gel it! easy ways to be a spectacular cook

- new 30-minute gel
- gels clear and airy
- design your own: main dishes • salads and desserts
- party snacks any day
- diet and beauty tips
Here is your guide to new style in cooking, adding form to dishes, setting off flavors, colors and textures to your taste—and in new quick time, too. Amazing? Read on.

You’ll find easy ways to chill a shapely salad, “bake” a handsome refrigerator cake or pie, mold a spectacular dessert or heap it high in a serving dish. As you cook your way through these pages, you’ll find that you have mastered more than one dish at a time. These recipes are patterns as convenient as a basic dress; you can vary them your individual way. Choose the foods and flavors you prefer or have on hand, and gel them in style—your style.

What is gelatine? Unflavored gelatine is colorless, odorless, and tasteless. Knox Gelatine is a granulated protein substance derived from the long bones of cattle. It is pure protein consisting of 17 amino acids... among them 7 out of the 8 essential to good diet. (Commercially flavored gelatines, on the other hand, consist of 7/8 sugar and flavorings and only 1/8 gelatine.) Unflavored gelatine takes on the flavors and colors you choose, when combined in dishes to your taste. For extra style in a dish, gel it!

new 30-minute gel!

Now you can cook the modern way—fast!—with gelatine. The new quick-gel method takes advantage of modern refrigeration and food products, to prepare gelatine dishes that are ready to serve minutes after you stir them together! After gelatine is softened, then dissolved in hot liquid, add frozen juices, fruits or soups, ice cream or ice cubes as part of the liquid. The frozen food or cubes will melt and quick-chill the gelatine, resulting in gels within half an hour! You’ll find new quick-gel recipes throughout this booklet.

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easy guide to gel cookery

cooking with gelatine is as easy as 1-2-3.

An envelope of gelatine will gel 1 pint of liquid. First, choose the liquid you will use—water, juice, broth, milk or other as designated in recipes which follow. Sprinkle gelatine from the envelope over ½ cup of cold liquid and let stand a few minutes to soften. If sugar is to be added, stir sugar with the gelatine before you begin. (If 1 tablespoon or more of sugar is added, the gelatine-sugar mixture may be softened and dissolved directly in hot liquid.)

1

Stir softened gelatine over medium heat until mixture is clear and gelatine dissolved, about 2 to 3 minutes. Remove from heat and add remaining liquid or, for new quick-gel method, add frozen juice, fruit, etc.

2

Pour into mold or serving dish, chill until set. This takes 2 to 4 hours, or may be cut down to ½ hour or less when made the new quick-gel way. Smaller molds set faster.

3
gels clear and airy

When gelatine is dissolved in a clear liquid it makes a shimmering clear gel, with smooth texture. Gels are delicious plain, or you may add contrast by incorporating solids before the gel is completely set. Or turn out light and frothy dishes by incorporating air. For a whip, simply beat any partially set gelatine with a rotary beater, then chill. Or, add beaten egg whites, whipped cream or whipped evaporated milk, or such ready-beaten mixtures as mayonnaise and ice cream to make mousses, creamy molds, and other specialties. Tips to make this easy:

how to beat...

At a slightly thickened consistency, clear gelatine can be turned into an airy, frothy mixture. Whip the gelatine with rotary or electric beater until it is light and fluffy, then chill firm. Or add egg whites and beat all together to make an especially frothy "snow." (See page 6 for recipes.)

how to set...

To set gelatine, just put the mold in the refrigerator. To add solids, chill gelatine mixture until slightly thickened, to prevent solids from rising to the top or sinking to the bottom. When gelatine mixture reaches the consistency of unbeaten egg white, you can fold in cut-up drained fruits, vegetables, meats or other solids, whipped milk (evaporated or nonfat solids) or cream. Then chill. For an extra-fast set, first put mold in the freezer for 5 minutes. Or, put bowl or pan of gelatine mixture into a container of ice and water and stir mixture for 5 minutes, until it begins to thicken. Then chill in refrigerator.

how to unmold...

Dip mold briefly into warm (not hot!) water just to level of gelatine mixture. Run the tip of a knife around edge of gelatine. Rinse a serving plate in cold water (makes it easier to slide mold to center of plate), place plate on top of the mold, invert plate and mold together, and shake gently to loosen gelatine. Lift off mold, slide gelatine into place in center of plate. Presto! A snack or main dish, salad or dessert with form and style!
Dessert is often the star of the meal—and you can quickly learn to select a superb dessert recipe first, then plan a meal which will lead up to your grand finale.

As you begin to prepare and serve meals, it may seem you need some magic power to have all dishes and courses ready to serve at the right time. A gelatine dessert can be your abra-cadabra—prepare it ahead, have it ready in the refrigerator at serving time. This advance preparation need no longer require hours of chilling! With new quick-gel ways of preparing gelatine desserts with frozen foods such as juices, ice cream and frozen fruits, you can stir together a quick fruit mold or a berry-cream pie and have it ready to unmold or slice and serve within minutes! Gelatine captures the full flavor of these refreshing foods, makes it easier than ever to serve a special dessert.

In selecting a dessert, remember—dessert should complete the meal in a complementary, contrasting way. Dessert should be light and refreshing after a lengthy, filling meal; it can be hearty and satisfying when the meal before has been light. Unflavored gelatine takes on your favorite flavor in any type of dessert, from feather-weight snows and whips to rich, creamy pies and cakes.
a Gel can be many desserts

Here are pattern recipes you can prepare to your taste. Make the traditional Simple Fruit Gel in your favorite fruit flavor, or the new Quick Fruit Gel, which lets you choose from the rainbow of flavors of frozen juice concentrates available in your supermarket. Then, just look at the dazzling variety of desserts you can make from either of these patterns:

**simple fruit gel**

1 envelope Knox Unflavored Gelatine  
¾ cup sugar  
⅛ tsp. salt  
¾ cup boiling water  
1 cup fruit juice*  
1 Tbsp. lemon juice  

Stir gelatine, sugar and salt together well. Pour boiling water over, stir until gelatine is completely dissolved. Add juices, stir, chill until firm. Makes 4 servings.  
Setting time: 1½ to 3 hours.

**quick fruit gel**

1 envelope Knox Unflavored Gelatine  
¾ cup cold water  
¾ cup sugar  
1 can (6 oz.) frozen juice concentrate*, unthawed  
3 ice cubes  

Sprinkle gelatine on cold water in small saucepan. Stir over medium heat until gelatine is dissolved, 2 to 3 minutes. Remove from heat. Stir in sugar. Add juice concentrate, ice cubes; stir smooth. Chill until firm. Makes 4 servings.  
Setting time: 25 to 30 minutes.

*Use any flavor fruit juice, adjusting sugar to taste. An enzyme in fresh or frozen pineapple juice prevents setting. Cook these 2 minutes before using with gelatine. (This will lengthen setting time of Quick Fruit Gel.)

**whips...**

Make either fruit gel, and chill until mixture is slightly thickened. Beat with electric or rotary beater until light, fluffy and double in volume. Pile in sherbet glasses and chill until firm. Makes 6 to 8 servings.

**snows...**

Make either fruit gel and chill until mixture is slightly thickened. Add 2 unbeaten egg whites and beat until mixture begins to hold its shape, is light and fluffy, about 7 or 8 minutes. Turn into mold or serving dishes, chill until firm. Makes 6 to 8 servings.

**sherbet...**

Make either fruit gel, using 1 cup sugar (instead of ¾ cup), and 1 ¼ cups boiling water (instead of ¾ cup). Add ¼ cup lemon juice. Freeze in refrigerator tray until mushy, beat well in cold bowl with rotary or electric beater. Freeze again in two ice trays. Cover with foil, store in freezer until serving time. Especially delicious with orange, grape or cranberry juice. Or make tangy lemon or lime sherbet, using just ½ cup lemon or lime juice altogether. Makes 8 servings.
Bake it in the refrigerator

Crazy Cake

1 envelope Knox Unflavored Gelatine
½ cup cold water
¾ cup boiling water
¾ cup sugar.

Sprinkle gelatine on cold water in 3-qt. mixing bowl to soften. Add boiling water and stir until gelatine is dissolved. Stir in sugar, chill slightly (15 minutes in refrigerator). In the meantime, sprinkle half of the graham cracker crumbs over bottom and sides of greased 9-inch square pan. Add egg whites, salt and vanilla to chilled gelatine mixture. Beat with rotary or electric beater about 10 minutes, until light, fluffy and mounding when beater is lifted. Turn into crumb-lined pan; sprinkle with remaining graham cracker crumbs. Chill ½ hour or until ready to serve. Cut in 3-inch squares and serve with Lemon Sauce* (prepare sauce while dessert chills). Makes 9 servings.

Lemon Sauce

3 egg yolks
½ cup sugar
½ cup melted butter or margarine

Beat egg yolks until thick and lemon colored. Stir in sugar, melted butter, lemon juice and grated rind. Whip cream, fold into lemon mixture.

No-Bake Chocolate Birthday Cake

Here’s a new kind of birthday “cake”—no baking needed, and your imagination can turn a simple gelatine into a dessert to suit the taste of the king or queen of the day.

4 envelopes Knox Unflavored Gelatine
1½ cups sugar, divided
½ tsp. salt
1 cup cocoa

Mix gelatine, ¾ cup of sugar, salt and cocoa in top of double boiler. Beat egg yolks and milk together. Add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 to 8 minutes. Remove from heat and stir in vanilla. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff. Beat in remaining ¾ cup sugar. Fold chocolate gelatine mixture into egg whites. Turn into two 9-inch layer cake pans. Chill until firm. Unmold one layer on cake plate. Top with flat layer of vanilla wafers. Turn out second layer of gelatine over this. Decorate and garnish with whipped cream. Chill until serving time. Makes 12 servings.
Party pies

5-minute berry cream pie
*a quick-gel recipe*

1 envelope Knox Unflavored Gelatine
3/4 cup cold orange juice or water*
1 pint strawberry ice cream*
8-inch baked pie shell or crumb crust

Sprinkle gelatine on juice or cold water to soften, stir over moderate heat until gelatine is dissolved, about 3 minutes. Spoon ice cream into hot mixture and stir until melted and smooth. Turn into prepared pie shell and chill just 5 minutes. Garnish top of pie with fresh or frozen berries. Makes 6 servings.

*Other delicious flavor combinations: cold coffee and chocolate ice cream, apricot nectar and peach ice cream, orange juice and banana ice cream.

no-bake cheesecake pie

1 envelope Knox Unflavored Gelatine
1/2 cup milk or light cream
1/2 cup sugar
2 packages (8 oz. each) cream cheese
2 eggs
1 tsp. vanilla extract
9-inch crumb crust
1 cup commercial sour cream
1 Tbsp. sugar
1/2 tsp. vanilla extract

Sprinkle gelatine on milk to soften, stir over very low heat until gelatine is dissolved, about 2 to 3 minutes. Stir in sugar. Beat cheese until creamy, gradually beat in dissolved gelatine mixture. Add eggs, beat well, beat in vanilla extract. Pour into prepared crumb crust and chill in refrigerator until firm. Beat sour cream with remaining sugar and vanilla until smooth and thick and spread evenly over top of pie to the edges. Chill again until serving time. Makes 6 to 8 servings.

Diet Tip: Substitute creamed cottage cheese for cream cheese, omit topping.

tropical chiffon pie

1 envelope Knox Unflavored Gelatine
1 cup sugar, divided
1/2 tsp. salt
4 eggs, separated
1/2 cup lemon or lime juice
1/4 cup water
2 tps. grated lime or lemon rind
9-inch baked pie shell or crumb crust

Mix gelatine, 1/2 cup sugar and salt in saucepan. Beat egg yolks, juice and water together, add to gelatine mixture. Cook over low heat, stirring constantly, until gelatine is dissolved, about 5 minutes. Remove from heat, stir in grated rind. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites stiff, beat in remaining 1/2 cup sugar, and fold into gelatine mixture. Turn into pie shell, chill until firm. Makes 6 to 8 servings.
Shape a meal...

Add a cold main dish to your repertoire of favorite recipes—perfect for a special lunch, or a weekend supper when you’ve had a large meal earlier, and for summer meals when any dish that’s cold is doubly appealing.

Your secret ingredient can be Knox Unflavored Gelatine, which takes on the flavor of your favorite foods, combining meat, fish or poultry with colorful vegetables in a savory gelatine main dish.

To round out an appealing menu, add crisp salad greens and other cold vegetables, and a choice of salad dressings. A cup of hot soup as appetizer, or warm rolls or crunchy bread, can accent the cool remainder of the meal, and satisfy appetites happily. Finish with a favorite dessert.

quick-gel casserole

With frozen soups to speed setting, you can make a cold, flavorful main dish casserole that’s ready to eat just minutes after preparation.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
<td></td>
</tr>
<tr>
<td>1¼ cups milk</td>
<td></td>
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<tr>
<td>1 can (10¼ oz.) frozen cream of</td>
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<tr>
<td>potato soup*, half thawed</td>
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<tr>
<td>1½ cups diced ham</td>
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<tr>
<td>1 cucumber, peeled and diced</td>
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<tr>
<td>2 Tbsps. minced chives</td>
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<tr>
<td>3 radishes, sliced</td>
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<tr>
<td>Chopped parsley for garnish</td>
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</tbody>
</table>

Sprinkle gelatine on milk, let stand to soften, stir over low heat until gelatine is dissolved, 2 to 3 minutes. Remove from heat, spoon in frozen soup and stir until soup thaws and mixture mounds slightly when dropped from a spoon. Fold in remaining ingredients, chill until firm, about 5 to 10 minutes. Sprinkle with chopped parsley, serve in casserole. Makes 4 servings.

*More combinations for frozen-soup casseroles: New England style clam chowder with salmon, tuna or other cooked fish, cucumber, radishes, celery; green pea with ham soup with ham or bologna, crisp pepper; cream of shrimp soup with any seafood, sliced olives, slivered almonds.
**dinner ring**

Bits of meat, fish or poultry are suspended with crisp vegetables in this clear, shimmering main dish—mold it in a ring or fancy shape, then unmold to serve on salad greens. Delicious with potato salad.

2 envelopes Knox Unflavored Gelatine
1 can (10 1/2 oz.) beef broth, divided
1 can (17 1/2 oz.) tomato juice
1/2 tsp. salt
2 Tbsps. lemon juice

Sprinkle gelatine on 1 cup of the beef broth to soften. Place over low heat and stir until gelatine is dissolved, 2 to 3 minutes. Remove from heat and stir in remaining beef broth, tomato juice, salt, lemon juice and Tabasco. Chill until mixture mounds slightly when dropped from a spoon. Fold in remaining ingredients. Turn into a 6-cup ring or other mold and chill until firm. Unmold to serve. Makes 6 to 8 servings.

*Or use turkey, pork, veal, beef, shrimp, crab meat, tuna.

**easy as pie supper**

A cold main dish in a crisp pie shell stars seafood, ham or egg salad in clever new form, fun to make and to eat.

2 envelopes Knox Unflavored Gelatine
1 cup cold water or tomato juice
1 can (10 1/2 oz.) beef broth
1 cup mayonnaise
1/2 tsp. salt
2 Tbsps. lemon juice

Sprinkle unflavored gelatine on water to soften, stir over moderate heat 2 to 3 minutes to dissolve. Remove from heat, stir in beef broth, mayonnaise, salt and lemon juice. Beat mixture smooth with rotary beater. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Fold in remaining ingredients and turn into cooled pie shell. Sprinkle border with chopped parsley, if desired. Chill until firm. Makes 6 servings. (Gelatine mixture may also be molded in a pan or other form, rather than in pastry shell.)

*Use any combination of raw vegetables that flatters the flavor of the main ingredient: grapes and green pepper for chicken; cabbage, onion and pickles for ham; stuffed olives, celery and chives for eggs. Don't forget avocado, apples, cucumbers, radishes with other meats.


**easy cheese pie shell**

Add 1/2 cup grated sharp Cheddar cheese to dry mixture for basic pie crust recipe or packaged mix, add liquid as usual.
Salads ahead...

Serve a delicious gelatine salad with the main-course, or for a change, before (California style) or after the main dish (as in Europe).

What they add . . . Gelatine salads add coolness, sparkle, interesting texture—all the wonderful contrasts that make a meal more exciting. Choose a flavor to complement the rest of the meal and serve a salad with the shape and style that only gelatine can guarantee.

What they save . . . There's no last-minute preparation with a gelatine salad. Prepare and unmold in advance, to whisk from refrigerator to table in an instant. With frozen fruits and fruit juice concentrates, you can now make quick-gel salads in infinite variety.

Perfection salad...

The perfect salad is the one that tastes best to you, with your particular meal. This one can be varied to fit many menus!

1 envelope Knox Unflavored Gelatine
⅓ cup sugar
⅓ tsp. salt
1¼ cups water, divided
⅓ cup vinegar
1 Tbsp. lemon juice
½ cup finely shredded cabbage*
1 cup shredded carrot*
1 pimiento, cut in small pieces, or 2 Tbsps. chopped red or green pepper*

Mix gelatine, sugar and salt thoroughly in small saucepan. Add ½ cup of the water. Place over low heat, stirring constantly until gelatine is dissolved. Remove from heat and stir in remaining ¾ cup of water, vinegar and lemon juice. Chill mixture to unbeaten egg white consistency. Fold in vegetables. Turn into a 2-cup mold or individual molds, chill until firm. Unmold, garnish with salad greens, serve with salad dressing. Makes 4 servings.

*try these combinations:
- Chopped celery, shredded cabbage, chopped pepper or pimiento
- Shredded carrot, orange sections, diced canned pineapple
- Chopped cucumber and onion
- Drained mixed fruits or cooked mixed vegetables

Diet tip:
- Make this a really low-calorie salad treat by using artificial sweetener in place of sugar. Soften gelatine in cold water first.
favorite fruit salads

mixed fruit salad

*a quick-gel recipe*

1 envelope Knox Unflavored Gelatine  
2 Tbsps. sugar  
¼ tsp. salt  
⅔ cup cold water  

1 can (6 oz.) frozen juice concentrate*, unthawed  
1 Tbsp. lemon juice or vinegar  
3 ice cubes  

1½ cups diced fruits—fresh, canned or frozen*

Combine gelatine, sugar and salt in saucepan, add water, and stir over low heat until gelatine dissolves, about 2 to 3 minutes. Remove from heat. Add frozen concentrate, lemon juice and ice cubes. Stir until juice and ice melt and the mixture is the consistency of unbeaten egg white, fold in fruits. Turn into 3-cup mold or 4 to 6 individual molds, chill until firm, about 25 to 30 minutes. Unmold on greens, serve with mayonnaise. Makes 4 to 6 servings.

*Use any flavor fruit juice, adjusting sugar to taste. Do not use frozen pineapple juice or uncooked pineapple with fruits. See footnote, page 6.

sliced peach salad

*a quick-gel recipe*

1 envelope Knox Unflavored Gelatine  
⅛ cup vinegar  
1 can (12 oz.) peach nectar*  

Cinnamon stick, dash ginger  
⅛ tsp. salt  
1 pkg. (10 oz.) frozen peaches*

Sprinkle gelatine on vinegar, add nectar, spices and salt. Stir over low heat until gelatine is dissolved, about 3 minutes. Remove from heat. Discard cinnamon. Stir in frozen fruits; by the time fruit thaws, mixture will be thickened. Turn into 4-cup mold or individual molds, chill until firm, about 30 minutes. Unmold, serve on greens with salad dressing. Makes 4 to 6 servings.

*Substitute other fruit nectars, use frozen mixed fruits (no pineapple) or berries for a change.

molded waldorf salad

1 envelope Knox Unflavored Gelatine  
⅛ cup lemon juice  
⅛ cup sugar  
⅜ tsp. salt  
1⅓ cups apple juice, cider or water, divided  

⅔ cup diced unpeeled apples  
⅓ cup diced celery  
⅓ cup chopped walnuts  
⅓ cup raisins

Mix gelatine, sugar and salt in a saucepan. Stir in ⅓ cup juice. Stir over low heat until gelatine is dissolved, about 2 to 3 minutes. Add remaining liquid, chill until mixture is slightly thickened. Fold in remaining ingredients. Turn into 4-cup mold and chill until firm. Unmold on greens, serve with French dressing. Makes 4 to 6 servings.

Diet Tip: Use artificial sweetener; skip raisins and nuts.
specialty salad molds

guacamole salad

Serve this Mexican-inspired salad with a main dish, or mold it in a ring and fill with chicken, egg or tuna salad, or with cooked chilled shrimp or crab meat.

2 envelopes Knox Unflavored Gelatine
4 cups vegetable juice cocktail, divided
1 garlic clove, crushed

1-2 Tbsps. chopped chives
¾-½ tsp. Tabasco
2 ripe avocados
2 Tbsps. lemon juice

Sprinkle gelatine on 1 cup vegetable juice, stir over low heat 2 to 3 minutes until gelatine is dissolved. Remove from heat. Add garlic, chives and Tabasco with remaining juice. Pour half of aspic mixture into 5-cup mold, chill until nearly firm. Peel and slice avocados, sprinkle with lemon juice. Arrange on firm aspic, pour remaining aspic over, chill. Unmold on bed of water cress, and serve with mayonnaise or French dressing. Makes 8 servings.

Diet Tip: Use green pepper, celery, sliced radishes or slivered cabbage instead of avocados.

cranberry-orange relish

1 unpeeled orange, quartered and seeded*
2 cups cranberries

1 cup sugar
1 envelope Knox Unflavored Gelatine
1 cup bottled cranberry juice cocktail, divided

Put orange and cranberries through food chopper. Add sugar, mix well. Sprinkle gelatine on half the cranberry juice to soften, place over low heat, and stir 2 to 3 minutes until gelatine is dissolved. Remove from heat, stir in remaining ½ cup cranberry juice and orange-cranberry mixture. Turn into 6 individual molds or 3-cup ring mold. Unmold to serve with ham, chicken, turkey, or with any cold meat.

*Substitute 2 tangerines or 1 apple for orange; or add ¼ cup chopped nuts.

Diet Tip: Use artificial sweetener.
Party snacks any day

A snack is probably your most frequent meal—make it something special! It's easy to gel a nibble with delicious new flavor and good nutrition. When you open the refrigerator door, there will be a snack with style, ready for you or for an impromptu party.

golives

Gelatine plus olives equals "golives"—a delicious snack spiced with vegetable juice flavor:

3 envelopes Knox Unflavored Gelatine
2 cups vegetable juice cocktail
1 tsp. Worcestershire sauce
1 tsp. lemon juice
Dash cayenne
Pinch sugar
1/2 cup chopped olives

Sprinkle gelatine on 1 cup vegetable juice cocktail in a saucepan, stir over medium heat 2 to 3 minutes, until gelatine is dissolved. Add remaining juice, Worcestershire, lemon juice and seasonings. Cool to consistency of unbeaten egg whites, fold in chopped olives and pour into an ice cube tray. Chill until firm in refrigerator (don't freeze). Cut into diamonds or squares. Set on plate, keep handy in refrigerator for zesty nibbles.

cola fruit salad

Fun as a TV snack, with cookies, salted nuts and a beverage.

1 envelope Knox Unflavored Gelatine
2 Tbsps. sugar
3/4 cup water
Juice of 1 lemon

1 1/2 cups cola or ginger ale
1 1/2 cups mixed diced fruits (no fresh or frozen pineapple)

Mix gelatine and sugar in a saucepan. Add water and lemon juice and stir constantly over low heat, about 2 to 3 minutes, until gelatine and sugar are dissolved. Remove from heat, add cola. Chill until mixture is the consistency of unbeaten egg white. Fold in mixed diced fruit. Turn into 6 individual molds, chill until firm. Unmold and serve with whipped cream. Makes 6 servings.

fruit jewels

This gelatine treat has a refreshing fruit flavor. It's a delicious new way to enjoy the daily envelope of unflavored gelatine which has proven helpful in correcting problem fingernails—see back cover. One third the quantity of Fruit Jewels recipe equals one envelope of gelatine.

3 envelopes Knox Unflavored Gelatine
1/2 cup cold water
3/4 cup boiling water

1 can (6 oz.) frozen juice or punch concentrate*, unthawed

Sprinkle gelatine on cold water in a bowl. Let stand a few minutes to soften. Add boiling water, stir until gelatine is dissolved. Stir in juice or punch concentrate until melted. Pour into 8-inch pie pan or cake pan or other small shallow pan. Chill 30 minutes. Cut in bars or squares to serve, or cut in fun shapes with small cookie cutters.

*Any flavor except pineapple.
Dieters’ tips

Calorie counters enjoy a special bonus when they learn the knack of giving new form to diet foods with unflavored gelatine. Lean meats, fish and poultry go into savory main-dish molds, and the nourishing fruits and vegetables so important to the dieter are delicious in gelatine salads and desserts. Try the low-calorie versions of favorite gelatine recipes below.

golden salad

1 can (8 oz.) low-calorie pineapple tidbits
1 envelope Knox Unflavored Gelatine
Non-caloric sweetener to equal ¼ cup sugar

Drain liquid from pineapple into a saucepan. Sprinkle gelatine on this. Stir over low heat until gelatine is dissolved, about 2 to 3 minutes. Add sweetener and salt. Remove from heat and stir in orange juice and vinegar. Chill to unbeaten egg white consistency. Fold in pineapple tidbits, orange sections and carrots. Turn into a 3-cup mold or individual molds and chill until firm. Unmold on serving platter, garnish with greens, and serve with low-calorie salad dressing. Makes 6 servings, 38 calories each.

applesauce whip

a quick-gel recipe

1 envelope Knox Unflavored Gelatine
½ cup cold water
Non-caloric sweetener to equal ¼ cup sugar

3 ice cubes
2 Tbsps. lemon juice
2 cups cold, unsweetened applesauce (or low-calorie applesauce)

Sprinkle gelatine on cold water in saucepan to soften. Place over medium heat, stirring constantly until gelatine is dissolved, about 2 to 3 minutes. Remove from heat; stir in sweetener and ice cubes, until cubes melt. Stir in lemon juice and applesauce. Beat with rotary beater until light. Turn into serving dishes. Makes 6 servings, just 37 calories each!

TURN THE PAGE

... to learn the Knox secret of maintaining your diet happily!
how to be a happy dieter

For a protein pick-up that helps your dieting will power, make the KNOX DRINK with juice, bouillon, skim milk or water, and drink about one half hour before meals. You'll eat the foods you like along with the family, but with Knox taking the edge off your hunger, you'll eat less and like it.

nail beauty

If you have problem nails, you can prove for yourself what medical tests have shown...a daily supplement of 1 envelope of Knox has been effective in correcting 7 out of 10 cases of brittle, splitting nails! Drink the KNOX DRINK daily, making it with fruit juice, vegetable juice, bouillon or water, or enjoy your daily envelope of Knox in the new delicious fun-to-eat fruit bar form on page 14.

the KNOX drink

Fill a glass with about 1 cup of fruit or vegetable juice, milk or water. Pour in 1 envelope Knox Unflavored Gelatine, whisking lightly with a fork for smooth dispersal of gelatine. Drink at once. For a hot Knox Drink, sprinkle 1 envelope Knox on 1/4 cup cold water. Add 3/4 cup hot broth (or 1 bouillon cube and 3/4 cup boiling water). Stir until gelatine and bouillon are dissolved.

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