IN HYPERTENSION

LOW SALT DIET

fortified with
KNOX GELATINE

PUBLISHED BY KNOX GELATINE JOHNSTOWN, N. Y.
A STRICT DIET PLAN

A strict diet plan under medical supervision is important in controlling high blood pressure. The purpose of a restricted diet in hypertension is to keep the weight in check, and to provide a low-sodium and an adequate protein intake. In carrying out this three-fold purpose, high quality unflavored U.S.P. gelatine can be extremely helpful.

WEIGHT REDUCTION

A large percentage of patients with hypertension and signs of heart failure are overweight. In fact, obesity is considered one of the commonest predisposing factors in hypertension. Where the weight is excessive, it must be brought down to normal or slightly below normal. It has been estimated that a 3 per cent decrease in body weight leads to a 10 per cent decrease in cardiac work. (Year Book of Metabolism, 1949, page 425). Restriction of calories is usually necessary, too, in lowering the metabolic rate. Also, even patients of normal weight have shown a drop in blood pressure as a result of a low-calorie diet.

GELATINE IN A REDUCING DIET

Knox Gelatine, all-protein, containing no fat or carbohydrate, is widely depended upon for its usefulness in weight reducing diets.
It is low in calories (28 to a ¼-ounce envelope). Also, by providing a wide variety of appealing main dishes, salads and desserts, its value in making low-calorie diets appetizing to the patient has been established by medical and dietary experience.

The following “Ideal Weight Tables”* are included here in an effort to help sufferers from hypertension avoid the penalty of overweight. They are based on the principle that the average weight at the age of 30 is the most desirable weight for the remainder of life.

### IDEAL WEIGHTS FOR MEN

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*Weight in pounds according to frame, as ordinarily dressed. From Metropolitan Life Insurance Company: Bulletins 23:6, 24:6, 1943.
LOW-SODIUM INTAKE

The tissues of the body, various foodstuffs and most living things contain varying amounts of sodium in essential composition. It is impossible to partake of food, therefore, without consuming some sodium, which may be adequate to care for normal needs. It is possible, however, to avoid eating salt as a condiment for seasoning food; and this is usually necessary for those afflicted with high blood pressure. Even the normal amounts of sodium found in foods are sometimes difficult for patients to handle without experiencing the specific effects of a fluid imbalance (retention of body water) and a rising blood pressure. In cases of cardiac failure, it is also known that a low-sodium diet, in which the fluid intake is not limited at all, can prevent or help eliminate edema, or extracellular fluid.
GELATINE AS A LOW-SALT FOOD

A low-sodium content has made Knox Gelatine very useful in low-sodium diets. Containing only about 6 mg. per envelope of dry gelatine, it thus provides the basis for a great variety of dishes which lend interest and tastiness to the so-called “salt-free diet.”

A compilation from various sources

ADEQUATE PROTEIN INTAKE

Protein forms a part of every living cell. The word means “primary” substance, and protein is one of the dietary essentials without which life cannot be sustained. Food proteins furnish nitrogen to the body tissues in the form of amino acids, often called the “building stones” of proteins. The primary function of the amino acids is to supply building units for the fabrication of bodily tissue. The nutritional indispensability of protein is also manifested in many other bodily functions; and restricting the protein intake of patients with congestive heart failure is no longer considered advisable. On the contrary, a high-protein dietary has been shown desirable for purposes of:

1. Maintaining tissue proteins at a normal level. This is particularly important in the case of plasma proteins, which play an important role in fluid balance and distribution of metabolites.

2. Making up any deficiencies resulting from abnormal excretion of the plasma proteins by the kidneys which, in hypertensive or cardiac patients, may be deficient in some function.
GELATINE AS A PROTEIN FOOD

Being all protein, no carbohydrate Knox Plain Gelatine is a useful and convenient dietary protein source. As shown in the following table Knox Plain Gelatine contains seven of the eight "essential" amino acids (those which the body itself cannot synthesize) and sixteen of the twenty-three so far identified. This high amino acid content makes it an important quantitative supplement to the proteins in other foods.

AMINO ACID COMPOSITION OF GELATINE PROTEIN
A compilation from various sources

<table>
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<th>Amino Acid</th>
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* Dietary essentials

SUMMARY

For the average patient with high blood pressure, Knox Gelatine—being low in calories, low in sodium and high as a quantitative source of concentrated protein—makes a useful, safe and pleasant dietary adjunct. In the preparation of this product for the table or bedside tray, it combines appetizingly and attractively with other protein foods such as milk, eggs, cheese and meats. In combination with other ingredients, it makes a tender jelly which gives body, texture and versatility to the dishes and diet plan in which it is used.
Some Do's and Don'ts

In Following a Low-Salt Diet

All foods are to be prepared without salt, soda or baking powder; and no salt is to be eaten with any food. There are some reasonably satisfactory flavor substitutes for salt. Potassium chloride is sometimes employed, but it has a disagreeable taste. Salt-substitutes acceptable to the A. M. A. have been developed and may be employed at the physician’s discretion. A list follows:

- Diasal (E. Fougera & Co.)
- Neocurtasal (Winthrop)
- Co-Salt (U. S. Vitamin Corp.)

Lonalac (Mead-Johnson) is a low-sodium dried-milk powder. It is equal to whole milk in nutritive value, except that the sodium has been removed.

Other "Permitted" Seasonings

In order that low-salt meals may be eaten with as much relish as possible, the foods should be prepared with other "permitted" seasonings, which include the following: (from Nutrition and Diet Therapy, Proudfit and Robinson, Macmillan, 1950)
SEASONINGS AND FLAVORINGS

ALLSPICE   MUSTARD (DRY)
BAY LEAF   NUTMEG
CARAWAY   PAPRIKA
CINNAMON   PEPPER
CURRY   SAGE
GARLIC   THYME
GINGER   TUMERIC
LEMON JUICE   VINEGAR
MACE   EXTRACTS OF ALMOND, LEMON,

FOODS PERMITTED IN LOW-SODIUM DIET

Arranged alphabetically for easy reference

Beef, lean, fresh
Bread, home made or salt free
Butter, unsalted
Cereals, (unprocessed farina, oatmeal, cornmeal, shredded wheat, puffed wheat)
Chicken, fresh
Egg, 1 daily
Fish, fresh
Flour (wheat, corn, rye, buckwheat, oat)
Fruits and fruit juices, fresh, frozen or canned

Knox, U.S.P. Unflavored Gelatine (as a drink or in recipe form)
Matzoth
Milk, 2 pints daily
Nuts, unsalted
Oysters
Pork, lean, fresh
Sugar, white
Vegetables, fresh or frozen, or salt-free canned

Knox Gelatine
KNOX GELATINE AS A DRINK

A Supplementary Protein Concentrate
An excellent and quick method for increasing the protein intake is to make a drink of Knox Gelatine and water, orange juice or milk.

TO PREPARE THE KNOX GELATINE DRINK

WITH JUICES OR WATER
Empty 1 envelope Knox Unflavored Gelatine in ¾ glass of orange, tomato or other juice, or water. Then stir briskly. Drink quickly. If it thickens, add more liquid, stir again.

WITH MILK
In an 8 or 10 oz. dry glass, thoroughly mix 1 envelope Knox Unflavored Gelatine with 3 - 6 tablespoons instant nonfat dry milk. (Quantity varies with brand). Fill with cold water. Stir briskly until milk thoroughly dissolves. Drink quickly.

AS A HOT DRINK
Sprinkle 1 envelope Knox Unflavored Gelatine on ¼ cup cold water to soften. Add 1 bouillon cube and ¾ cup boiling water. Stir until gelatine and bouillon cube are thoroughly dissolved. ¾ cup of any very hot broth may be used in place of bouillon.

Food value with water:
7 grams of protein, 28 calories.
FOR THE LOW-SALT,
These recipes have been prepared to help make the low-salt diet palatable and satisfying. All the dishes are nutritionally sound and thoroughly tested.

Knox

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KNOX

TRANSLUCENT
UNFLAVORED

32
ENVELOPE
ECONOMY
DIET SIZE
GELATINE

CHARLES A. KNOX GELATINE CO., INC.
EVERTOWN, N.J., U.S.A.
Recipes

HIGH-PROTEIN DIET

In each, Knox Gelatine plays a role that is important both dietetically and esthetically, to the meal plan of the hypertensive patient.
JELLIED TOMATO BROTH - PLAIN

(Six Servings)

Food value per serving: Carb. 2, Prot. 2, Fat 0, Calories 16

1 cup cold water  2 teaspoonfuls allspice  lemon juice to taste
1 envelope Knox Unflavored Gelatine  1½ cups juice from fresh tomatoes

Put seasonings in ¾ cupful cold water and bring to a boil. Soften gelatine in remaining cold water. Add to hot liquid and stir until dissolved. Strain gelatine mixture into tomatoes. Mold and chill until firm.

TOMATO BOUILLON

(Six Servings)

Food value per serving: Carb. 2, Prot. 3, Fat 0, Calories 20

2½ cups meat stock, fat free  Pinch powdered cloves
1 cup tomatoes  2 envelopes Knox Unflavored Gelatine
¼ cup onion chopped fine  ½ cup cold broth
2 tablespoonfuls parsley

Put stock, tomatoes, onions, parsley, and cloves into saucepan and simmer until onions are tender. Soften gelatine in cold broth. Add to hot liquid and stir until dissolved. Strain soup, rubbing vegetables through sieve. Measure and bring to four cups by adding hot water. Heat to boiling and serve, or chill until firm and serve.

JELLIED TOMATO AND CHICKEN BROTH

(Six Servings)

Food value per serving: Carb. 1, Prot. 1, Fat 0, Calories 8

1 envelope Knox Unflavored Gelatine  1 cup hot chicken broth
1 cup strained fresh tomatoes  bay leaf

Soften gelatine in cold broth. Add to hot broth and stir until dissolved. Add tomatoes, stir well, mold and chill.
CHICKEN BROTH (Six Servings)

Food value per serving: Carb. 0, Prot. 2, Fat 0, Calories 10

3½ cups chicken broth  1 teaspoonful salt substitute
1 tablespoonful onion juice  2 envelopes Knox Unflavored
¼ teaspoonful mace and  Gelatine
pepper

½ cup cold broth or water

Heat to boiling, broth, onion juice, and seasonings. Soften gelatine in cold broth. Add to hot broth and stir until dissolved. Serve hot, or chill until firm and serve cold.

LOW CALORIE SPREAD

Butter is a fat food and, therefore, is often greatly restricted in the reducing dietary. One tablespoonful of butter, equal to a square 1 x 1 x ½ inch, contains approximately 9 grams of fat yielding 80 calories. Thus one “square” of butter with each meal can add 240 calories of fat to the daily food intake.

The Knox Low Calorie Spread provides the satisfying flavor of butter with only about ½ the food value.

Comparison:
1 square butter—80 calories
1 square Knox Spread—45 calories

TWO POUNDS OF LOW CALORIE SPREAD

Food value per serving (1 square): Carb. 0.4, Prot. 0.4, Fat 4.5, Calories 45

1 envelope Knox Unflavored Gelatine
1 lb. butter unsalted

1 pint milk (preferably top half of a quart bottle)

Soften gelatine in ¼ 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. If the milk separates, 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 vegetable coloring.
JELLY FOR VEGETABLE,
MEAT OR FISH SALADS
(Six Servings)

Food value per serving: Carb. 0, Prot. 1, Fat 0, Calories 4

1 envelope Knox Unflavored Gelatine 1 teaspoon allspice
1/4 cup cold water good pinch selected salt
1 1/3 cups hot water substitute
1/3 cup vinegar

Bring water, salt substitute, and spices to a boil. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar. Strain and set aside to cool.

JELLIED VEGETABLE SALAD (Six Servings)

Food value per serving: Carb. 2, Prot. 2, Fat 0, Calories 16

Make recipe for preceding Salad jelly
1/2 cup cooked fresh green peas
1/2 cup chopped cabbage 1/4 cup cooked fresh beets
1/2 cup chopped celery cubed

When jelly is nearly set, stir in the vegetables, pour into mold and chill until firm. Unmold on lettuce leaf or shredded lettuce and serve with Low Calorie Mayonnaise or salad dressing. Garnish with sprig of parsley or strip of green pepper.

TOMATO JELLY WITH VEGETABLES (Six Servings)

Food value per serving: Carb. 3, Prot. 2, Fat 0, Calories 20

1 1/2 cup hot water 3/4 cup fresh strained tomatoes
good pinch selected salt 2 tablespoonfuls vinegar
substitute 1/2 cup chopped cabbage
allspice 1/2 cup chopped celery
1 envelope Knox Unflavored 1/4 cup chopped green pepper
Gelatine 1/4 cup cooked fresh carrots
1/4 cup cold water cubed

Bring hot water, salt substitute and spices to a boil. Soften gelatine in cold water. Add to hot liquid and stir until dissolved. Strain into tomatoes and stir in vinegar. Chill until almost set, then stir in vegetables. Mold and chill until firm. Serve on lettuce with or without Low Calorie Salad Dressing.
BEET SALAD (Six Servings)

Food value per serving: Carb. 4, Prot. 1, Fat 0, Calories 20

1/2 envelope Knox Unflavored Gelatine
1/4 cup cold water
2/3 cup hot water
2 tablespoonsfuls mild vinegar
1 tablespoonful sugar

Soften gelatine in cold water. Add sugar and hot water and stir until dissolved. Add vinegar, salt substitute, mustard and onion and when it begins to stiffen, stir in beets and celery. Turn into individual molds which have been dipped in cold water. Serve on lettuce, cress or romaine with Low Calorie Salad Dressing.

JELLIED MUSHROOMS FOR COLD MEAT (Six Servings)

Food value per serving: Carb. 0, Prot. 1, Fat 0, Calories 4

2 cups fresh mushrooms sliced thin
2 cups hot water
Good pinch salt substitute

Cook mushrooms in hot water and salt substitute until tender, then drain off water and save for jelly. Soften gelatine in cold water. Add to hot liquid from mushrooms and stir until dissolved. Add lemon juice and chill. When nearly set, stir in cooked mushrooms, mold and chill until set. Serve with hot or cold meat.

CARROT AND ORANGE SALAD (Six Servings)

Food value per serving: Carb. 8, Prot. 1, Fat 0, Calories 36

1 envelope Knox Gelatine
1/4 cup cold water
1 1/4 cups hot water
2 tablespoonsfuls sugar

Soften gelatine in cold water. Add sugar, salt substitute and hot water and stir until dissolved. Add orange and lemon juice and set aside to slightly stiffen. Add the raw carrots to the slightly stiffened jelly and pour into individual molds that have been rinsed in cold water. Chill and unmold on lettuce leaf. Garnish with 1 tablespoonful of Low Calorie Cooked Salad Dressing.
LUNCHEON SALAD  (Six Servings)
Food value per serving:  Carb.  3, Prot.  2, Fat  0, Calories 20

1 envelope Knox Gelatine
½ cup cold water
1 cup hot chicken broth
½ cup diced fresh carrots
½ cup cooked fresh peas
1 small stalk celery, cut fine
1 small piece green pepper, cut fine
1 good pinch salt substitute

Soften gelatine in cold water. Add hot chicken broth and salt substitute and stir until dissolved. Cool and when mixture begins to congeal, add vegetables. Mix thoroughly and pour into mold that has been rinsed in cold water. Chill and serve on a lettuce leaf with Low Calorie Salad Dressing.

FISH IN TOMATO JELLY  (Six Servings)
Food value per serving:  Carb.  1, Prot.  10, Fat  5, Calories 89

¾ cup hot water
1 good pinch salt substitute
½ teaspoonful whole nutmeg
1 envelope Knox Gelatine
¼ cup cold water
¾ cup tomatoes strained
2 tablespoonfuls vinegar
1½ cups flaked fresh fish
¼ cup chopped cooked celery
¼ cup chopped green pepper

Bring hot water, salt substitute, and spices to a boil. Soften gelatine in cold water. Add to hot liquid and stir until dissolved. Strain into tomatoes and stir in vinegar. Chill until almost set, then stir in fish, celery and green pepper. Mold and chill until firm. Serve on lettuce with or without Low Calorie Salad Dressing.

JELLIED FISH OR MEAT SALAD  (Four Servings)
Food value per serving:  Carb.  1, Prot.  12, Fat  2, Calories 70

1 envelope Knox Gelatine
8 ounces fresh cooked salmon*
¼ cup cold water
1⅓ cups hot water
1 good pinch salt substitute
3 tablespoonfuls vinegar
¼ green pepper chopped
½ small onion chopped
2 stalks celery chopped

Bring hot water and salt substitute to boil. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar. Strain and set aside to cool. When jelly is nearly set, stir in meat or fish and chopped vegetables. Pour into mold and chill until firm. Un-mold on lettuce leaf.

*Salmon, veal or chicken
JELLIED CHICKEN WITH VEGETABLES
(Six Servings)
Food value per serving: Carb. 2, Prot. 13, Fat 2, Calories 78
1 envelope Knox Gelatine 1 cup fresh vegetables (cooked
1 cup fresh cooked chicken peas, string beans, carrots,
sliced asparagus, etc.)
1 1/2 cups chicken stock 1/2 cup green pepper
Good pinch salt substitute 1/4 cup cold water

Soften gelatine in cold water. Add hot chicken stock and stir until dissolved. Add salt substitute and cool. Dip square mold in cold water and pour in a thin layer of the liquid jelly. Let stiffen slightly and garnish with peppers and other vegetables. Arrange the thickening jelly, chicken slices and vegetables in layers and chill. Unmold and garnish with lettuce and Low Calorie Salad Dressing.

LOW CALORIE COOKED SALAD DRESSING
(Twenty Servings)
Food value per serving: Carb. 1, Prot. 1, Fat 1, Calories 15
1/2 envelope Knox Gelatine 1 tablespoonful unsalted butter
1 egg well beaten 2 tablespoonfuls sugar
4 teaspoonfuls cold water 2 teaspoonfuls dry mustard
3/4 cup boiling water 1 teaspoonful salt substitute
1/4 cup mild vinegar 1/16 teaspoonful paprika

Mix together sugar, dry mustard, salt substitute and paprika, soften gelatine in cold water. Add boiling water to mustard mixture and stir until gelatine is dissolved and butter is melted. Stir slowly hot liquid into beaten egg. Return to stove and stir constantly until mixture begins to thicken. Remove from stove and stir in vinegar. Pour into cold jar and set aside to cool and thicken.
LEMON JELLY (Six Servings)

Food value per serving: Carbohydrate 0, Protein 1, Fat 0, Calories 4

1 envelope Knox Gelatine
1/4 cup cold water
1 1/2 cups boiling water
Grated rind of one lemon
4 tablespoonsfuls lemon juice
1 gr. saccharin

Boil lemon rind and water for two minutes. Soften gelatine in cold water.
Add to hot liquid and stir until dissolved.
Add lemon juice and saccharin. Strain into molds and chill until set.

GRAPE JUICE JELLY (Six Servings)

Food value per serving: Carbohydrate 4, Protein 1, Fat 0, Calories 20

1 envelope Knox Gelatine
1/4 cup cold water
1 cup hot water
1/2 cup grape juice
1 tablespoonful lemon juice
1/6 gr. Saccharin

Soften gelatine in cold water. Add hot water and stir until dissolved.
Add grape juice, lemon juice, and saccharin. Pour into molds and chill.
To serve, dip the mold in hot water, then turn out on serving dish. Or—when gelatine mixture is nearly set, beat until frothy, then pour into molds.

GRAPE SPONGE (Six Servings)

Food value per serving: Carbohydrate 4, Protein 2, Fat 0, Calories 24

Make up recipe for grape juice jelly
2 egg whites

When jelly is nearly set, beat until frothy. Beat egg whites until stiff and fold into jelly. Pour into molds and chill.

GRAPE BAVARIAN (Six Servings)

Food value per serving: Carbohydrate 4, Protein 1, Fat 7, Calories 83

Make up recipe for grape juice jelly
1/2 cup cream, whipped

When jelly is nearly set, beat until frothy, then add whipped cream, mold and chill until set.
LEMON SNOW (Six Servings)

Food value per serving: Carb. 1, Prot. 2, Fat 0, Calories 12

Make up recipe for lemon jelly.  2 egg whites
When lemon jelly is nearly set, beat until frothy. Beat egg whites until stiff, and fold into gelatine mixture. Pour into molds and chill until firm.

LEMON BAVARIAN (Six Servings)

Food value per serving: Carb. 1, Prot. 1, Fat 7, Calories 71

Make up recipe for lemon jelly.  ½ cup cream whipped
When jelly is nearly set, beat until frothy, fold in whipped cream, mold and chill until set.

LEMON MIST (Six Servings)

Food value per serving: Carb. 0, Prot. 3, Fat 2, Calories 30

1 envelope Knox Gelatine  ¼ cup lemon juice
¼ cup cold water  2 eggs
1½ cups boiling water  1½ gr. saccharin
Grated rind of one lemon  Good pinch salt substitute

Boil water and rind of lemon for two minutes. Soften gelatine in cold water. Add to hot lemon liquid and stir until dissolved. Separate eggs and beat yolks until lemon colored. Stir hot mixture slowly into egg yolks, return to stove and heat over boiling water until mixture thickens slightly, stirring constantly. Remove from stove, add lemon juice, saccharin and salt substitute and chill. Beat egg whites until stiff and when jelly is nearly set, fold whites into it. Mold and chill until set.

BLANC MANGE (Six Servings)

Food value per serving: Carb. 4, Prot. 3, Fat 3, Calories 55

1 envelope Knox Gelatine  Good pinch salt substitute
2 cups milk  ½ teaspoonful nutmeg
½ teaspoonful vanilla  ½ gr. saccharin

Soften gelatine in ¼ cup milk. Add to 1¾ cups hot milk and stir until dissolved. Add vanilla, salt substitute, nutmeg and saccharin. Stir until Saccharin is dissolved, then chill. When nearly set, beat until frothy, mold and chill until firm.
**CHOCOLATE PUDDING** (Six Servings)

Food value per serving:
Carb. 5, Prot. 4, Fat 6, Calories 90

- 1 envelope Knox Unflavored Gelatine
- 2 cups milk
- 1 square chocolate grated (1 oz.)
- \( \frac{1}{4} \) teaspoonful salt substitute
- \( \frac{1}{8} \) teaspoonful cinnamon
- \( \frac{1}{4} \) teaspoonful vanilla
- 1 gr. saccharin

Melt chocolate in 1\( \frac{3}{4} \) cups hot milk. Soften gelatine in \( \frac{1}{4} \) cup of milk. Add to hot chocolate mixture and stir until dissolved. Add salt substitute, cinnamon, vanilla and saccharin. Stir well and chill. When nearly set, beat until frothy, mold and chill until firm. Serve plain or with thin cream or whipped cream.

**ORANGE CREAM** (Six Servings)

Food value per serving: Carb. 4, Prot. 3, Fat 5, Calories 73

- 1 envelope Knox Unflavored Gelatine
- \( \frac{2}{3} \) cup orange juice
- \( \frac{1}{4} \) cup cold water
- \( \frac{1}{4} \) cup boiling water
- Grated rind of one orange
- 1 egg
- 1 tablespoonful lemon juice
- \( \frac{1}{2} \) cup milk
- 1 gr. saccharin
- \( \frac{1}{4} \) cup cream, whipped

Boil rind of orange and boiling water for two minutes. Soften gelatine in cold water. Add to hot orange liquid and stir until dissolved. Separate egg and beat egg yolk until lemon colored, then slowly stir gelatine mixture into egg yolk. Return to stove and heat over boiling water until mixture begins to thicken. Remove from stove, add orange juice, lemon juice, milk and saccharin. Chill until nearly set. Beat egg white until stiff, then fold into gelatine mixture. Fold in whipped cream, turn into molds and chill until set.

Note: This may be frozen and used as orange ice cream, in which case a deduction of five per cent must be made from the food value to allow for loss in transfer.
FRUIT JELLY (Six Servings)

Food value per serving: Carb. 3, Prot. 1, Fat 0, Calories 16

1 envelope Knox Unflavored Gelatine 1 1/2 grs. saccharin
1/4 cup cold water 6 sections orange
1 1/2 cups boiling water 6 sections grapefruit
1/4 cup lemon juice

Boil water and rind for two minutes. Soften gelatine in cold water. Add to hot lemon liquid and stir until dissolved. Add lemon juice and saccharin, stir, strain and chill. Cut each section of fruit into three pieces. When jelly is nearly set, stir in cut fruit, mold, chill until firm and serve plain, with thin cream or whipped cream.

FRUIT JELLY WITH STRAWBERRIES (Six Servings)

Food value per serving: Carb. 5, Prot. 1, Fat 0, Calories 24

Make recipe for fruit jelly 3/4 cup cleaned strawberries (fresh)

Follow same method as for Fruit Jelly recipe. Carbohydrate content of fruit jelly may be increased by adding with orange and grapefruit 3/4 cup cleaned strawberries, cut in pieces.

SPANISH CREAM (Six Servings)

Food value per serving: Carb. 2, Prot. 4, Fat 3, Calories 51

1 envelope Knox Unflavored Gelatine 3/4 cup boiling water
1/4 cup cold water 2 eggs
1 cup milk 1 1/2 teaspoonfuls vanilla
good pinch salt substitute

Heat water and milk over boiling water. Soften gelatine in cold water. Add to hot milk mixture and stir until dissolved. Separate eggs and beat yolks until lemon colored. Stir gelatine mixture into egg yolks, slowly. Return to stove and cook over boiling water until mixture begins to thicken. Remove from stove, add vanilla and salt substitute and chill. Beat egg whites until stiff and fold into jelly when almost set. Mold and chill until firm.
BANANA CUSTARD (Six Servings)

Food value per serving: Carb. 8, Prot. 5, Fat 1, Calories 61

1 envelope Knox Unflavored Gelatine
1 teaspoonful vanilla or lemon extract or
2 cups skim milk
1 tablespoonful orange juice
Good pinch salt substitute
½ gr. saccharin
1 egg
½ cup mashed banana

Heat 1½ cups milk over hot water. Soften gelatine in ½ cup cold milk. Add to hot milk and stir until dissolved. Add the egg which has been beaten lightly and mix thoroughly. Cook over hot water until the mixture begins to thicken, stirring constantly. Remove at once from heat, add banana, flavoring, saccharin and salt substitute. Pour into mold that has been rinsed in cold water and chill. Serve in a colored glass dish.
IMPORTANCE OF

KNOX QUALITY

FOR SPECIAL DIETARIES

ALL PLAIN GELATINES ARE NOT ALIKE. Due to varying types of raw material and methods of processing, gelatines differ in quality and performance.

- Knox Gelatine is highest quality U.S.P. gelatine, a uniform dietary protein made from selected bone.

  *Important Note*: The ready flavored gelatine dessert powders contain about 85% sugar, acid flavoring and only about 10% gelatine.

- Knox Gelatine is odorless and tasteless.

- Knox Gelatine is neutral, which makes it effective in control of gastric conditions.

- Knox Gelatine is made under careful bacteriological control. Therefore, avoids a possibility of gastro-intestinal upset.

- Knox Gelatine is easily digested and is a dependable source of protein for patients with allergic manifestations.

Additional copies of this book, as well as our other books on "Feeding Sick Patients" (Liquid and Soft Diets), "Colitis, and Digestive Disorders," "Reducing" and "Feeding Diabetic Patients," and reprint of a recent clinical study on "The Effect of Gelatine on Fragile Fingernails" sent on request.

Available at grocery stores in convenient 4-envelope and 32-envelope economy size packages.

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