Mrs. Knox's
“BE FIT NOT FAT”
RECIPES
A grand collection of favorite recipes with calories reduced from 1/3 to 2/3.
### HEIGHT, WEIGHT AND AGE TABLE

#### Average Heights and Weights of MEN

| Age   | 5 ft. 0 in. | 5 ft. 1 in. | 5 ft. 2 in. | 5 ft. 3 in. | 5 ft. 4 in. | 5 ft. 5 in. | 5 ft. 6 in. | 5 ft. 7 in. | 5 ft. 8 in. | 5 ft. 9 in. | 5 ft. 10 in. | 5 ft. 11 in. | 6 ft. 0 in. | 6 ft. 1 in. | 6 ft. 2 in. | 6 ft. 3 in. | 6 ft. 4 in. | 6 ft. 5 in. |
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| 15    | 107         | 109         | 112         | 115         | 118         | 122         | 126         | 130         | 133         | 136         | 139         | 141         | 143         | 146         | 149         | 151         | 152         |
| 20    | 118         | 122         | 126         | 130         | 133         | 137         | 142         | 146         | 149         | 152         | 155         | 158         | 160         | 163         | 166         | 168         | 170         |
| 25    | 127         | 130         | 133         | 137         | 140         | 143         | 148         | 153         | 156         | 159         | 162         | 165         | 168         | 170         | 173         | 175         | 178         |
| 30    | 131         | 133         | 135         | 137         | 140         | 143         | 147         | 151         | 154         | 157         | 160         | 163         | 166         | 168         | 170         | 172         | 175         |
| 35    | 134         | 135         | 137         | 139         | 141         | 143         | 146         | 150         | 153         | 156         | 159         | 162         | 164         | 166         | 168         | 170         | 172         |
| 40    | 137         | 139         | 141         | 143         | 145         | 147         | 150         | 153         | 156         | 159         | 162         | 164         | 166         | 168         | 170         | 172         | 174         |
| 45    | 139         | 141         | 143         | 145         | 147         | 150         | 152         | 155         | 158         | 161         | 163         | 165         | 167         | 169         | 171         | 173         | 175         |
| 50    | 141         | 143         | 145         | 147         | 149         | 152         | 154         | 157         | 160         | 163         | 165         | 167         | 169         | 171         | 173         | 175         | 177         |
| 55    | 143         | 145         | 147         | 149         | 151         | 153         | 156         | 159         | 162         | 165         | 167         | 169         | 171         | 173         | 175         | 177         | 179         |

#### Average Heights and Weights of WOMEN

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_Do not confuse Knox Gelatine with flavored gelatine_

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Now

IT'S A PLEASURE TO DIET

Satisfy your sweet tooth without adding unwanted pounds! Sounds too good to be true doesn't it? But it can be done—if your favorite desserts and salads are made with pure, plain Knox Sparkling Gelatine. But be sure it is Knox . . . you'll only defeat your purpose if you confuse plain Knox Sparkling Gelatine with factory-flavored gelatine desserts which are about 85% sugar. This little booklet contains a carefully selected list of delectable dessert and salad recipes especially designed to make dieting a pleasure for weight-watchers. The recipes have all been tried and tested, and the calories tabulated by well-known food experts. Made the ordinary way, these desserts would add a “silhouette-wrecking” total of calories to the diet. Made the Knox way, you may have a generous portion of luscious desserts and tempting salads without exceeding your “calorie budget”.

KNOX GELATINE Is Pure Gelatine—No Sugar
desserts. They are 85% sugar—Knox is 100% Pure Gelatine
The recipes in this booklet will delight the whole family, yet the calories are reduced to such an extent that “weight-watchers” may enjoy a generous portion, too. Non-dieters will enjoy exactly the same dishes with perhaps the addition of whipped cream or sauces for desserts.

These DELECTABLE DESSERTS have \( \frac{1}{3} \) to \( \frac{2}{3} \) less calories than ordinary desserts.

Hawaiian Delight

6 servings

1 envelope Knox Sparkling Gelatine
\( \frac{1}{4} \) cup cold water
\( \frac{1}{2} \) cup hot water
2 tablespoonfuls sugar
Cherries

2 tablespoonfuls lemon juice
\( \frac{1}{2} \) cup crushed pineapple, cooked
Few grains salt
1 egg white, stiffly beaten

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 white and beat until thick. Pile into sherbet glasses and decorate with a cherry.

Do not confuse Knox Gelatine with flavored gelatine
Grape Royal

6 servings
1 serving—60 calories

Delicious — and a feast for admiring eyes as well.

1 envelope Knox Sparkling Gelatine
% cup cold water
½ cup hot water
½ cup grape juice

¼ cup sugar
1½ tablespoonfuls 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, lemon 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 sprig of mint.

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

6 servings 1 serving—105 calories

A light finish for a substantial meal.

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

Scald one and one-half cups milk with sugar. Soften gelatine in one-half cup cold milk. Add to hot mixture and stir until dissolved. Cool slightly, add flavoring and salt and turn into mold that has been rinsed in cold water and chill. When firm, unmold. May be served with any sliced canned or fresh fruit. Non-dieters will like it with fruit jelly or whipped cream.

Creamy Lemon Sherbet

8 servings 1 serving—250 calories

A slightly richer dessert, but still containing about 1/2 the calories of lemon milk sherbet made the ordinary way.

1 envelope Knox Sparkling Gelatine
1 quart skim milk 3/4 cup lemon juice
1 1/2 cups sugar 1/4 teaspoonful salt

Soften gelatine in one-half cup cold milk. Place cup over boiling water and stir until gelatine is dissolved. Add to remainder of milk. Mix lemon juice, sugar and salt, add slowly to milk mixture and freeze.

Prune Whip

6 servings 1 serving—190 calories with nuts

An unusual blend of flavors makes this a welcome treat.

1 envelope Knox Sparkling Gelatine
1/4 cup cold water 2 tablespoonfuls lemon juice
3/4 cup hot prune juice 1/2 cup sugar
1 cup cooked prune pulp 2 egg whites
1/4 teaspoonful salt

Soften gelatine in cold water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Chill. 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, if desired.
Deliciously simple and simply delicious.

1 envelope Knox Sparkling Gelatine  2 eggs
1 quart skim milk  1 teaspoonful vanilla
1 cup sugar (scant)  ¼ teaspoonful salt

Make a custard of 3¾ cups milk, yolks of eggs, sugar and salt. Soften gelatine in ¼ cup cold milk. Add to hot custard and stir until dissolved. When cold, add flavoring and freeze to a mush. Add whites of eggs, beaten stiff, and continue the freezing.
Pumpkin Chiffon Pie

9 inch pie 1 serving—210 calories

Tradition dictates Pumpkin Pie for Thanksgiving, but this delightful version will be welcomed any day in the year.

1 envelope Knox Sparkling Gelatine 1/2 teaspoonful nutmeg
1/4 cup cold water 1/2 teaspoonful cinnamon
1 1/4 cups canned pumpkin 1/2 teaspoonful salt
1/2 cup milk 1 cup sugar
1/2 teaspoonful ginger 3 eggs

To slightly beaten egg yolks add 1/2 cup sugar, pumpkin, milk, salt and spices. Cook until thick in double boiler. Soften gelatine in cold water. Add to hot pumpkin mixture, mix thoroughly and cool. When it begins to thicken, fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Pour into previously baked pie shell. Chill thoroughly in refrigerator. If desired, a thin layer of whipped cream may be spread over pie before serving, but if this is done it will, of course, add to the calories.

Cheese Cake

6 servings 1 serving—145 calories with evaporated milk

A happy thought for bridge-luncheons. Dainty sandwiches and a beverage complete the menu.

1 envelope Knox Sparkling Gelatine 1 cup cottage cheese
1/4 cup cold water (put through sieve)
1 egg 1 tablespoonful lemon juice
1/4 cup sugar 1/2 teaspoonful lemon rind
1/4 cup milk 1/2 cup cream or evaporated milk, whipped
1/4 teaspoonful salt

Beat yolk of egg slightly, add sugar, salt and milk and cook over boiling water until of custard consistency. Soften gelatine in cold water. Add to hot custard and stir until gelatine is dissolved. Add cottage cheese, lemon juice and rind. Cool, and when mixture begins to thicken fold in whipped cream or whipped evaporated milk and the stiffly beaten egg white.

Crush 9 slices Zwieback or 1/2 cup corn flakes. Mix thoroughly with 1/4 cup melted butter, 2 tablespoonfuls sugar and 1/2 tablespoonful cinnamon. Place part of crumbs on bottom of pan. Add cheese mixture. Sprinkle top with remaining crumbs and chill thoroughly. When firm, unmold. (Naturally the crust adds to the total number of calories. You may avoid this by using only a fine sprinkling of Zwieback crumbs top and bottom—about 1/2 cup in all.)
Orange Charlotte

6 servings

A grand variation of your old friend, Charlotte Russe.

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
1/2 cup hot water
1 cup sugar
1/4 teaspoonful salt
2 tablespoonfuls lemon juice
1 cup orange juice and pulp
White of 3 eggs
Lady fingers or stale sponge cake

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice, orange juice and pulp, and cool. When mixture begins to stiffen, beat until light; then add whites of eggs beaten until stiff, and beat thoroughly. Turn into mold lined with stale lady fingers or sponge cake and chill. When firm, unmold.

Jellied Custard

6 servings

Top with a bit of sparkling jelly and be prepared for calls for "second helpings."

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
1/2 cup hot milk
3 tablespoonfuls sugar
3 eggs
1/4 teaspoonful salt
Vanilla flavoring
1 cup cold milk

Soften gelatine in cold water. Add hot milk and stir until gelatine is dissolved. Add slightly beaten eggs, sugar and salt. Stir well. Add cold milk and flavoring. Pour into mold that has been rinsed in cold water and chill. A delicious dessert served with fresh fruit in season or canned fruit. Mold may be lined with split lady fingers.

Orange Fluff

6 servings

Perfect Treat for Children's Parties.

1 envelope Knox Sparkling Gelatine
4 eggs
1/2 cup orange juice
1/2 teaspoonful salt
2 tablespoonfuls sugar
1 teaspoonful grated orange rind

Soften gelatine in orange juice. Place bowl over boiling water and stir until gelatine is dissolved. Add beaten egg yolks, orange rind, sugar and salt. Fold in stiffly beaten egg whites; continue the folding until it begins to stiffen. Pour into individual molds that have been rinsed in cold water and let it become firm. Do not put molds in too cold a place or the mixture will become too stiff and be less delicate in flavor. Any desired flavoring may be used in place of the orange rind.
Grapefruit Foam Pudding

6 servings  1 serving—65 calories

When a light dessert is in order, here's the perfect answer. Looks good enough to eat—and is!

<table>
<thead>
<tr>
<th>1 envelope Knox Sparkling Gelatine</th>
<th>⅓ cup grapefruit juice and pulp, (canned)</th>
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<tr>
<td>⅓ cup cold water</td>
<td>¼ cup orange juice</td>
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<td>⅓ cup hot water</td>
<td>1 tablespoonful lemon juice</td>
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<tr>
<td>⅓ cup sugar</td>
<td>2 egg whites</td>
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<td>⅛ teaspoonful salt</td>
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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. Cool and when mixture 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 until firm. Unmold, and garnish with slices of any desired fresh fruit. (Those who aren't counting calories may like a custard sauce made from the yolks of the eggs.)

A favorite fruit and lively spices blend in delicious flavor for this unusual dessert. A happy ending for a substantial meal.

Peach Fantasy

6 servings  1 serving—80 calories

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<thead>
<tr>
<th>1 envelope Knox Sparkling Gelatine</th>
<th>½ cup hot canned peach syrup or hot water</th>
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<tr>
<td>⅓ cup cold water</td>
<td>1 cup canned peaches, mashed</td>
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<tr>
<td>⅓ cup sugar</td>
<td>2 tablespoonfuls lemon juice</td>
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<td>⅛ teaspoonful salt</td>
<td>2 egg whites, stiffly beaten</td>
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<td>⅛ teaspoonful ground cinnamon</td>
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<td>and cloves mixed</td>
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Soften gelatine in cold water. Add sugar, salt, spices and hot water or hot syrup, and stir until gelatine is dissolved. Add mashed peaches and lemon juice. Chill in refrigerator until mixture begins to thicken. Beat until frothy and fold in beaten egg whites. Turn into mold that has been rinsed in cold water and chill until firm.

Do not confuse Knox Gelatine with flavored gelatine
Listed as a dessert, this versatile dish may gracefully double as a salad.

1 envelope Knox Sparkling Gelatine
1 3/4 cups cold water
1 cup sugar
2 cups cranberries

Cook cranberries in one cup water 20 minutes. Stir in sugar and cook five minutes longer. Soften gelatine in 1/4 cup cold water. Add to hot cranberries and stir until dissolved. Strain, cool and when mixture begins to thicken, add celery, nuts and salt. (When using nuts, remember almonds are lowest in calories.) Turn into molds that have been rinsed in cold water and chill.

Canned cranberry sauce or cranberry jelly may be used (less sugar will be required in this case).

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
SPECIAL NON-FATTENING MAYONNAISE

| 1 tablespoonful non-fattening mayonnaise — 3 calories |
| 1 tablespoonful ordinary mayonnaise — 100-150 calories |
| 1 egg yolk | 1 teaspoonful mustard |
| \( \frac{1}{6} \) teaspoonful paprika | 2 tablespoonfuls mild vinegar |
| \( \frac{1}{2} \) teaspoonful salt | 1 cup mineral oil |
| \( \frac{1}{2} \) 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. This zestful dressing adds beauty and deliciousness (but not unwanted calories) to your favorite Knox Gelatine salad.

Lemon Chiffon Pie

*Compared with ordinary lemon pie this chiffon pie has about \( \frac{3}{2} \) the calories.*

**Filling for one 9" pie**

1 \( \frac{1}{4} \) cup cold water

\( \frac{1}{6} \) cup lemon juice

2 teaspoonsful salt

4 eggs

\( \frac{1}{2} \) cup sugar

Add one-half cup sugar, lemon juice and salt to beaten egg yolks and cook over boiling water until of custard consistency. Soften gelatine in cold water, add to hot custard and stir until dissolved. Add grated lemon rind and cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the remaining sugar has been added. Pour into cold baked pie shell or crumb crust and chill. If desired, a thin layer of whipped cream may be spread over pie before serving, but if this is done it will, of course, add to the calories.

TWO POUNDS OF BUTTER FROM ONE

*Food Value is Less Than Ordinary Butter.*

1 \( \frac{1}{4} \) cup Knox Sparkling Gelatine

1 lb. good butter

1 pint milk (preferably top half of a quart bottle)

Soften gelatine in \( \frac{1}{4} \) 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.

Do not confuse Knox Gelatine with flavored gelatine desserts. They are 85% sugar — Knox is 100% Pure Gelatine
Tropical Delight

6 servings

1 serving—185 calories with evaporated milk

You won’t need a palm tree for atmosphere to enjoy this delectable dish.

1 envelope Knox Sparkling Gelatine

1/4 cup cold water
3 eggs
Grated rind one lemon
2 tablespoonfuls lemon juice
1/2 cup sugar
1/4 teaspoonful salt
3/8 cup crushed canned pineapple
1/2 cup cream or evaporated milk (whipped)

Beat yolks of eggs slightly, and add grated rind, lemon juice, sugar and salt. Cook in double boiler stirring constantly until thickened. Remove from fire. Soften gelatine in cold water. Add to hot custard mixture and stir until dissolved. Add pineapple and cool. When it begins to stiffen, add whipped cream or whipped evaporated milk and fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water and chill. When firm unmold and garnish with sliced pineapple if desired.

Golden Easter Pudding

6 servings

1 serving—165 calories with evaporated milk

A “natural” for Sunday night supper.

1 envelope Knox Sparkling Gelatine

1/4 cup cold water
1 cup scalded milk
(not boiled)
1/2 cup sugar
1/2 cup orange juice
1/4 cup cream or evaporated milk (whipped)
1/4 teaspoonful salt
1 1/2 tablespoonfuls lemon juice
Grated rind 1/2 orange
2 eggs

Beat egg yolks with sugar and add to scalded milk in double boiler. Cook over boiling water until mixture coats spoon. Remove from fire. Soften gelatine in cold water. Add to hot custard and stir until dissolved. Cool slightly and add lemon juice, orange juice and rind and salt. Cool, and as mixture starts to congeal, add whipped cream or whipped evaporated milk and fold in stiffly beaten egg whites. Pile in glasses and garnish with fruit. Or chill in ring mold and fill center with cut up oranges.

Do not confuse Knox Gelatine with flavored gelatine
### Christmas Plum Pudding

**Gives a Holiday Touch to Everyday Meals.**

| 1 envelope Knox Sparkling Gelatine   | 1/2 cup dates   |
| ---                                 | 1/4 cup nuts, chopped |
| 1/2 cup cold water                  | 1/2 cup sugar     |
| 1 cup milk                          | 1/4 teaspoonful salt |
| 3/4 square chocolate (or 3          | 1/4 teaspoonful vanilla |
| tablespoonsfuls cocoa)              | 2 egg whites      |
| 1/2 cup seeded raisins              |                   |
| 1/4 cup currants                    |                   |

Put milk with chopped fruit in double boiler. When cooked slightly add cocoa or chocolate which has been melted and mixed with part of the sugar and a little milk to make a smooth paste. Soften gelatine in cold water. Add to hot chocolate mixture and stir until dissolved. Add sugar and salt and stir thoroughly. Remove from fire, cool, and when mixture begins to thicken, add nuts and vanilla, and lastly fold in whites of eggs beaten very stiff. Turn into mold that has been rinsed in cold water and decorated with whole nut meats and raisins. Chill. When firm remove to serving dish. May be served with a thin fruit or jelly sauce. Serve with whipped cream to those who aren’t counting calories.

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

These cool refreshing salads are as attractive to serve as they are delicious to eat. Delectable fruit, vegetable, meat and fish combinations, supply the proteins and vitamins needed to keep health and strength, while preserving slim lines. They have the added attractions of being easy to make and economical. "A little goes a long way" in a sparkling Knox Gelatine salad. They may be made well beforehand placed in the refrigerator—and there's an important part of the evening meal ready long before it's time to think about "getting dinner".

**Gold and Emerald Salad**

6 servings  
1 serving—40 calories

This sparkling salad is a delight to the eye as well as to the palate.

1 envelope Knox Sparkling Gelatine  
1 cup hot water  
1 cup grapefruit, cut in cubes or  
1 tablespoonful sugar  
1 small can broken grapefruit  
1 tablespoonful lemon juice  
1 cup diced cucumber  
3/4 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 lettuce with Non-Fattening Mayonnaise. Green vegetable coloring may be added if desired.

**Jellied Chicken Supreme**

6 servings  
1 serving—105 calories

The whole family will enjoy this delectable chicken salad — and weight-watchers may enjoy a generous portion with a clear conscience.

1 envelope Knox Sparkling Gelatine  
1/4 cup cold chicken broth or water  
1 1/4 cups hot chicken broth, fat free  
1/4 cup cream, whipped  
1/2 teaspoonful salt  
1/6 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.
A salad and dessert in one.

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
Yolks 2 eggs
1 tablespoonful melted butter
1/2 cup mild vinegar
3 tablespoonfuls sugar
1/4 teaspoonful paprika

2/3 cup milk
2 tablespoonfuls canned pineapple juice
1 cup prepared fruit
1 cup cream or evaporated milk (whipped)
1/2 teaspoonful salt

Whip egg yolks and salt, add gradually vinegar, sugar, butter, paprika and pineapple juice. Whip lightly. Heat milk in double boiler and gradually add to the above egg mixture. Return to top of double boiler.

Soften gelatine in cold water. Add to hot mixture and stir until dissolved. When it begins to thicken, 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 mold that has been rinsed in cold water and chill. When firm, remove to bed of lettuce and garnish with Non-Fattening Mayonnaise to which has been added the beaten white of an egg. Slice for serving. Mold may be tightly sealed and packed in ice and salt if a frozen salad is desired, or may be turned into tray of mechanical refrigerator.
**Tomato Jelly**

6 servings

1 serving—25 calories

With its tempting ruby perfection, Knox Tomato Jelly is one of the most popular of salads.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td></td>
</tr>
<tr>
<td>2 cups canned or fresh tomatoes</td>
<td></td>
</tr>
<tr>
<td>1/2 bay leaf (if desired)</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoonful salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful mild vinegar or lemon juice</td>
<td></td>
</tr>
<tr>
<td>Few grains Cayenne or pepper</td>
<td></td>
</tr>
<tr>
<td>Stalk celery</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful onion juice</td>
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</tr>
</tbody>
</table>

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 Non-Fattening Mayonnaise. 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—1 1/2 cups tomato juice or tomato juice cocktail may be substituted for the canned or fresh tomatoes. 3/4 cup condensed tomato soup diluted with 3/4 cup water may also be substituted.

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**Hollywood Salad**

6 servings

1 serving—95 calories

This salad is delicious and satisfying, yet amazingly low in calories.

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

Soften gelatine in cold water; add sugar, salt and hot water and stir until dissolved. Add grapefruit juice. Pour a little of the 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 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 Non-Fattening Mayonnaise and a whole nut meat.

**Do not confuse Knox Gelatine with flavored gelatine**
Banquet Salad

6 servings  1 serving—100 calories with evaporated milk

A simple meal takes on a festive air with this handsome delectable salad. Makes a substantial luncheon main dish.

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water
1 cup hot water
$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cup mild vinegar
1 cup cottage cheese

$\frac{1}{4}$ cup stuffed olives, chopped
$\frac{1}{2}$ cup celery, chopped
$\frac{1}{4}$ cup green pepper, chopped
$\frac{1}{8}$ cup cream or evaporated milk (whipped)

Soften gelatine in cold water. Add hot water and stir until dissolved. Add salt and vinegar. Cool. When mixture begins to thicken, fold in cheese, olives, celery, pepper and whipped cream or evaporated milk. Turn into individual molds or large mold that has been rinsed in cold water and chill. When firm, unmold on lettuce and serve with Non-Fattening Mayonnaise.

Gellied Waldorf Salad

6 servings  1 serving—110 calories

A fittingly "Hi-hat" name for an unusually delicious salad.

1 envelope Knox Sparkling Gelatine

$\frac{1}{2}$ cup cold water
1 cup hot water
$\frac{1}{4}$ cup mild vinegar or lemon juice
$\frac{1}{2}$ cup chopped celery

$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoonful salt
2 tart apples, cut in small pieces
$\frac{1}{4}$ cup chopped nuts

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 nuts. Turn into mold that has been rinsed in cold water and chill. Unmold on lettuce and serve with Non-Fattening Mayonnaise.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
Tuna Fish, Manhattan

6 servings

1 envelope Knox Sparkling Gelatine

¼ cup cold water

½ cup hot water

1 tablespoonful lemon juice or mild vinegar

1 teaspoonful salt

½ teaspoonful paprika

¼ cup tuna fish, flaked

¼ cup celery, cut in small pieces

¼ cup cucumber, cut in small pieces

Here is a treat for meatless meals. This is a substantial main-dish salad which requires only a bit of hot soup and a light dessert to compose a meal.

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. This salad really needs no further enhancing, but you may garnish with Non-Fattening Mayonnaise if desired.

Perfection Salad

6 servings

1 envelope Knox Sparkling Gelatine

¼ cup cabbage, finely shredded

½ cup celery, cut in small pieces

1 pimiento cut small, or 2 tablespoonsfuls sweet red or green peppers

The name gives a hint of how this delicious salad will be received by guests or the family.

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add vinegar and lemon juice. Cool. When mixture begins to thicken, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on bed of lettuce or endive. Garnish with Non-Fattening Mayonnaise.

Do not confuse Knox Gelatine with flavored gelatine
Jewel Salad

As sparkling and appealing as its attractive name.

1 envelope Knox Sparkling Gelatine ¼ teaspoonful salt
¼ cup cold water ¼ cup mild vinegar
¼ cup hot water 1 tablespoonful lemon juice
¼ cup sugar 1 cup cucumber, diced
2/3 cup pineapple syrup 1 cup canned pineapple

Sorten gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add pineapple syrup, lemon juice and vinegar. Chill. When mixture begins to thicken add diced cucumber and pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water and chill. When firm, unmold and garnish with lettuce and Non-Fattening Mayonnaise.

desserts. They are 85% sugar—Knox is 100% Pure Gelatine
An adequate protein intake is necessary in any safe reducing program. Knox Gelatine has been successfully used for providing the extra proportion of protein which is required for maintaining the health of the body tissues. The Knox Gelatine drink will help supply that extra protein requirement.

The Knox Gelatine drink is prepared as follows:

(Total calories 85-125 with fruit juices, 28 with water.)

Empty one envelope of Knox Gelatine in a glass three-quarters filled with cold water or fruit juice (or half water and half fruit juice). Let the liquid absorb the gelatine. Stir briskly, and drink immediately. If it thickens, stir again.

Four envelopes a day for two weeks, continued with two envelopes a day will show the value of the extra protein.

Many who can get along on a light breakfast, find the Knox concentrated liquid drink (formula above) with fruit juice most satisfying, as well as energizing, when taken regularly.

Knox Sparkling Gelatine is recommended for many diets. It must not be confused with factory-flavored gelatine desserts which are about 85% sugar and artificially colored.

Knox Sparkling Gelatine is of the highest quality and conforms to the most exacting standards for purity. It provides bulk with few calories. It is completely and easily digested... excellent for bland or fluid diets. Being unsweetened and non-fattening, Knox is used widely for the overweight, as well as for diabetics. And Knox brings welcome variety and appetizing delight to a limited diet in delicious dishes the whole family will enjoy.

Competent dietitians have prepared these Knox Sparkling Gelatine special diet booklets. In them, you'll find refreshing, delightful recipes, suited to particular conditions. Simply check the leaflets you wish, and they will be sent to you free!

Knox Gelatine, Johnstown, N.Y.

Please send FREE leaflets and Recipe Books checked below.

.... Knox Quickies  .... Feeding Sick Patients
.... Mrs. Knox's 55-page .... Reducing Diets
    Recipe Book .... Gelatine as an Aid in
.... Peptic Ulcers .... Digestion of Milk
.... Diabetic Recipes

Name................................. Address.................................
City................................. State.................................
Knox for Speed! Economy! Convenience!

Every package of Knox Sparkling Gelatine contains four sanitary, sealed, measured 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 guesswork, just open an envelope of Knox, soften the gelatine in cold liquid, then dissolve it in or over hot water, and you have the exact amount of gelatine to give a firm, smooth, tender jell.

Knox is economical, too. Each package is sufficient for 24 servings, or for six servings each of four different dishes. Attractive recipe leaflets are included in every package to help you plan refreshing new dishes that will delight the whole family.

Insist on Knox Sparkling Gelatine . . . all pure gelatine . . . no sugar. You’ll find it at all good grocery stores.