

# PLAIN GELATINE

FLAVORED

AND

## KNOX JELL

THEIR USES  
AND PREPARATION



PREPARED BY THE COURTESY  
OF THE PRODUCERS OF

**KNOX**  
**SPARKLING GELATINE**  
**and KNOX JELL**

Plain gelatine (unflavored) is one of the most useful and versatile of our foods. In addition to its great value in special diets, plain gelatine has contributed a variety of new appetizing dishes to every course of the meal. Flavored jell answers the demand for fruit-flavored gelatine desserts which require only hot water to make up. Naturally these do not contain the vitamin and health salts that the use of plain gelatine and real fruits and vegetables provide.

## **SOURCE OF GELATINE**



### **PLAIN GELATINE**

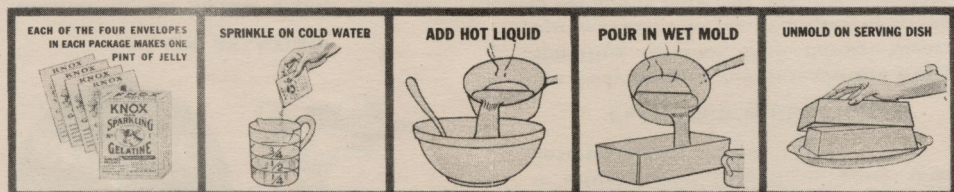
Gelatine of the highest quality is made from the selected bones of food animals in much the same manner as the housewife makes soup stock. Only the very best beef

and veal bones are used, and by continued boiling the gelatinous product is drawn from them. Plain gelatine contains about 86% protein, 1% of fat, 13% moisture and no carbohydrate. Knox Sparkling Gelatine is not only a U. S. P. product but is actually over four times purer than government standards.

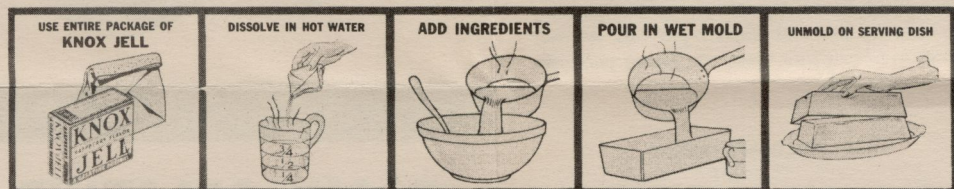
### **FLAVORED KNOX JELL**

Is a ready-flavored dessert made with Knox Sparkling Gelatine, fruit flavors, sugar, fruit acid and coloring. While it is delicious to eat and is pure and wholesome, it does not contain as many valuable food properties as dishes made with fruits and vegetables and Knox Plain Sparkling Gelatine.

## GENERAL RULES FOR MAKING DISHES WITH PLAIN GELATINE



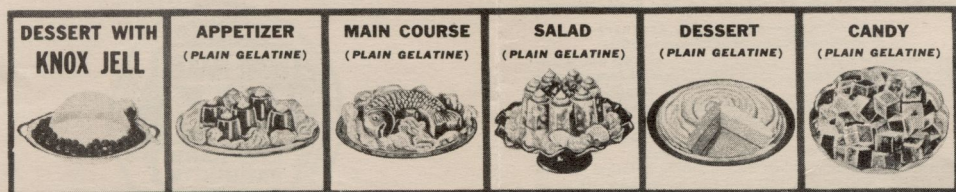
## GENERAL RULES FOR MAKING DISHES WITH KNOX JELL



## MANY USES FOR GELATINE AND KNOX JELL

Gelatine has become a household necessity because of its adaptability to so many uses. There was a time when gelatine was considered only when desserts were being planned, but today it has its place in every course of the meal from soup to deserts. Salads, main dishes, appetizers,

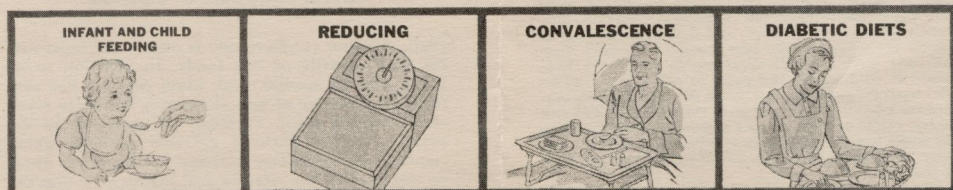
jellies, candies, pies, puddings, ice creams, sherbets are only a few of the dishes one can make or improve with plain gelatine. When a dessert powder is used it is well to use Knox Jell. It comes in 6 fruit flavors. Many desserts, jellies and appetizers can be quickly prepared with Knox Jell.



## SPECIAL DIETETIC USES FOR PLAIN GELATINE

Plain gelatine is so easily digested and liquefies so readily that it is used extensively for: Infant and Child Feeding, where it serves as a splendid carrier for other good foods; Convalescence, where it presents appetiz-

ing appearances, has distinctive food value and does not tax the digestive system; Reducing, where it gives bulk without high caloric content; Diabetic, because it is free of carbohydrates.





## CHOCOLATE SPONGE

(6 servings)

1 envelope Knox Sparkling Gelatine  
 $\frac{1}{4}$  cup cold water  $\frac{1}{4}$  cup boiling water  
 $\frac{1}{3}$  cup sugar 3 eggs  $\frac{1}{4}$  teaspoonful salt  
1 teaspoonful vanilla  
 $1\frac{1}{2}$  squares chocolate or 4 tablespoonfuls cocoa

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.

## COMPLEXION SALAD (Good for the Entire Family)

(6 servings—uses only  $\frac{1}{4}$  package)

1 envelope Knox Sparkling Gelatine  
 $\frac{1}{4}$  cup cold water 1 cup hot water  
 $\frac{1}{4}$  cup mild vinegar 1 tablespoonful lemon juice  
 $\frac{1}{4}$  cup sugar 1 teaspoonful salt  
 $\frac{3}{4}$  cup carrots, grated fine or shredded  
 $\frac{3}{4}$  cup cabbage, grated fine or shredded  
2 tablespoonfuls chopped parsley or raw spinach  
2 teaspoonfuls onion juice

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add vinegar, lemon juice and onion 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.

## SPANISH CREAM OR MOLDED CUSTARD

(6 servings—uses only  $\frac{1}{4}$  package)

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

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 desserts. 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.