



Your
Electric
Refrigerator
and
KNOX
SPARKLING
GELATINE





KNOX SPARKLING GELATINE
CHARLES B. KNOX GELATINE CO., INC.
JOHNSTOWN - NEW YORK

To my good friends, the Housewives of America:

I have written you many letters in the past, giving recipes for good dishes to serve on your table—but this time I am writing to tell you of the merits of the Electric Refrigerators; you know we once thought they were a luxury in the household, but we now know they are an everyday necessity, for by their use menu making, food preservation and its preparation have taken on a new aspect, and housekeeping has been simplified! Housewives find there is no limit to the delicious dishes that can so easily be made and served from them—such as Appetizers, Jellied Soups, Aspic Jellies, Meat and Fish Loaves, Mayonnaise and Boiled Dressing, Ices and Ice Creams, Jellied Pies and all jellied dishes that are so tempting when used as Salads and Desserts. These dishes can be made and kept perfectly from twelve to forty-eight hours and are ready to serve at a moment's notice, cool and tempting. In the success of these dishes, Knox Sparkling Gelatine plays a very important part—thin mixtures without thickening or body cannot be chilled or frozen successfully for the reason that ice crystals form—but when you add Knox Gelatine, this is overcome, and by its use the dishes are made smooth and velvety and of good texture—and the gelatine has nutritive value as well, especially when combined with other foods and particularly with the greatest of all foods—Milk.

Knox Gelatine also plays an important part in helping the housewife utilize "left-overs" and food remnants—by the use of Electric Refrigerators, these foods are kept many days in a perfect condition—for instance, consomme left over today, may be served again by adding gelatine and made into Jellied Consomme—or stir into it some left-over peas, beans or carrots and make a Vegetable Salad—or cut it in cubes and use as a garnish for cold meat. All left-over fruits, fresh or canned, except pineapple which must always be canned, may be combined with Gelatine and made into Salads or Desserts. Left-over ice cream that has melted, when combined with Gelatine, may be made into Bavarian Creams and custards. Mayonnaise Dressing is improved by its use, as well as Boiled Dressing, which can be made as stiff as Mayonnaise.

I have so many requests for recipes that are suitable for Electric Refrigerators that I am issuing this special book for this type of dishes and hope it will find a definite need in your home and that you will find pleasure in using it. If you desire more information on the use of Knox Sparkling Gelatine, kindly write to me, or if you would like any of my other books (a list of them will be found on the inside back cover), it will be my pleasure to send them to you.

Very cordially yours,

(Mrs. Charles B. Knox)

R. M. Knox.

Suggestions for Electric Refrigerators



ALLIED SOUPS may be served partly frozen by using the freezing trays. These icy soups are delicious for luncheons.

Fruits and vegetables used in these frozen dainties should be cut in small pieces and may be coated first with mayonnaise so that the oil in the dressing may prevent them from becoming too icy.

Gelatine jellies, salads, aspics and desserts may be chilled very quickly in the trays. When mixture begins to thicken, turn into wet molds and place in the lower compartment. Time for making molded desserts and salads is greatly reduced by using this method.

Salad Dressing may be chilled or frozen and served on any kind of salad. Salad must be well chilled and the dressing placed on it just before serving.

These frozen desserts and fruit salads may take the place of two courses—that of the salad and dessert courses; or, in the case of the frozen fish and chicken mixtures, may take the place of the main course and the salad course.

Mixtures should be thoroughly cold before whipped cream is folded through them, or the stiffly beaten whites of eggs added. Mixtures may be put into individual molds or in paper cups and frozen in the trays.

The Mousse and Parfait mixtures are easily made as they are frozen without stirring, but the ices and sherbets should be stirred frequently during the freezing process. Gelatine added to these frozen dishes gives more body and helps prevent the formation of ice crystals—the ices and frappes especially, which contain more water, have a tendency to crystallize.

Two mixtures may be frozen in two trays and then combined—or two different kinds of mousse may be frozen in one pan—freezing them in opposite ends. One layer of mousse or parfait may be frozen in a pan and then covered with another layer of contrasting color, and in this way very colorful effects may be obtained.

When making sponges or Bavarian creams (jellies combined with the stiffly beaten whites of eggs or with whipped cream), chill the jelly in the trays, then beat until light and foamy and fold in whipped cream or the egg whites—turn into wet molds and place in the lower compartment of the refrigerator.

A tray of the refrigerator may be partly filled with a mousse or other cream mixture. When frozen, remove some of the cream from the center. Fill the center with a mixture of contrasting color and smooth the first mixture over the top. Serve cut in slices—many delightful combinations may be made in this way, using just half of a recipe.

Do not leave the sherbets and ices in the trays after they are sufficiently frozen as they may become too icy. Serve as soon as possible.

Slices of stale sponge or angel cake may be placed in the bot-

tom of freezing trays and mousse or cream mixtures placed on top. Freeze, and cut in slices for serving.

The frozen mixtures may be decorated on top after turning into the trays or may be decorated at serving time.

FROZEN PIES: Fill little pastry shells with a mousse or other chilled or frozen cream mixture. Cover entire shell with a stiff meringue, place on a board and put in hot oven until meringue is delicately brown. Serve at once.

FROZEN ORANGES: Fill orange shells with an orange mousse or an orange cream sherbet. Pile high with meringue and brown for a moment in a very hot oven.

Evaporated milk may be used, beaten or unbeaten, with excellent results in many of the recipes calling for cream. Heat evaporated milk in the top of a double boiler two or three minutes, pour into refrigerator tray and chill; beat until very light with an egg beater. If whipped evaporated milk is to be used for a *sauce*, add one teaspoonful Knox Sparkling Gelatine soaked in two tablespoonfuls cold milk about five minutes to the hot milk, chill, and whip until very stiff.

Method of adding gelatine to cream mixtures: Put cold water or other cold liquid in a cup, add gelatine and let soak about five minutes. Set cup in a basin of boiling water and stir until gelatine is dissolved. Add a little of the cream mixture, stir, and then add to the remaining mixture. Chill in trays and when beginning to stiffen, beat until light.

A can of pears, apricots, peaches or crushed pineapple may be mixed with gelatine (soak a tablespoonful of gelatine in one-fourth cup cold water and dissolve in three-fourths cup boiling water), cool, and turn into freezing trays. Freeze until juice is hard and serve as a salad with any preferred salad dressing, or as a dessert with whipped cream. A cup of water should always be added to the can of fruit in order that it may not be too sweet for freezing.

ICE CUBES made in the freezing trays of Electric Refrigerators are wonderfully decorative in cold beverages. They may be flavored, colored or decorated with bits of fruit, mint leaves, flower petals or tiny flowers. Ginger ale, grape juice, cider, lemon juice or any fruit juice, sweetened or unsweetened, may be frozen in the trays and served in cold drinks and punches for their zest and attractiveness.

COLORLED ICE CUBES: Tint water with any food coloring, or use bright colored fruit juice (juice of spinach or beet may be used). Flavor the water if desired with fruit juice or with extracts.

DECORATED ICE CUBES: Place in each compartment of the tray a cherry, berry, slice of fruit, small flower or a few mint leaves or flower petals—fill tray and freeze; or half fill tray with water and when partly frozen arrange decoration, add a little water to hold it in place and when that has frozen, fill tray and continue the freezing.

Appetizers

Chilled or Frozen Grapefruit Cocktail

(6 Servings)

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| 1 level teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | $\frac{1}{2}$ cup crushed pineapple (canned) |
| 2 cups grapefruit pulp | 1 cup sugar |
| $\frac{1}{2}$ cup orange pulp | Few grains salt |

Soak gelatine in cold water about five minutes and dissolve over boiling water and when dissolved add fruit juice, pulp and sugar. Turn into freezing trays and stir occasionally. Freeze until stiff enough to serve. Serve in glasses and garnish with mint or pieces of fruit as an appetizer.

Chilled or Frozen Watermelon Appetizer

(6 Servings)

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|---|---------------------------------------|
| 1 level teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | 3 cups watermelon cubes |
| 1 cup sugar | 1 cup orange juice |
| 1 cup water | Juice 1 lemon |
| Few grains of salt | Small cubes of pineapple may be added |

Soak gelatine in cold water about five minutes. Boil sugar and one cup water five minutes and add soaked gelatine and salt. Cool, and add fruit juice and fold in watermelon cubes. (Do not mash or chop the watermelon as the cubes must remain in distinct pieces.) Turn into freezing trays and stir occasionally. Do not allow it to become too hard. Serve in glasses.

Chilled or Frozen Clam Bouillon

(6 Servings)

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|---|
| 1 level teaspoonful Knox Sparkling Gelatine |
| 2 tablespoonfuls cold water |
| 4 cups clam bouillon |

Soak gelatine in cold water about five minutes and dissolve in hot clam bouillon; add desired seasonings and cool. Turn into trays of refrigerator and freeze, stirring occasionally. When sufficiently frozen, serve in bouillon cups with a topping of whipped cream to which a little salt has been added. Sprinkle with paprika. Instead of four cups of clam bouillon, three cups may be used and add one cup strained tomatoes.

Chilled or Frozen Fish Appetizer

(6 Servings)

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|---|--------------------------------|
| 1 level teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | 1 tablespoonful lemon juice |
| 1 cup crab meat or lobster | Worcestershire sauce |
| 4 tablespoonfuls tomato catsup | 4 teaspoonfuls French Dressing |
| Paprika | Few grains salt |

Soak gelatine in cold water about five minutes and dissolve over boiling water; when gelatine is dissolved, add catsup and lemon juice and stir in fish and other seasonings. Turn into trays of refrigerator, or freeze in paper cups or individual molds in the trays. Garnish with strips of pimento or cucumber slices. Raw oysters may be substituted for the crab meat.

Jellied Soups

Aspic Jelly

(6 Servings)

Note: All recipes in this book may be divided to serve any size family.

2 level tablespoonfuls Knox Sparkling Gelatine	Pared lemon rind
3½ cups well seasoned soup stock	Juice ½ onion if desired
2 tablespoonfuls lemon juice	2 egg whites
Few grains cayenne	

Soak gelatine in one-half cup cold stock about five minutes. Heat remaining stock, add lemon juice and rind, cayenne, and more seasonings if necessary. Add soaked gelatine, and when dissolved, add egg whites slightly beaten. Stir constantly and boil for five minutes. Cool, and strain through double cheesecloth. Canned broths and soups or bouillon cubes may be used. Meat, fish or vegetables may be molded in the aspic and served as an entree or a salad. Cut in fancy shapes, aspic is used as a garnish; often it is used as a glossy coating for meats, fish and eggs.

Jellied Soup

Prepare same as for Aspic Jelly, using four cups soup stock instead of three and one-half cups. Use chicken or veal for light colored soups; or for a richer soup, brown or beef stock. It must be a delicate jelly and not so firm as the aspic. Season very highly (cloves, bay leaf, tarragon vinegar or Worcestershire sauce may be added). Add a few cooked vegetables if desired, such as peas or tiny cubes of carrot with or without a little minced pepper. Chill and just before serving beat with a fork. Turn into bouillon cups. A clear jellied tomato bouillon is prepared in like manner, equal quantities of broth and strained tomato being especially good. Serve with a garnish of parsley or cress. It will not be necessary to clarify the canned broths and consomme with egg whites. This may also be served hot.

Fruit Soup

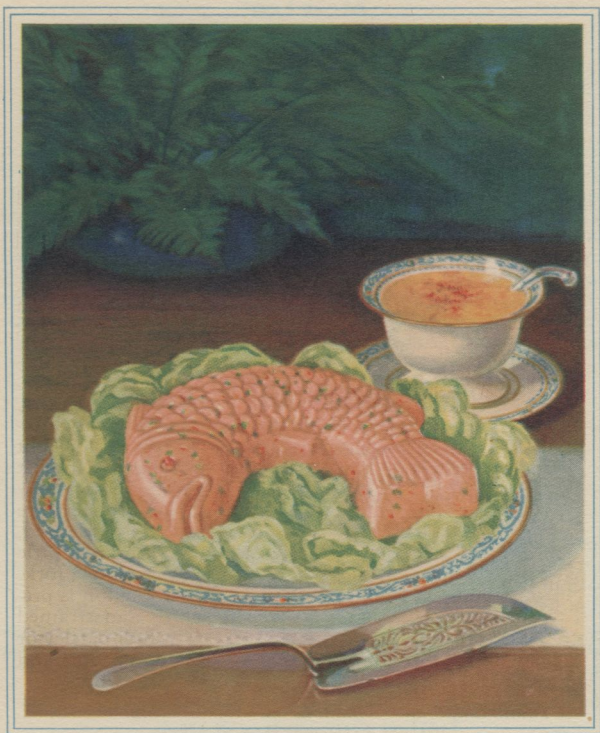
(6 Servings)

(For the Summer Luncheon)

2 level tablespoonfuls Knox Sparkling Gelatine	2 tablespoonfuls lemon juice
½ cup cold water	Few grains salt
1½ cups boiling water	Sugar
2 cups fruit juice	

Soak gelatine in cold water about five minutes, add boiling water and stir until dissolved. Add fruit juice (using orange, cherry, grape, raspberry, currant, grapefruit, or a combination of any of them fresh or canned; pineapple may be used but must always be canned); add sugar according to the acidity of the fruit, and salt. Turn into tall, thin glasses, in bouillon cups or in glass grapefruit sets. Serve thoroughly chilled, garnished with a bit of fruit and accompanied by unsweetened crackers. Thicker soups may be made with banana, apricot or apple pulp.

All recipes in this book have been carefully tested and we consider them correct—however if their consistency does not suit the individual taste, in being too stiff or not stiff enough, vary the quantity of liquid to be used.



Meat and Fish Loaves

Salmon Loaf

(6 Servings)

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| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $1\frac{1}{2}$ tablespoonfuls melted butter |
| Yolks of two eggs | $\frac{3}{4}$ cup milk |
| 1 teaspoonful salt | 2 tablespoonfuls mild vinegar or lemon juice |
| | 1 can salmon, tuna or crab meat |
| | 1 teaspoonful mustard |
| | Few grains cayenne or paprika |

Soak gelatine in cold water about five minutes. Mix egg yolks, slightly beaten, with salt, mustard and cayenne; then add butter, milk, and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Add soaked gelatine and salmon, separated into flakes. Turn into wet mold, chill, and remove to bed of crisp lettuce leaves. Serve with Mayonnaise or Jelried Cucumber Relish. Recipe on page 7.

Meat Loaf

(8 Servings)

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|--|---|
| 2 level tablespoonfuls Knox Sparkling Gelatine | |
| 1 cup cold water | 2 cups chopped cold cooked veal, ham, |
| 2 cups stock, well seasoned | beef or chicken |
| 1 onion, peeled and sliced | $\frac{1}{8}$ cup canned pimentos, cut in thin strips |
| 1 stalk celery | $\frac{1}{2}$ tablespoonful finely chopped parsley |

Soak gelatine in the cold water about five minutes. Add onion and celery to stock and let it boil three minutes. Strain if necessary, add more seasoning and pour over soaked gelatine. When jelly begins to stiffen add meat, pimentos and chopped parsley. Turn into a wet mold and chill in ice chamber. When firm remove from mold and cut in slices for serving. When beef is used add a tablespoonful of Worcestershire sauce—with lamb, minced mint may be used instead of onion juice. Meat platter may be garnished with lettuce, green peppers, asparagus or small stuffed tomatoes.

Jellied Chicken and Vegetables

(8 Servings)

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| 2 level tablespoonfuls Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water or stock | 2 cups vegetables, cooked peas |
| 3 cups chicken stock (canned) | string beans, beets, carrots, |
| broth or soup may be used) | asparagus, etc. |
| $\frac{3}{4}$ teaspoonful salt | 1 pimento or green pepper |

Soak gelatine in cold water about five minutes and dissolve in hot stock. Add salt and cool. Rinse a square mold in cold water, pour in a thin layer of the liquid jelly, let stiffen slightly and decorate with peppers and other vegetables. Pour in more jelly and arrange on the thickening jelly, chicken slices and vegetables in layers and chill. Unmold on a bed of lettuce leaves and garnish with parsley and salad dressing.

Jellied Cucumber Relish

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|---|--|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ teaspoonful salt |
| 1 cup boiling water | 1 cucumber, diced |
| $\frac{1}{2}$ cup mild vinegar | Juice 1 small onion |
| 2 tablespoonfuls sugar | 1 tablespoonful red or green pepper, chopped |

Soak gelatine in cold water about five minutes and dissolve in boiling water; add vinegar, seasonings, cucumber and pepper. Place in refrigerator and when it begins to stiffen, stir and turn into small wet molds; when firm, unmold and serve with fish course. Grated horseradish may be added. This recipe is fine to use with ham.

Hors d'Oeuvre or Appetizer

Jellied salads, fish loaves or aspic jellies molded in tiny molds make a decorative appetizer. Or, cut Aspic Jelly in thin rounds with a cake cutter and lay on top of any prepared appetizer on toast or a cracker. Serve on individual plates.

Mint Jelly for Cold Lamb

(6 Servings)

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| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | Few grains paprika |
| 1 cup sugar | Green coloring |
| $\frac{1}{2}$ teaspoonful salt | 1 cup mild vinegar |

Use 1 cup finely chopped fresh mint leaves (dried or mint extract may be used instead of leaves).

Soak gelatine in cold water about five minutes, and dissolve in syrup made by boiling sugar and vinegar five minutes. Add salt and paprika, and color green; then add mint leaves. Let stand five minutes, strain into wet molds and chill and remove from mold. Used for either hot or cold lamb.

Knox Mayonnaise Dressing

(Makes 1 pint)

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|--|-----------------------------------|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 3 tablespoonfuls cold water | Yolks of two eggs |
| 1 teaspoonful mustard, if liked | 4 tablespoonfuls lemon juice |
| 1 teaspoonful salt | 2 cups olive oil |
| Few grains cayenne or paprika | Garlic or onion juice, if desired |
| 1 teaspoonful curry powder, if desired | |

Soak gelatine in cold water about five minutes, and dissolve over boiling water. Mix mustard, salt and cayenne; add egg yolks, and when well mixed one-half teaspoonful lemon juice, then add dissolved gelatine. Cool and add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with remaining lemon juice. Add 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.

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 placed in a mold and when firm, unmold, and pass with the salad or may be cut in slices and passed.

A Delightful Appetizer

(6 Servings)

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| 1 level tablespoonful Knox Sparkling Gelatine | |
| $1\frac{3}{4}$ cups canned tomatoes (or soup) | $\frac{1}{4}$ cup cold water |
| 1 tablespoonful onion juice | $\frac{1}{2}$ bay leaf |
| 1 stalk celery | Few grains cayenne |
| 1 tablespoonful mild vinegar | Few grains salt |

Soak gelatine in cold water five minutes. Mix remaining ingredients, except vinegar, bring to boiling point and let boil ten minutes. Add vinegar and soaked gelatine, and when gelatine is dissolved, strain. Turn into wet pan and chill. When firm, cut in slices and serve on small pieces of toast or crackers, garnish top with a spoonful of mayonnaise topped with half of a stuffed olive. An additional garnish would be to take a hard boiled egg, chopping separately the white and yolk very fine and garnish the top of mayonnaise with it. This appetizer is nice to serve with ginger ale.

Salads—Chilled or Frozen

A Foundation Recipe for Salads and Desserts

(8 Servings)

Note: All recipes in this book may be divided to serve any size family.

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.

Lemon

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water $\frac{3}{4}$ cup sugar 1 teaspoonful salt
2 cups boiling water $\frac{1}{2}$ 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, chill in ice chamber and remove from mold. When canned fruit is to be molded, the fruit syrup may be substituted for part of the boiling water and less sugar used.

Fruit Salad Supreme

(8 Servings)

Make salad jelly according to Foundation Recipe, substituting fruit juice for part of boiling water if canned fruits are used, and when jelly begins to thicken add three cups fresh or canned fruit, drained of juice (use cherries, oranges, grapes, apples, bananas or cooked pineapple, alone or in combination). Turn into wet mold and chill in ice chamber or freezing trays. Remove from mold and serve on lettuce garnished with mayonnaise or boiled salad dressing.

Beet Jelly Salad

(8 Servings)

Make salad jelly according to Foundation Recipe, and when jelly begins to thicken, add four cooked beets, cut very fine, two cups celery or cabbage, shredded, and one fresh red or green pepper, cut fine. Two tablespoonfuls prepared horseradish may be added, or a chopped cucumber. Turn into small wet molds, chill in ice chamber and when firm, unmold on lettuce and garnish with cheese balls and mayonnaise.

Luncheon Salad

(8 Servings)

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



Asparagus Bavarian Salad

(6 Servings)

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|---|--------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | 1 cup whipped cream |
| $\frac{1}{4}$ cup cold water | Mace |
| $1\frac{1}{2}$ cups asparagus liquid | $\frac{1}{2}$ pimento, chopped |
| 1 bunch asparagus | |

Cook asparagus and save liquid when draining it. Soak gelatine in cold water, and dissolve in hot asparagus juice which has been strained. Season with salt and white pepper. Arrange stalks of asparagus around sides of mold. When jelly begins to stiffen, add some of the asparagus which has been rubbed through a sieve, a dash of mace, bits of pimento and the whipped cream. Turn into mold. Serve with a mayonnaise or French dressing.

Additional colored illustrations of the various dishes appearing in this book will be found on the outside covers.

Golden Salad

(6 Servings)

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|---|--|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ cup sugar |
| 1 cup pineapple juice | 1 cup oranges, cut in small pieces |
| $\frac{1}{4}$ cup mild vinegar | 1 $\frac{1}{2}$ cups cooked pineapple, cut in small pieces |
| $\frac{1}{2}$ cup orange juice | 1 medium sized carrot (grated on coarse grater) |
| | Few grains salt |

Soak gelatine in cold water about five minutes. Dissolve in hot pineapple juice, and add sugar, salt, orange juice and vinegar. When jelly begins to stiffen, add other ingredients. Turn into wet mold and chill in ice chamber or freezing trays. If individual molds are used, place one teaspoonful of clear jelly in bottom of mold. When nearly firm, place on it one tablespoonful of thick mayonnaise. When this is firm, fill mold with salad mixture. Unmold and serve on lettuce.

Perfection Salad

(8 Servings)

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| 2 level tablespoonfuls Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | 1 teaspoonful salt |
| $\frac{1}{2}$ cup mild vinegar | 1 cup cabbage, finely shredded |
| 2 tablespoonfuls lemon juice | 2 cups celery, cut in small pieces |
| 2 cups boiling water | 2 pimentos, cut in small pieces, or |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup sweet red or green peppers |

Soak gelatine in cold water about five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. When mixture begins to stiffen, add remaining ingredients. Turn into wet mold, and chill in ice chamber. Remove to bed of lettuce or endive. 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

(8 Servings)

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|--|-------------------------------|
| 2 level tablespoonfuls Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | Stalk celery |
| 3 $\frac{1}{2}$ cups canned tomatoes | Few grains cayenne |
| 2 tablespoonfuls onion juice | 2 tablespoonfuls mild vinegar |
| $\frac{1}{2}$ bay leaf | 1 teaspoonful salt |

Soak gelatine in cold water about five minutes. Mix remaining ingredients, except vinegar, bring to boiling point and let boil ten minutes. Add vinegar and soaked gelatine, and when gelatine is dissolved, strain. Turn into wet molds, and chill in ice chamber. Remove from molds to bed of crisp lettuce leaves and garnish with mayonnaise dressing; or the jelly may be cut in any desired shapes and used as a garnish for salads or cold meats. Mayonnaise dressing may be forced through a pastry bag and tube if desired.

Orange Salad Supreme

(6 Servings)

Make Orange Jelly, following recipe on page 15. When it begins to stiffen, add oranges or other fruit or a combination of fruits, cut in small pieces. Turn into wet mold and chill in ice chamber. Remove from mold to crisp lettuce leaves and accompany with mayonnaise or boiled salad dressing.

Frozen Cream Cheese Salad

(6 Servings)

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|---------------------------------------|------------------------------------|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | 1 teaspoonful Worcestershire sauce |
| 2 cream cheeses | 1 cup cream or evaporated milk |
| $\frac{1}{4}$ teaspoonful salt | Jelly |

Few grains paprika

Soak gelatine in cold water about five minutes and dissolve over boiling water. Mash cheese, add seasonings. Add dissolved gelatine and fold in whipped cream. Turn into freezing trays. When ready to serve, turn out of tray, slice and serve on individual plates on crisp lettuce with a spoonful of currant jelly or bar le duc jam. Or this may be served on slices of tomato for the first course, pouring over it a spoonful of French Dressing; or serve in hollowed-out tomatoes.

Frozen Fruit Salad

(6 Servings)

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|---|---------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup canned pineapple juice | 2 tablespoonfuls powdered sugar |
| 1 cup mayonnaise | Salt |
| 2 cups fruit, cut in small pieces | 1 cup cream, whipped |

Soak gelatine in pineapple juice about five minutes and dissolve over boiling water. Cool. Beat mayonnaise gradually into the whipped cream and add dissolved gelatine and powdered sugar. Fold in fruit (canned pineapple, apricots, pears, cherries or any fresh fruit). Turn into trays, and when sufficiently frozen, serve on lettuce with any preferred dressing. Salad may be molded in tiny molds and these placed in the trays.

Salad Dessert (Two Courses in One)

(6 Servings)

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|---|-----------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| 4 tablespoonfuls cold water | $\frac{1}{2}$ teaspoonful salt |
| 1 tablespoonful butter | $\frac{1}{8}$ teaspoonful paprika |
| Yolks of two eggs | Few grains cayenne |
| 3 tablespoonfuls sugar | $\frac{3}{8}$ cup milk |
| 2 tablespoonfuls canned pineapple juice | |
| 1 cup prepared fruit | |
| $\frac{1}{2}$ cup mild vinegar | |
| 1 cup heavy cream | |

Soak gelatine in the cold water about five minutes. Whip egg yolks and salt, add gradually vinegar, sugar, butter, cayenne and pineapple juice. Whip lightly. Heat milk in double boiler and gradually add the above mixture. Add soaked gelatine and when mixture thickens, remove from fire. Whip occasionally while cooling, and when beginning to set, add whipped cream and the fruit cut in small pieces (oranges, cherries, canned pineapple, grapefruit, pears or any desired fruit). Turn into trays and freeze a couple of hours—do not allow the fruit to freeze and become too icy. Cut in squares and serve on crisp lettuce with mayonnaise to which has been added a few spoonfuls of whipped cream or the beaten white of an egg.

Note: Avocados (Alligator Pears) crushed or diced may be combined with gelatine in the making of fruit salads.

Frozen Tomato Cream Salad

(8 Servings)

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|---|---------------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ teaspoonful peppercorns |
| 1 can tomatoes, quart capacity | 1 slice onion |
| 2 cloves | Sprig parsley |
| 1 allspice berry | Few grains cayenne |
| $\frac{1}{4}$ teaspoonful celery seed | 1 tablespoonful tarragon vinegar |
| $\frac{1}{2}$ teaspoonful salt | $\frac{1}{2}$ pint heavy cream |

Soak gelatine in cold water about five minutes. Cook tomatoes with cloves, allspice berry, salt, celery seed, peppercorns, onion, parsley, and cayenne, ten minutes. Add soaked gelatine and when dissolved, cool slightly, and add vinegar. Turn into freezing trays. (If preferred, this may be frozen in small molds or in paper cases.) If desired, serve with a garnish of sliced tomato, sliced cucumber or shredded celery—these should first be marinated in French Dressing—on a bed of lettuce or watercress. Serve with cheese crackers. The Frozen Tomato Cream and one of the Frozen Chicken Salads may be frozen in separate trays of the refrigerator (using half a recipe)—line mold with the tomato mixture and fill center with the frozen chicken salad, and place mold in the coldest part of the refrigerator.

Frozen Chicken Salad

(6 Servings)

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|---------------------------------------|---|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | $1\frac{1}{2}$ cups chicken, finely cut |
| $\frac{1}{2}$ cup boiled dressing | $\frac{1}{4}$ cup stuffed olives, chopped |
| $\frac{1}{2}$ cup cream, whipped | $\frac{1}{2}$ cup celery, chopped |
| | Few grains salt |

Soak gelatine in cold water about five minutes and dissolve over boiling water. Cool, and beat into salad dressing; combine with chicken, olives and celery and fold in cream. Turn into trays and freeze. Serve garnished with olives and watercress.

Frozen Chicken Supreme

(6 Servings)

- | | |
|---------------------------------------|---|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | $1\frac{1}{2}$ cups chicken, minced |
| $\frac{3}{4}$ cup mayonnaise | $\frac{1}{2}$ cup blanched almonds |
| $\frac{3}{4}$ cup cream | $\frac{1}{2}$ cup Malaga grapes or canned pineapple |
| Few grains salt | Few grains paprika |

Soak gelatine in cold water about five minutes and dissolve over boiling water. Cool, and beat it into the mayonnaise. Add whipped cream and other ingredients. Turn into freezing trays. Serve garnished with almonds.

Sauerkraut Juice Salad

(6 Servings)

- | | |
|---|---------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{3}$ cup cold water | $\frac{1}{3}$ cup boiling water |
| | 1 pint sauerkraut juice. |

Soak gelatine in cold water five minutes. Dissolve in boiling water. Cool slightly and add one pint sauerkraut juice. Pour into individual molds, chill. Unmold and serve as a salad or as a garnish to meat.

Do not use heated sauerkraut juice as heating destroys the food value of the juice.

Tuna Fish, Salmon or Crabmeat Salad

(6 Servings)

- | | |
|---|---|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{3}{4}$ cup boiled salad dressing |
| 1 cup tuna fish | $\frac{1}{2}$ teaspoonful salt |
| $\frac{1}{2}$ cup celery, chopped | $\frac{1}{4}$ teaspoonful paprika |
| $\frac{1}{2}$ green pepper, finely chopped | 2 teaspoonfuls vinegar |
| 2 tablespoonfuls chopped olives | Few grains cayenne |

Soak gelatine in cold water about five minutes, and add to hot boiled salad dressing. Cool, and add fish, separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, paprika, vinegar, and cayenne. Turn into wet individual molds, and chill in ice chamber. Remove from molds to nests of lettuce leaves, and garnish with slices cut from pimolas, diamond shaped pieces cut from green peppers, celery tips and watercress.

Frozen Pineapple and Cheese Salad

(6 Servings)

- | | |
|---------------------------------------|--|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | $\frac{1}{2}$ cup cream or evaporated milk |
| 2 cream cheeses | Few grains salt |
| 1 cup canned pineapple (crushed) | 3 tablespoonfuls boiled salad dressing |

Soak gelatine in cold water about five minutes and dissolve over boiling water. Cool, and beat in salad dressing; add pineapple and salt and fold in whipped cream. Turn into trays of refrigerator. Serve on lettuce with a garnish of cherries and salad dressing.

Vegetables and Cheese

(6 Servings)

- | | |
|---------------------------------------|--|
| 1 teaspoonful Knox Sparkling Gelatine | |
| 2 tablespoonfuls cold water | $\frac{1}{2}$ cup cucumber, chopped |
| 2 cream cheeses | 2 tablespoonfuls pimentos |
| 1 chopped pepper | $\frac{1}{2}$ cup nut meats |
| Few grains salt | $\frac{1}{2}$ cup mayonnaise |
| | $\frac{1}{2}$ cup cream or evaporated milk |

Soak gelatine in cold water about five minutes and dissolve over boiling water. Cool, and beat into the mayonnaise. Add vegetables; mash cheese and add with chopped nuts, and lastly fold in whipped cream and turn into individual or large mold. Chill in ice chamber and remove to lettuce leaves.

Avocado (or Alligator Pear) Salad

(6 Servings)

- | | |
|---|------------------------------------|
| 1 level tablespoonful Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ medium-sized avocado |
| $1\frac{1}{4}$ cups boiling water | 2 slices (canned) pineapple |
| $\frac{1}{2}$ bunch celery | 6 maraschino cherries |

Soak gelatine in cold water about five minutes and dissolve in the boiling water. Dice cherry, pineapple, avocado, and celery. Make a star of the cherry and avocado in bottom of mold and add 1 tablespoonful of gelatine mixture. When set add remainder of avocado, cherry, celery, and pineapple in layers, then add remaining gelatine. When firm remove from mold and serve on lettuce.

Desserts—Chilled or Frozen

Foundation Recipe for Desserts and Salads

(6 Servings)

Lemon

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water $\frac{3}{4}$ cup sugar
2 cups boiling water $\frac{1}{2}$ cup lemon juice Salt

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 in ice chamber; when firm, remove from mold. 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. Always use canned or scalded fresh pineapple.

Orange

(6 Servings)

2 level tablespoonfuls Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water
2 cups boiling water
 $\frac{3}{4}$ cup sugar
1 cup orange juice
2 tablespoonfuls lemon juice Salt
Orange pulp may be added

} Make same as above Recipe

Coffee

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups clear strong coffee Juice $\frac{1}{2}$ lemon Salt

Soak gelatine in the cold water about five minutes and dissolve in the hot coffee; add lemon juice, sugar and salt and stir until dissolved. Turn into wet mold and place in ice chamber, unmold and serve with whipped cream or whipped evaporated milk.

Lemon Sponge or Snow Pudding

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water $\frac{1}{4}$ cup lemon juice
1 cup boiling water Whites of two eggs
 $\frac{3}{4}$ cup sugar Salt

Soak gelatine in cold water about five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Turn into wet mold. Chill in ice chamber, unmold, and serve with boiled custard made of yolks of eggs. A very attractive dish may be prepared by coloring half the mixture red.

Chocolate Sponge (6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{4}$ cup boiling water
1 teaspoonful vanilla
2 squares of chocolate or 6 tablespoonfuls cocoa
 $\frac{1}{8}$ cup sugar
3 eggs
Few grains of salt

Soak gelatine in cold water about five minutes, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg whites until stiff and add well beaten egg yolks to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill in ice chamber and 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.

Chartreuse of Jelly (8 Servings)

Cut out the center of a round stale sponge cake, leaving the bottom and sides thick enough to hold a quart of jelly. Prepare a lemon, orange, strawberry or any fruit jelly, and when cold and just ready to form, turn into the cake, and chill in ice chamber. When ready to serve, cover the top with the chilled, sweetened and flavored whipped cream, or whipped evaporated milk.

Chocolate or Christmas Plum Pudding

(8 Servings)

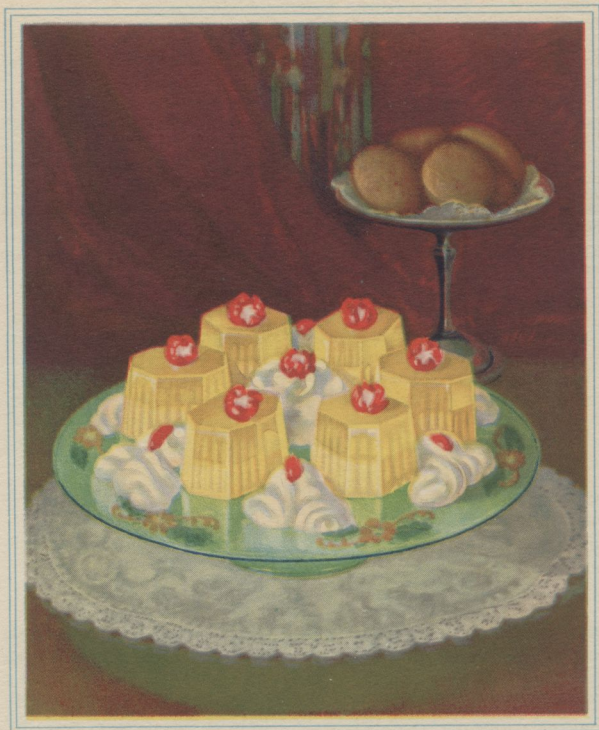
2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water
1 pint milk
 $1\frac{1}{2}$ squares chocolate
 $\frac{1}{2}$ teaspoonful vanilla
1 cup seeded raisins
Salt
 $\frac{1}{2}$ cup currants
3 egg whites
1 cup sugar
 $\frac{3}{4}$ cup dates
 $\frac{1}{2}$ cup nuts

Soak gelatine in cold water about five minutes. Put milk with fruit in double boiler. When hot, add chocolate which has been melted with part of the sugar and a little milk added to make a smooth paste. Add soaked gelatine, sugar and salt, remove from fire, and when mixture begins to thicken, add vanilla and nut meats, chopped, and lastly fold in whites of eggs, beaten very stiff. Turn into wet mold decorated with whole nut meats and raisins. Chill in ice chamber. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla or with a currant jelly sauce.

Fruit Bavarian Cream (6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water
1 cup fruit juice and pulp
1 tablespoonful lemon juice
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups heavy cream, beaten until stiff
Salt

Soak gelatine in cold water about five minutes, and dissolve by standing cup containing mixture in hot water. Pour into fruit juice mixed with lemon juice. Add sugar, and when sugar is dissolved set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold, and chill in ice chamber; unmold. Use canned pineapple, fresh or canned strawberries, raspberries, peaches, or any preferred fruit.



Spanish Cream or Molded Custard

(6 Servings)

3 cups milk	3 eggs	1 level tablespoonful Knox Sparkling Gelatine	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cup sugar, scant			1 teaspoonful vanilla

Soak gelatine in the milk about five minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on yolks of eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top, unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice).

Variations

1. *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.

2. **Coffee Spanish Cream.** Make like Spanish Cream, but use two cups of strong coffee and three-fourths cup milk, instead of the three cups milk, and add one-third cup more sugar. Serve with cream.

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

4. **Lemon Spanish Cream.** Make like Spanish Cream, using two cups water and no milk; add one-half cup more sugar. Add one-third cup lemon juice after removing custard from fire.

7. **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). Cover fruit with a thick layer of whipped cream. Sprinkle grated chocolate over pudding. Serve with or without a chocolate sauce, or with the canned juice.

CONDENSED or EVAPORATED milk may be used in Spanish Cream Deserts. Use one and one-half cups each evaporated milk and water instead of the three cups milk. Less sugar will be needed if condensed milk is used.

Ginger Ale Ice

(6 Servings)

1 tablespoonful Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water	$\frac{1}{3}$ cup orange juice
2 cups boiling water	Grated rind of orange
1 cup sugar	$\frac{1}{4}$ cup lemon juice
1 pint ginger ale	

Soak the gelatine in the cold water. Make a syrup of the boiling water and sugar. Add orange rind to this and boil about five minutes. Add soaked gelatine. Cool; add fruit juices and just before freezing stir in the ginger ale.

Lemon Milk Sherbet

(8 Servings)

2 teaspoonfuls Knox Sparkling Gelatine	
1 quart milk	$1\frac{1}{2}$ cups sugar
Salt	Juice of three lemons

Soak gelatine in one-half cup of the milk about five minutes. Dissolve over hot water and add to remainder of milk. Mix lemon juice and sugar, add slowly to milk mixture, and turn into freezing trays. Stir twice during freezing process. For a richer sherbet use half cream and half milk.

Cranberry Frappe

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

1 level tablespoonful Knox Sparkling Gelatine	
1 cup cold water	1 quart cranberries
3 cups boiling water	$2\frac{1}{2}$ cups sugar
	4 tablespoonfuls lemon juice

Soak gelatine in cold water about five minutes. Cook cranberries in boiling water until soft; then force through a strainer. Add sugar and lemon juice and bring to a boil, add soaked gelatine and freeze in trays of refrigerator—beat two or three times during freezing process.

Cantaloupe Frappe

(6 Servings)

	1 teaspoonful Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water		Few grains salt
2 cups cantaloupe		$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ cup sugar		1 teaspoonful lemon juice

Soak gelatine in cold water about five minutes; dissolve over hot water and add cantaloupe pulp. Add remaining ingredients and turn into freezing trays—stir two or three times during freezing process. Serve in the rind of the melons, cut to represent baskets with or without handles. To prepare the cantaloupe pulp, remove seeds, scrape pulp from rind and force through a strainer.

Apple Frappe

(6 Servings)

	2 teaspoonfuls Knox Sparkling Gelatine	
4 tablespoonfuls cold water		$\frac{1}{2}$ cup sugar
2 cups sweet cider		1 tablespoonful lemon juice
2 cups apple sauce		Few grains salt

Soak gelatine in cold water about five minutes, and dissolve over boiling water. Add apple sauce, cider, sugar, lemon juice and salt. Turn into freezing trays. Stir twice during freezing process. Serve as accompaniment to turkey, chicken, duck, or for a dessert.

Custard Ice Cream

(8 Servings)

	1 teaspoonful Knox Sparkling Gelatine	
1 quart milk	2 eggs	1 teaspoonful vanilla
1 cup sugar (scant measure)		Few grains salt

Soak gelatine in two tablespoonfuls of milk about five minutes. Make a custard of the milk, yolks of eggs, sugar and salt, and cook in double boiler until slightly thick. Dissolve the gelatine in the hot custard. Strain, and when cold add flavoring and turn into trays. When partly frozen, add stiffly beaten egg whites, and continue the freezing, stirring occasionally.

MAPLE ICE CREAM: Substitute a cup of maple syrup for the cup of sugar in the Custard Ice Cream recipe.

BANANA ICE CREAM: Halve bananas and force through a coarse sieve. Add to the cooled custard.

STRAWBERRY OR RASPBERRY ICE CREAM: Crush two cups berries and press through a fine sieve. Add the necessary additional sugar, stir well and add to the custard when cool. A cup of whipped cream or evaporated milk may be added. Freeze as usual. Peach and other fruit ice creams are made in the same way.

Mint Sherbet

Make same as Lemon Ice, adding four tablespoonfuls bruised mint leaves to the boiling syrup. Strain and freeze. A delicious accompaniment to hot or cold lamb.

Grape Juice Sherbet

(8 Servings)

1 level tablespoonful Knox Sparkling Gelatine	
$\frac{1}{2}$ cup cold water	4 tablespoonfuls lemon juice
$1\frac{1}{2}$ cups boiling water	1 pint grape juice
1 cup sugar	$\frac{1}{3}$ cup orange juice Salt

Soak gelatine in cold water about five minutes. Make a syrup by boiling sugar and hot water ten minutes, and add soaked gelatine. Cool slightly and add fruit juices; then freeze in freezing trays, and beat as in Lemon Ice. Serve in sherbet glasses and garnish with candied violets or any fruit, if desired.

Fruit Sherbet

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine (scant measure)	
$1\frac{1}{2}$ cups sugar	3 cups rich milk
1 orange	1 lemon Salt

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for about five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. Turn into freezing trays and when it begins to freeze, add fruit juice and sugar, and fruit of any kind if desired. Beat twice during freezing process.

Lemon Ice

(8 Servings)

2 teaspoonfuls Knox Sparkling Gelatine	
4 cups boiling water	2 cups sugar
4 tablespoonfuls cold water	$\frac{3}{4}$ cup lemon juice Salt

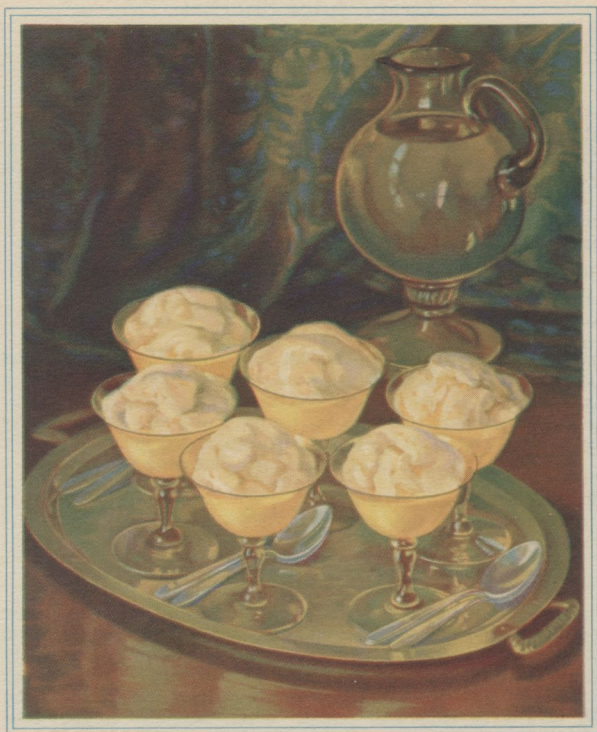
Soak gelatine in cold water about five minutes. Make a syrup by boiling water and sugar, and add salt, gelatine and lemon juice; cool and pour into trays of refrigerator. When mixture is partly frozen, remove from tray and beat with an egg beater. Return to freezing tray. In another two hours beat the second time and return to tray and freeze. When partially frozen, two stiffly beaten egg whites may be added if desired. Unmold and serve in the cubes.

Fruit Juice Ice—Other than Lemon

(8 Servings)

2 teaspoonfuls Knox Sparkling Gelatine	
3 tablespoonfuls cold water	$1\frac{1}{2}$ cups fruit juice
2 cups boiling water	juice $\frac{1}{2}$ lemon
1 cup sugar	Rind 1 lemon Salt

Soak gelatine in cold water about five minutes. Make a syrup of boiling water and sugar, boiling it with the grated rind for five minutes. Add soaked gelatine. Cool, add fruit juice and pour into freezing trays. Proceed as for Lemon Ice. When partly frozen, stiffly beaten whites of two eggs may be added. Fruit, if berries, should be squeezed through a double thickness of cheese cloth to obtain the juice. When making Orange Ice add grated or pared rind of orange instead of lemon. The amounts in this recipe may be increased or lessened, but the proportions should be kept the same.



Orange Cream Sherbet

(8 Servings)

	1 teaspoonful Knox Sparkling Gelatine	
1½ cups sugar		1½ cups orange juice
½ cup cold water		½ cup sugar
1½ cups boiling water		2 eggs
Grated rind of two oranges		Few grains salt
1 cup lemon juice		1 pint heavy cream or evaporated milk

Soak gelatine in cold water about five minutes. Dissolve gelatine and sugar in boiling water; add orange rind, lemon juice and orange juice. Turn into freezing trays and freeze to a mush. Beat cream until stiff, and add sugar and salt. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing. STIR twice during freezing process.

Philadelphia Vanilla Ice Cream

(8 Servings)

2 teaspoonfuls Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water	1 cup sugar
1 pint scalded milk	1 tablespoonful vanilla
1 pint cream	Few grains salt

Soak gelatine in cold water about five minutes and dissolve in scalded milk. Add sugar, and when sugar is dissolved, cool. Fold into whipped cream and add flavoring. Turn into trays of refrigerator and stir every thirty minutes until mixture will hold its shape. Serve with a sauce if desired—chocolate, maple or fruit. (If part of the cream is whipped and added when partly frozen, it will improve it.)

CHOCOLATE ICE CREAM: Melt two squares of chocolate and add to the scalded milk.

CARAMEL ICE CREAM: Caramelize one cup of sugar by placing it in a saucepan over a hot fire and stirring until melted and the color of maple syrup. Add one cup hot water and simmer on back of stove until the consistency of hot syrup. Add to the scalded milk together with the other cup of sugar and stir over fire until dissolved. Add soaked gelatine and proceed as in Philadelphia Vanilla Ice Cream recipe.

COFFEE ICE CREAM: Add three tablespoonfuls finely ground coffee to the milk. Scald and strain through several thicknesses of cheesecloth, then proceed as for Philadelphia Vanilla Ice Cream.

Watermelon Dessert

(12 Servings)

1 level tablespoonful Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water	1 pint hot milk
2 eggs	1 quart cream
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup Sultana raisins
Few grains salt	Vanilla Almond extract

Soak gelatine in the cold water about five minutes. Add sugar and salt to well-beaten eggs, and slowly add the hot milk. Cook for a few minutes, and dissolve soaked gelatine in the hot custard. When cold, add one quart cream. Separate into two portions of one-third and two-thirds. Flavor the two-thirds portion with vanilla and color with pink coloring to match a ripe watermelon. Flavor the one-third portion with almond and vanilla or pistachio, and color with green coloring. Freeze in separate trays in refrigerator.

When frozen, pack a melon mold with a layer of the green, making a wall at the bottom and sides of mold to the thickness of a melon rind, and fill with the pink portion to which add the raisins (first having soaked them in a tasty juice or hot water), drain and place the raisins to resemble the seeds of a melon.

Place mold in the coldest part of the refrigerator.

Or these two portions may be partially frozen in separate trays, then arranged in layers in the one tray and finish the freezing. Raspberry Ice may be used for the pink portion.

Angel Parfait

(6 Servings)

1 teaspoonful Knox Sparkling Gelatine	
2 tablespoonfuls cold water	Whites 2 eggs, beaten dry
$\frac{1}{2}$ cup granulated sugar	1 cup cream, whipped
$\frac{1}{2}$ cup water	1 teaspoonful vanilla
Few grains salt	

Soak gelatine in cold water about five minutes and dissolve over boiling water. Boil the sugar and one-half cup water to the soft ball degree (as in making boiled frosting), pour in a fine stream onto the egg whites, beating constantly meanwhile; add the gelatine, stir over cold or ice water until mixture is cold and begins to set, then fold in cream and flavoring (lemon, orange or almonds may be used). Turn into trays and freeze without stirring.

Variations

CHERRY-NUT PARFAIT: When mixture is cool, add 1 cup canned or maraschino cherries, 1 cup chopped almonds or other nuts and 2 teaspoonfuls almond extract.

TUTTI FRUTTI: Add 1 cup candied fruit which has been soaked in fruit juice or in syrup.

PEACH PARFAIT: Use but one-fourth cup water and add 1 cup mashed peaches and one-fourth cup orange juice.

PISTACHIO: Flavor with pistachio and color a light green—1 cup chopped pistachio nuts may be added.

RASPBERRY OR STRAWBERRY PARFAIT: Add 1 cup berries, mashed and strained.

MACAROON PARFAIT: Add 1 cup dried and pounded macaroons, and garnish with cherries.

Golden Parfait

(6 Servings)

1 teaspoonful Knox Sparkling Gelatine	
2 tablespoonfuls cold water	2 egg yolks
$\frac{1}{2}$ cup water	1 cup cream, whipped
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tablespoonful flavoring
Few grains salt	

Soak gelatine in cold water about five minutes and dissolve over boiling water. Boil the one-half cup water and the sugar until it will spin a thread and pour gradually over the beaten egg yolks, beating constantly. Add dissolved gelatine, cool, stirring occasionally, and fold in cream. Add flavoring and turn into freezing trays, and freeze without stirring.

Variations

CHOCOLATE PARFAIT: Melt in the syrup while hot 2 squares chocolate, beat, and combine with the egg yolks.

PINEAPPLE PARFAIT: Substitute $\frac{1}{2}$ cup pineapple syrup for the water and use only five tablespoonfuls sugar. Serve the parfait on pineapple slices.

COFFEE: Use $\frac{1}{2}$ cup strong coffee instead of the half cup water.

Rice Parfait

(8 Servings)

2 cups hot boiled rice	1 level tablespoonful Knox Sparkling Gelatine
1½ cups milk	1 cup chopped nut meats
1 cup cream	1 teaspoonful vanilla
	1 cup sugar ¼ teaspoonful salt

Soak gelatine in milk about five minutes and dissolve in hot rice. Add sugar and salt and when cool fold in cream, beaten until stiff. Add nut meats and flavoring. Turn into trays of refrigerator. Serve with a fruit or chocolate sauce. Figs or dates may be added.

Maple Rice Parfait

Make same as Rice Parfait, using maple or brown sugar in place of white sugar.

Vanilla Mousse

(6 Servings)

2 tablespoonfuls cold water	1 teaspoonful Knox Sparkling Gelatine
1 cup milk	½ cup sugar
1 cup cream	Few grains salt
	2 teaspoonfuls vanilla

Soak gelatine in cold water about five minutes and dissolve over boiling water. Add a cup of milk very gradually, sugar, salt and flavoring. Turn into freezing tray and when it begins to thicken, beat until light and then fold in whipped cream. Freeze without stirring.

MAPLE MOUSSE: Omit the sugar and add ½ cup maple syrup or ½ cup maple sugar, heating it with the milk.

MARMALADE MOUSSE: Use but ¼ cup sugar and add ½ cup marmalade, and flavor with lemon extract.

BUTTERSCOTCH: Omit the white sugar and add ⅔ cup brown sugar and 2 tablespoonfuls butter, heating it with the milk. Sprinkle top of mousse with nuts just before serving.

FROZEN PUDDING: Add ½ cup marshmallows cut in pieces, ¼ cup chopped nuts and ¼ cup macaroon or stale cake crumbs.

CHOCOLATE MOUSSE: Add 1½ squares chocolate—melt it over hot water and add sugar and salt, then add to the heated milk. Or add 4 tablespoonfuls cocoa, mixing it with the sugar and heating it with the milk.

PEPPERMINT: Use ½ cup finely crushed mint candies instead of the sugar, or use peppermint extract. Tint a delicate green or pink.

STRAWBERRY MOUSSE: Omit ¾ cup of the milk and add 1 cup mashed strawberries mixed with ¼ cup additional sugar.

MACARON MOUSSE: Instead of 1 cup milk, use ¾ cup milk and ¼ cup maraschino syrup and fold in ½ cup macaroon or other cake crumbs when adding cream. When serving, sprinkle top with crumbs and garnish with cherries.

PEACH MOUSSE: Omit ¾ cup of the milk and add 1 cup mashed peaches (fresh or canned).

Ice Box Pies and Cakes

Knox Berry Pie

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water 1 pint blackberries or blueberries
1 cup cream juice and berries
Few grains salt

Soak gelatine in the cold water about five minutes; add boiling fruit juice and when almost set, add berries and pour into baked pastry shell and chill in refrigerator. 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. Use other berries in the same way. The egg meringue may be used on top instead of cream and browned a moment in the oven. Chill and serve.

Other Gelatine or Ice Box Pies

Make any desired jelly with fresh or canned fruit juice and when almost "set" turn into previously baked pie shell or tart shells. Cut-up fruit may be stirred through the jelly. Top with whipped cream or evaporated milk or whites of eggs beaten until stiff with confectioners' sugar and a little flavoring. Any Bavarian Cream or Sponge mixture may be served in a baked pastry shell, but the mixture must be very thick before turning into the baked pie shell.

Pineapple Ice Box Cake

(8 Servings)

2 level tablespoonfuls Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water 1 tablespoonful lemon juice
1 can crushed pineapple $1\frac{1}{2}$ cups cream, whipped
 $\frac{1}{4}$ teaspoonful salt Lady fingers or stale sponge cake
 $\frac{1}{2}$ cup sugar

Soak gelatine in cold water about five minutes, dissolve over hot water and add pineapple, sugar, salt and lemon juice. Stir until all gelatine and sugar have dissolved. When it begins to thicken, beat and fold in cream. Line sides and bottom of large square or round mold with lady fingers. Cover with pineapple cream mixture, then alternate cakes and cream until mold is full. Place in ice box and let stand three or four hours. Unmold on a large cake plate and garnish with whipped cream and strawberries in season.

Ice Box Cakes

Make Chocolate Sponge (page 14), or any of the Bavarian Cream mixtures. When mixture begins to thicken, mold with lady fingers as in above recipe. These cream mixtures may be combined with stale cakes of any kind, especially sponge cakes and macaroons.

Knox Sparkling Gelatine is put up in two packages—the No. 1 (yellow) package and the No. 3 (blue) package. Both packages contain two envelopes of the same quantity and quality plain granulated Sparkling Gelatine. The only difference between these two packages is that the No. 3 (blue) package has in it an extra envelope of fruit acid. This, however, is not mixed in with the gelatine, and for those who prefer it, saves the cost, time and trouble of preparing lemons.

Dishes for Convalescents

Jellied Chicken Broth

Food Value: Protein, 2 grams Calories, 8

2 grams or $\frac{3}{8}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water Seasonings $\frac{1}{2}$ cup chicken broth

Soak gelatine in cold water, add hot broth and season. Turn into a mold dipped in cold water. Chill. This may be served hot, or may be frozen in trays, stirring occasionally.

Orange Juice Delight

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

$\frac{1}{2}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water 1 tablespoonful sugar
1 tablespoonful boiling water 2 tablespoonfuls orange juice
3 tablespoonfuls ice water $\frac{1}{2}$ 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 and chill in mold; unmold and serve as desired.

Orange and Egg

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

2 grams or $\frac{3}{8}$ teaspoonful Knox Sparkling Gelatine
20 grams of orange juice or $3\frac{1}{2}$ 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. Chill and serve.

Jellied Custard

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

$\frac{3}{4}$ teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water Pinch of salt
1 tablespoonful hot milk $\frac{1}{2}$ whole egg
2 teaspoonfuls sugar Vanilla $\frac{1}{4}$ cup cold milk

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.

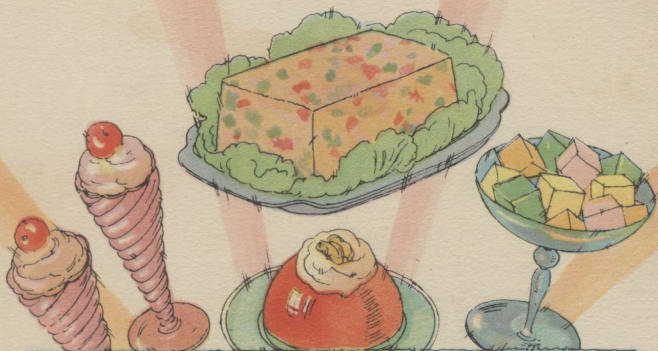
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