

MRS. KNOX'S
SUGAR-LESS
DESSERTS AND SALADS



Dear Mrs. Housewife:

Our government has asked every housewife to "go easy" on sugar. And of course we're all glad to cooperate.

Perhaps right now you're looking for recipes that may be made without sugar, without sacrificing appetite appeal. To help you, I've assembled seventeen of them in this little booklet . . . Knox Gelatine salads and desserts . . . every one delicious, every one containing protective food values. Yet none of them call for sugar.

I'm sure these sugar-less, nutritious Knox Gelatine dishes will be popular with your family. (Mine loves them.) And here's another good idea! If someone at your house is on a low-sugar diet, these recipes are really a "find." They're grand for weight-watchers, convalescents, and often are used in prescribed diabetes diets. Do try them!

I have carefully tested all these Knox dishes in my own kitchen. You'll find them simple to make. But for best results, I urge you to use *only* plain, unflavored Knox Gelatine. It's been a favorite with housewives for over fifty years. So don't accept substitutes. Ask for Knox!

Sincerely,

A. M. Knox

(MRS. CHARLES B. KNOX)

SAVORY SUPPER SALAD

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/3 cup cream or evaporated milk |
| 1 cup hot water | (whipped) |
| 1/2 teaspoonful salt | 1/2 cup stuffed olives, chopped |
| 1/4 cup mild vinegar | 1/2 cup celery, chopped |
| 1 1/2 cups grated American cheese | 1/4 cup green pepper, chopped |

Soften gelatine in cold 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 evaporated milk. Turn into mold that has been rinsed in cold water and chill. Serve with salad dressing.

TOMATO SALAD RING

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | | Stalk celery |
| 1/4 cup cold water | | A little Cayenne or pepper |
| 2 cups canned or fresh tomatoes | | 1 tablespoonful mild vinegar or |
| 1/2 bay leaf (if desired) | | lemon juice |
| 1/2 teaspoonful salt | | 1 tablespoonful onion juice |

Mix tomatoes, bay leaf, salt, celery and Cayenne or pepper and boil ten minutes. Soften gelatine in cold water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain. Turn into ring mold first rinsed in cold water; chill. (To fill 9-inch mold, double recipe.) When firm, unmold on lettuce. Fill center, if desired, with potato salad or cole slaw. Tomato juice may be used instead of canned or fresh tomatoes.

TUNA FISH, SALMON OR CRABMEAT SALAD

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 3/4 cup cooked salad dressing or |
| 1 cup tuna fish, salmon or | mayonnaise |
| 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 |

Soften gelatine in cold water. Place dish 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.

HAM CHEESETTES

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1 teaspoonful prepared mustard |
| 1/2 can condensed tomato soup | 1 tablespoonful lemon juice |
| 1/2 package cream cheese (3 oz.) | 1 cup finely chopped or ground |
| 1/4 cup salad dressing or mayonnaise | boiled ham |

Soften gelatine in cold water. Combine soup with 1/2 cup water and heat. Mash cheese. Add mustard and lemon juice. Dissolve softened gelatine in hot soup. Add to cheese mixture, slowly, stirring constantly until smooth. Cool, and when mixture begins to thicken, fold in mayonnaise or salad dressing and ground ham. Pour into individual molds that have been rinsed in cold water and chill. When firm, unmold on lettuce or desired greens and garnish with mayonnaise or a cream salad dressing.

VEGETABLE SALAD

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1 cup hot water |
| 1/4 cup cold water | 1 tablespoonful lemon juice |
| 3 tablespoonfuls mild vinegar | 1 teaspoonful salt |
| 3/4 cup carrots, grated fine or shredded | 3/4 cup cabbage, grated fine or shredded |
| 2 tablespoonfuls chopped parsley or raw spinach | 2 teaspoonfuls onion juice (extracted by grating onion) |

Soften gelatine in cold water. Add salt, hot water. Stir until dissolved. Add vinegar, lemon juice, onion juice. Cool. When mixture begins to thicken add remaining ingredients. Turn into mold that has been rinsed in cold water. Chill. When firm, unmold. Decorate with raw carrot and green pepper. Serve with salad dressing.

EGG SALAD

(Serves 6)

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

Soften gelatine in cold 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.

SAVORY CORNED BEEF LOAF

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1 teaspoonful Worcestershire sauce |
| 1/4 cup cold water | 1 1/2 cups corned beef cut in small pieces |
| 1 1/2 cups tomato juice | 3/4 cup chopped celery |
| 1/2 teaspoonful salt | 3 hard cooked eggs, sliced |
| 1 teaspoonful grated onion juice | 1/4 cup chopped pickle relish (if desired) |
| 2 tablespoonfuls lemon juice | |

Soften gelatine in cold water and dissolve in hot tomato juice. Add salt, onion juice, lemon juice and Worcestershire sauce. Stir well. Rinse loaf pan out with cold water. Garnish bottom with slices of hard cooked egg and cover with a little of the gelatine liquid. Chill in refrigerator until set. Cool remaining liquid until mixture begins to thicken and fold in corned beef, celery and pickle relish. Line sides of loaf pan with sliced eggs and fill with meat mixture. Chill until firm. Unmold on platter and garnish with watercress, lettuce or desired greens. Serve with mayonnaise or any desired dressing.

RECEPTION SALAD

(Serves 6)

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

Soften gelatine in cold water. Place dish 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.

FRUIT BOWL

(Serves 8)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/2 cup cream or milk |
| 2 cups cottage cheese | 1/2 cup pineapple |
| 3/4 teaspoonful salt | 1 orange |
| 1/8 teaspoonful paprika | 1 cup strawberries or bananas |

Soften gelatine in cold water. Place bowl over boiling water. Stir until gelatine is dissolved. Mash cheese fine. Add seasonings, cream, gelatine. Turn into ring mold that has been rinsed in cold water. Chill. When firm unmold on lettuce. Fill center with fruit cut small and blended with salad dressing mixed with a few spoonfuls of whipped cream. Serve with dressing.

SALAD SPONGE DELIGHT

(Serves 8)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/2 cup white grapes or strawberries |
| 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 |

Soften gelatine in cold 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.

HONEY COFFEE BAVARIAN

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1 cup cream or evaporated milk (whipped) |
| 1/4 cup cold water | |
| 1 cup strong hot coffee | 1/4 teaspoonful vanilla |
| 1/4 cup honey | Dash of salt |

Soften gelatine in cold water. Dissolve in the hot coffee with honey and salt. Remove from heat, add vanilla. Cool, and when mixture begins to thicken fold in whipped cream. Turn into mold that has been rinsed in cold water and chill. Serve with whipped cream.

PEPPERMINT STICK ICE CREAM

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1 pint cream |
| 1/4 cup cold milk | 1/4 teaspoonful salt |
| 1 3/4 cups scalded milk (not boiled) | 1 cup or 1/4 lb. peppermint stick candy |

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, dissolving the gelatine thoroughly. Add crushed peppermint candy and salt. When this is dissolved, let cool. Add mixture to the whipped cream. Freeze in tray of mechanical refrigerator and stir every thirty minutes until mixture will hold its shape.

PEACH FANTASY

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1/2 cup hot canned peach syrup or hot water |
| 1/4 cup cold water | |
| 1/4 teaspoonful salt | 1 cup canned peaches, mashed |
| 1/8 teaspoonful ground cinnamon and cloves mixed | 1 tablespoonful lemon juice |
| | 2 egg whites, stiffly beaten |

Soften gelatine in cold water. Add salt, spices and hot water or hot syrup, and stir until gelatine is dissolved. Add mashed peaches and lemon juice. Chill in refrigerator until mixture begins to thicken. Beat until frothy and fold in beaten egg whites. Turn into mold that has been rinsed in cold water and chill until firm.

BANANA CREAM WHIP

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1/3 cup orange juice |
| 1/4 cup cold water | 1 tablespoonful lemon juice |
| 3 bananas | 1 cup cream or evaporated milk |

Soften gelatine in cold water and dissolve over hot water. Rub bananas through a sieve, add fruit juices and then whip in dissolved gelatine. When cool, fold in whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water. Serve with cream or with a fruit sauce.

MAPLE SPANISH CREAM

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 3 eggs |
| 2 1/2 cups milk | 1/4 teaspoonful salt |
| 2/3 cup maple syrup | 1 teaspoonful vanilla |

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add maple syrup 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.

ORANGE MARMALADE CHIFFON PIE

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | |
| 1/4 cup cold water | 1/4 teaspoonful salt |
| 1/2 cup hot water | 2 egg whites, stiffly beaten |
| 1 cup orange marmalade | 1/2 cup heavy cream, whipped |

Soften gelatine in cold water. Then add hot water, orange marmalade and salt. Stir until dissolved and set aside to cool. Beat the egg whites until stiff. When the jelly begins to thicken fold in the whipped cream and the egg whites. Place in previously baked pastry shell and chill until firm. Before serving, garnish with whipped cream.

PRUNE PUDDING

(Serves 6)

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| 1 envelope Knox Sparkling Gelatine | 1 cup prune pulp |
| $\frac{1}{4}$ cup cold water | 2 tablespoonfuls orange juice |
| $\frac{3}{4}$ cup hot prune juice or
boiling water | 1 teaspoonful grated orange rind |
| 2 tablespoonfuls sugar | $\frac{1}{2}$ teaspoonful salt |
| | 2 egg whites |

Softens gelatine in cold water and dissolve in either hot prune juice or boiling water. Add sugar and salt and stir mixture thoroughly. Allow mixture to cool and when it starts to thicken add prune pulp, orange juice and grated orange rind. Mix these ingredients together very thoroughly and again allow to cool. Beat egg whites until stiff and dry and fold into cooling mixture. Turn into mold that has been rinsed in cold water and chill. To serve unmold dessert on plate and garnish with lady fingers and whipped cream.

ARE ALL GELATINES ALIKE?

In a recent survey, thousands of housewives couldn't answer this question: "Do you know the difference between prepared flavored gelatine dessert powders and Knox Gelatine?"

KNOX GELATINE IS ALL GELATINE

No artificial flavoring — no sugar

It contains 7 of the 10 essential
protein parts

Can be taken as a drink to supplement other proteins in regular meals. Also use for vitamin-rich salads and desserts, with meat, eggs, vegetables, fruit and milk. Each envelope will make a dessert or a salad of six individual servings. In 4-envelope package or 32-envelope money-saving carton.



CHARLES B. KNOX GELATINE CO., INC., JOHNSTOWN, N. Y.

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