



M I S S
JELL-O
V I S I T S
C H I N A



Apple
Snow

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:

Carbohydrates	85.8%	yielding	352 calories
Protein	12.2%	"	50 "
Vegetable Acid	2.0%		

Total Food Value	402 calories
------------------	--------------

THE JELL-O COMPANY, INC. LEROY, N. Y.

JELL-O RECIPES

APPLE SNOW JELL-O

Dissolve a package of Strawberry Jell-O in a pint of boiling water. When partly cold turn into sherbet glasses, filling three-quarters full. When firm pile Apple Snow on top. To make Apple Snow, dissolve one-half package of Lemon Jell-O in half a pint of boiling water. When cool whip to consistency of thick whipped cream. Then add one grated apple and four tablespoonfuls of sugar.

BEAUTY SALAD

Dissolve a package of Raspberry Jell-O in a pint of boiling water and fill individual moulds or cups one-fourth full. Let harden. Coarsely chop three bananas, sprinkle with lemon juice, and add half a cup of English walnut meats coarsely chopped. Put the mixture in the moulds and pour on rest of Jell-O when it is a cold liquid. At serving time arrange on lettuce with slices of banana sprinkled with nutmeats around the turned-out Jell-O.

Serve with salad dressing. This makes nine individual servings.

STRAWBERRY JELL-O

Dissolve a package of Strawberry Jell-O in a pint of boiling water. Pour into a bowl or mould and put in a cold place to harden. When set turn out on a plate and serve plain or with whipped cream. Any of the Jell-O flavors are prepared in the same way.

THRIFTY SALAD

Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold put a shallow layer in bottom of mould, and when partly set place in sliced tomatoes. Fill mould with alternate layers of salmon, cold cooked peas and cold Jell-O. Serve on bed of lettuce leaves garnished with tomatoes, adding French dressing or mayonnaise.

BANANA CREAM

Peel five large bananas, rub smooth with five teaspoonfuls of sugar, and add one cup of cream beaten to a stiff froth. Dissolve one package Lemon Jell-O in three-fourths pint of boiling water. When cold stir in the cream mixture. Pour into a mould and set in a cold place to harden. Serve with whipped cream.