Healthful Economy

The dictionary defines “Economy” to mean “thrifty management in expending income,” which certainly neatly tucks a great many different ideas into a very few words.

Economy is the basis of living, no matter how wealthy we are, but the interpretation of the word in the past has varied with the different income levels. Today, however, all groups are conscious of the need for economy in the strictest sense of the word.

In this pamphlet we are going to deal only with food economy. While it is only part of the whole picture, it is an extremely important one, because good health is the foundation upon which our other economies are built.

It is false economy if the meals served your families do not provide the foods necessary for good health. Recent investigations and surveys have shown that a large percentage of the population of the United States is in the undernourished group. This is not necessarily because of lack of income, but rather lack of knowledge of the basic essentials of nutrition. Many of this group are receiving plenty of food but not the right kind of food.

So, before we can practice true economy, we should know what foods must be included in our daily diet. Then we can build our menus according to income and personal tastes.

Here is a chart giving briefly and concisely the kinds and amounts of the foods we should eat every day:

EGGS
- For adults at least 3 or 4 a week. For children at least 5 a week. Brown eggs have the same food value as white, and in some sections of the country are less expensive. Use better grades for boiling, frying, etc., and lower grades for sauces and other cooking purposes. One egg a day per person is desirable, if possible.

BREADS AND CEREALS
- One serving of cereal each day and bread at every meal. Use at least one-half the bread and cereal dark or whole grain as they supply extra vitamins and minerals that are not obtained in the refined cereals and flours.

VEGETABLES
- At least two servings a day of a leafy, green or yellow vegetable and one serving a day of white or sweet potatoes. Try to serve raw vegetables in
some form whenever possible (carrots, cabbage, etc.). Some vitamins and minerals are lost in cooking.

**MEATS, FISH AND POULTRY**

At least one serving a day and two for members of the family who are very actively employed. May be served 3 to 4 times a week, and eggs, cheese or dried peas or beans served on remaining days.

**MILK**

One quart a day for children and one pint a day for adults. Part of this quota may be taken as a drink and part used for cooking purposes.

**FRUITS**

A minimum of one serving a day. Citrus fruits and tomatoes are particularly important as they are high sources of Vitamin C.

**FATS**

Minimum of 2 to 3 ounces (4 to 6 tablespoons) per day for each member of the family for cooking and eating purposes. This may include butter or vitamin fortified margarine. Also fatty bacon, cooking or table oils, if necessary.

**SUGARS**

Minimum of 4 to 5 tablespoons of sugar a day. This includes white, brown or maple sugars, syrups or molasses.

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**ECONOMY HINTS**

We know it has never been good economy to waste food, but today the Government is asking us to take particular care in this respect. The best way to avoid waste is to plan menus for at least a week at a time. It is even better to work them out for a month, if you can. By doing this, you can tie your menus together and incorporate planned left-overs. The latter are one of the most effective economy aids. When buying meat for a certain meal for instance, purchase a little extra at a comparatively small cost and incorporate it into a main dish the next day by extending it with macaroni or perhaps combining it with Knox Gelatine to make a salad or meat loaf.

Again, by planning your menus ahead, you can watch for food specials and buy to the best advantage to your pocket-book. Avoid monotony in the foods you serve and try to plan menus that incorporate color as well as healthfulness. An attractive plate, daintily served, aids appetite and digestion.

Check your food markets and look into some of the foods you may not have tried before. We become accustomed to eating certain items and frequently fail to make use of other
delicious and healthful foods that we may not be familiar with. Each section of the country has its specialties. Be sure you know about them.

Fruits, vegetables and meats all have their seasons. Find out what these seasons are for your own particular locality and make a list for your own reference. Use these foods when they are most economical. Try to acquire new ways of preparing them. Your family won't object to having a certain food served fairly often if you change its costume.

Meats do not have to be expensive to be good. The cheaper cuts and grades are equally nutritious. Learn what these cuts are and how to prepare them. Your butcher should be able to help you in this. Cook meats, poultry and fish at a moderate temperature. It will not only shrink less and you thereby get more servings, but it will be more tender and juicy. Stretch your meat flavors by combining them with low-flavored foods such as macaroni and rice.

Don't forget to use the "extra parts." Liver, kidneys and heart are higher in certain important food elements than other meat cuts. Also use meat trimmings and bones to flavor soups and left-over vegetables.

Buy fresh fruits and vegetables in season. Canned ones may be used when they cost less than fresh. Wash all fruits and vegetables before serving or cooking. Cook vegetables without peeling whenever possible and use as little water as possible. Cook only until tender, as overcooking spoils flavor and destroys vitamins. Save water in which they are cooked, since it contains valuable vitamins. Use it for soups and gravies. Never use soda in cooking vegetables as it destroys certain vitamins.

KNOX GELATINE AS AN ECONOMY AID

The housewife who plans her meals so that every left-over is used is practicing true economy. Knox Plain Unflavored Gelatine can be a great help in this respect. There are a wealth of delicious and healthful gelatine salads, main dishes and desserts that may be easily and inexpensively made from left-overs.

The most important thing is to plan your menus in advance. In this way you can figure out just how you will use your left-overs in each meal. In many instances you can
deliberately plan to buy a little extra of some food so you will have enough left to make into jellied salad, a casserole dish or dessert the next day. The little extra amount will not cost very much.

Keep a covered dish in the refrigerator and tuck away small amounts of fruits, vegetables or meats that would ordinarily be thrown away. In two or three days you will find you have enough to make a jellied salad or dessert. Combining it with Knox Sparkling Gelatine will extend small amounts of food into servings that provide plenty for the heartiest eater.

These left-over dishes are fine for the children’s luncheon as well as for the family dinner, and they are quick and easy to make. Keep a box of Knox Sparkling Gelatine on the kitchen shelf where it is handy. Then while you are straightening up the kitchen after dinner, it only takes a minute to soften an envelope of gelatine in cold water and dissolve it in some of the hot liquid the vegetables were cooked in. Set this liquid in the refrigerator while you are doing the dishes. By the time they are done, the gelatine liquid will have cooled and begun to thicken. Then fold in the left-over vegetables, turn the mixture into molds that have been rinsed out in cold water and tuck them away in the refrigerator. Close the door and forget about them. When the children come home from school for their lunch, unmold the salad onto lettuce, a cabbage leaf or desired greens, and it is all ready to eat. Easy, isn’t it? Served with a bowl of piping hot soup, bread and butter, a glass of milk and cookies for dessert, the youngsters will have a substantial and healthful meal.

Speaking of economy, attention is called to the butter-stretching recipe given on page 8.

BASIC RECIPES HELPFUL

In this pamphlet, we have given you several basic gelatine recipes which may be used for these quick and easy left-over salads and desserts. Any desired combinations may be folded into them.

Fresh fruits and fruit juices are important items in our daily diet. Vary their appearance on the table by combining them with gelatine. You can make them into whips, bava-
rians, chilled custards or just mold the fresh fruits or juices by themselves. They make mighty attractive desserts and are mighty good for us, too.

Be sure that you do not confuse plain unflavored gelatine with the factory flavored gelatine dessert-powders. They are about \( \frac{7}{8} \) sugar and only about \( \frac{1}{8} \) gelatine, while Knox Gelatine is all gelatine; it has no flavor of its own to cover up the fresh fruit flavors of the ingredients used in them. Every one of these plain gelatine dishes is fairly bursting with delicious goodness.

**GELATINE — A PROTEIN**

Remember that Knox Sparkling Gelatine is a pure concentrated protein and one of the most easily digested ones of this important food group. Proteins are the great body-building materials. The body cells, made up almost entirely of protein, are constantly being formed, broken down from wear and tear and then repaired again. It is necessary to replenish the protein supply regularly, for if we don’t the body starts burning itself and we become tired and rundown.

Knox Gelatine, which has seven of the ten essential amino acids, is an excellent supplement to the proteins we receive daily from various other sources such as meat, eggs, milk, etc. The protein value of Knox Sparkling Gelatine and the mineral and vitamin content of the fresh fruits and vegetables you use in these gelatine dishes are valuable aids to the well-balanced diet.

Watch the protein foods you serve your family and be sure they receive the proper amounts and variety. Knox Sparkling Gelatine taken in the form of a drink made by pouring an envelope, undissolved, into your favorite fruit juice or even water, is another good way to supplement your protein intake. Many normally healthy people have reported that when they drank it regularly they felt much better at the end of their day’s work. (See formula, page 12).

Perhaps you have trouble getting the children to eat all the vegetables necessary for their growing bodies. Lots of mothers have found that they will go for vegetables in a big way if you wrap them in a shimmering, shining coat of gelatine. Keep this in mind the next time Junior balks at
his carrots. Shred them up on a fine grater, combine with shredded cabbage or pineapple, and mix with the basic gelatine vegetable salad recipe.

KNOX GELATINE EASY TO USE

Knox Sparkling Gelatine is very easy to use. To save you time and effort, it is packed in individual sanitary envelopes containing one level tablespoon each. No need to measure, because this has been done for you already in the factory. Then, too, every package contains four of these envelopes and each will make a delicious salad or dessert to serve six people, or a total of 24 servings to each package.

In fact, gelatine will do a lot to help you avoid menu monotony, that bugaboo of economical meals. While you may have to use the same foods frequently, you can vary their appearance by means of the many different gelatine recipes. Try it and you will find you'll get a rising vote of thanks from your family.

Stale pieces of bread, cake and cookies all may be made into delectable desserts with gelatine. Use bread crumbs to make a pie crust for a tempting fluffy-high lemon or chocolate chiffon pie. Or line a serving dish with slices of left-over cake and fill with one of the fruit Bavarians or Charlottes. Cookies may be used the same way.

TIME-SAVING RECIPES

Knox Sparkling Gelatine not only is an aid to economical menus, but is a time saver for you, too. Gelatine dishes take but a few minutes to prepare, then they may be put away in the refrigerator and forgotten until time to serve. Many of us never seem to have time enough to do all the things we want to. By taking advantage of time-saving Knox Gelatine recipes you add many minutes to your day for other activities.

Knox dishes are ready to serve when you open the refrigerator door. This not only helps at dinner time, when you are busy preparing the rest of the menu, but it will do a lot to preserve your peace of mind when you are entertaining a group of friends of an evening. Concentrate on being a perfect hostess and having a good time, safe in the knowledge that the refreshments are "cooking" in the refrigerator and all you will have to do is turn them out of the molds and place them before your hungry guests.

But, after all, "the proof of the pudding is in the eating," and so you will have to try some of the Knox Sparkling Gelatine dishes given in this pamphlet to find out what an aid it can be to your food and time budget and the good health of your family.
RECIPE

A GELATINE BASE FOR VEGETABLE SALADS
(Serves 6)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>3/4 tablespoons</td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td>sugar (or more</td>
</tr>
<tr>
<td>1 cup hot water</td>
<td>according to</td>
</tr>
<tr>
<td>1/4 cup mild vinegar</td>
<td>Dash pepper</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>finely minced</td>
</tr>
<tr>
<td></td>
<td>onion</td>
</tr>
</tbody>
</table>

Soften gelatine in cold water and dissolve in hot water. Add vinegar, lemon juice, salt, sugar and pepper. Cool, and when mixture begins to thicken, fold in vegetables. Pour into one large or individual molds which have been rinsed out in cold water first, and chill. When firm, unmold onto lettuce and serve with mayonnaise or French dressing. Chopped left-over meat may be mixed with the vegetables if desired.

A GELATINE BASE FOR FRUIT SALADS
(Serves 6)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1/4 cup sugar</td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td>(or more to</td>
</tr>
<tr>
<td>1 cup hot water or fruit juice</td>
<td>taste if very</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
<td>tart fruits are</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>used)</td>
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</tbody>
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Soften gelatine in cold water and dissolve in hot fruit juice. Add lemon juice, salt and sugar and stir well. Cool, and when mixture begins to thicken, fold in diced fruits. Any desired combination may be used. Pour into individual or one large mold which has been rinsed out in cold water first, and chill. When firm, unmold onto salad greens and serve with mayonnaise or desired dressing. May be served on a base of cottage cheese placed in lettuce cups first.

GELATINE MEAT LOAF
(Serves 6)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Sparkling Gelatine</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>1/2 cup cold water</td>
<td>salt</td>
</tr>
<tr>
<td>1 cup stock, well seasoned</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>1 onion, peeled and sliced</td>
<td>finely chopped</td>
</tr>
<tr>
<td>1 stalk celery, chopped</td>
<td>parsley</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td>(if desired)</td>
</tr>
<tr>
<td>1 cup cold chopped meat (veal,</td>
<td>1/2 cup chopped</td>
</tr>
<tr>
<td>lamb, chicken, beef, ham, pork,</td>
<td>celery</td>
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<tr>
<td>etc.)</td>
<td></td>
</tr>
</tbody>
</table>

Soften gelatine in cold water. Add onion, stalk of celery and salt to stock or consomme and boil three minutes. Strain. Add softed gelatine and stir until dissolved. Add lemon juice and cool. When mixture begins to thicken, fold in diced meat, celery and parsley. Turn into loaf pan which has been rinsed out in cold water first, and chill. When firm, unmold onto platter. Garnish with lettuce, watercress or desired salad greens, and serve with mayonnaise. Slice to serve.

Note: Canned soup, home-made soup stock or bouillon cubes may be used. Chopped left-over vegetables may be used in place of celery.

An excellent dish for the children’s lunch or the family’s supper.

TWO POUNDS OF “BUTTER SPREAD”

Food Value is Less Than Ordinary Butter

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.

**EGG AND VEGETABLE SALAD**
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot consomme
1/2 cup strained tomato juice
1 tablespoon lemon juice
3 hard-cooked eggs, cut up
1 cup mixed diced vegetables (carrots, corn, beans, peas, celery, etc.)
1/4 teaspoon salt
Pinch of pepper

Soften gelatine in cold water and dissolve in hot consomme. Add tomato juice, salt and pepper, and lemon juice. Cool, and when mixture begins to thicken, fold in eggs and vegetables. Turn into individual or one large mold which has been rinsed out in cold water first, and chill. When firm, unmold onto greens and serve with mayonnaise or cooked salad dressing. Canned consomme or bouillon cube may be used.

**WINTER JEWEL SALAD**
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 1/4 cups hot water
1 teaspoon salt
2 tablespoons horseradish
2 tablespoons lemon juice
2 tablespoons vinegar
2 tablespoons sugar
1/2 cup diced cooked beets
1/2 cup finely chopped or shredded cabbage
1 tablespoon minced onion

Soften gelatine in cold water and dissolve in hot water. Add sugar, salt, horseradish, lemon juice and vinegar. Cool, and when mixture begins to thicken, fold in vegetables. Pour into molds that have been rinsed out in cold water first, and chill. When firm, unmold and serve on lettuce with mayonnaise.

**TUNA SALAD LOAF**
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 teaspoon paprika
1/4 cup water
3/4 cup cooked salad dressing or mayonnaise
1 cup flaked tuna
1/2 teaspoon salt
1/4 teaspoon paprika
1 tablespoon mild vinegar
1/2 green pepper finely chopped
Few grains cayenne, if desired
1/2 cup chopped celery

Soften gelatine in cold water and dissolve over boiling water. Cool to lukewarm, and add to salad dressing, stirring thoroughly. Fold in flaked tuna, salt, paprika, vinegar, green pepper and celery. Turn into individual or one large mold which has been rinsed out in cold water first, and chill. When firm, unmold onto salad greens and serve with extra dressing.

*Note: Flaked salmon, crab or other desired fish may be used. It is an excellent way to use up left-over fish.*

**SUNSHINE SALAD**
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot pineapple syrup
1/4 cup mild vinegar
1/2 cup orange juice
1/4 cup sugar
1 cup shredded raw carrots
1 cup oranges cut in small pieces
1 1/2 cups canned pineapple tidbits
1/4 teaspoon salt

Soften gelatine in cold water. Add hot pineapple syrup, vinegar, orange juice, sugar and salt and stir until gelatine is dissolved. Cool, and
when mixture begins to thicken, fold in carrots, oranges and pineapple. Turn into individual or one large mold which has been rinsed out in cold water first, and chill. When firm, unmold onto salad greens and serve with mayonnaise or cooked salad dressing.

**GRAPEFRUIT PERFECTION SALAD**

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1 No. 2 can (2 1/2 cups) grapefruit segments
- 1/4 cup vinegar
- 1/2 teaspoon salt
- 1/3 cup finely shredded cabbage
- 1 pimento, finely chopped
- 1/4 cup sugar

Soften gelatine in cold water and dissolve in hot juice drained from can. Add vinegar, sugar and salt. Cool, and when mixture begins to thicken, fold in grapefruit, cabbage and pimento. Pour into individual or one large mold which has been rinsed out in cold water first, and chill. When firm, unmold onto salad greens and serve with mayonnaise or cooked salad dressing. To use fresh grapefruit, use 1/2 cup boiling water, 3/4 cup grapefruit juice and 1 cup grapefruit segments. Dissolve gelatine in boiling water, add grapefruit juice, vinegar, etc., and proceed as above. Three tablespoons lemon juice may be used in place of vinegar if desired.

**JELLIED FRUIT COBBLER**

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 1 cup hot water or fruit juice
- 1/2 cup sugar
- 1/2 cup orange juice
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1 1/2 cups stale cake or cracker crumbs
- 1/4 cup melted butter or margarine

Soften gelatine in cold water and dissolve in hot water. Add sugar, salt, orange and lemon juice. Cool and when mixture begins to thicken, fold in sliced fruit. Cake, cookie, baking powder biscuit crumbs, Zwiebach or graham cracker crumbs may be used for crust. Mix crumbs and melted butter thoroughly. Pour in fruit mixture. Sprinkle top with remaining buttered crumbs and chill. When firm, unmold onto dessert plate and garnish with pieces of fruit if desired. Serve with thin cream or whipped evaporated milk or cream.

*Note: Peaches, cherries, raspberries, apricots or other fruits may be used.*

**PRUNE WHIP**

(Serves 6)

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 3/4 cup hot prune juice
- 1 cup cooked prune pulp
- 2 tablespoons lemon juice
- 1/2 cup sugar
- 2 egg whites
- 1/2 cup chopped nuts, if desired
- 1/4 teaspoon salt

Soften gelatine in cold water, and dissolve in hot prune juice. Add prune pulp, lemon juice, sugar and salt. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water, or directly into dessert dishes, and chill. When firm, unmold onto dessert platter. Sprinkle with chopped nuts and serve with cream or custard sauce.

*Note: Other fruits, peaches, apricots, etc., may be used in place of prunes.*
PRUNE WHIP PIE

Turn Prune Whip mixture into a previously baked pie shell or crumb crust, and chill. Just before serving, top with whipped cream or evaporated milk.

FRUIT BAVARIAN CREAM

(Serves 6)

1 envelope Knox Sparkling Gelatine  ¼ teaspoon salt
½ cup cold water  ½ cup sugar
1 cup fruit juice and pulp  1 ½ cups cream or evaporated milk, whipped
1 tablespoon lemon juice

Soften gelatine in cold water and dissolve over hot water. Add fruit juice, mixed with lemon juice, salt and sugar. Cool, and when mixture begins to thicken, fold in whipped cream or evaporated milk. Turn into mold which has been rinsed in cold water, or directly into serving dishes. Chill. Serve with crushed fruit sauce if desired.

Note: Use canned pineapple, fresh or canned strawberries, raspberries, peaches or any preferred fruit.

MOCHA SPONGE

(Serves 6)

1 envelope Knox Sparkling Gelatine  ¾ cup sugar
¾ cup cold water  2 egg whites
1 ½ cups hot coffee  ⅛ teaspoon salt
2 tablespoons lemon juice

Soften gelatine in cold water. Dissolve in hot coffee. Add sugar, salt and lemon juice. Cool, and when mixture thickens and is almost set, beat with a wire whisk until quite stiff and fluffy. Fold in stiffly beaten egg whites and continue beating until mixture will hold its shape. Turn into mold that has been rinsed in cold water, or pour directly into serving dishes. Chill. Serve with thin cream or custard sauce.

Note: Fresh or canned fruit juices may be used in place of coffee if desired.

BANANA AND PINEAPPLE FLUFF

(Serves 6)

1 envelope Knox Sparkling Gelatine  ½ teaspoon salt
¼ cup cold water  ¾ cup canned crushed pineapple, drained
½ cup canned pineapple syrup  ½ cup crushed ripe banana
1 tablespoon lemon juice  2 egg whites
½ cup sugar

Soften gelatine in cold water and dissolve in hot pineapple syrup. Add sugar and lemon juice and salt. Cool, and when mixture begins to thicken, fold in crushed banana, pineapple, and stiffly beaten egg whites. Turn into mold which has been rinsed out in cold water or directly into dessert dishes. Chill until firm. Serve garnished with sliced bananas and serve thin cream, or custard sauce.

CHEESE CAKE

(Serves 6)

1 envelope Knox Sparkling Gelatine  ½ cup cream or evaporated milk, whipped
¼ cup cold water  1 cup cottage cheese, put through sieve
1 egg  ¼ cup sugar
¼ cup milk  ¼ teaspoon salt
¼ teaspoon grated lemon rind

Beat egg yolks slightly, add sugar, salt and milk and cook in double boiler until custard consistency, stirring constantly. Soften gelatine in cold water and dissolve in hot custard. Add cottage cheese, lemon juice and rind. Cool, and when mixture begins to thicken, fold in whipped cream or evaporated milk, and stiffly beaten egg white.
Make crumbs for bottom and top of Cheese Cake as follows: Crush 9 slices of sweetened Zwieback or 1 cup corn flakes. Mix thoroughly with ¼ cup melted butter, 2 tablespoons sugar and ½ tablespoon (1½ teaspoons) cinnamon. Press part of the crumbs firmly into the bottom of the pan, add cheese mixture. Sprinkle top with the remaining crumbs and chill. When firm, unmold and slice.

Note: Left-over sliced fruits may be placed on top of crumbs before cheese filling is put in.

**FRESH FRUIT PIE**  
*(Filling for one 9" pie)*

- 1 envelope Knox Sparkling Gelatine
- ⅛ cup cold water
- ⅔ cup water
- 1 cup fresh fruit, sliced before measuring
- ⅛ teaspoon salt

Soften gelatine in ¼ cup cold water. Simmer 1 cup sliced fruit with the ¾ cup water and the sugar until all juice is out, mashing fruit as it cooks. Strain off juice. Add softened gelatine and stir until dissolved. Add lemon juice, and salt. Cool, and when mixture begins to thicken, pour over sliced fruits arranged in baked pie shell or crumb crust. Chill. Garnish with whipped cream just before serving if desired.

Note: Whole or halved strawberries, peaches, raspberries, cherries, apricots, etc., may be used.

**ORANGE CHIFFON PIE**  
*(Filling for one 9" pie)*

- 1 envelope Knox Sparkling Gelatine
- ⅛ cup orange juice
- ⅛ teaspoon salt
- 4 eggs
- 1 cup sugar
- 1 tablespoon grated orange rind
- 1 tablespoon lemon juice

Soften gelatine in cold water. Beat egg yolks, add ½ cup sugar, orange juice, lemon juice, and salt. Cook in double boiler until custard consistency, stirring constantly. Add softened gelatine and stir until dissolved. Add grated orange rind. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites to which remaining ½ cup sugar has been added. Pour into baked pie shell or crumb crust and chill. Garnish with whipped cream just before serving if desired.

**CRUMB CRUST:**  1 ½ cups graham cracker crumbs, ½ cup powdered sugar, and ⅓ cup butter, scant. Crush crackers and blend with butter and sugar which have been creamed together. Pat mixture firmly into pie pan and chill before pouring in filling.

**ORANGE DELIGHT**  
*(Serves 5 to 6)*

- 1 envelope Knox Sparkling Gelatine
- ⅛ cup cold water
- ⅛ cup hot water
- ⅛ cup sugar

Soften gelatine in cold water and dissolve in hot water. Add sugar, orange juice, lemon juice and salt. Pour into mold rinsed in cold water or dessert dishes. Chill till firm. Other fruit juices may be used the same way.

**DRINKING KNOX GELATINE**

The Knox Gelatine Drink is prepared as follows: Empty 1 envelope (¼ pkg.) Knox Gelatine in glass about ½ full of water, fruit juice, or milk, not iced. Let liquid absorb gelatine. Stir briskly and drink quickly. If it thickens add more liquid and stir again.