7 cool Whips
and an elegant
Main-Course Salad
—SO QUICK AND EASY WITH
KNOX UNFLAVORED GELATINE
**Pineapple Whip**

Any time you have canned pineapple juice and Knox Unflavoured Gelatine in your kitchen cupboard, you can turn out this fancied-up dessert with the greatest of ease.

1 envelope Knox Unflavored Gelatine
1/3 cup sugar
1/2 teaspoon salt
1 1/2 cups pineapple juice*, divided
1/2 teaspoon grated lemon rind

1. Mix gelatine, sugar, and salt thoroughly in a small saucepan.
2. Add 1/2 cup of the pineapple juice.
3. Place over low heat, stirring constantly, until gelatin is dissolved.
4. Remove from heat and stir in remaining pineapple juice and lemon rind.
5. Chill until slightly thicker than unbeaten egg white consistency.
6. Beat with a rotary beater or electric beater until light and fluffy and double in volume.
7. Spoon into dessert dishes, and chill until firm.

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

Whenever the main course of your menu is hearty fare like meat, fish, or poultry, these cool, fluffy whips make a perfect ending to the meal. Choose the flavor that goes best with your main dish. For example, serve Apple Whip if you're serving pork, Cranberry Whip after chicken or turkey.

- **Orange Whip:** Follow Pineapple Whip recipe, but substitute orange juice for the pineapple juice.
- **Apricot Whip:** Follow Pineapple Whip recipe, but substitute 1 1/2 cups apricot nectar for the pineapple juice, and add 1/4 cup water in addition.
- **Cranberry Whip:** Follow Pineapple Whip recipe, but substitute cranberry juice cocktail for pineapple juice.
- **Apple Whip:** Follow Pineapple Whip recipe, but substitute apple juice for pineapple juice.
- **Coffee Whip:** Substitute 1/2 cup cold strong coffee for the pineapple juice in the Pineapple Whip recipe. Omit lemon rind, and add 1 teaspoon vanilla.
- **Tangerine Whip:** Follow Pineapple Whip recipe, but substitute tangerine juice for pineapple juice.

---

**Silhouette Salad**

Your leftover chicken or turkey gets a glorious new lease on life in this elegant main dish for buffets, luncheons, or Sunday-night suppers.

1 envelope Knox Unflavored Gelatine
1 cup water, divided
1 (10 1/2 oz.) can condensed cream of chicken or mushroom soup
1 tablespoon lemon juice
1/2 cup chopped green pepper
1/2 cup chopped pimiento
1/2 cup chopped onion
1/2 cup chopped celery
2 teaspoons grated onion
1/4 teaspoon salt
Dash pepper

1. Sprinkle gelatine on 1/2 cup of the water to soften.
2. Place over low heat, and stir until gelatin is dissolved.
3. Remove from heat, and blend in soup until smooth. Add remaining water, lemon juice, and pepper. Chill to consistency of unbeaten egg white.
4. Fold in chicken, celery, green pepper, pimientos, and onion.
5. Turn into a 3-cup mold or individual molds, and chill until firm.
6. Unmold on serving plate, and garnish with salad greens.

---

**6 Light, Frosty Whips**

- **Cranberry Whip:** Follow Pineapple Whip recipe, but substitute apple juice for pineapple juice.
- **Apricot Whip:** Follow Pineapple Whip recipe, but substitute apricot juice for pineapple juice, and add 1/4 cup water in addition.
- **Coffee Whip:** Substitute 1/2 cup strong coffee for the pineapple juice in the Pineapple Whip recipe. Omit lemon rind, and add 1 teaspoon vanilla.
- **Tangerine Whip:** Follow Pineapple Whip recipe, but substitute tangerine juice for pineapple juice.
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.