A completely new guide to Gel-Cookery
# TABLE OF CONTENTS

Why On-Camera Recipes? ........................................... 1  
The Key to Knox Gel-Cookery ................................... 2  
How Variations on the Basic Gelatine Mixture Result in the 5 Types of Gelatine Dishes ........................................... 3  

**Appetizers and Salads**  
Aspic Canapés and variations .................................... 6  
Jellied Gazpacho and variations ............................... 7  
Tomato Aspic and variations .................................... 8  
Cranberry Soufflé Salad and variation ....................... 9  
Fruit Nectar Salad and variations ............................. 10  
Garden Patch Salad and variations ............................ 11  
Golden Salad and variation .................................... 12  
Grapefruit Ginger Salad ......................................... 13  
Green Salad Mold .................................................. 14  
Perfection Salad and variations ................................ 15  
Waldorf Salad ...................................................... 16  
Cranberry Orange Relish and variations .................... 17  
Additional Appetizer and Salad Recipes ..................... 18-19  

**Main Dishes**  
Chicken Mousse and variations ................................ 22  
Molded Avocado and Tuna ....................................... 23  

**Tuna Mold and variations** .................................... 24  
**Deviled Egg Mold** ................................................ 25  
**Cornded Beef and Slaw Salad** ............................... 26  
**Cottage Cheese and Kidney Bean Salad** .................. 27  
**Additional Main Dish Recipes** ............................ 28-29  

**Desserts**  
Brown Derby Black Bottom Pie ................................ 32  
Lemon Chiffon Pie ................................................. 33  
Mincemeat Chiffon Pie ............................................ 34  
Nesselrode Chiffon Pie ............................................ 35  
Pumpkin Chiffon Pie ............................................... 36  
No-Bake Cheesecake and variations .......................... 37  
Pineapple Chiffon Cake and variation ....................... 38  
Chocolate Chiffon Dessert ....................................... 39  
Fruit Juice Snow and variations .............................. 40  
Pineapple Coconut Delight ....................................... 41  
Pineapple Whip and variations ............................... 42  
Bavarian Cream and variations ................................ 43  
Peach Soufflé and variation .................................... 44  
Strawberry Charlotte Dessert ................................... 45  
**Additional Dessert Recipes** ............................... 46-47  
Knox Gelatine Drink ............................................... 48  

Printed in U.S.A.
Because every recipe here was continuously photographed as it was carried out... they were all "on-camera," just like the recipes that you see demonstrated on television. The pictures we have selected are the high points of the action that goes into making each dish. They are like "still shots" taken from a TV film, and we hope they make each recipe much clearer... and easier to follow.

We hope you will find that the new "Knox On-Camera Recipes" cookbook gives you a new look at the many rewarding uses of Unflavored Gelatine... that this, a new kind of recipe presentation, will result in a new kind of cooking success for you where it counts for most... around your family table.
THE KEY TO KNOX GEL-COOKERY—

EASY-TO-MAKE BASIC GELATINE MIXTURE

This is the fundamental procedure in all five types of gelatine dishes (as shown on page opposite) whether served as salads, main dishes or desserts.

1. Soften 1 envelope Knox Unflavored Gelatine by sprinkling it on 1/2 cup of the cold liquid.*

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

3. Remove from heat and add remaining liquid. (The amount called for in the recipe.)

(If recipe calls for one tablespoon gelatine always use one envelope)

4. Pour mixture into one large or individual molds.

5. Chill mixture in refrigerator until firm. This will take 3 to 4 hours.

6. When firm the basic gelatine mixture is ready to unmold and you have completed the fundamental step in Gel-Cookery.

* (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.)

HOW LONG TO CHILL

Mixture will pour from spoon in unbroken stream, when “chilled to unbeaten egg white consistency” — for simple gels and chiffons.

Mixture will dribble unevenly from spoon when “chilled to slightly thicker than unbeaten egg white consistency” — for whips and snows.

Mixture will be thick enough to “mound slightly when dropped from a spoon”— for chiffons, whipped cream mixtures, especially pies.
Every “On Camera” recipe belongs to one of the 5 types of gelatine dishes—each type is simply a variation on the easy basic gelatine mixture.

Tomato Aspic is an example of Simple Gels made with Unflavored Gelatine. Simple Gels are really the same as the Basic Gelatine Mixture. A variety of liquids can be used and solid ingredients can be added for flavor and texture.

Pineapple Whip is an example of Unflavored Gelatine Whips. Whipping the chilled and partially set Basic Gelatine Mixture (until light and fluffy and double in volume) is the variation that is common to all recipes classified as Gelatine Whips.

Fruit Juice Snow is an example of Unflavored Gelatine Snows. All Snows have unbeaten egg whites added to the chilled and partially set Basic Gelatine Mixture. This mixture is then beaten until light and fluffy.

Lemon Chiffon Pie is an example of Unflavored Gelatine Chiffons. Chiffons vary from the Basic Gelatine Mixture in two simple ways: (1) egg yolks are added to the Basic Gelatine Mixture and it is then cooked. (2) This mixture, chilled and partially set, is then folded into beaten egg whites.

Bavarian Cream and Chicken Mousse are examples of Unflavored Gelatine Whipped Cream Mixtures. Whipped Cream Mixtures vary from the Basic Gelatine Mixture in just one simple way; whipped cream (and a solid ingredient such as chicken when called for) is folded into the chilled and partially set Basic Gelatine Mixture. In addition eggs are sometimes added as in Bavarian Cream.

**UNMOLDING GELATINE DISHES**

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 serving dish tightly to the mold. If gelatine does not unmold readily, repeat.
**Aspic Canapés**

**SIMPLE GEL • 24 CANAPÉS • 40 CALORIES PER CANAPÉ**

Impress guests with these extraordinary professional-looking aspic canapés. They’ll think you had a caterer prepare them.

**INGREDIENTS**

- 2 envelopes Knox Unflavored Gelatine
- 2 cans (10 1/2 oz. each) condensed beef broth
- 1 cup Madeira wine
- 1/4 teaspoon Tabasco
- 24 hard cooked egg slices
- 24 toasted bread rounds

**Steps:**

1. Sprinkle gelatine on 1 cup of the beef broth to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining broth, wine and Tabasco.
4. Pour half of the mixture into a 15 x 10 x 1 pan or 2 8-inch square pans.
5. Chill mixture in refrigerator until almost firm.
6. Arrange egg slices 1 inch apart in jelly.
7. Spoon on remaining jelly, keeping egg slices in place and covered with aspic. Chill until firm.
8. Cut into rounds, leaving an aspic edge on each slice. Place on toast rounds cut to same size and serve.

**Variations**

**HAM OR LIVER CANAPÉS:**
Substitute liver or ham spread for the egg slices in the above recipe. Drop a teaspoonful onto almost firm jelly about an inch apart.

**VARIETY CANAPÉS:**
Before placing aspic rounds on toast rounds, spread with anchovy paste, sardine, shrimp, ham, or lobster paste.
Along with castles, olives and sherry, Spain has its beloved cold soup, gazpacho, doubly delicious jellied.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- \( \frac{1}{2} \) teaspoon Tabasco
- 1 cup water, divided
- 1 bouillon cube
- \( \frac{1}{2} \) cup vinegar
- 1 teaspoon salt
- 1 teaspoon paprika
- \( \frac{1}{2} \) teaspoon basil
- \( \frac{1}{4} \) teaspoon ground cloves
- 1 clove garlic, minced, optional
- 2 tablespoons finely chopped onion
- \( \frac{1}{4} \) cup finely chopped celery
- \( \frac{1}{2} \) cup finely chopped green pepper
- \( \frac{1}{2} \) cups finely chopped fresh tomatoes
- Sour cream, optional

**Jellied Gazpacho**

SIMPLE GEL • 8 SERVINGS • 20 CALORIES PER SERVING

1. Sprinkle gelatine on \( \frac{1}{2} \) cup of the water to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat, add bouillon cube and stir until dissolved.
4. Add remaining 1 cup of water, vinegar and seasonings and mix.
5. Chill in refrigerator or in bowl of ice and water to unbeaten egg white consistency.
6. Fold in garlic, onion, celery, green pepper and tomatoes.
7. Cover and chill at least one hour.
8. Turn into soup cups or bowls and garnish with sour cream.

**Variations**

**JELLIED CHICKEN GAZPACHO:**
Use reconstituted canned chicken broth instead of the bouillon cube.

**GAZPACHO WITH CHEESE:**
Top soup with grated cheese instead of sour cream.

**GAZPACHO WITH LEMON:**
Substitute \( \frac{1}{4} \) cup lemon juice for vinegar.
Tomato Aspic

Sparkling and refreshing Tomato Aspic adds a bright touch to any meal with its shimmering goodness.

INGREDIENTS
1 envelope Knox Unflavored Gelatine
1 1/4 cups tomato juice, divided
1/4 teaspoon salt
1/4 teaspoon sugar
1/2 teaspoon Worcestershire sauce
1/8 teaspoon Tabasco
2 tablespoons lemon juice

Place over low heat and stir until gelatine is dissolved.

Turn into a 2-cup mold or individual molds.

Chill until firm.

Unmold on serving plate.

Garnish with salad greens, cucumber slices and black olives. Serve with salad dressing.

Variations

TOMATO-VEGETABLE ASPIC:
Follow steps 1, 2 and 3 then chill mixture to beaten egg white consistency. Fold in 1/2 cup shredded cabbage, 1/2 cup chopped celery and 1 cup finely chopped green pepper. Turn into a 3-cup mold.

OTHER VARIATIONS:
Follow directions for Tomato-Vegetable Aspic substituting one of the following for the raw vegetables:
1 1/2 cup cooked vegetables; 1 cup diced cooked chicken and 3/4 cup sliced olives; 1/4 cup cooked shrimp; or 1 cup sliced cooked ham and 1/4 cup pickle relish.

TOMATO CHEESE BALLS:
Follow steps 1, 2 and 3. Combine 1 (3-oz.) package cream cheese, 1 tbsp. each of minced celery, chopped stuffed olives and chopped chives and 1/2 tsp. salt; form into 6 balls. Pour tomato mixture into a 3-cup ring mold to depth of 3/4". Chill until partially set; place cheese balls in mixture. Cover with remaining tomato mixture which has cooled to unbeaten egg white consistency. Chill until firm.

1 Sprinkle gelatine on 1/2 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 1 1/4 cups tomato juice, and seasonings.
4 Turn into a 2-cup mold or individual molds.
5 Chill until firm.
6 Unmold on serving plate.
7 Garnish with salad greens, cucumber slices and black olives. Serve with salad dressing.
Cranberry Soufflé Salad

A fit companion for holiday turkey, chicken or ham, this festive recipe is a colorful addition to any dinner.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 cup water
- 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 (8 1/2-oz.) can pineapple tidbits
- 1/4 cup chopped walnuts
- 1 (1-lb) can whole cranberry sauce
- 1 orange or apple peeled and diced or 1 (8 1/2-oz.) can pineapple tidbits
- 1/4 cup chopped walnuts

**INSTRUCTIONS**

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.


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.

**Variation**

FRESH CRANBERRY SOUFFLÉ:
Substitute 2 cups fresh cranberries for canned sauce. Puree through food chopper. Add 1/2 cup sugar. Let stand 10 minutes. Fold in with fruit and walnuts.

SIMPLE GEL • 6 SERVINGS

A festive recipe for holiday turkey, chicken or ham.
**Fruit Nectar Salad**

**Ingredients**
- 1 envelope Knox Unflavored Gelatine
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 (12-oz.) can apricot nectar
- 1/2 cup water
- 8 whole cloves
- 1 tablespoon lemon juice
- 1 1/2 cups drained diced mixed fruits, fresh, canned or frozen (thawed)*

A delectable jellied fruit salad to tempt heat-weary appetites in summer and add spark to menus the year round.

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. Place pan in bowl of ice and water or chill in refrigerator to unbeaten egg white consistency.
5. Fold in mixed drained fruits.
6. Turn into a 3-cup mold or individual molds and chill until firm.
7. Unmold on serving platter and garnish with greens and fruit. Serve with salad dressing.

**Variations**

**PEACH NECTAR SALAD:** Substitute peach nectar for the apricot nectar.

**PEAR NECTAR SALAD:** Substitute pear nectar for the apricot nectar.

**NUT NECTAR SALAD:** Reduce the mixed fruit to 1 1/2 cups and add 1/4 cup chopped nuts.

**CARROT NECTAR SALAD:** Reduce the mixed fruit to 1 cup and add 1/2 cup coarsely grated raw carrots.

**NECTAR PERFECTION SALAD:** Substitute 1/2 cup shredded cabbage and 1 cup chopped celery for the diced mixed fruits.

**NECTAR CHEESE SALAD:** Substitute 1/4 cup cottage cheese for 1/2 cup of the mixed fruit.

* If fresh or frozen pineapple is used boil for 2 minutes before combining with the gelatine.
Garden Patch Salad
SIMPLE GEL • 6 SERVINGS • 61 CALORIES PER SERVING
You can mix your vegetables with abandon here. They all contribute to the color and flavor of this jellied potpourri.

INGREDIENTS
- 1 envelope Knox Unflavored Gelatine
- ¼ cup sugar
- ½ teaspoon salt
- 1½ cups water, divided
- ¼ cup lemon juice
- 2 cups cooked mixed vegetables

1 Mix gelatine, sugar and salt thoroughly in a small saucepan.
2 Add ½ 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 mixture 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 1½ cups grated carrots, ¼ cup finely diced celery and ¼ cup diced green pepper.
CABBAGE SALAD:
For the 2 cups mixed vegetables substitute 1 ½ cups finely shredded cabbage, ¼ cup sliced radishes and ¼ cup finely cut scallions.
EGG AND VEGETABLE SALAD:
Omit 1 cup of the cooked mixed vegetables and add 2 hard-cooked eggs, chopped and ¼ cup slivered American cheese.
BEET AND COTTAGE CHEESE SALAD:
For the 2 cups mixed vegetables substitute 1 cup chopped cooked beets and 1 cup cottage cheese.
Golden Salad

Pineapple, oranges and carrots add the Midas touch as well as savor to this distinctive golden treat.

**INGREDIENTS**

1 envelope Knox Unflavored Gelatine
1/4 cup sugar
1/4 teaspoon salt
3/4 cup canned pineapple syrup or juice*
1/4 cup orange juice
1/4 cup vinegar
1 cup well-drained diced canned pineapple
1/2 cup drained orange sections, cut in small pieces
1/2 cup coarsely grated raw carrots

**INSTRUCTIONS**

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.

**Variation**

CRUNCHY DESSERT SALAD:
Substitute 1/4 cup chopped nuts for the carrots.

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

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 2 tablespoons sugar
- 1/4 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

**INSTRUCTIONS**

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, stirring constantly until gelatine is dissolved.
4. Remove from heat and stir in remaining 3/4 cup of liquid and lemon juice.
5. Chill mixture to unbeaten egg white consistency.
6. Fold in celery, apples, ginger and grapefruit sections.
7. Turn into a 3-cup mold or individual molds and chill until firm.
8. Remove from refrigerator and unmold on serving platter.
9. Garnish with salad greens and avocado slices. Serve with mayonnaise or salad dressing.

Chopped ginger lends zip and zest to this palate-teaser. Try it with baked ham, roast veal, or fried chicken.
Green Salad Mold

SIMPLE GEL • 6 SERVINGS • 29 CALORIES PER SERVING

A new and deliciously different twist for a popular stand-by — green salad is molded for added pleasure.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 11/2 cups water, divided
- 1/4 cup vinegar
- 1/4 cup chopped scallions
- 1 cup shredded raw spinach
- 1 cup chopped celery
- 1/4 cup shredded raw carrots

1. Mix gelatine, sugar, salt and pepper thoroughly in a saucepan.
2. Add 1/2 cup of the water.
3. Place over low heat, stirring constantly until gelatine is dissolved.
4. Remove from heat and stir in remaining 1 1/4 cups water, vinegar and lemon juice.
5. Chill mixture to unbeaten egg white consistency.
6. Fold in scallions, spinach, celery and carrots.
7. Turn into a 3-cup mold or individual molds and chill until firm.
8. Unmold by dipping mold in warm water to depth of the gelatine. Loosen around edge with tip of a paring knife.
9. Place serving dish on top of mold; turn upside down. Shake, holding dish tightly to mold. Garnish with tomatoes and olives.
**Perfection Salad**

*SIMPLE GEL • 4 SERVINGS • 70 CALORIES PER SERVING*

A classic molded vegetable salad that is as popular today as when it was developed at the turn of the century.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 1/4 cups water, divided
- 1/4 cup vinegar
- 1 tablespoon lemon juice
- 1/2 cup finely shredded cabbage
- 1 cup chopped celery
- 1 pimiento, cut in small pieces or 2 tablespoons chopped sweet red or green pepper

**I**

**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 3/4 cup of water, vinegar and lemon juice.**

**4**

**Chill mixture 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 on serving plate and garnish with salad greens. Serve with salad dressing.**

**Variations**

**PINEAPPLE PERFECTION SALAD:**
Substitute 3/4 cup canned pineapple juice for 3/4 cup of the water. Reduce sugar to 2 tablespoons.

**OLIVE PERFECTION SALAD:**
Substitute 1/2 cup chopped ripe olives for the pimiento.

**RED CABBAGE PERFECTION:**
Substitute shredded red cabbage for the regular cabbage.

**PEANUT PERFECTION:**
Substitute 1/2 cup chopped peanuts for the celery.

**CUCUMBER AND ONION PERFECTION:**
Substitute 1/2 cup chopped cucumbers and 1 small onion, chopped, for the celery.

**CAULIFLOWER PERFECTION SALAD:**
Substitute 1/2 cup finely cut crisp raw cauliflower and 2 tablespoons chopped green pepper for 1/2 cup of the chopped celery.
Everyone enjoys Waldorf Salad. New on the salad scene is an exceptionally fine variation of this popular favorite.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 1/4 cup vinegar or lemon juice
- 1/3 cup sugar
- 2 cups diced tart apples
- 1/2 teaspoon salt
- 1/2 cup diced celery
- 1/2 cups water, divided
- 1/4 cup chopped pecans

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.
2. Add 1/2 cup of the water.
3. Place over low heat, stirring constantly until gelatine is dissolved.
4. Remove from heat and stir in remaining 1 cup water, vinegar or lemon juice.
5. Chill mixture to unbeaten egg white consistency.
6. Fold in diced apples, chopped celery and chopped nuts.
7. Turn into a 4-cup mold or individual molds and chill until firm.
8. Unmold by dipping mold in warm water to the depth of the gelatine. Loosen around edge with tip of a paring knife.
9. Place serving dish on mold and turn upside down. Shake, holding serving dish tightly to mold. Garnish with fruit.
Cranberry Orange Relish

SIMPLE GEL • 9 SERVINGS • 118 CALORIES PER SERVING

A tangy relish can change an average dinner into an outstanding one. Accomplish the feat easily with this and its variations.

INGREDIENTS
1 orange, quartered and seeded
2 cups cranberries
1 cup sugar
1 envelope Knox Unflavored Gelatine
1 cup bottled cranberry juice cocktail, divided

1. Put orange and cranberries through food chopper.
2. Add sugar and mix well.
3. Sprinkle gelatine on 1/2 cup of the cranberry juice to soften.
4. Place over low heat and stir until gelatine is dissolved.
5. Remove from heat and stir in remaining 1/2 cup cranberry juice, and orange-cranberry mixture.
6. Turn into individual molds and chill until firm.
7. Unmold on orange slices and serve with cold meats or chicken.

Variations
CRANBERRY TANGERINE RELISH:
Substitute 2 tangerines for the orange.

CRANBERRY APPLE RELISH:
Substitute 1 apple for the orange.

CRANBERRY NUT RELISH:
Add 1/4 cup chopped nuts to the orange cranberry mixture.

CRANBERRY PINEAPPLE RELISH:
Add 1/4 cup well drained canned crushed pineapple to the orange cranberry mixture.

CRANBERRY ORANGE RING:
Prepare recipe and turn into a 3-cup ring mold. When firm unmold on serving plate and fill center with celery curls.
Molded Tomato Relish

SIMPLE GEL • 6 SERVINGS
29 calories per serving

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1/4 teaspoon salt
1 1/4 cups water, divided
1 bouillon cube
3 tablespoons lemon juice
1/4 teaspoon Tabasco
1 cup peeled and chopped tomato
1/4 cup chopped green pepper
1/2 cup chopped celery
2 tablespoons minced onion

1. Mix gelatine, sugar and salt thoroughly in 1/4 cup of the water and bouillon cube are dissolved.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining 3/4 cup water, lemon juice and Tabasco. Chill to unbeaten egg white consistency.
4. Fold in vegetables and spoon into 6 individual molds. Chill until firm.
5. Unmold and garnish with cottage cheese, if desired.

Jellied Sherry Meat Garnish

SIMPLE GEL • 6 SERVINGS
76 calories per serving

1 envelope Knox Unflavored Gelatine
2 tablespoons sugar
1/4 cup water
1/4 cup orange juice
2 tablespoons lemon juice
1/4 cup sweet sherry wine
1 teaspoon grated onion
1/2 cup diced cooked meat and vegetables

1. Sprinkle gelatine on 1/2 cup of the water to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining 1 1/2 cups water and bouillon cube are dissolved.
4. Pour into an 8-inch square pan or serving dishes and chill until firm.
5. To serve from 8-inch square pan, cut into cubes or break up with a fork before turning into serving dish.
6. If desired, 1 teaspoon caviar may be placed in each serving dish before spooning in soup.

Mustard Relish Molds

SIMPLE GEL • 6 TO 8 SERVINGS
97 calories per serving

1 envelope Knox Unflavored Gelatine
1 cup water
1/2 cup mayonnaise
1 cup mustard pickle relish
1/2 cup finely diced green pepper
2 tablespoons finely chopped onion
1 cup finely diced celery

1. Sprinkle gelatine on water to soften.
2. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir into mayonnaise. Chill to unbeaten egg white consistency.
4. Fold in remaining ingredients. Turn into a 4-cup mold or individual molds and chill until firm.
5. Unmold and garnish with watercress or serve individual molds on sliced tomato.
**Molded Vegetable Salad**

**SIMPLE GEL • 6 SERVINGS**

54 calories per serving

1 envelope Knox Unflavored Gelatine
1/4 cup sugar
1/4 teaspoon salt
11/4 cups water, divided
1/4 cup lemon juice
12 thin slices unpeeled cucumber
3/4 cup thinly sliced radishes
1/4 cup finely shredded cabbage
1/2 cup diced celery

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
2. Add 1/2 cup of the water. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining 3/4 cup water and lemon juice.
4. Arrange a few of the vegetables in an attractive design in the bottom of a 3-cup mold.
5. Spoon in enough of the gelatine to cover the vegetables. Chill remaining gelatine to unbeaten egg white consistency.
6. Fold in remaining vegetables. Turn into mold and chill until firm.
7. Unmold on serving platter and garnish with salad greens.

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**Molded Fruit Medley**

**SIMPLE GEL • 10 TO 12 SERVINGS**

83 calories per serving

2 envelopes Knox Unflavored Gelatine
1/4 cup sugar
1/4 teaspoon salt
3 cups water, divided
1/2 cup lemon juice
4 cups mixed fresh, frozen or canned fruit (blueberries, peach slices, halved white grapes, sliced bananas or cantaloupe pieces)

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
2. Add 1 cup of the water. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining 2 cups water and lemon juice. Chill to unbeaten egg white consistency.
4. Fold in fruit. Turn into a 6-cup mold and chill until firm.
5. Unmold on serving plate and garnish with watercress.

**Variation**

For 4 to 6 servings make up 1/2 of the recipe. Substitute fruit juice for part of the water.

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**Savory Cottage Cheese Salad**

**SIMPLE GEL • 8 SERVINGS**

72 calories per serving

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1/2 teaspoon salt
1/2 cup water
2 cups (16 oz.) cottage cheese
2 tablespoons horseradish
1/2 cup heavy cream, whipped
2 cups diced apple (2 medium)
1/2 cup finely diced green pepper

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.
2. Add water. Place over low heat and stir until gelatine is dissolved.
3. Sieve or beat cottage cheese on high speed of the electric mixer. Blend in gelatine mixture.
4. Fold in remaining ingredients. Turn into a 4-cup mold or individual molds and chill until firm.
5. Unmold on serving plate and garnish with salad greens.

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**Cucumber and Grapefruit Mold**

**SIMPLE GEL • 6 SERVINGS**

72 calories per serving

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1/2 teaspoon salt
1 (1 lb.) can grapefruit sections
1 tablespoon vinegar
1 cup diced cucumber

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
3. Add to gelatine. Place over low heat and stir until gelatine is dissolved.
4. Remove from heat and stir in vinegar. Chill to unbeaten egg white consistency.
5. Fold in grapefruit sections and cucumber. Turn into a 3-cup mold and chill until firm.
6. Unmold on serving plate and garnish with salad greens.

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**Pineapple Cheese Salad**

**SIMPLE GEL • 6 SERVINGS**

98 calories per serving

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1/4 teaspoon salt
3/4 cup water
2 tablespoons lemon juice
1 cup undrained, canned crushed pineapple
2 (3 oz.) packages cream cheese, sieved
1/2 cup heavy cream, whipped
Mayonnaise
Chopped red or green pepper

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
2. Add water. Place over low heat and stir until gelatine is dissolved.
3. Remove from heat and add lemon juice and pineapple. Chill to unbeaten egg white consistency.
4. Beat in cheese and whipped cream. Turn into 3-cup mold and chill until firm.
5. Unmold on serving plate and garnish with salad greens.
6. Serve with mayonnaise sprinkled with chopped red or green pepper.

**Variation**

Substitute 1/4 cup grated American cheese for the cream cheese.

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**Spiced Peach Salad**

**SIMPLE GEL • 4 SERVINGS**

98 calories per serving

1 envelope Knox Unflavored Gelatine
1 tablespoon sugar
1/4 teaspoon salt
1 (1 lb.) can sliced peaches
6 whole cloves
1 stick cinnamon
1/4 cup vinegar

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
2. Drain peaches. Set peach slices aside. Add water to syrup to make 1/4 cups liquid. Add to gelatine with cloves and cinnamon. Place over heat and simmer about 10 minutes. Strain.
3. Remove from heat and stir in vinegar. Chill to unbeaten egg white consistency.
4. Fold in peaches. Turn into a 2-cup mold or individual molds and chill until firm.
5. Unmold on a serving plate and garnish with salad greens.

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When following a Knox On-Camera recipe, make sure of success by making sure you use Knox Unflavored Gelatine. Its consistent quality and purity mean happy results every time. Remember, ever since 1890 American households have depended on Knox for its better gelling, and the way it brings through natural food flavors and colors at their best.
ON-CAMERA MAIN DISHES
Chicken Mousse

WHIPPED CREAM MIXTURE • 6 SERVINGS

Light-as-air Chicken Mousse is a festive choice for luncheons, buffets, engagement parties, and particularly Sunday-night suppers.

INGREDIENTS

1 envelope Knox Unflavored Gelatine
1⅛ cups chicken broth, divided
1 tablespoon onion juice
1 ¾ cups diced cooked or canned chicken

2 tablespoons chopped celery
1 tablespoon chopped stuffed olives
1 cup heavy cream, whipped

[Images of cooking steps]

1. Sprinkle gelatine on ½ 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 1 cup chicken broth and onion juice.
4. Chill mixture 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 radish roses.

Variations

FISH MOUSSE:
Substitute tuna, salmon or lobster for the chicken. Increase the celery to ¼ cup and substitute 2 tablespoons chopped green pepper for the olives.

HAM MOUSSE:
Substitute ham for the chicken. Fold in 1 teaspoon prepared mustard with the ham and other ingredients.

CHICKEN AND VEGETABLE MOUSSE:
Reduce chicken to 1 cup and omit celery and olives. Add ½ cup cooked mixed vegetables.

TURKEY MOUSSE:
Substitute turkey for chicken.

CHICKEN AND PINEAPPLE MOUSSE:
Reduce chicken to 1 cup and add ⅔ cup drained canned crushed pineapple.
Molded Avocado and Tuna

SIMPLE GEL • 8 SERVINGS

A dreamy two-layered main dish salad with great eye appeal plus a divine combination of flavors.

**Avocado Layer**

- 1 envelope Knox Unflavored Gelatine
- ¾ cup water
- 1 large avocado, peeled and mashed (1 cup mashed)
- 2 tablespoons lemon juice
- ½ cup sour cream
- ½ cup mayonnaise
- 1 teaspoon salt
- ½ teaspoon Tabasco

**Tuna Layer**

- 1 envelope Knox Unflavored Gelatine
- 1 ½ cups water, divided
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1 can (6 ½ or 7 oz.) tuna
- 1 cup diced celery
- ½ cup diced pimiento

**TO PREPARE AVOCADO LAYER:**

1. Sprinkle gelatine on water to soften. Place over low heat and stir until gelatine is dissolved.
2. Remove from heat and chill mixture in refrigerator or in bowl of ice and water to unbeaten egg white consistency.
3. Turn into a 9 x 5 loaf pan and chill until almost firm.
5. Place over low heat and stir until gelatine is dissolved.
6. Remove from heat and stir in remaining ¾ cup water, lemon juice and salt. Chill to unbeaten egg white consistency.

**TO PREPARE TUNA LAYER:**

7. Fold in remaining ingredients. Turn on top of almost firm avocado layer. Chill until firm.
8. Unmold on serving dish and garnish with additional avocado slices and olives.
Tuna Mold

CHIFFON • 4 SERVINGS • 190 CALORIES PER SERVING

Ideal for meatless meals and hot-weather dining, this hearty main-dish salad is a compliment-getter.

INGREDIENTS

1 envelope Knox Unflavored Gelatine
1¾ 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
½ cup chopped celery
2 tablespoons finely chopped pimiento
Cooked marinated green peas

1. Stir gelatine into ½ cup of the milk to soften.
2. Beat egg yolks, remaining 1 ¼ 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 mixture to unbeaten egg white consistency.
5. Combine 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 ¼ teaspoon curry powder to ingredients in Step 5.

TANGY TUNA MOLD:
Substitute 1 ¼ teaspoons horseradish for the mustard. Add ¼ teaspoon paprika.

TUNA LOAF:
For a party, double recipe and turn into a 9 x 5 loaf pan. Serve with sliced cucumbers, tomato wedges, and radish roses.

TUNA PICKLE SALAD
Substitute 2 tablespoons diced sweet pickle for pimiento.

SHRIMP MOLD
Substitute 1 cup cooked chopped shrimp for tuna.
Deviled Egg Mold

SIMPLE GEL • 6 SERVINGS

Eggs take on airs and the result teams up wonderfully well with sliced cold meats or poultry.

INGREDIENTS

- 1 envelope Knox Unflavored Gelatine
- 3/4 cup water
- 1/2 cup water
- 1 teaspoon salt
- 2 tablespoons lemon juice
- 1/4 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.
5. Turn into a 3 cup mold or individual molds and chill until firm.
6. Unmold by dipping mold in warm water to 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 green pepper and serve with salad dressing.
Corned Beef and Slaw Salad

Are you a corned beef and cabbage fan? You'll like this appetizing layered salad, a new way to serve the combination.

**INGREDIENTS**

**Cabbage Layer**
- 1 envelope Knox Unflavored Gelatine
- 2 tablespoons sugar
- \( \frac{1}{2} \) teaspoon salt
- 1 \( \frac{1}{4} \) cups water, divided
- 2 tablespoons lemon juice
- \( \frac{1}{4} \) cup vinegar
- 2 tablespoons chopped green pepper
- 2 cups finely shredded cabbage

**Corned Beef Layer**
- 1 envelope Knox Unflavored Gelatine
- \( \frac{1}{2} \) cup water
- 2 tablespoons lemon juice
- \( \frac{1}{4} \) teaspoon salt
- \( \frac{3}{4} \) cup mayonnaise
- \( \frac{1}{4} \) cup minced onion
- \( \frac{1}{2} \) cup chopped sweet pickle
- \( \frac{1}{2} \) cup diced celery
- 1 can (12 oz.) corned beef, finely cut

**TO PREPARE CABBAGE LAYER**

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.
2. Add \( \frac{1}{2} \) cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.
3. Fold in green pepper and cabbage. Turn into an 8-inch square pan and chill until almost firm.
4. Add 1/2 cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.
5. Remove from heat and stir in remaining \( \frac{3}{4} \) cup water, lemon juice and vinegar. Chill mixture to unbeaten egg white consistency.
6. Place over low heat and stir until gelatine is dissolved.
7. Remove from heat and stir in lemon juice and salt; cool. Gradually add mayonnaise.
8. Mix in remaining ingredients. Turn on top of almost firm first layer and chill until firm.
9. Unmold on board; cut into squares and place on serving platter. Serve with mayonnaise.

**TO PREPARE CORNED BEEF LAYER**

3. Sprinkle gelatine on cold water to soften.
4. Remove from heat and stir in remaining \( \frac{3}{4} \) cup water, lemon juice and salt; cool. Gradually add mayonnaise.
5. Mix in remaining ingredients. Turn on top of almost firm first layer and chill until firm.
6. Unmold on board; cut into squares and place on serving platter. Serve with mayonnaise.
Cottage Cheese and Kidney Bean Salad

Hearty enough for a luncheon main dish, this salad has a tempting combination of flavors everyone will enjoy.

**INGREDIENTS**

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

**SIMPLE GEL • 6 SERVINGS**

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.
**Salmon Mousse**

**WHIPPED CREAM MIXTURE • 4 SERVINGS**

1 envelope Knox Unflavored Gelatine  
1 tablespoon sugar  
1 teaspoon salt  
1 teaspoon dry mustard  
¼ cup water  
¼ cup vinegar  
2 cups flaked canned salmon  
1 cup finely diced celery  
1 tablespoon capers  
½ cup heavy cream, whipped

1. Mix gelatine, sugar, salt and mustard thoroughly in a small saucepan.  
2. Add water and vinegar. Place over low heat, stirring constantly until gelatine is dissolved.  
3. Remove from heat and chill until unbeaten egg white consistency.  
4. Fold in salmon, celery and capers. Fold in whipped cream.  
5. Turn into a 3-cup mold or individual molds and chill until firm.  
6. Unmold on serving plate and garnish with salad greens.

**LOW CALORIE MOUSSE**

196 calories per serving

Substitute ⅛ cup icy cold evaporated milk for the heavy cream and whip.

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**Spicy Ham and Potato Salad Ring**

**SIMPLE GEL • 8 SERVINGS**

**HAM LAYER**

1½ cups diced, cooked ham  
2 tablespoons minced onion  
¼ cup mayonnaise or salad dressing  
⅓ cup chili sauce  
1 teaspoon horseradish  
2 teaspoons prepared mustard  
⅛ teaspoon Tabasco  
1 envelope Knox Unflavored Gelatine  
½ cup water  

1. Grind or finely chop ham. Combine with onion, mayonnaise, chili sauce, horseradish, mustard and Tabasco.  
2. Sprinkle gelatine on water to soften.  
3. Place over low heat and stir until gelatine is dissolved.  
4. Remove from heat and blend into potato mixture. Turn onto meat mixture and chill until firm.  
5. Unmold on serving plate and garnish with salad greens and wedges of tomato.

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**Chicken and Pineapple Salad**

**SIMPLE GEL • 4 SERVINGS**

1 envelope Knox Unflavored Gelatine  
1½ cups chicken stock, divided  
⅛ teaspoon salt  
2 tablespoons lemon juice  
⅛ cup canned pineapple syrup  
1⅔ cups diced cooked or canned chicken  
½ cup drained canned crushed pineapple  
⅛ cup diced celery  

1. Sprinkle gelatine on ⅛ cup of the chicken stock to soften.  
2. Place over low heat and stir until gelatine is dissolved.  
3. Remove from heat and stir in remaining 1⅔ cups chicken broth, onion, salt and pepper. Chill to unbeaten egg white consistency.  
4. Fold in chicken, almonds, olives and sour cream.  
5. Turn into a 6-cup mold and chill until firm.  
6. Unmold on serving plate and garnish with salad greens.

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**Jellied Veal Loaf**

**SIMPLE GEL • 8 SERVINGS**

1 3-pound boned veal rump  
4 cups water  
1 onion, sliced  
2 celery stalk and leaves  
2 teaspoons monosodium glutamate  
1 envelope Knox Unflavored Gelatine  
⅛ teaspoon dried basil  
3 bay leaves  
⅛ teaspoon peppercorns  
1 tablespoon mixed pickling spice  
2 envelopes Knox Unflavored Gelatine  
3 tablespoons finely chopped parsley  
1 teaspoon salt  
1 tablespoon mixed pickling spice  
2 cups sliced black olives  
2 cups water  
¼ cup toasted slivered almonds  
1 envelopes Knox Unflavored Gelatine  
1 bottle (2½ oz.) capers  
1 cup mayonnaise  
2 teaspoons lemon juice  
⅛ teaspoon Tabasco  

1. Put veal in saucepan with tight-fitting cover. Add water, onion, celery, monosodium glutamate, salt, basil, bay leaves, peppercorns and pickling spice.  
2. Cover and bring to boil. Reduce heat and simmer 2 hours. Remove veal; chill.  
3. Strain broth; chill and skim off solidified fat. Reserve 1 cup broth.  
4. Measure remaining broth. Boil to reduce to 3 cups, if necessary.  
5. Sprinkle gelatine on cold broth to soften. Add to the hot broth and stir until gelatine is dissolved.  
6. Chill until slightly thicker than unbeaten egg white consistency.  
7. Cut veal into julienne strips. Fold veal and parsley into gelatine mixture.  
8. Turn into a 9×4 loaf pan and chill until firm. Serve with Caper Sauce.

**CAPER SAUCE**

1 bottle (2½ oz.) capers  
1 cup mayonnaise  
2 teaspoons lemon juice  
⅛ teaspoon Tabasco  

1. Drain liquid from capers into mayonnaise.  
2. Add lemon juice and Tabasco and stir until smooth.  
3. Add capers and serve with veal loaf.

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**TO CUT DOWN ON CHILLING TIME**

Divide the liquid and add part of it cold. This will help cool off the mixture and speed up the gelling process.

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**Shrimp Chili Mold**

**SIMPLE GEL • 6 SERVINGS**

86 calories per serving

1 envelope Knox Unflavored Gelatine

1 1/4 tablespoons sugar

1/2 teaspoon salt

Dash pepper

1 1/2 cups water, divided

1/4 cup lemon juice

1/4 cup chili sauce

1 cup cooked or canned shrimp

2 tablespoons pickles relish

1. Mix gelatine, sugar, salt and pepper thoroughly in a small saucepan.

2. Place over low heat, stirring constantly until gelatine is dissolved.

3. Remove from heat and stir in remaining 3/4 cup water, lemon juice and chili sauce. Chill to unbeaten egg white consistency.

4. Fold in shrimp and pickle relish. Turn into 3-cup mold and chill until firm.

5. Unmold on serving platter and garnish with salad greens.

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**Before Adding Solids**

Chill gelatine to unbeaten egg white consistency. If mixture is too thin the solids will sink to the bottom or rise to the top.

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**Silhouette Salad**

**SIMPLE GEL • 4 SERVINGS**

140 calories per serving

1 envelope Knox Unflavored Gelatine

1 cup water, divided

1 (10 1/2 oz.) can condensed cream of chicken or mushroom soup

1 tablespoon lemon juice

Dash black pepper

1 (5 oz.) can boned chicken or turkey, diced

1/2 cup chopped celery

1/4 cup chopped green pepper

2 tablespoons chopped pimiento

2 teaspoons grated onion

1. Sprinkle gelatine on 1/2 cup of the water to soften.

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

3. Remove from heat and stir in remaining 3/4 cup water, cream of chicken soup, salt, lemon juice and black pepper. Chill to unbeaten egg white consistency.

4. Fold in chicken, celery, green pepper, pimiento and onion.

5. Turn into a 3-cup mold or individual molds and chill until firm.

6. Unmold on serving plate and garnish with salad greens.

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**Molded Macaroni and Cheese**

**SIMPLE GEL • 6 SERVINGS**

1 envelope Knox Unflavored Gelatine

1 1/4 cups water, divided

1 cup grated American cheese

2 tablespoons grated onion

1 teaspoon salt

2 tablespoons chopped parsley

1 cup chopped pimiento

1/2 cup diced celery

1/2 cups cooked broken macaroni

1/2 cup mayonnaise

1. Sprinkle gelatine on 1/2 cup of the water to soften.

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

3. Remove from heat and stir in remaining 3/4 cup water and cheese. Stir until cheese has softened.

4. Add lemon juice, onion and salt. Chill to unbeaten egg white consistency.

5. Fold in remaining ingredients. Turn into 3-cup mold and chill until firm.

6. Unmold on serving plate and garnish with salad greens.

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**Tomato-Chicken Salad Mold**

**SIMPLE GEL • 8 TO 10 SERVINGS**

82 calories per serving

2 envelopes Knox Unflavored Gelatine

1 (10 1/2 oz.) can condensed consommé, divided

1 (17 1/2 oz.) can tomato juice

1/2 teaspoon salt

2 tablespoons lemon juice

1/4 teaspoon Tabasco

2 (5 oz. each) cans boned chicken or turkey, diced

1 cup chopped celery

1/2 cup chopped cucumber

1/4 cup chopped stuffed olives

1. Sprinkle gelatine on 1 cup of the consommé to soften.

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

3. Remove from heat and stir in remaining consommé, tomato juice, salt, lemon juice and Tabasco. Chill to unbeaten egg white consistency.

4. Fold in chicken, celery, cucumber and olives. Turn into a 6-cup mold and chill until firm.

5. Unmold on serving plate and garnish with salad greens.

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**Molded Turkey and Cranberry**

**SIMPLE GEL • 8 SERVINGS**

**Cranberry Layer**

1 envelope Knox Unflavored Gelatine

1 1/2 cups water

1 (1 lb.) can whole cranberry sauce

1 medium apple, diced

2 tablespoons lemon juice

1. Sprinkle gelatine on water to soften.

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

3. Combine cranberry sauce, apple and lemon juice. Add dissolved gelatine and stir until blended.

4. Turn into a 9 x 5 loaf pan and chill until almost firm.

**Turkey Layer**

1 envelope Knox Unflavored Gelatine

1/2 cup water

2 cups finely diced cooked turkey

1 cup finely diced celery

1/4 cup chopped parsley

1/2 teaspoon salt

1/2 teaspoon pepper

1 cup salad dressing

1/2 cup light cream

1. Sprinkle gelatine on water to soften.

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

3. Combine remaining ingredients. Add dissolved gelatine and stir until well blended.

4. Turn into loaf pan on top of first layer and chill until firm.

5. Unmold on serving platter and garnish with parsley and olives.

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**Lobster Salad**

**SIMPLE GEL • 4 SERVINGS**

1 envelope Knox Unflavored Gelatine

1/2 cup water

1/2 teaspoon salt

2 tablespoons lemon juice

1/4 teaspoon Tabasco

1 cup mayonnaise

1 teaspoon minced onion

1/2 cup diced celery

1/4 cup chopped green pepper

1/4 cup chopped pimiento

1 cup chopped cooked lobster meat, frozen, fresh or canned

1. Sprinkle gelatine on water to soften.

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

3. Remove from heat and stir in salt, lemon juice and Tabasco. Cool.

4. Stir gelatine mixture into mayonnaise. Chill to unbeaten egg white consistency.

5. Fold in remaining ingredients.

6. Turn into a 3-cup mold or individual molds and chill until firm.

7. Unmold on serving platter and serve with salad greens and mayonnaise or salad dressing.
ON-CAMERA DESSERTS
Famous and rightly so, this scrumptious pie will add stature to your reputation as a hostess.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- ¾ cup sugar
- ½ teaspoon salt
- 1 egg yolk
- ¾ cup milk
- 3 squares unsweetened chocolate
- 1 cup icy cold evaporated milk, whipped
- 1 teaspoon vanilla
- 1 9-inch baked pie shell
- Whipped cream

1. Mix gelatine, sugar and salt thoroughly in a saucepan.
2. Beat egg yolk and milk together.
3. Add to gelatine mixture. Add chocolate.
4. Cook over medium heat, stirring constantly until chocolate is melted. Do not boil.
5. Remove from heat and beat with a rotary beater until smooth.
6. Place pan in bowl of ice and water or chill in refrigerator, stirring occasionally, until mixture mounds slightly when dropped from spoon.
7. Fold in whipped evaporated milk and vanilla.
8. Turn into a baked pie shell and chill until firm.
End dinner on a perfect note with this unbelievably light Lemon Chiffon Pie. It's so lemony and so good.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 1 cup sugar, divided
- 1/2 teaspoon salt
- 4 eggs, separated
- 2/4 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.
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat and stir in grated lemon rind.
5. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.
7. Fold gelatine mixture into stiffly beaten egg whites.
8. Turn into a baked pie shell.
Elegant is the word for this luscious chiffon version of a traditional favorite so light it knows no season.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- 1/4 cup water
- 1/4 cup rum
- 1 1/2 cups prepared mincemeat
- 3 egg whites
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1 cup heavy cream, whipped
- 1 9-inch baked pie shell
- Maraschino cherries

1. Sprinkle gelatine on water to soften.
2. Place over low heat, stirring constantly until gelatine is dissolved.
3. Remove from heat and stir in rum and mincemeat.
4. Chill in refrigerator or in bowl of ice and water, stirring occasionally, until the mixture mounds when dropped from spoon.
6. Fold gelatine mixture into stiffly beaten egg whites.
7. Fold in whipped cream.
8. Turn into a baked pie shell.
9. Garnish with Maraschino cherries, and chill until firm.
If you're looking for a memorable dessert, search no more. Unsurpassed, this glamorous pie is a fitting climax to dinner.

INGREDIENTS

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

1. Mix gelatine, 1/3 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 in refrigerator or in bowl of ice and water, stirring occasionally, until the mixture mounds when dropped from spoon.
7. Fold gelatine mixture and cherries into stiffly beaten egg whites.
8. Turn into a baked pie shell and top with chocolate.
9. Chill in refrigerator until firm.
Better than any pumpkin pie you've ever eaten, this one has a heavenly texture and fine flavor.

**INGREDIENTS**

- 1 envelope Knox Unflavored Gelatine
- $\frac{3}{4}$ cup firmly packed dark brown sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup water
- 3 eggs, separated
- $1\frac{1}{2}$ cups canned pumpkin
- $\frac{1}{4}$ cup sugar
- 1 9-inch baked pie shell
- Whipped cream

1. Mix gelatine, dark brown sugar, salt and spices thoroughly in a saucepan.
2. Stir in milk, water, egg yolks and pumpkin and mix well.
3. Cook over medium heat, stirring constantly until gelatine is dissolved and mixture heated thoroughly, about ten minutes.
4. Remove from heat and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon.
5. Beat egg whites until stiff.
7. Fold gelatine mixture into stiffly beaten egg whites.
8. Turn into a baked pie shell and chill until firm.
No-Bake Cheese Cake

WHIPPED CREAM MIXTURE • 10 TO 12 SERVINGS

Finish dinner with a flourish.

INGREDIENTS

- 2 envelopes Knox Unflavored Gelatine
- 1 cup sugar, divided
- $\frac{3}{4}$ teaspoon salt
- 2 eggs, separated
- 1 cup milk
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 1 teaspoon vanilla
- 2 tablespoons melted butter
- 1 tablespoon sugar
- $\frac{3}{4}$ cup graham cracker crumbs
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 3 cups (24 oz.) creamed cottage cheese
- 1 cup heavy cream, whipped

1. Mix gelatine, $\frac{3}{4}$ 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 lemon juice, rind and vanilla.
5. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.
6. While mixture is chilling prepare Crumb Topping: Mix butter, 1 tablespoon sugar, cracker crumbs, cinnamon and nutmeg.
7. Sieve or beat cottage cheese on high speed of electric mixer, about 3 minutes. Stir into gelatine mixture.
8. Beat egg whites until stiff. Beat in remaining $\frac{1}{4}$ cup sugar. Fold into gelatine mixture. Fold in whipped cream.
9. Turn into 8-inch spring form pan. Sprinkle with crumb mixture and chill until firm.

Variations

CHEESE CAKE IN OTHER SHAPES

If desired, 8" or 9" square or 9" x 5" loaf pan may be used. Line with waxed paper and press crumb mixture in bottom of pan. Turn in gelatine mixture. Chill until firm. Unmold.

COFFEE CHEESE CAKE:

Add 2 tablespoons instant coffee to gelatine-sugar mixture in top of double boiler. Omit lemon rind and lemon juice.
Pineapple Chiffon Cake

WHIPPED CREAM MIXTURE • 8 TO 10 SERVINGS

A mouth-watering, fluffy filling layered with chocolate cookies.

INGREDIENTS

- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/4 teaspoon salt
- 3 eggs, separated
- 1 1/4 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. Chill mixture to unbeaten egg white consistency.


6. Fold in whipped cream.

7. Spoon 1/4 of mixture into waxed paper-lined 9 x 5 loaf pan. Add a layer of cookies. Repeat three times ending with gelatine.

8. Chill in refrigerator until firm.

9. Unmold on serving platter and top with additional whipped cream, if desired.

Variation

LOW CALORIE PINEAPPLE CAKE:

Reduce sugar to 1/4 cup and mix it with gelatine. Omit lemon juice. Substitute whipped instant nonfat dry milk for heavy cream as follows: Beat 1/4 cup ice water with 1/4 cup instant nonfat dry milk crystals until soft peaks form (3 to 4 minutes). Add 2 tablespoons lemon juice and continue beating until firm peaks form. Fold into gelatine mixture. Makes 10 servings, 114 calories per serving.
Chocolate Chiffon Dessert

Attention all chocolate lovers! This is for you — a sheer bit of goodness you'll want to whip up often.

INGREDIENTS
- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/4 teaspoon salt
- 1/2 cup cocoa
- 3 eggs, separated
- 1 1/2 cups milk
- 1 teaspoon vanilla
- whipped cream

Mix gelatine, 1/4 cup of the sugar, salt and cocoa in top of double boiler.

Beat egg yolks and milk together. Add to gelatine.

Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.

Remove from heat and stir in vanilla. Chill to unbeaten egg white consistency.

Beat egg whites until stiff. Beat in remaining 1/4 cup sugar.

Fold chocolate gelatine mixture into egg whites.

Turn into a 4-cup mold or individual molds.

Chill in refrigerator until firm.

Unmold on serving plate and garnish with whipped cream.
Fruit Juice Snow

SNOW • 8 SERVINGS • 93 CALORIES PER SERVING

Capture all the frostiness of a winter’s day in a dessert that’s cooling and wonderfully refreshing.

INGREDIENTS
- 1 envelope Knox Unflavored Gelatine
- 2 cup sugar
- ½ teaspoon salt
- 4 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 ½ cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.

3. Remove from heat and stir in remaining ¾ cup of 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; beat.

7. Spoon into dessert dishes and chill until firm. Serve plain or with Custard or Melba Sauce.

Variations

CUSTARD SAUCE:
Scald 1 ½ cups milk in top of double boiler. Beat 2 egg yolks and 1 whole egg; stir in 3 tablespoons sugar and ½ teaspoon salt. Gradually add small amount of hot milk, stirring constantly. Return to double boiler and cook, stirring constantly over hot but not boiling water until mixture coats spoon. Remove from heat; cool. Stir in 1 teaspoon vanilla.

MELBA SAUCE:
Combine 1 package thawed frozen raspberries and ½ cup currant jelly; bring to a boil. Mix 2 teaspoons cornstarch and 1 tablespoon cold water. Add to raspberries and continue cooking until clear, stirring constantly.

* If fresh or frozen pineapple juice is used, boil for 2 minutes before combining with the gelatine.
Use to ice and fill a cake, in pie shells or meringues, as a topping, or by its delicate self.

**INGREDIENTS**

- 2 1/3 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
- 2 tablespoons lemon juice
- 1/4 cup sugar

**WHIPPED CREAM MIXTURE • 6 TO 8 SERVINGS • FILLS 9-INCH PIE, ICES 8 1/2-INCH, 2 LAYER CAKE • 108 CALORIES PER SERVING**

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 nonfat dry milk with ice water in a bowl.
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.
Pineapple Whip

WHIP • 4 SERVINGS • 125 CALORIES PER SERVING

This fluffy dessert is fun to eat and a cinch to prepare. Try the orange and apricot variations, too.

INGREDIENTS
- 1 envelope Knox Unflavored Gelatine
- 1/3 cup sugar
- 1/8 teaspoon salt
- 1 3/4 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, stirring constantly 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 in addition.

CRANBERRY WHIP:
Substitute cranberry juice cocktail for pineapple juice.

APPLE WHIP:
Substitute apple juice for pineapple juice.

COFFEE WHIP:
Substitute 1 3/4 cups cold strong coffee for the pineapple juice. Omit lemon rind and add 1 teaspoon vanilla.

TANGERINE WHIP:
Substitute tangerine juice for pineapple juice.

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

**WHIPPED CREAM MIXTURE • 6 SERVINGS**

This superb dessert is given a crowning touch with a garnish of fresh fruit.

**INGREDIENTS**
- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/2 teaspoon salt
- 2 eggs, separated
- 1 1/2 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 mixture to unbeaten egg white consistency.
6. Fold gelatine mixture into stiffly beaten egg whites.
7. Fold whipped cream into gelatine mixture.
8. Turn into a 4-cup mold and chill until firm.
9. Unmold on serving platter and garnish with fresh fruit.

**Variations**

**FRUIT AND NUT BAVARIAN:**
Follow Steps 1 through 6. 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.

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This superb dessert is given a crowning touch with a garnish of fresh fruit.

**INGREDIENTS**
- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/2 teaspoon salt
- 2 eggs, separated
- 1 1/2 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 mixture to unbeaten egg white consistency.
6. Fold gelatine mixture into stiffly beaten egg whites.
7. Fold whipped cream into gelatine mixture.
8. Turn into a 4-cup mold and chill until firm.
9. Unmold on serving platter and garnish with fresh fruit.

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This superb dessert is given a crowning touch with a garnish of fresh fruit.

**INGREDIENTS**
- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/2 teaspoon salt
- 2 eggs, separated
- 1 1/2 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 mixture to unbeaten egg white consistency.
6. Fold gelatine mixture into stiffly beaten egg whites.
7. Fold whipped cream into gelatine mixture.
8. Turn into a 4-cup mold and chill until firm.
9. Unmold on serving platter and garnish with fresh fruit.

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This superb dessert is given a crowning touch with a garnish of fresh fruit.

**INGREDIENTS**
- 1 envelope Knox Unflavored Gelatine
- 1/2 cup sugar, divided
- 1/2 teaspoon salt
- 2 eggs, separated
- 1 1/2 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 mixture to unbeaten egg white consistency.
6. Fold gelatine mixture into stiffly beaten egg whites.
7. Fold whipped cream into gelatine mixture.
8. Turn into a 4-cup mold and chill until firm.
9. Unmold on serving platter and garnish with fresh fruit.
**Peach Soufflé**

**WHIPPED CREAM MIXTURE • 6 TO 8 SERVINGS**

An eye-catching soufflé that will do you proud and never fall.

**INGREDIENTS**

1. 12-oz. package frozen sliced peaches, completely thawed
2. 1 envelope Knox Unflavored Gelatine
3. 1/2 cup peach syrup
4. 4 eggs, separated
5. 1/4 cup water
6. 1 tablespoon lemon juice
7. 1/4 teaspoon salt
8. 1/4 teaspoon almond extract
9. 1/2 cup sugar
10. 1 cup heavy cream, whipped

**COOKING INSTRUCTIONS**

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 to gather. 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.
9. Turn into a 1 1/2 quart soufflé dish and chill until firm.

**Variation**

**SOUFFLÉ WITH A COLLAR:**

To serve soufflé as shown in the photograph use a 1-quart straight-sided soufflé dish. Cut a strip of brown paper about 4 inches deep and long enough to go around sides of dish. Fasten strip around outside edge securely with cellophane tape, allowing it to extend 2 inches above top of dish. Brush inside of strip with oil. When soufflé is firm loosen tape and peel paper away gently.
Strawberry Charlotte Dessert

The height of dessert sophistication, this celestial concoction is the perfect way to enjoy the beloved strawberry.

INGREDIENTS

- 2 envelopes Knox Unflavored Gelatine
- 3/4 cup sugar, divided
- 1/4 teaspoon salt
- 4 eggs, separated
- 1/2 cup water
- 2 10-oz. packages frozen sliced strawberries
- 2 tablespoons lemon juice
- 2 teaspoons grated lemon rind
- 8 lady fingers
- 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 water together. Add to gelatine mixture. Add 1 package of the frozen sliced strawberries.
3. Cook over boiling water, stirring constantly until gelatine is dissolved and strawberries thawed, about 8 minutes.
4. Remove from heat and add remaining package of strawberries, lemon juice and rind. Stir until berries are thawed.
5. Chill in refrigerator or in bowl of ice and water, stirring occasionally, until the mixture mounds when dropped from spoon.
6. Split lady fingers in half and stand around edge of an 8-inch spring form pan.
8. Fold in whipped cream. Turn into pan and chill until firm.
9. Remove from pan and garnish with additional whipped cream and strawberries.
Spanish Cream
CHIFFON • 6 SERVINGS
131 calories per serving

1 envelope Knox Unflavored Gelatine
6 tablespoons sugar, divided
1/4 cup water
2 eggs, separated
2 cups milk
1 teaspoon vanilla

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 gelatine mixture. Turn into a 4-cup mold or individual molds and chill until firm.

7. Unmold on serving plate and serve plain or with whipped cream or fruit.

TWO-LAYERED SPANISH CREAM
If you prefer the mixture to separate into two layers forming a jelly on the bottom with custard on the top, do not chill the mixture to unbeaten egg white consistency. After removing from the heat stir in vanilla then fold in unbeaten egg whites and turn into mold.

Knox Dainties
SIMPLE GEL • 80 1/4-INCH SQUARES
30 calories per square

4 envelopes Knox Unflavored Gelatine
3 cups sugar
1/4 cup water
1 teaspoon cinnamon extract
Few drops red coloring
1/2 teaspoon peppermint extract
Few drops green coloring
Confectioners' sugar
Granulated sugar

1. Mix gelatine, sugar and salt thoroughly in a large saucepan.

2. Beat egg yolks and milk 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 vanilla. Chill to unbeaten egg white consistency.


6. Fold in gelatine mixture. Turn into two 8x4 loaf pans to depth 3/4 inch. Put in cool place (not refrigerator) and let stand overnight.

7. When ready to use, loosen candy around edges of pans with wet, sharp knife.

8. Roll out on board lightly covered with confectioners' sugar; cut into cubes.
7. Fold in whipped cream. Turn into a 4-cup mold and chill until firm.
8. Unmold on serving platter and garnish with additional whipped cream.

### Coffee Charlotte Russe

**WHIPPED CREAM MIXTURE • 10 Servings**

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

1. Mix gelatine, 1/4 cup of the sugar, salt and coffee thoroughly in top of double boiler.
2. Beat milk and egg yolks 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 vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
6. Fold in whipped cream. Spoon into individual serving dishes which have been lined with lady fingers or sponge cake and chill until firm.
7. Garnish with additional whipped cream, pecans or chocolate cookie crumbs.

### Trufruit Jubilee

**SIMPLE GEL • 4 Servings**

About 150 calories per serving

- 1 envelope Knox Unflavored Gelatine
- 1/4 cup sugar
- 1/2 cups fresh, frozen or canned unsweetened juice, divided (orange, grapefruit, orange and grapefruit, tangerine or pineapple juice)*

1. Mix gelatine and sugar thoroughly in a small saucepan.
2. Add 1/2 cup of the juice. Place over low heat, and stir until gelatine is dissolved.
3. Remove from heat and stir in remaining 1/2 cups juice.
4. Chill in bowl or pour into a 2-cup mold and chill until firm.

#### Variations

**LEMON JUBILEE**

108 calories per serving

Substitute 1 cup water and 1/2 cup lemon juice for the fruit juice.

**PEACH, APRICOT OR PEAR JUBILEE**

170 calories per serving

Substitute 1 (12 oz.) can peach, apricot or pear nectar for the fruit juice and add 1/2 cup water and 1 tablespoon lemon juice.

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

#### When Combining Beaten Egg Whites and a Gelatine Mixture, always fold the gelatine mixture into the egg whites. The final mixture will stand up and be more fluffy.
You can drink Knox, too...

Just pick your favorite drink and stir in Knox Unflavored Gelatine

"Brittle" fingernails? Correct them the one way published medical research proved effective... with Knox, and Knox alone

Just drink one daily envelope of Knox Unflavored Gelatine (115-120 grains, about 5¢) in fruit or vegetable juice, bouillon or water. Published clinical studies—using Knox, and Knox alone—show 7 out of 10 women have success. Mostly within 90 days. Avoid imitations. Your doctor will tell you.

Lose weight, stay slim, easier... just take these three simple steps with help from Knox

**FIRST** Make sure you adopt a sound reducing program. The Knox Eat-and-Reduce Plan IS a sound program! Its Choice of Foods Chart figures out the calories for you, lets you include a wide variety of delicious dishes.

**SECOND** Follow your diet more easily—drink an envelope of Knox before meals. Just stir one envelope (28 calories) into water, bouillon, or 4 ounces of juice and drink 3 times a day. The Knox Drink dulls hunger pangs, tides you over—so tempting snacks and extra portions don’t undo the good your diet has just accomplished.

**THIRD** Let us send you the Knox Eat-and-Reduce Plan. It will help you acquire the habit of sensible eating—to get slim and stay slim. Write us for it today! Knox Gelatine, Inc., Johnstown, N. Y., Box OC-1
so many ways

KNOX IN EGGNOG

KNOX IN TOMATO JUICE

KNOX IN ORANGE JUICE

KNOX IN "INSTANT" MILK

KNOX IN BOUILLON