FABULOUS FOODS
THAT ARE
FUN TO FIX

SALADS
Fruit and Vegetable
Aspics and Soufflés

MAIN DISHES
Chicken Mousse,
Hearty Fish, Cheese
and Vegetable Molds

DESSERTS
Whips, Soufflés and
Chiffon Pies

(Low-Calorie
Recipes, too)

EASIER THAN YOU THINK WITH
KNOX Unflavored Gelatine
How to Make a Basic Gelatine Mixture

This simple procedure—combining unflavored gelatine with a liquid—is the basis of all gelatine dishes. (When recipe calls for 1 tablespoon gelatine use 1 envelope.)

1. Soften the Knox Gelatine by sprinkling on ½ cup of the cold liquid called for in recipe.*

2. Place over low heat and stir until gelatine is dissolved.

3. Remove from heat. Add remaining liquid called for.

4. Pour mixture into mold. Chill until firm (3 to 4 hours).

TO UNMOLD:

1. Dip mold in warm water (not hot) to depth of gelatine.

2. Loosen around edge with the tip of a paring knife.

3. Place serving dish on top of mold and turn upside down. Shake, holding dish tightly to the mold. If gelatine does not unmold readily, repeat process.

*If the recipe calls for 1 tbsp. or more of sugar, it is not necessary to soften the gelatine in the liquid. Just mix the gelatine with the sugar and add the liquid.

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There are 5 simple variations of the Basic Gelatine Mixture

The Simple Gelatine — Tomato juice is used as the necessary liquid in making Tomato Aspic. Other juices, sugar and solids, may be combined to form this Basic Gelatine Mixture.

The Whip — For Pineapple Whip, make a Basic Gelatine Mixture with pineapple juice. Refrigerate until partially set, beat until fluffy and double in volume.

The Snow — When you make Orange Snow, start with a Basic Gelatine Mixture made with orange juice. Refrigerate until partially set. Add unbeaten egg whites, beat until fluffy and double in volume.

The Chiffon — To make Lemon Chiffon pie, the Basic Gelatine Mixture is made with lemon juice and egg yolks added. Mixture is cooked over boiling water, chilled until partially set, then folded into egg whites which have been stiffly beaten with sugar.

The Whipped Cream Mixture — This can be made two ways: (1) with eggs and (2) without. (1) Bavarian Cream is made with eggs. Make the Basic Gelatine Mixture, adding egg yolks. Cook over boiling water, chill until partially set, then fold into stiffly beaten egg whites and sugar. Fold whipped cream into this. (2) Chicken Mousse is made without eggs. Chill Basic Gelatine Mixture until partially set. Fold in chicken and whipped cream.
Green Salad Mold
SIMPLE GEL—SERVES 6
29 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1 teaspoon salt
⅛ teaspoon pepper
1 ¼ cups water, divided
1 ¼ cup vinegar
1 ¼ cup chopped scallions
1 cup shredded raw spinach
1 cup chopped celery
¾ cup shredded raw carrots

1. Mix gelatine, sugar, salt and pepper thoroughly in a small saucepan.
2. Add ¼ cup of the water. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining water, vinegar and lemon juice.
4. Chill to unbeaten egg white consistency.
5. Fold in scallions, spinach, celery and carrots.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold and serve with mayonnaise or salad dressing. Garnish with tomatoes and olives.

VARIATION
Lettuce and Mushroom Mold: Substitute 1 cup shredded lettuce for spinach. Add ¼ cup chopped mushrooms and ¼ cup chopped green pepper.

Tomato Aspic
SIMPLE GEL—SERVES 4
33 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1 ¾ cups tomato juice, divided
1 ¼ teaspoon salt
1 ½ teaspoon sugar
1 ½ teaspoon Worcestershire sauce
1 ½ teaspoon Tabasco
2 tablespoons lemon juice

1. Sprinkle gelatine on ¼ cup of the tomato juice to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining tomato juice, and seasonings.
4. Turn into a 2-cup mold or individual molds and chill until firm.
5. Unmold on serving plate.
6. Garnish with salad greens, cucumber slices and black olives. Serve with salad dressing.

VARIATION
Tomato-Vegetable Aspic: Follow steps 1, 2 and 3, then chill mixture to unbeaten egg white consistency. Fold in 1 cup shredded cabbage, ½ cup chopped celery and 1 cup finely chopped green pepper. Turn into a 3-cup mold.

Other Variation: Follow directions for tomato-vegetable aspic, substituting 1 ½ cups cooked vegetables or 1 cup diced cooked chicken and ½ cup sliced olives for the raw vegetables.
**Garden Patch Salad**

SIMPLE GEL—SERVES 6
61 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1/4 cup sugar
1/2 teaspoon salt
1 1/2 cups water, divided
1/4 cup lemon juice
2 cups cooked mixed vegetables

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.
2. Add 1/2 cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.
3. Remove from heat and stir in remaining 1 cup water, and lemon juice.
4. Chill to unbeaten egg white consistency.
5. Fold in mixed vegetables.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold on serving platter and garnish with salad greens, scallions and radishes.

**VARIATIONS**

Carrot and Celery Salad: For the 2 cups mixed vegetables substitute 1 1/2 cups grated carrots, 1/4 cup finely diced celery and 1/4 cup diced green pepper.

Cabbage Salad: For the 2 cups mixed vegetables substitute 1 1/2 cups finely shredded cabbage, 1/4 cup sliced radishes and 1/4 cup finely cut scallions.

Egg and Vegetable Salad: Omit 1 cup vegetables; add 2 hard-cooked eggs, chopped, and 1/2 cup slivered cheese.

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**Grapefruit Ginger Salad**

SIMPLE GEL—SERVES 6
68 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
2 tablespoons sugar
1/8 teaspoon salt

1 (1-lb.) can unsweetened grapefruit sections
2 tablespoons lemon juice
1/4 cup diced celery
1/4 cup diced apples
1 teaspoon chopped crystalline ginger

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.
2. Drain syrup from grapefruit sections. Add water to make 1 1/4 cups. Set sections aside.
3. Add 1/2 cup of the liquid to gelatine mixture. Place over low heat and stir until gelatine is dissolved.
4. Chill to unbeaten egg white consistency.
5. Fold in celery, apples, ginger and grapefruit sections.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold and garnish with greens and avocado. Serve with mayonnaise or salad dressing.

**VARIATION**

Grapefruit Nut Mold: Substitute 1/4 cup chopped walnuts and 1/4 cup chopped grapes for celery and apples.
Golden Salad
SIMPLE GEL—SERVES 6
100 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup canned pineapple syrup or juice*

$\frac{1}{4}$ cup orange juice

$\frac{1}{4}$ cup vinegar

1 cup well-drained diced canned pineapple

$\frac{1}{2}$ cup drained orange sections, cut in small pieces

$\frac{1}{2}$ cup coarsely grated raw carrots

1. Mix gelatine, sugar and salt thoroughly in a small saucepan. 2. Add pineapple syrup or juice. Place over low heat, stirring constantly until gelatine is dissolved. 3. Remove from heat and stir in orange juice and vinegar. Chill to unbeaten egg white consistency. 4. Fold in canned pineapple, orange sections and carrots. 5. Turn into a 3-cup mold or individual molds and chill until firm. 6. Unmold by dipping mold in warm water to the depth of the gelatine. 7. Loosen around edge with the tip of a paring knife. 8. Place serving dish on top of mold and turn upside down. Shake, holding dish tightly to mold. 9. Garnish with salad greens and serve with salad dressing.

*Canned pineapple juice may be substituted for syrup. If fresh or frozen pineapple juice is used, boil 2 minutes before combining with the gelatine.

Cranberry Soufflé Salad
SIMPLE GEL MAYONNAISE ADDED—SERVES 6
360 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine

2 tablespoons sugar

$\frac{1}{4}$ teaspoon salt

1 cup water

$\frac{1}{2}$ cup mayonnaise

2 tablespoons lemon juice

1 teaspoon grated lemon rind

1 (1-lb.) can whole cranberry sauce

1 orange or apple peeled and diced or 1 (8½-oz.) can pineapple tidbits

$\frac{1}{4}$ cup chopped walnuts

1. Mix gelatine, sugar and salt thoroughly in a small saucepan. 2. Add water. Place over low heat, stirring constantly until gelatine is dissolved. 3. Remove from heat and stir in mayonnaise, lemon juice and lemon rind. 4. Blend with a rotary beater. 5. Pour into a refrigerator tray. 6. Quick chill in freezing unit 10 to 15 minutes, or until firm about 1 inch from edge but soft in center. 7. Beat until fluffy. Fold in remaining ingredients. 8. Turn into 4-cup mold or individual molds and chill until firm. 9. Unmold on serving plate; garnish with salad greens and serve with mayonnaise.
**Fruit Nectar Salad**

SIMPLE GEL—SERVES 6
97 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine  
2 tablespoons sugar  
¼ teaspoon salt  
1 (12-oz.) can apricot nectar  
½ cup water  
8 whole cloves  
1 teaspoon lemon juice  
1½ cups drained diced, mixed fruits, fresh, canned or frozen (thawed)*

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.  
2. Add nectar, water and cloves. Place over low heat and stir until gelatine is dissolved. Simmer 5 minutes.  
3. Remove from heat and strain to remove cloves. Add lemon juice.  
4. Chill to unbeaten egg white consistency.  
5. Fold in mixed drained fruits. Turn into a 3-cup mold or individual molds and chill until firm.  
6. Unmold on serving platter and garnish with greens and fruit. Serve with salad dressing.

**VARIATIONS**

Peach or Pear Nectar Salad: Substitute peach or pear nectar for apricot.

Carrot Nectar Salad: Reduce mixed fruit to 1 cup and add ½ cup coarsely grated raw carrots.

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**Perfection Salad**

SIMPLE GEL—SERVES 4
70 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine  
¼ cup sugar  
½ teaspoon salt  
1¾ cups water, divided  
¼ cup vinegar  
1 tablespoon lemon juice  
½ cup finely shredded cabbage  
1 cup chopped celery  
1 pimiento, cut in small pieces or 2 tablespoons chopped sweet red or green pepper

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.  
2. Add ½ cup of the water. Place over low heat and stir until gelatine is dissolved.  
3. Remove from heat and stir in remaining water, vinegar and lemon juice.  
4. Chill to unbeaten egg white consistency.  
5. Fold in shredded cabbage, celery and pimiento or pepper.  
6. Turn into a 2-cup mold or individual molds and chill until firm.  
7. Unmold and garnish with salad greens. Serve with salad dressing.

**VARIATIONS**

Pineapple Perfection Salad: Substitute ¾ cup canned pineapple juice for ¾ cup of the water. Reduce sugar to 2 tablespoons.

Red Cabbage Perfection: Substitute red cabbage for the regular cabbage.
**Chicken Mousse**

**WHIPPED CREAM MIXTURE—SERVES 6**

226 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine

$\frac{1}{2}$ cups chicken broth, divided

1 tablespoon onion juice

$\frac{1}{4}$ cups diced cooked or canned chicken

2 tablespoons chopped celery

1 tablespoon chopped stuffed olives

1 cup heavy cream, whipped

1. Sprinkle gelatine on $\frac{1}{2}$ cup of the chicken broth to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining chicken broth and onion juice.
4. Chill to unbeaten egg white consistency.
5. Fold in chicken, celery, olives and whipped cream.
6. Turn into a 4-cup mold and chill until firm.
7. Unmold on serving plate and garnish with water cress and radishes.

**VARIATIONS**

*Fish Mousse:* Substitute tuna, salmon or lobster for the chicken. Increase the celery to $\frac{1}{4}$ cup and substitute 2 tablespoons chopped green pepper for the olives.

*Low-Calorie Chicken Mousse:* (136 calories a serving) Follow directions above but substitute $\frac{3}{4}$ cup chilled evaporated milk, whipped, for the heavy cream. Garnish with radishes.

**Tuna Mold**

**SIMPLE GEL—SERVES 4**

190 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine

$\frac{3}{4}$ cups milk, divided

2 egg yolks

1 teaspoon salt

Dash pepper

1 teaspoon prepared mustard

1 can (6 or 7 oz.) tuna, drained and flaked

2 tablespoons lemon juice

$\frac{1}{2}$ cup chopped celery

2 tablespoons finely chopped pimiento

Cooked marinated green peas

1. Stir gelatine into $\frac{1}{2}$ cup of the milk to soften.
2. Beat egg yolks, remaining $1\frac{3}{4}$ cups milk, salt and pepper together; add to gelatine mixture.
3. Place over low heat, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat. Chill to unbeaten egg white consistency.
5. Fold in tuna, mustard, lemon juice, celery and pimiento. Fold into gelatine mixture.
6. Turn into a 3-cup ring mold or individual molds; chill until firm.
7. Unmold on serving plate and garnish with salad greens. Fill center with green peas.

**VARIATIONS**

*Other Fish Molds:* Substitute salmon, lobster or crab meat for the tuna.

*Curried Tuna Mold:* Add $\frac{1}{4}$ teaspoon curry powder to ingredients in Step 5.
Cottage Cheese and Kidney Bean Salad

SIMPLE GEL—SERVES 6
232 CALORIES A SERVING

1 1/2 cups cottage cheese
1 envelope Knox Unflavored Gelatine
1 cup milk, divided
3/4 cup French dressing
1 tablespoon minced onion
Dash pepper
1 cup cooked or canned kidney beans, drained
1 cup shredded cabbage

1. Sieve or beat cheese on high speed of electric mixer 3 minutes. 2. Stir gelatine into 1/2 cup of the milk to soften. 3. Place over low heat, stirring constantly until gelatine is dissolved. 4. Remove from heat and stir in remaining 1/2 cup milk, French dressing, onion, pepper and cottage cheese. 5. Place pan in bowl of ice and water or chill in refrigerator to unbeaten egg white consistency. 6. Fold in drained kidney beans and shredded cabbage. 7. Turn into a 4-cup mold and chill until firm. 8. Unmold by dipping mold in warm water to the depth of the gelatine. Loosen around edge with tip of paring knife. 9. Place serving dish on mold; turn upside down. Shake, holding dish tightly to mold. Garnish with greens and cucumbers.

Deviled Egg Mold

SIMPLE GEL
MAYONNAISE ADDED
SERVES 6
240 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1/2 cup water
1 teaspoon salt
2 tablespoons lemon juice
1/2 teaspoon Worcestershire sauce
1/4 teaspoon cayenne pepper
1/4 cup mayonnaise
1 1/2 teaspoons grated onion
1/2 cup finely diced celery
1/4 cup finely diced green pepper
1/4 cup chopped pimiento
4 hard-cooked eggs, chopped

1. Sprinkle gelatine on water to soften. 2. Place over low heat and stir until gelatine is dissolved. 3. Remove from heat and add salt, lemon juice, Worcestershire sauce and cayenne pepper. Cool. 4. Stir in mayonnaise. Fold in remaining ingredients. 5. Turn into a 3-cup mold or individual molds and chill until firm. 6. Unmold and garnish with salad greens and green pepper and serve with salad dressing.

VARIATIONS

Deviled Egg and Cheese Mold: Omit green pepper and add 1/2 cup coarsely shredded Cheddar cheese.

Deviled Egg and Olive Mold: Add 1/4 cup chopped olives.
Bavarian Cream
WHIPPED CREAM MIXTURE—SERVES 6
259 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1/2 cup sugar, divided
1/8 teaspoon salt
2 eggs, separated
1 1/4 cups milk
1/2 teaspoon vanilla
1 cup heavy cream, whipped

1. Mix gelatine, 1/4 cup of the sugar and salt thoroughly in top of double boiler.
2. Beat egg yolks and milk together. Add to gelatine mixture.
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat and stir in vanilla. Chill to unbeaten egg white consistency.
6. Fold in whipped cream. Turn into a 4-cup mold and chill until firm.
7. Unmold on serving platter and garnish with fresh fruit.

VARIATIONS

Fruit and Nut Bavarian: Follow Steps 1 through 5. Then fold 1 cup well-drained diced mixed fruit and 1/4 cup chopped nuts into mixture with whipped cream.

Coffee Bavarian: In Step 1 add 2 tablespoons instant coffee to gelatine and sugar mixture.

Nesselrode Chiffon Pie
CHIFFON—MAKES 9-INCH PIE
498 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
3/4 cup sugar, divided
1/2 teaspoon salt
2 eggs, separated
1 1/2 cups milk
1/2 teaspoon vanilla
1 cup heavy cream
2 teaspoons rum flavoring or
3 tablespoons rum or sherry
1 tablespoon chopped maraschino cherries
1 9-inch baked pie shell

1. Mix gelatine, 3/4 cup of the sugar and salt thoroughly in top of double boiler.
2. Beat egg yolks, milk and cream together. Add to gelatine.
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat and stir in desired flavoring.
5. Chill, stirring occasionally, until the mixture mounds slightly when dropped from a spoon.
7. Fold in gelatine mixture and cherries.
8. Turn into a baked pie shell and sprinkle top with chocolate.
9. Chill until firm.

VARIATION

Nesselrode Pudding: Spoon into sherbet glasses; top with shaved chocolate.
**Pineapple Whip**

WHIP—SERVES 4
125 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1/2 cup sugar
1/8 teaspoon salt
1 1/2 cups pineapple juice*, divided
1/2 teaspoon grated lemon rind

1. Mix gelatine, sugar and salt thoroughly in a small saucepan. 2. Add 1/2 cup of the pineapple juice. 3. Place over low heat and stir until gelatine is dissolved. 4. Remove from heat and stir in remaining pineapple juice and lemon rind. 5. Chill until slightly thicker than unbeaten egg white consistency. 6. Beat with a rotary beater or electric beater until light and fluffy and double in volume. 7. Spoon into dessert dishes and chill until firm.

**VARIATIONS**

*Orange Whip:* Substitute orange juice for the pineapple juice.

*Apricot Whip:* Substitute 1 1/2 cups apricot nectar for the pineapple juice and add 1/4 cup water.

*Coffee Whip:* Substitute 1 1/3 cups cold strong coffee for the pineapple juice. Omit rind; add 1 teaspoon vanilla.

*If frozen pineapple juice is used, boil 2 minutes before combining with the gelatine.*

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**Pineapple Coconut Delight**

SIMPLE GEL—SERVES 6 TO 8
(Fills 9-inch pie, Ices 8 1/2-inch cake)
108 CALORIES A SERVING

1 1/2 cups canned crushed pineapple with syrup
1 envelope Knox Unflavored Gelatine
1/4 teaspoon vanilla
1/2 cup flaked or shredded coconut
1/2 cup instant nonfat dry milk
1/2 cup ice water
2 tablespoons lemon juice
1/4 cup sugar

1. Drain syrup from pineapple and add water to make 1 cup liquid. 2. Sprinkle gelatine on syrup-water mixture to soften. 3. Place over low heat and stir until gelatine is dissolved. 4. Remove from heat and add pineapple and vanilla. Chill to unbeaten egg white consistency. 5. Mix instant non-fat dry milk with ice water in a bowl. 6. Beat until soft peaks form (3-4 minutes). Add lemon juice. 7. Continue beating until firm peaks form (3-4 minutes longer). Gradually add sugar. 8. Fold gelatine mixture and coconut into whipped milk. 9. Spoon into dessert dishes and chill until ready to serve, or turn into a 9-inch baked pie shell or use mixture to fill and frost two cake layers.
**Peach Soufflé**

WHIPPED CREAM MIXTURE

SERVES 6 TO 8

250 CALORIES A SERVING

1 12-oz. package frozen sliced peaches, completely thawed
1 envelope Knox Unflavored Gelatine
1/2 cup peach syrup
4 eggs, separated
1/4 cup water
1 tablespoon lemon juice
1/2 teaspoon salt
1/2 teaspoon almond extract
1/2 cup sugar
1 cup heavy cream, whipped

Slivered toasted almonds

1. Drain syrup from peaches into top of double boiler and set slices aside.
2. Sprinkle gelatine on peach syrup to soften.
3. Beat egg yolks and water together. Add to gelatine mixture.
4. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
5. Remove from heat and stir in lemon juice, salt and almond extract. Chill slightly.
6. Sieve peaches or mash in blender. Mix into gelatine mixture.
8. Fold in whipped cream. Turn into a 1 1/2 quart soufflé dish and chill until firm.
9. Before serving sprinkle top with slivered toasted almonds.

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**Lemon Chiffon Pie**

CHIFFON—MAKES 9-INCH PIE

366 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine
1 cup sugar, divided
1/8 teaspoon salt
4 eggs, separated
1/2 cup lemon juice
1/4 cup water
2 teaspoons grated lemon rind
1 9-inch baked pie shell

1. Mix gelatine, 1/2 cup of the sugar and salt thoroughly in top of double boiler.
2. Beat egg yolks, lemon juice and water together; add to gelatine mixture.
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat and stir in grated lemon rind. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.
6. Turn into a baked pie shell. Chill until firm. Garnish with whipped cream if desired.

**VARIATION**

Low-Calorie Lemon Chiffon Pudding:
(189 calories a serving) Spoon 2/3 cup of filling into sherbet glasses instead of baked pie shell. Sprinkle top with chopped fresh mint.
**Fruit Juice Snow**  
SNOW—SERVES 8  
93 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine  
ï cup sugar  
ï teaspoon salt  
ï cups water, divided  
1 can (6 oz.) frozen concentrated fruit juice*  
of your choice  
2 unbeaten egg whites

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.  
2. Add ï cup of the water. Place over low heat and stir until gelatine is dissolved. 
3. Remove from heat and stir in remaining water and frozen fruit juice. Stir until melted. 
4. Chill until slightly thicker than unbeaten egg white consistency. 
5. Add unbeaten egg whites and beat with an electric beater until mixture begins to hold its shape. 
6. OR beat with rotary beater until mixture is light and fluffy, 7 min. To speed up hand beating place over ice and water and beat. 
7. Spoon into dessert dishes and chill until firm. Serve plain or with Melba Sauce: Mix 1 package thawed frozen raspberries and ï cup currant jelly; bring to boil. Mix 2 teaspoons cornstarch and 1 tablespoon cold water. Add to raspberries, cook until clear, stirring constantly. 
*If frozen pineapple juice is used, boil 2 minutes before combining with the gelatine.

**Pineapple Chiffon Cake**  
CHIFFON—SERVES 8 TO 10  
244 CALORIES A SERVING

1 envelope Knox Unflavored Gelatine  
ï cup sugar, divided  
ï teaspoon salt  
3 eggs, separated  
ï cups canned crushed pineapple and syrup  
2 tablespoons lemon juice  
1 cup heavy cream, whipped  
Thin chocolate cookies

1. Mix gelatine, 2 tablespoons of the sugar and salt thoroughly in top of double boiler. 
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes. 
4. Remove from heat and stir in lemon juice. 
5. Chill to unbeaten egg white consistency. 
7. Fold in whipped cream. 
8. Spoon ï of mixture into waxed paper-lined 9 x 5 loaf pan. Add a layer of cookies. Repeat three times ending with gelatine. 
9. Chill until firm. 
10. Unmold on serving platter and top or spread top and sides with additional whipped cream and sprinkle with crushed cookie crumbs.
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