

KNOX GELATINE

*Desserts
Salads
Candies and
Frozen Dishes*



Foreword

SALADS and desserts when brought to the table should be attractive to the eye and light in character, in contrast to the substantial dishes of the main course. All this is possible with Knox Sparkling Gelatine. Fruits and vegetables, fresh or canned, are nutritious and of vitamin value. Knox Gelatine is the chief ingredient of an endless variety of delicious dishes made with them for the home table, Sunday night suppers and the banquet. They are all equally good from the appetizers to the desserts. Ice cream and all mousses frozen in mechanical refrigerators need Knox Gelatine to make them smooth and keep them from crystallizing. Refer to page five (5) for full directions on using Knox Gelatine.

We Also Manufacture KNOX JELL **The Quality Ready Flavored Gelatine Dessert**

It comes in six delicious flavors. While it is the best ready flavored gelatine dessert on the market, it, nor any other flavored gelatine dessert, is as economical to use or as healthful for you as Knox Plain Sparkling Gelatine, and particularly so when used with nature's own fruits and vegetables.

When you want a quick ready flavored dessert try KNOX JELL—the quality sensation in this type of dessert.

KNOX Sparkling GELATINE

THIS BOOK is dedicated to the IMPROVED PACKAGE of Knox Sparkling Gelatine with its 4 convenient, ready-measured envelopes of gelatine, each making one pint of jelly. It contains not only the latest recipes for Plain and Fancy Desserts and Salads, but also Mechanical Refrigerator recipes, dishes for Convalescents, Children's Parties and other Special Occasions.

Any recipe in this book may be divided or increased for any desired number of servings.

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For Your GREATER CONVENIENCE



NOW PACKED IN 4 Individual ENVELOPES

For your convenience Knox Sparkling Gelatine is divided into four envelopes. Each envelope contains enough gelatine to congeal one pint of liquid. The entire package of four envelopes will, therefore, make four pints of jelly, enough for four different desserts or salads—each ample for six generous servings. The only difference between the two packages shown above is that the No. 3 (BLUE) contains an envelope of fruit acid in addition to the four envelopes of gelatine. Knox Sparkling Gelatine does not contain artificial coloring, flavoring or sweetening mixed with it, but with the Blue package you get the extra envelope of fruit acid to use if you desire in place of lemon juice. With either package you may use the natural fruit juices of oranges, lemons or any other fruit juice, fresh or canned.

Special Notice

WHENEVER a recipe in a magazine, newspaper, or perhaps a favorite of your own, calls for one level tablespoonful of Gelatine—just use one of the envelopes in the improved Knox package. We guarantee that one envelope will produce the same results (1 pint).

Directions for Using Knox Sparkling Gelatine in its Quick-Dissolving and Quick-Setting Way

1. Place cold water or other liquid called for in recipe in bowl and sprinkle gelatine on top of liquid.
2. Add sugar and hot liquids and stir until dissolved.
3. Add remaining liquids and mix thoroughly.
4. If sliced or chopped fruits or vegetables are to be added and no special design is desired, allow mixture to thicken slightly and stir the prepared food through the congealing jelly.
5. Pour into a mold which has been rinsed in cold water and set in a cool place or refrigerator to stiffen.
6. To congeal or set Knox Sparkling Gelatine salads and desserts quickly, make the base as follows: To one-fourth cup cold water add the gelatine. Then add one cup hot water or liquid and stir until dissolved. Now add one-half cup cold or ice water and proceed according to the recipe. Put the finished mixture into small molds and set them in a pan with ice underneath the pan, around the sides of it and on top of the cover over the congealing jelly, not allowing any water to get into the pan of jelly. It is surprising the very short time it takes the jelly to congeal in this way—it can be served in about half an hour.
7. To unmold. Immerse mold just to the top for a second in warm water—or wrap a hot cloth about mold; slightly loosen jelly at the edge, turning mold from side to side, then place serving dish on top of mold, invert, and carefully remove mold.

In order to utilize any fruit juices (fresh or canned) you may have on hand, the gelatine may be soaked in cold fruit juices, or these fruit juices may be heated and substituted for the hot water in which the soaked gelatine is dissolved.

Caution: The liquid quantities in the recipes shown in this book are based on Wine Measurement (U. S. Standard) and are correct. However, in some countries where the Imperial or Metric System is used (a quart of which measures more than one quart Wine Measure), this should be taken into consideration and less water or more gelatine used.

GELATINE HINTS

Always use a real orange and lemon in making your desserts and salads, and take advantage of the pure health-giving vitamins that fresh fruits contain.

Electric Refrigerators—Ices and sherbets may be chilled or frozen more satisfactorily in the trays with the addition of Knox Sparkling Gelatine.

If you wish to combine fresh pineapple with gelatine, always first scald the pineapple, both fruit and juice. When using canned pineapple, this is not necessary, as the pineapple has already been cooked.

Jellied desserts and salads are a great help to the busy housekeeper, as they may be prepared hours before needed, or even the day before, and when guests arrive there is no last-minute hurrying.

Instead of making fruit jellies during the hot summer months, can the juice, with or without sugar. Then during the winter months, make gelatine jellies as you need them.

Melted ice cream should never be thrown away. Stiffen it with gelatine, using one envelope of dissolved gelatine to a pint of cream. Chocolate, Strawberry, Coffee, and Pistachio are especially delicious. Chopped raisins, dates, nuts, cherries or marshmallows make an excellent combination.

Use left-over coffee for a Coffee Jelly, Coffee Spanish Cream or Mocha Sponge.

Pour cold water on serving dish on which you wish to unmold jelly. Then if the mold fails to fall in the proper place, it is an easy matter to slide it into position. Or, if a lace paper doily is placed upon the serving plate and gelatine turned out upon it, it may then be moved about as desired on the plate.

Gelatine will harden much quicker if put in several small molds than in one large one. In summer, without ice, it is sometimes necessary to increase the amount of gelatine or decrease the liquid specified.

Left over jelly may be whipped until light, a small amount of whipped cream added and a few nut meats to form a delicious sauce for sherbets, ice cream or water ices.

An attractive molded salad is sometimes served as the first course at a luncheon.

The canned soups are easily made into jellied soups, and are appetizing when served on a hot summer day. They should be more highly seasoned than when served hot.

Any dish or pan in your kitchen may be used as a mold—even muffin pans or cups for individual molds.

KNOX APPETIZER

THE jellied salads, fish loaves or the aspic jellies molded in tiny molds make a most attractive appetizer. Or, cut Aspic Jelly in thin rounds with a cake cutter and lay on top of prepared appetizer on toast or a cracker. Serve on an hors d'oeuvre plate or on individual plates.

TOMATO JELLY CANAPES (6 servings)

1 envelope Knox Sparkling Gelatine	
¼ cup cold water	1 tablespoonful onion juice
2 cups canned or fresh tomatoes	1 teaspoonful salt
1 tablespoonful horseradish	½ cup cucumber, chopped
½ cup celery, chopped	

PUT tomatoes through strainer, add horseradish, salt and onion juice (extracted by grating onion). Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add to tomatoes and mix thoroughly. Cool, and when mixture begins to thicken, add cucumber and celery chopped very fine. Pour into flat pan that has been rinsed in cold water, and chill. When firm, unmold and cut in rounds. Serve on crackers.

SARDINE APPETIZERS

RINSE shallow pan in cold water. Pour in a thin layer of jelly, following Foundation Recipe, page 20. When it begins to thicken, arrange on jelly a layer of thinly sliced tomatoes. Pour over another layer of liquid jelly. Chill, and when partly congealed, arrange a sardine on each tomato slice. On each side of sardine, place a design of hard-cooked egg yolk and parsley, finely chopped. Pour over a little liquid jelly to set the decorations. Chill thoroughly. Cut out in squares or rounds and serve each appetizer on a tiny lettuce leaf.

CHILLED OR FROZEN GRAPEFRUIT COCKTAIL

(6 servings)

½ envelope Knox Sparkling Gelatine	
2 tablespoonfuls cold water	½ cup crushed pineapple (canned)
2 cups grapefruit pulp	1 cup sugar
½ cup orange pulp	¼ teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl in or over boiling water and stir until dissolved. Add fruit pulp, sugar, and salt. Turn into freezing trays and stir occasionally. Freeze until stiff enough to serve. Serve in glasses and garnish with mint or pieces of fruit.

SOUPS AND ASPICS

JELLIED SOUP (6 servings)

PREPARE same as for Aspic Jelly, page 9, 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. Add a few cooked vegetables if desired, such as peas or tiny cubes of carrot with or without a little minced pepper. Turn into bouillon cups, and just before serving beat slightly with a fork. 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. One bouillon cube to one cup of boiling water will make a cup of stock.

MUSHROOM BROTH (6 servings)

2 envelopes Knox Sparkling Gelatine	
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ stalk celery, cut in small pieces
4 cups stock	$\frac{1}{2}$ teaspoonful salt
$\frac{3}{4}$ cup mushrooms, broken in pieces	Few grains pepper
$\frac{1}{2}$ onion, thinly sliced	1 clove

USE preferably chicken stock, but beef stock, canned soup or stock made with bouillon cubes may be used. Put stock, mushrooms and seasonings in saucepan and boil slowly ten minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add gelatine to hot stock and stir until dissolved. Strain into bouillon cups and chill. Serve with a spoonful whipped cream on each. (Use one bouillon cube to one cup water for stock.)

TOMATO SOUP (6 servings)

2 envelopes Knox Sparkling Gelatine	
$\frac{1}{2}$ cup cold water	1 cup tomatoes
2 $\frac{1}{2}$ cups meat stock (canned broth, soup or bouillon cubes may be used)	2 tablespoonfuls onion, chopped
	2 tablespoonfuls parsley, chopped
	1 teaspoonful salt
2 cloves	

PUT stock, tomatoes, onion, parsley, cloves and salt in saucepan and simmer until onion is tender. (Stock may be made by dissolving two and one-half bouillon cubes in two and one-half cups boiling water.) Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot soup and stir thoroughly. Strain, rubbing vegetables through sieve. Measure, add hot water to make four cups. Heat to boiling and serve hot. The addition of the gelatine will give body and consistency. Or soup may be poured into bouillon cups and chilled thoroughly.

ASPIC JELLY (8 servings)

	2 envelopes Knox Sparkling Gelatine	
3 1/2 cups well seasoned soup stock		Rind of one lemon (grated)
2 tablespoonfuls lemon juice		1 tablespoonful onion juice, if desired
1/4 teaspoonful paprika		
	2 egg whites	

POUR one-half cup stock in bowl and sprinkle gelatine on top of stock—stir thoroughly. Add remaining stock, which has been heated and to which has been added the lemon juice and rind, paprika and more seasonings, if necessary. Add egg whites, slightly beaten. Stir constantly and boil for five minutes. Cool, strain through double cheese cloth and chill. 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.

NOTE: For a Tomato Aspic Jelly use 2 cups tomato juice and one and one-half cups stock and make according to the above recipe.

COLD SLICED MEAT IN ASPIC (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		1 cooked beet, sliced
1 1/2 cups consomme, highly seasoned		1 hard-cooked egg, sliced
		Slices of ham
1/2 cup cooked peas		Slices of chicken or veal

POUR cold water in bowl and sprinkle gelatine on top of water. Add to hot consomme and stir until dissolved. Pour a thin layer into a mold that has been rinsed in cold water. When it stiffens, arrange on it decorations of the peas, beet, and egg. Cover with a little more of the gelatine mixture which has been allowed to stiffen slightly. Dip other pieces of the decorations in the aspic and set them against the chilled sides of the mold. When these have stiffened, fill mold alternately with slices of the ham, chicken and thickening aspic. When firm, unmold on a bed of lettuce leaves. Garnish with radish roses. Slice for serving.

EGGS AND VEGETABLES IN ASPIC (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		2 hard-cooked eggs
1 cup consomme		1/2 cup cooked peas
1/2 cup strained tomato juice		1 small tomato
	1/2 cup asparagus tips	

POUR cold water in bowl and sprinkle gelatine on top of water. Scald tomato juice and consomme and add softened gelatine, stirring until dissolved. Pour about half an inch layer into a mold, that has been rinsed in cold water. Stand mold in crushed ice and salt, and when aspic is firm, arrange peas about the edge and asparagus tips upright around the sides. Arrange slices of eggs and tomato in the center, and when remaining aspic begins to stiffen, arrange alternating layers of vegetables, eggs and aspic. Chill, and when firm unmold on a bed of lettuce. Instead of the consomme, a stock may be made by dissolving one bouillon cube in one cup boiling water.

MEAT AND FISH LOAVES

MEAT LOAF (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/2 cup cold water | 1 teaspoonful finely chopped parsley |
| 1 cup stock, well seasoned | 1 cup chopped cold cooked chicken, veal, lamb, beef or ham |
| 1/2 onion, peeled and sliced | 1/4 cup canned pimientos, cut in thin strips |
| 1 stalk celery, chopped | |
| 1 tablespoonful lemon juice | |
| 1/2 teaspoonful salt | |

ADD onion, celery and salt to stock, bring to a boiling point and boil three minutes. Strain. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture and stir until dissolved. Add lemon juice and cool. When mixture begins to thicken, add meat, pimientos and parsley. Turn into a mold that has been rinsed in cold water, and chill. To serve, unmold and cut in slices. Canned soup, broth or bouillon cubes may be used to make stock (use one bouillon cube to one cup water to make one cup stock).

If beef is used, season with a tablespoonful Worcestershire sauce and omit lemon juice. Use the lemon juice with veal, garnishing with sliced cooked eggs and sliced tomatoes. Lamb may be used, seasoning with a little minced mint. Garnish with lettuce, green peppers, asparagus first dipped in French dressing, or with small stuffed tomatoes. With ham, less salt is required.

JELLIED CHICKEN AND VEGETABLES (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water or stock | 1 cup chicken, sliced or chopped |
| 1 1/2 cups hot chicken stock | 1 cup vegetables, cooked peas, string beans, beets, carrots, asparagus, etc. |
| (canned broth or soup may be used) | |
| 1/2 teaspoonful salt | 1/2 pimiento or green pepper |

POUR cold water in bowl and sprinkle gelatine on top of water. Add to hot stock and stir until dissolved. 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. Arrange the thickening jelly, chicken and vegetables in layers and chill. Unmold on a bed of lettuce leaves and garnish with parsley and salad dressing.

A meat and vegetable dish in one.

HAM MOUSSE (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/2 cup cream or evaporated milk (whipped) |
| 1/2 cup hot water | 1 teaspoonful mixed mustard |
| 2 cups chopped cold boiled ham | 1/4 teaspoonful paprika |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Cool and add to chopped ham; add mustard, paprika, and whipped cream or whipped evaporated milk. Add salt if desired. Turn into a mold that has been rinsed in cold water, and chill. When firm, unmold and garnish with parsley. A tablespoonful of catsup or horseradish, or a dozen ripe olives, chopped, may be added.

SALMON OR TUNA FISH MOLD (6 servings)

(Illustrated on page 28)

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|------------------------------------|-----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 2 1/2 tablespoonfuls mild vinegar |
| Yolks of two eggs | or lemon juice |
| 1 teaspoonful salt | 2 cups canned salmon, tuna fish |
| 1 1/2 tablespoonfuls melted butter | or crabmeat |
| 3/4 cup milk | 1 teaspoonful mustard |
| | 1/4 teaspoonful paprika |

Mix egg yolks, slightly beaten with salt, mustard and paprika; then add butter, milk and vinegar. Cook over boiling water, stirring constantly, until mixture thickens. Pour cold water in bowl and sprinkle gelatine on top of water. Add softened gelatine to hot mixture and stir until dissolved. Add salmon, separated into flakes. Turn into a mold that has been rinsed in cold water, chill and when firm, unmold on platter.

VARIATIONS

1. Fill a ring mold that has been rinsed in cold water, with fish mixture. When firm, unmold and fill center with Cucumber Sauce: Beat one-half cup cream until stiff, add one-half teaspoonful salt, a few grains pepper, and gradually two tablespoonfuls mild vinegar; then add one cucumber, pared, chopped and drained.

2. Pare large cucumbers or ripe tomatoes, remove centers and fill with salmon mixture. Chill, cut in slices and serve on lettuce.

3. To salmon mixture add one-half cup stiffly beaten whipped cream or whipped evaporated milk, and turn into a mold that has been rinsed in cold water. When firm unmold and serve garnished with ripe olives and surrounded with sliced cucumbers.

MINT JELLY FOR COLD LAMB (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/2 cup cold water | 1 cup finely chopped mint leaves |
| 1 cup sugar | (fresh or dried) |
| 1/2 teaspoonful salt | 1/4 teaspoonful paprika |
| 1 cup mild vinegar | Green coloring |

MAKE a syrup by boiling sugar and vinegar for five minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add to syrup and stir until dissolved. Add salt, paprika and color light green; then add mint leaves. Let stand five minutes, strain into molds that have been rinsed in cold water, and chill.

NOTE: Mint extract may be used instead of leaves.

HORSERADISH SAUCE

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/3 cup fresh or bottled horse- |
| 1 tablespoonful lemon juice or | radish, drained |
| mild vinegar | 1/2 cup cream or evaporated milk |
| 1/2 cup hot water | (whipped) |
| | 1/2 teaspoonful salt |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Then add lemon juice, salt, and cool. When mixture begins to thicken, fold in horseradish and whipped cream or whipped evaporated milk. Vary by adding chopped pickle or chopped parsley. Delicious served with boiled ham or fish.

PLAIN AND FANCY SALADS

A FOUNDATION RECIPE FOR PLAIN AND FANCY SALADS AND DESSERTS (6 servings)

THIS recipe is the foundation for nearly all salads and desserts made with Knox Sparkling Gelatine. The jelly may be made 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 (using lemon juice instead of vinegar) with a custard sauce, whipped cream, fruit or fruit juices.

	1 envelope Knox Sparkling Gelatine	
$\frac{1}{2}$ cup cold water		$\frac{1}{2}$ cup sugar
1 cup hot water		$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{4}$ cup mild vinegar or lemon juice	

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice or vinegar and mix thoroughly. Allow jelly to thicken somewhat, then stir prepared vegetables or fruit through and turn into mold that has been rinsed in cold water. Chill, and when firm, unmold. When canned fruit is to be molded, the fruit syrup may be substituted for part of the hot water and less sugar used.

LUNCHEON SALAD (6 servings)

MAKE salad jelly according to Foundation Recipe. When jelly begins to thicken, add 2 tart apples cut in small pieces, $\frac{1}{2}$ cup chopped celery and $\frac{1}{4}$ cup chopped pecans. Turn into molds that have been rinsed in cold water and chill until firm. Unmold on lettuce and serve with salad dressing. Or, turn salad mixture into cases made of bright red apples, or decorate with thin slices of pimientos.

FRUIT SALAD SUPREME (6 servings)

(Illustrated on page 29)

MAKE salad jelly, according to Foundation Recipe, substituting fruit juice for part of the hot water if canned fruit is used, and using less sugar. When jelly begins to thicken, add one and one-half cups fresh or canned fruit, drained of juice (use cherries, oranges, grapes, apples, bananas or cooked pineapple, alone or in combination). Turn into mold that has been rinsed in cold water and chill. Remove from mold and serve on lettuce with mayonnaise or cooked salad dressing.

BEET JELLY SALAD (6 servings)

MAKE salad jelly according to Foundation Recipe. When jelly begins to stiffen, add 1 cup cooked beets chopped very fine, 1 cup chopped celery or shredded cabbage and $\frac{1}{2}$ red or green pepper, chopped. Two tablespoonfuls horseradish may be added, or chopped cucumber. Turn into molds that have been rinsed in cold water and chill until firm. Unmold on lettuce and garnish with cheese balls and mayonnaise.

PERFECTION SALAD (6 servings)

(Illustrated on page 28)

1 envelope Knox Sparkling Gelatine

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|-----------------------------|-------------------------------------|
| 1/4 cup cold water | 1/2 cup cabbage, finely shredded |
| 1 cup hot water | 1 cup celery, cut in small pieces |
| 1/4 cup mild vinegar | 1 pimiento, cut in small pieces, or |
| 1 tablespoonful lemon juice | 2 tablespoonfuls sweet red or |
| 1/4 cup sugar | green peppers |
| 1/2 teaspoonful salt | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water, and stir until dissolved. Add vinegar and lemon juice. Cool, and when mixture begins to stiffen, add remaining ingredients. Turn into mold that has been rinsed in cold water and chill. To serve, remove from mold to bed of lettuce leaves or endive, and garnish with mayonnaise dressing. Or cut salad in cubes, and serve in cases made of red or green peppers, or turn into individual molds lined with canned pimientos.

NOTE: A man's salad.

PEAR SALAD (8 servings)

2 envelopes Knox Sparkling Gelatine

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| 1/2 cup cold water | 1/4 cup sugar |
| 1 1/2 cups hot water | Halves canned pears |
| 1 1/4 cups pear syrup (canned) | Cheese balls |
| 1/4 cup lemon juice | 1/4 teaspoonful salt |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add pear syrup and lemon juice. Rinse shallow pan in cold water and pour in jelly to the depth of about one-half inch, and allow to congeal. Fill centers of pears with a cheese ball, highly seasoned, or with a cherry-marshmallow mixture. Arrange pear halves—on the jelly. Cover with remaining jelly which has been allowed to thicken somewhat. Chill, and cut in individual servings, having a pear half in each serving. Serve on lettuce with salad dressing to which a little whipped cream has been added. Halves of canned peaches or apricots may be molded in the same way.

JEWEL SALAD (6 servings)

1 envelope Knox Sparkling Gelatine

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| 1/4 cup cold water | 1/4 cup mild vinegar |
| 1/4 cup hot water | 1 tablespoonful lemon juice |
| 1/4 cup sugar | 1 cup cucumber |
| 2/3 cup pineapple syrup | 1 cup canned pineapple |
| 1/4 teaspoonful salt | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add pineapple syrup, lemon juice and vinegar. Cool, and when mixture begins to thicken add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water and chill. When firm, remove from molds and garnish with lettuce and mayonnaise dressing. Grapefruit may be used instead of the pineapple.

NOTE: Salad may be tinted a delicate green. Tarragon vinegar may be used.

GOLDEN SALAD (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 cup raw carrot (grated on coarse grater) |
| 1 cup hot pineapple juice | 1 cup oranges, cut in small pieces |
| 1/4 cup mild vinegar | 1 1/2 cups canned pineapple, cut in small pieces |
| 1/2 cup orange juice | |
| 1/4 cup sugar | |
| 1/4 teaspoonful salt | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot pineapple juice and stir until dissolved. Add orange juice and vinegar. Cool, and when jelly begins to stiffen, add other ingredients. Turn into mold that has been rinsed in cold water and chill. 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. When congealed, unmold on lettuce.

ASPARAGUS BAVARIAN SALAD (6 servings)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 cup cream or evaporated milk (whipped) |
| 1 1/2 cups asparagus liquid | 1 pimienta, chopped |
| 2 cups asparagus, cooked | 1/2 teaspoonful salt |
| | Mace |

COOK asparagus and strain the liquid. Pour cold water in bowl and sprinkle gelatine on top of water. Add the hot asparagus liquid and stir until dissolved. Season highly with salt and white pepper. Rinse mold in cold water and arrange stalks of asparagus around sides of mold. When jelly begins to thicken, add some of the asparagus which has been rubbed through a sieve, a dash of mace, bits of pimienta and the whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with mayonnaise or a French dressing.

MOLDED MACARONI SALAD (6 servings)

A substitute for meat

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/4 cup celery, chopped |
| 1/2 cup hot water | 1/2 cup mayonnaise |
| 1/2 cup American or cream cheese | 1 teaspoonful parsley, finely chopped |
| 1 tablespoonful lemon juice | 3/4 teaspoonful salt |
| 1 tablespoonful onion juice | 1/2 cup cream or evaporated milk (whipped) |
| 1 1/2 cups cooked macaroni, chopped | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add cheese cut in small pieces and let stand over hot water until cheese has softened. Cool slightly, and add salt, lemon juice, macaroni, celery, parsley and onion juice (extracted by grating onion). Cool, and when it begins to thicken, fold in mayonnaise and whipped cream or whipped evaporated milk. Turn into ring mold or loaf pan that has been rinsed in cold water and chill until firm. Unmold on lettuce and garnish with strips of red or green pepper or sliced tomatoes. Serve with mayonnaise.

TOMATO JELLY (6 servings)

(Illustrated on page 29)

1 envelope Knox Sparkling Gelatine	
¼ cup cold water	Stalk celery
2 cups canned or fresh tomatoes	Few grains cayenne or pepper
½ bay leaf (if desired)	1 tablespoonful mild vinegar or
½ teaspoonful salt	lemon juice
1 tablespoonful onion juice	

Mix tomatoes, bay leaf, salt, celery and cayenne or pepper and boil ten minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain and turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with mayonnaise or cooked dressing. Or the jelly may be cut in any desired shape and used as a garnish for salads or cold meats. The juice of fresh tomatoes makes a delightful jellied salad.

NOTE: Tomato soup diluted with an equal quantity of water, or tomato juice, or tomato juice cocktail may be used instead of the canned or fresh tomatoes.

1. **Pepper Salad.** Remove core and seeds from large green peppers. When Tomato Jelly begins to stiffen, fill prepared peppers. When firm, slice and serve three to a person, garnishing with lettuce, salad dressing and a slice of hard-cooked egg, or a cheese ball.

2. **Favorite Salad.** When Tomato Jelly begins to stiffen, add ½ cup diced celery and ½ cup chopped almonds or other nuts.

3. **Christmas Salad.** Rinse shallow pan in cold water, pour in Tomato Jelly to the depth of about one-half inch. When firm, cut in stars, using a paper pattern and a sharp knife. Remove carefully to salad plates. Put a small ball of cream cheese and a stuffed olive in the center of each star and garnish with parsley. Serve with any preferred dressing.

4. **Tomato Jelly Perfection.** When Tomato Jelly begins to stiffen, stir through it 1 cup shredded cabbage, ½ cup chopped celery and ½ green pepper, finely chopped.

TOMATO JELLY RIBBON LOAF (6 servings)

½ envelope Knox Sparkling Gelatine	
2 tablespoonfuls cold water	2 drops tabasco sauce
1 package Philadelphia Cream Cheese	Onion juice, if desired
½ cup mayonnaise	½ teaspoonful salt

COMBINE cream cheese, mayonnaise and seasonings. Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until gelatine is dissolved. Add to cheese mixture.

Pour half of Tomato Jelly (recipe above) into loaf pan that has been rinsed in cold water and chill. When mixture is practically congealed, add cheese mixture. When this is congealed, add the remaining Tomato Jelly and chill. Serve sliced on crisp lettuce.

SALAD-DESSERT (6 servings)

(Illustrated on page 32)

- | | |
|------------------------------------|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | Few grains cayenne, if desired |
| Yolks 2 eggs | 2 1/2 cup milk |
| 1 tablespoonful melted butter | 2 tablespoonfuls canned pineapple juice |
| 1/3 cup mild vinegar | 1 cup prepared fruit |
| 3 tablespoonfuls sugar | 1 cup cream or evaporated milk (whipped) |
| 1/2 teaspoonful salt | |
| 1/4 teaspoonful paprika | |

WHIP egg yolks and salt, add gradually vinegar, sugar, butter, cayenne, paprika and pineapple juice. Whip lightly. Heat milk in double boiler and gradually add to the above egg mixture. Return to top of double boiler.

Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture and stir until dissolved. When it begins to thicken, remove from fire. Whip occasionally while cooling, and when beginning to set, add whipped cream or whipped evaporated milk, and the fruit cut in small pieces (oranges, cherries, canned pineapple, grapefruit, pears or any desired fruit). Turn into mold that has been rinsed in cold water and chill. When firm, remove to bed of lettuce and garnish with mayonnaise to which has been added a few spoonfuls of whipped cream or the beaten white of an egg. Slice for serving. Mold may be tightly sealed and packed in ice and salt if a frozen salad is desired, or may be turned into tray of mechanical refrigerator.

EGG SALAD (6 servings)

- | | |
|---|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 2 tablespoonfuls green pepper, chopped |
| 1 cup mayonnaise | 2 tablespoonfuls pickle relish |
| 4 hard cooked eggs (either sliced or diced) | 1 tablespoonful pimiento, chopped |
| 1/2 cup celery, chopped | 1 tablespoonful lemon juice |
| 3/4 teaspoonful salt | |

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and beat into the mayonnaise. Add other ingredients and mix thoroughly. Turn into loaf pan that has been rinsed in cold water, and chill. When firm, unmold and slice very thin. Arrange slice of Egg Salad on lettuce and garnish with slices of tomato, cucumbers or radish roses.

CRANBERRY SALAD (6 servings)

- | | |
|------------------------------------|-------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1 1/4 cups cold water | 1/2 cup celery, chopped |
| 1 cup sugar | 1/2 cup nuts, chopped |
| 2 cups cranberries | 1/2 teaspoonful salt |

COOK cranberries in one cup water twenty minutes. Stir in sugar and cook five minutes longer. Pour one-fourth cup cold water in bowl and sprinkle gelatine on top of water. Add to hot cranberries and stir until gelatine is dissolved. Strain, cool, and when mixture begins to thicken, add celery, nuts and salt. Turn into molds that have been rinsed in cold water and chill until firm. Unmold on lettuce and garnish with whole nut meats. Serve with any preferred salad dressings. Canned cranberries may be used (less sugar will be required) and, if desired, the mixture need not be strained.

SALAD SPONGE DELIGHT (8 servings)

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|---|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/2 cup white grapes or straw-berries |
| 3/4 cup canned pineapple or cherry juice (or any fruit juice) | 1/4 pound marshmallows |
| 1/4 pound almonds, or other nuts | 1 cup canned white cherries |
| 1/4 teaspoonful salt | 1 cup cream or evaporated milk (whipped) |
| | Whites 2 eggs |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot pineapple juice and stir until dissolved. When cold, whip with egg beater and add chopped almonds, salt, marshmallows, grapes and cherries cut up. Fold in whipped cream or whipped evaporated milk, and lastly the whites of the eggs, stiffly beaten. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with whipped cream salad dressing.

TUNA FISH, SALMON OR CRABMEAT SALAD (6 servings)

- | | |
|-------------------------------------|---|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 3/4 cup cooked salad dressing or mayonnaise |
| 1 cup tuna fish, salmon or crabmeat | 1/2 teaspoonful salt |
| 1/2 cup celery, chopped | 1/4 teaspoonful paprika |
| 1/2 green pepper, finely chopped | 1 tablespoonful mild vinegar |
| 2 tablespoonfuls olives, chopped | Few grains cayenne, if desired |

POUR cold water in bowl, and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and add salad dressing, fish separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, vinegar, paprika and cayenne. Turn into individual molds that have been rinsed in cold water and chill. Remove to nests of lettuce leaves and garnish with slices cut from stuffed olives, diamond shaped pieces cut from green pepper, celery tips and watercress.

CHICKEN CREAM SALAD (6 servings)

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|---|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 1/2 cups cooked chicken cut in dice |
| 3/4 cup hot chicken stock, highly seasoned (canned broth or soup may be used) | 1 cup cream or evaporated milk (whipped) |
| Salt and pepper to taste | |
| 1 tablespoonful onion juice, if desired | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot stock and stir until dissolved. Add onion juice extracted by grating onion. Cool, and when mixture begins to thicken, beat, using an egg beater, until frothy, then fold in whipped cream or whipped evaporated milk and chicken. Season highly with salt and pepper. Turn into individual molds that have been rinsed in cold water and chill. When firm, unmold, cut in slices and serve on lettuce surrounded with a dressing to which chopped celery and nuts have been added.

RECEPTION SALAD (6 servings)

1 envelope Knox Sparkling Gelatine

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|--|---|
| 1/4 cup cold water | 1 1/2 cups chicken, diced (or veal) |
| 1 cup cooked salad dressing
or mayonnaise | 3/4 cup almonds, blanched and
chopped |
| 1 cup cream or evaporated milk
(whipped) | 3/4 cup Malaga grapes, oranges or
canned pineapple |

1/2 teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and combine with salt, salad dressing and whipped cream or whipped evaporated milk. Fold in chicken (using white meat), almonds and grapes, skinned, seeded and cut in pieces. Turn into molds that have been rinsed in cold water and chill. When firm, unmold and serve with a garnish of lettuce, whole almonds and grapes.

PINEAPPLE CHEESE SALAD (6 servings)

1 envelope Knox Sparkling Gelatine

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|----------------------------------|---|
| 1/4 cup cold water | 1/4 teaspoonful salt |
| 1/2 cup hot water | 2/3 cup grated American cheese or
cream cheese |
| 1 cup crushed pineapple (canned) | 1/2 cup cream or evaporated milk
(whipped) |
| 1 tablespoonful sugar | |
| 2 tablespoonfuls lemon juice | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and pineapple and cool. When it begins to stiffen, beat in cheese and whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water, and chill. When firm, unmold on lettuce and serve with mayonnaise—sprinkle the mayonnaise with chopped red or green peppers.

COTTAGE CHEESE SALAD MOLD WITH FRUIT

1 envelope Knox Sparkling Gelatine

(8 servings)

- | | |
|-------------------------|-----------------------|
| 1/4 cup cold water | 1/2 cup cream or milk |
| 2 cups cottage cheese | 1/2 cup pineapple |
| 3/4 teaspoonful salt | 6 dates |
| 1/8 teaspoonful paprika | 1 orange |

1 cup strawberries or bananas

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until dissolved. Mash cheese very fine, add seasonings, cream and gelatine. Turn into border mold that has been rinsed in cold water. Chill, and when firm, unmold cheese ring on a bed of lettuce and fill center with fruit, which has been cut in small pieces and mixed with salad dressing to which has been added a few spoonfuls of whipped cream. Serve with a salad dressing.

WINTER SALAD (6 servings)

1 envelope Knox Sparkling Gelatine

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|----------------------|-----------------------------------|
| 1/4 cup cold water | 1 1/2 cups grated American cheese |
| 1 cup hot water | 1/2 cup stuffed olives, chopped |
| 1/2 teaspoonful salt | 1/2 cup celery, chopped |
| 1/4 cup mild vinegar | 1/4 cup green pepper, chopped |

1/3 cup cream or evaporated milk (whipped)

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add salt and vinegar, cool, and when

it begins to thicken, beat until frothy. Fold in cheese, olives, celery, pepper and whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill until firm. Unmold on lettuce and serve with a salad dressing. Very good for sandwich filling. Also an excellent dish for the diabetic diet.

KNOX MAYONNAISE DRESSING *(Makes 1 Pint)*

3 tablespoonfuls cold water	1 teaspoonful Knox Sparkling Gelatine
1 teaspoonful mustard, if desired	Yolks 2 eggs
1 teaspoonful salt	$\frac{1}{4}$ cup lemon juice
Few grains cayenne or paprika	2 cups olive oil
1 teaspoonful curry powder, if desired	Onion or garlic juice, if desired

Mix mustard, salt, cayenne and sugar (if used). Add egg yolks, and when well mixed, one-half teaspoonful lemon juice. Pour cold water in bowl, sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add gelatine to egg mixture. 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.

FRENCH DRESSING *(Makes $\frac{3}{4}$ Cup)*

$\frac{1}{2}$ teaspoonful Knox Sparkling Gelatine	1 teaspoonful salt
2 tablespoonfuls cold water	Few grains pepper
2 tablespoonfuls vinegar	8 drops Worcestershire Sauce
1 teaspoonful onion juice (extracted by grating onion)	$\frac{1}{2}$ cup olive oil

POUR cold water in bowl and sprinkle gelatine on top of water; add vinegar. Place bowl over boiling water and stir until gelatine is dissolved. Add seasonings and cool (but do not allow it to thicken). Pour into bottle, add oil, and shake until well blended. Use other seasonings as desired.

This dressing will remain in emulsion, but do not place it in refrigerator or it will become of a jelly-like consistency.

COOKED DRESSING

POUR two tablespoonfuls cold water in bowl and sprinkle one-half envelope gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and add to a pint of cooked salad dressing. This improves the dressing and makes it stand up firm and hard. Dressing may be molded and passed with the salad and may be cut in slices.

Mayonnaise may be colored green (use ground spinach or green vegetable coloring), red (ground beets or red coloring). Nuts ground very fine, chopped pickles and green olives may be added.

A Jellyed Mayonnaise or jellied cooked dressing may be spread over a meat loaf as you would ice a cake. Decorate at once with any design preferred, pressing the garnishes into the jellied dressing. Use sliced stuffed olives, sliced pickles, bits of pimienta, hard-cooked egg, etc.

PLAIN AND FANCY DESSERTS

FOUNDATION RECIPE FOR PLAIN AND FANCY DESSERTS AND SALADS

NOTE: Any recipe in this book may be divided or doubled to serve any size family.

LEMON JELLY (6 servings) The Foundation Recipe

(Illustrated on page 28)

1 envelope Knox Sparkling Gelatine

$\frac{1}{2}$ cup cold water

1 cup hot water

$\frac{1}{8}$ teaspoonful salt

$\frac{1}{3}$ cup sugar

$\frac{1}{4}$ cup lemon juice

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice, mix thoroughly and pour into mold that has been rinsed in cold water and chill. When firm, unmold.

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 one-fourth 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.

ORANGE JELLY (6 servings)

MAKE same as Lemon Jelly.

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water

1 cup hot water

$\frac{1}{3}$ cup sugar

Orange pulp may be added

$\frac{1}{2}$ cup orange juice

1 tablespoonful lemon juice

$\frac{1}{8}$ teaspoonful salt

WINE JELLY (6 servings)

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoonful salt

$\frac{3}{4}$ cup wine

$\frac{1}{2}$ cup hot water

$\frac{1}{4}$ cup orange juice

1 tablespoonful lemon juice

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add orange juice, lemon juice and wine. Turn into mold that has been rinsed in cold water and chill until firm. Unmold. This jelly when put through a ricer is delicious served over ice cream.

Cut out center of stale sponge cake, leaving bottom and sides thick enough to hold a pint of jelly. When Wine Jelly begins to thicken, turn into cake. Put in cool place, and serve topped with whipped cream.

COFFEE JELLY (6 servings)

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water

1 $\frac{1}{2}$ cups clear strong boiled coffee

$\frac{1}{3}$ cup sugar

2 tablespoonfuls lemon juice

$\frac{1}{4}$ teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot coffee, and stir until dissolved. Add lemon juice. Turn into a mold that has been rinsed in cold water. Chill and when firm, unmold. Serve with whipped cream or whipped evaporated milk. Instead of the $1\frac{1}{2}$ cups coffee, 1 cup strong coffee and $\frac{1}{2}$ cup wine may be used.

CHARTREUSE OF JELLY (6 servings)

CUT out the center of a stale sponge cake, leaving the bottom and sides thick enough to hold a pint of jelly. Prepare a Lemon, Orange, Strawberry, Wine, or any fruit jelly, and when it is cold and beginning to thicken, turn into the cake, and put in a cool place or refrigerator to congeal. When ready to serve, cover the top with chilled, flavored and sweetened whipped cream or whipped evaporated milk.



Prune-Orange-Cheese Salad

Recipe Page 45

LEMON SPONGE OR SNOW PUDDING (6 servings)

- | | |
|-------------------------------|------------------------------------|
| | 1 envelope Knox Sparkling Gelatine |
| $\frac{1}{4}$ cup cold water | 1 teaspoonful grated lemon rind |
| 1 cup hot water | $\frac{3}{4}$ cup sugar |
| $\frac{1}{4}$ cup lemon juice | Whites of 2 eggs |
| | $\frac{1}{4}$ teaspoonful salt |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and grated rind of the lemon; occasionally stir the 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 mold that has been rinsed in cold water. Chill and when firm unmold and serve with boiled custard made of yolks of eggs. A very attractive dish may be prepared by coloring half the mixture red. This is very nice served in a sherbet glass with a cherry or any fruit sauce.

GRAPEFRUIT SNOW PUDDING (6 servings)

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|--------------------------------|---|
| | 1 envelope Knox Sparkling Gelatine |
| $\frac{1}{4}$ cup cold water | $\frac{3}{4}$ cup grapefruit juice and pulp |
| $\frac{1}{4}$ cup hot water | (canned) |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ cup orange juice |
| $\frac{1}{4}$ teaspoonful salt | 1 tablespoonful lemon juice |
| | 2 egg whites |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add sugar, salt and fruit juices (cut grapefruit sections in small pieces). Mix thoroughly. Cool, and when jelly begins to thicken, beat until frothy and then fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with grapefruit sections, cherries or strawberries. Serve with custard sauce made from the yolks of the eggs. If fresh grapefruit is used, one-half cup more sugar will be necessary.

STRAWBERRY SPONGE (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 cup strawberry juice and pulp
1/2 cup hot water	1 tablespoonful lemon juice
1 cup sugar	1/2 cup cream or evaporated milk,
1/4 teaspoonful salt	whipped
	2 egg whites

CRUSH strawberries, add sugar, and allow to stand about half an hour. Pour cold water in bowl and sprinkle gelatine on top of water. Add salt and hot water and stir until dissolved. Add strawberry mixture and lemon juice. Cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk, and the stiffly beaten egg whites. Turn into glasses and chill. Serve garnished with berries. Or, serve on sponge cake with whole berries and whipped cream or whipped evaporated milk. Any fresh or canned fruit may be used. (With canned fruit, less sugar will be required.)

Strawberry Chiffon Pie. Turn Strawberry Sponge mixture into previously baked pastry shell, and chill. Just before serving garnish with whipped cream and strawberries.

CHOCOLATE SPONGE (6 servings)

(Illustrated on page 52)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/3 cup sugar
1/4 cup boiling water	3 eggs
1 1/2 squares chocolate or	1/4 teaspoonful salt
4 tablespoonfuls cocoa	1 teaspoonful vanilla

PUT sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. 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.

ORANGE CUSTARD (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 cup orange juice
1 cup hot water	2 tablespoonfuls lemon juice
1/2 cup sugar	1/2 teaspoonful salt
4 egg yolks, well beaten	1/2 teaspoonful grated orange rind

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add sugar and stir slowly into egg yolks. Cook over boiling water, stirring constantly, until mixture thickens. Remove from fire, add orange juice, lemon juice, salt and grated orange rind. Pour into small molds that have been rinsed in cold water and chill until firm. Unmold and serve with little sponge cakes.

BLANC MANGE (6 servings)

2 cups milk	1 envelope Knox Sparkling Gelatine
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{3}$ cup sugar
	$\frac{1}{2}$ teaspoonful vanilla

SCALD one and one-half cups milk with sugar. Pour one-half cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to hot mixture and stir until dissolved. Cool slightly, add flavoring and salt and turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with currant, strawberry or any preferred jelly, or with whipped cream, pineapple, strawberry or any fruit sauce. When Blanc Mange begins to stiffen, any sliced, canned or fresh fruit, drained of juice, may be added.

Fruit Caprice or Rainbow Dessert. In tall, thin glasses, arrange alternate layers of vanilla Blanc Mange or Bavarian Cream with crushed strawberries, raspberries, apricots or any bright colored fruit. Allow Blanc Mange to become rather stiff before filling glasses. Top with a single berry or apricot.

TROPICAL DELIGHT (6 servings)

(Illustrated on page 28)

1 envelope Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water	1 cup dates, sliced
1 cup very strong hot coffee	$\frac{1}{4}$ cup walnuts, chopped
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup cream or evaporated milk
1 tablespoonful cocoa	(whipped)
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful vanilla
	1 tablespoonful lemon juice

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt, cocoa, hot coffee and lemon juice and stir until dissolved. Cool, and when it begins to stiffen, add dates and nuts. Fold in whipped cream or whipped evaporated milk, and vanilla. Chill. When firm, unmold and serve with whipped cream or whipped evaporated milk. Garnish with stuffed dates.

RASPBERRY WHIP (6 servings)

1 envelope Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold water	1 cup raspberry juice and pulp
$\frac{1}{2}$ cup hot water or hot raspberry juice	(fresh or canned)
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoonful salt
	2 tablespoonfuls lemon juice
	Whites 3 eggs

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water or hot raspberry juice and stir until gelatine is dissolved. Add lemon juice and raspberries (which have been forced through a fine sieve). Cool, and when mixture begins to thicken, beat until frothy, and fold in stiffly beaten egg whites. If a brighter color is desired, use a little red vegetable coloring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Or pile in glasses. Serve with a garnish of whipped cream and a few whole berries. Strawberries, blackberries or loganberries may be used. More sugar will be needed for fresh berries.

SPANISH CREAM OR MOLDED CUSTARD (6 servings)

(Illustrated on page 29)

3 cups milk	1 envelope Knox Sparkling Gelatine	3 eggs
½ cup sugar, scant		¼ teaspoonful salt
	1 teaspoonful vanilla	

Pour milk in top of double boiler and sprinkle gelatine on top of milk. Place over hot water, add sugar and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top—if you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped cream, sliced oranges or any fruit or fruit 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.

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 and two tablespoonfuls lemon juice. 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. **Macaroon Spanish Cream.** Make like Spanish Cream, adding three-fourths cup macaroons, dried and rolled, or chopped nuts, just before turning custard into molds. Garnish with candied cherries or fresh fruit and serve with a cream, lemon or chocolate sauce or juice from canned fruit.



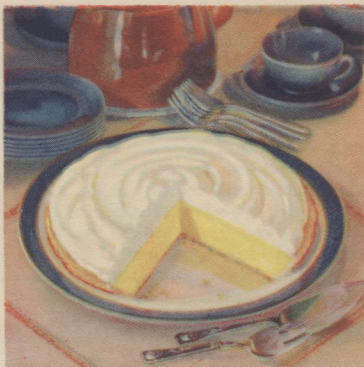
Pineapple Ice Box Cake

Recipe Page 30

BAVARIAN CREAM NO. 1 (6 servings)

- 1 envelope Knox Sparkling Gelatine
- $\frac{1}{4}$ cup cold water
- $\frac{1}{2}$ cup scalded milk (not boiled)
- 2 cups cream, whipped
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ teaspoonful salt
- 1 teaspoonful vanilla

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and scalded milk and stir until dissolved. Cool, and when mixture begins to thicken, beat, and fold in whipped cream and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.



Lemon Chiffon Pie

Recipe Page 38

CHOCOLATE BAVARIAN CREAM

MAKE Bavarian Cream No. 1, and add two squares of melted, unsweetened chocolate or six tablespoonfuls cocoa to the hot milk. Whipped evaporated milk may be used instead of the whipped cream.

COFFEE BAVARIAN CREAM

MAKE Bavarian Cream No. 1, substituting one-half cup strong boiled coffee in place of the one-half cup scalded milk, and add one tablespoonful lemon juice.

BAVARIAN CREAM No. 2 (6 servings)

- | | |
|------------------------------------|-----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ teaspoonful salt |
| 1 cup milk | $\frac{1}{2}$ teaspoonful vanilla |
| Yolks 2 eggs | 1 cup cream or evaporated milk |
| $\frac{1}{2}$ cup sugar | (whipped) |

BEAT egg yolks with sugar and salt, add to milk and cook in double boiler until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Cool, and when mixture begins to thicken, fold in whipped cream or whipped evaporated milk, and vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

NOTE: The stiffly beaten whites of eggs may be added to the cream mixture if desired.

MAPLE BAVARIAN CREAM

MAKE Bavarian Cream No. 2, using shaved maple sugar instead of the white sugar. One dozen cut marshmallows may be added, or one-half cup chopped pecans or walnuts.

Note: Refer to Special Notice on Page 4 before making any recipe. [25]

FRUIT BAVARIAN CREAM (6 servings)

(Illustrated on page 36)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/2 cup sugar
1 cup fruit juice and pulp	1 1/2 cups cream or evaporated milk
1 tablespoonful lemon juice	(whipped)
1/4 teaspoonful salt	

Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until gelatine is dissolved. Add fruit juice mixed with lemon juice, salt and sugar, and stir until dissolved. Cool, and when mixture begins to thicken, fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill until firm. Unmold. Use canned pineapple, fresh or canned strawberries, raspberries, peaches or any preferred fruit. (With canned fruit less sugar is required.)

BUTTERSCOTCH BAVARIAN CREAM

Make Bavarian Cream No. 2, omitting the white sugar. Cook three-fourths cup brown sugar and two tablespoonfuls butter together for a moment, and add this to the hot custard.

RICE BAVARIAN CREAM (6 servings)

1 envelope Knox Sparkling Gelatine	
1/2 cup cold water	1 cup cooked rice
1/4 cup sugar	1 cup cream or evaporated milk
1/4 teaspoonful salt	(whipped)
1 teaspoonful vanilla	

Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until dissolved. Add to hot cooked rice, sugar, salt and vanilla. Beat well, cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water or pile in serving glasses. Chill, and when firm, unmold and serve with a fruit or chocolate sauce.

CHOCOLATE RICE BAVARIAN

Beat three tablespoonfuls cocoa into rice before adding cream.

FRUIT RICE BAVARIAN

(Illustrated on page 28)

Whip into Rice Bavarian one-half cup cooked pineapple, maraschino cherries, fresh or canned peaches, strawberries or cooked apples. Bananas or preserved figs with one tablespoonful lemon juice may also be combined with the rice mixture. Garnish rice mold with the fruit or a few nut meats. With fresh fruit, additional sugar will be required.

BUTTERSCOTCH RICE PUDDING (6 servings)

1 envelope Knox Sparkling Gelatine	
1/2 cup cold water	2 tablespoonfuls butter
1/3 cup rice	1 cup brown sugar
3 cups milk	1/4 teaspoonful salt

Wash rice and cook until nearly tender in a double boiler with two cups milk scalded and salt. Meanwhile cook together in a shallow pan

brown sugar and butter until it becomes very dark brown but not burnt. Add this to the rice and milk and finish cooking until rice is tender and the caramel melted. Pour cold water in bowl, sprinkle gelatine on top of water, add one cup hot milk and stir until dissolved. Add gelatine to hot rice mixture and turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve plain or with whipped cream or a fruit sauce.

DUTCH FLUMMERY (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		1 tablespoonful lemon juice
3/4 cup hot water		1/4 cup sugar
1 teaspoonful grated lemon rind		1/4 teaspoonful salt
3 eggs		1 1/2 cups sweet cider or orange juice

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt, lemon rind and hot water, and stir until sugar and gelatine have dissolved. Stir hot mixture slowly into well beaten eggs and cook, stirring constantly until mixture thickens. Remove from fire, add lemon juice and cider (or orange juice), and cool. When it begins to thicken, place in a pan of chopped ice and beat with a rotary egg beater until very light. Pile in glasses and garnish with a sprig of mint or a cherry.

JELLIED PRUNES (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		1/2 cup sugar
1 1/2 cups cooked prunes		2 tablespoonfuls lemon juice
	1/4 teaspoonful salt	

COOK prunes slowly in two cups water until soft. Remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make one and one-half cups. Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot prune water and stir until dissolved. Add lemon juice and cool. When jelly begins to thicken, add prunes. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with whipped cream or whipped evaporated milk. If preferred, prunes may be forced through a sieve.

MOCHA SPONGE (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		3/4 cup sugar
1 1/2 cups strong boiled coffee		Whites of 2 eggs
2 tablespoonfuls lemon juice		1/4 teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot coffee and stir until dissolved. Add lemon juice. Cool and when nearly set beat, using a wire whisk, until quite stiff. Add whites of eggs, beaten until stiff, and continue the beating until mixture will hold its shape. Turn into a mold that has been rinsed in cold water. Chill thoroughly, remove from mold and serve with sugar and thin cream.



Lemon Jelly

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Salmon Mold

Recipe Page 11



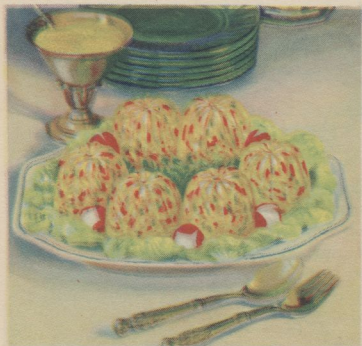
Tropical Delight

Recipe Page 23



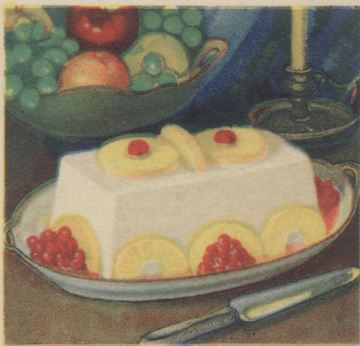
Grape Juice Soufflé

Recipe Page 46



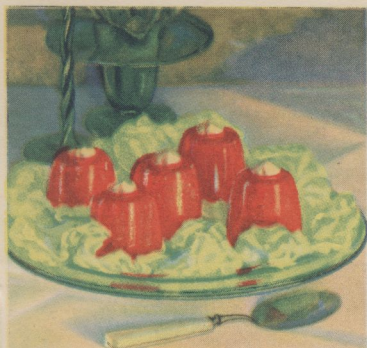
Perfection Salad

Recipe Page 13



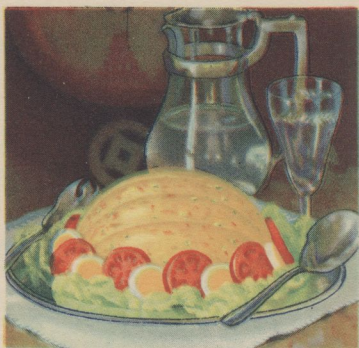
Fruit Rice Bavarian

Recipe Page 26



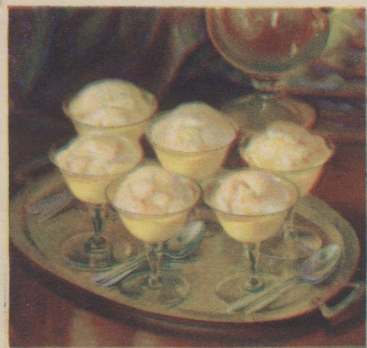
Tomato Jelly

Recipe Page 15



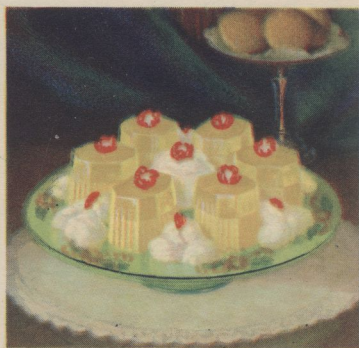
Chicken Mousse

Recipe Page 46



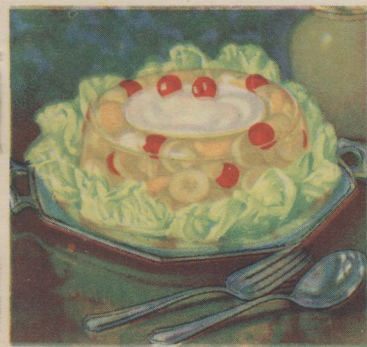
Orange Cream Sherbet

Recipe Page 41



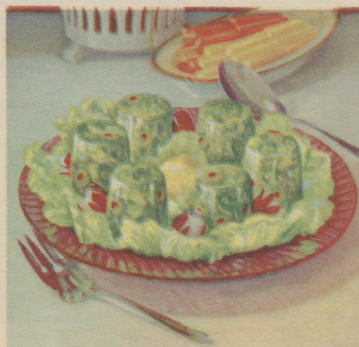
Spanish Cream

Recipe Page 24



Fruit Salad Supreme

Recipe Page 12



Green Salad

Recipe Page 45

PRUNE WHIP (6 servings)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/2 cup sugar	
3/4 cup hot prune juice	2 egg whites	
1 cup cooked prune pulp	1/2 cup nuts, chopped	
2 tablespoonfuls lemon juice	1/4 teaspoonful salt	

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water or into sherbet glasses. When firm, unmold and sprinkle with chopped nuts. Serve with or without whipped cream.

Prune Whip Pie. Turn Prune Whip mixture into a previously baked pastry shell or graham cracker crust (page 39), and chill thoroughly. Just before serving garnish with whipped cream.

CARAMEL CHARLOTTE RUSSE

ADD one-third cup sugar, caramelized, to the scalded milk before the usual amount of sugar is added. Caramelize sugar by putting it in a saucepan, and stirring it over a hot fire until maple color; add one-third cup hot water and cook to a syrup.

PINEAPPLE ICE BOX CAKE (6 servings)

(Illustrated on page 24)

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 tablespoonful lemon juice	
1 cup canned crushed pineapple	3/4 cup cream or evaporated milk	
1/4 cup sugar	(whipped)	
1/4 teaspoonful salt	Lady fingers or stale sponge cake	

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until gelatine is dissolved. Add pineapple, sugar, salt and lemon juice. Cool, and when it begins to thicken beat, and fold in whipped cream or whipped evaporated milk. Line sides and bottom of square or round mold with lady fingers (any stale cake may be used). Cover with pineapple cream mixture, then alternate cakes and cream until mold is filled. Place in refrigerator for three or four hours. To serve, unmold on cake plate and garnish with whipped cream and strawberries in season. Fresh or canned strawberries, raspberries, peaches or any preferred fruit may be used instead of the pineapple. More sugar will be needed for fresh fruit.

ICE BOX CAKES

MAKE Chocolate Sponge (page 22), Strawberry Sponge (page 22), Orange Spanish Cream (page 24), or any of the Bavarian Cream mixtures. When mixture begins to thicken, mold with cake as in Pineapple Ice Box Cake recipe. These cream mixtures may be combined with stale cake of any kind, especially sponge cake and macaroons.

CHARLOTTE RUSSE (6 servings)

- | | |
|--------------------------------------|---------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 cup cream or evaporated milk |
| 1 1/2 cups scalded milk (not boiled) | (whipped) |
| 2 eggs | 3 tablespoonfuls powdered sugar |
| 2 tablespoonfuls sugar | 3/4 teaspoonful vanilla |
| 1/4 teaspoonful salt | Sponge cake (stale) |

ADD milk gradually to yolks of eggs, slightly beaten, and mixed with sugar and salt. Cook over boiling water, stirring constantly, until mixture thickens. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Cool slightly and fold in stiffly beaten egg whites, then the whipped cream or whipped evaporated milk mixed with powdered sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin rings to keep cases in shape. Fill with mixture and chill. Remove from cases and garnish tops with four narrow strips of cake, radiating from center, and garnish center with a cube of jelly or a cherry.

ORANGE CHARLOTTE (6 servings)

(Illustrated on page 53)

- | | |
|------------------------------------|-----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 2 tablespoonfuls lemon juice |
| 1/2 cup hot water | 1 cup orange juice and pulp |
| 1 cup sugar | Whites 3 eggs |
| 1/4 teaspoonful salt | Lady fingers or stale sponge cake |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice, orange juice and pulp, and cool. When mixture begins to stiffen, beat until light; then add whites of eggs beaten until stiff, and beat thoroughly. Turn into mold lined with stale lady fingers or sponge cake and chill. When firm, unmold. One cup whipped cream or whipped evaporated milk may be used in place of whites of eggs. Or use one-half cup whipped cream or whipped evaporated milk and whites two eggs.

PINEAPPLE SOUFFLE (6 servings)

- | | |
|------------------------------------|----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/4 teaspoonful salt |
| 3 eggs | 2/3 cup crushed canned pineapple |
| Grated rind one lemon | |
| 2 tablespoonfuls lemon juice | 1/2 cup cream or evaporated milk |
| 1/2 cup sugar | (whipped) |

BEAT yolks of eggs slightly, and add grated rind, lemon juice, sugar and salt. Cook in double boiler, stirring constantly until mixture thickens. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard mixture and stir until dissolved. Add pineapple and cool. When it begins to stiffen, add whipped cream or whipped evaporated milk and stiffly beaten egg whites. Turn into mold that has been rinsed in cold water and chill. When firm, remove from mold and garnish with quarter slices of canned pineapple and cherries.

ANGEL CHARLOTTE RUSSE (8 servings)

- | | |
|---|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 12 marshmallows, cut in small pieces |
| 1/4 cup hot water | 2 tablespoonfuls maraschino or candied cherries, chopped |
| 3/4 cup sugar | 1/4 pound blanched chopped almonds (if desired) |
| 1/4 teaspoonful salt | 3/4 teaspoonful vanilla |
| 2 cups cream or evaporated milk (whipped) | |
| 6 rolled stale macaroons | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add sugar and salt. Cool, and when it begins to thicken, add to whipped cream or whipped evaporated milk. Fold in macaroons, marshmallows, cherries, almonds and vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with angel cake.

This dessert may be made more elaborate by cutting top from an angel cake and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting and garnishing with candied cherries and blanched almonds.

PINEAPPLE-COCOANUT CUSTARD (6 servings)

- | | |
|------------------------------------|-------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/4 teaspoonful salt |
| 2 cups milk, scalded | 1 cup shredded cocoanut |
| 2 eggs | 1 teaspoonful vanilla |
| 1/3 cup sugar | Pineapple slices |

BEAT egg yolks with sugar and salt. Add to scalded milk and cook in double boiler until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Cool, and when it begins to thicken, fold in cocoanut, stiffly beaten egg whites and vanilla. Rinse mold in cold water and line with half slices of canned pineapple. Fill with cocoanut custard and chill. When firm, unmold. Serve using as a sauce, the juice drained from a can of pineapple. Apricots, sliced oranges or any fruit may be used.



Salad Dessert

Recipe Page 16

THANKSGIVING PUDDING (6 servings)

- 1 envelope Knox Sparkling Gelatine
- $\frac{1}{4}$ cup cold water
- $1\frac{1}{4}$ cups prune juice
- $\frac{1}{2}$ cup sugar
- 1 square chocolate or 3 table-spoonfuls cocoa
- 1 cup cream or evaporated milk (whipped)
- $\frac{3}{4}$ cup prunes
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{2}$ cup pecans
- $\frac{1}{2}$ teaspoonful cinnamon

DRAIN juice from cooked prunes. Heat with sugar, chocolate or cocoa, cinnamon and salt. Pour cold water in bowl and sprinkle

gelatine on top of water. Add to hot prune mixture and stir until dissolved. Cool, and when beginning to thicken, fold in whipped cream or whipped evaporated milk, chopped prunes and nuts. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with nuts and stuffed prunes. Serve with whipped cream or whipped evaporated milk.

This pudding is delicious served on any occasion.



Christmas Plum Pudding

Recipe below

CHRISTMAS PLUM PUDDING (6 servings)

(Illustrated above)

- | | |
|---|-----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | $\frac{2}{3}$ cup dates |
| 1 cup milk | $\frac{1}{4}$ cup nuts, chopped |
| $\frac{3}{4}$ square chocolate or 3 table-spoonfuls cocoa | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup seeded raisins | $\frac{1}{4}$ teaspoonful salt |
| $\frac{1}{4}$ cup currants | $\frac{1}{4}$ teaspoonful vanilla |
| | 2 egg whites |

PUT milk with chopped fruit in double boiler. When cooked slightly, add cocoa or chocolate, which has been melted and mixed with part of the sugar and a little milk to make a smooth paste. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot chocolate mixture and stir until dissolved. Add sugar and salt and stir thoroughly. Remove from fire, cool, and when mixture begins to thicken, add nuts and vanilla, and lastly fold in whites of eggs beaten very stiff. Turn into mold that has been rinsed in cold water and decorated with whole nut meats and raisins. Chill. When firm, remove to serving dish and garnish with holly. Serve with whipped cream or whipped evaporated milk, sweetened and flavored with vanilla, or with a currant jelly sauce.

This is delicious served on any occasion.

PRUNE ORIENTAL CREAM (6 servings)

- 1 envelope Knox Sparkling Gelatine
- | | |
|---|--|
| $\frac{1}{4}$ cup cold water | $\frac{1}{3}$ cup figs, chopped |
| $\frac{1}{2}$ cup scalded milk (not boiled) | 1 cup cream or evaporated milk (whipped) |
| $\frac{1}{2}$ cup sugar | Whites 2 eggs |
| $\frac{1}{4}$ teaspoonful salt | $\frac{1}{2}$ cup nuts, chopped |
| $\frac{1}{3}$ cup cooked prunes, chopped | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot milk, sugar and salt and stir until dissolved. Cool, and when mixture begins to stiffen, add whipped cream or whipped evaporated milk, prunes, nuts and figs. Fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water, and the bottom and sides garnished with halves of cooked prunes. Chill. When firm, unmold and serve sprinkled with chopped nuts, with or without whipped cream.

EASTER CREAM OR GOLDEN PUDDING (6 servings)

- 1 envelope Knox Sparkling Gelatine
- | | |
|---------------------------------|--|
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup cream or evaporated milk (whipped) |
| 1 cup scalded milk (not boiled) | $\frac{1}{4}$ teaspoonful salt |
| $\frac{1}{2}$ cup sugar | 1 $\frac{1}{2}$ tablespoonfuls lemon juice |
| $\frac{1}{2}$ cup orange juice | Grated rind $\frac{1}{2}$ orange |
| 2 eggs | |

BEAT egg yolks with sugar and add to scalded milk in double boiler. Cook over boiling water until mixture coats spoon. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Cool slightly and add lemon juice, orange juice and rind, and salt. Cool, and as mixture starts to congeal, add whipped cream or whipped evaporated milk and fold in stiffly beaten egg whites. If a deeper tint is desired, use a few drops of yellow coloring. Pile in glasses and garnish with fruit. Or, turn into ring mold and fill center with canned apricots, drained, or cut up oranges. Serve with whipped cream.

CHEESE CAKE (6 servings)

- 1 envelope Knox Sparkling Gelatine
- | | |
|--|--|
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ teaspoonful salt |
| 1 egg | 1 cup cottage cheese (put through a sieve) |
| $\frac{1}{4}$ cup sugar | 1 tablespoonful lemon juice |
| $\frac{1}{4}$ cup milk | $\frac{1}{2}$ teaspoonful lemon rind |
| $\frac{1}{2}$ cup cream or evaporated milk (whipped) | |

BEAT yolk of egg slightly, add sugar, salt and milk and cook over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Add cottage cheese, lemon juice and rind. Cool, and when mixture begins to thicken, fold in whipped cream or whipped evaporated milk and the stiffly beaten egg white.

Make crumbs for bottom and top of Cheese Cake as follows: Crush nine slices sweetened Zwieback or one cup corn flakes. Mix thoroughly with one-fourth cup melted butter, two tablespoonfuls sugar and one-half tablespoonful cinnamon. Place part of crumbs in bottom of pan, add cheese mixture. Sprinkle top with the remaining crumbs and chill thoroughly. When firm, unmold.

Cheese Pie. Turn cheese mixture into previously baked pastry shell instead of using the crumbs. Chill.

JELLIED BROWN BETTY (6 servings)

1 envelope Knox Sparkling Gelatine

- | | |
|----------------------|-------------------------------------|
| 1/4 cup cold water | 2 cups apples (cut in small pieces) |
| 1 cup hot water | 1/2 teaspoonful cinnamon |
| 3/4 cup sugar | 2 tablespoonfuls lemon juice |
| 1/4 teaspoonful salt | 6 slices Zwiebach or cinnamon toast |

Put apples, hot water, sugar and cinnamon in covered saucepan and cook slowly until apple pieces are tender, but not broken. Pour cold water in bowl and sprinkle gelatine on top of water. Add softened gelatine to hot apple mixture and stir gently until gelatine dissolves. Add lemon juice and salt. Pour in mold that has been rinsed in cold water. Chill and when firm unmold on serving dish and sprinkle thickly with Zwiebach crumbs. Instead of Zwiebach crumbs, cinnamon toast may be crushed very fine and sprinkled over dessert—or it may be cut in small squares or triangles and arranged over dessert when serving. Serve with a hard sauce, a custard sauce or whipped cream and garnish with quarters of cooked apples.

NOTE: This is very attractive if the apples used for garnishing are cooked with a few red cinnamon candies.

MARSHMALLOW CREAM (8 servings)

1 envelope Knox Sparkling Gelatine

- | | |
|----------------------|--|
| 1/2 cup cold water | Whites 4 eggs |
| 1/2 cup hot water | 1 teaspoonful vanilla |
| 1 cup sugar | 1 teaspoonful lemon extract |
| 1/4 teaspoonful salt | 1 1/2 squares chocolate or
4 tablespoonfuls cocoa |

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot water, sugar and salt and stir until dissolved. Cool, but do not chill. Add to stiffly beaten egg whites a few spoonfuls at a time, beating constantly. Divide quickly into three parts. To the first part add vanilla flavoring and color pink; to the second part add melted chocolate or cocoa and vanilla flavoring; flavor the third part with lemon extract. Mold in layers in square mold that has been rinsed in cold water—adding nuts to the pink part and red cherries to the white. Chill until firm. Unmold, cut in slices, and serve with or without whipped cream, or a custard sauce made with the yolks of the eggs.

FRUIT MARSHMALLOW (6 servings)

1 envelope Knox Sparkling Gelatine

- | | |
|---|---|
| 1/4 cup cold water | 1/2 cup peaches, diced |
| 1 cup hot fruit juice (peach juice
or any fruit juice desired) | 1/2 cup bananas or other fruit cut
in small pieces |
| 1/3 cup sugar | 1/2 cup marshmallows, diced |
| 1/4 teaspoonful salt | 1/2 cup cream or evaporated milk
(whipped) |
| 2 tablespoonfuls lemon juice | 1 egg white |

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot fruit juice, and stir until dissolved. Add lemon juice. Cool, and when mixture begins to thicken, fold in marshmallows and fruit, whipped cream or whipped evaporated milk, and stiffly beaten egg white. Pile in serving glasses and chill. Serve with or without whipped cream. Garnish with fruit.

JELLIED PEACH COBBLER (6 servings)

- | | |
|------------------------------------|---|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 tablespoonful lemon juice |
| 1 cup hot water | 1/4 teaspoonful salt |
| 1/3 cup sugar | 2 cups sliced peaches (fresh or canned) |
| 1/2 cup orange juice | 1 1/2 cups cake or cracker crumbs |
| | 1/4 cup melted butter |

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add orange juice and lemon juice. Cool until beginning to thicken, then add peaches.

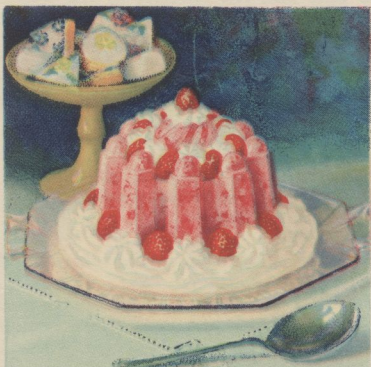
Cake, cookie or baking powder biscuit crumbs, Zwiebach or graham crackers, finely crushed, may be used for a crust. Mix crumbs and melted butter thoroughly. Put part of crumbs in bottom of mold or pan that has been rinsed in cold water, packing them in firmly. Pour in peach mixture. Sprinkle top with remaining buttered crumbs and chill. When firm, unmold and garnish with sliced peaches. Serve with either thin or whipped cream.

Cherries, raspberries or apricots may be used in the same way for a jellied cobbler.

ORANGE—BANANA CREAM (6 servings)

- | | |
|--|----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 teaspoonful grated orange rind |
| 4 bananas | 1/4 teaspoonful salt |
| 1/2 cup orange juice | 3/4 cup powdered sugar |
| 1 tablespoonful lemon juice | |
| 1 cup cream or evaporated milk (whipped) | |

MASH bananas, add fruit juice, sugar, salt and grated rind. Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until gelatine has dissolved. Beat dissolved gelatine into fruit mixture. Fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with orange slices. Or spread with sweetened and flavored whipped cream and place about the mold lady fingers or other small cakes iced with a delicate green icing. Garnish with nuts. One cup seedless raisins may be added.



Fruit Bavarian Cream

Recipe Page 26

CHOCOLATE SAUCE

(For Ice Cream and Puddings)

- | |
|---------------------------------------|
| 1 teaspoonful Knox Sparkling Gelatine |
| 2 tablespoonfuls cold water |
| 1 cup sugar |
| 1/3 cup cocoa |
| 1/3 cup water |
| 1 teaspoonful vanilla |
| 1/4 teaspoonful salt |

Put sugar, cocoa, and one-third cup water in saucepan, stir until well mixed, and let boil three minutes. Remove from fire. Pour two tablespoonfuls cold water in bowl

and sprinkle gelatine on top of water. Add to hot syrup and stir until gelatine is dissolved. Add vanilla and salt. Let cool. Serve over ice cream and puddings. Chopped nuts may be sprinkled over top. Sauce does not grain. Keep in covered jar if not used immediately.

CREAM FRUIT CAKE FILLING

	1 teaspoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water	$\frac{3}{4}$ cup raisins or candied cherries
1 cup cream or evaporated milk	2 tablespoonfuls nuts, chopped
$\frac{1}{2}$ cup confectioners' sugar	$\frac{1}{2}$ teaspoonful vanilla

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and gradually add to the whipped cream or whipped evaporated milk. Beat in sugar, fruit and nuts. Whip thoroughly and spread between layers of cake. Six cut-up marshmallows or a few spoonfuls cocoanut may be used instead of nuts. Or, beat in three tablespoonfuls cocoa.

BISQUE TORTONI (6 servings)

	1 envelope Knox Sparkling Gelatine
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoonful salt
1 cup scalded milk (not boiled)	1 cup cream, whipped
2 eggs	$\frac{3}{4}$ cup macaroons, or chopped nuts
$\frac{1}{2}$ cup sugar	1 teaspoonful vanilla

BEAT egg yolks with sugar and add to scalded milk in double boiler. Heat until mixture coats spoon and remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Cool, and add whipped cream, vanilla and salt. Fold in whites of eggs beaten until stiff, and pour into glasses or mold that has been rinsed in cold water. When firm, unmold. Sprinkle tops with dried and rolled macaroons or chopped nuts, and garnish with a bit of fruit or jelly. Three tablespoonfuls cocoa may be added to the hot milk. This may be frozen in tray of mechanical refrigerator.

INCH HIGH ICING

	1 teaspoonful Knox Sparkling Gelatine
3 tablespoonfuls cold water	$\frac{1}{2}$ teaspoonful vanilla
1 cup sugar	(1 teaspoonful orange extract if
$\frac{1}{4}$ cup hot water	desired)
2 egg whites	

ADD sugar to hot water and boil directly over fire until syrup will spin a thread. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Place bowl in boiling water and stir until gelatine is dissolved. Add softened gelatine to hot syrup immediately. Have egg whites beaten until stiff and very slowly add the syrup, beating constantly between additions. When all syrup has been added, add flavoring, and pour icing in top of double boiler and cook over hot water, beating constantly with a slotted spoon. When icing becomes so thick spoon can be drawn through it without icing running together again, it is ready to pile on cake. Remove from fire and pile icing quickly on cake, evening top with broad-bladed knife. Wet knife occasionally in hot water. If icing should lose its shine, continue icing cake but leave a little of icing in the double boiler; to this add two or three tablespoonfuls hot water and cook until thickened, but not as thick as the first icing. Pour this on top of the dull icing for a glossy finish.

Note: Refer to Special Notice on Page 4 before making any recipe. [37]

GELATINE PIES

KNOX HUCKLEBERRY PIE *(Filling for one 9 inch pie)*

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		1/4 teaspoonful salt
1 pint huckleberry juice and berries (canned)		1 tablespoonful mild vinegar

POUR cold water in bowl and sprinkle gelatine on top of water. Add salt and hot fruit juice (drained from berries) and stir until dissolved. Add vinegar. Cool, and when beginning to thicken, add berries. Chill somewhat, and pour into baked pie shell or graham cracker crust. Put in refrigerator or cold place. Just before serving spread over pie a thin layer of whipped cream or whipped evaporated milk.

This recipe is for canned fruit but fresh fruit may be used. Blackberries, raspberries, strawberries or cherries may be used in the same way, substituting lemon juice for the vinegar.

LEMON CHIFFON PIE *(Filling for one 9 inch pie)*

(Illustrated on page 25)

	1 envelope Knox Sparkling Gelatine
1/4 cup cold water	1/2 cup lemon juice
4 eggs	1/2 teaspoonful salt
1 cup sugar	1 teaspoonful grated lemon rind

ADD one-half cup sugar, lemon juice and salt to beaten egg yolks and cook over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Add grated lemon rind. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Fill baked pie shell or graham cracker crust and chill. Just before serving spread over pie a thin layer of whipped cream.

ORANGE CHIFFON PIE

MAKE same as Lemon Chiffon Pie but instead of 1/2 cup lemon juice and 1 teaspoonful grated lemon rind, use 1/2 cup orange juice, 1 tablespoonful grated orange rind and 1 tablespoonful lemon juice.

PUMPKIN CHIFFON PIE *(Filling for one 9 inch pie)*

	1 envelope Knox Sparkling Gelatine	
1/4 cup cold water		1/2 teaspoonful nutmeg
1 1/4 cups canned pumpkin		1/2 teaspoonful cinnamon
1/2 cup milk		1/2 teaspoonful salt
1/2 teaspoonful ginger	1 cup sugar	3 eggs

TO slightly beaten egg yolks add one-half cup sugar, pumpkin, milk, salt and spices. Cook until thick in double boiler. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot pumpkin mixture, mix thoroughly and cool. When it begins to thicken, add remaining sugar and fold in stiffly beaten egg whites. Pour into previously baked pie shell. Chill in refrigerator or cold place. Pie may be garnished with whipped cream just before serving. Delicious served in gingersnap crust (make same as graham cracker crust—recipe page 39—but use a little less sugar). Chill thoroughly and pour in pumpkin mixture.

CHOCOLATE CHIFFON PIE *(Filling for one 9 inch pie)*

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	4 eggs
1/2 cup boiling water	1 cup sugar
6 level tablespoonfuls cocoa or	1/4 teaspoonful salt
2 squares chocolate	1 teaspoonful vanilla

Pour cold water in bowl and sprinkle gelatine on top of water. Mix boiling water and cocoa or chocolate until smooth. Add softened gelatine to hot chocolate mixture and stir until dissolved. Add egg yolks, slightly beaten, one-half cup sugar, salt and vanilla. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites and the other half cup sugar. Fill baked pie shell and chill. Just before serving spread over pie a thin layer of whipped cream.

OTHER GELATINE ICE BOX PIES

MAKE any desired Jellied Dessert with fresh or canned fruit juice and when almost "set" turn into a previously baked pie shell or tart shell—or a graham cracker crust (unbaked). Cut-up fruit may be stirred through the jelly. Top with whipped cream or whipped 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 pie shell, but the mixture must be very thick before turning into the baked pie shell.

MERINGUE

IF you desire to use a meringue on top of any of the gelatine pies—Float spoonfuls meringue mixture upon hot water in a shallow pan. Set pan in a slow oven (300°-350° F.) and bake until the meringues are lightly browned. Skim them off immediately and place on top of pie.

TWO-TONED CHIFFON PIES *(2—9 inch pies)*

MAKE up one recipe for Chocolate Chiffon Pie. Divide and place one-half of mixture in each pie shell. Make up a recipe of Orange or Lemon Chiffon Pie. Divide this and put one-half of mixture on top of Chocolate in each pie shell and allow to chill. Before serving spread over pie a thin layer of whipped cream. If you desire to make only one pie, use only half of each recipe.

GRAHAM CRACKER PIE CRUST *(1 crust for 9 inch pie)*

1 1/2 cups graham cracker crumbs	1/3 cup powdered sugar
1/2 cup butter, scant	

CRUSH graham crackers and mix with butter and sugar. Pat mixture firmly into pie pan. Place pie pan in refrigerator or cold place. Allow to stand for several hours, then fill with pie filling and chill.

PASTRIES FOR PARTIES

SMALL tart shells are more convenient to serve at parties than pie. Make crisp and tender pastry shells and use any of the suggested fillings for gelatine pies. Garnish tops attractively with rosettes of whipped cream, fruits, nuts, chocolate shot, tinted cocoanut or ground peanut brittle.

FROZEN DISHES

HINTS FOR SUCCESSFUL FROZEN DISHES

KNOX SPARKLING GELATINE should always be added to mixtures which are to be frozen in the trays of a mechanical refrigerator. The gelatine gives body and consistency and helps to prevent the formation of icy crystals. Its addition also improves the texture of cream frozen in a freezer.

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 when made in a mechanical refrigerator. The ices and frappes especially contain more water, and have a tendency to crystallize.

The amounts in these recipes may be increased or lessened, but the proportions should be kept the same.

The following recipes for ice creams, ices, sherbets, mousses and parfaits may be used either in a freezer or in the trays of a mechanical refrigerator.

LEMON ICE (8 servings)

1 envelope Knox Sparkling Gelatine	
4 cups boiling water	2 cups sugar
1/4 cup cold water	3/4 cup lemon juice
1/4 teaspoonful salt	

MAKE a syrup of boiling water and sugar. Pour cold water in bowl and sprinkle gelatine on top of water. Add to syrup and stir until dissolved. Add salt and lemon juice; cool and freeze. When partly frozen, stiffly beaten whites of two eggs may be added.

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.

FRUIT JUICE ICE—OTHER THAN LEMON

(8 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 1/2 cups fruit juice
2 cups boiling water	2 tablespoonfuls lemon juice
1 cup sugar	Rind of lemon (grated)
1/4 teaspoonful salt	

MAKE a syrup of boiling water and sugar, boiling it with the grated rind of the lemon. Pour cold water in bowl and sprinkle gelatine on top of water. Add to syrup and stir until dissolved. Cool, add fruit juice, salt, and freeze. When partly frozen, stiffly beaten whites of two eggs may be added. Fruit, if berries, should be squeezed through a double thickness of cheesecloth to obtain juice. When making Orange Ice add grated or pared rind of orange instead of lemon.

LEMON MILK SHERBET (8 servings)

1 quart milk	1 envelope Knox Sparkling Gelatine
1 ½ cups sugar	¾ cup lemon juice
	¼ teaspoonful salt

POUR one-half cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Place bowl over boiling water and stir until gelatine is dissolved. Add to remainder of the milk. Mix lemon juice, sugar and salt, add slowly to milk mixture, and freeze. For a richer sherbet use half cream and half milk.

FRUIT SHERBET (6 servings)

	1 envelope Knox Sparkling Gelatine
1 ½ cups sugar	3 cups rich milk
½ cup orange juice	¼ cup lemon juice
	¼ teaspoonful salt

GRATE the outside of both orange and lemon. Squeeze out the juice and add the salt and sugar to this. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Place bowl over boiling water and stir until gelatine is dissolved. Add this to the rest of the milk and turn into ice cream freezer. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired.

GRAPE JUICE SHERBET (8 servings)

	1 envelope Knox Sparkling Gelatine
½ cup cold water	4 tablespoonfuls lemon juice
1 ½ cups boiling water	1 pint grape juice
1 cup sugar	⅓ cup orange juice
	¼ teaspoonful salt

MAKE a syrup by boiling sugar and hot water ten minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add to syrup and stir until dissolved. Cool slightly and add fruit juices and salt; then freeze. Serve in sherbet glasses and garnish with candied violets or fruit, if desired.

ORANGE CREAM SHERBET (12 servings)

(Illustrated on page 29)

	1 envelope Knox Sparkling Gelatine
½ cup cold water	1 ½ cups orange juice
1 ½ cups sugar	½ cup sugar
1 ½ cups hot water	¼ teaspoonful salt
Grated rind of two oranges	2 cups cream, or evaporated milk (whipped)
1 cup lemon juice	

2 eggs

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar and hot water and stir until dissolved. Add orange rind, lemon juice and orange juice. Turn into ice cream freezer and freeze to a mush. Beat cream or evaporated milk 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.

CUSTARD ICE CREAM (8 servings)

1 quart milk	1 envelope Knox Sparkling Gelatine
1 cup sugar (scant measure)	2 eggs
	1 teaspoonful vanilla
	$\frac{1}{4}$ teaspoonful salt

MAKE a custard of $3\frac{3}{4}$ cups milk, yolks of eggs, sugar and salt. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to hot custard and stir until dissolved. When cold add flavoring and freeze to a mush. Add whites of eggs, beaten stiff, and continue the freezing.

VARIATIONS

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 whipped evaporated milk may be added. Freeze as usual. Peach and other fruit ice creams are made in the same way.

PHILADELPHIA VANILLA ICE CREAM (8 servings)

	1 envelope Knox Sparkling Gelatine
$\frac{1}{4}$ cup cold milk	1 cup sugar, scant
$1\frac{3}{4}$ cups scalded milk (not boiled)	1 tablespoonful vanilla
1 pint cream	$\frac{1}{4}$ teaspoonful salt

SCALD one and three-fourths cups milk. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Add to scalded milk. Add sugar and when this is dissolved, add mixture to the cream, and add salt and flavoring. Freeze, using three parts finely crushed ice to one part rock salt. Or turn into tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape. Serve with maple sauce and chopped pecans. If part of the cream is whipped and added when mixture is partly frozen, it will improve the product. Cream may be tinted a delicate green, or any color to match the color scheme of your table.

VARIATIONS

Chocolate Ice Cream. Add one square melted chocolate or three tablespoonfuls cocoa to the scalded milk.

Caramel Ice Cream. Caramelize one-half 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-half cup hot water and simmer on back of stove until the consistency of hot syrup. Add to the scalded milk together with the other half cup sugar and stir over fire until dissolved. Add the softened 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 cheese-cloth, then proceed as for Philadelphia Vanilla Ice Cream.

ANGEL PARFAIT (6 servings)

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	
2 tablespoonfuls cold water	1 cup cream, or evaporated milk, (whipped)
$\frac{1}{2}$ cup granulated sugar	1 teaspoonful vanilla
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoonful salt
Whites of 2 eggs, beaten dry	

BOIL the sugar, salt 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. Pour cold water in bowl and sprinkle gelatine on top of water. Add to the egg mixture and stir until dissolved. Stir over cold or ice water until mixture is cold and begins to set, then fold in cream and flavoring (lemon, orange or almond may be used). Turn into trays of a mechanical refrigerator 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 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)

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	
2 tablespoonfuls cold water	1 cup cream, or evaporated milk (whipped)
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tablespoonful flavoring
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful salt
2 egg yolks	

BOIL the one-half cup water, salt and the sugar until it will spin a thread and pour gradually over the beaten egg yolks, beating constantly. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot egg mixture and stir until dissolved. Cool, stirring occasionally, and fold in cream. Add flavoring and turn into freezing trays of mechanical refrigerator and freeze without stirring.

VARIATIONS

Chocolate Parfait. Melt in the syrup while hot two squares chocolate, beat, and combine with egg yolks.

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

COFFEE PARFAIT (8 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	Yolks of 3 eggs
1 cup strong coffee, boiled	1 pint cream or evaporated milk
1 cup sugar	1/4 teaspoonful salt

MAKE a custard of coffee, sugar, salt and yolks of the eggs. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. Cool, add whipped cream or whipped evaporated milk and freeze. Serve in parfait glasses; garnish with whipped cream, sweetened and flavored with vanilla, forced through a pastry bag and tube, and glazed cherries or any fancy fruit.

Freeze either in freezer or in the trays of a mechanical refrigerator.

FRUIT MOUSSE (8 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 tablespoonful lemon juice
1 1/2 cups fruit pulp	1/2 cup powdered sugar
2 cups cream or evaporated milk	1/4 teaspoonful salt
(whipped)	1/2 teaspoonful vanilla, if desired

POUR cold water in bowl and sprinkle gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Mix with fruit pulp which has been drained of juice and sprinkled with powdered sugar. Fold in whipped cream or whipped evaporated milk. Add salt, lemon juice and vanilla and turn into mold, having mixture overflow mold. Adjust cover. Pack in ice and salt for three hours and unmold. Or, turn mixture into trays of mechanical refrigerator. When making Orange Mousse, add grated orange rind from one orange. Small baking powder boxes may be used for molds in which Mousse is frozen.

CHOCOLATE MOUSSE (8 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 cup sugar
1/2 cup boiling water	2 1/2 cups cream, or evaporated milk
2 squares unsweetened chocolate	(whipped)
or 6 tablespoonfuls cocoa	1 teaspoonful vanilla

MELT chocolate or cocoa in boiling water. Pour cold water in bowl and sprinkle gelatine on top of water. Add to melted chocolate mixture; then add sugar and vanilla. Cool, and add whipped cream or whipped evaporated milk. Fill a chilled mold with mixture, having mixture overflow mold, adjust cover, pack in ice and salt, let stand three hours and unmold. Or turn into trays of mechanical refrigerator.

◇ SUNDAY NIGHT SUPPERS • BRIDGE PARTIES ◇

GREEN SALAD (6 servings)

(Illustrated on page 29)

- | | |
|--|--------------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/2 cup cold water | 1/2 cup stuffed olives, sliced |
| 1/2 cup hot water | 1/2 cup sliced pineapple (canned) |
| 1/4 cup mild vinegar | 1/2 cup small sweet cucumber pickles |
| 1/2 cup sugar | 1/4 teaspoonful salt |
| 1/2 cup blanched almonds (or other nuts) | Green coloring |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add vinegar, green coloring and cool. When it begins to stiffen, add remaining ingredients. Pickles should be sliced thin, almonds chopped and pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water. Chill and when firm, unmold on lettuce and serve with mayonnaise.

TOMATO-CHEESE SALAD (6 servings)

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|--|--|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/4 teaspoonful salt |
| 1 1/2 cups hot thick tomato soup | 1/2 cup mayonnaise |
| 1/2 cup cream cheese or cottage cheese | 1/2 cup stuffed olives, chopped |
| 1 tablespoonful onion juice | 1/2 cup cream or evaporated milk (whipped) |
| 1 tablespoonful butter | |

PUT soup in double boiler, add cheese, butter, salt and onion juice (extracted by grating onion). Heat until cheese has softened. Pour cold water in bowl and sprinkle gelatine on top of water, add gelatine to hot mixture and stir until dissolved. Cool, add mayonnaise, whipped cream or whipped evaporated milk and stuffed olives. Turn into mold that has been rinsed in cold water, and chill. When firm, unmold on lettuce and garnish with sliced olives. Serve with mayonnaise sprinkled with paprika. This salad may be chilled in tray of mechanical refrigerator.

PRUNE-ORANGE-CHEESE SALAD (6 servings)

(Illustrated on page 21)

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|------------------------------------|--------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 2 tablespoonfuls lemon juice |
| 1 cup hot water | 1/2 teaspoonful salt |
| 1/3 cup sugar | 6 prunes (cooked until tender) |
| 1/2 cup orange juice | 1/2 pound cottage cheese |
| | 6 slices orange |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add orange juice and lemon juice. Rinse flat pan in cold water and pour in jelly to the depth of about one-half inch, and allow to congeal. On this jelly place six slices of orange (or small pieces, all skin and partitions removed). On top of each slice of orange place a prune stuffed with cottage cheese. Cover with remaining orange jelly which has been cooled and allowed to congeal somewhat. Chill, cut in squares and serve on lettuce. Garnish with mayonnaise.

CHICKEN MOUSSE (6 servings)

(Illustrated on page 29)

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|------------------------------------|----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 1/2 cups hot chicken stock |
| Yolks 3 eggs | 2 1/2 cup cold cooked chicken |
| 1/4 teaspoonful salt | 1/2 cup cream or evaporated milk |
| 1/4 teaspoonful paprika | (whipped) |

BEAT yolks of eggs slightly, add salt, paprika and chicken stock slowly. Cook over hot water, stirring constantly until mixture thickens. Pour cold water in bowl and sprinkle gelatine on top of water. Add this softened gelatine to above hot mixture and stir until dissolved. Cool and add chicken, finely chopped. Season highly with salt and paprika. Chopped nuts may also be added if desired. When mixture begins to thicken, fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on platter and garnish with slices of lemon or tomato and sprigs of parsley. Veal stock and cut up veal may be used instead of chicken. Canned soup, broth or bouillon cubes may be used to make the stock. (Use one bouillon cube to one cup water to make one cup stock.) Any meat left over may be made into a Meat Mousse.

GRAPE JUICE SOUFFLE (6 servings)

(Illustrated on page 28)

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|------------------------------------|----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/2 cup cold grape juice | 1 tablespoonful lemon juice |
| 1 cup hot grape juice | Whites 2 eggs |
| 1/4 cup sugar | 1/4 cup cream or evaporated milk |
| 1/4 teaspoonful salt | (whipped) |

POUR cold grape juice in bowl and sprinkle gelatine on top of grape juice. Add sugar, salt and hot grape juice and stir until dissolved. Add lemon juice. Cool, and when mixture begins to thicken fold in stiffly beaten egg whites. Half fill individual serving glasses with this mixture. To remaining grape mixture, add whipped cream or whipped evaporated milk, and fill glasses. Garnish with whipped cream or whipped evaporated milk, sweetened and flavored, or with ripe grapes.

CHOCOLATE MARSHMALLOW CREAM (8 servings)

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|------------------------------------|----------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/2 cup cream or evaporated milk |
| 2 cups milk, scalded | (whipped) |
| 1/2 cup sugar | 2 egg whites |
| 1/4 teaspoonful salt | 1 teaspoonful vanilla |
| 2 egg yolks | 1 cup marshmallows cut in small |
| 1/3 cup cocoa | pieces |

BEAT egg yolks, add sugar and salt. Add scalded milk and cocoa and cook in double boiler until of custard consistency, stirring constantly. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Cool, and fold in whipped cream or whipped evaporated milk, stiffly beaten egg whites and the marshmallows. Turn into mold, cover tightly and pack in equal parts of ice and salt—or turn into tray of mechanical refrigerator.

RICE PARFAIT (6 servings)

1 envelope Knox Sparkling Gelatine	
1/2 cup cold water	1/4 teaspoonful salt
3/4 cup scalded milk (not boiled)	1 cup cream or evaporated milk (whipped)
2 cups cooked rice	1 cup nuts, chopped
1 cup sugar	1 teaspoonful vanilla

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot milk and stir until dissolved. Add rice and cool. When it begins to thicken, fold in whipped cream or whipped evaporated milk, nuts and flavoring. Chill, and when firm, unmold and serve with a chocolate, pineapple or any fruit sauce. This may be frozen in tray of mechanical refrigerator.

MAPLE RICE PARFAIT

MAKE Rice Parfait, using maple or brown sugar in place of the white sugar.

MAPLE NUT TORTE (6 servings)

1 envelope Knox Sparkling Gelatine	
1/2 cup cold water	1 cup cream or evaporated milk (whipped)
3/4 cup maple syrup	10 macaroons, dried and rolled
2 eggs	3/4 cup nuts, chopped
1/4 teaspoonful salt	Lady fingers or other stale cakes

BEAT egg yolks slightly, add maple syrup and salt, and cook over boiling water until of custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot maple custard and stir until dissolved. Cool, and add whipped cream or whipped evaporated milk, macaroons and nuts. Fold in stiffly beaten egg whites. Line a mold with lady fingers or stale cake and turn in maple mixture. Chill. When firm, unmold and garnish top with whipped cream and whole nut meats. Or the Maple Cream may be served in glasses.

APRICOT CREAM PIE (Filling for one 9 inch pie)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/2 cup sugar
1 cup apricots, cooked or canned	2 tablespoonfuls lemon juice
1/2 cup hot apricot juice	1/4 teaspoonful salt
3/4 cup cream, whipped	

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot apricot juice and stir until dissolved. Add lemon juice and apricots which have been put through a sieve. Cool, and when mixture begins to thicken, fold in whipped cream. Fill baked pie shell (or baked tart shells) with mixture, and chill. Before serving spread over pie a thin layer of whipped cream.

SUNDAY NIGHT SUPPER SUGGESTIONS

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Fruit Salad Supreme	" 12	Chocolate Sponge	" 22
Ham Mousse	" 10	Chartreuse of Jelly	" 21
Meat Loaf	" 10	Ice Box Cakes	" 30
Pepper Salad	" 15	Chiffon Pies and Tarts	" 38

CANDIES

KNOX DAINTIES

	4 envelopes Knox Sparkling Gelatine
1 cup cold water	Red and Green Coloring (Paste or Liquid)
1½ cups boiling water	
4 cups sugar	½ teaspoonful peppermint extract
¼ teaspoonful salt	1 teaspoonful cinnamon extract

HEAT sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil slowly for 15 minutes. Remove from fire and divide into two equal parts. Color one part a delicate red and flavor with cinnamon extract; color the other part a delicate green and flavor with peppermint extract. Rinse two pans (size about 8 x 4 inches) in cold water, and pour in candy mixture to the depth of about three-fourths inch and put in a cool place (not a refrigerator), allowing candy to thicken for at least twelve hours. With a wet sharp knife loosen around edges of pan, turn out on board lightly covered with powdered sugar. Cut into cubes and roll in powdered or fine granulated sugar.

NOTE: If lemon flavor is desired, add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract to one part of the candy and leave it uncolored. Any preferred flavoring or coloring may be used.

This candy may be made by using 10 drops of oil of cinnamon or cloves instead of the extract. This must be stirred into the mixture thoroughly while it is hot.

It may also be made by using 1 teaspoonful ground cinnamon or cloves instead of the extract. In this case the ground spice is boiled with the sugar and water. Candies, however, are not as attractive as when made with extracts or oils.

MARSHMALLOWS

	2 envelopes Knox Sparkling Gelatine
½ cup cold water	¾ cup boiling water
2 cups sugar	½ teaspoonful salt
	1 teaspoonful vanilla

BOIL sugar and boiling water together until syrup tests thread stage (thread forms when syrup drops from edge of silver spoon). Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Let stand until partially cooled. Add salt and flavoring. Beat until mixture becomes thick, fluffy and cold. Pour into pans (size about 8 x 4 inches), thickly covered with powdered sugar, having mixture one inch in depth. Let stand in cool place (not a refrigerator) until thoroughly chilled. With a wet sharp knife loosen around edges of pan and turn out on a board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar. Fruit juices in place of part of the water, or nuts, chocolate or candied fruits, chopped, may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

TURKISH DELIGHT

2 envelopes Knox Sparkling Gelatine	
1/2 cup cold water	2 tablespoonfuls lemon juice
2 cups sugar	(1 lemon)
1/2 cup boiling water	1/2 cup chopped nut meats
1/4 cup orange juice (1 orange)	1/2 cup raisins
1/4 teaspoonful salt	Red coloring (Paste or Liquid)

HEAT sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add softened gelatine to hot syrup and stir until dissolved. Boil slowly for 20 minutes. Add orange juice and lemon juice to hot mixture and color red. Allow to cool, and when starting to thicken, add nuts and raisins. Pour into pan (size about 8 x 4 inches) that has been rinsed in cold water, and allow to cool until thick and firm. With a wet, sharp knife, loosen around edges of pan, turn out on board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar.

PEANUT DAINTIES

2 envelopes Knox Sparkling Gelatine	
1/2 cup cold water	1 tablespoonful lemon juice
2 cups light brown sugar	2 cups peanuts, chopped fine
3/4 cup boiling water	1/4 teaspoonful salt

HEAT sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil slowly for 15 minutes. Remove from fire and allow candy to cool slightly, and add chopped peanuts and lemon juice. Turn into pan (size about 8 x 4 inches) that has been rinsed in cold water. Allow to cool for at least twelve hours in a cold place (not a refrigerator). With a wet, sharp knife loosen around edges of pan and turn out. Cut in cubes and roll in either chopped peanuts or powdered sugar. Other nuts may be used.

KNOX RAINBOW WAFERS

1 envelope Knox Sparkling Gelatine	
1 1/2 tablespoonfuls cold water	1 package (1 lb.) confectioners' sugar
2 tablespoonfuls boiling water	Coloring (Liquid or Paste)
Flavoring (Extracts or Oils)	

POUR cold water in bowl and sprinkle gelatine on top of water. Add boiling water and stir until thoroughly dissolved. Add 2 cups sugar and mix thoroughly. Put on a board dredged with sifted sugar and knead until perfectly smooth. Divide into as many parts as you wish, and to each part add the desired coloring and flavoring. Knead in these colors and flavors and enough more sugar to make the mixture stiff again. (This will use the rest of the sugar in the package.) Roll as thin as possible and cut in rounds, about one inch in diameter. If you desire these rounds chocolate, knead in cocoa instead of part of sugar. Vanilla, peppermint, clove, cinnamon, sassafras, wintergreen, lemon or any flavor may be used.

NOTE: A metal jar cover, about 1 inch in diameter, makes a very satisfactory cutter for these candies.

CHRISTMAS CANDY SUPREME

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/2 cup Sultana raisins
2 squares chocolate	1/2 cup candied cherries
3 cups sugar	1/4 cup chopped English walnuts
1 cup sour cream	1/4 teaspoonful cinnamon
	1/4 teaspoonful salt

MELT chocolate over boiling water. Add sugar, salt and sour cream alternately, while stirring constantly. Bring to boiling point and let boil until mixture will form a soft ball when tried in cold water. Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot candy mixture and beat until dissolved. Add cinnamon, raisins, cherries cut in small pieces, and nuts. Beat until creamy, and turn into buttered pan, having mixture about one and one-half inches deep. Cool, remove from pan and cut in slices for serving. The mixture may be put in individual buttered tins, and when unmolding insert in top of each a sprig of holly. Omit fruit in this recipe and you have Somerville Fudge. Instead of sour cream, milk and a piece of butter may be used.

CHILDREN'S PARTIES

SPINACH SALAD

MANY children refuse to eat vegetables, but when molded with gelatine, they appeal to the child's fancy and they are delighted to eat the salads which appear so attractive. Recipe on page 54.

JELLIED VEGETABLES (Perfection Salad)

Mold in tiny cubes of cooked carrot, peas and chopped celery, or a few asparagus tips. If you wish to serve a raw vegetable salad, use cabbage, celery and grated raw carrot. Recipe on page 13.

FRUITED JELLY

MAKE Orange, Grape, Pineapple or any favorite fruit jelly. Mold attractively in tiny fancy molds, cups, orange skins or apple cases. All sorts of little fancy boxes may be purchased, lined with waxed paper and filled with gelatine mixtures. Little boxes may be made of three lady fingers or three Nabiscos tied together with narrow ribbon.

BANANA BOATS

PARTIALLY remove some of the banana pulp and fill skin with a well-flavored gelatine jelly. When firm, add a little sail made of stiff paper fastened to a toothpick.

DUCK POND

MAKE an Orange Jelly and mold in large shallow cups or in saucers. Turn out on a plate to form the water on which a cookie or toy duck appears to float. Around the "pond" have ice cream or whipped cream. Green iced jelly may represent grass.

EGGS

MAKE "Humpty Dumpty Eggs" by dipping hard-cooked eggs from which shells have been removed, in mayonnaise to which a little liquid gelatine has been added to make it firm. Then decorate with cut pimientos, pickles or olives to form funny faces.

MARSHMALLOWS

THESE may be warmed in the oven and pinched in the shape of animals. Paint eyes, nose and mouth with vegetable colorings. Recipe on page 48.

GOLDFISH

MOLD Lemon Jelly in glass sherbet cups. Insert a candy or toy fish so that it suggests a goldfish in a globe.

CHARIOTS

MAKE a cart or chariot by scooping out an orange. With toothpicks fasten slice of an orange (at least one-fourth inch in thickness—with the peel left on) on each side of chariot for wheels. Fill chariot with orange jelly, ice cream, Knox Dainties or Marshmallows. The chariot is drawn by animal crackers fastened together—two by two—with toothpicks, leaving a little space between the pairs, and attached to the chariot with ribbons for reins.

CAKE DECORATIONS

JELLY may be molded in shallow pans and cut in fancy shapes with tin cutters or a paper pattern—make rabbits, pigs, etc. Use these to decorate cakes, ice cream or any desserts. Birthday cakes may be decorated with marshmallows, Knox Dainties or Gumdrops. Instead of Birthday Cake, make a handsome mold of jelly, Spanish Cream or Marshmallow Cream—decorate top with candles in holders; or with animal crackers to represent a merry-go-round.

Make Knox Dainties, coloring them a bright green. Cut in inch squares, trim each piece in shape of a pyramid (tree) with scissors and roll in tiny colored candies. Mount each piece on a toothpick which has been dipped in melted chocolate. Use these tiny Christmas Trees to decorate a cake. Cake may be frosted with white or chocolate frosting and sprinkled with cocoanut. Small cup cakes are attractive with one of the miniature trees in the center.

OTHER GELATINE DISHES FOR PARTIES

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CONDENSED AND EVAPORATED MILK RECIPES

Condensed and evaporated milk may be used in place of plain milk and cream

EVAPORATED MILK BLANC MANGE

MAKE like plain Blanc Mange (page 23) but use one cup evaporated milk and one cup water instead of the plain milk. Use condensed milk in the same way, but allow less sugar.

ORANGE-COCOANUT BLANC MANGE (6 servings)

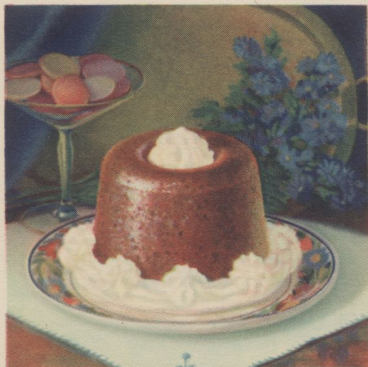
	1 envelope Knox Sparkling Gelatine
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoonful salt
$\frac{3}{4}$ cup hot water	1 orange
1 cup evaporated milk	$\frac{1}{4}$ cup cocoanut
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoonful vanilla

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water. Stir until dissolved. Add evaporated milk, oranges, cut in slices and each slice quartered. When mixture begins to set, add the cocoanut. Turn into individual molds that have been rinsed in cold water. When firm, unmold and serve garnished with orange sections.

WHIPPED EVAPORATED MILK

	$\frac{1}{2}$ teaspoonful Knox Sparkling Gelatine
2 teaspoonfuls cold water	1 cup evaporated milk

POUR evaporated milk in top part of double boiler and heat with the lid off until hot. Pour cold water in bowl and sprinkle gelatine on top of water. Add softened gelatine to the hot milk and stir until dissolved. Now pour into a shallow bowl—and chill until icy cold. Then whip vigorously until stiff. Makes about two cups of whipped cream. If used as a topping, sweeten and flavor.



Chocolate Sponge

Recipe Page 22

WHIPPED CREAM

$\frac{3}{4}$ teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls cold milk
1 cup cream
$\frac{1}{2}$ cup powdered sugar
1 teaspoonful vanilla
$\frac{1}{4}$ teaspoonful salt

POUR cold milk in bowl and sprinkle gelatine on top of milk—stir thoroughly. Place bowl over boiling water and stir until gelatine is dissolved. Cool. Whip cream and gradually add liquid gelatine. Beat until stiff, and add sugar, salt and vanilla.

◇ DISHES FOR CONVALESCENTS ◇

JELLIED CHICKEN BROTH (6 servings)

- 2 envelopes Knox Sparkling Gelatine
- ½ cup cold water
- 3 cups chicken broth
- ¼ teaspoonful salt
- ¼ teaspoonful celery salt
- 1 tablespoonful lemon juice
- 1 tablespoonful onion juice, if desired

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot broth and stir until gelatine is dissolved. Add seasonings. Pour into bouillon cups that have been rinsed in cold water, and chill. This may be served hot if preferred.



Orange Charlotte

Recipe Page 31

JELLIED CUSTARD (6 servings)

- | | |
|------------------------------------|-------------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| ¼ cup cold water | 3 eggs |
| ½ cup hot milk | ¼ teaspoonful salt |
| 3 tablespoonfuls sugar | Vanilla flavoring, if desired |
| 1 cup cold milk | |

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot milk and stir until gelatine is dissolved. Add slightly beaten eggs, sugar and salt. Stir well. Add cold milk and flavoring. Pour into mold that has been rinsed in cold water and chill. When firm, unmold. When permissible, a chocolate sauce or a fruit sauce may be served with this custard.

GRAPE SPONGE (6 servings)

- | | |
|------------------------------------|-----------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| ¼ cup cold water | 1 tablespoonful lemon juice |
| ½ cup hot water | 1 tablespoonful sugar |
| ¾ cup grape juice | ¼ teaspoonful salt |
| Grated rind 1 lemon | 2 egg whites |

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add fruit juice and grated rind. Cool, and when mixture begins to stiffen, beat until frothy and fold in stiffly beaten egg whites. Turn into sherbet glasses or individual molds that have been rinsed in cold water. Chill, and when firm, unmold. Cream, either plain or whipped, may be served with this if desired.

APRICOT CREAM (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1 tablespoonful lemon juice
3/4 cup strained cooked apricots (unsweetened)	1/2 cup milk
1/3 cup sugar	1/2 cup cream
	1/4 teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Heat strained apricots and add gelatine, sugar and salt. Stir until gelatine is dissolved. Add lemon juice. Cool. Add milk and cream. Freeze to a mush.

SPINACH SALAD (6 servings)

1 envelope Knox Sparkling Gelatine	
1/2 cup cold water	1 tablespoonful lemon juice
1/2 cup hot water	1/2 teaspoonful salt
3/4 cup cooked spinach, chopped or sieved	3 eggs, hard-cooked

POUR cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add lemon juice, salt and spinach. Cool. Rinse mold in cold water and line with eggs cut in slices. Turn in the spinach mixture when it begins to thicken. Chill, and when firm, unmold.

ORANGE DELIGHT (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	3/4 cup orange juice
1/2 cup hot water	1 tablespoonful lemon juice
1/3 cup sugar	1/4 teaspoonful salt

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add fruit juices. Pour into mold that has been rinsed in cold water and chill. When firm, unmold.

ORANGE AND EGG (6 servings)

1 envelope Knox Sparkling Gelatine	
4 eggs	1/2 teaspoonful salt
1/2 cup orange juice	2 tablespoonfuls sugar
1 teaspoonful grated orange rind	

POUR orange juice in bowl and sprinkle gelatine on top of orange juice. Place bowl over boiling water and stir until gelatine is dissolved. Add beaten egg yolks, orange rind, sugar and salt. Fold in stiffly beaten egg whites; continue the folding until it begins to stiffen. Pour into individual molds that have been rinsed in cold water and let it become firm. Do not put molds in too cold a place or the mixture will become too stiff and be less delicate in flavor. Any desired flavoring may be used in place of the orange rind.

ROSE APPLES (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	2 tablespoonfuls red cinnamon candies
1 cup sugar	
2 cups boiling water	6 medium sized apples
2 tablespoonfuls lemon juice	1/4 teaspoonful salt

PARE and core apples. Make a syrup of the sugar, boiling water and cinnamon candies, cooking apples in syrup slowly until tender—being careful that apples retain their shape. Pour cold water in bowl and sprinkle gelatine on top of water. Remove apples from syrup and dissolve gelatine in hot syrup, stirring thoroughly. Add lemon juice and salt and more water if necessary to make a pint of liquid. Place apples in sherbet glasses and pour over the liquid jelly. Chill until firm. Serve with a garnish of whipped cream.

FRUIT SOUFFLE (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	1/2 cup fresh or canned strawberries
3/4 cup hot fruit juice	1 cup cream or evaporated milk (whipped)
1/2 cup sugar	
1/4 teaspoonful salt	1 egg white
1/2 cup canned pineapple (crushed)	1/2 cup nuts, chopped

POUR cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot fruit juice and stir until dissolved. Cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk and pineapple and strawberries which have been cut in small pieces. Fold in stiffly beaten egg white. Turn into sherbet glasses and chill. Serve sprinkled with chopped nuts. Cherries may be used instead of strawberries. If desired, the souffle may be turned into mold that has been lined with stale lady fingers or other stale cake.

APPLE SPONGE PUDDING (6 servings)

1 envelope Knox Sparkling Gelatine	
1/4 cup cold water	2 tablespoonfuls lemon juice
1/2 cup boiling water	2 eggs
1 1/2 cups strained apple sauce	1/4 teaspoonful grated lemon rind
1/3 cup sugar	1/4 teaspoonful salt

Mix together boiling water, apple sauce, sugar, salt, lemon rind and beaten egg yolks, and cook over boiling water until mixture thickens slightly. (Less sugar will be needed if apple sauce has been sweetened.) Remove from fire. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture, stir until dissolved, and add lemon juice. Cool until it begins to thicken, fold in stiffly beaten egg whites and turn into mold that has been rinsed in cold water. Chill, and when firm, unmold. Garnish with cooked apple quarters or with orange marmalade and nut meats. Serve with whipped cream or whipped evaporated milk, or a custard sauce. A little ginger or the small red cinnamon candies may be cooked with the apple pulp.



KNOX DAINTIES

*Desserts
Salads
Candies and
Frozen Dishes*

