The Health Value of Knox Sparkling Gelatine

Scientific investigations recently concluded prove that Knox Sparkling Gelatine has great value in infant feeding, supplies the essential elements for the sturdy growth of children, and improves the health of all mankind through better digestion.
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OF
Knox Sparkling Gelatine

All the world has long known the appetizing daintiness of gelatine in the form of various attractive desserts and salads, meat, fish and vegetable dishes. Everyone has known how delicious these gelatine dishes taste and how charming they look on a well-appointed table.

But, in the enjoyment of these dishes, few of us have realized the great benefit that we are receiving from them, although eminent physicians have long recognized the dietary value of plain edible gelatine.

As early as 1879, the famous Dr. Abraham Jacobi in his book “The Intestinal Diseases of Infancy and Early Childhood” proved and recorded the highly beneficial results of adding small quantities of dissolved gelatine to the cow’s milk for infants and adults.

Dr. C. A. Herter in his book “Infantilism from Chronic Intestinal Infection” also found that the addition of plain edible gelatine to the milk was of great value because of the more perfect absorption of the milk fed.

While these and other eminent authorities who advocated the use of plain edible gelatine, did not determine the exact
reasons for the results they recorded, a recent investigation made with Knox Sparkling Gelatine, *conducted by highly scientific authorities*, clearly explains and proves the great importance of plain edible gelatine in the diet from infancy to old age.

First of all, this investigation proves that Knox Sparkling Gelatine has, in the language of the scientist, a "colloidal action" which means the power to emulsify or break up the fat masses of other foods. When dissolved and added to milk, it prevents the formation of hard curds, which so frequently cause colic and other stomach disturbances of infancy. Not only does plain edible gelatine largely prevent these troubles, but enables the child to get the benefit of the full nutriment of the milk, thus preventing under-nourishment which so often puzzles and worries the mother. Even though the child is well fed it is not always well nourished.

Although Knox Sparkling Gelatine may not, in all cases, absolutely prevent the formation of curds, these indigestible masses will surely be reduced in size and softened in substance for easy digestion by the addition of a small amount of dissolved gelatine to the milk formula.

In the second place, Knox Sparkling Gelatine is, of itself, the most easily digested of all proteins and is of value to the infant because of its food value. It can also be fed at an age when the proteins of such foods as meats and cereals are not advisable.
Proportions of Gelatine Used in Infant Feeding and Method of Preparation

While it is never wise to change the feeding formula prescribed, and mothers are urged to consult the family physician before making any change in the child's diet, the following are the formulae used in the investigation.

GELATINE FORMULA

Knox Sparkling Gelatine  ½ teaspoonful
Barley Flour            2 tablespoonsfuls
Sugar                  2 tablespoonsfuls
Salt                    ½ teaspoonful

Directions: Add enough water to the above ingredients to make a thin paste, and let stand until gelatine is dissolved. Add this to two cups of boiling water and cook until clear. Remove from fire, and add milk according to age of child, or combine with milk formula that is being prescribed.

Another formula found useful in the feeding of nursing infants follows:

GELATINE FORMULA
(Breast nursing infants)

Knox Sparkling Gelatine  ½ teaspoonful
Water                1 pint

Directions: Soften the gelatine in half pint of cold water, then add a half pint of boiling water and stir until gelatine is entirely dissolved. Give the infant two teaspoonfuls of this mixture just before the nursing period.

In this case, as the infant nurses, the mother's milk falls into the thin gelatine solution which is in the stomach, thus insuring the formation of soft, fluffy, and readily digested curds.
For infants three weeks to six months old add one-half teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.

For babies six months old and up add one teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.

First soak gelatine for ten minutes in one ounce of cold milk taken from the day's formula. Then add one ounce of hot milk from the day's formula. Stir until dissolved and add this solution to the full quantity of the day's formula, stirring until thoroughly mixed.

The Value of Knox Sparkling Gelatine for Growing Children

Another discovery of great importance is that nature has given plain edible gelatine a large percentage of Lysine, which is the element in food that promotes growth and strength.

Some foods are lacking in Lysine. For example, if a child were fed on white bread alone, that child would not grow normally because of the absence of Lysine, but if in conjunction with white bread, the child were fed plenty of plain edible gelatine this fault would be corrected. You cannot give a growing child Knox Sparkling Gelatine too often, and there are so many ways of preparing it in attractive desserts and salads, with pure, fresh fruit juices and with meat, fish, vegetables and even in candies, and also adding it to milk,
that it never tires the taste. One of the ways that is most attractive to children is as a spread for bread which can be easily made in convenient quantities for several days' requirement, provided it is kept cool in the ice box.

**GELATINE SPREAD**

- 2 teaspoonfuls Knox Sparkling Gelatine
- 2/3 cupful orange juice
- 3 1/2 tablespoonfuls juice from orange peel
- A few grains of salt
- 1 cupful Karo Syrup (Red Label or any Crystal Clear Syrup)

**Directions:** Soak gelatine in the strained orange juice for ten minutes. Set cup containing this in boiling water. When gelatine is dissolved remove cup from hot water and stir in syrup, salt and the liquid from the orange peel. Put in cool place until it congeals or reaches a "spreadable" consistency.

Make the orange peel liquid by shaving off the yellow rind of 1/2 orange (do not use the inner white part), add 1/3 cupful cold water; cover and boil ten minutes. Drain and use the liquid as directed above.

**CHOCOLATE SPONGE PUDDING**

(Makes six servings)

- 1/2 envelope Knox Sparkling Gelatine
- 1/3 cup of sugar
- 3 eggs. Few grains s. lt
- 2 squares chocolate or 6 tablespoonfuls cocoa
- 1/4 cup cold water
- 1/4 cup boiling water
- 1 teaspoonful vanilla

**Directions:** Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually,
to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve plain or with milk, whipped cream or whipped evaporated milk.

There is not a child that will not relish and ask for more of this wonderful Chocolate Sponge Pudding. It not only helps to satisfy the craving for chocolate but it is so easily digested and is such an attractive way to serve raw eggs.

Candy

CANDIES, of which the children are so fond, become really beneficial when made with Knox Sparkling Gelatine. The following are two favorite recipes from Mrs. Knox's book, "Dainty Desserts."

**MARSHMALLOWS**
(Makes about 100 pieces)

| 1 envelope Knox Sparkling Gelatine | 2 cups fine granulated sugar |
| 1 1/4 cups water                     | Few grains salt             |
|                                     | 1 teaspoonful vanilla       |

Directions: Soak gelatine in one-half the water ten minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.
FRENCH DAINTIES

4 level tablespoonfuls Knox Acidulated Gelatine
4 cups granulated sugar          \( \frac{1}{2} \) cups boiling water
1 cup cold water

Soak gelatine in the cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add one-half teaspoonful of the Lemon Flavoring found in separate envelope and two teaspoonfuls lemon extract. To the other part add one-quarter teaspoonful Lemon Flavoring and one teaspoonful extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of three-fourths inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

NOTE.—If the Plain Sparkling package is used add three tablespoonfuls of lemon juice to take the place of the Lemon Flavoring and lemon extract when making lemon dainties.

Gelatine in Milk

Many children do not like cow's milk or cannot drink it because they have trouble in digesting it, but if mothers will add about one-half teaspoonful of Knox Sparkling Gelatine — which should first be soaked in a little cold milk and dissolved over hot water or in hot milk — to the glass of milk, it will make the milk not only more digestible but more nourishing as well. The gelatine prevents the curding of the milk in the stomach, breaks it up into small masses, and promotes the complete absorption of its nutritive properties.

Knox Sparkling Gelatine should also be given to the children in their morning cereal and in broths and soups.
Use of Plain Edible Gelatine in Diabetes

KNOX SPARKLING GELATINE has proven of great benefit in Diabetic cases by substituting saccharine for sugar in the various gelatine dishes, always conforming, however, to the diet list prescribed.

Knox Sparkling Gelatine in Cases of Rickets and Scurvy

ONE often finds undernourished or mal-nourished children suffering from rickets or scurvy. The laboratory tests made with Knox Sparkling Gelatine in combination with such fruits as lemons, oranges, strawberries, raspberries and pineapple, either fresh or canned (not artificial flavors) have proved the power of plain edible gelatine, in combination with pure fruit or fruit juices, to prevent and help to cure rickets and scurvy. It has also been found that these combinations are of great benefit to the nursing mother.

The recipes on the next page are not only delicious, but invaluable as a preventive and corrective diet. Other recipes will be found in Mrs. Knox’s book, “Dainty Desserts.”
GRAPE JUICE JELLY
(Makes ten servings)
1 envelope Knox Acidulated Gelatine
1/2 pint grape juice 2 cups boiling water
1/2 cup cold water  3/4 cup sugar
1 cup Malaga grapes, skinned, seeded and cut in pieces

Directions: Soak gelatine and one-half of the lemon flavoring in grape juice mixed with cold water ten minutes. Add boiling water and sugar, and when beginning to set add grapes. Turn into a mold, first dipped in cold water, and chill. Serve with or without whipped cream. If the Sparkling package is used two tablespoonfuls lemon juice must be substituted for the lemon flavoring.

ORANGE GELATINE TRIFLE
(Makes ten servings)
1 envelope Knox Sparkling Gelatine
1/4 cup cold water 1 cup orange juice
1 1/2 cups boiling water Grated rind of one orange
1 cup sugar
1/2 pint heavy cream

Directions: Soak gelatine ten minutes in cold water, dissolve in boiling water, add sugar, orange juice, grated rind and lemon juice and strain. Pour one-half the mixture into a shallow pan, dipped in cold water, and chill. Set bowl containing remaining mixture in pan of ice water and stir constantly, until mixture begins to thicken; then fold in heavy cream, beaten until stiff. Turn into border mold first dipped in cold water, and chill. Fill center with first part removed from pan and cut in cubes.

GELATINE WITH RASPBERRY JUICE
(Makes ten servings)
1 envelope Knox Sparkling Gelatine
2 cups cold water 1 1/2 cups raspberry juice (scalded)
3/4 cup sugar 2 tablespoonfuls lemon juice

Directions: Soak gelatine in one cup cold water ten minutes. Heat raspberry juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar and lemon juice. Turn into a mold dipped in cold water, and when beginning to set mold in fresh raspberries.
LEMON JELLY
(Makes ten servings)

1 envelope Knox Sparkling Gelatine
1 cup cold water
2 cups boiling water
¼ cup sugar
½ cup lemon juice

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Strain into mold, first dipped in cold water, and chill. Berries, fruits or nuts may be added.

GRAPE FRUIT JELLY
(Makes ten servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water
1 cup sugar
1 cup boiling water
2 tablespoonfuls lemon juice
2 ½ cups grape fruit juice and pulp

Directions: Soak gelatine in cold water ten minutes, dissolve in boiling water and add sugar. Strain, and when mixture begins to thicken add remaining ingredients. Do not pour into molds that have been dipped in cold water until jelly is ready to set in order to avoid settling of pulp. Cut in cubes and arrange in baskets made from grape fruit skins.

JELLIED PRUNES
(Makes eight servings)

1 envelope Knox Sparkling Gelatine
1/3 pound prunes
2 ½ cups cold water
1 cup sugar
¼ cup lemon juice

Directions: Pick over, wash and soak prunes for several hours in two cups cold water, and cook slowly in same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half cup cold water, dissolve in hot liquid, add sugar and lemon juice, then strain, add prunes, mold and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.
Knox Sparkling Gelatine for Indigestion & Stomach Disorders

Aside from the specific uses of Knox Sparkling Gelatine for infancy and childhood, the investigation also included its value as an aid to general digestion. The experiments were made with human beings suffering with indigestion and other stomach disorders, and, in every instance, the records prove that not only was the gelatine satisfactorily digested, even in the most stubborn cases, but, by its "Colloidal Action" (power to help break up other foods) greatly aided the digestion of the other foods.

Knox Sparkling Gelatine is, therefore, a very important article of diet for those with stomach disorders. For this purpose it may be prepared plain or in combination with fruits, fish, meat, vegetables, etc., according to the diet to be followed. It may be given in the morning cereal and added to broths and soups and cow’s milk.

A half teaspoonful of Knox Sparkling Gelatine soaked over night in the cream to be used in the morning coffee and dissolved in the hot coffee will be found very beneficial to those who think coffee does not agree with them.

As most of us suffer, from time to time, from the indiscretions of eating, the importance of following a heavy dinner with a delicious dessert or salad prepared with Knox Sparkling Gelatine will be readily understood.
Here are a few recipes that will be found not only helpful in aiding the digestion, but most delightful and appropriate for any occasion.

GELATINE WITH ORANGE JUICE
(Makes ten servings)

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
2 cups boiling water
1 cup sugar
1 cup orange juice
2 tablespoonfuls lemon juice

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice and orange juice. Strain into mold, first dipped in cold water, and chill.

APRICOT SOUFFLE
(Makes eight servings)

½ envelope Knox Sparkling Gelatine
½ cup cold water
1 tablespoonful lemon juice
1 cup canned apricot juice
Whites of two eggs
½ cup sugar
A few grains of salt

Directions: Soak gelatine in cold water ten minutes, and dissolve in hot apricot juice. Add sugar and lemon juice and when mixture begins to set beat in whites of eggs which have been beaten until stiff. Add apricots stoned and cut in halves and turn into mold, first dipped in cold water and chill.

BLANC MANGE
(Makes eight servings)

1 envelope Knox Sparkling Gelatine
3 1/2 cups milk
A few grains of salt
3/4 cup sugar
1 teaspoonful vanilla

Directions: Soak gelatine in half cup milk ten minutes. Scald remaining milk with sugar and add soaked gelatine. Strain,
cool slightly, add flavoring and turn into a mold first dipped in cold water, and chill. Serve with currant, strawberry, or any preferred jelly. Accompany with sugar and thin cream, or boiled custard. Substitute cream for the milk and the dish becomes "Ivory Jelly."

CHOCOLATE BLANC MANGE  
(Makes eight servings)

1 envelope Knox Sparkling Gelatine

½ cup cold water  i quart milk
2 ozs. grated unsweetened chocolate  i cup sugar
1 teaspoonful vanilla  Few grains salt

Directions: Soak gelatine in cold water ten minutes. Scald milk and add sugar, grated chocolate and salt. When sugar is dissolved, add soaked gelatine; then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla, or with plain milk.

LUNCHEON SALAD  
(Makes ten servings)

1 envelope Knox Sparkling Gelatine

1 cup cold water  ½ cup sugar
1 ½ cups boiling water  3 tart apples
½ cup lemon juice  ½ cup pecan nut meats
1 cup celery, cut in small pieces

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, cut in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples. Small pieces of sweet red pepper may be added.
FRUIT SALAD SUPREME
(Makes ten servings)

1 envelope Knox Sparkling Gelatine
1/2 cup cold water
1/2 cup mild vinegar
2 cups boiling water
1/2 cup sugar
3 cups fresh fruit, cut in small pieces

Directions: Soak gelatine in cold water ten minutes, and add boiling water, vinegar and sugar. Strain, and when mixture begins to stiffen, add fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves; accompany with mayonnaise or boiled salad dressing. Substitute vegetables for the fruit and you will have a delicious vegetable salad.

NOTE. By omitting the lettuce and salad dressing, this may be served as a dessert, and raspberry or other fruit juices may be used in place of the cold water to give a different flavor.

Knox Sparkling Gelatine is Invaluable for Convalescents

IF YOU have ever had to take care of an invalid or a convalescent, you know how difficult it is to tempt a jaded appetite with a sufficient variety of dishes that are dainty and nutritious at the same time. Knox Sparkling Gelatine solves that problem in two ways. First of all, the
variety of alternative dishes you can make with it—in combination with milk, eggs, vegetables, fruit juices and broths—is almost endless. They look so pretty and appetizing that the patient is sure to enjoy eating them. Better than that, these recent laboratory tests have shown that gelatine preparations, because of their ease of digestion and their real food value, actually improve the general physical condition of the patients. It is really an ideal food, especially for people with delicate appetites.

In addition to the recipes already given, here are a few suggestions for invalid and convalescent dishes, and other recipes for this purpose will be found in Mrs. Knox's book, "Dainty Desserts."

**COCOA CREAM**

*(Individual)*

1 teaspoonful Knox Sparkling Gelatine

\[
\begin{align*}
\frac{1}{4} \text{ cup cold milk} & \quad \frac{1}{3} \text{ cup boiling water} \\
\frac{1}{4} \text{ cup scalded milk} & \quad \frac{1}{4} \text{ teaspoonful vanilla} \\
1 \text{ teaspoonful cocoa} & \quad \text{Few grains salt} \\
1 \text{ egg} & \\
\end{align*}
\]

*Directions:* Soften the gelatine in the cold milk and dissolve in the hot milk. Mix the cocoa, sugar and salt; add boiling water, stirring constantly. Add gelatine mixture and cook in double boiler, adding slowly the beaten yolk of the egg. Cook until it begins to thicken, stirring constantly. Remove from fire, and when cooled add the beaten white of the egg and the flavoring. Turn into a wet mold and chill. Serve with sugar and cream or whipped cream.
RICE CREAM WITH PINEAPPLE
(Individual)

1 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water ¼ cup cream
3 tablespoonfuls cooked rice 1 tablespoonful sugar
3 tablespoonfuls hot pineapple juice Salt

Directions: Soften the gelatine in the cold water and dissolve in the hot fruit juice. Add sugar, and when it begins to thicken slightly, add slowly to the cream which has been beaten until thick. Fold in rice, and turn into small mold. Serve decorated with strips of pineapple. Other fruit juices may be used.

TOMATO JELLY SALAD
(Individual)

½ teaspoonful Knox Sparkling Gelatine
2 teaspoonfuls cold water Bit of bay leaf
1/3 cup tomatoes Sprig of parsley
1 clove. Few grains salt 1/6 slice of onion
1/6 teaspoonful vinegar or lemon juice

Directions: Cook tomatoes with clove, bay leaf, parsley and onion eight minutes. Remove vegetables and force tomato through a sieve; there should be one-fourth cupful. Add gelatine which has been softened in the cold water, and when dissolved, the salt and vinegar. Line a mold with a slice of egg or a slice of cucumber cut in fancy shape and pour in mixture. Chill, remove from mold and arrange on lettuce leaf. Garnish with mayonnaise dressing.

JELLIED CHICKEN BOUILLON
(Individual)

Directions: Make a well-seasoned stock from a young fowl, adding celery salt, chopped parsley and onion if an additional flavor is desired. Soak three-fourths teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water five minutes, and dissolve in one tablespoonful boiling water. Add to one-half cup hot chicken stock and chill. Beat slightly with a fork and serve in a bouillon cup.

NOTE: If it is desired to serve this bouillon hot, add gelatine just the same, as it thickens it and gives more body to the broth.
BEEF JELLY
(Individual)

½ teaspoonful Knox Sparkling Gelatine
¼ cup beef juice 1 tablespoonful boiling water
1 tablespoonful cold water ½ teaspoonful salt
Pepper

Directions: Soften the gelatine in the cold water and dissolve in the hot water; add to the beef juice, and season with salt and a little pepper. Strain into mold. This should be served on the day it is prepared. Beef cubes may be used to make the beef juice.

The Great Value of Knox Sparkling Gelatine for Tuberculosis Patients

WHAT to feed the tuberculosis patient is one of the dietary stumbling blocks. The consensus of expert opinion chooses milk and eggs in varying proportions and amounts. However, as many patients either cannot eat the proper quantities of these two excellent foods or do not properly digest them when eaten, gelatine has been found to be of considerable aid in the feeding of such cases. It may be used as a carrier for the raw eggs, which may be made into a palatable dish according to recipe on page 20, or may be added to soups and hot drinks or incorporated in the milk or in egg nogg. The amount of gelatine fed per day must be regulated according to the personal characteristics and wishes
of the individual. For the most part, the patients find the gelatine combinations very palatable and are not averse to taking them in such quantity as desired.

In addition to the recipes previously given, here are a few highly nutritious combinations with Knox Sparkling Gelatine.

SPANISH CREAM
(Makes ten servings)

| ½ envelope Knox Sparkling Gelatine |
| 3 cups milk |
| Whites of three eggs |
| Yolks of three eggs |

**Directions:** Soak gelatine in one-half cup milk. Scald remaining milk, and pour slowly on the yolks of eggs well beaten. Add sugar and salt and return to double boiler. Cook until mixture thickens somewhat. Remove from stove, and add gelatine. When partially cool add whites of eggs beaten until stiff. Flavor, and turn into individual molds, first dipped in cold water, and chill. Serve with whipped cream.

ORANGE CHARLOTTE
(Makes eight servings)

| ½ envelope Knox Sparkling Gelatine |
| ¼ cup cold water |
| ½ cup boiling water |
| 1 cup sugar |
| 2 tablespoonfuls lemon juice |
| 1 cup orange juice and pulp |
| Whites of three eggs |
| Lady fingers |

**Directions:** Soak gelatine in cold water ten minutes and dissolve in boiling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen beat, using a wire whisk, until light; then add whites of eggs, beaten until stiff, and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.
RICE MOLD WITH PINEAPPLE
(Makes eight servings)

\( \frac{1}{2} \) envelope Knox Sparkling Gelatine
\( \frac{1}{2} \) cup cold water
\( \frac{1}{2} \) cup scalded pineapple juice
\( \frac{1}{2} \) cup sugar
Few grains salt
1 cup cooked rice
1 cup whipped cream
1 tablespoonful lemon juice

Directions: Soak gelatine in cold water ten minutes and dis- solve by standing cup in hot water. Add pineapple juice, sugar and salt to rice. Strain into this the gelatine, and mix thoroughly; cool slightly, and add whipped cream and lemon juice. Turn into mold lined with slices of canned pineapple. Chill, and serve with or without whipped cream. Other fruits may be used in place of pineapple.

Knox Sparkling Gelatine as a Vehicle for Nauseating Foods

IT IS a well-established fact that many persons, both sick and well, either cannot or will not eat certain foods or medical preparations prescribed by the physician. In selected cases of this sort, it is our experience that the proper use of plain edible gelatine is a distinct aid in overcoming this unfortunate condition of affairs. For example, if the person finds milk an unsatisfactory food, this superb article of diet may often be rendered satisfactory for the use of the individual in question simply by the addition of one per cent
dissolved gelatine to the milk or one-half teaspoonful to the glass. The gelatine thus added influences the curding of the milk in the stomach in such a way as to render the milk more easily digested. Furthermore, the taste of a raw egg is very offensive, if not actually nauseating, to some persons. If the raw egg be made into a dessert in combination with gelatine, fruit juices, etc., the patient will eat the egg without tasting either the raw albumen or yolk and proves a very palatable way of serving raw eggs.

It should be borne in mind in the use of plain edible gelatine as above described, that the gelatine is useful, not only as a vehicle, but because of its own important food properties.

**ORANGE AND RAW EGG**

1 teaspoonful Knox Sparkling Gelatine  
2 tablespoonfuls orange juice  
Sugar to taste. 1 egg  
Few grains salt  
Flavoring, if desired

*Directions:* Soften the gelatine in the orange juice and dissolve over boiling water. Beat yolk of egg, adding salt, sugar, and flavoring, and gradually add to the well-beaten white. Add dissolved gelatine, beating constantly. Mold in individual molds and serve with a fruit or a chocolate sauce. For variety chocolate or cocoa may be added to the above recipe.

Other fruit juices, such as grape, raspberry, loganberry, etc., give an appetizing variety to the above. This may also be served as a salad on lettuce.
A Word in Conclusion

DO NOT look upon Knox Sparkling Gelatine entirely as a health food or medicine. Remember that the great chefs and millions of women are using it daily in the preparation of an endless variety of appetizing dishes so delicious that they are almost irresistible.

Not only are there hundreds of wonderful recipes for you to follow, but being unflavored and unsweetened Knox Sparkling Gelatine gives you unlimited opportunities for originality in serving attractively every-day foods, as well as utilizing left-overs.

It pays to consult daily Mrs. Knox's recipe books "Dainty Desserts" and "Food Economy." Women everywhere have always found them an indispensable guide in making meals more attractive.

These books will now be prized more than ever because of the knowledge that good health goes with the supreme appetite attraction of Knox Sparkling Gelatine.

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These two packages of KNOX SPARKLING GELATINE represent the gelatine that was used in this scientific investigation. Both packages contain the same kind of Plain Edible Gelatine and make the same quantity—FOUR PINTS of jelly. The Acidulated package contains an added envelope of Lemon Flavoring, which saves the time and trouble of preparing lemon juice.