Mrs. Knox's Sugar-Less Desserts and Salads
Dear Mrs. Housewife:

Our government has asked every housewife to “go easy” on sugar. And of course we’re all glad to cooperate.

Perhaps right now you’re looking for recipes that may be made without sugar, without sacrificing appetite appeal. To help you, I’ve assembled seventeen of them in this little booklet . . . Knox Gelatine salads and desserts . . . every one delicious, every one containing protective food values. Yet none of them call for sugar.

I’m sure these sugar-less, nutritious Knox Gelatine dishes will be popular with your family. (Mine loves them.) And here’s another good idea! If someone at your house is on a low-sugar diet, these recipes are really a “find.” They’re grand for weight-watchers, convalescents, and often are used in prescribed diabetes diets. Do try them!

I have carefully tested all these Knox dishes in my own kitchen. You’ll find them simple to make. But for best results, I urge you to use only plain, unflavored Knox Gelatine. It’s been a favorite with housewives for over fifty years. So don’t accept substitutes. Ask for Knox!

Sincerely,

[Signature]

(MRS. CHARLES B. KNOX)
SAVORY SUPPER SALAD
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot water
1/2 teaspoonful salt
1/4 cup mild vinegar
1 1/2 cups grated American cheese

1/3 cup cream or evaporated milk (whipped)
1/2 cup stuffed olives, chopped
1/2 cup celery, chopped
1/4 cup green pepper, chopped

Soften gelatine in cold water. Add hot water and stir until dissolved. Add salt and vinegar, cool, and when it begins to thicken, beat until frothy. Fold in cheese, olives, celery, pepper and whipped cream, or evaporated milk. Turn into mold that has been rinsed in cold water and chill. Serve with salad dressing.

TUNA FISH, SALMON OR CRABMEAT SALAD
(Serves 6)

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup tuna fish, salmon or crabmeat
1/2 cup celery, chopped
1/2 green pepper, finely chopped
2 tablespoonfuls olives, chopped

1/4 cup cooked salad dressing or mayonnaise
1/2 teaspoonful salt
1/4 teaspoonful paprika
1 tablespoonful mild vinegar
Few grains cayenne, if desired

Soften gelatine in cold water. Place dish over boiling water and stir until gelatine is dissolved. Cool, and add salad dressing, fish separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, vinegar, paprika and cayenne. Turn into individual molds that have been rinsed in cold water and chill. Remove to nests of lettuce leaves and garnish with slices cut from stuffed olives, diamond shaped pieces cut from green pepper, celery tips and watercress.
HAM CHEESETTES  
(Serves 6)
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup condensed tomato soup
1/2 envelope dry cream cheese (1 oz.)
1/4 cup salad dressing or mayonnaise
Soften gelatine in cold water. Combine soup with 1/2 cup water and heat. Mash cheese. Add mustard and lemon juice. Dissolve softened gelatine in hot soup. Add to cheese mixture slowly, stirring constantly until smooth. Cool, and when mixture begins to thicken, fold in mayonnaise or salad dressing and ground ham. Pour into individual molds that have been lined in cold water and chill. When firm, unmold on lettuce or desired greens and garnish with mayonnaise or a cream salad dressing.

VEGETABLE SALAD  
(Serves 6)
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
3 tablespoonsful mild vinegar
2/3 cup carrots, grated fine or shredded
2 tablespoonfuls chopped parsley
Soften gelatine in cold water. Add salt, hot water. Stir until dissolved. Add vinegar, lemon juice, onion juice (extracted by grating onion) and water. Chill. When firm, unmold. Decorate with raw carrot and green pepper. Serve with salad dressing.

EGG SALAD  
(Serves 6)
1 envelope Knox Sparkling Gelatine
3/4 cup cold water
2 tablespoonfuls green pepper, chopped
1 cup salad dressing or chopped mayonnaise
1 cup chopped pickle relish
Soften gelatine in cold water. Place bowl over boiling water and stir until gelatine is dissolved. Cool. Mix in eggs, sliced or diced, hard cooked eggs, sliced, hard cooked eggs, sliced, pickle relish and mayonnaise. Serve with slices of tomato, cucumbers or radish slices.

SAVORY CORNED BEEF LOAF  
(Serves 6)
1 envelope Knox Sparkling Gelatine
1/3 cup cold water
3/4 cup cream or evaporated milk
1/2 teaspoonful salt
Soften gelatine in cold water. Place dish over boiling water and chill until gelatine is dissolved. Cool, and combine with salt, salad dressing and whipped cream or whipped evaporated milk. Fold in chicken (using white meat), almonds and grapes, skinned, seeded and cut in pieces, or fruit wholes that have been lined in cold water and chilled. When firm, unmold and serve with a garnish of lettuce, whole almonds and grapes.

FRUIT BOWL  
(Serves 8)
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
2 cups cottage cheese
3/4 teaspoonful salt
1 teaspoonful paprika
Soften gelatine in cold water. Place bowl over boiling water. Stir until gelatine is dissolved. Mash cheese fine. Add seasonings, cream, gelatine. Turn into ring mold that has been lined in cold water. Chill. When firm unmold on lettuce. Fill center with fruit cut small and blended with salad dressing, mixed with a few spoonfuls of whipped cream. Serve with dressing.
**SALAD SPONGE DELIGHT** *(Serves 8)*

1 envelope Knox Sparkling Gelatine

1/4 cup cold water

1/4 cup canned pineapple or cherry juice (or any fruit juice)

1/4 pound almonds, or other nuts

1 teaspoonful salt

White 2 eggs

Soften gelatine in cold water. Add hot pineapple juice and stir until dissolved. When cold, whip with egg beater and add chopped almonds, salt, marshmallows, grapes and cherries cut up. Fold in whipped cream or whipped evaporated milk, and lastly the whites of the eggs, stiffly beaten. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with whipped cream salad dressing.

**HONEY COFFEE BAVARIAN** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

1/4 cup cold milk

1/4 cup strong hot coffee

1/4 teaspoonful vanilla

Dash of salt

Honey 1/4 cup

Soften gelatine in cold water. Dissolve in the hot coffee with honey and salt. Remove from heat, add vanilla. Cool, and when mixture begins to thicken fold in whipped cream. Turn into mold that has been rinsed in cold water and chill. Serve with whipped cream.

**PEPPERMINT STICK ICE CREAM** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

1 3/4 cups scalded milk (not boiled)

1 3/4 teaspoonful salt

1 3/4 cups or % lb. peppermint stick candy

Scald one and three-fourths cups milk. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top. Stir well, allow to stand for one minute and blend with the milk. While boiling, add the 3/4 cup scalded milk and salt. Remove from heat, add the peppermint stick candy and mix well. Freeze in tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape.

**PEACH FANTASY** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

1/2 cup hot canned peach syrup or hot water

1/4 teaspoonful salt

1/4 teaspoonful ground cinnamon

1/8 teaspoonful ground cloves

2 egg whites, stiffly beaten

Whip 11/2 cups cream to stiffness and fold in beaten egg whites. Turn into mold that has been rinsed in cold water and chill until firm.

**BANANA CREAM WHIP** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

1/4 cup orange juice

1/4 cup cold water

1 3/4 teaspoonful salt

1 3/4 teaspoonful lemon juice

1 cup cream or evaporated milk

Bananas

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add maple syrup and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top. If you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice.

**MAPLE SPANISH CREAM** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

2 1/2 cups milk

3 eggs

1 cup maple syrup

Bananas

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add maple syrup and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top. If you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice.

**ORANGE MARMALADE CHIFFON PIE** *(Serves 6)*

1 envelope Knox Sparkling Gelatine

1/4 cup cold water

1/4 cup hot water

1 cup orange marmalade

Orange 2 eggs

Whipped 1/2 cup heavy cream, whipped

Soften gelatine in cold water. Then add hot water, orange marmalade and salt. Stir until dissolved and set aside to cool. Beat the egg whites until stiff. When the jelly begins to thicken fold in the whipped cream and the egg whites. Place in previously baked pastry shell and chill until firm. Before serving, garnish with whipped cream.
PRUNE PUDDING
(Serves 6)

1 envelope Knox Sparkling Gelatine  1 cup prune pulp
1/4 cup cold water  2 tablespoonfuls orange juice
3/4 cup hot prune juice or 1 teaspoonful grated orange rind
boiling water  1/2 teaspoonful salt
2 tablespoonfuls sugar  2 egg whites

Soften gelatine in cold water and dissolve in either hot prune juice or boiling water. Add sugar and salt and stir mixture thoroughly. Allow mixture to cool and when it starts to thicken add prune pulp, orange juice and grated orange rind. Mix these ingredients together very thoroughly and again allow to cool. Beat egg whites until stiff and dry and fold into cooling mixture. Turn into mold that has been rinsed in cold water and chill. To serve unmold dessert on plate and garnish with lady fingers and whipped cream.

ARE ALL GELATINES ALIKE?

In a recent survey, thousands of housewives couldn't answer this question: “Do you know the difference between prepared flavored gelatine dessert powders and Knox Gelatine?”

KNOX GELATINE IS ALL GELATINE

No artificial flavoring — no sugar

It contains 7 of the 10 essential protein parts

Can be taken as a drink to supplement other proteins in regular meals. Also use for vitamin-rich salads and desserts, with meat, eggs, vegetables, fruit and milk. Each envelope will make a dessert or a salad of six individual servings. In 4-envelope package or 32-envelope money-saving carton.

CHARLES B. KNOX GELATINE CO., INC., JOHNSTOWN, N. Y.