

KNOX GELATINE

A Delicious Food of Superior Quality



INTRODUCTORY



NO food product offers more attractive ways of adding charm to the everyday home meal, the simple luncheon, or the elaborate dinner than Knox Sparkling Gelatine. Dainty, appetizing desserts, salads, meat and fish dishes, and wholesome candies, too—are all so easy and economical to make.

One of the many advantages of Knox Sparkling Gelatine is that being plain and unflavored, you can flavor your own dishes with real fruits and vegetables, and thus get the benefit of their valuable mineral salts and vitamins. That is why housewives are always proud to serve Knox Gelatine dishes. Ready-flavored brands cannot in any way equal the wholesomeness of Nature's own products.

Here are given but a few recipes of the many shown in Mrs. Knox's recipe books, in which the hostess will find a delightful variety of dishes that will beautify the whole table, prove a source of appetizing delight and be economical as well. (Send in the coupon.)

For Nourishment

Knox Sparkling Gelatine supplies many important food elements which help promote sturdy growth in children and which are also beneficial in adult diets.

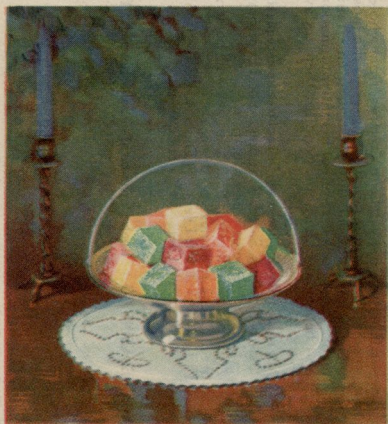
IMPORTANT

When dissolved and added to milk, Knox Sparkling Gelatine acts as a preventative of excessive curdling of milk in the stomach. Authorities report that this has been found especially valuable in infant feeding and for underweight or undernourished cases. Ask your physician about it.

DIRECTIONS

1. Soak for ten minutes one level tablespoonful of Knox Sparkling Gelatine in $\frac{1}{2}$ cup cold milk.
2. Place cup in boiling water and stir until gelatine is thoroughly dissolved.
3. Return dissolved gelatine to original quart of milk.
4. For smaller quantities of milk reduce gelatine in proportion.
5. In Infant Feeding, ask your physician about adding Knox Gelatine to the formula he prescribes, according to directions above. Also follow same method and proportions for a condensed or evaporated milk formula.
6. For children and adults who need full milk nourishment, dissolve and add one teaspoonful of Knox Sparkling Gelatine to a glass of milk before serving, following same method as above.

DIETS—If you are dieting, write us for special recipes for various diets—to make your diets more appetizing, more digestible and more successful.



KNOX DAINTIES

Illustrated Above

4 level tablespoonfuls Knox Sparkling Gelatine
4 cups granulated sugar 1 cup cold water
1½ cups boiling water

Soak gelatine in the cold water about five minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract. To the other part add one teaspoonful extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of three-fourths inch, and let stand overnight. Turn out, cut in squares and roll in powdered or fine granulated sugar.

NOTE: If Blue Package is used add ½ teaspoonful Fruit Acid Flavor to the Lemon Dainties and ¼ teaspoonful Fruit Acid Flavor to Dainties flavored with cinnamon, clove or peppermint extract.

PINEAPPLE ICE BOX CAKE

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

2 level tablespoonfuls Knox Sparkling Gelatine
½ cup cold water 1 tablespoonful lemon juice
1 can crushed pineapple
¼ teaspoonful salt 1½ cups cream, whipped
½ cup sugar

Lady fingers or stale sponge cake

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

FOUNDATION RECIPE (LEMON)

(For 8 Servings)
Illustrated Below

2 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water ¾ cup sugar
2 cups boiling water ½ cup lemon juice
Salt

Soak gelatine in cold water about five minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Pour into wet mold, and chill.

Other recipes are made in the same way, except the fruit juice is substituted for the hot water in the recipe and two tablespoonfuls lemon juice are added instead of the half-cup in the recipe. The amount of sugar used when desserts or salads are made with fresh or canned fruit or fruit juices varies according to the acidity of the fruit—with canned fruits using less sugar than with fresh fruits.





Send for Mrs. Knox's Recipe Books

—containing many delicious recipes, from wholesome and delightful family surprises to the most unusual and exquisite dishes for guest entertainment. These books are full of helpful information and beneficial suggestions. Send for them today, filling in the coupon below:

Any of the following books will be sent free upon request :
Dainty Desserts, Salads, Candies—Food Economy
—Health Value of Knox Gelatine.

Any of the following Special books will be sent free. Check the ones you desire.

- ☐ Liquid and Soft Diets ☐ Diabetic Recipe Book
☐ Reducing Diets ☐ Anemic Diets.

CHARLES B. KNOX GELATINE CO. Book Department Johnstown, N. Y.

Name

Address

City

State

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How KNOX Sparkling Gelatine is Made

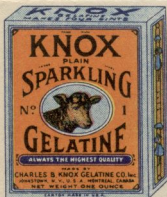
THE family of Knox takes every known precaution to insure the purity of Knox Sparkling Gelatine. It is made from the inner shin bone of food animals in very much the same manner as soup stock is prepared at home. Hands never touch it, and it is truly prepared for those whose first consideration is the welfare of their families and who appreciate genuine quality.

A cordial welcome is extended to the public to visit us and see the cleanliness with which we surround the manufacture of Knox Sparkling Gelatine.

CHARLES B. KNOX
GELATINE CO., Inc.

Johnstown, N. Y.

PRINTED IN U. S. A.



KNOX Sparkling Gelatine is put up in two packages—the No. 1 (yellow) package and the No. 3 (blue) package. Both contain two envelopes of the same quantity and quality of plain, granulated,

Sparkling Gelatine. The only difference between these two packages is that the No. 3 (blue) package has in it an extra envelope of fruit acid (made from lemons, limes and oranges). This, however, is not mixed in with the gelatine, and for those who prefer it, saves the time, cost and trouble of preparing lemons.

Always keep a package of Knox Sparkling Gelatine on your pantry shelf—it has so many uses. It enables you to turn your left-overs into delightful dishes and each package will make four different desserts or salads, each sufficient for six generous servings.





Dishes for Convalescents

KNOX Sparkling Gelatine solves the problem of tempting the jaded or convalescent appetite with a sufficient variety of dishes that are dainty and nu-

tritious at the same time. In combination with milk, eggs, vegetables, fruit juices and broths, Knox Gelatine dishes are ideal—their ease of digestion and their real food value are extremely beneficial. The following is but a suggestion of the many that are available for the invalid or those with delicate appetites.

PRUNE BAVARIAN CREAM

(Individual)

½ teaspoonful Knox Sparkling Gelatine	
2 tablespoonfuls cold water	½ teaspoonful sugar
3 tablespoonfuls boiling water	1 tablespoonful Prune Puree
Grated rind lemon	1 tablespoonful cream,
1 teaspoonful lemon juice	whipped

Soak gelatine in cold water about five minutes. Boil lemon rind and water for two minutes. Add to gelatine, stir until dissolved. Add lemon juice and sugar, strain and let stand until nearly set. Then fold in pureed prunes and whipped cream.