopped
1/3 cup figs, chopped
1 cup cream or evaporated milk (whipped)
Whites 2 eggs

Soften gelatine in cold water. Add hot milk, sugar and salt and stir until dissolved. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to stiffen, add whipped cream or whipped evaporated milk, prunes, nuts and figs. Fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water, and the bottom and sides garnished with halves of cooked prunes. Chill. When firm, unmold and serve sprinkled with chopped nuts, with or without whipped cream.

Tested under the supervision of Professor Bristow Adams of Cornell University, Director of True Story Home Maker's Department. Actual preparation time: 18 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
FRUIT MOUSSE

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 1/2 cups fruit pulp
2 cups cream or evaporated milk (whipped)

1 tablespoonful lemon juice
1/2 cup powdered sugar
1/4 teaspoonful salt
1/2 teaspoonful vanilla, if desired

Soften gelatine in cold water. Place bowl over boiling water and stir until gelatine is dissolved. 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, lemon juice and vanilla and turn into mold, having mixture overflow mold. Adjust cover. Pack in ice and salt for three hours and unmold. Or, turn mixture into trays of mechanical refrigerator. When making Orange Mousse, add grated orange rind from one orange. Small baking powder boxes may be used for molds in which Mousse is frozen.

Actual preparation time as tested by Good Housekeeping: 10 minutes.

CHOCOLATE SPONGE

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/4 cup boiling water
1 1/2 squares chocolate or
4 tablespoonfuls cocoa

1/3 cup sugar
3 eggs
1/4 teaspoonful salt
1 teaspoonful vanilla

Put sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Soften gelatine in cold water. Add to hot chocolate mixture, stir until dissolved and add slightly beaten egg yolks. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. 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.

Actual preparation time as tested by Good Housekeeping: 13 minutes.

Don’t confuse Knox Gelatine with flavored gelatine
RASPBERRY WHIP

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup hot water or hot raspberry juice
1/4 cup sugar

1 cup raspberry juice and pulp (fresh or canned)
1/2 teaspoonful salt
2 tablespoonfuls lemon juice
Whites 3 eggs

Soften gelatine in cold water. Add sugar, salt and hot water or hot raspberry juice and stir until gelatine is dissolved. Add lemon juice and raspberries (which have been forced through a fine sieve). Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when mixture begins to thicken, beat until frothy, and fold in stiffly beaten egg whites. If a brighter color is desired, use a little red vegetable coloring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Or pile in glasses. Serve with a garnish of whipped cream and a few whole berries. Strawberries, blackberries or loganberries may be used. More sugar will be needed for fresh berries.

Actual preparation time as tested by Woman's Home Companion: 16 minutes.

NUT SOUFFLE

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup sugar
3/4 cup milk or fruit juice
1 cup cooked pineapple and strawberries

1 cup chopped nuts
1 cup cream or evaporated milk, whipped
White of one egg
1/2 teaspoonful salt

Soften gelatine in cold water and dissolve in hot milk or fruit juice. Add sugar and salt. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze 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.

Actual preparation time: 14 minutes.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
UNMOLDING KNOX GELATINE

in 4 Quick Easy Steps...

1. Immerse mold just to the top for a second in warm water (or wrap hot cloth around mold).

2. Slightly loosen jelly at the edge of mold, turning mold from side to side.

3. Place serving dish on top of mold and invert.

4. Carefully remove mold.

NOTE—We repeat that the directions for many of the recipes in this book suggest the use of an automatic refrigerator for the gelatine-thickening process. However, if you do not have an automatic refrigerator, use a regular ice refrigerator or put the bowl of gelatine liquid on ice or in ice water and stir occasionally to thicken before adding solid ingredients. Naturally, this process may take some minutes longer than if the automatic refrigeration method is used.

Don't confuse Knox Gelatine with flavored gelatine
DO YOU have some member of your family on a special diet? Then get to know the important health uses of pure, plain Knox Gelatine!

Here's a food that is permitted on practically every diet—and recommended for many. It must not be confused with flavored gelatine desserts which are 85% sugar, artificially colored and factory-flavored.

Knox Sparkling Gelatine is of the highest quality—even purer than government standards make necessary. It provides bulk with few calories. It is completely and easily digested... excellent for bland diets. Being unsweetened and non-fattening, Knox is ideal for the overweight, as well as for diabetics. And Knox brings welcome variety and excitement to a limited diet in delicious dishes the whole family will enjoy.

Send for the special diet leaflets the Knox Gelatine Company has had prepared by leading dietitians. In them, you'll find recipes for delightful dishes suitable for particular conditions. Check the leaflets or leaflet you wish, and they will be sent free!

Knox Gelatine,
Johnstown, N. Y.

Please send FREE leaflets and Recipe Book checked below.

<table>
<thead>
<tr>
<th>...Gastric Ulcers</th>
<th>...Feeding Sick Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>...Diabetic Recipes</td>
<td>...Mrs. Knox's 55-page</td>
</tr>
<tr>
<td>...Meal Planning for</td>
<td>...Reducing Diets</td>
</tr>
<tr>
<td>Colitis Diet</td>
<td>...Muscular Toning</td>
</tr>
<tr>
<td>...Control Your Weight</td>
<td>...Food for Convalescents</td>
</tr>
<tr>
<td></td>
<td>...Gelatine as an Aid in</td>
</tr>
<tr>
<td></td>
<td>Digestion of Milk</td>
</tr>
<tr>
<td></td>
<td>...Entertaining Round</td>
</tr>
<tr>
<td></td>
<td>the Calendar</td>
</tr>
</tbody>
</table>

Name...........................................................................................................
Address........................................................................................................
City.............................................................................................................
State............................................................................................................

desserts. They are 85% sugar—Knox is 100% Pure Gelatine