Cut Butter Bills with Knox Spread

Delicious new money-saving recipes from famous magazine kitchens
To the Country's Wartime Housewives:

I have always felt that the standards of the family table should be the last to be lowered in time of need. Good health and morale depend so much on nutritious, good quality foods, prepared well.

Butter is one of those foods you don't want to cut out. It's so necessary and important in your diet.

Here is a way to make two pounds of spread from one pound of butter. Knox Spread has a rich, buttery flavor . . . good food value (although not so many calories as butter) . . . and costs about one-third less than butter!

I used Knox Spread on bread, toast, waffles, vegetables, and in several recipes. It proved excellent. But I wanted to be sure my enthusiasm was not prejudiced. So I asked the food editors and institutes of several leading women's magazines to test the spread thoroughly.

Unanimously, they said the Knox Spread was grand. Here are some recipes they worked out as being well suited to the use of the spread. I hope you will also like them . . . and use them to help keep the fine family table you've always set!

Sincerely,

(A. W. Knox)

(MRS. CHARLES B. KNOX)
DON'T GIVE UP BUTTER!

Butter is one of the most valuable sources of the important Vitamin A. You need it for a sound, health-building diet. It's a delicious necessity. It gives rich flavor on your table and to your cooking.

But if you now have to stretch food money, here is a way you can save about one-third on butter bills.

This recipe makes two pounds of spread from one pound of butter. Knox Spread has rich, buttery flavor. It spreads easily and smoothly. Although it is lower in calories than butter, it has all these food values:

1 lb. butter — Butter fats, Vitamin A, some Vitamin D.
1 can milk — Vitamin A, Vitamin B Complex, Vitamin D, protein, butter fats, calcium.
1 envelope Knox Gelatine — All protein.

USE KNOX SPREAD AS YOU WOULD BUTTER ON BREAD, TOAST, MUFFINS, PANCAKES, VEGETABLES

FOR COOKING USES . . . LOOK INSIDE!

KNOX SPREAD

1 envelope Knox Gelatine
1 lb. good butter
1/4 cup cold water
1 14 1/2-oz. can evaporated milk (irradiated)

Soften gelatine in 1/4 cup cold water. Then place in a dish of hot water and stir until gelatine is thoroughly dissolved. Cut the butter into small pieces. Place it in a dish over hot water until the butter is quite soft. Do not melt. Gradually whip the milk and the dissolved gelatine into the butter with a Dover egg beater or your electric mixer. After the milk is thoroughly beaten into the butter, add salt to taste. If milk separates, keep on beating until it is all mixed in. Pack into dish or container and place on ice or in cool place until hard. It should be kept in refrigerator when not in use. Coloring may be added if desired.

NOTE: Fresh milk may be substituted for the evaporated milk, in which case use a pint of milk (preferably the top half of a quart bottle), and soften the gelatine in one-fourth cup milk taken from that pint.
SIMPLE, DELICIOUS SANDWICH FILLINGS AND TOAST TOPPERS

Made with Knox Spread

Quick, easy to make. Keep them handy in the icebox for lunches, party refreshments, hurry-up breakfasts . . . and for the children to make themselves after-school snacks. All should be kept chilled until ready to serve.

HEARTY FILLINGS

PLAIN HAM SPREAD: 1/4 cup Knox Spread, 1/2 cup finely chopped or ground boiled or baked ham (use your leftovers), 1/4 cup finely chopped celery, 3 tablespoons chopped pickle relish. Cream Knox Spread and peanut butter together. Blend in ham, celery, and pickle relish.

HAM AND PEANUT BUTTER SPREAD: 1/4 cup Knox Spread, 2 tablespoons peanut butter, 1/4 cup chopped boiled or baked ham, 1/4 cup finely chopped celery, 3 tablespoons chopped pickle relish. Cream Knox Spread and peanut butter together. Blend in ham and celery.

HAM AND CHIVE SPREAD: 1/4 cup Knox Spread, 1/2 cup ground boiled or baked ham, 1/4 cup chopped celery, 1 teaspoon each chopped chives and parsley. Finely chopped ham may be used in place of ground ham if desired.

MINCED EGG: 1/4 cup Knox Spread, 1/4 cup chopped hard cooked egg, 1 teaspoon grated onion, 1/2 teaspoon dry mustard. Cream Knox Spread. Blend in other ingredients.

MINCED EGG AND PICKLE: Add 3 tablespoons chopped pickle relish to above recipe, after egg has been blended with Knox Spread.

TEA-TIMERS

PEANUT BUTTER: 1/4 cup Knox Spread, 1/2 cup peanut butter, 4 teaspoons honey. Cream Knox Spread, blend in peanut butter and honey.

PEANUT BUTTER AND PICKLE RELISH: 1/4 cup Knox Spread, 1/2 cup peanut butter, 1/4 cup chopped pickle relish. Cream Knox Spread, blend in peanut butter and pickle relish.

CHEESE SPREAD: 1/4 cup Knox Spread, 1/2 cup Old English Spread. Cream Knox Spread and blend with cheese thoroughly.

CINNAMON TOAST: 1/4 cup Knox Spread, 2 tablespoons honey, 1 teaspoon cinnamon, pinch of cloves and nutmeg. Cream together thoroughly.

Note: 1/4 cup sugar may be used in place of honey if desired.

SWEET-TOPPERS

PINEAPPLE: 1/4 cup Knox Spread, 1/2 cup well drained crushed pineapple or pineapple bits cut up very fine, 1/4 cup juice. Cream Knox Spread, blend in juice and chopped fruit. Set over hot water and stir until just a minute until Knox Spread is dissolved.

ORANGE MARMALADE: 1/4 cup Knox Spread, 1/2 cup marmalade. Cream together and set over hot water and stir until Knox Spread is dissolved.

STRAWBERRY JAM: 1/4 cup Knox Spread, 1/2 cup strawberry jam. Follow recipe above.

CORN BREAD

(Courtesy Good Housekeeping Institute)

1 1/2 cups + 2 tablespoons sifted all-purpose flour
3/4 cup yellow or white corn meal
1/2 teaspoon salt
1/2 cup water
1/4 cup melted Knox Spread

Sift together flour, corn meal, baking powder, salt and sugar. Combine the egg, milk and Knox Spread. Turn liquid ingredients into dry ingredients all at once, stirring quickly and vigorously until mixture is just mixed and has a lumpy appearance, but no longer. Turn into a greased or oiled pan 8 x 8 x 2” and bake in a hot oven of 425° F. for 25-30 minutes or until done. Cut in squares, and serve hot. 2 cups minus 2 tablespoons sifted cake flour may be substituted for the all-purpose flour.

BAKING POWDER BISCUITS

(Courtesy Good Housekeeping Institute)

2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons Knox Spread

Sift the dry ingredients together; then cut the Knox Spread into them, using two knives or a pastry blender, until the mixture is the consistency of coarse corn meal. Add enough of the milk, while stirring with a fork, to make a dough that can be easily handled. Turn onto a lightly floured board, and knead lightly about 20 seconds. Then roll or pat into a sheet about 1/2” to 1” thick. Cut into rounds of desired size with a floured cutter, and place on a greased or oiled baking pan. Place about 1” apart if you like a crusty biscuit. Place closer together if you do not like the crusty edges. Knead dough trimmings together, roll out and cut as above. Bake in hot oven of 450° F. for 12-15 minutes. Serve hot. Makes 19 2” biscuits, 1/2 thick. For richer biscuit, increase Knox Spread to 6 tablespoons.
**PLAIN MUFFINS**

*Courtesy Parents’ Magazine*

2 tablespoons Knox Spread
2 tablespoons sugar
1 egg
2 cups flour

Cream the Knox Spread and blend well with the sugar, add beaten egg. Mix well. Add alternately the sifted dry ingredients and milk. Pour into greased muffin pans. Bake 25 minutes in a hot oven.

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**SCONES**

*Courtesy Good Housekeeping Institute*

2 cups sifted cake flour
3 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon granulated sugar
2 cups milk

Sift together the flour, baking powder, salt, and 2 teaspoons of the sugar. Cut the Knox Spread into this, using two knives or a pastry blender, until mixture is the consistency of coarse corn meal. Add milk. Separate 1 egg, reserve 1 tablespoon of the white. Beat rest of this egg with other egg; add to flour mixture. Roll 1/2” thickness on a lightly floured board. Cut into 3” squares; then cut each square into two triangles. Arrange on a greased or oiled cookie sheet; brush top of each scone with some of the egg white, slightly beaten, and sprinkle with remaining sugar. Bake in hot oven of 450° F. for 10 minutes. Serve hot. Or the next day, split the scones with a knife; brush the cut sides with melted Knox Spread, and toast them under the broiler until golden brown. Serve immediately. Makes about 20 split scones. Makes delicious tea biscuits, too.

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**RAISIN SPICED COFFEE CAKE**

*Courtesy Good Housekeeping Institute*

2 cups 4-1 tablespoon sifted
3/4 cup Knox Spread
all-purpose flour
1 egg, well beaten
3 tablespoons baking powder
3/4 teaspoon salt
3/4 cup granulated sugar
1/2 teaspoon cinnamon
3/4 teaspoon mace
1 tablespoon melted Knox Spread

Sift together 2 cups of the flour, the baking powder, salt, sugar and spices. Cut in Knox Spread using two knives or a pastry blender until mixture is the consistency of coarse corn meal. Combine egg and milk, and stir into dry ingredient mixture. Add sugars mixed with the remaining 1 tablespoon flour. Spread evenly in a greased or oiled 8” x 8” x 2” pan, or 9” layer-cake pan. Then brush with the melted Knox Spread. Work 3 tablespoons Knox Spread with a spoon, until creamy and fluffy; then add 3 tablespoons granulated sugar, 3/4 teaspoon cinnamon, and 3 tablespoons flour. Blend well. Sprinkle on top of the coffee cake, then bake in a moderately hot oven of 400° F. for 25-30 minutes. Serve warm or cold, cut into squares, or wedge-shaped pieces.

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**GINGERBREAD**

*Courtesy Good Housekeeping Institute*

3/4 cup Knox Spread
1 egg, well beaten
2 1/4 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon powdered cloves
2 1/4 teaspoon baking soda
1/4 cup molasses
1/4 cup hot water

Work the Knox Spread with the back of a spoon until fluffy and creamy. Then add the well-beaten egg. Mix and sift together the dry ingredients. Add to egg mixture alternately in thirds with the combined molasses and hot water in halves, beating well after each addition. Turn into a greased or lightly floured cake pan about 9” x 9” x 3” and bake in a moderate oven of 350° F. for 50 minutes, or until done. Or turn into greased or oiled and floured 2 1/2” cupcake or muffin pans, and bake in a moderate hot oven of 375° F. for 20-30 minutes. Makes about two dozen cupcakes.

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**PRUNE BREAD**

*Courtesy Good Housekeeping Institute*

1 cup dried uncooked prunes
1 cup unsweetened prunes
3 cups sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon baking soda
3/4 cup sugar
2 tablespoons molasses

Rinse prunes, drain and dry on paper towelling. If prunes are very dry, boil 5 minutes. Remove pits and put prunes through food chopper, using medium blade. Sift together flour, baking powder, baking soda, sugar and salt. Cut in Knox Spread with two knives or a pastry blender until of the consistency of coarse corn meal. Add prunes and orange rind and stir well. Combine eggs and milk, and add to dry ingredients; mix well. Pour into greased or oiled loaf pan about 10” x 5” x 3” and bake in a moderate oven of 350° F. for one hour or until done.
USE KNOX SPREAD FOR . . .

TABLE: Use in place of butter on bread, toast, vegetables, waffles, pancakes, muffins.

BAKING: In addition to the recipes given, use Knox Spread for flavoring in simple bread and rice puddings, apple betty and Indian pudding. Also for buttered crumbs and poultry stuffings.

WITH EGGS: Excellent in scrambled eggs, on top of soft-cooked or poached eggs.

IMPORTANT

Knox Spread is not suggested for frying, sauteing, greasing pans. It should not be substituted indiscriminately for butter in recipes unless they have been carefully worked out for the use of Knox Spread.

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