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.

TOMATO SALAD RING
(Serves 6)
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
2 cups canned or fresh tomatoes
1/2 bay leaf (if desired)
1/2 teaspoonful salt
Stalk celery
A little Cayenne or pepper
1 tablespoonful mild vinegar or lemon juice
1 tablespoonful onion juice

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. Turn into ring mold first rinsed in cold water; chill. (To fill 9-inch mold, double recipe.) When firm, unmold on lettuce. Fill center, if desired, with potato salad or cole slaw. Tomato juice may be used instead of canned or fresh tomatoes.

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
3/4 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 CHEESESETTES
(Serves 6)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water

1/2 cup cold water

1/4 cup condenseed tomato soup

1 1/2 package cream cheese (3 oz.)

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 rinsed 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 tablespoonfuls mild vinegar

3/4 cup carrots, grated fine or shredded

2 tablespoonfuls chopped parsley or raw spinach

1 cup hot water

1 tablespoonful lemon juice

3/4 cup cabbage, grated fine or shredded

2 tablespoonfuls onion juice (extracted by grating onion)

Soften gelatine in cold water. Add salt, hot water. Stir until dissolved. Add vinegar, lemon juice, onion juice. Cool. When mixture begins to thicken add remaining ingredients. Turn into mold that has been rinsed in cold 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

1/4 cup cold water

2 tablespoonfuls green pepper, chopped

1 cup mayonnaise

2 tablespoonfuls pickle relish

4 hard cooked eggs (either sliced or diced)

1 tablespoonful pimiento, chopped

1/2 cup celery, chopped

3/4 teaspoonful salt

3/4 cup lemon juice

Soften gelatine in cold water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and beat into the mayonnaise. Add other ingredients and mix thoroughly. Turn into loaf pan that has been rinsed in cold water, and chill. When firm, unmold and slice very thin. Arrange slice of Egg Salad on lettuce and garnish with slices of tomato, cucumbers or radish roses.
SAVORY CORNED BEEF LOAF  
(Serves 6)

1 envelope Knox Sparkling Gelatine  
1 teaspoon Worcestershire sauce  
1/2 cup cold water  
1 1/2 cups corned beef cut in small pieces  
1/2 cup chopped celery  
1/4 cup chopped pickle relish (if desired)  
3/4 cup chopped hard cooked eggs, sliced  
1/4 cup grated onion juice  
2 tablespoons lemon juice

Soften gelatine in cold water and dissolve in hot tomato juice. Add salt, onion juice, lemon juice and Worcestershire sauce. Stir well. Rinse loaf pan out with cold water. Garnish bottom with slices of hard cooked egg and cover with a little of the gelatine liquid. Chill in refrigerator until set. Cool remaining liquid until mixture begins to thicken and fold in corned beef, celery and pickle relish. Line sides of loaf pan with sliced eggs and fill with meat mixture. Chill until firm. Unmold on platter and garnish with watercress, lettuce or desired greens. Serve with mayonnaise or any desired dressing.

RECEPTION SALAD  
(Serves 6)

1 envelope Knox Sparkling Gelatine  
1/4 cup cold water  
1 cup cooked salad dressing or mayonnaise  
1/2 cup chicken, diced (or veal)  
3/4 cup almonds, blanched and chopped  
3/4 cup Malaga grapes, oranges or canned pineapple  
1/2 teaspoonful salt

Soften gelatine in cold water. Place dish over boiling water and stir 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. Turn into molds that have been rinsed in cold water and chill. 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  
1/8 teaspoonful paprika  
1/2 cup cream or milk  
1/2 cup pineapple  
1/2 cup strawberries or bananas

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 rinsed 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
3/4 cup canned pineapple or cherry juice (or any fruit juice)
1/4 pound almonds, or other nuts
1/4 teaspoonful salt
1/2 cup white grapes or strawberries
1/4 pound marshmallows
1 cup canned white cherries
1 cup cream or evaporated milk (whipped)
Whites 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 water
1 cup strong hot coffee
1/4 cup honey
1 cup cream or evaporated milk, whipped
1/4 teaspoon vanilla
Dash of salt

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
1/4 cup cold milk
1 1/4 cups scalded milk (not boiled)
1 pint cream
1/4 teaspoon salt
1 cup or 1/4 lb. peppermint stick candy

Scald one and three-fourths cups milk. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to scalded milk, dissolving the gelatine thoroughly. Add crushed peppermint candy and salt. When this is dissolved, let cool. Add mixture to the whipped cream. 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

1/4 cup cold water  1/2 cup hot canned peach syrup or
1/4 teaspoonful salt  hot water
1/8 teaspoonful ground cinnamon  1 cup canned peaches, mashed
and cloves mixed  1 tablespoonful lemon juice
2 egg whites, stiffly beaten

Soften gelatine in cold water. Add 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.

BANANA CREAM WHIP  (Serves 6)

1 envelope Knox Sparkling Gelatine

1/4 cup cold water  1/3 cup orange juice
3 bananas  1 tablespoonful lemon juice
1 cup cream or evaporated milk

Soften gelatine in cold water and dissolve over hot water. Rub bananas through a sieve, add fruit juices and then whip in dissolved gelatine. When cool, fold in whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water. Serve with cream or with a fruit sauce.

MAPLE SPANISH CREAM  (Serves 6)

1 envelope Knox Sparkling Gelatine

2 1/2 cups milk  3 eggs
2/3 cup maple syrup  1/4 teaspoonful salt
1 teaspoonful vanilla

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 cup orange marmalade
1/4 teaspoonful salt
2 egg whites, stiffly beaten
1/2 cup heavy cream, whipped

1/4 cup cold water
1/2 cup hot water

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.

MAPLE NUT SPONGE
(Serves 6)

1 envelope Knox Sparkling Gelatine
1 cup maple syrup
1/4 teaspoonful salt
1/2 teaspoonful vanilla

1 1/2 cups hot milk
2 eggs
1/4 cup chopped nuts

Add hot milk to slightly beaten egg yolks and cook over boiling water until the mixture thickens slightly. Remove from fire. Soften gelatine in cold water. Add to above mixture and stir until dissolved and then add maple syrup and salt. Cool and when mixture begins to congeal, fold in stiffly beaten egg whites, vanilla and nuts. Turn into serving glasses and chill. Serve garnished with whipped cream. Brown sugar syrup may be used instead of maple syrup adding a few drops of mapleine if desired.

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.

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