FOOD ECONOMY

Recipes for Left-Over's
Plain Desserts
and Salads
by Mrs. Knox

“EAT PLENTY, WISELY AND WASTE NOTHING”
Dear Housewives of America:

I have written many books in the past years on good things to eat, but this little book is to give you the benefit of my experience as a plain, everyday, practical housewife in household suggestions (page 31) and a few recipes, showing you how thrift and economy go hand in hand in your kitchen if you are interested in not allowing waste in the foods you purchase. I can assure you, you will be pleased with results if you enter into it wholeheartedly and have a disposition to save—using care and prudence in the management of your resources. The money saved in your kitchen will help out in buying new pieces of furniture for the home, or possibly a new dress or two for yourself, and the best part of it is, it makes you a capitalist in your home—making a profitable business of housekeeping.

Look into your refrigerator and see how many good things there are there—a bit of this, that or the other—a little meat or fish—fresh or canned fruits and their juices—all these left-overs may be made into meat and fish loaves, salads, desserts and soups—nourishing and attractive dishes. Study the recipes in this little book, note the remarks on buying the cheaper cuts of meat that are just as nourishing as expensive ones—but, of course, you must know how to cook and serve them in the very best way. You know, "Anyone can be a fancy cook, but it takes a good cook to be a plain cook."

Your family at first may not compliment you—just taking it for granted that "Mother knows her job," and they have faith in you that you will do it well—until they see the new things added to the house for beauty and comfort, and then realize that this has come about through new management in the kitchen. With Knox Sparkling Gelatine on the pantry shelf, you can utilize everything, living as thriftily as the French people do, without any waste in your kitchen, and please remember that "An extravagant woman can throw more out of the window than a man can bring in at the door."

If there is anything at any time I can tell you in helping arrange your home menus or menus for entertaining, write to me, won't you? It will be a pleasure to answer any and all of your questions, and also to have you visit our factory where we will always make you welcome.

Very cordially yours,

(Mrs. Charles B. Knox)
FOOD AND ITS VALUE

Food supplies energy for the activities of the body, materials which enter into its structure and elements which regulate the processes in its development and the proper functioning of its organs.

Required energy is supplied by Carbohydrates, Starches and Sugars, Protein and Fat. This energy may be in the form of heat which we know as body temperature or in the form of motion, the slightest movement of any part of the body calls for energy. This energy is measured in calories. The daily needs vary from 2200 to 3500 calories depending upon age, environment and physical activity.

The structure of the body is built up and kept in repair by Protein, Mineral elements and Vitamins. All of these food elements plus water are necessary, in the correct proportions, for the maintenance of health and resistance to disease. Water aids in digestion and elimination of food and in the regulation of body temperature.

In normal conditions, an excess of fat, carbohydrate or protein in the diet will be stored up as a reserve supply or to add weight. A deficiency of these or of vitamins and minerals leads to malnutrition or underweight, or both.

The following groups show foods supplying the various food elements in greatest amounts, other food materials contain these in lesser amounts. It will be noted that many foods contribute two or more elements.

### Foods Rich in Fat
- Peanut butter
- Nuts of all kinds
- Animal fats, lard, suet, etc.
- Vegetable fats and butter substitutes
- Oils: Cod liver, olive, vegetable

### Foods Rich in Carbohydrate—Starches and Sugars

<table>
<thead>
<tr>
<th>Starches</th>
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<tr>
<td>Potato</td>
<td>Candy</td>
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<td>Bread and other forms of cereal</td>
<td>Syrups</td>
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<td>Rice</td>
<td>Jams and jellies</td>
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<td>Macaroni and spaghetti</td>
<td>Cake and Cookies</td>
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<tr>
<td>Tapioca</td>
<td>Dried fruits: Dates, Raisins, Prunes, Figs, etc.</td>
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<tr>
<td>Beets, carrots, squash, etc.</td>
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### Foods Rich in Protein
- Cheese
- Nuts
- Whole grain cereals
- Peas, beans

### Foods Rich in Minerals
- Green vegetables
- Fruits

### Foods Rich in Vitamins
- Fruits
- Green vegetables
- Yellow vegetables
- Cereals
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MEAT

Economy consists in knowing the nature of the various cuts of meat — as to their proportion of fat, lean, bone and waste. In buying meats, first consider quality — it should be heavy for its bulk, solid and firm — uncut meat is a deep, dark red color, turning brighter after being cut and exposed to the air. Second, the number to be served (if needed for just one meal or if part of it is to be reserved for a second serving). Third, the possible use of left-overs from it. Fourth, the cost.

If meat is not well prepared it is likely to be wasted, no matter what quality you buy. The cheaper cuts of meat are by far the most economical and as nutritious as the higher priced cuts but you must know how to utilize the fats. The home rendering of fats from fresh and cooked meats cuts down the need of buying commercial fats. Save every bit of fat from scraps of meat, bacon drippings and roasts and when “tried out” may be used for general cooking purposes. Fats are classified as to their different uses: for table, for shortening and for frying.

YOU get more for your money, too, in buying the cheaper cuts and serving them in a tender delicious way through skillful methods of cooking. Conscientious housewives find it pays to spend time in their kitchen in the interests of their families for whom they should prepare the best foods possible and serve them as attractively as they can.

WE cook meat for two purposes — either for the meat itself or for soups. Different methods of cooking meat depends on the meat itself — tough meats require a different treatment from tender meat — but in both cases the first consideration is to retain the juices. A tender cut should be cooked at a higher temperature than tougher pieces. Broiling and boiling meats is better than frying them. The protein of meat is partly soluble in cold water and as we want as much protein as possible in the making of good soups, we place it over the fire in cold water to simmer but not to boil. Long, slow cooking is necessary to blend flavors and soften the fibers of some cooked meats but the heat must always be moderate. The flavor of meats is improved if it is browned quickly before boiling, keeping the juices in the meat when used for pot roasts, etc. When meat is boiled the water dissolves out some valuable food and flavoring materials — save this water for soups, stews, gravies or for cooking vegetables. Every bit of meat, fish left over, or vegetables may be combined with Knox Gelatine for making meat cakes, meat or fish pies. Every spoonful of left-over gravy may be used in soups, sauces, meat pies, croquettes and vegetables. Every bit of left-over cereal may be used to thicken soups and stews.

WHEN buying meat have all bones that are removed from roasts and other cuts of meat sent home from the market — they are useful for making stock for soup. When buying meat for soup stock, get a marrow bone — the marrow can be made into nourishing dishes. Suet goes with most cuts of beef. Wipe it carefully with a damp cloth, try out in a slow oven and keep in a covered jar. It is valuable for browning and seasoning purposes. Equal parts of chicken fat, suet and butter make an excellent shortening and can be used instead of butter.

BIG layers of clean, sweet, yellow fat around the gizzard or elsewhere in the chicken may be substituted for butter and used for making cake, puff paste and pie dough. To prepare it, try it out in a double boiler until the fat melts and can be poured off, then strain and use the same as butter.

BEEF fat may be used in recipes calling for lard, in many sauces that call for butter and in deep fat frying. Pork, bacon and ham fat may be used in cooking eggs, frying potatoes and mush, baking beans and peas and seasoning vegetables. Lamb fat may be used with some of the softer fats and used as they are used.

PRACTICE the art of good carving. A well carved roast looks better, tastes better and goes further. Let the first use of left-over roast beef be the serving of it sliced cold; cut thin slices of rare beef, arrange nicely on a platter and garnish with something green and crisp, and by serving a vegetable salad made with Knox Sparkling Gelatine and entire wheat bread, you have a complete and nourishing meal.
Jellied Consomme or Bouillon  Take one and one-half cups of any left-over consomme or bouillon and bring to the boiling point; add one level tablespoonful Knox Sparkling Gelatine soaked in one-half cup cold water about five minutes. Season highly and chill. Beat slightly with a fork or cut in cubes. Serve in cups.

The above may be used as a basis of many combinations, utilizing left-over chicken, eggs, vegetables, macaroni, or rice.

Aspic Jelly from Chicken Broth  To a quart of chicken stock, add a little celery, onion, clove, parsley and lemon peel. Let boil well and dissolve in it three level tablespoonfuls Knox Sparkling Gelatine that has been soaked in one cup cold water about five minutes. Let stand on back of range for half an hour and strain.

Left-over Meat and Mashed Potatoes  Cover the bottom of a small greased baking dish with hot mashed potatoes, add a thick layer of pieces of roast beef (that are not suitable for slicing hot or cold). Chop or cut them in small pieces, season well with salt, pepper and a little onion juice, and moisten with some of the gravy left over from the hot roast, and cover with a thin layer of mashed potatoes. Bake in a hot oven until well heated and the top is a good brown color.

Meat Turnovers  Chop the meat. If the quantity on hand is small mix with it left-over potato or rice. Season with salt, pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about one-half hour in a hot oven. A brown sauce made from two tablespoonfuls flour browned in two tablespoonfuls of butter or other fat, to which a cupful of water or stock and a half teaspoonful of salt is added, may be served with the turnovers.

Mock Duck  A delicious dish from an inexpensive steak. On a round steak cut thin, place a stuffing of breadcrumbs well seasoned with chopped onions, butter or other fat, salt and pepper, and flavoring such as sage, celery seed, etc., if desired. Roll the steak around the stuffing and tie in several places with a string. If the steak is tough, steam or stew the roll until tender. Roll may be cooked in a casserole, in which case a cupful or more of water should be added.

Left-over Chicken or Any Meat  Take the pieces of chicken left over, as legs, wings, etc., reheat with the left-over gravy and water added to make sufficient liquid to cover the chicken generously. Season with salt, pepper and onion juice. Cook with this small potatoes. When potatoes are nearly soft, turn the whole into a baking dish and cover with a biscuit dough. Bake a nice brown and serve as a luncheon dish, or make into individual chicken pies — chicken may be removed from bones before adding to pie if desired.

Meat and Breadcrumb Cakes  To four parts of chopped or ground meat, add one part of soaked breadcrumbs, a small quantity of chopped onion or onion juice, salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat. Raw ground meat may be used. If so, the pan should be covered so that greater heat will be applied.

Veal Birds  Sprinkle veal cutlet with salt, a very little Worcestershire sauce and a little lemon juice. To make the dressing, cook onion thoroughly in butter, add to breadcrumbs softened with egg, butter and milk, seasoning with salt and pepper to taste. Put the dressing or stuffing in the cutlet and fasten together with toothpicks. Place in the oven with a little butter in the pan and a very little water, steam and remove cover from pan and brown. One cutlet will serve two people.

Ham Mousse  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and dissolve in one-half cup hot water. Add two cups left-over chopped ham. When cool, add one teaspoonful mixed mustard, few grains of cayenne and one-half cup milk. Turn into wet mold. Chill and remove to serving dish. Garnish with parsley.
Meat Loaf  Take two cups of any left-over stock, bouillon or diluted gravy, bring to the boiling point and add two level tablespoonfuls Knox Sparkling Gelatine softened in one-half cup cold water about five minutes. When mixture begins to stiffen, add two cups of any cold chopped meat at hand (veal, ham, beef, or chicken). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a wet square mold and chill. Remove from mold and cut in slices for serving.

Meat or Fish Relish  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes, and dissolve in one-fourth cup hot vinegar. Then add one-fourth cup sugar, one-half teaspoonful salt, one-half teaspoonful celery seed, one-half teaspoonful mustard seed, one and one-half cups finely shredded cabbage and one-half cup thinly sliced onion. Turn into wet individual molds, which may be lined with canned pimentos, and chill. When firm, remove from molds.

Luncheon Macaroni with Ham  Cook two cups macaroni in plenty of boiling salted water; drain, pour cold water through it, and place in a buttered baking dish. Put raw or any left-over cooked ham, enough to make about one cup, through the food chopper, heat in a frying pan, add two tablespoonfuls flour and two cups milk gradually; stir all the while until it boils up thoroughly. Pour the mixture over the macaroni, and add one-half cup grated cheese. Bake in a hot oven for fifteen minutes.

Vegetarian Nut Meat Loaf  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold milk about five minutes and dissolve in one and one-half cups hot milk. Mix thoroughly one cup cooked rice, one-half cup breadcrumbs, one cup walnut meats or peanuts ground fine, and salt. Add one egg beaten until light. Place in a double boiler and cook fifteen minutes; then add gelatine and milk. Turn into wet mold and chill. Unmold on a platter garnished with watercress or parsley.

Roast Beef  Cuts of beef suitable for roasting are: the chuck or fifth rib roast and the round, the rump, and the prime ribs. Wipe, put on a rack in a dripping pan, fat side up, rub with salt, and dredge meat and pan with flour. The lean parts should be rubbed with drippings. Place in a hot oven to sear quickly and thus prevent escape of the juices. When roast has been lightly crusted, reduce the heat and baste with fat which has tried out. If meat is very thin, add fat trimmings. Baste every ten minutes. Twelve minutes to every pound of beef with fifteen minutes added to the total time is allowed if a rare roast is desired. Allow more time if meat is liked well done. When meat is about half done, turn it over and dredge with flour.

Roast Beef Gravy  Remove some of the fat from pan, leaving four tablespoonfuls. Place on back of range, add four tablespoonfuls flour and stir until well browned. Add gradually one and one-half cups boiling water, cook five minutes, season with salt and pepper and strain.

Roast Beef with Pears  When roast is nearly finished, place large halves of canned pears, drained and dipped lightly in flour, about it, baste and cook until brown. Serve around the roast.

Yorkshire Pudding  1 cup flour  1 cup milk  ½ teaspoonful salt  2 eggs
Mix salt and flour, add milk gradually to form a smooth paste, then add eggs beaten very light. Cover bottom of hot pan with some of the fat left from the roast beef and pour in mixture about one-half inch deep. Bake for twenty minutes in a hot oven, basting when well risen with some of the fat of the roast beef. Cut in squares and serve with the beef. The pudding may be placed under the trivet in the pan which holds the roast beef to catch the gravy from the roast.
BREAD

“What can I do with the ends of the loaf of bread and left-over slices?” asks a young housekeeper. The answer is, so many good things may be made from stale bread of whole wheat, rye or graham or any other kind that it is unwise to waste a single piece. Small pieces of bread should be slowly dried in the oven until brittle, then ground in a meat chopper or rolled and put away in a glass jar for budding different things as croquettes, veal, etc., also used for dry or moist stuffing, griddle cakes, steamed bread, bread omelet, toast, puddings and many other uses. Larger pieces of stale bread may be dried in the same way, cut very thin in squares, called Fairy toast, and used in place of crackers for soups and salads.

Left-over bread may be made into a variety of toast—buttered toast, milk toast, or the bread may be cut into small cubes, browned in the oven, fried in deep fat or panfried and used with soups. Small pieces may be toasted and a savory spread put on and made into attractive appetizers to serve before meals. Many delicious puddings may be made with breadcrumbs or stale slices of bread. By using different fruits, jellies, chocolate, coconuts and many other things with them, the danger of monotony is avoided in using up these left-overs.

Oatmeal Bread

Pour two cups of boiling water over two cups rolled oats, cover and let stand until lukewarm. Dissolve one yeast cake and one-fourth cup brown sugar in one-half cup lukewarm water, add two tablespoonfuls lard or butter substitute, melted, and add this to the oatmeal and water. Add one cup flour, or enough to make an ordinary sponge. Beat well. Cover and set aside in a moderately warm place to rise for one hour, or until light.

Add enough flour to make a dough—about three cups, and one teaspoonful salt. Knead well. Place in a greased bowl, cover and let rise in a moderately warm place until double in bulk—about one and one-half hours.

Mold into loaves, fill well-greased pans half full, cover and let rise again for about one hour. Bake forty-five minutes in a hot oven.

One-half cup chopped nuts may be added, if desired.

Rye Bread

Crumble a yeast cake in a pint of lukewarm water. When dissolved, add a cup of fresh milk that has been scalded, then cooled, and beat in sufficient rye flour to make a sponge, usually about a pint and a half additional. Beat well, cover and set to rise in a warm place out of a draft for two hours. When light, stir in a tablespoonful of melted lard, or lard substitute, two and a half cups additional of rye flour, a tablespoonful of salt and a cup and a half of wheat flour. Knead for five minutes, put in a floured bowl, cover and let rise for two hours when it should be doubled in bulk. Shape in two long rolls or loaves. Put in greased pans and let rise for an hour. Mix the white of an egg with a tablespoonful of cold water and brush the loaves to give a gloss, then slash lightly across the tops in three diagonal cuts, and bake in a slow oven for an hour. Caraway seeds mixed in the dough, about two tablespoonfuls being used to the quantity given, are considered an improvement by many.

Entire Wheat or Graham Bread (yeast)

Make like Wheat Bread (any method) using equal amounts of white flour and entire wheat or graham. Sometimes one-fourth cup molasses is used instead of the sugar. It is quite possible to make a good loaf from one of these flours alone, but when this is done it is usually made with baking powder. If made with yeast it may be too sticky to handle, and must in that case be put in the pans without shaping.

Quick Graham or Entire Wheat Bread

Two cups graham or entire wheat, two cups wheat flour, one cup sugar, two tablespoonfuls baking powder, one teaspoonful salt, about two and one-fourth cups milk, one beaten egg. Use any quick bread method. Especially good for Date, Nut or Raisin Bread. Bake in a hot oven about an hour.
Breadcrumb Griddle Cakes  Soak one and one-half cups stale breadcrumbs in one and one-half cups scalded milk and two tablespoonfuls melted shortening until they are soft. Add two eggs well beaten; and one-half cup flour, one-half teaspoonful salt and four teaspoonfuls baking powder, mixed and sifted. Bake on a hot, greased griddle. The cakes are very tender and should be turned carefully.

Sour Milk Griddle Cakes  Mix together one and one-fourth cups flour, one-half teaspoonful soda, one-half teaspoonful salt, one tablespoonful sugar, one well-beaten egg and one cup sour milk. Beat well and bake on a hot griddle.

Bread Boxes (Croustades)  Cut stale bread in two inch slices and remove crust. Cut in diamonds, squares or circles. Remove centers, leaving a box or case. Fry in deep fat to a golden brown. Or, brush with butter and brown in hot oven. Fill with creamed fish, chicken or vegetables.

Breakfast Food  Take the crusts from stale bread—entire wheat, Graham, rye or bran—and grind them rather coarsely. Brown to a crisp in hot oven and serve as a breakfast food with cream or hot milk. Dates or figs cut up with them make a pleasing variety.

Soft Toast  Toast stale bread. Melt one-fourth cup butter with one-half cup hot water. Dip toast in this, place on hot dish and pour remaining liquid over it. Serve hot.

Milk Toast  Toast bread nice and brown. Make a sauce of one tablespoonful butter, or butter substitute, one tablespoonful flour, one cup of milk, salt and pepper. Cook until of creamy consistency, and pour over hot toast.

Baking Powder Biscuits with Beef Fat  Sift three cups flour, three teaspoonfuls of baking powder and one and three-fourths teaspoonfuls of salt; cut in three tablespoonfuls beef fat or rub it in lightly with the finger tips. Gradually add one cup milk and water mixed; mix with a knife. Roll or pat on a floured board to about half an inch in thickness; cut into rounds with a biscuit cutter and put into a baking pan. Bake in a hot oven for about twelve minutes.

Gingerbread with Sausage Drippings  Add one-third cup hot water and five tablespoonfuls sausage drippings to one-half cup molasses. Mix one-half cup sugar, two cups flour, one teaspoonful ginger, two teaspoonfuls baking powder, one-half teaspoonful soda and three-fourths teaspoonful salt, and sift them. Add the liquid, beating until thoroughly mixed. Bake in a well-greased, shallow pan in a moderate oven for about twenty-five minutes. Bacon drippings may be used in place of the sausage drippings if preferred.

Bread Omelet  Take one tablespoonful butter, or other fat if desired, one tablespoonful flour, one cup of milk, salt and pepper and make into a white sauce. Pour while hot over one-half cup stale bread crumbs, mixing well. Beat separately two eggs. Beat yolks into white sauce, lastly fold in the stiffly beaten whites and turn into a well greased frying pan and cook lightly. Set pan in oven a few minutes to dry off the top of the omelet. Garnish with parsley.

Steamed Brown Bread Pudding  Mix together one pint bread crumbs, one cup cold water, one-half cup molasses, one teaspoonful soda dissolved in a little hot water, one egg, well beaten, one teaspoonful cinnamon, one-half teaspoonful cloves, one-half teaspoonful salt and one cup raisins. Steam three hours. If you have any left-over jelly, melt it with hot water and serve as a sauce.
**Chocolate Bread Pudding**

Scald one pint milk, add four tablespoonfuls chocolate that has been melted over hot water, one tablespoonful butter, or butter substitute, and one-third cup sugar. Pour over one and one-half cups stale bread crumbs and beaten yolks of two eggs. Turn into a greased pudding dish and bake about one-half hour. Beat the whites of two eggs very stiff, add two tablespoonfuls of powdered sugar and one-half teaspoonful vanilla. Spread over the top of pudding and place in oven until meringue is a light brown. Serve pudding hot or cold.

**Cornmeal**

Cornmeal costs less than flour and is high in fuel value for the body but does not supply as much protein or mineral matter for building tissue as some of the other cereals.

The great secret of cooking cornmeal is long, slow cooking—this renders it digestible and improves the flavor. To avoid it getting lumpy when cooking, sift it slowly into rapidly boiling water to which a little salt has been added, stirring constantly all the time, or moisten the meal in cold water before adding it to the boiling water—allow five or six cups of water to one cup of cornmeal.

As a substitute for wheat breakfast food, use white or yellow cornmeal or hominy grits served with cream and sugar, butter syrup or fresh or dried fruits. Fried cornmeal mush, fried hominy, or cornmeal pancakes made with a very little wheat flour, cornmeal codfish cakes, cornmeal scrapple, cornmeal cooked with meat, fish, cheese, eggs or milk will supply nourishing dishes for the hearty courses.

Cornmeal makes excellent raised or light bread, pancakes, waffles, muffins and rolls using half cornmeal and half white flour.

Hominy grits and coarse hominy (sometimes called samp) may be boiled and used as a breakfast dish.

Left-over cornmeal mush made into small squares, fried or browned in the oven and served with bacon makes a good breakfast dish.

**Cornmeal Griddle Cakes**

Stir half a cup of cornmeal and half a teaspoonful of salt with half a cup of cold water, then gradually stir into a cup and a half of water, boiling over a quick fire; continue to stir and boil five or six minutes, then let cook in a double boiler twenty minutes; stir in three-fourths cup of cold milk and turn into a mixing bowl; add the beaten yolks of two eggs, one tablespoonful of butter, or other fat, one cup of flour, sifted again with three level teaspoonfuls of baking powder, and the whites of eggs, beaten stiff. Bake at once on a hot griddle. This recipe makes between thirty and forty small cakes.

**Northern Cornbread**

Cook together two cups cornmeal, two cups sour milk, two tablespoonfuls shortening, two tablespoonfuls sugar (white or brown) and one and one-half teaspoonfuls salt in a double boiler for about twenty minutes. Allow mixture to cool, then add two well-beaten eggs and one teaspoonful soda dissolved in one tablespoonful of cold water. Bake in a shallow iron or granite pan for about thirty minutes in a moderate oven.

If there is not time to cook the meal, use following method: Mix and sift together the meal, sugar, salt and soda, add sour milk gradually, then well beaten eggs and melted fat. Bread made by this method will not have as fine a texture as that made by first method.

**Southern Cornbread**

Mix one cup sour milk, one-fourth teaspoonful soda dissolved in one teaspoonful water, one egg yolk, one-half teaspoonful salt and one and one-half cups cornmeal. Add stiffly beaten white of egg and bake in muffin pans or in a shallow pan in a moderate oven for twenty minutes. For a real southern bread, make of white cornmeal.

**Corn Graham or Rye Gems**

Pour one-half cup boiling water over one cup cornmeal and let stand for ten minutes. Sift one-fourth teaspoonful soda into one-fourth cup molasses and
stir until it foams; add this to the meal and stir in one cup each whole wheat and rye flour, mixed thoroughly with two teaspoonfuls baking powder and one teaspoonful salt, alternating with one cup milk. Add one-fourth cup raisins rolled in a little flour and two tablespoonfuls shortening melted. Mix well. Bake in muffin pans half an hour in a moderate oven. This recipe will make eighteen gems.

**Cornmeal Souffle**  
Heat one pint milk to the boiling point, then add one tablespoonful butter substitute and one teaspoonful salt, and gradually sift into this one-half cup cornmeal. Cook until of the consistency of mush; remove from the fire and whip in the beaten yolks of three eggs, cook a minute longer, and when almost cool fold in the stiffly beaten whites of the eggs. Add one-fourth teaspoonful paprika, two tablespoonfuls grated cheese and a little pepper. Put in buttered baking dish. Set baking dish in another dish of hot water in a moderate oven and bake thirty minutes.

**Cornmeal or Cereal Molded with Fruit**  
Take cornmeal, wheatena, oatmeal or cream of wheat that has been left over—if very stiff, place in a double boiler, add a little hot milk or water, and stir in a few scalded dates, figs or prunes, or use dried fruits that have been soaked. Mold in a dish and serve cold as a dessert with cream and sugar.

**Old-Fashioned Cornmeal Pudding**  
Pour four cups scalded milk over one-third cup cornmeal and cook in a double boiler twenty minutes, add one-half cup molasses, one tablespoonful butter or chopped suet, one teaspoonful salt, one teaspoonful either ground ginger or cinnamon, one-half cup seeded raisins, and one pint cold milk into which has been beaten the yolks of two eggs. Pour into a greased dish. Bake slowly two hours. It should have considerable whey when baked—this whey is used as a sauce when serving the pudding, which may be eaten hot or cold.

**Cornmeal Pudding with Dates**  
Scald one pint of milk, add one-half cup cornmeal and cook for twenty minutes; add salt, one tablespoonful butter substitute and one-half cup sugar. Pour into a greased baking dish and add one teaspoonful cinnamon, two eggs, well beaten, three-fourths cup of dates cut in small pieces and one pint cold milk. Bake as any custard. Serve with a sauce if desired.

**DATES**  
Few housewives seem to know the value of dates as a food. They combine in so many different ways with gelatine for dessert and salad, and may be used in breakfast cereals, steamed puddings and breads. They are filled with natural sugar, making the fruit valuable.

Add dates, figs or raisins to plain boiled rice or any cereals.

Dates are good added to muffins or biscuits.

**Date Bread**  
Pit one cup dates, cut in halves, add two tablespoonfuls sugar and a large tablespoonful butter substitute and work into bread dough. Put in pan, let rise and bake in a slow oven. It may be served hot or cold and makes excellent sandwiches with a nut or fig filling.

**Date Pudding**  
Take one-half cup suet, mix with one cup bread crumbs, add one-half cup sugar, one-half pound dates chopped fine, one-half cup milk, and two tablespoonfuls flour into which has been sifted two teaspoonfuls baking powder. Steam three hours and serve with a sauce, or a tumbler of jelly melted.

**Date Sandwiches**  
One cup minced dates, one tablespoonful orange juice, and if liked one-eighth teaspoonful cinnamon, one-fourth cup ground pecan nuts—two tablespoonfuls marmalade or jelly may be used instead of orange juice. This recipe is excellent for either brown or rye bread.

Dried fruits such as apricots, peaches and plums are all valuable additions to the diet—they must be soaked many hours before cooking and then placed on back of stove to simmer slowly but not boil. Put sugar in to taste, also lemon peel if desired. May be used for pies, puddings, salads, etc.
Milk as a food is very valuable—it is often regarded as a beverage and when swallowed rapidly is likely to form large hard curds in the stomach and is slow of digestion. Hot milk is a very nourishing drink for all ages—it should be heated in a double boiler until hot but not boiled. One cupful of whole milk has an energy value of 160 calories—one cupful of skimmed milk 89 calories. A quart of milk is equivalent in fuel value to three-quarters of a pound of lean beef. Compared with other animal foods, milk is a cheap food and should enter freely into the diet—particularly of children. Never throw away even a tablespoonful of milk—it has its value in cooking.

“Gelatinized” Milk for Both Infants and Adults

Many people do not like cow’s milk or cannot drink it because they have trouble in digesting it, but if one will add about one-half teaspoonful of Knox Sparkling Gelatine—which should first be soaked in a little cold milk and dissolved over hot water or in hot milk—to the glass of milk, it will make the milk not only more digestible but more nourishing as well.

In a series of laboratory tests it was discovered that one of the most important milk modifications is “gelatinized” milk, which means the addition of Knox Plain, Granulated Gelatine to the infant’s regular milk formula, according to the physician’s advice. It aids the easy digestibility of the milk to such an extent that the infant stomach can readily assimilate it and so obtain its full nutritive value. The way to make “gelatinized” milk is to soak for ten minutes, one level tablespoonful of Knox Gelatine in half a cup of cold milk, from the baby’s formula. Cover while soaking; then place the cup in boiling water, stirring until gelatine is fully dissolved; add this dissolved gelatine to the quart of cold milk or regular formula.

The value of skimmed milk as a food also needs to be emphasized—while the fat has been removed there still remains practically all the protein, carbohydrates, mineral salts and part of the vitamins. Protein like carbohydrates and fats is capable of furnishing heat and energy to the body. Skimmed milk may be substituted for whole milk in cooking by adding one teaspoonful of fat for every cup—used in combination with other foods, it is a very inexpensive source of valuable nutriment. Two and a half quarts of skimmed milk will yield as much protein as a pound of lean round steak at less than one-fourth the cost.

Every ounce of skimmed milk or whole milk contains valuable nourishment. Use every drop of milk to drink or add nourishment to cereals, soups, sauces, or other foods. Always keep well covered. Remember, sour milk, butter-milk and sour cream are valuable in cookery, so do not waste any. They can be used with soda in making hot breads, or sour milk can be turned easily into cottage cheese. Sour cream makes a good shortening in making cakes and cookies and useful in salad dressing.

Numerous forms of concentrated milk are found on the market of which the most important for use in the home are Evaporated, Sweetened Whole Condensed milk and Powdered milk. Condensed milk products are not made of inferior milk, but on the contrary are made of the same quality as our fresh supply. It takes good fresh milk to produce a good finished product.

A common form for home use is Evaporated milk (whole milk), which is merely fresh milk reduced to slightly less than one half its original volume by concentration and then sterilized. Nothing is taken from it during the process except water and nothing is added and the butter fat remains. Condensed whole milk with sugar added is the original concentrated milk. On account of the high sugar content it cannot be used in so many different ways as the Evaporated, although in certain dishes, such as custards, it has decided advantages. It is more economical than fresh milk. Many kinds of whole Milk Powders are available on the market, and they, too, have their uses.

Whipped Evaporated Milk recipe on page 29.
Eggs

Eggs have long been recognized as an easily prepared protein food. Like milk, they contain about all the elements necessary for maintenance and growth, and, as they are usually easily digested, are prescribed for those requiring a special diet of nourishing food. They contain fat, mineral matter (notably iron) and since they lack starch and sugar (carbohydrate) are usually eaten with bread, toast, potatoes or are served in a cooked mixture with flour. One of the best sources of vitamin A, they are introduced early into the diet of a child. “An egg a day for a growing child” is about as important as “a quart of milk a day.”

Housekeepers

Housekeepers appreciate the concentrated food value of fresh eggs, and when one considers the many ways in which they may be served, the fact that there is practically no waste, and the ease and speed in which they are prepared for the table, it is not strange that they should be so highly regarded.

In the spring when inexpensive, they should appear often on the table, and later in the year when the price advances, they may be made to go further by combining them with other foods. Their use is a health advantage also, but it should be remembered that a high temperature toughens the albumin—the more lightly and delicately eggs are cooked, the easier of digestion. Eggs should not be boiled—they should be “coddled”—that is the covering of eggs with boiling water—allow seven minutes for a soft-cooked egg, thirty minutes for a hard-cooked egg.

Eggs are universally popular as a breakfast dish. Frequently they are made into a custard dessert combined with Knox Sparkling Gelatine, and they should be utilized oftener as a nourishing foundation for luncheon and supper dishes. They are the cook’s standby when it comes to the utilization of left-overs. There may be just a little chicken, ham, fish or veal; creamed in the usual way, a beaten egg or two may be added thus making an ample serving for the family. Or, plain poached eggs may be used with a creamed vegetable on toast as the main dish for a supper. Hard-cooked eggs may be used in combination with many other foods for a substantial main dish for lunch or for a meatless dinner, and are always a welcomed addition to a vegetable salad.

As a gelatine jelly begins to stiffen, it may be beaten thoroughly, and the stiffly beaten whites of eggs folded through lightly—a few bits of fresh or canned fruit added, and a delightful and nourishing dessert is thus quickly and easily made.

Apple Whip

Take the whites of eggs left over and beat until stiff with sugar and a little salt. Take left-over baked apples or apple sauce and put through a sieve, add the beaten whites, and pile lightly in a glass dish. Decorate with small bits of jelly and keep cold. Serve with a custard sauce.

Shirred Eggs

Take thick slices of stale bread about three inches square, cut off corners and take out the center (using waste bread to roll and dry for other things). Toast nice and brown in the oven. Before taking out of oven, drop a whole egg in and cook for a few minutes.

Eggs in Nest

Cook spaghetti in salted water until tender, keeping it in long pieces as possible. When ready to serve, coil spaghetti on a platter to form rings or nests, drop a poached egg in center of nest, and if desired, pour over all a tomato sauce.

Baked Eggs in Tomato Sauce

Grease small ramekins or glass custard cups and place two tablespoonfuls thick tomato sauce in each. Break an egg in each dish, cover with grated cheese, season with salt and pepper, and bake in a very hot oven.

Scrambled Eggs with Green Pepper

Beat four eggs slightly, adding two tablespoonfuls of milk, salt and a little pepper. Heat fat in pan and add eggs. As the eggs begin to cook, add a tablespoonful chopped green pepper from which seeds have been removed. Cook slowly, stirring constantly, until the mass is creamy. Serve with toast.
Cheese, being rich in protein (a chief material for body building) is not only a valuable food itself, but it is a substitute for meat. Owing to the protein it contains, one pound of cheese is equal to two pounds of meat. There are many delicious ways of serving cheese—one is cottage cheese that forms a foundation for many good dishes.

Cottage Cheese
Heat one quart sour milk until lukewarm, add one quart warm water and turn into a strainer lined with cheese cloth. Gather cheese cloth up around curd to form a bag, and let curd hang until free from whey. Rub nice, moisten with melted butter, if desired, and sour or sweet cream. Shape and sprinkle with paprika.
Serve with jelly or preserves and crisp crackers for a Cottage Cheese Dessert.

Cottage Cheese Sandwiches
Cut slices of brown bread one-half inch thick, not removing the crusts. Rub cheese to a smooth paste and add slowly, beating all the while, two tablespoonfuls melted butter, one-half teaspoonful salt and two tablespoonfuls cream. Spread each slice thickly with this mixture. Cover with a thin slice of white bread and on top of this a thin layer of the cheese mixture. Cover with a slice of the brown bread and trim into shape.

Cottage Cheese Salad
Form in balls or cut in slices and serve on lettuce leaves with dressing. Chopped pimientos, ground nuts, chopped olives or parsley may be mixed through the cheese to give variety.

Cheese Straws
Gather up the trimmings from left-over pastry and roll to a thickness of one-quarter of an inch. Sprinkle one-half with finely grated cheese, salt and a little paprika. Fold, press edges together and roll as before. Repeat this process two or three times, depending on the amount of cheese you wish to use. Then roll out thin, cut in strips five or six inches long and one-fourth inch in width. Place in a shallow pan and bake in a hot oven.

Cheese Souffle or Omelet
One cup soft, stale breadcrumbs, one tablespoonful butter, one-half teaspoonful salt. Scald one cup milk (skimmed milk will do), put hot milk and butter over breadcrumbs. Beat two eggs separately, very light, put in yolks, then the whites, and add one-fourth pound of American cheese cut up very fine or grated and bake the same as an omelet.

Cheese Salad
Moisten with milk and cream, equal parts, two small packages of cream cheese or one cup cottage cheese and work until smooth. Add one cup whipped cream and three-fourths tablespoonful Knox Sparkling Gelatine soaked in one-fourth cup cold water about five minutes and dissolved over hot water. Season highly with salt and paprika, and a little onion if desired, and turn into a wet mold. Turn from mold and garnish platter with lettuce.

This cheese mixture may be used also with Tomato Jelly (recipe page 21).

Pineapple Cheese Salad
Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and dissolve in one-half cup boiling water. Add one tablespoonful sugar, few grains salt and one cup crushed canned pineapple. When it begins to stiffen, beat in one-half cup whipped cream or evaporated milk and ¾ cup grated cheese. Turn into small wet molds and chill. When firm, unmold on lettuce leaves and garnish with mayonnaise sprinkled with chopped red or green pepper. Fresh pineapple should be scalded before using it with gelatine.

Macaroni and Cheese
Cook three-fourths cup macaroni broken into inch pieces in two quarts salted boiling water twenty minutes or until soft, drain in strainer, pour over it cold water to prevent pieces from adhering. Put a layer of macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce, cover with buttered crumbs and bake until crumbs are brown.
Left-over Cheese  To keep cheese moist and to prevent it from drying out, simply wring out a cloth in vinegar and wrap around the cheese.

All the little dried pieces of cheese should be grated and placed in a covered glass jar. They are excellent for made over dishes, and particularly good to use with starch foods, such as potatoes, macaroni, rice, etc.

A tablespoonful of grated cheese will flavor potato cakes made from left-overs. It may be added to the sauce for creamed potatoes, or mixed with breadcrumbs that are sprinkled over scalloped dishes. It may be sifted over an omelet or shirred or scrambled eggs, or even creamed toast. Use in sandwich fillings combined with hard-cooked eggs chopped, or with a little ground ham and pickles moistened with mayonnaise.

RICE  Rice is one of the most valuable of grains eaten as a cereal, dessert, salad or vegetable. It lacks protein and sugar, and must have the latter when used as a dessert, and when made the main dish of the meal should be combined with milk, cheese, eggs or meat. As a vegetable it is a substitute for potatoes and they should not be served together.

Unpolished rice (which is brown in color) is more valuable as a food and contains more mineral matter than the polished rice. Rice should be well cooked but never mushy—each grain should be whole and separate when cooked as given in the following directions:

Boiled Rice  Put one quart boiling water and one teaspoonful salt in a double boiler. Add gradually one cup rice. Cook rapidly, uncovered, from twenty to thirty minutes without stirring. When rice has absorbed all the water, place a tight cover on the double boiler, set on back of range, and let steam finish the cooking. The kernels will be full and distinct, and cooked in this way, rice retains all its nourishment.

Rice with Egg Sauce  Line a greased bread pan with warm, salted rice. Cover bottom and sides of pan, fill center with any flaked fish, well seasoned, cover top with rice and steam one hour. Turn on a platter for serving and surround with egg sauce.

Egg Sauce: Melt two tablespoonfuls drippings with three tablespoonfuls flour, salt and pepper. Pour on gradually one and one-half cups milk, or hot water, stir occasionally and boil a few minutes, then add one egg yolk, slightly beaten, and season with one teaspoonful lemon juice or vinegar.

Rice Soup with Vegetables  When boiling rice or barley in a quantity of water, do not throw away the water. Drain into a sauce pan, add diced carrots, bits of celery tops and green onions, a little parsley, or any other tender greens you may have, as cooked peas or string beans cut up. Season with salt and pepper and simmer gently until vegetables are done. More water may be added if necessary. To any water left over from cooking vegetables, simmer in it a cup of good hash made from left-over meat and potatoes, with just enough vegetables in it to give flavor.

Rice Griddle Cakes  One cup cold cooked rice, one-half teaspoonful salt, one-fourth cup sugar, one and one-half cups skimmed milk, two tablespoonfuls melted drippings, one well beaten egg, two and one-half cups flour into which has been sifted two teaspoonfuls baking powder. Beat well and bake on a very hot griddle.

Rice and Carrots  Reheat left-over boiled rice in a double boiler and arrange on a platter in a mound. Surround with carrots that have been cooked until tender and seasoned with a little butter, pepper and salt. Serve as a vegetable course.
Fried Rice  Pack left-over boiled rice in baking powder cans or a bread tin, rinsed in cold water. When using, turn out, cut in slices and cook first on one side, then on the other in hot drippings or bacon fat. Serve as a vegetable, or as a dessert with syrup.

Spanish Rice  Cook for ten minutes in a double boiler one cup rice, two cups water and salt to taste. Place in a frying pan one tablespoonful drippings (preferably lard, to keep it white), one small onion cut in tiny pieces, three tablespoonfuls canned or fresh tomatoes, one small red pepper and one green pepper cut in medium size pieces. Use the fresh peppers whenever possible, otherwise pimentos. A few of the seeds are left in but the white part of the pepper is removed so that it will not be too peppery. Cook altogether for a few minutes, but do not brown, then add to the rice and cook for about an hour and a half without stirring. When ready to serve, the rice should be white and fluffy, and of a thick consistency.

Rice and Cheese  Melt three tablespoonfuls drippings, add three tablespoonfuls flour, salt and pepper, and one-fourth teaspoonful mustard. When smooth, add slowly two cups hot skimmed milk and stir until it boils, add one cup cheese cut in small pieces, and when melted mix lightly with one cup cooked rice. Pour in baking dish and cover top with fine breadcrumbs and bake until brown.

Left-over Rice  To hot boiled rice stir in gently one cup seeded raisins and serve as a vegetable; or serve as a simple dessert with maple sugar, cream or milk.

Rice Cream  To one-third cup uncooked rice add one quart skimmed milk, one-half teaspoonful cinnamon and salt. Pour into a greased dish and bake three hours in a slow oven, stirring three times the first hour to prevent rice from settling. Should be creamy when baked.

Knox Butter Scotch Rice  Wash one-third cup rice and cook until nearly tender in a double boiler with two cups of milk, scalded, and one-fourth teaspoonful salt. Meanwhile cook together in a shallow pan one cup of brown sugar and two tablespoonfuls of butter until it gets very dark brown, but not burnt. Add to this the rice and milk and finish cooking until the rice is tender and the caramel melted. Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes, and then dissolve it in one cup of hot milk. Add to cooked rice mixture and turn into a cold, wet mold. When firm, unmold.

Knox Rice Custard  Wash one-third cup rice and cook until tender in a double boiler with two cups milk, and one-fourth teaspoonful salt. Beat two eggs slightly, add one-half cup sugar, and add slowly to the rice and milk mixture. Cook about three minutes, stirring constantly. Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes, and dissolve it in one cup hot milk. Add to the first mixture, mixing all well together. Flavor with vanilla and turn into a cold, wet mold and chill. When firm, unmold.

Cold Rice Pudding  Soak three-fourths tablespoonful of Knox Sparkling Gelatine in one-fourth cup cold water about five minutes, dissolve in one-fourth cup boiling water. Cook one tablespoonful rice in one-half cup water until soft, in a double boiler, adding a little salt. Add dissolved gelatine, one-half cup (altogether) of walnut meats, figs, dates or prunes, and one-fourth cup sugar, then fold in one-half pint of whipped cream or evaporated milk. Turn into mold and place on ice. When firm, unmold on platter. Milk may be substituted for the cream by adding one-fourth of a tablespoonful more of gelatine.
Fish should have a prominent place on the menu for they provide an appetizing change from the heavier meat dishes and there is less waste; they are usually a cheaper food, are always available in some form and have splendid dietetic values. They are rich in protein and phosphates are more abundant in fish than in meat. The white meated fish are thought more digestible than those of dark meat, but the latter are delicious when nicely prepared. Fish should be cooked thoroughly, but never overcooked. Small fish are better broiled or panfried.

Dressed fish will keep for hours if placed on ice or in refrigerator. In the latter case, it should be tightly covered or the odor will penetrate to other foods. If bought frozen, lay in water only until thawed—a fish allowed to lay in water becomes flabby. A fillet is merely a piece of fish without skin and bones and it is considered better to buy the fish in bulk and fillet it at home.

There are many excellent ways to utilize left-over fish, and one may buy more than is needed for one meal with a view of serving that remaining as a salad, a cocktail, escalloped, creamed on toast or moulded with Knox Sparkling Gelatine. If the amount is small, it may be combined with potatoes or other fresh or canned vegetables, cornmeal, rice, adding a sauce if desired, chopped peppers, pimentos, onion or celery. Canned fish as well as fresh fish may be used for these satisfying dishes.

White Sauce  Melt two tablespoonfuls butter, add two tablespoonfuls flour and stir until the two are blended thoroughly, but do not brown—then add 1 cup milk slowly and stir until the sauce thickens. Add seasonings and simmer a few minutes—very easy to make in a double boiler. For Egg Sauce, chop up hard cooked egg in white sauce, and add if desired chopped green peppers or parsley. Any left-over fish may be made to go further if the fish is picked up fine and added to a sauce—serve either with baked potatoes or on toast.

Fish Bisque  If you are serving fish save the trimmings, cook them down in a little water, onion and a little mace or nutmeg, then add an equal amount of milk to the liquor, thicken with flour and butter, or other fat, and serve as a bisque.

Creamed Codfish  An occasional dish of well-prepared salt codfish is most wholesome, and eaten with a baked potato and a green salad, a meal for an epicure is provided. To have the fish at its best, shred and let stand for a short time in water to cover, let heat in the same water until the water looks slightly milky, then drain. Melt a tablespoonful of butter substitute, add a tablespoonful of flour and rub smooth with a little cold milk. Pour on gradually a cup of milk, stirring until well mixed. Fold in yolks of two eggs, well beaten, and stir until smooth and glossy. Add fish to the hot sauce. (To heat the fish to the boiling point renders it tough and tasteless.)

Codfish Balls  Cook two cups potatoes, cut in dice with one cup picked up salt codfish until potatoes are soft and water has about cooked away. Mash with one tablespoonful fine breadcrumbs. When almost cold add the yolk of an egg. Form mixture into balls or cakes, roll in stale breadcrumbs and allow them to stand until hard. Fry one minute in hot fat. Do not allow them to absorb the grease. Garnish platter with parsley when serving, and put a small piece of parsley at each end of codfish ball.

Fish Balls Baked  Beat one egg, add one cup cooked fish, one cup cold cooked rice, salt, pepper and one teaspoonful of lemon juice. Form into small balls, place in a greased pan and bake a delicate brown. Serve hot on slices of buttered toast.
Fish Mold  Remove all bones and skin from any cold cooked fish, breaking up the fish quite fine, (or it may be run through the food chopper). Add one cup breadcrumbs which have been previously soaked in hot water for about fifteen minutes, one-half teaspoonful salt, a little paprika, one tablespoonful minced parsley, two tablespoonfuls melted butter and two well beaten eggs. Butter a mold or pan well, pour in mixture and steam for forty-five minutes; then unmold on a hot platter and serve with a good tomato sauce.

Creamed Fish in Potato Cups  To one cup of left-over mashed potatoes add one egg yolk. The potatoes must be warm when egg is added—this amount will make four cups. Invert any custard cups or jelly glasses and cover the outside, bottom and two inches of sides with the potato mixture. Smooth over and set away to cool. When ready to use, turn right side up on a well buttered pan and carefully remove. Brush the outside with milk or beaten egg before adding fish. Make a white sauce, add salt, pepper, and a little nutmeg, and any flaked white fish. Fill potato cups with mixture and brown lightly in the oven. When serving, garnish with parsley.

Salmon or Tuna Fish Mold  Soften one level tablespoonful of Knox Sparkling Gelatine in one-fourth cup cold water about five minutes; dissolve by standing in hot water. Add dissolved gelatine to three-fourths cup boiled salad dressing and one cup left-over salmon (tuna, crab meat, or any flaked fish may be used), add a little salt, paprika and two teaspoonfuls vinegar. Turn into wet mold and chill. Unmold on bed of lettuce leaves and cut in slices. Garnish with slices of lemon.

Jellied Fish  For Lunch or Dinner—Mix one and one-half cups of any well-seasoned cold flaked, freshly cooked fish with two tablespoonfuls of chopped green peppers or capers, add a little onion juice if desired, a little salt and a dash of mace. Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes, dissolve in one cup boiling water, add two tablespoonfuls lemon juice. Put slices of hard-cooked eggs in the bottom of a dish or mold, and add the fish and jelly. Chill and unmold on platter and garnish with watercress or lettuce. Use any kind of salad dressing or sauce tartare.

Browned Salmon and Rice  Melt one tablespoonful butter or butter substitute, add two tablespoonfuls flour, salt and pepper, and cook together until bubbling. Then add two-thirds cup milk gradually, stirring all the while. Cook until thick and smooth. Then add two-thirds cup salmon and one cup cooked rice. Have a hot greased frying pan ready, pour in the mixture, saute for ten minutes, then bake in a hot oven for twenty to thirty minutes, fold like an omelet and turn onto a hot platter. This will serve four.

VEGETABLES  Vegetables play a very important part in the diet and should be eaten daily for good health. They contain valuable minerals and vitamins, and when combined with a reasonable amount of protein as milk, cheese, nuts or meats, they become main dishes and supply muscle-making material needed to balance a meal. Summer gives to us the fresh green vegetables in great variety, each one good of its kind—and Nature has provided us with a reasonable amount of vegetables to be stored up for the winter months as cabbage, turnips, dried beans and peas, squash, onions, carrots, beets and potatoes, but the secret of success in using vegetables depends upon how you cook them—they must be cooked in the least water possible so not to lose the mineral salts, but if any water does remain after cooking, then save every drop and use in soups or in flavoring other dishes.

Left-over vegetables may always be combined with Knox Sparkling Gelatine and used up into salads that are so good for us. The outer leaves of cabbage
or lettuce should not be thrown away but cut up fine for salads—even the heart of the cabbage may be used in this way. Use the best of your celery for the table—the tiny ends and leaves cut up fine for salads—there should be no waste, everything leftover may be used to a good advantage.

Baked Beans  Buy small beans for baking. Soak beans over night and put on fire to cook gently in about three times as much water as beans. Add a piece of bacon or salt pork for fat. Cook until skin cracks—nearly all water should be taken up. A few slices of onion may be put in bean pot or casserole. Score bacon or pork. To pork liquor add a little prepared mustard with pepper and enough salt to season. If sweetening is desired, use black or light colored molasses according to color preferred. Seasoning and flavoring is added as beans go into pots. Keep closely covered. If baked in oven in less than five hours (time usually required with gentle heat), more water may be necessary. A variation is to cook tomatoes with a little onion and pepper and add to beans when put in baking dish. Left-over beans may be used in timbales and other ways.

Baked Bean Timbales  Press one cup of left-over baked beans through a sieve, add one-half cup of sifted soft bread-crums, one teaspoonful onion juice, one teaspoonful of chopped parsley, one-half teaspoonful paprika, six tablespoonfuls tomato catsup and two eggs well beaten. Mix all together and turn into individual molds well greased, or turn into a single mold. Bake in a pan of hot water until firm in the middle. Turn from the mold and serve hot with a tomato sauce.

Tomato Sauce  Melt two tablespoonfuls butter or butter substitute and cook a sliced onion in it until just beginning to turn color. Add three tablespoonfuls of flour and stir until golden brown, add one and one-half cups stewed sifted tomato gradually, cook until boiling, add one-third teaspoonful salt and one-sixth teaspoonful paprika and simmer for five minutes. Remove onion before serving. If a thinner sauce is desired, use one-half stock and one-half stewed tomatoes.

Soy beans contain less starch than other beans and of its many varieties the yellow is the most popular for cooking purposes, though the black and green beans are particularly good in soup. Soy beans require longer cooking than white beans, but if soaked twelve hours less time will be required. When lima beans are served, do not use potatoes at the same meal.

GELATINE
(Knox is the Real Gelatine)

Its Composition, Uses and Value

The modern housewife today considers a plain granulated gelatine almost a household necessity. In addition to its wider variety of uses, a plain gelatine like Knox is entirely different from the ready-flavored jelly powder desserts. Knox has real value; it is made from the selected beef (shin) bones of food animals. It is one of the easiest digested proteins and being all gelatine, a package naturally goes much further than the jelly powder desserts, which are mostly sugar (85%), artificial coloring and flavoring, which flavoring does not contain the valuable mineral salts and vitamins that nature's fresh fruits give us. Physicians are prescribing a plain gelatine like Knox in combination with Nature's own fruits and vegetables for many important purposes.

Directions for Using Knox Sparkling Gelatine
1. First put cold water in cup, add the gelatine and let soak until soft (from five to ten minutes). While soaking, prepare ingredients.
2. Add hot water and sugar and stir until dissolved.
3. Add remaining liquids or fruit pulp cold, and mix all together thoroughly.
4. If sliced or chopped fruits or vegetables are to be added and no special design is desired, allow mixture to thicken slightly and stir the prepared food through the congealing jelly.

5. Pour into a mold which has been rinsed in cold water.

6. Set in a cool place or in refrigerator to stiffen. To stiffen jellies quickly, set mold in a pan of cracked ice to which coarse salt has been added.

7. Unmold. Immerse mold to the top for a second in warm—not hot—water; slightly loosen jelly at the edge, turning mold from side to side, then place serving dish on top of mold, invert, and carefully remove mold.

Hot fruit juices (fresh or canned) may be substituted for hot water in which soaked gelatine is dissolved.

The Molding of Plain and Fancy Desserts and Salads

Molds for making ornamental dishes are not necessary. Mold jellies in any fancy dish or bowl you may have in the house; and for individual servings of dessert or salad, use as molds small cups.

To simulate a border or ring mold: Place a small wet glass in the center of a large wet mold, pour liquid jelly around and when ready to unmold, fill the glass with warm water, lift out, and then unmold the ring of jelly on a serving dish, filling the center with whipped cream or cut-up fruit.

To garnish a mold: Dip the garnish into cool, liquid jelly and press it well down into the bottom of mold which has been rinsed in cold water. When firm, pour in the cool jelly very carefully. If there is to be a garnish between the layers of jelly of different colors, wait until the first layer is becoming firm, but not quite set, arrange garnish on this, dipping it into more liquid jelly and allow this to become firm before adding another layer.

Double molding: use two dishes of different sizes but of similar shape. Place the larger one on ice and pour into it sufficient liquid jelly to form a foundation the same thickness as the width of space between the two molds. When this layer is firm, place the smaller one on it, fill with ice, and then pour liquid jelly in the space between the two molds. When set, carefully remove the ice with a spoon from the smaller mold. Pour in a little warm water, then quickly lift out the inner mold, leaving a space to be filled with some other cream or fruit. Contrasting colors should always be used. Carefully smooth the surface of the filling and allow it to become firm before pouring on the remaining jelly, which completely encases the filling-in jelly.

To simplify the above: Fill entire mold with clear liquid jelly. When firm, with a warm spoon dip out sufficient of the center to leave the space desired for the filling.

SALADS

A Foundation Recipe for Salads and Desserts

(12 Servings—For 6 Servings use half of recipe)

This recipe is the foundation for nearly all salads and desserts made with Knox Sparkling Gelatine. The jelly may be used as a plain salad served on lettuce leaves with a salad dressing, or fruit or vegetables may be added—any left-over fruit or vegetables may be utilized in this way. Or the jelly may be served plain as a dessert, or with a custard sauce, whipped cream, fruit or fruit juices.

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water
2 cups boiling water
½ cup sugar
1 teaspoonful salt
½ cup mild vinegar or lemon juice

Soak gelatine in cold water about five minutes and dissolve in boiling water; add sugar and stir until dissolved. Add vinegar or lemon juice and salt. Allow jelly to thicken somewhat, then stir prepared vegetables or fruit through, and turn into wet molds. When firm, unmold. When canned fruit is to be molded, the fruit syrup may be substituted for part of the boiling water and less sugar used.
Jellied Beet Salad  Make salad jelly according to Foundation Recipe, page 20, and when jelly begins to thicken, add four cooked beets, chopped very fine, two cups celery or cabbage, shredded, and one fresh red or green pepper, chopped. Two tablespoonfuls prepared horseradish may be added, or a chopped cucumber. Turn into small wet molds, and when firm, unmold on lettuce and garnish with cheese balls and mayonnaise.

Luncheon Salad  Make salad jelly according to Foundation Recipe, page 20, and when jelly begins to thicken add three tart apples, cut in small pieces, one cup chopped celery and one-half cup pecan nut meats. Turn into wet molds and chill. Remove from molds and serve on lettuce with salad dressing. Or, turn the salad mixture into cases made of bright red apples.

Perfection Salad  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water about five minutes. Add one-half cup boiling water, one-fourth cup sugar, one-half cup vinegar, two tablespoonfuls lemon juice and one teaspoonful salt. When mixture begins to stiffen, add one cup cabbage finely shredded, two cups celery cut in small pieces and two pimento pieces cut in small pieces (or one-fourth cup sweet red or green peppers chopped). Turn into wet mold and chill. Remove to bed of lettuce or endive and garnish with mayonnaise dressing. Or, cut in cubes and serve in cases made of red or green peppers, or turn into molds lined with canned pimentos. A delicious accompaniment to cold sliced chicken or veal.

Tomato Jelly  Take one and one-half cups of any left-over tomato stew or soup, bring to the boiling point and dissolve in it one level tablespoonful Knox Sparkling Gelatine softened in one-half cup cold water about five minutes. Season well. A little chopped onion, pepper or celery may be added for flavor. Strain, turn into wet mold and chill. When firm remove from mold and cut in thin slices and serve on lettuce leaves with mayonnaise, or mold in individual cups.

If any hard-cooked eggs are at hand, place slice in the bottom of small cups and fill with the tomato mixture. Or the tomato jelly may be molded in a thin sheet, cut in squares, spread with cream cheese and put together sandwich fashion.

Tomato Salad  Make Tomato Jelly mixture. Wash, scrape and cut celery stalks in thin slices crosswise, there should be one cup. Peel and core two large apples, cut in slices and in small pieces. Chop one cup walnut meats. Mix celery, apple and nut meats, and moisten with mayonnaise dressing. Put one tablespoonful Tomato Jelly mixture in each wet individual mold. Then add celery, apples and nuts and cover with the Tomato Jelly. Chill, turn from molds and garnish with watercress.

Jellied Vegetables  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water about five minutes. Add one-half cup vinegar, two cups boiling water, one-half cup sugar and one teaspoonful salt. When mixture begins to thicken, add any left-over vegetables on hand, such as string beans, peas, beets, chopped cabbage, a few stalks of celery, a little cucumber or pepper. Turn into a wet mold and chill. Unmold and serve with or without mayonnaise and lettuce.

Fruit Salad Supreme  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water about five minutes and add two cups boiling water, one-half cup mild vinegar and one-half cup sugar. When mixture begins to stiffen, add three cups fresh fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into wet mold and chill. Remove from mold to nest of crisp lettuce leaves, and accompany with mayonnaise or boiled salad dressing.

Pineapple must be cooked before combining with Knox Sparkling Gelatine.
Golden Salad
Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes. Dissolve in one cup hot pineapple juice, add one-fourth cup sugar, few grains salt, one-half cup orange juice and one-fourth cup vinegar. When jelly begins to stiffen, add one and one-half cups cooked pineapple cut in small pieces, and one cup oranges cut in small pieces, and one medium sized raw carrot grated on a coarse grater. Turn into wet mold and chill. When firm unmold and serve on lettuce with mayonnaise.

Cranberry Salad
Cook one pint of cranberries in one cup water about twenty minutes or until soft, stir in one cup sugar and cook for five minutes longer. Add one level tablespoonful gelatine which has been soaked in one-half cup cold water about five minutes. Strain, and when mixture begins to thicken stir in three-fourths cup finely diced celery. Turn into wet shallow pan and chill. When firm, unmold and cut in squares. Place a whole nut meat on top of each square and serve on lettuce with a salad dressing. One-third cup chopped nuts may be stirred through the salad dressing. Left-over cranberry sauce may be jellied and used in this way.

Knox Mayonnaise Dressing
Mix one teaspoonful mustard, one teaspoonful salt, one tablespoonful sugar and a few grains of cayenne (sugar and mustard may be omitted). Add two egg yolks and when well mixed one-half teaspoonful lemon juice; then add one level teaspoonful Knox Gelatine soaked in one-half tablespoonful lemon juice about five minutes and dissolved over boiling water. Cool and add two cups olive oil gradually, at first drop by drop, and stir constantly. As mixture thickens thin with three tablespoonfuls lemon juice. Add the oil and lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape. Onion or garlic juice or curry powder may be added if desired.

Cooked Dressing
A small amount of gelatine added to a cooked dressing improves it and makes it stand up firm and hard (using about two teaspoonfuls gelatine to a pint of dressing). This may be turned into a mold and when firm unmolded and passed with the salad to be cut in slices.

DESSERTS
Foundation Recipe for Desserts and Salads
(12 Servings—For 6 Servings use half of recipe)

Note: Any recipe in this book may be divided or doubled to serve any size family.

Lemon Dessert
1 cup cold water
2 cups boiling water

Soak gelatine in cold water about five minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Pour into wet mold, and chill. When firm, unmold.

Other jellies are made in the same way, except the fruit juice is substituted for the hot water in the recipe and two tablespoonfuls lemon juice are added instead of the half-cup in the recipe. The amount of sugar used when desserts or salads are made with fresh or canned fruit or fruit juices varies according to the acidity of the fruit—with canned fruits using less sugar than with fresh fruits.

Orange Dessert
1 cup orange juice
2 tablespoonfuls lemon juice
Orange pulp may be added

Make same as Lemon Recipe
Variations

Grapefruit  Make like Orange Dessert Recipe, page 22, substituting grapefruit juice and pulp for orange juice.

Grape Juice  Make like Orange Dessert Recipe, page 22, substituting grape juice for the orange juice, and when beginning to set, mold in Malaga grapes, skinned, seeded, and cut in pieces.

Pineapple Dessert  Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes. Heat three-fourth cup pineapple juice mixed with one-half cup water to boiling point and pour over soaked gelatine; then add one-third cup sugar, one tablespoonful lemon juice and a few grains of salt. Turn into wet mold and when beginning to set, mold in slices of cooked or canned pineapple, fresh strawberries or raspberries. When firm, unmold.

Note: Fresh pineapple, fruit or juice, must first be scalded or jelly will not stiffen.

Jellied Fruit  A cup of fruit juice left over from canned fruit may be used for a jelly dessert. Heat fruit juices, add a level tablespoonful Knox Sparkling Gelatine first softened in one-half cup cold water about five minutes, juice of one-half lemon, and sweeten to taste. Turn into wet mold and chill—remove from mold and serve with a little top cream or sweetened milk. A sliced banana may be added when it begins to thicken, or at serving time, jelly may be surrounded with some seasonable fruit.

Coffee Dessert  Take a cup of left-over coffee, reheat and dissolve in it one level tablespoonful Knox Sparkling Gelatine first soaked in one-half cup cold water about five minutes; add the juice of a lemon and a small amount of sugar. Turn into wet mold and chill. When firm, unmold. This may be varied by beating into the thickening jelly the white of one egg, and a most delicious Coffee Sponge is the result.

Rhubarb Jelly  Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes. Cut one pound rhubarb in one inch pieces, add one cup sugar and one cup boiling water, bring to the boiling point and let boil fifteen minutes. Add soaked gelatine, red coloring, if desired, four tablespoonsfuls lemon juice and the grated rind of one lemon. Turn into wet mold and chill. Remove from mold and serve with whipped cream or whipped evaporated milk, if desired.

Jellied Prunes  Pick over, wash and soak one-third pound of prunes for several hours in two cups cold water, and cook in the same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough water to make two cups. Soak two level tablespoonsfuls Knox Sparkling Gelatine in one-half cup cold water about five minutes and dissolve in the hot liquid. Add three-fourths cup sugar, and juice of half a lemon, or one-half cup of any left-over fruit juices. When beginning to thicken add prunes, turn into wet mold and chill. When firm, remove from mold. Serve with or without a sauce.

Jelly Charlotte  Cut out the center of a sponge cake, leaving the bottom and sides thick enough to hold a pint or a quart of jelly, as is desired. Prepare a lemon, orange, strawberry or grape juice jelly, and when it is cold and just ready to form, turn into the cake and set aside in a cool place or on ice. When ready to serve, cover the top with the chilled froth from a cup of double cream and a cup of milk beaten with a whip churn. Flavor the cream with vanilla and add one-fourth cup of confectioners' sugar before whipping or serve with whipped evaporated milk.

Date Charlotte  Soak two level tablespoonsfuls Knox Sparkling Gelatine in one cup cold water about five minutes, and dissolve in two cups boiling water. Add three-fourths cup sugar and one-half cup lemon juice. When mixture begins to thicken, add one cup dates, chopped, one-third cup nut meats and one-half cup fruit cut in small pieces. Pour into mold lined with lady fingers. When firm, unmold and decorate with whipped cream and dates or whipped evaporated milk.
Jack Frost Dessert  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes, and dissolve in one cup boiling water, add three-fourths cup sugar, one-fourth cup lemon juice and grated rind of one lemon, and set aside; occasionally stir mixture and when quite thick, beat with a spoon until frothy. Add whites of two eggs beaten until stiff, and continue beating until stiff enough to hold its shape. Pipe by spoonfuls on glass dish. Chill and serve with a custard made from the yolks of the eggs. A very attractive dish may be made by coloring half the mixture red.

Knox Grape Juice Sponge  Soak two level tablespoonfuls Knox Sparkling Gelatine in one pint of grape juice about five minutes, then heat in double boiler until gelatine has dissolved, add one-half cup granulated sugar and juice of one lemon. Allow to cool, stirring occasionally. When mixture begins to thicken, beat with a wire spoon until frothy, add whites of two eggs that have been beaten to a stiff froth. Turn into a wet mold and chill. Remove from mold and serve plain or with a custard sauce made from the yolks of the two eggs, or serve with whipped cream or whipped evaporated milk.

Fruit Sponge  Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes, and dissolve in one cup hot fruit juice (using any left-over canned fruit juices). Add one-half cup sugar, one tablespoonful lemon juice and some of the canned fruit, if desired. When mixture begins to set, add white of one egg beaten until light. Beat all well together. Turn into a wet mold and chill. When firm, unmold.

Maple Sponge  Soak two level tablespoonfuls Knox Sparkling Gelatine in one and one-half cups cold water about five minutes. Put two cups brown or maple sugar and one-half cup hot water in saucepan, bring to the boiling point, and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of two eggs beaten until stiff and one cup chopped nut meats. Turn into wet mold and chill. Unmold and serve with a custard made from the yolks of the eggs, sugar and a few grains of salt, milk and flavoring.

Orange Charlotte  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes, and dissolve in one-half cup boiling water. Add one cup sugar and when dissolved, add two tablespoonfuls lemon juice. Cool slightly and add one cup orange juice (or any left-over fruit juices, or apple sauce may be used). When mixture begins to stiffen, beat well, add white of one egg beaten until stiff, and beat all thoroughly. Turn into a wet mold lined with strips of stale cake and chill. When firm, unmold.

Peach Snowballs  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and dissolve in one-half cup boiling water. Add two tablespoonfuls lemon juice. Cool slightly and add one cup canned peaches, apricots, or pineapple pressed through a sieve. When mixture begins to stiffen, beat until light; then add whites of two eggs beaten until stiff, and mold in wet egg cups. Chill and when firm, unmold.

Blanc Mange  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold milk about five minutes. Scald three cups milk with three-fourths cup sugar, and add soaked gelatine. Cool slightly, add one teaspoonful vanilla, and turn into a wet mold and chill. Unmold and serve with currant, strawberry, or any preferred jelly. Accompany with sugar and thin cream or boiled custard.

Chocolate Blanc Mange  Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup milk about five minutes. Scald three and one-half cups milk, add softened gelatine and three-fourths cup sugar, two ounces grated unsweetened chocolate and a few grains of salt. Turn into a wet mold and chill. When firm, unmold. Chopped nuts, dates, figs, or raisins may be added. Any left-over cocoa may be substituted for the milk, when chocolate may be omitted.
Evaporated Milk Blanc Mange

Make like plain Blanc Mange, but use two cups evaporated milk and two cups water instead of the plain milk. Use condensed milk in the same way, but allow less sugar.

Spanish Cream

Soak two level tablespoonfuls Knox Sparkling Gelatine in one quart milk about five minutes. Put on fire and stir until dissolved. Add yolks of three eggs and four tablespoonfuls sugar well beaten. Cook in double boiler until mixture thickens somewhat. Remove from stove, and have whites of three eggs well beaten with four tablespoonfuls sugar. Add whites, stirring briskly, until thoroughly mixed. Flavor with one tablespoonful vanilla, add one-fourth teaspoonful salt, and turn into wet mold. Unmold and serve with whipped cream, whipped evaporated milk or a fruit sauce. This will separate and form a jelly in the bottom with custard on top.

Condensed or evaporated milk may be used in Spanish Cream Desserts. Use two cups each evaporated milk and water instead of the four cups milk. Less sugar will be needed if condensed milk is used.

Chocolate Spanish Cream

Make like Spanish Cream, adding two squares melted chocolate or six tablespoonfuls cocoa to the milk before scalding. Macaroons dried and rolled, nut meats, or Maraschino cherries, chopped, may be added. Serve with cream or whipped evaporated milk.

Orange Spanish Cream

Make like Spanish Cream, substituting a cup of orange juice for one cup of the milk, and grated rind, adding it after custard is removed from fire. Serve with sliced oranges.

Pudding Delicious

Make Spanish Cream. Pour into a deep glass bowl and chill. Cover with sweetened fresh strawberries or raspberries (or use canned berries drained of juice, or any left-over canned or fresh fruit). Cover fruit with a thick layer of whipped cream or whipped evaporated milk. Sprinkle grated chocolate over pudding. Serve with or without a chocolate sauce, or with the canned juice.

Chocolate Sponge

Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes. Put one-third cup sugar, four tablespoonfuls cocoa or 1 1/2 squares chocolate (melted) and one-fourth cup boiling water together and bring to boiling point. Remove from fire and add soaked gelatine and few grains of salt and cool somewhat. Add slightly beaten yolks of three eggs and when it begins to thicken fold in stiffly beaten whites of three eggs and one teaspoonful vanilla. Turn into wet mold, chill and when firm unmold. Serve with whipped cream or whipped evaporated milk.

Note: Chopped nuts or macaroons may be added and for a more elaborate dessert line mold with stale lady fingers or sponge cake.

Prune Whip

Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water; put a cup of prune pulp, one-half cup prune juice, two tablespoonfuls lemon juice and one-half cup sugar in saucepan and bring to boiling point, stirring constantly. Add soaked gelatine and stir until cool. When mixture begins to stiffen, fold in two stiffly beaten egg whites and pour into wet mold or individual glasses. Serve sprinkled with chopped nut meats if desired, with or without whipped cream or whipped evaporated milk.

Cottage Pudding

Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes. Make a custard of two egg yolks, one-third cup sugar, a few grains of salt and two cups milk. Add soaked gelatine to the hot custard and when nearly cool, add whites of eggs, beaten until stiff, two-thirds cup stale cake crumbs and one teaspoonful vanilla. Turn into wet small cups and chill. When firm, unmold. Any left-over cocoa may be used instead of the milk.
Cocoanut Cream  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes. Make a custard of the yolks of two eggs, one-third cup sugar and two cups milk. Remove from range and add soaked gelatine. When mixture begins to set add one cup shredded cocoanut, whites of the eggs beaten until stiff, few grains of salt and flavoring. Line a wet mold with sections of orange, pour in mixture and chill. When firm, unmold.

Nut Frappe  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and dissolve over hot water. Add dissolved gelatine to one cup cream or evaporated milk, three-fourths cup milk, one-half cup sugar and stir in beaten white of one egg. When cold, add one cup cooked pineapple and strawberries (or conserve may be used), also one cup chopped nuts. Serve ice cold in sherbet glasses.

Cream Dessert  When any kind of ice cream is left over and is melted, remove from freezer and use the same day by heating the mixture sufficiently to dissolve some Knox Gelatine that has been soaked in cold water about five minutes, allowing a scant tablespoonful of gelatine to a pint of the melted ice cream. Pour into a wet mold. When firm, remove to serving dish and use with sweetened milk or cream.

Rice Parfait  Soak one level tablespoonful Knox Sparkling Gelatine in one cup cold milk about five minutes and dissolve in two cups hot boiled rice. Add one cup sugar, one-fourth teaspoonful salt, and when cool, fold in one cup cream or evaporated milk beaten until stiff. Add one cup chopped nut meats and one teaspoonful vanilla. Turn into a wet mold and chill. When firm, unmold. Maple or brown sugar may be used in place of the white sugar.

Rice Mold with Fruit  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and dissolve by standing cup in hot water. Add one-half cup of any canned or fresh fruit juices at hand (cherry, cooked pineapple, raspberry or strawberry are all good), one-half cup sugar and a few grains of salt to one cup cooked rice. Strain into this the dissolved gelatine and mix thoroughly. Cool slightly, add one cup whipped cream, evaporated milk or milk. Turn into wet mold and chill. Mold may be decorated with slices of pineapple or other fruits. Remove from mold and serve with or without cream or whipped evaporated milk.

Angel Charlotte Russe  Soak one level tablespoonful Knox Sparkling Gelatine in one fourth cup cold water about five minutes and dissolve in one-fourth cup boiling water. Add one cup sugar. When mixture is cold, add one pint cream or evaporated milk beaten until stiff, one-fourth pound blanched and chopped almonds, one-half dozen rolled stale Macaroons, one dozen marshmallows cut in small pieces and two tablespoonfuls chopped candied cherries. Flavor with vanilla. Turn into a wet mold and chill. Remove from mold and serve with cake.

This dessert may be made more elaborate by cutting the top from an angel or other cake and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting and garnishing with candied cherries and blanched almonds.

Apple Dessert  Prepare apples in the usual way for stewing, place in a pie dish with sugar to taste, and the strained juice of a lemon. Cover the top with fine stale breadcrumbs, moisten with a little water and dot the top with small pieces of butter, or butter substitute. Bake until the fruit is soft and the crumbs on top nicely browned. Serve with a hot sauce made with brown sugar and water or a hard sauce.

Baked Apples  Choose large apples, core and fill cavity with honey, dot top with small pieces of butter, and bake.

Left-over Whites of Eggs  Beat whites of eggs until stiff with a little sugar and salt, and drop by spoonfuls into hot water or milk. Cook slightly, take up with a skimmer, drain, and place on pieces of stale cake covered with jelly or fruits. Dot top of eggs with small pieces of jelly.
**Lemon Ice**
Soak one level teaspoonful Knox Sparkling Gelatine in one cup cold water about five minutes. Make a syrup by boiling four cups of water and two cups of sugar twenty minutes, add soaked gelatine and three-fourths cup lemon juice; cool and freeze. (Gelatine has the same effect in an ice as whites of eggs, making it light and fluffy.) Other fruit juices may be used.

**Orange Ice**
Soak one level teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water about five minutes; make a syrup by boiling four cups water and two cups sugar twenty minutes. Add soaked gelatine, two cups orange juice, one-fourth cup lemon juice, and the grated rind of two oranges. Cool and freeze. Other fruit juices may be used in place of the orange juice.

**Fruit Sherbet**
Grate the outside of an orange and lemon. Squeeze out the juice and add one and one-half cups sugar. Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold milk about five minutes, and dissolve by standing in pan of hot water. Add two and one-half cups milk, and when ready to freeze add fruit juices and sugar. This makes a large allowance for five persons.

**Grape Juice Sherbet**
Soak one level tablespoonful Knox Sparkling Gelatine in one-half cup cold water about five minutes. Make a syrup by boiling one cup sugar and one and one-half cups water ten minutes, and add soaked gelatine. Cool slightly, and add one pint grape juice and four tablespoonfuls lemon juice, then freeze. Serve in sherbet glasses and garnish with fruit, if desired.

**Mint Sherbet or Jelly**
If a mint sherbet is desired to accompany lamb, add four tablespoonfuls bruised mint leaves to boiling syrup in lemon ice. For a mint jelly, follow recipe for lemon jelly, adding two bunches mint leaves to the boiling water; strain.

**Custard Ice Cream**
Soften one level teaspoonful Knox Sparkling Gelatine in two tablespoonfuls of milk about five minutes. Make a custard of one quart of milk, two egg yolks, one cup sugar and a few grains of salt, and dissolve the gelatine in the hot custard. Strain, and when cold, add flavoring (one teaspoonful vanilla) and freeze to a mush. Then add whites of the eggs beaten stiff, and continue freezing. (The addition of gelatine to an ice cream gives it body and smoothness.)

**Cranberry Frappe**
Soak one level tablespoonful Knox Sparkling Gelatine in one cup cold water about five minutes. Cook one quart cranberries in three cups boiling water until soft; then force through a sieve. Add soaked gelatine, two and one-half cups sugar and four tablespoonfuls lemon juice, and freeze.

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**Condensed and Evaporated Milk Recipes**

_Condensed and evaporated milk may be used in place of plain milk and cream_

**Orange — Cocoanut Cream**
Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water about five minutes, dissolve in one and one-half cups boiling water and add two cups evaporated milk, one-half cup sugar and a few grains salt. Cut two oranges in slices and quarter each slice. Add with one-half cup cocoanut to the mixture when it begins to set. Turn into wet individual molds, and chill. Unmold and serve garnished with orange sections.

**Coffee Marshmallow Cream**
Soak two level tablespoonfuls Knox Sparkling Gelatine in one-half cup cold water for about five minutes. Dissolve in two cups strong boiling coffee, add three tablespoonfuls sugar, one-half cup condensed milk and one-half cup water. Flavor with one-half teaspoonful vanilla, add few grains of salt. When it begins to thicken, add one-half cup cut marshmallows. Turn into wet mold and chill. Unmold and serve with or without whipped evaporated milk.
Chocolate Mousse (With Evaporated Milk) Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes. Melt two squares unsweetened chocolate in one-half cup boiling water, and add soaked gelatine—stir until dissolved (or use six tablespoonfuls cocoa). Add one cup sugar and one teaspoonful vanilla. Cool and add two cups evaporated milk, whipped, (see Whipped Evaporated Milk recipe on page 29). Turn into chilled mold, having mixture overflow mold, adjust cover, and pack in rock salt and finely crushed ice, and let stand four hours—or turn mixture into trays of mechanical refrigerator.

CAKES

One Egg Cake Cream together one cup granulated sugar and one tablespoonful butter substitute. One egg beaten well in a cup and then fill the cup with milk. Two cups of flour (sift first and then measure). Two teaspoonfuls baking powder. Flavoring.

Apple Sauce Cake One cup and a half apple sauce, one cup sugar, one-half cup butter or vegetable fat, two cups flour, two teaspoonfuls soda in a little warm water, one cup chopped raisins and one-half teaspoonful each cinnamon, mace and clove.

Black Chocolate Cake One cup sugar, one tablespoonful butter or butter substitute, one cup sour milk, one teaspoonful soda, two squares chocolate, nearly two cups flour, and flavor with vanilla.

Inexpensive Fruit Cake Boil two cups water, two cups brown sugar, two-thirds cup shortening, one cup raisins, two teaspoonfuls cinnamon, one-half teaspoonful nutmeg, one teaspoonful cloves and one teaspoonful each cinnamon, mace and nutmeg. Make thick and set aside to cool. Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and let stand over boiling water until dissolved. When cool, add to one cup stiffly whipped cream or evaporated milk, and beat into the pineapple. Cut off the top of individual sponge or cup cakes, hollow out the center and fill with above paste. Replace top of cake and cover whole of cake with frosting. Decorate with pieces of pineapple and figs. If desired, any fresh or canned fruit may be used in place of the pineapple for making the paste.

Fruited Sponge or Cup Cakes Cook two cups grated pineapple and one cup sugar until thick and set aside to cool. Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes and let stand over boiling water until dissolved. When cool, add to one cup stiffly whipped cream or evaporated milk, and beat into the pineapple. Cut off the top of individual sponge or cup cakes, hollow out the center and fill with above paste. Replace top of cake and cover whole of cake with frosting. Decorate with pieces of pineapple and figs. If desired, any fresh or canned fruit may be used in place of the pineapple for making the paste.

Oatmeal Cookies Mix together two cups brown sugar and one cup shortening; then add four cups rolled oats, one level teaspoonful salt, and one teaspoonful soda which has been dissolved in one-half cup boiling water. Add one teaspoonful vanilla, cinnamon or any desired flavoring, and enough flour to mix soft. Let mixture stand until thoroughly cold, then roll thin, shape with a cutter and bake. (The colder the mixture becomes, the easier it is to make the cookies thin.)
Sugar Cookies  Two cups sugar, one cup butter or other fat, three fourths cup water, one teaspoonful soda, one teaspoonful cream of tartar. Flour enough to roll thin. Nutmeg if you wish.

Ginger Cookies  Take one-half cup molasses and fill the cup with brown sugar. Cream with one teaspoonful cinnamon, one-fourth teaspoonful cloves, one-half teaspoonful ginger, a little nutmeg, one-half cup shortening and one well beaten egg. Add one-half cup boiling water in which a teaspoonful of soda is dissolved, and mix with this enough flour to roll out.

Knox Berry Pie  Soak one level tablespoonful Knox Sparkling Gelatine in one-fourth cup cold water about five minutes; add boiling berry juice drained from a pint of berries, and when almost set, add berries and pour into baked pastry shell. When firm and ready to serve, cover top with cream or evaporated milk, whipped, sweetened and flavored with vanilla. This recipe is for canned fruit but fresh fruit may be used. An egg meringue may be used on top instead of cream and browned a moment in the oven. Chill and serve.

Custard Pie  Take one pint of cold milk, in a small portion of which dissolve one teaspoonful cornstarch, and when smooth, add sugar and salt, nutmeg, and one egg well beaten. Beat all together, pour into a pan lined with pie crust and bake. When pie is baked, the custard will not adhere to a silver knife when tested in the center of pie. If cooked too long, it will be watery.

Cream Filling for Cake  Mix three-fourths cup sugar, one-eighth teaspoonful salt and add two eggs well beaten. Pour gradually on two cups scalded milk. Cook in double boiler, stirring constantly, until mixture coats the spoon, then add one level tablespoonful Knox Sparkling Gelatine that has been soaked in one-fourth cup of cold milk about five minutes and one teaspoonful vanilla. When cold, spread on cake. By the use of gelatine for cream filling for cakes, cream puffs and other things, you can use less cream.

Coffee Filling  Make the same as cream filling, using one cup of hot coffee and one cup hot milk.

Frosting for Cake  Soak one level teaspoonful Knox Sparkling Gelatine in two teaspoonfuls cold water about five minutes, and dissolve in six tablespoonfuls hot milk; then add two tablespoonfuls melted butter. Stir in confectioners' sugar until the mixture is of the right consistency to spread (the amount required being about two and three-fourths cups) and add one teaspoonful vanilla.

Whipped Cream  Soak one level teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water about five minutes, dissolve by placing over boiling water and cool. Mix one and one-half cups cream and one-fourth cup milk and add dissolved gelatine. Beat until stiff, using an egg beater, and add two-thirds cup powdered sugar, one teaspoonful vanilla and a few grains of salt.

Whipped Evaporated Milk  Soak one-half teaspoonful Knox Sparkling Gelatine in two teaspoonfuls cold water about five minutes. Pour one cup evaporated milk into top part of double boiler and heat with the lid off until hot. Add the soaked gelatine to the hot milk and stir until dissolved. Now pour into a shallow bowl and chill until icy cold. Then whip vigorously until stiff. If used as topping, sweeten and flavor.
FOR THE INVALID AND CONVALESCENT TRAY

Tempting the jaded and convalescent appetite with a sufficient variety of dainty and nutritious dishes is fully solved with Knox Sparkling Gelatine. In combination with milk, eggs, vegetables, fruit juices, and broths, Knox Gelatine dishes are ideal—they are easy to digest, their protein food value is extremely beneficial and you have the satisfaction of knowing that you are using the purest gelatine—one that thousands of prominent physicians are recommending for their patients, as well as for the aged whose appetites have lost their zest.

As gelatine is playing such an important part in dietetics, physicians are careful to recommend in the diet of their patients, a wholesome, plain gelatine such as Knox which is free from sugar, sweetening and artificial coloring and ready made flavoring.

Orange and Egg

Food Value: Carbohydrate, 4 grams Protein, 8 grams Fat, 6 grams Calories, 102

Soak gelatine in orange juice about five minutes and dissolve over boiling water. Beat egg yolk and add to stiffly beaten egg white. Add the dissolved gelatine and beat constantly until it begins to stiffen.

Spinach Salad

Food Value: Carbohydrate, 1 gram Protein, 8.5 grams Fat, 6 grams Calories, 92

Soak gelatine in cold water. Dissolve in boiling water and add to hot spinach. Turn into a wet mold lined with hard-cooked egg cut in slices. Chill and unmold.

Jellied Custard

Food Value: Carbohydrate, 15 grams Fat, 7 grams Protein, 9 grams Calories, 159

Soak gelatine in cold water, then add it with the sugar to the hot rice. Mix thoroughly. When the rice begins to cool, add whipped cream. Pour in a wet mold. Unmold and serve with sweetened crushed fruit as pineapple, strawberries or raspberries if these are allowed the patient.

Rice Bavarian Cream

Food Value: Carbohydrate, 37 grams Fat, 12 grams Protein, 4 grams Calories, 272

Soak gelatine in cold water, then add it with the sugar to the hot rice. Mix thoroughly. When the rice begins to cool, add whipped cream. Pour in a wet mold. Unmold and serve with sweetened crushed fruit as pineapple, strawberries or raspberries if these are allowed the patient.

Jellied Chicken Broth

Food Value: Protein, 2 grams Calories, 8

Soak gelatine in cold water about five minutes, add hot broth and season. Turn into a mold dipped in cold water. Chill and unmold. This may be served hot.

Orange Delight

Food Value: Carbohydrate, 19 grams Protein, 1 gram Calories, 80

Soak gelatine in cold water about five minutes, add boiling water and sugar and stir over hot water until dissolved. Add to the fruit juices and ice water. Turn into wet mold. Chill and unmold.

Invalid’s Drink

Note: An egg beaten up with orange juice makes a delicious and sustaining drink for an invalid.
Helpful Household Suggestions

Juice is often left over from fresh or canned berries. Add Knox Sparkling Gelatine to it in the proportion of one level tablespoonful of gelatine to one pint of liquid. First soak gelatine in one-fourth cup cold juice, then add one and three-fourths cups hot juice; turn into a wet mold, chill and use as a dessert or salad. When fruit juices do not jell in making jellies, reheat juice and add gelatine that has been soaked in a little cold water in the same proportion as above.

Fruit juices may be canned or bottled when left over, without sugar, and used later as needed by combining with gelatine. Left-over fruit juices may also be used in lemonades, for mincemeat, basting roast or fowl, or to cover baked ham.

In a custard recipe calling for several eggs, one or more may be left out if one-half tablespoonful cornstarch is added for each egg omitted.

When you wish a rich, dark meat color for soup, use caramel, which is sugar browned in a frying pan until a golden brown, and then dissolved in a little water.

To warm over biscuits, muffins, or rolls, sprinkle lightly with water, place pan containing them in a pan of hot water and put in oven a few minutes.

Reheat stale crackers by placing them in the oven a few minutes.

Keeping lettuce: After washing it thoroughly, place in a cheesecloth bag and hang up in refrigerator. Use all the outside leaves by shredding them with a sharp knife or cut with scissors, and making them into a pretty nest for a salad.

Soap: Make a small cheesecloth bag four by six inches. Into it place all pieces of hand soap too small to use, and hang bag in bathtub—good for cleaning the tub.

Save all the grease not suitable for cooking purposes and use with lye to make kitchen soap.

A pinch of baking soda added to any boiled syrup will keep it from crystallizing. A teaspoonful vinegar added to homemade syrup will keep it from candying after it stands.

A teaspoonful vinegar beaten into boiled frosting when flavoring is added will keep it from being brittle or breaking when cut.

If syrup goes back to sugar, reheat, add a small piece of butter, and it will be useful as a soft sugar.

A few cloves added to vegetable soup will give it a delicious flavor.

When making desserts or salads with Knox Sparkling Gelatine, and they are wanted in haste, place mold containing them in a bowl with broken ice, mixing it with some coarse salt.

In placing dishes on ice, place a rubber ring from a fruit jar under the dish. Ring will adhere to both ice and dish.

Do not waste any skim milk—make it into cottage cheese.

After boiling salt beef, leave two or three carrots in the liquid until cold—the carrots absorb the salt and the liquid can be used for soup.

To keep vegetables fresh, place them in a deep dish in about two inches of cold water. Take a piece of linen, soak it in water and spread over all, letting the corners dip into the water to keep the cloth moist. Place dish in a window where the air can blow over it.

To dry lettuce, pat it with crumpled paper toweling. It absorbs water quickly and does not bruise the leaves. Lettuce for salad should be well dried and cold.

In boiling corned beef, add a small onion, a pinch of ginger, a few cloves and a bay leaf. This will improve the flavor of the beef.

When cream will not whip, add the white of an egg to it or Knox Gelatine that has been soaked five minutes in the cream. Let both cream and egg be thoroughly chilled. Then try again and it will whip easily.
To keep icing soft, add a pinch of baking soda to the whites of the eggs before beating them, then beat in the usual way and pour the hot syrup over beaten eggs, and it will be soft and creamy.

To keep a cake fresh for a long time, when taking from the oven when still hot, pack cake in brown sugar—it will keep fresh two months. Or, take a hot cake, ice it lightly, then set in cake box with a glass filled with cold water to give moisture.

Maple Sugar Frosting—One cup each of maple and granulated sugar, a teaspoonful of butter and three teaspoonfuls of cream. Boil for five minutes and stir until slightly thickened, then dip cakes.

Saving Salt—After freezing ice cream, empty the cracked ice into a sack. When ice has melted, nearly all the salt remains to be used again.

To beat eggs quickly, add a pinch of salt.

Salt often curdles milk. Hence in preparing gravies, porridge, etc., add salt the last thing.

If soup is too salty, add slices of raw potatoes and boil a few minutes, remove them, and if soup is still too salty, repeat the process. The potatoes can be used later in many ways.

When making mayonnaise or cooked dressing that is to kept for several days, add a little gelatine that has been first softened in cold water and dissolved over hot water.

Peas too hard for serving plain may be cooked until tender, pressed through a sieve and pulp used for soup.

Are you in the habit of wasting stalks of cauliflower? Save them, and next day cut them lengthwise into two or three pieces according to the thickness. Tie in bundles and cook as asparagus; then drain and mask with a white or Hollandaise sauce.

Save all the liquid from your mustard pickles and add it to salad dressing in place of fresh vinegar and mustard. When making meat sandwiches, this liquid may be mixed with the meat.

Save the excess liquor from your pickled peaches—it may be used for mincemeat pies, sauces, etc.

Honey may be used to mix with nuts for sandwiches; also used as a filling for tiny baking powder biscuits.

In a small family, a can of salmon may be divided and used for a salad, creamed for an entree, or minced on toast.

In boiling rice, it is well to plan to have some left over. With an egg, milk, or a little fruit juice added, it will make a delicious pudding; or it may be made into croquettes or cream of rice soup.

A plain lemon jelly left from dessert may be cut up into cubes and mixed with fresh vegetables for a salad.

To make a very economical lemon jelly, and use less lemons: First wash lemons and squeeze out the juice. Place lemon skins in cold water and boil. Use this water instead of plain hot water when dissolving the gelatine which has been soaked in cold water. This gives jelly a much stronger lemon flavor.

Fill pastry lined pan with well-flavored apples, pared, cored and cut in eighths. Sprinkle thickly with sugar and pour a few spoonfuls of water over them. Bake until apples are tender, then spread over them halved marshmallows and return to oven to brown delicately.

Peanuts are most nutritious. Combine with rice for croquettes, use them in cookies, and on toast as canapes. For the latter, chop two tablespoonfuls and fry in two tablespoonfuls fat. Mix with a chopped cucumber or a couple of pickles, a tablespoonful table sauce, salt and pepper. Spread on tiny squares of hot buttered toast.

Cover mild flavored vegetables in order not to lose the minerals—cook uncovered those of strong flavor as the onion family, cabbage family, turnips.
Before heating milk in a saucepan, rinse the pan with water and it will not scorch so easily.

To freshen shredded cocoanut, soak it in sweet milk a few moments before using.

When cake or bread is too brown or is burnt, grate with a nutmeg grater until it is a golden brown.

Sugar for fried cakes should be dissolved in the milk to prevent cakes from absorbing the grease while frying—the temperature of the fat must also be right.

A few whole cloves in the kettle of fat, give doughnuts a nice flavor.

In making fruit cake, pour half the batter in the pan before adding the fruit, then the fruit will not settle at the bottom of cake.

Cutting bread lengthwise instead of across saves you about two thirds of the waste—especially when sandwiches are to be cut in fancy shapes.

When making egg custard pies, always heat the milk to the boiling point before mixing with the eggs. If this rule is followed, the undercrust will be crisp.

When filling gem pans, leave one of the small sections empty and fill with water—the gems will never scorch.

When making fruit pies, put in the sugar when the dish is half full instead of on top—the pastry will be lighter.

To brown pies and tarts, use a small pastry brush and brush them with milk before putting them in the oven, and to glaze pies, brush them with the white of an egg if you wish them to be a shiny brown.

When baking large potatoes, cut them in halves—it saves gas and the side cut gets a delicious crust.

Left-over cooked potatoes must not be piled together as they sour quickly. Spread them out on a large dish.

To hasten the cooking of vegetables, add a small pinch of baking soda to the water.

In making rhubarb, cherry or any berry pie that is very juicy, try beating an egg light, and mixing in the sugar required by the fruit; add a little flour, mix thoroughly and then bake as usual. In this way excess of juice will be in the pie and not in the bottom of the oven.

In cooking peas, wash the pods very thoroughly and throw them into a kettle of boiling water. When done, the pods rise to the surface and the peas stay at the bottom—they have a fine flavor when cooked in this way.

Bread should never be wrapped in a cloth as it imparts an unpleasant taste. Keep wrapped in waxed paper.

To keep sandwiches moist, wrap in waxed paper, cover them with a cloth wrung out of cold water. Keep them in a cool place and they will keep moist for hours.

Celery tops, save and dry, put into glass jars and use to flavor stews when celery is scarce.

Celery Salt—Save the celery leaves, dry them until crisp, then crush to a powder and mix with an equal amount of salt—good for soups and stews.

When using molasses and it is not as dark as desired for ginger bread or cookies, add a tablespoonful of melted chocolate to molasses and spices, improving the flavor.

When fruit has fermented, reheat it, add a little sugar and make up into pies or tarts.

When jellies ferment, reheat, add a little sugar and water and thicken with cornstarch for hot sauces. To serve cold, follow the above directions, but instead of the cornstarch, add one-half teaspoonful of gelatine that has been first soaked in cold water and then dissolved in hot jelly.
To frost a cake evenly to the very edge and prevent the icing from running down the sides, double a piece of stiff paper and pin it closely about the cake, letting the paper extend about an inch above the top of cake. Spread icing, and do not remove paper until icing is set. Or, sprinkle a little flour or cornstarch around the edge of the top layer.

Uses for stale cake: Cut in slices, toast and serve with fresh or canned fruit. Cut in strips and use to line molds instead of the expensive lady fingers when making a charlotte. Steam cake and serve hot with a sauce. Slice and put in a glass dish—cover with a gelatine custard mixture (Spanish Cream) and serve with or without whipped cream, whipped evaporated milk, meringue, fruit or a chocolate sauce. Use dried cake crumbs in cookies, muffins, etc. in place of part of the flour, or use in custards instead of macaroon crumbs often called for in a recipe. Stale cake and doughnut crumbs may be soaked in milk and used in place of the rye flour in brown bread.

Uses for left-over cereals: Use the following day as a dessert by molding in custard cups. Serve unmolded with fruit and cream. Or, mold cereal in a shallow baking dish, cut in slices and fry in vegetable fat—serve with butter and sugar or with maple or other syrup.

Left-over pie dough: Cut out rounds and press over the outside of muffin pans or aluminum jelly molds, bake and use for patty cases for creamed fish or peas or for a gelatine jelly or cream. Or, roll out as for pie—spread with melted butter, sprinkle thickly with sugar, then cinnamon and roll as for cinnamon rolls or jelly cake. Cut off pieces about an inch thick, sprinkle sugar on top and bake in a hot oven until light brown.

Use boiled potatoes left-over for quick French fries. Always pare potatoes very thin—the most valuable part, the mineral salts, is directly under the skin.

Soup making extracts the flavor only of meat and much of the food value remains. It may be used in many ways if seasonings are added to give an agreeable taste, and an egg for additional nutriment.

Uses for left-over coffee: Make Coffee Jelly, Coffee Spanish Cream or Coffee Ice Cream. Use in spice cake instead of sour milk or in boiled icing instead of the boiling water for a delicious mocha flavor. It may be used in custards, souffles or in fudge; it may be added to gravy before removing from the stove, resulting in a rich, dark coloring. Use instead of bluing for khaki goods and also for keeping color in ecru curtains.

Left-over jelly may be used for coloring icings and also adds a delicate flavor; use for a garnish on creams and puddings; or whip until light, add a few spoonfuls of whipped cream or evaporated milk—chopped nuts if desired—for a delicious sauce for puddings, ice cream or gelatine desserts.

Rhubarb will take the taste of any other fruit without imparting any of its own. When making pies and gelatine jellies with other fruit if a little stewed rhubarb is used, the difference will hardly be detected.

When making fruit salad to serve a large company, the addition of cubes of gelatine jelly will make it much more economical than if all fruit is used. Drain juice from canned fruit (pineapple, cherries or other fruit) and use it in making the jelly—pour the liquid jelly into a wet shallow pan and when firm cut in cubes or in fancy shapes with a cooky cutter. Attractive garnishes for brick ice cream may be made from the jelly.

Instead of fresh fruit for shortcakes in the winter, use canned fruit jellied with Knox Sparkling Gelatine.

Left-over sandwiches are delicious sautéed in some vegetable fat or in deep fat.

Left-over broths when cooking meats may be congealed with gelatine, thus forming an Aspic Jelly in which left-over meats or vegetables may be molded—these when arranged effectively in the aspic make a most ornamental cold meat platter.
Knox Sparkling Gelatine is put up in two different packages—the yellow and the blue one. Both packages contain two envelopes of plain Sparkling Gelatine—without flavoring or sweetening, and will make four pints of jelly—enough for four different desserts or salads, each one ample for six generous servings.

The only difference between the Yellow (No. 1 package) and the Blue (No. 3 package) is that in addition to the two envelopes of gelatine, the Blue (No. 3) contains an extra envelope with fruit acid in it. But this fruit acid is entirely separate and is not mixed in with the gelatine. With either package you may use the natural fruit juices of oranges, lemons, or any other fruit, but with the Blue No. 3 package, you have the extra envelope of fruit acid to use if you desire, and in this way save the time, expense and trouble of preparing lemons.

You will note that the recipes in this book call for level tablespoonful measurement, and as each envelope contains two tablespoonfuls of Knox Sparkling Gelatine, you can make two pints of jelly, or four pints may be made from the entire package.

IMPORTANT: Lemon juice is used in a number of recipes in this book. For those who prefer our Blue No. 3 package, the fruit acid that goes with this package may be used in place of the lemon juice. In some cases you will have to use your own judgment as to how much to use, and flavor the dish according to taste.

Quantity of Liquid Jellied by a Package of Knox Sparkling Gelatine

The two envelopes that come in each package of Knox Sparkling Gelatine contain four level tablespoonfuls of gelatine. Each tablespoonful requires a pint of liquid to make a dessert or a salad.

CAUTION: The liquid quantities in the recipes shown in this book are based on Wine Measurement (U. S. Standard) and are correct. However, in some countries where the Imperial or Metric System is used (a quart of which measures more than one quart Wine Measure), this should be taken into consideration and less water or more gelatine used.

Note: If you are unable to obtain our No. 3 (blue) package from your grocer, send 25c and we will see that you are supplied. By using this package you save a lot of time, and it also saves you buying and squeezing lemons. If you once use it, you will never be without it. In writing for it, give us your grocer's name, and we will try and have him carry it for you.

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KNOX GELATINE

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