KNOX
WARTIME RECIPES

HOW TO BE Easy ON YOUR RATION BOOK
NO ROOM FOR FOOD WASTE TODAY!

Conserving foods is one vitally important way that we homemakers can help in the fight for victory. We’re all eager to do it, and we’re trying hard not to waste a single morsel. But I also know, myself, when I’m planning meals for my family, just how difficult it is sometimes to stretch my food coupons into the sort of good American meals we’ve been used to having.

But we really needn’t miss lots of meat, canned goods, butter or cream. Not when there are recipes like those I’ve gathered together in this little booklet. Several of them are basic recipes, specially planned with a number of variations . . . in combination with fresh or canned vegetables, fruits, berries and other available foods or to use up whatever is left in the icebox. None of them taste or look like leftovers. They are delicious in their own right. Yet they make limited quantities of rationed foods go so much further!

We homemakers have always been an ingenious lot. Still we’ve never sacrificed the quality of the table we set. That’s why I’m so proud of these recipe ideas. They are right for wartime, but still the sort every American family loves!

Sincerely yours,

(MRS. CHARLES B. KNOX)

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**KNOX SPREAD**

*Stretch Butter by Making Grand Spread!* (Makes ½ pound)

1 teaspoonful Knox Gelatine  
1 tablespoonful cold water  
½ cup evaporated milk

1. Soften gelatine in the cold water.
2. Dissolve thoroughly over hot water.
3. Cut butter into small pieces and heat over hot water until soft enough to beat, *but do not melt the butter.*
4. Add dissolved gelatine and salt to the milk (having milk at room temperature). Gradually whip milk into butter with a Dover (or rotary) egg beater or electric mixer, until milk does not separate.
5. Add coloring, if desired.
6. Pack into dish or container and place in refrigerator until hard. Keep in refrigerator when not in use.

**NOTE:** To make 1 lb. Spread with ½ lb. butter, follow same directions, but double ingredients called for in ¼ lb. To make 2 lbs. Spread with 1 lb. butter, follow same procedure as above, using 1 envelope Knox Gelatine, ¼ cup cold water, 1 lb. butter, 1 large can evaporated milk and 1 teaspoonful salt.

**NOTE:** Fresh milk may be substituted for evaporated milk, in same proportions and following same procedure (using preferably top of a quart bottle), in which case you would soften gelatine in milk instead of water. In making 2 pounds of Spread, you would use 1 pint of fresh milk.

KNOX SPREAD is not suggested for frying, sautéing, or greasing pans, nor should it be substituted for butter in cake recipes unless carefully worked out for the use of Knox Spread. The above recipe may also be used with Oleomargarine as well as with ½ butter and ½ Oleomargarine combined.
MEAT LOAF

Stretch Leftover Meat into Supper for 6! uses ¼ pkg.

1 envelope Knox Gelatine
3/4 cup cold water
1 10 1/2 oz. can condensed consomme
2 tablespoonfuls lemon juice
1/4 teaspoonful salt

1 cup finely diced leftover meat
(lamb, veal, beef, pork, chicken, etc.)
1/2 cup chopped celery
2 tablespoonfuls chopped green pepper, if desired

Soften gelatine in ¼ cup of the cold water. Combine soup with remaining ½ cup water and bring to a boil. Add softened gelatine and stir until dissolved. Add lemon juice and salt. Cool, and when mixture begins to thicken, fold in meat and celery and green pepper if used. Turn into 4-cup mold or loaf pan (or individual molds) that has been rinsed in cold water first, and chill. When firm, unmold onto desired salad greens and serve with mayonnaise.

NOTE: 1 1/2 cups boiling water and 2 bouillon cubes may be used instead of canned consomme. Homemade soup stock may also be used, in which case you would soften the gelatine in ¼ cup cold water and dissolve it in 1/2 cups of the hot soup.

NOTE: Any desired combination of leftover vegetables such as corn, string beans, cabbage, carrots, peas, etc., may be used instead of celery.
**CHEESE MOLD**

*Ration Supper Surprise! (Serves 8; uses 1/4 pkg.)*

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 envelope Knox Gelatine</td>
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<tr>
<td>1/4 cup cold water</td>
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<tr>
<td>2 cups cottage cheese</td>
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<tr>
<td>3/4 teaspoonful salt</td>
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<tr>
<td>1/8 teaspoonful paprika</td>
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<tr>
<td>1/2 cup cream or milk</td>
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<tr>
<td>2 cups diced mixed fruits, canned or fresh</td>
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Soften gelatine in cold water and dissolve over hot water. Mash cheese very fine; add seasonings, cream and dissolved gelatine. Turn into individual ring molds (or one larger one) that have been rinsed out in cold water first, and chill until firm. When ready to serve, unmold onto greens and fill center with fruit which has been mixed with salad dressing.
**VEGETABLE SALAD**

*Dress Up Leftover Vegetables!* (Serves 6; uses \( \frac{1}{4} \) pkg.)

- 1 envelope Knox Gelatine
- \( \frac{1}{4} \) cup cold water
- 1 cup hot water
- \( \frac{1}{4} \) cup mild vinegar
- 1 tablespoonful lemon juice
- \( \frac{1}{2} \) teaspoonful salt
- 1 or 2 tablespoonfuls sugar (or more to taste)
- Dash of pepper
- 1 tablespoonful finely minced onion, if desired
- \( 1\frac{1}{2} \) cups diced or shredded vegetables, (raw or cooked)

Soften gelatine in cold water and dissolve in hot water. Add vinegar, lemon juice, salt, sugar and pepper. Cool. When mixture begins to thicken, fold in vegetables. Turn into one large or individual molds that have been rinsed in cold water first, and chill. When firm, unmold onto salad greens and serve with desired dressing.
DON'T LET LEFTOVERS go begging. The basic recipe on the opposite page may be varied in any number of ways by substituting the following combination of vegetables in place of the 1 1/2 cups of shredded vegetables called for in the basic recipe. Any leftover vegetables may also be substituted.

1. 1 cup shredded raw cabbage, 1/2 cup chopped celery, 2 tablespoonfuls chopped green pepper or pimiento.
2. 1/2 cup each cooked peas, diced or shredded raw carrots, celery.
3. 3/4 cup each shredded raw carrots and cabbage.
4. 3/4 cup each grated raw turnip and carrot or cabbage.
5. 1/2 cup each cooked lima beans, diced or shredded raw carrots (or cooked), diced celery.
6. 1/2 cup diced celery, 1/2 cup diced cucumber, 1/4 cup sliced radishes, 2 tablespoonfuls chopped green pepper.
7. 1/2 cup each whole kernel corn (canned or fresh), cubed fresh tomatoes and chopped celery.
8. 1/2 cup each diced cooked string beans, diced or shredded cooked or raw carrots, and thinly sliced raw cauliflower.
9. 1/2 cup each diced cooked beets, shredded raw cabbage and chopped celery.
TOMATO JELLY

Vitamin-rich Lunch Treat! (Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
1/4 cup cold water
2 cups canned or fresh tomatoes
1/2 bay leaf, if desired
1/2 teaspoonful salt
1 stalk celery

Few grains cayenne or pepper
1 tablespoonful mild vinegar or lemon juice
1 tablespoonful onion juice
1 1/2 cups diced or shredded vegetables (or 1/2 cup vegetables and 1 cup diced cooked meat)

Mix tomatoes, bay leaf, salt, celery and pepper. Simmer 10 minutes. Soften gelatine in cold water and dissolve in hot tomato mixture. Add vinegar and onion juice (extracted by grating onion). Strain. Cool, and when mixture begins to thicken, fold in vegetables. Turn into one large or individual molds that have been rinsed out in cold water first, and chill. When firm, unmold onto salad greens and serve with desired dressing.
MAKE DELICIOUS VARIATIONS of Tomato Jelly recipe on opposite page by using any of the combinations suggested here. Add leftover meat for extra protein!

1. 1 cup shredded raw cabbage, ½ cup celery, 2 tbs. chopped green pepper.
2. ¾ cup chopped chicken, ½ cup chopped celery, ¼ cup chopped almonds.
3. 1 cup whole kernel corn (canned or fresh), 2 tbs. chopped green pepper.
4. Remove top, core and seeds from large green peppers. Pour tomato jelly after it has begun to thicken, into pepper shells. Chill until firm. Slice and serve on salad greens with desired dressing. May be garnished with sliced hard cooked egg and cheese ball. May be served on base of cottage cheese.
5. ½ cup diced cooked asparagus (canned or fresh), 2 hard cooked eggs, diced, ½ cup diced fresh tomatoes.
6. ½ cup each cooked peas (canned or fresh), diced cooked or raw carrots and diced celery.
7. ½ cup each chopped celery, chopped cucumber, shredded raw carrot.
8. ½ cup each sliced radishes, diced cucumber and shredded raw cabbage or carrot.
9. Mold clear tomato jelly in ring mold. When firm, unmold onto platter. Fill center with potato salad, chicken (or other meat) salad, coleslaw or other desired salad.
10. 1 cup chopped leftover meat (lamb, chicken, pork, veal, beef, etc.), ½ cup chopped celery (or other vegetables), 2 tablespoonfuls chopped green pepper.
2-in-1 Salad-Dessert Treat! (Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
¼ cup cold water
1 cup hot fruit juice or water
¼ cup lemon juice
¼ cup sugar
¼ teaspoonful salt
1½ cups leftover canned or fresh fruits

Soften gelatine in cold water and dissolve in hot fruit juice (drained from canned fruits), or water. Add lemon juice, sugar and salt. Cool, and when mixture begins to thicken, fold in diced fruits. Any fruits or desired combinations may be used. Pour into large mold which has been rinsed out in cold water (and has had the bottom lined with thin slices of fruit, if desired); or individual molds. Chill. When firm, unmold onto lettuce and serve with mayonnaise or fruit dressing.

NOTE: If home canned fruits are used, use a little less sugar, as they are sweeter than commercially canned ones.
A LITTLE BIT OF FRUIT goes a long way when you use the basic Knox recipe on opposite page. Any fresh or canned fruits may be substituted in the following suggested combinations to brighten wartime menus:

1. 1/2 cup each diced fresh or canned peaches, fresh or canned pears and cut up orange segments.
2. 1/2 cup each diced apple (with red skins left on) and celery and 1/4 cup chopped nuts.
3. 3/4 cup each grapefruit and orange segments, cut up.
4. 1/2 cup each diced melon, cherries and orange segments.
5. 1/2 cup each diced strawberries, canned pineapple and apple.
6. 1/2 cup each chopped pitted dates, chopped apple and cut orange segments.
7. 1/2 cup each diced cantaloupe, strawberries or raspberries and orange segments.
8. 3/4 cup each shredded raw carrot, and orange segments.
9. 3/4 cup each diced cucumber and grapefruit segments.
10. 1/2 cup each sliced strawberries, cut up orange sections, and chopped apple.
VANILLA ICE CREAM

Longing for Ice Cream? Easy and Good! (Serves 8; uses ¼ pkg.)

1 envelope Knox Gelatine
2 tablespoonfuls cold water
1 pint milk
2 eggs, separated

3/4 cup sugar
1/4 teaspoonful salt
1 1/2 teaspoonfuls vanilla
1 pint light cream

Soften gelatine in cold water. Combine milk, egg yolks, 1/2 cup sugar and salt in top of double boiler. Beat with a rotary egg beater until ingredients are well-blended. Place over hot water and cook, stirring constantly, until mixture coats the spoon. Remove from hot water, add softened gelatine and stir until dissolved. Cool. Add vanilla and cream. Turn mixture into tray of automatic refrigerator and freeze firm. Remove mixture to chilled bowl, beat smooth, and fold in egg whites, which have been beaten until stiff, with remaining sugar. Return to tray and finish freezing. Ice cream will have a smoother texture if stirred two more times during the freezing process.

NOTE: The same recipe with the following variations may be used for ice cream frozen in a hand freezer: Make custard by combining milk, whole eggs, three-fourths cup sugar and salt. Add softened gelatine, stir until dissolved. Cool. Add vanilla and cream. Freeze using one part salt to eight parts ice.
CREAM CHIFFON PIE

Pie You Can Make Without Sugar! (Filling for one 9" pie)

<table>
<thead>
<tr>
<th>1 envelope Knox Gelatine</th>
<th>1/2 teaspoonful salt</th>
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<tr>
<td>1/4 cup cold water</td>
<td>1/2 cup milk</td>
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<tr>
<td>3 eggs</td>
<td>1 teaspoonful vanilla</td>
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<td>1/2 cup sugar or 3/4 cup light corn syrup</td>
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Beat egg yolks with 1/4 cup of the sugar or 1/2 cup corn syrup. Add salt and milk. Cook in double boiler until mixture coats spoon, stirring constantly. Soften gelatine in cold water and dissolve in hot custard. Add vanilla. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which remaining 1/4 cup sugar or corn syrup has been added. Pour into baked pie shell or crumb crust and chill until firm. A chocolate cookie crumb crust is delicious with this pie. Sprinkle top of pie with chipped chocolate just before serving, if desired.
BLANC MANGE

Dessert that's Kind to Rations! (Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
2 cups milk
¼ teaspoonful salt

⅓ cup sugar or ½ cup light corn syrup
½ teaspoonful vanilla

Scald 1½ cups milk with sugar. Soften gelatine in remaining ½ cup cold milk and dissolve in hot milk. Cool slightly. Add flavoring and salt. Turn into individual molds (or one larger one) that have been rinsed out in cold water first, and chill. When firm and ready to serve, unmold and serve with currant, strawberry or any preferred jelly and with cream. May be served with crushed fruit sauce or other flavored sauce such as chocolate, butterscotch, etc.
MAKE THE DELICIOUS BLANC MANGE into new and different desserts by using these variations: They’re all easy.

1. Fruit: Increase sugar in the basic recipe on opposite page to ½ cup or corn syrup to ¾ cup, and after adding flavoring and salt, cool mixture until it begins to thicken. Fold in 1 cup sliced, drained fruit (fresh or canned) such as strawberries, raspberries, peaches. Then turn into molds and proceed according to the basic recipe.

2. Chocolate: Add 1 square melted chocolate (or 3 tablespoonfuls cocoa) and 2 tablespoonfuls more sugar (or 3 tablespoonfuls corn syrup, light or dark) to scalded milk. Stir until blended. Proceed according to basic recipe.

3. Rainbow: Cool Blanc Mange until it just begins to thicken. Arrange alternate layers of crushed fruit (fresh or canned), sweetened to taste, and Blanc Mange in dessert glasses. Chill until firm. Top with a piece of fruit just before serving.

4. Maple: Use ½ cup maple syrup instead of sugar in basic recipe.

SPANISH CREAM

High in Food Value! (Serves 6; uses 1/4 pkg.)

1 envelope Knox Gelatine
3 cups milk
3 eggs
1/2 cup sugar (or 3/4 cup light corn syrup)
1/4 teaspoonful salt
1 teaspoonful vanilla

Soften gelatine in 1/4 cup of the cold milk. Beat yolks, add remaining milk, sugar (or corn syrup) and salt. Cook in double boiler until custard consistency, stirring constantly. Add softened gelatine and stir until dissolved. Remove from stove, and fold in vanilla and stiffly beaten egg whites. Turn into one large or individual molds that have been rinsed out in cold water first, and chill. (This will separate and form a jelly on the bottom with fluffy custard on top. If you do not wish this separation, allow custard to cool until it begins to thicken before folding in egg whites.) When firm, unmold and serve with whipped cream or any fruit sauce or juice.
HOW THE YOUNGSTERS will love the fluffy, nourishing Spanish Cream on opposite page. And here are a half-dozen different variations to make it new every time!

1. **Chocolate Spanish Cream:** Make like Spanish Cream, adding 2 squares melted chocolate or 6 tablespoonfuls of cocoa to the milk before scalding.

2. **Orange Spanish Cream:** Substitute one cup orange juice for one cup milk, adding it after custard is removed from fire. Serve with sliced oranges.

3. **Macaroon Spanish Cream:** Add \( \frac{3}{4} \) cup dry macaroon crumbs, or chopped nuts, just before turning mixture into mold. Garnish with fresh fruit and serve with a cream, lemon or chocolate sauce or juice from canned fruit.

4. **Butterscotch Spanish Cream:** Use \( \frac{3}{4} \) cup dark corn syrup or brown sugar instead of the white. Add 2 tablespoonfuls butter. If brown sugar is used, cook butter and sugar together in double boiler until all melted and then add to custard mixture.

5. **Pudding Delicious:** Pour Spanish Cream into deep serving dish. Chill until firm. Just before serving, cover with sweetened fresh strawberries or raspberries (or use canned berries drained from juice).

6. **Maple Spanish Cream:** Use \( \frac{2}{3} \) cup maple syrup in place of corn syrup or sugar. This recipe is particularly delicious. The syrup gives it a delicate flavor that every member of your family will like.
### PEACH FANTASY

**Make Canned Peaches Go Further!** *(Serves 6; uses ¼ pkg.)*

<table>
<thead>
<tr>
<th>1 envelope Knox Gelatine</th>
<th>½ cup hot canned peach syrup or hot water</th>
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<tr>
<td>¼ cup cold water</td>
<td>½ cup corn syrup (or ¼ cup sugar)</td>
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<tr>
<td>¼ teaspoonful salt</td>
<td>1 cup canned peaches mashed</td>
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<tr>
<td>⅛ teaspoonful ground cinnamon and cloves mixed</td>
<td>2 tablespoonfuls lemon juice</td>
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<td>2 egg whites, stiffly beaten</td>
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Soften gelatine in cold water. Add salt, spices, hot water or hot syrup. Stir until gelatine is dissolved. Add corn syrup or sugar, mashed peaches, lemon juice. Chill until mixture begins to thicken. Beat until frothy. Fold in beaten egg whites. Turn into mold that has been rinsed in cold water. Chill until firm. Serve in sherbet glasses. Garnish with peach slices. May be served with custard sauce made from leftover egg yolks.

**NOTE:** Any other available fruit may be substituted for the peaches.
**BREAD PUDDING**  
*(Refrigerator)*

*Inexpensive, Easy and Nourishing (Serves 6; uses ¼ pkg.)*

<table>
<thead>
<tr>
<th>1 envelope Knox Gelatine</th>
<th>4 slices white bread (2½ cups cubed)</th>
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<tr>
<td>2 cups milk</td>
<td>2 eggs, slightly beaten</td>
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<td>½ cup light or dark corn syrup or ⅓ cup sugar</td>
<td>1 teaspoonful vanilla</td>
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<td>¼ teaspoonful salt</td>
<td>nutmeg, if desired</td>
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Soften gelatine in ¼ cup cold milk. Scald remaining milk with corn syrup (or sugar) and salt in double boiler. Add gelatine and stir until dissolved. Remove crusts and cut slices of bread into cubes. Pour hot milk slowly over beaten eggs, stirring constantly. Return to double boiler. Add bread cubes and cook until custard consistency, stirring constantly. Remove from heat. Add vanilla and beat with rotary beater until frothy. Turn into one large (or individual molds) that have been rinsed out in cold water first. Chill. When firm, unmold and serve with cream or any sauce. Sprinkle with nutmeg. May be molded directly in serving dishes, if desired.
SPONGE PUDDING

Children’s Delight . . . Rich in Milk! (Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
¼ cup cold water or milk
1 ¼ cups hot milk
¼ teaspoonful salt

½ cup sugar or ½ cup light or dark corn syrup
2 egg whites
½ teaspoonful vanilla

Soften gelatine in cold water or milk. Add hot milk, salt and sugar and stir until dissolved. Cool, and when mixture is quite thick and almost set, beat with wire spoon or whisk until frothy and fluffy. Fold in stiffly beaten egg whites and vanilla, and continue beating until stiff enough to hold its shape. Turn into mold that has been rinsed out in cold water first, and chill. When firm, unmold and serve with custard sauce made of yolks of eggs or with crushed fruit sauce or fresh fruit.
SERVE THE NOURISHING PUDDING on opposite page often, but for variety’s sake, vary the basic recipe in any of the ways suggested below:

1. **Mocha**: Use leftover coffee in place of milk, 2 tablespoonfuls lemon juice instead of vanilla and increase sugar to ½ cup or ¾ cup light or dark corn syrup.

2. **Lemon**: Use 1 cup hot water in place of milk, and ¼ cup lemon juice. Increase sugar to ½ cup or ¾ cup light corn syrup.

3. **Strawberry**: Increase sugar to ½ cup or ¾ cup light corn syrup. Fold in 1 cup sliced strawberries or halved raspberries and 1½ tablespoonfuls lemon juice.

4. **Maple**: Use 1 cup milk and ⅔ cup maple syrup. Fold in ¼ cup chopped nuts with egg whites.
**EVAPORATED MILK**
*(Whipped)*

1 teaspoonful Knox Gelatine  
2 tablespoonfuls sugar  
2 teaspoonfuls cold water  
1/2 teaspoonful vanilla  
1 cup evaporated milk, chilled

1. Soften gelatine in cold water.  
2. Dissolve gelatine thoroughly over hot water.  
3. Important! Have milk thoroughly chilled.  
4. Add dissolved gelatine to milk and whip immediately until stiff before gelatine congeals, adding sugar and vanilla.  

**NOTE:** When used for purposes other than a topping, omit sugar and vanilla.

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**LOW SUGAR ICING**  
*(For two 8" Layers)*

1 teaspoonful Knox Gelatine  
1/2 cup sugar  
2 tablespoonfuls cold water  
1/2 teaspoonful vanilla  
2 egg whites

Soften gelatine in cold water and dissolve over hot water. Beat egg whites until stiff. Gradually add sugar, beating after each addition. Add vanilla. Add dissolved gelatine very slowly, beating after each addition. Spread on cake.
Why should I buy KNOX Gelatine

1. KNOX Gelatine is all gelatine. No artificial flavoring, no sugar . . . just pure protein.

2. KNOX combines with any food . . . not like ordinary gelatine dessert powders that have sweet, highly flavored tastes of their own.

3. KNOX helps stretch rationed foods into delicious, nourishing dishes your family will thoroughly enjoy.

4. KNOX comes in 4-envelope package which makes it very economical. Always available at your grocer’s.