NEW
"CHOOSE-A-FRUIT"
Chiffon Pies

FREE! 2 new Knox booklets

1. NEW Knox On-Camera Recipes
Colorful 52-page book. Shows you as it tells you, like a TV food demonstration. 322 pictures. 66 recipes and variations. Vividly outlines simple principles for success with any and all Unflavored Gelatine dishes! Many valuable tips and hints—an entirely new guide to gel-cookery.

2. NEW Knox Eat-and-Reduce Plan
Illustrated and interpreted by Don Herold, this 56-page booklet simply and amusingly gives you a way to reduce and still eat good, solid food. No “starving” or liquid dietary. You re-train your appetite with the Choice-of-Foods Chart, and help from the Knox Drink, to get slim, stay slim.

Do you really want to lose weight?

☐ New Knox On-Camera Recipes
☐ New Knox Eat-and-Reduce Plan

Please send me FREE the booklets checked above.
Mail this coupon to:
Knox Gelatine, Inc.,
Johnstown, N. Y., Box KC-1

Name

Address
Look how many ways you can serve the "CHOOSE-A-FRUIT" CHIFFON RECIPE:

First, remember you can use any and every fruit that comes in cans to give your "Choose-a-Fruit" chiffon dessert your favorite fruit flavor and color. Then, by combining all the sliced, diced or chopped fruit (drained, of course) with the gelatine mixture, or by holding some out for garnish or decoration, you can serve numberless glamorous and original dishes.

For instance, follow the recipe as given, but spoon the gelatine mixture into graceful parfait glasses, alternating with layers of the fruit, so you end up with fruit for topping.

Or — combine most of the fruit with the gelatine mixture to fill and frost a layer cake, saving out just enough fruit to decorate the top attractively.

Then try combining all the fruit with the gelatine mixture and turn it into your most elaborate mold for a really impressive party dessert. Or into individual sherbet glasses, first lining each with two split lady fingers. Or have your flakiest pastry ready for light, light single-crust pies or tarts.

NEW "CHOOSE-A-FRUIT" CHIFFON PIES  
(MAKES 6 SERVINGS)

1. Use a 1 lb. can (2 cups) fruit (fruit cocktail, crushed pineapple, apricot halves*, sliced peaches* and other favorites).
2. Combine 1 envelope Knox Unflavored Gelatine, and 1/4 cup sugar in a saucepan.
3. Drain syrup from fruit into saucepan. Mix well. Place over low heat stirring constantly until gelatine is dissolved.
4. Remove from heat and add 1/4 cup lemon juice. Chill, stirring occasionally, to unbeaten egg white consistency.
5. Fold gelatine mixture into 2 1/2 cups whipped Carnation Instant (see directions on package).
6. Spoon half the mixture into a 9-inch pie plate. Place 14 vanilla wafers around edge of pie plate.
7. Spoon drained fruit over gelatine mixture. Cover with remaining gelatine mixture and chill until set, about 2 hours.

*Cut apricot halves, peach slices and other large pieces into small bits.

THE KNOX GELATINE-
CARNATION INSTANT 
HIGH PROTEIN DRINK

3 TIMES A DAY picks you up between meals — dulls your appetite for your next meal — helps you stay with your diet.

Mix 1 envelope Knox Gelatine with 2 1/2 tablespoons Carnation Instant "Magic Crystals" in a 4 to 6 oz. glass. Fill with cold water, stir briskly until milk dissolves. Drink quickly. Taken 3 times a day, this supplies 30% of your daily protein need, plus half the calcium, 35% of the Vitamin B₂, and 7% of the Vitamin B₁ — of vital nutritional importance when you are taking off weight.