



STRAWBERRY BAVARIAN CREAM

Recipes on other side

KNOX *is the*
Real **GELATINE**

Turning the plainest and cheapest of foods into luxury dishes without added cost, requires no experience when KNOX GELATINE is used.

Strawberry Bavarian Cream

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water 1 cup strawberry juice and pulp
1 tablespoonful lemon $\frac{1}{2}$ cup sugar
 Salt
 1 $\frac{1}{2}$ cups heavy cream or evaporated milk

Soak gelatine in cold water about five minutes, and dissolve by standing cup containing mixture in hot water. Add fruit juice mixed with lemon juice. Add sugar, and when sugar is dissolved, cool. When mixture begins to thicken, fold in whipped cream. Turn into wet mold, and chill. When firm, unmold. Any fresh or canned fruit may be used in place of strawberries.

Jewel Salad

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water $\frac{1}{4}$ cup mild vinegar
 $\frac{1}{4}$ cup boiling water 1 tablespoonful lemon juice
 $\frac{1}{4}$ cup sugar 1 cup cucumber
 $\frac{2}{3}$ cup pineapple syrup 1 cup canned pineapple
 $\frac{1}{4}$ teaspoonful salt

Soak gelatine in cold water about five minutes and dissolve in boiling water. Add sugar, pineapple syrup, lemon juice, vinegar and salt. Cool, and when mixture begins to thicken, add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into wet individual molds and chill. When firm, remove from molds and garnish with lettuce and mayonnaise dressing. Grapefruit may be used instead of pineapple.

NOTE: Salad may be tinted a delicate green. Tarragon vinegar may be used. If fresh pineapple is used, first bring it to the boiling point before combining with the gelatine mixture.

Any of the following books will be sent free upon request:

Dainty Desserts, Salads, Candies—Food Economy—Health Value of
Knox Gelatine—Liquid and Soft Diets—Diabetic Recipe Book—
Special Recipes for Electric Refrigerators—Reducing Diet—
Recipes for Anemia.

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