Control YOUR WEIGHT

WITH KNOX GELATINE

THIS HAPPY WAY!
### HEIGHT, WEIGHT AND AGE TABLE

#### Average Heights and Weights of MEN

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<tr>
<th>Age</th>
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#### Average Heights and Weights of WOMEN

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### Don’t confuse Knox Gelatine with flavored gelatine
DIET
AND LIKE IT!

Keeping slender is as much a part of the American credo as a high standard of living. Everywhere—in advertisements, fashion magazines, everyday life—the slim young figure is exalted.

Much as we want to be slender, most of us can’t stop eating or go on starvation diets to achieve the golden goal. We’ve got work, homemaking duties, hundreds of interests that keep us active and in need of good, solid nourishment three times a day!

What follows in this little book are suggestions for giving you those three satisfying meals a day—without giving you extra pounds. All the suggestions are based on safe, sane weight control. They will not produce miracles. But if you follow them faithfully, you should find yourself more the streamlined person your heart desires.

NOTE—The recipes and suggestions given are intended only for those of you who enjoy good health. Any one whose overweight is the result of some illness or organic disorder should consult a physician before undertaking any dieting regime.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
DIETING to control your weight need not be dreary. Nor does it have to be boring either to you or your family and friends. These pages are going to show you how weight can be kept down in a sensible, happy way... by eating the right foods in the proper amounts.

Here briefly, are the principles of the Knox Non-Fattening Diet.

1. In place of any so-called starvation diet, three full-sized satisfying meals which differ from meals of normal diets only in that they contain fewer calories by a more careful choice of foods.

2. A gradual reduction of weight, scientifically accomplished by forcing the body-stored fat to contribute to the daily caloric requirement.

3. Exclusion of fats from diet and a careful reduction of carbohydrates... but not their complete elimination.

4. Protection of tissues and organs against depletion by keeping the non-fattening diet rich in protein.

5. Protection of loss of muscular tone by using extra amounts of KNOX GELATINE, which is 85% protein, in non-fattening meals.

Don’t confuse Knox Gelatine with flavored gelatine
WHY KNOX GELATINE IS IMPORTANT IN THE
Non-Fattening D I E T

Knox Sparkling Gelatine is a protein-rich, highly nutritive food which compares well with other protein foods such as meats, eggs, milk, etc. There is probably no other food that answers so completely the requirements of the sensible, safe non-fattening diet, or one as inexpensive as Knox Gelatine.

Knox should not be confused with ready-flavored gelatine desserts which are 85% sugar and factory flavored. The protein content of such powders is practically nil and their high sugar percentage rules them out of the non-fattening diet!

Knox Gelatine, on the other hand, is absolutely free from sugar and is 85% protein. This high protein content supplies tissues and organs with additional nourishment.

You'll be amazed the way Knox will enlarge small portions of food to generous-looking servings. And Knox, being high in protein, adds food value without adding to your weight. There are scores of delicious, appetizing dishes to be prepared with Knox. Dishes full of vitamins, minerals, nourishment, that vary the monotony of a restricted diet and that really satisfy.

But most important of all—to your comfort—Knox provides the low caloric bulk necessary to prevent hunger pangs. One individual envelope of Knox Gelatine (this contains about 25 calories) will make, with a few shrimps, a tomato, a piece of chicken or other food, a tempting, palatable dish that provides adequate bulk and sufficient nourishment to prevent hunger pangs.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
Non-Fattening MENUS

Suitable for housewives, office workers, and all others doing brain work or light manual labor
(1000 calories—daily requirement)

BREAKFAST
(Approximately 200 calories)

1 serving fruit from Chart I
1 egg*
Bran Wafers (Recipe No. 12)—6 ounces skim milk
Tea or Coffee

*Egg may be soft-cooked or poached

LUNCH
(Approximately 400 calories)

Clear Soup

1 serving meat from Chart IV or
1 serving salad from Recipe No. 2, 4, or 10
1 serving vegetable from Chart III

1 ounce lettuce (1/8 head)—Mayonnaise Dressing Recipe No. 9
1 ounce bread (1 slice)—may be white, rye or graham

1 serving fruit from Chart I or
1 serving from Recipe No. 18 or 19

Tea or Coffee

DINNER
(Approximately 400 calories)

1 serving meat, fish or cheese from Chart VIII or
1 serving from Recipe No. 8 or
1 serving vegetable from Chart VII and
1 potato (average)

1 ounce lettuce (1/8 head)—Mayonnaise Dressing Recipe No. 9

1 serving from Recipe No. 14, 16, 17, 18 or 19
6 oz. skim milk

Tea or Coffee

Don't confuse Knox Gelatine with flavored gelatine
Non-Fattening MENUS

Suitable for persons doing moderate manual labor
(1300 calories—daily requirement)

BREAKFAST (Approximately 300 calories)
1 serving fruit from Chart II
2 eggs—may be soft or hard-cooked or poached
1 ounce bread (1 slice)—may be white, rye or graham
or
3 1/2 ounces farina (1/3 cup) or
1 ounce Bran Flakes (3/4 cup) or
2 1/2 ounce Corn Flakes (7/8 cup) or
3 1/2 ounces oatmeal (1/2 cup cooked) plus
2 1/2 ounce bread (1 small slice 3/8" thick)
with six ounces of skim milk

Tea or Coffee

LUNCH (Approximately 500 calories)
1 serving Chicken a la King on toast (1 slice)—Recipe No. 6 or
1 serving from Recipe No. 7 or 2 servings from Recipe No. 2 or 4
1 serving vegetable from Chart III
1 serving vegetable from Chart VII
8 ounces skim milk

Cottage Cheese Salad:
2 1/2 ounces cottage cheese
1 ounce lettuce (1/8 head)—Mayonnaise Dressing Recipe No. 9

1 serving from Recipe No. 15 or 18

Tea or Coffee

DINNER (Approximately 500 calories)
1 serving meat, fish or cheese from Chart VI or
1 serving from Recipe No. 8
1 serving vegetable from Chart III
4 ounces potato (1 average)
6 ounces skim milk

1 ounce lettuce (1/8 head)—Mayonnaise Dressing Recipe No. 9
1 serving from Recipe No. 2

1 serving from Recipe No. 15

1/10 ounce butter—1 teaspoon (Recipe No. 13)

Tea or Coffee

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

**SELECT ONE:**

- 2 1/4 ounces apple (1/2 average)
- 2 1/2 ounces apricot (1 large)
- 3 ounces blackberries (1/4 cup)
- 2 3/4 ounces grapes (1/2 cup)
- 3 ounces orange (1 average)
- 3 1/2 ounces peach (1 average)
- 3 3/4 ounces muskmelon (1/2 melon—4 1/2” diameter)
- 2 1/8 ounces pear (1/2 average)
- 3 1/4 ounces pineapple (2 slices or 1/4 cup pieces)
- 1 1/2 ounces plum (2 average)
- 4 ounces strawberries (1 1/2 cups)
- 5 ounces watermelon
- 5 ounces grapefruit (1/2 large)
- 3 1/8 ounces applesauce (1/2 cup)
- 2 1/2 ounces raspberries (1/4 cup)

(Cooked or Raw But no Sugar Added)

### Chart II

**SELECT ONE:**

- 1 1/4 ounces peach (1/2 average)
- 1 1/4 ounces pineapple (1 slice)
- 2 1/2 ounces grapefruit (1/2 small)
- 1 1/4 ounces applesauce (1/4 cup)
- 2 ounces strawberries (3/4 cup)
- 1 1/2 ounces raspberries (1/2 cup)
- 1 1/2 ounces pear (1/2 average)
- 1 1/2 ounces orange (1 small)
- 1 1/2 ounces muskmelon (1/4 melon—4 1/2” diameter)
- 1 1/8 ounces grapes (1/4 cup)
- 1 1/2 ounces apricot (1 small)
- 2 1/8 ounces watermelon
- 1 ounce plum (1 average)

(Cooked or Raw But no Sugar Added)

### Chart III

**SELECT ONE:**

- 3 1/2 ounces eggplant (2 slices)
- 3 1/2 ounces kohlrabi (1/2 cup)
- 3 ounces okra (1/2 cup)
- 4 ounces onion (1 1/2 onions 2 1/2” diameter)
- 3 1/2 ounces pumpkin (1/2 cup)
- 2 ounces beets (1/2 cup)
- 2 ounces carrots (1 1/8 cup)
- 2 ounces peas (1/2 cup)

(Cooked Weights)

*Don’t confuse Knox Gelatine with flavored gelatine*
**CHART IV**

SELECT ONE:
- 2 ounces medium fat beef
- 2 1/2 ounces veal
- 2 ounces medium fat lamb roast
- 2 ounces dark or light chicken
- 2 ounces haddock
- 2 ounces canned salmon or tuna
- 2 ounces tongue
- 2 ounces liver plus 1/4 ounce butter (1 small pat—Recipe No. 13)
- 1 2/3 ounces lean pork
- 2 1/2 ounces halibut
- 1 average squab
- 3 ounces cottage cheese plus 1/4 ounce butter (1 small pat—Recipe No. 13)

*(Cooked Weights)*

**CHART V**

SELECT ONE:
- 5 ounces apple (1 average)
- 3 1/3 ounces banana (1/2 large)
- 5 ounces grapes (1 cup)
- 3 1/3 ounces plums (4 average)
- 5 ounces orange (1 large)
- 4 ounces cherries (3/4 cup)
- 5 ounces pear (1 large)

*(Cooked or Raw But no Sugar Added)*

**CHART VI**

SELECT ONE:
- 4 ounces medium fat beef
- 4 3/4 ounces veal
- 4 ounces medium fat lamb roast
- 4 ounces light or dark chicken
- 4 ounces haddock
- 4 ounces canned salmon or tuna
- 4 ounces tongue
- 4 ounces liver plus 1/2 ounce butter (1 1/2 pats—Recipe No. 13)
- 3 ounces lean pork
- 5 ounces halibut
- 6 ounces cottage cheese plus 1/2 ounce butter (1 1/2 pats—Recipe No. 13)
- 1/2 small broiler

*(Cooked Weights)*

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

SELECT ONE:
- 3½ ounces beets (½ cup)
- 3½ ounces carrots (½ cup)
- 3⅓ ounces peas (½ cup)
- 4 ounces rutabagas (½ cup)
- 3¾ ounces squash (½ cup)
- 4 ounces turnips (½ cup)
- 5 ounces eggplant (3 slices)
- 3½ ounces pumpkin (½ cup)

*(Cooked Weights)*

**CHART VIII**

SELECT ONE:
- 3 ounces medium fat beef
- 3½ ounces veal
- 3 ounces medium fat lamb roast
- 3 ounces chicken
- 3 ounces haddock
- 3 ounces canned tuna or salmon
- 3 ounces tongue
- 3 ounces liver plus ½ ounce butter (1 pat—Recipe No. 13)
- 2⅔ ounces lean pork
- 3¾ ounces halibut
- 4⅔ ounces cottage cheese plus ½ ounce butter (1 pat—Recipe No. 13)

*(Cooked Weights)*

**KNOX BEVERAGES**—A pleasant and convenient way to take Knox Gelatine between meals is to take it in beverages made as follows:

Soften one-half envelope (a heaping teaspoonful) of Knox Sparkling Gelatine in 3 tablespoonfuls cold liquid (milk, fruit juice or tomato juice).

Place cup over boiling water and stir until gelatine is dissolved. Transfer to glass and fill with cold liquid. For hot beverages such as hot milk, bouillon or cream soups, soften the gelatine as above, pour the hot liquid over it and serve.

*Don’t confuse Knox Gelatine with flavored gelatine*
**NO. 1 TUNA FISH SALAD**

6 servings, 420 calories—1 serving, 70 calories

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<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
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<tr>
<td>1/4 cup cold water</td>
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<tr>
<td>3/4 cup hot water</td>
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<tr>
<td>1 tablespoonful lemon juice or mild vinegar</td>
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<td>1 teaspoonful paprika</td>
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<tr>
<td>1/4 cup tuna fish, flaked</td>
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<tr>
<td>1/4 cup celery, cut in small pieces</td>
<td>1/4 cup celery, cut in small pieces</td>
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<tr>
<td>1/4 cup cucumber, cut in small pieces</td>
<td>1/4 cup cucumber, cut in small pieces</td>
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<tr>
<td>1 teaspoonful salt</td>
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Soften gelatine in cold water. Add hot water and stir until dissolved. Add salt, lemon juice and paprika. Cool and when mixture begins to congeal, add tuna fish, celery and cucumber. Mix thoroughly, pour into mold that has been rinsed in cold water. Chill and serve on lettuce with the Low Calorie Cooked Salad Dressing, if desired. No salad dressing is needed.

**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.

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!

Don’t confuse Knox Gelatine with flavored gelatine

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

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
NO. 2 CARROT AND SPINACH MOLD
6 servings, 515 calories—1 serving, 85 calories

1 1/2 cups cooked carrots, cubed
1 tablespoonful butter, melted
1 egg, well beaten
1 teaspoonful salt

1 1/2 cups cooked spinach, chopped
2 tablespoonfuls butter, melted
1/2 teaspoonful salt
Sprigs of parsley

Mash carrots with a fork and mix with beaten egg and one tablespoonful of melted butter and salt. Fill small greased molds half full of the carrot mixture. Season the chopped spinach, add melted butter and fill molds to top with spinach, packing them tightly. Place molds in pan of hot water and bake in moderate oven for 20 minutes. Turn out on hot platter and serve garnished with parsley.

NO. 3 JELLIED CHICKEN WITH VEGETABLES
6 servings, 330 calories—1 serving, 55 calories

1 envelope Knox Sparkling Gelatine
1 cup chicken, sliced
1 1/2 cups chicken stock (canned broth or soup may be used)
1/2 teaspoonful salt

1 cup vegetables (cooked peas, string beans, carrots, asparagus, etc.)
1/2 pimiento or green pepper
1/4 cup cold water

Soften gelatine in cold water. Add hot chicken stock and stir until dissolved. Add salt and cool. Dip square mold in cold water and pour in a thin layer of the liquid jelly. Let stiffen slightly and garnish with peppers and other vegetables. Arrange the thickening jelly, chicken slices and vegetables in layers and chill. Unmold and garnish with lettuce and Low Calorie Salad Dressing.

NO. 4 JELLIED CHICKEN IN CREAM
6 servings, 500 calories—1 serving, 85 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold chicken broth or water
1 1/4 cups hot chicken broth, fat free
1/2 teaspoonful salt
1/8 teaspoonful pepper
1/4 cup cream, whipped

1/2 teaspoonful salt
1/8 teaspoonful pepper
1 cup cooked chicken, cubed

Soften gelatine in cold liquid. Add hot broth and stir until dissolved. Season with salt and pepper and chill until nearly set. Fold in chicken and whipped cream. Turn into molds and chill until firm. Serve on lettuce or garnished with parsley and strip of pimiento.

Don’t confuse Knox Gelatine with flavored gelatine
NO. 5 GRAPEFRUIT AND CUCUMBER SALAD

6 servings, 145 calories—1 serving, 25 calories

1 envelope Knox Sparkling Gelatine
1 cup grapefruit, cut in cubes, or
1 small can broken grapefruit
1 cup diced cucumber
1 cup hot water
1 tablespoonful sugar
1 tablespoonful lemon juice
½ teaspoonful salt

Make a syrup of sugar and water. Drain grapefruit. Soften gelatine in juice. Add to hot syrup and stir until dissolved. Add salt and lemon juice and cool. When mixture begins to congeal, add the grapefruit and cucumber. Pour into loaf pan that has been rinsed in cold water, or into individual molds. Serve on a lettuce leaf with Low Calorie Cooked Salad Dressing. Green vegetable coloring may be added if desired.

NO. 6 CHICKEN A LA KING

2 servings, 326 calories—1 serving, 163 calories

1½ oz. mushroom (3½ tablespoonfuls)
1 oz. chopped pimiento (2 tablespoonfuls)
1 oz. chopped green pepper (2 tablespoonfuls)
2 teaspoonfuls butter
1½ oz. chopped cooked chicken (3½ tablespoonfuls)
8 oz. chicken broth (1 cup)
2 oz. milk (¼ cup)
1 hard-cooked egg
2½ teaspoonfuls cornstarch

Make paste of cornstarch. Add to hot broth. When thickened add milk, mushrooms, chicken, pimiento, green pepper and chopped hard-cooked egg. Add butter. Chicken may be substituted with any of the following: 1½ oz. salmon, veal or tuna fish.

NO. 7 SALMON SOUFFLE

6 servings, 1039 calories—1 serving, 173 calories

8 oz. milk (1 cup)
1 oz. fat (2 tablespoonfuls)
3 eggs
1½ oz. flour (3 tablespoonfuls)
5 oz. salmon (1 cup)
½ teaspoonful salt

Melt butter, add flour. Mix thoroughly. Add hot milk gradually and cook until thick, stirring continually. Add salt and flaked salmon to sauce. Cool slightly. Then add beaten egg yolks. Lastly, add stiffly beaten egg whites. Pour into oiled baking dish—filling not more than ⅔ full. Set in dish of hot water and bake in moderate oven until firm and until sharp-pointed knife comes out clean. Serve at once from the baking dish.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
NO. 8 WINTER SALAD

6 servings, 1190 calories—1 serving, 200 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup hot water
1/2 teaspoonful salt
1/4 cup vinegar

11/2 cups grated cheese
1/2 cup chopped stuffed olives
1/2 cup chopped celery
1/4 cup chopped green pepper
1/8 cup cream, whipped

Bring hot water and salt to boil. Soften gelatine in cold water. Add to hot liquid and stir until gelatine is dissolved. Add vinegar and set aside to chill. When nearly set, beat until frothy, fold in cheese, olives, celery, pepper and whipped cream. Turn into molds and chill until firm. Unmold on lettuce leaf and serve.

Don't confuse Knox Gelatine with flavored gelatine
NO. 9 LOW CALORIE MAYONNAISE

One tablespoonful 3 calories

1 egg yolk
1 teaspoonful mustard
1/2 teaspoonful salt
1/16 teaspoonful paprika
2 tablespoonfuls mild vinegar
1 cup mineral oil
1/2 teaspoonful pepper

Mix mustard, salt, paprika and pepper together, add egg yolk and beat until smooth. Beat in slowly one teaspoonful of vinegar, then beat in oil, drop by drop, until mixture is thick. Then slowly beat in vinegar and oil alternately until both are all used. Keep in jar in cold place.

NO. 10 CALIFORNIA SALAD

6 servings, 660 calories—1 serving, 110 calories

1 envelope Knox Sparkling Gelatine 1/4 cup sugar
1/4 cup cold water 1/4 teaspoonful salt
1 cup hot water 12 whole pecan nut meats
3/4 cup grapefruit juice 1/2 cup celery, diced
12 stuffed olives, sliced

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add grapefruit juice. Pour a little of liquid in the bottom of individual molds, which have been rinsed in cold water. When thickened slightly, arrange a ring of sliced olives and a pecan meat in the center. Cool remaining jelly until it begins to thicken, then stir in rest of olives and celery. Chill, turn out on lettuce or endive, garnishing each salad with Low Calorie Mayonnaise and a whole nut meat.

NO. 11 LUNCHEON SALAD

6 servings, 285 calories—1 serving, 45 calories

1 envelope Knox Sparkling Gelatine 1/2 cup chopped celery
1/4 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. Allow jelly to thicken somewhat, then 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.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
NO. 12 BRAN WAFERS

No Caloric Value

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Washed bran (4 cups)</td>
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</tr>
<tr>
<td>1 tablespoonful cornstarch</td>
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</tr>
<tr>
<td>1/4 teaspoonful salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoonfuls mineral oil</td>
<td></td>
</tr>
<tr>
<td>1/2 grain saccharin</td>
<td></td>
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<tr>
<td>12 ounces water (2 1/2 cups) Hot</td>
<td></td>
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</tbody>
</table>

Place salt, saccharin, cornstarch and hot water in a bowl and beat with egg beater until consistency of molasses. Add mineral oil and bran and beat until thoroughly mixed. Spread 1/2 inch thick on baking sheet (greased with mineral oil). Cut into squares, then bake in slow oven for one hour or until well dried out.

NO. 13 BUTTER

Food value is exactly half that of ordinary butter

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td></td>
</tr>
<tr>
<td>16 ounces butter (1 pound)</td>
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</tr>
<tr>
<td>16 ounces milk (1 pint) preferably</td>
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<tr>
<td>the top half of a quart bottle</td>
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</table>

Soften gelatine in 1/4 cup of the milk. Then place cup in a dish of hot water and stir until the gelatine is thoroughly dissolved. Cut the butter into small pieces and place it in a dish over hot water until the butter is quite soft. Gradually whip the milk and the dissolved gelatine into the butter with a Dover egg beater. After the milk is thoroughly beaten into the butter, add salt to taste. If the milk forms, keep on beating until it is all mixed in. Place on ice or in a cool place until hard. If a yellow color is desired use butter coloring.

Non—Fattening DESSERTS that Delight

NO. 14 PINEAPPLE FLUFF

6 servings, 330 calories—1 serving, 55 calories

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td></td>
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<tr>
<td>1/4 cup cold water</td>
<td></td>
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<tr>
<td>1/2 cup hot water</td>
<td></td>
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<tr>
<td>2 tablespoonfuls sugar</td>
<td></td>
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<tr>
<td>2 tablespoonfuls lemon juice</td>
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<tr>
<td>1/4 cup crushed pineapple, cooked</td>
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<tr>
<td>Few grains salt</td>
<td></td>
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<tr>
<td>1 egg white, stiffly beaten</td>
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<tr>
<td>Cherries</td>
<td></td>
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</tbody>
</table>

Soften gelatine in cold water. Add sugar and hot water and stir until dissolved. Add lemon juice, pineapple and salt. When it begins to thicken, beat until light and frothy, then fold in stiffly beaten egg whites and beat until thick. Pile into sherbet glasses and decorate with a cherry.

Don’t confuse Knox Gelatine with flavored gelatine
NO. 15 APRICOT WHIP

6 servings, 144 calories—1 serving, 24 calories

1 envelope Knox Sparkling Gelatine  4 ounces apricot pulp (½ cup)
2 ounces cold water (¼ cup)  ½-1 tablespoonful lemon juice
2¾ ounces hot water (½ cup)  3 egg whites, beaten stiff
1 grain saccharin

Soften gelatine in cold water. Add to hot liquid and stir until dissolved. Add lemon juice and saccharin. Strain and set aside to cool. When nearly set, beat until frothy. Fold in beaten egg whites and fruit. Chill until firm.

Apricots may be substituted with any of the following:
4½ ounces orange (1½ large)  5 ounces pineapple (1¼ cups pieces)
5 ounces peach (1½ average)  4 ounces raspberries (1¾ cups)
5 ounces applesauce (¾ cup)

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
NO. 16 BLANC MANGE
6 servings, 360 calories—1 serving, 60 calories

1 envelope Knox Sparkling Gelatine
2 cups milk
½ teaspoonful vanilla

1/4 teaspoonful salt
1/8 teaspoonful nutmeg
½ grain saccharin

Soften gelatine in 1/4 cup milk: Add to 1 3/4 cups hot milk and stir until dissolved. Add vanilla, salt, nutmeg and saccharin. Stir until saccharin is dissolved, then chill. When nearly set, beat until frothy, mold and chill until firm.

NO. 17 BANANA CUSTARD
6 servings, 370 calories—1 serving, 60 calories

1 envelope Knox Sparkling Gelatine
2 cups skimmed milk
1 egg
½ teaspoonful salt
1/2 cup mashed banana

1 teaspoonful vanilla or lemon extract or
1 tablespoonful orange juice
½ cup starch
½ grain saccharin

Heat 1 1/2 cups milk over hot water. Soften gelatine in 1/2 cup cold milk. Add to hot milk and stir until dissolved. Add the egg which has been beaten lightly and mix thoroughly. Cook over hot water until the mixture begins to thicken, stirring constantly. Remove at once from heat, add banana, flavoring, saccharin and salt. Pour into mold that has been rinsed in cold water and chill. Serve in a colored glass dish.

NO. 18 GRAPE SPONGE
6 servings, 180 calories—1 serving, 30 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup hot water
1/2 cup grape juice

1/4 cup sugar
1 1/2 tablespoonsful lemon juice
Few grains salt
1 egg white, stiffly beaten

Soften gelatine in cold water. Add sugar and hot water and stir until dissolved. Add grape juice and salt. When mixture begins to stiffen beat until frothy, then fold in the stiffly beaten egg whites. Heap up in sherbet glasses or turn into individual molds. Serve garnished with a sprig of mint.

Don't confuse Knox Gelatine with flavored gelatine
NO. 19 ORANGE ICE

6 servings, 260 calories—1 serving, 45 calories

1 envelope Knox Sparkling Gelatine  ¾ cup orange juice
⅔ cup cold water  2 tablespoonfuls lemon juice
1 cup hot water  Grated rind ¼ orange
3 tablespoonfuls sugar

Make a syrup by boiling water, sugar and grated rind of orange. Soften gelatine in cold water. Add to hot syrup and stir until dissolved. Then add orange and lemon juice, strain, cool and freeze. This mixture can be poured in the ice trays of an electric refrigerator to freeze. Stir a few times while freezing.

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

FREE

Knox Gelatine, Johnstown, N. Y.

Please send FREE leaflets and Recipe Book checked below.

.............. Gastric Ulcers.............. Feeding Sick Patients.............. Food for Convalescents
.............. Diabetic Recipes.............. Mrs. Knox's 55-page Recipe Book.............. Gelatine as an Aid in Digestion of Milk
.............. Meal Planning for Colitis Diet.............. Reducing Diets.............. Entertaining Round the Calendar
.............. Knox Quickies.............. Muscular Toning

Name........................................... Address...........................................

City.............................................. State...........................................
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.