Dietetically Correct Recipes for Diabetes and Other Diseases

Prepared with
PLAIN GRANULATED GELATINE
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Additional copies of this booklet may be had upon request.
KNOX SPARKLING GELATINE

An important part in the Diet for Diabetes, Nephritis, High Blood Pressure, Gastritis, Gastro-Intestinal Disorders, Fevers, Constipation, Obesity and for Children and the Undernourished.

In all dietetic treatment of disease the first and most important point is to follow the directions of a physician.

Diet is the basis for all methods of treating diabetes. Even though one is receiving insulin, as much attention has to be given to diet as formerly. The diet may be more liberal, but one must be careful in its computation and the weighing of the food which is to be eaten.

Because of its great adaptability in adding nourishment as well as appetite attraction to otherwise unappealing diet, Knox Sparkling Gelatine is especially valuable for diabetic patients.

Saccharin, a product which has no food value, is used to replace sugar and to give the desired sweetness. This product may be purchased in quarter-grain tablets from a pharmacy.

A gram scale is used to weigh the food, as the majority of diabetics use scales. The equivalents in household measurements are also given; a standard size tablespoon and measuring cup are used to measure the liquids.

In these recipes the citric acid or Lemon Flavor (which is enclosed in a separate envelope in the package of Knox Acidulated Gelatine) is used to give tartness desired or to accentuate other flavors present. The amount of citric acid which is used is so slight that when metabolized in the body, the carbohydrate which it yields is negligible. Lemon Juice is
allowable in diabetic diets but it is nine and eight-tenths per cent carbohydrate and should be computed. Lemons contain several acids and oils.

The salads may be served on a weighed amount of lettuce if the lettuce is computed in the diet. Also, mayonnaise may be used, provided it is calculated with the total food for the day.

The following recipes may be used just as any other foods given to diabetic patients. Each has been carefully weighed and tested to conform to the most exacting requirements in the treatment of diabetes. Each should be accurately made and the figures given computed in the diet for the day.

On the following pages will be found a selection of tested recipes suitable for different diseases.
DIABETES

GRAPE JUICE JELLY

Food Value:  Carbohydrate, 4 grams  Calories, 24
Protein, 2 grams

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
18 grams or 3 teaspoonfuls grape juice  3 tablespoonfuls boiling water
1 tablespoonful cold water  1/8 grain saccharin
1/6 teaspoonful citric acid, if desired

Soak gelatine and acid in grape juice and cold water five minutes. Add saccharin and boiling water. Stir until dissolved, then turn in mold which has been dipped in cold water, and chill.

PINEAPPLE JELLY

Food Value:  Carbohydrate, 5 grams  Calories, 28
Protein, 2 grams

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water  1/8 grain saccharin
30 grams or 3 teaspoonfuls boiling pineapple juice
1/6 teaspoonful citric acid, if desired

Soak gelatine and acid in the cold water. Add hot pineapple juice and saccharin. (When used with gelatine, pineapple must be heated to boiling point in order to destroy an enzyme which digests gelatine.)

GRAPEFRUIT JELLY

Food Value:  Carbohydrate, 4 grams  Calories, 28
Protein, 3 grams

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1/4 cup boiling water
50 grams grapefruit juice or 3/4 cup  1/8 grain saccharin
1/6 teaspoonful citric acid, if desired

Soak gelatine, acid and saccharin in cold water, dissolve in grapefruit juice and water which have been heated together. Chill.

COFFEE JELLY

Food Value:  Protein, 2 grams  Calories, 8

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling coffee
1/8 grain saccharin  1/16 teaspoonful citric acid, if desired

Soak gelatine and acid in the cold water, add the boiling coffee and saccharin. Stir until the gelatine is dissolved. Mold and chill.

[5]
BLANC MANGE

Food Value: Carbohydrate, 4 grams  Protein, 4.5 grams
Fat, 3 grams  Calories, 61

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
80 grams or 4 tablespoonfuls of milk  Salt
1/8 grain saccharin  Vanilla
Soak gelatine in two tablespoonfuls of milk five minutes. Scald remaining milk and dissolve saccharin in it. Pour over gelatine and stir until dissolved. Flavor and chill.

IVORY CREAM DESSERT

Food Value: Carbohydrate, 1.5 grams  Protein, 3.5 grams
Fat, 18 grams  Calories, 182

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1/8 grain saccharin
45 grams of 40% cream or 5 tablespoonfuls whipped
Soak gelatine in cold water, add part of cream which has been heated to boiling point, cool, then add remainder of cream beaten stiff.

ORANGE AND EGG

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

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
20 grams of orange juice or 3 1/2 teaspoonfuls 1 egg
Soak gelatine in orange juice 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.

COFFEE SOUFFLE

Food Value: Carbohydrate, .5 grams  Protein, 5.5 grams
Fat, 6 grams  Calories, 78

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
4 tablespoonfuls coffee  1/2 whole egg
15 grams or 1 3/4 level tablespoonfuls 20% cream whipped
Soak gelatine in half of the coffee. Heat the remaining coffee and cream and add to egg yolk. Cook until mixture thickens. Add the gelatine and the stiffly beaten white. Mold and chill.
SNOW PUDDING

Food Value:  Protein, 2.5 grams  Calories, 10

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful boiling water
1/8 grain saccharin  1 egg white
1/16 teaspoonful citric acid, if desired

Soak the gelatine in cold water, then add boiling water and stir over hot water until dissolved. Add to the stiffly beaten egg white and beat well. Chill and serve.

ORANGE TRIFLE

Food Value:  Carbohydrate, 4 grams  Protein, 3 grams
Fat, 12 grams  Calories, 136

2 grams or 2/3 teaspoonful of Knox Sparkling Gelatine
1 tablespoonful cold water  2 tablespoonfuls hot water
15 grams or 2 1/2 teaspoonfuls of orange juice
30 grams or 3 1/2 tablespoonfuls of 40% cream, whipped
1/16 teaspoonful of citric acid, if desired  1/8 grain saccharin

Soak gelatine and acid in cold water for five minutes. Dissolve in boiling water and add orange juice and saccharin. Set mixture in bowl of ice to chill and stir until it begins to thicken. Then fold in cream beaten until stiff. Chill and serve.

MOCHA SPONGE

Food Value:  Protein, 5 grams  Calories, 20

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling coffee
1/8 grain saccharin  1 egg white

Soak gelatine in cold water five minutes and add to hot coffee and saccharin. Cool and whip until stiff. Add the stiffly beaten egg white and continue beating until slightly hardened.

BAVARIAN CREAM

Food Value:  Carbohydrate, 3 grams  Fat, 18.5 grams
Protein, 4.5 grams  Calories, 197

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1/8 grain saccharin
34 grams whole milk or 7 teaspoonfuls
45 grams of 40% cream or 5 tablespoonfuls whipped

Soak gelatine in cold water five minutes and dissolve in the hot milk. Add saccharin and stir until dissolved. Put mixture in pan of cold water and stir until it begins to thicken. Add cream which has been beaten until stiff.
STRAWBERRY BAVARIAN CREAM
Food Value: Carbohydrate, 6 grams  Protein, 4 grams
Fat, 13 grams  Calories, 157
2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1/8 grain saccharin
50 grams or 1/4 cup crushed strawberries
30 grams or 3 1/2 level tablespoonfuls 40% cream, whipped
1/16 teaspoonful citric acid, if desired
Soak gelatine, acid and saccharin in the cold water, melt over hot water. Stir into the crushed berries and then chill. When mixture begins to set add stiffly beaten cream. Mold and chill.

STRAWBERRY WHIP
Food Value: Carbohydrate, 5 grams  Protein, 7 grams
Calories, 48
2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1/8 grain saccharin
50 grams or 1/4 cup crushed strawberries  1 egg white
1/16 teaspoonful citric acid, if desired
Soak gelatine, acid and saccharin in cold water, melt over hot water. Stir into the crushed berries and then chill. When mixture begins to harden, add the stiffly beaten egg white and continue beating until mixed. Chill,

STRAWBERRY GELATINE
Food Value: Carbohydrate, 5 grams  Protein, 3 grams
Calories, 32
2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling water
50 grams or 1/4 cup crushed strawberries  1/8 grain saccharin
1/16 teaspoonful citric acid, if desired
Soak gelatine, acid and saccharin in cold water, add boiling water and crushed strawberries. Mold and chill.

SPANISH CREAM
Food Value: Carbohydrate, 3 grams  Protein, 6 grams
Fat, 8 grams  Calories, 108
2 grams or 2/3 teaspoonful Knox Sparkling Gelatine
1/4 cup milk  1 egg yolk
1/8 grain saccharin
Soak gelatine in milk, heat until gelatine dissolves, then add to beaten egg yolk and cook until the consistency of a thin custard. Chill and serve.
SPANISH CREAM WITH STRAWBERRIES

Food Value: Carbohydrate, 8 grams  Protein, 7 grams  Fat, 8 grams  Calories, 132

The recipe for Spanish Cream is used and 50 grams or 1/4 cup of crushed strawberries are added before molding.

BEEF JELLY

Food Value:  Protein, 2 grams  Calories, 8

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1 bouillon cube  
1/2 cup hot water

Soak gelatine in cold water and add to hot water in which bouillon cube has been dissolved. Mold and chill.

JELLIED CHICKEN BROTH

Food Value:  Protein, 2 grams  Calories, 8

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1/2 cup chicken broth  
Seasonings

Soak gelatine in cold water, add hot broth and season. Turn into a mold dipped in cold water. Chill.

TOMATO JELLY

Food Value:  Carbohydrate, 1.5 grams  Protein, 2.5 grams  Calories, 16

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
1/8 teaspoonful citric acid, if desired  
50 grams or 3 tablespoonfuls tomato puree  
1/8 grain saccharin

Soak gelatine in cold water, add acid and saccharin, pour over the hot puree and stir until dissolved. Turn into a mold dipped in cold water. Chill.

MUSHROOMS JELLIED

Food Value:  Carbohydrate, 1 gram  Protein, 2 grams  Calories, 12

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
Salt and pepper  
3 tablespoonfuls fat free chicken broth  
20 grams or 2 tablespoonfuls boiled mushrooms

Soak gelatine in cold water and dissolve in hot broth. Add mushrooms and season. Mold and chill.
SPINACH SALAD

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

2 grams or ½ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  1 tablespoonful hot water
30 grams of hot spinach or ½ tablespoonfuls
1 egg  ¼ teaspoonful citric acid, if desired
Soak gelatine in cold water. Dissolve in boiling water and add to hot spinach. Turn into a mold lined with hard cooked egg cut in slices. Chill.

CREAM CHICKEN SALAD

Food Value:  Carbohydrate, 1 gram  Protein, 9.5 grams  Fat, 13 grams  Calories, 159

2 grams or ½ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  1 tablespoonful boiling water
30 grams 40% cream or ½ level tablespoonfuls whipped
1 teaspoonful of chopped parsley  ¼ teaspoonful citric acid, if desired
30 grams of chicken or 2 tablespoonfuls
Soak gelatine in cold water and dissolve in hot water, then add to the cream which has been whipped. When mixture begins to thicken add the chicken which has been cut into small pieces and the parsley. Turn into a wet mold and chill.

ASPARAGUS SALAD

Food Value:  Carbohydrate, 2.5 grams  Protein, 3 grams  Calories, 22

2 grams or ½ teaspoonful Knox Sparkling Gelatine  
2 tablespoonfuls cold water  3 tablespoonfuls hot water
5 grams or 1 teaspoonful chopped onion
60 grams or ½ tablespoonfuls asparagus
¼ teaspoonful citric acid, if desired
Cook onion in hot water and strain water on to the gelatine and acid which have been soaked in the cold water. When the mixture begins to harden add the asparagus.

SHRIMP SALAD

Food Value:  Carbohydrate, 4.5 grams  Protein, 11.5 grams  Fat, .5 grams  Calories, 69

2 grams or ½ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  3 tablespoonfuls hot water
30 grams or 3 shrimps
60 grams or 4 tablespoonfuls peas
¼ teaspoonful citric acid, if desired
Soak gelatine and acid in cold water. Dissolve in hot water and cool. When almost hard add the shrimps and peas.
TUNA FISH SALAD

Food Value: Protein, 8 grams  Fat, 5 grams  Calories, 77

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling water
30 grams or 2 tablespoonfuls tuna fish  $\frac{1}{16}$ teaspoonful citric acid, if desired
Soak gelatine and acid in cold water, dissolve in boiling water. Add tuna fish cut in pieces. Turn into a mold dipped in cold water. Chill.

FRUIT SALAD

Food Value: Carbohydrate, 5 grams  Protein, 2.5 grams  Calories, 30

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls cold water  3 tablespoonfuls boiling water
50 grams or 2$\frac{1}{2}$ tablespoonfuls of 10% fruit as oranges
$\frac{1}{8}$ grain saccharin  $\frac{1}{16}$ teaspoonful citric acid, if desired
Soak gelatine and acid in two tablespoonfuls of cold water five minutes. Add remainder of hot water and the prepared fruit. Chill and serve.

TOMATO JELLY WITH EGG

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

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  $\frac{1}{8}$ grain saccharin
40 grams or 2$\frac{1}{2}$ tablespoonfuls strained tomatoes
$\frac{1}{16}$ teaspoonful citric acid, if desired  1 hard boiled egg
Soak gelatine and acid in cold water, dissolve in the hot tomato juice and add saccharin. Place sliced egg in mold and pour over it the tomato jelly.

CAULIFLOWER SALAD

Food Value: Carbohydrate, 1 gram  Calories, 14
Protein, 2.5 grams

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling water
30 grams or 1$\frac{1}{2}$ tablespoonfuls cooked cauliflower
$\frac{1}{16}$ teaspoonful citric acid, if desired
Soak gelatine in cold water, dissolve in boiling water, add acid and cauliflower cut in pieces. Turn into mold dipped in cold water, and chill.
NEPHRITIS

APRICOT JELLY

Food Value:  Carbohydrate, 21 grams  Calories, 92
  Protein, 2 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful sugar
1 tablespoonful boiling water  5 tablespoonfuls apricot juice
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice
Soak gelatine in cold water, add boiling water and sugar and stir over hot water until dissolved. Add apricot juice and chill.

STRAWBERRY JELLY

Food Value:  Carbohydrate, 15 grams  Calories, 70
  Protein, 2.5 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling water
1/4 cup crushed strawberries  2 teaspoonfuls sugar
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice
Soak the gelatine and acid in the cold water; add the boiling water and sugar and stir over hot water until all the gelatine is dissolved. Then add to the crushed strawberries. Chill and serve.

CHERRY SPONGE

Food Value:  Carbohydrate, 40 grams  Calories, 176
  Protein, 4 grams

3/4 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful boiling water
2 tablespoonfuls sugar  1/4 egg white
1/4 cup pitted cherries, stewed and pressed through colander
Soak gelatine in cold water, add boiling water and sugar. Dissolve over boiling water and add cherries. When it begins to thicken, fold in stiffly beaten egg white.

STRAWBERRY MAPLE PARFAIT

Food Value:  Carbohydrate, 15 grams  Fat, 6 grams
  Protein, 1.5 grams  Calories, 120

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful maple syrup
1 tablespoonful boiling water  2 tablespoonfuls crushed strawberries
1/4 cup whipped cream
Soak gelatine in cold water, add boiling water and maple syrup, and dissolve over hot water. Cool, and add to crushed berries. Add whipped cream and freeze.
APRICOT CHARLOTTE

Food Value:  
Carbohydrate, 21 grams  
Protein, 4 grams  
Calories, 100

 usefulness

\[\frac{3}{4}\] teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  
\[\frac{1}{2}\] egg white
3 tablespoonfuls strained stewed apricots
1 tablespoonful boiling water
\[\frac{1}{6}\] teaspoonful citric acid or \[\frac{1}{4}\] teaspoonful lemon juice
Soak gelatine in cold water, add citric acid and boiling water. Dissolve over boiling water and add to the strained apricots. Chill mixture and as it begins to harden fold in the stiffly beaten egg white. Chill.

FRUITED CREAM

Food Value:  
Carbohydrate, 29 grams  
Fat, 7 grams  
Protein, 4 grams  
Calories, 195

usefulness

\[\frac{1}{2}\] teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  
\[\frac{1}{2}\] cup whipped cream
\[\frac{1}{2}\] tablespoonful hot milk  
1 tablespoonful cooked prunes
1 tablespoonful sugar  
1 tablespoonful chopped figs
Soak gelatine in cold water, then add milk and sugar and place over hot water to dissolve. Cool mixture and as it thickens fold in the whipped cream and the fruit which has been cut into small pieces. Mold and chill.

STRAWBERRY CREME

Food Value:  
Carbohydrate, 20 grams  
Fat, 6 grams  
Protein, 3 grams  
Calories, 146

usefulness

\[\frac{2}{3}\] teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  
\[\frac{1}{4}\] cup strawberries
1 tablespoonful sugar  
4 tablespoonfuls whipped cream
\[\frac{1}{6}\] teaspoonful citric acid or \[\frac{1}{4}\] teaspoonful lemon juice
Soak gelatine and citric acid in the cold water. Dissolve over boiling water and add the strawberries which have been mashed and sweetened. Cool the mixture and as it hardens fold in the whipped cream. Chill.

APRICOT SHERBET

Food Value:  
Carbohydrate, 16 grams  
Protein, 3 grams  
Calories, 76

usefulness

\[\frac{3}{4}\] teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  
3 tablespoonfuls strained apricots
2 teaspoonfuls sugar  
Two or three drops of almond extract
\[\frac{1}{8}\] teaspoonful citric acid or \[\frac{1}{4}\] teaspoonful lemon juice
Soak gelatine in cold water and add sugar and acid. Dissolve over boiling water. Add to strained apricots and flavor with almond extract. Freeze.
PEACH SURPRISE SHERBET
Food Value:  Carbohydrate, 38 grams  Calories, 156
Protein, 1 gram

1/4 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  2 tablespoonfuls peach pulp
3 tablespoonfuls boiling water  2 tablespoonfuls orange juice
2 tablespoonfuls sugar
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Soak gelatine in cold water and add the boiling water in which the sugar
and acid have been dissolved. When mixture cools add peach pulp and
orange juice. Freeze.

BANANA AND APRICOT SHERBET
Food Value:  Carbohydrate, 20 grams  Fat, 1 gram
Protein, 2 grams  Calories, 97

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  2 tablespoonfuls stewed apricots
2 tablespoonfuls boiling milk  1/4 banana
2 tablespoonfuls sugar
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Mash banana and apricots then add acid and sugar. Soak gelatine in cold
water, add hot milk and stir until dissolved. Add to fruit mixture, cool and
freeze.

ORANGE AND GRAPEFRUIT SALAD
Food Value:  Carbohydrate, 13.5 grams  Calories, 62
Protein, 2 grams

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 teaspoonful sugar
1/4 cup boiling water  1/4 cup grapefruit
1/4 cup orange
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Soak gelatine in cold water, add acid and sugar and dissolve in boiling water.
Cool and add the fruit which has been cut into small pieces.

TOMATO AND CUCUMBER SALAD
Food Value:  Carbohydrate, 8 grams  Calories, 44
Protein, 3 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 teaspoonful sugar
3 tablespoonfuls strained tomatoes  1/4 cup finely chopped cucumber

Soak gelatine in cold water and dissolve in the hot tomato. Add sugar and
stir until dissolved. Mix in the chopped cucumber. Mold and chill.
PEAR SALAD
Food Value: Carbohydrate, 13.5 grams Calories, 62
Protein, 2 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 3 tablespoonfuls boiling water
2 teaspoonfuls sugar 1/2 fresh peeled pear or canned pear
1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Soak the gelatine and acid in cold water, add the boiling water and sugar and dissolve over hot water. Cool and add the half pear. Mold, chill and serve on lettuce.

ORANGE AND BANANA SALAD
Food Value: Carbohydrate, 32 grams Calories, 140
Protein, 3 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 tablespoonful sugar
3 tablespoonfuls boiling water 1/2 small orange
1/2 banana

Soak the gelatine in cold water, add the boiling water and sugar, then dissolve over hot water. Cool, add the banana and orange which have been cut into small pieces. Chill and serve.

BANANA AND GRAPE SALAD
Food Value: Carbohydrate, 17.5 grams Calories, 78
Protein, 2 grams

2/3 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 teaspoonful sugar
3 tablespoonfuls boiling water 2 tablespoonfuls grape juice
1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice
1/4 banana, sliced

Soak gelatine in cold water, add acid and boiling water and sugar. Dissolve over hot water. Add grape juice and sliced banana. Chill.

BEET AND EGG SALAD
Food Value: Carbohydrate, 3 grams Fat, 3 grams
Protein, 5.5 grams Calories, 61

3/4 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1/4 cup chopped beets
1/4 cup boiling water 1/2 hard boiled egg, chopped fine

Soak gelatine in cold water and dissolve in the boiling water. Add the chopped beet and egg and pour into the mold. Chill.
PORTO RICO SALAD

Food Value:  Carbohydrate, 40 grams  Calories, 170
            Protein, 2.5 grams

\( \frac{2}{3} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls boiling water
1 tablespoonful sugar  \( \frac{1}{4} \) cup cooked pineapple
\( \frac{1}{2} \) banana
\( \frac{1}{16} \) teaspoonful citric acid or \( \frac{1}{4} \) teaspoonful lemon juice

Soak gelatine and acid in cold water, add boiling water and sugar and dissolve all over hot water. Add the grated or finely cut pineapple and the banana which has been cut into small pieces. Mold and chill.

CELELY AND NUT SALAD

Food Value:  Carbohydrate, 2 grams  Fat, 3 grams
            Protein, 3 grams  Calories, 47

\( \frac{2}{3} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls chopped celery
\( \frac{1}{4} \) cup boiling water  1 tablespoonful chopped walnuts
Salt

Soak the gelatine in cold water and dissolve in the boiling water. Add the chopped celery, walnuts and salt. Mold and chill.

ADDITIONAL RECIPES FOR NEPHRITIS

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORANGE JELLY</td>
<td>21</td>
</tr>
<tr>
<td>RASPBERRY JELLY</td>
<td>21</td>
</tr>
<tr>
<td>ORANGE CHARLOTTE</td>
<td>19</td>
</tr>
<tr>
<td>ORANGE ICE</td>
<td>22</td>
</tr>
<tr>
<td>LEMON ICE</td>
<td>21</td>
</tr>
<tr>
<td>RASPBERRY ICE</td>
<td>22</td>
</tr>
<tr>
<td>STRAWBERRY ICE</td>
<td>22</td>
</tr>
</tbody>
</table>
HIGH BLOOD PRESSURE

BANANA CREAM JELLY

Food Value:  
Carbohydrate, 18 grams  
Protein, 2 grams  
Calories, 80

1 teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
2 tablespoonfuls boiling water  
2 teaspoonfuls powdered sugar  
¼ teaspoonful citric acid or ½ teaspoonful lemon juice

Mash banana through sieve and add orange juice and sugar. Soak gelatine and acid in cold water, dissolve in boiling water and add to the fruit mixture. Chill and serve.

STRAWBERRY AND PINEAPPLE SALAD

Food Value:  
Carbohydrate, 20 grams  
Protein, 3 grams  
Calories, 92

2½ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
2 tablespoonfuls boiling water  
¼ cup strawberries cut in halves  
¼ cup cooked pineapple cut into small pieces

Soak the gelatine in cold water, add boiling water and sugar and dissolve over hot water. Cool and add the fruit. Mold and serve on a lettuce leaf. The value of a salad dressing is not included with the recipe.

NILE SALAD

Food Value:  
Carbohydrate, 1 gram  
Protein, 11.5 grams  
Fat, 4 grams  
Calories, 86

½ teaspoonful Knox Sparkling Gelatine  
1 tablespoonful cold water  
2 tablespoonfuls boiling water  
2 tablespoonfuls chopped celery  
½ cup of chicken, cubed  
1 tablespoonful chopped walnuts  
Salt  
¼ teaspoonful citric acid or ¼ teaspoonful lemon juice.

Soak the gelatine in cold water with the citric acid, add the boiling water and dissolve over hot water. Cool, add the chicken, nuts and celery. Season and chill.
**SALMON AND PEA SALAD**

Food Value: Carbohydrate, 7.5 grams  Fat, 9 grams  Protein, 14 grams  Calories, 167

\[ \frac{2}{3} \text{ teaspoonful Knox Sparkling Gelatine} \]
1 tablespoonful cold water  \( \frac{1}{4} \) cup salmon  
3 tablespoonfuls boiling water  \( \frac{1}{4} \) cup green peas  
Salt  
\[ \frac{1}{16} \text{ teaspoonful citric acid or } \frac{1}{4} \text{ teaspoonful lemon juice} \]

Soak gelatine and acid in cold water, add boiling water and dissolve over hot water. Pour over the salmon and green peas. Season, mold and chill.

**MONTE CARLO SALAD**

Food Value: Carbohydrate, 16 grams  Calories, 76  
Protein, 3 grams  

\[ \frac{2}{3} \text{ teaspoonful Knox Sparkling Gelatine} \]
1 tablespoonful cold water  3 tablespoonfuls boiling water  
2 teaspoonfuls sugar  
\[ \frac{1}{16} \text{ teaspoonful citric acid or } \frac{1}{4} \text{ teaspoonful lemon juice} \]  
\[ \frac{1}{2} \text{ cup of equal quantities of grapefruit, celery and apple} \]

Soak gelatine and acid in cold water, then add sugar and boiling water and dissolve all over hot water. Add the grapefruit, celery and apple. Mold and chill. Serve on lettuce.

**EGG AND ASPARAGUS SALAD**

Food Value: Carbohydrate, 1.5 grams  Fat, 3 grams  Protein, 5.5 grams  Calories, 55  

\[ \frac{2}{3} \text{ teaspoonful Knox Sparkling Gelatine} \]
1 tablespoonful cold water  \( \frac{1}{4} \) cup boiling water  
1 chopped hard boiled egg  3 to 4 stalks asparagus cut fine  
\[ \frac{1}{16} \text{ teaspoonful citric acid or } \frac{1}{4} \text{ teaspoonful lemon juice} \]

Soak gelatine and acid in cold water, then dissolve in the boiling water. Add the asparagus and egg. Mold and serve cold on lettuce.

**ADDITIONAL RECIPES FOR HIGH BLOOD PRESSURE**

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORANGE JELLY</td>
<td>21</td>
</tr>
<tr>
<td>RASPBERRY JELLY</td>
<td>21</td>
</tr>
<tr>
<td>APRICOT JELLY</td>
<td>12</td>
</tr>
<tr>
<td>CHERRY SPONGE</td>
<td>12</td>
</tr>
<tr>
<td>APRICOT CHARLOTTE</td>
<td>13</td>
</tr>
<tr>
<td>APRICOT SHERBET</td>
<td>13</td>
</tr>
<tr>
<td>PEACH SURPRISE SHERBET</td>
<td>14</td>
</tr>
<tr>
<td>STRAWBERRY ICE</td>
<td>22</td>
</tr>
<tr>
<td>LEMON ICE</td>
<td>21</td>
</tr>
<tr>
<td>GRAPE JUICE FRAPPE</td>
<td>23</td>
</tr>
<tr>
<td>ORANGE AND BANANA SALAD</td>
<td>15</td>
</tr>
<tr>
<td>TOMATO AND CUCUMBER SALAD</td>
<td>14</td>
</tr>
<tr>
<td>PEAR SALAD</td>
<td>15</td>
</tr>
</tbody>
</table>
GASTRITIS

ORANGE CHARLOTTE

Food Value: Carbohydrate, 34 grams Fat, 6 grams Protein, 2 grams Calories, 198

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 teaspoonful lemon juice
1 tablespoonful boiling water 2 tablespoonfuls orange juice and pulp
2 tablespoonfuls sugar 2 tablespoonfuls whipped cream

Soak gelatine in cold water, add boiling water and sugar and dissolve mixture over hot water. Then add fruit juices. Cool mixture, stirring constantly, then fold in the whipped cream. Pile lightly in the serving dish.

APRICOT CREME

Food Value: Carbohydrate, 14 grams Fat, 9 grams Protein, 3.5 grams Calories, 151

3/4 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 3 tablespoonfuls strained apricots
1 tablespoonful boiling water 3 tablespoonfuls whipped cream
1 1/2 tablespoonfuls sugar

Soak gelatine in cold water, add sugar and boiling water and stir over hot water until all is dissolved. Add to the strained apricots. Place dish in ice water and when mixture begins to thicken, fold in the whipped cream. Stewed dried apricots or fresh ones are used.

MAPLE PARFAIT

Food Value: Carbohydrate, 22 grams Fat, 12 grams Protein, 3 grams Calories, 208

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 4 tablespoonfuls whipped cream
2 tablespoonfuls maple syrup

Add the maple syrup to the whipped cream. Then mix into the gelatine which has been soaked in the cold water and dissolved over boiling water. Pack in ice and salt for an hour.
GASTRO-INTESTINAL

PRUNE CHARLOTTE RUSSE
Food Value: Carbohydrate, 14 grams  Fat, 8 grams
Protein, 3 grams  Calories, 140

\(\frac{3}{4}\) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  \(\frac{1}{3}\) cup whipped cream
1 tablespoonful boiling water
Strained pulp of three stewed prunes with the juice from the prunes
Soak gelatine in cold water, add boiling water and melt over hot water. Cool and add to whipped cream slowly and fold in the strained pulp.

MAPLE CHARLOTTE RUSSE
Food Value: Carbohydrate, 14 grams  Fat, 8 grams
Protein, 3 grams  Calories, 140

\(\frac{3}{4}\) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful maple syrup
1 tablespoonful boiling water  \(\frac{1}{3}\) cup whipped cream
\(\frac{1}{2}\) teaspoonful brown sugar  Vanilla
Soak gelatine in cold water, add boiling water, sugar and syrup and melt over boiling water. When mixture cools, add whipped cream gradually. Flavor. Chill and serve.

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

\(\frac{3}{4}\) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  3 tablespoonfuls hot boiled rice
2 tablespoonfuls sugar  \(\frac{1}{4}\) cup cream, whipped
Soak the gelatine in the cold water, then add it with the sugar to the hot rice. Mix thoroughly. When the rice begins to cool, add the whipped cream. Pour in a mold. This may be served with sweetened crushed fruit such as pineapple, strawberries or raspberries if these are allowed the individual patient.
FEVERS

ORANGE JELLY

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

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1 tablespoonful boiling water
3 tablespoonfuls ice water
1/2 teaspoonful sugar
2 tablespoonfuls orange juice
3 tablespoonfuls ice water
1/2 teaspoonful lemon juice

Soak gelatine in cold water, add boiling water and sugar and stir over hot water until dissolved. Add to the fruit juices and ice water. ORANGE WHIP—When orange jelly mixture begins to congeal, beat until light and frothy.

RASPBERRY JELLY

Food Value:  Carbohydrate, 24 grams  Calories, 108
  Protein, 3 grams

3 1/4 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1 tablespoonful boiling water
6 tablespoonfuls strained raspberry juice
1/8 teaspoonful citric acid or 1/2 teaspoonful lemon juice

Soak gelatine in cold water, add boiling water, citric acid and sugar. Dissolve all over hot water and add to the raspberry juice. Chill.

LEMON ICE

Food Value:  Carbohydrate, 64 grams  Calories, 260
  Protein, 1 gram

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1/2 cup boiling water
1/4 cup sugar
3 tablespoonfuls lemon juice

Soak gelatine in the cold water, then add the hot syrup made from the sugar and water. Stir until the gelatine is dissolved. Cool, add the lemon juice and freeze.

COFFEE ICE

Food Value:  Carbohydrate, 30 grams  Calories, 140
  Protein, 5 grams

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
2 tablespoonfuls sugar
3 tablespoonfuls strong coffee
1 egg white

Soak gelatine in cold water, dissolve over boiling water and add to the coffee. Cool and add to the stiffly beaten egg white. Freeze.
ORANGE ICE

Food Value:  
Carbohydrate, 27 grams  
Calories, 124 
Protein, 4 grams  

1/2 teaspoonful Knox Sparkling Gelatine 
1 tablespoonful cold water  
3 tablespoonfuls boiling water  
1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice  

Soak gelatine and citric acid in cold water, and add the syrup which has been made from the boiling water and sugar. Cool, add the orange juice and freeze.

RASPBERRY ICE

Food Value:  
Carbohydrate, 39 grams  
Calories, 162  
Protein, 1.5 grams  

1/2 teaspoonful Knox Sparkling Gelatine 
1 tablespoonful cold water  
1/4 cup boiling water  
1/4 cup raspberry juice  
1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice  

Soak gelatine and acid in the cold water, then add the boiling water and sugar, which has been made into a syrup. Cool, add the raspberry juice and freeze.

STRAWBERRY ICE

Food Value:  
Carbohydrate, 20 grams  
Calories, 86  
Protein, 1.5 grams  

1/2 teaspoonful Knox Sparkling Gelatine 
1 tablespoonful cold water  
1/4 cup boiling water  
1/4 cup of strawberry juice  
1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice  

Soak gelatine and acid in the cold water, then add the boiling water and sugar which has been made into a syrup. Cool, add the strawberry juice and freeze.

VANILLA ICE CREAM

Food Value:  
Carbohydrate, 25.5 grams  
Fat, 25 grams  
Calories, 345  
Protein, 4.5 grams  

1/2 teaspoonful Knox Sparkling Gelatine 
1 tablespoonful cold water  
1/2 cup hot cream  
1/2 tablespoonfuls sugar  
1/4 teaspoonful vanilla  

Soak gelatine in cold water and dissolve in the hot cream to which the sugar has been added. Cool and add the vanilla. Freeze.
COCOA ICE CREAM

Food Value: Carbohydrate, 35 grams Fat, 26 grams Protein, 4 grams Calories, 390

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1/2 cup cream (hot)

1 1/2 teaspoonfuls cocoa
2 tablespoonfuls sugar
3 drops vanilla

Soak gelatine in cold water and dissolve in the hot cream. Mix cocoa and sugar and add a little of the hot mixture and cook until smooth. Add the remaining cream, cool and add vanilla. Freeze.

GRAPEJUICE FRAPPE

Food Value: Carbohydrate, 29 grams Calories, 120

Protein, 1 gram

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1/4 cup grapejuice
1/16 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Soak gelatine and acid in cold water. Boil sugar and water together three minutes to make a syrup. Then dissolve gelatine in it. Cool and add grape juice and freeze.

RASPBERRY MOUSSE

Food Value: Carbohydrate, 27 grams Fat, 12 grams Protein, 3.5 grams Calories, 230

1/2 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water
1/4 cup cream

1/4 cup raspberries
1 tablespoonful sugar

Add the sugar to the berries which have been mashed and strained. Soften the gelatine in the cold water and dissolve over hot water. Then add to berries and chill by setting in ice water and stirring until the mixture begins to thicken. Fold in the whipped cream. Put in mold and pack in ice and salt for one hour.
CONSTIPATION

CRUSHED PINEAPPLE AND RAISINS

Food Value:  Carbohydrate, 45 grams  Fat, 1 gram
             Protein, 2 grams  Calories, 197

\[
\begin{align*}
\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine} \\
1 \text{ tablespoonful cold water} & \quad 1 \text{ tablespoonful hot water} \\
5 \text{ tablespoonfuls canned pineapple juice and pulp} & \quad \frac{1}{2} \text{ tablespoonful sugar} \\
2 \text{ tablespoonfuls chopped or finely cut raisins} & \\
\frac{1}{16} \text{ teaspoonful citric acid or \frac{1}{4} teaspoonful lemon juice} \\
\end{align*}
\]

Soak gelatine in cold water, add hot water, sugar, and citric acid and dissolve over boiling water. If fresh pineapple is used it must be heated to boiling before adding to the gelatine mixture. When mixture begins to thicken, add chopped raisins.

FIG SURPRISE

Food Value:  Carbohydrate, 25 grams  Fat, 8 grams
             Protein, 4 grams  Calories, 188

\[
\begin{align*}
\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine} \\
1 \text{ tablespoonful cold water} & \quad \frac{1}{3} \text{ cup whipped cream} \\
1 \text{ tablespoonful boiling water} & \quad \frac{1}{4} \text{ cup chopped figs, steamed} \\
\end{align*}
\]

Soak gelatine in cold water, add boiling water, and melt over hot water. When cool add to whipped cream and fold in the chopped figs.

PRUNE LOAF

Food Value:  Carbohydrate, 40 grams  Fat, 7 grams
             Protein, 5 grams  Calories, 243

\[
\begin{align*}
\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine} \\
1 \text{ tablespoonful cold water} & \quad \frac{1}{4} \text{ cup finely cut stewed prunes} \\
1 \text{ tablespoonful boiling water} & \quad 1 \text{ tablespoonful raisins, finely cut} \\
1 \text{ teaspoonful English walnuts cut in small pieces} & \quad 2 \text{ tablespoonfuls sugar} \\
\end{align*}
\]

Soak gelatine in cold water, add boiling water and dissolve over hot water. Add sugar and the cut fruit and nuts. Mold and chill.

STRAWBERRY ICE CREAM

Food Value:  Carbohydrate, 36 grams  Fat, 12 grams
             Protein, 2 grams  Calories, 260

\[
\begin{align*}
\frac{1}{2} \text{ teaspoonful Knox Sparkling Gelatine} \\
1 \text{ tablespoonful cold water} & \quad 2 \text{ tablespoonfuls sugar} \\
\frac{1}{4} \text{ cup hot cream} & \quad \frac{1}{4} \text{ cup mashed strawberries} \\
\end{align*}
\]

Soak gelatine in cold water and add the hot cream and sugar. Stir until all is dissolved and then cool and add the mashed strawberries. Freeze and serve.
PRUNE ICE CREAM

Food Value:  Carbohydrate, 30 grams  Fat, 12 grams  Protein, 3.5 grams  Calories, 242

\( \frac{1}{2} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful sugar
\( \frac{1}{4} \) cup scalded cream  2 tablespoonfuls raisins
\( \frac{1}{4} \) cup chopped stewed prunes and juice  Salt
\( \frac{1}{16} \) teaspoonful citric acid or \( \frac{1}{4} \) teaspoonful lemon juice

Soak gelatine in cold water. Then dissolve in hot cream. Add citric acid to the prunes and raisins, salt and sugar. Combine the two mixtures and freeze.

STRAWBERRY MOUSSE

Food Value:  Carbohydrate, 21 grams  Fat, 6 grams  Protein, 2.5 grams  Calories, 148

\( \frac{1}{2} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  1 tablespoonful sugar
\( \frac{1}{4} \) cup strawberries  \( \frac{1}{4} \) cup whipped cream

Add the sugar to the mashed berries and let stand. Soften the gelatine in the cold water and dissolve over boiling water, add to the berries and chill by setting in ice water. Stir until the mixture begins to thicken, then fold in the whipped cream. Place in mold and pack in ice and salt for one hour.

CARROT AND NUT SALAD

Food Value:  Carbohydrate, 3 grams  Fat, 9 grams  Protein, 5 grams  Calories, 113

\( \frac{3}{4} \) teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water  2 tablespoonfuls chopped raw carrots
3 tablespoonfuls boiling water  1 tablespoonful chopped walnuts
\( \frac{1}{8} \) teaspoonful citric acid or \( \frac{1}{2} \) teaspoonful lemon juice

Soak gelatine in cold water, add acid and dissolve in the boiling water. Pour over the chopped carrots and nuts. Mold and serve on a lettuce leaf.

ADDITIONAL RECIPES FOR CONSTIPATION

GRACE WHIP ........................................... 27
FRUIT GELATINE ................................... 28
JELLED PRUNES ................................... 27
APRICOT CREME ................................... 19
FRUITED CREAM .................................. 13
BANANA AND APRICOT SHERBET ........... 14
RASPBERRY MOUSSE ......................... 23
MAPLE PARFAIT ................................. 19
STRAWBERRY CREME ........................... 13
CELERY AND NUT SALAD ..................... 16
OBESITY

CELEBRY AND SHRIMP SALAD
Food Value: Carbohydrate, 1 gram  Calories, 44
Protein, 10 grams

\[ \frac{2}{3} \text{ teaspoonful Knox Sparkling Gelatine} \]
\[ 1 \text{ tablespoonful cold water} \]
\[ \frac{1}{2} \text{ cup broken shrimps} \]
\[ 3 \text{ tablespoonfuls boiling water} \]
\[ \frac{1}{4} \text{ cup finely cut celery} \]
\[ \frac{1}{16} \text{ teaspoonful citric or } \frac{1}{4} \text{ teaspoonful lemon juice} \]
\[ \text{Salt} \]

Soak the gelatine in cold water with the acid; add the boiling water and dissolve over hot water. Cool and add the shrimps, celery and salt. Mold and chill.

TUNA FISH AND CELERY SALAD
Food Value: Carbohydrate, 6.5 grams  Calories, 62
Protein, 9 grams

\[ \frac{2}{3} \text{ teaspoonful Knox Sparkling Gelatine} \]
\[ 1 \text{ tablespoonful cool water} \]
\[ \frac{1}{3} \text{ cup tuna fish} \]
\[ 3 \text{ tablespoonfuls boiling water} \]
\[ 2 \text{ tablespoonfuls chopped celery} \]
\[ \text{Salt} \]

Soak the gelatine in cold water, add the boiling water and dissolve over hot water. Add tuna fish, chopped celery and salt. Mold and chill.

ADDITIONAL RECIPES FOR OBESITY

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORANGE JELLY</td>
<td>21</td>
</tr>
<tr>
<td>APRICOT JELLY</td>
<td>12</td>
</tr>
<tr>
<td>STRAWBERRY JELLY</td>
<td>12</td>
</tr>
<tr>
<td>APRICOT CHARLOTTE</td>
<td>13</td>
</tr>
<tr>
<td>COFFEE ICE</td>
<td>21</td>
</tr>
<tr>
<td>STRAWBERRY ICE</td>
<td>22</td>
</tr>
<tr>
<td>APRICOT SHERBET</td>
<td>13</td>
</tr>
<tr>
<td>BANANA AND APRICOT SHERBET</td>
<td>14</td>
</tr>
<tr>
<td>STRAWBERRY AND PINEAPPLE SALAD</td>
<td>17</td>
</tr>
<tr>
<td>TOMATO AND CUCUMBER SALAD</td>
<td>14</td>
</tr>
<tr>
<td>EGG AND ASPARAGUS SALAD</td>
<td>18</td>
</tr>
<tr>
<td>BEET AND EGG SALAD</td>
<td>15</td>
</tr>
<tr>
<td>ORANGE AND GRAPEFRUIT SALAD</td>
<td>14</td>
</tr>
<tr>
<td>NILE SALAD</td>
<td>17</td>
</tr>
</tbody>
</table>
RECIPES SUITABLE FOR CHILDREN

GRAHAM WHIP

Food Value:  
Carbohydrate, 17 grams  Fat, 13 grams  
Protein, 4 grams  Calories, 201

\frac{1}{2} \text{ teaspoonful Knox Sparkling Gelatine}  
1 \text{ tablespoonful cold water}  
1 \text{ tablespoonful hot water}  
\frac{2}{3} \text{ teaspoonful sugar}  
\frac{3}{4} \text{ cup whipped cream}  
2 \text{ tablespoonfuls graham crackers, rolled}

Soften gelatine in cold water, add hot water and sugar, stirring over boiling water until dissolved. When cool, fold in the whipped cream and cracker crumbs. Flavor, mold and chill.

JELLIED PRUNES

Food Value:  
Carbohydrate, 71 grams  Calories, 298

\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine}  
1 \text{ tablespoonful cold water}  
1 \frac{1}{2} \text{ tablespoonfuls sugar}  
\frac{1}{6} \text{ teaspoonful citric acid or } \frac{1}{4} \text{ teaspoonful lemon juice}  
3 \text{ stewed prunes and juice with water to make } \frac{1}{4} \text{ cup}

Soak gelatine in cold water and add hot water, sugar and acid, dissolving all over boiling water. Then add the prunes which have been stoned and cut in quarters.

RICE BAVARIAN CREAM

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

\frac{3}{4} \text{ teaspoonful Knox Sparkling Gelatine}  
1 \text{ tablespoonful cold water}  
2 \text{ tablespoonfuls sugar}  
3 \text{ tablespoonfuls hot boiled rice}  
\frac{1}{4} \text{ cup cream whipped}

Soak the gelatine in the cold water, then add it with the sugar to the hot rice. Mix thoroughly. When the rice begins to cool, add the whipped cream. Pour in a mold. This may be served with sweetened crushed fruit such as pineapple, strawberries or raspberries if these are allowed the individual patient.
JELLYED CUSTARD

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

3/4 teaspoonful Knox Sparkling Gelatine

1 tablespoonful cold water  1/2 whole egg
1 tablespoonful hot milk  1/4 cup cold milk
2 teaspoonfuls sugar

Vanilla

Soak gelatine in cold water, add hot milk and dissolve gelatine over boiling water. Add sugar and salt, then the egg and milk which have been beaten together. Chill and serve.

GRAPEFRUIT JELLY

Food Value: Carbohydrate, 26 grams  Calories, 132

Protein, 7 grams

3/4 teaspoonful Knox Sparkling Gelatine

1 tablespoonful cold water  1/2 tablespoonfuls sugar
3 tablespoonfuls hot water  1/4 cup grapefruit pulp and juice

1/6 teaspoonful citric acid, or 1/4 teaspoonful lemon juice

Soak the gelatine in cold water, add hot water, sugar and acid and stir until dissolved. Then add grapefruit juice and pulp. Chill, cut in cubes and pile in grapefruit shell. If canned grapefruit is used, only half the amount of sugar is necessary as the grapefruit has been sweetened in canning.

FRUIT GELATINE

Food Value: Carbohydrate, 68 grams  Fat, 2 grams  Protein, 4 grams  Calories, 306

3/4 teaspoonful Knox Sparkling Gelatine

1 tablespoonful cold water  2 tablespoonfuls chopped dates
6 tablespoonfuls hot water  2 tablespoonfuls chopped figs
1 teaspoonful sugar

1 teaspoonful chopped English walnuts

1/6 teaspoonful citric acid or 1/4 teaspoonful lemon juice

Soak gelatine in cold water, add hot water, sugar and acid and stir until dissolved. When beginning to thicken, add chopped or finely cut fruit and nuts.

ADDITIONAL RECIPES FOR CHILDREN

Page
ORANGE JELLY 21
MAPLE CHARLOTTE RUSSE 20
THE VALUE OF GELATINE IN MILK

In the recent research of the specific uses of pure plain gelatine in the dietary, conducted by T. B. Downey, Ph.D.-Fellow at the Mellon Institute, University of Pittsburgh, it was conclusively proved by standard feeding tests that 1% of pure plain gelatine dissolved and added to cow's milk, will increase by about 23% the nourishment obtainable from that milk.

This dietary discovery gives gelatine inestimable value in infant feeding because it promotes the complete absorption of the milk nutriment with the minimum of digestive effort and goes a long way toward the prevention of colic, regurgitation, and bowel disorders in the bottle-fed baby.

It is never wise to change the feeding formula prescribed and we urge mothers to consult the family physician before making any change in the child's diet. The following methods for adding gelatine to milk have proved very satisfactory:

THE APPROVED METHODS FOR ADDING GELATINE TO MILK

SOAK, for ten minutes, one level tablespoonful of Knox Sparkling Gelatine in one-half cup of cold milk taken 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.

NOTE.—If you are using a condensed or evaporated milk formula follow the same proportions and method as above.
GELATINE FORMULA  
(With Barley Flour)

½ teaspoonful Knox Sparkling Gelatine
1 pint water

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

In this case, as the infant nurses, the mother’s milk falls into the thin gelatine solution which is in the stomach, thus aiding the complete digestion and assimilation of the mother’s milk.

Mixture should be made fresh every morning and kept in a cool place, covered.

It is essential to use Knox Sparkling Gelatine in these formulas.

UNDERNOURISHED  

GRAHAM WHIP ..................................................... 27
RICE BAVARIAN CREAM ........................................ 27
FRUIT GELATINE ................................................ 28
PRUNE CHARLOTTE RUSSE .................................... 20
MAPLE CHARLOTTE RUSSE .................................... 20
COCOA ICE CREAM ............................................. 23
VANILLA ICE CREAM .......................................... 22
THE above represent the two packages in which KNOX SPARKLING GELATINE is packed. Both packages contain the same kind of Plain Edible Gelatine and make the same quantity—Four Pints of jelly. The Acidulated package contains an extra envelope of Lemon Flavoring—not mixed with the gelatine—saving time, labor and expense.

We will gladly send free upon request our recipe books "Dainty Desserts" and "Food Economy," as well as our booklet on the "Health Value of Gelatine."

Printed in U. S. A. 
Copyright 1924
By Charles B. Knox Gelatine Co., Inc.
Johnstown, N. Y.
The figure represents the two packets in which KNOX Sparkling Gelatine is packed. Both packets contain the same kind of Plain Bulldog Gelatine and make use of Plain Bulldog Gelatine to form the same dumplings — Four Pints of Crystal Gelatine in green envelopes or I can use any mixed with the same. Scalding time, I hope, is excessive

We will gladly send you samples and recipes.