

Mary had a little lamb,
Whose fleece was white and yellow;
She took it to the store with her
To buy delicious **JELL-O**



JELL-O RULES

Do not use more than a pint of hot water or fruit juice, or liquid of any kind, for each package of Jell-O used.

Jell-O may be cooled quickly by dissolving a package in one-half pint of boiling water and then adding one-half pint of ice water and setting it in cracked ice.

If Jell-O should harden before you are ready to mould it, soften by setting the pan or bowl containing it in hot water.

To place fruit in Jell-O, pour a little Jell-O in the bottom of the mould and let it harden. On this arrange fruit as desired and add carefully enough cold liquid Jell-O to hold the fruit in place, but not to cover it. When this Jell-O has hardened add more cold liquid Jell-O. This process can be repeated until the mould is full.

To fix fruit in an upright position, put enough Jell-O in the mould to hold the fruit in place and let it jell to the consistency of thick molasses. Press the fruit into place and fill the mould with cold liquid Jell-O or whipped Jell-O.

In making Jell-O in layers, let each layer harden before adding another, and be sure the Jell-O poured

upon any hardened layer is so cool it will not soften the layer.

To whip Jell-O successfully, use a Ladd or Dover egg-beater and a dish rather deep but not large. When Jell-O has become cold and is still liquid set the dish in a pan of ice water or very cold water and whip until Jell-O is of consistency of whipped cream.

Cook fresh pineapple a few minutes with a little sugar before using it with Jell-O, or use canned pineapple.

To remove Jell-O from the mould, fill with warm water a pan large enough to admit the whole mould and dip the mould to the edge. Place a plate over the mould and turn them over together, with a little shake added. If this does not loosen the Jell-O dip a second time.

Under the heading "Estimates of Food Values" in Practical Dietetics by Miss Alida Frances Pattee the following analysis of Jell-O appears:

Jell-O—Carbohydrates	85.8 %	yielding	352	calories
Protein	12.2 %	"	50	"
Vegetable Acid	2.0 %			
Total Food Value			402	calories

THE GENESEE PURE FOOD COMPANY, LE ROY, N. Y.

JELL-O RECIPES

PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in a half-pint of boiling water and add a half-pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into moulds and set in a cold place to harden. Turn from the mould and garnish with sliced pineapple and cherries or grapes.

Instead of pineapple, stewed prunes, chopped, may be used, or canned peaches, or berries. Remember to use not more than one pint of liquid, including the boiling water and the fruit juice.

It is not necessary to use either sugar or whipped cream in any of the Jell-O Bavarian Creams.

CUCUMBER SALAD

Grate enough cucumber to fill one cup. Add one tablespoonful of vinegar and pinch of salt. Dissolve a package of Lemon Jell-O in one-half pint boiling water. When cool add cucumber mixture, press through a sieve, add a few drops of green coloring and turn into a pan. When firm cut in squares. Serve on sliced cucumbers or lettuce. Fine with fish.

ALMOND-CHERRY

Dissolve a package of Cherry Jell-O in a pint of boiling water. Pour half into a bowl or mould. Just as it begins to harden, drop in a row of blanched almonds or walnut meats. When hard pour in rest of Jell-O, add another row of almonds, and set away to harden.

PEACH DELIGHT

Dissolve a package of Orange Jell-O in a pint of boiling water. Pour half in mould. Lay canned peaches in the bottom of mould. When hard pour in rest of Jell-O and add another layer of peaches. Turn out when hard and serve with whipped cream, sweetened.

CHOCOLATE JELL-O

Dissolve a package of Chocolate Jell-O in one-half pint of boiling water, then add one-half pint of cold milk. Pour into a bowl or mould, or divide into individual desserts by using small moulds or teacups instead of one large mould, and set away to harden. The individual desserts may be garnished with whipped cream and nut meats.

A book of Jell-O recipes will be sent free to any address upon request.

The Easy JELL-O Way



PINEAPPLE BAVARIAN CREAM *Recipe Inside*