3 delectable dishes, each as pretty as a new Easter bonnet

Tuna Mold
Peach Soufflé
Coffee Chiffon Pie

MADE WITH KNOX UNFLAVORED GELATINE
Tuna Mold
4 SERVINGS. 190 CALORIES PER SERVING

Meatless, heatless cookery hits a new high in this crunchy and colorful main course.

1 envelope Knox Unflavored Gelatine
1 3/4 cups milk, divided
2 egg yolks
1 teaspoon salt
Dash pepper
1 teaspoon prepared mustard
1 can (6 or 7 oz.) tuna, drained and flaked
2 tablespoons lemon juice
1/2 cup chopped celery
2 tablespoons finely chopped pimiento
Cooked green peas, marinated in French dressing.

1. Stir gelatine into 1/2 cup of the milk.
2. Beat egg yolks, remaining 1/2 cup milk, salt, and pepper together; add to gelatine mixture.
3. Place over low heat, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat. Chill mixture to consistency of unbeaten egg white.
5. Combine tuna, mustard, lemon juice, celery and pimiento. Fold into gelatine mixture.
6. Turn into a 3-cup ring mold or individual molds; chill until firm.
7. Unmold on serving plate, and garnish with salad greens. Fill center with green peas.

Peach Souffle
6 OR 8 SERVINGS

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

1. Drain syrup from peaches into top of double boiler, and set slices aside.
2. Sprinkle gelatine on peach syrup to soften. Stir until gelatine is dissolved, about 5 minutes.
3. Beat egg yolks and water together. Add to gelatine mixture.
4. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
5. Remove from heat, and stir in lemon juice, salt, and almond extract. Chill slightly.
8. Fold in whipped cream.
9. Turn into a 1-quart, straight-sided souffle dish. Cut a strip of brown paper about 4 inches deep and long enough to go around sides of dish. Fasten strip around outside edge securely with cellophane tape, allowing it to extend 2 inches above top of dish. Brush inside of strip with oil. When souffle is firm, loosen tape and peel paper away gently. This gives you a souffle that stands up over the top of your dish, like a baked souffle.

Coffee Chiffon Pie
MAKES 1 9-INCH PIE

This is an unusual pie with a cool and foamy-light filling.

1 envelope Knox Unflavored Gelatine
1/2 cup sugar, divided
1/2 teaspoon salt
11/2 tablespoons instant coffee
4 eggs, separated
1 cup water
1 teaspoon vanilla

1. Mix gelatine, 1/4 cup of the sugar, salt, and coffee thoroughly in top of double boiler, and set aside.
3. Cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.
4. Remove from heat, and stir in bananana, juice, salt, and almond extract. Chill slightly.
7. Turn into baked pie shell, and chill until firm.
8. Garnish with whipped cream, if desired.
When temptation tries to lure you off your diet, Knox Gelatine can make you a tower of strength! It works so well, so easily, many people call it “will power in a packet.”

How does Knox help you keep to your weight control diet? By quieting between-meals hunger. By calming your appetite at the table. Many doctors recommend an envelope of Knox Gelatine in juice or bouillon a half-hour before meals—and this is all it takes to help you eat less and like it.

For FREE low-calorie recipes and balanced reducing menus, which count your calories for you, use coupon on reverse to order your Knox Eat and Reduce Plan Booklet.

To take off weight, or to keep lost pounds from creeping back, start with and stay with Knox!
NAILS CHIPPING? BREAKING? SPLITTING?

Here’s how to grow them long, strong, and lovely

Just drink an envelope of Knox Gelatine once a day in juice or bouillon for 90 days. Published clinical reports show 7 out of 10 women had success with this method. There is no evidence that gelatine capsules bring improvement.

But you must stay with it 90 days!
Why? Because weak nails are faulty right down to the roots. It takes about 90 days for them to grow out and be replaced by strong new nails.

For new facts on restoring brittle, splitting, breaking fingernails, all based on medical research, use coupon on reverse—Knox will send you the facts free.