



MISS
JELLO
VISITS
SPAIN



Neapolitan
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:

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

Total Food Value	402 calories
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THE JELL-O COMPANY, INC. LEROY, N. Y.

JELL-O RECIPES

NEAPOLITAN JELL-O

Layer pieces are made in great variety, with all layers of plain Jell-O, or all whipped, or alternate plain and whipped. The most common one of four layers like the one illustrated is made as follows:

Dissolve a package of Lemon Jell-O in a pint of boiling water. Pour two-thirds of it into a mould of proper shape and when it has set whip the rest, pour it on and let it harden. Dissolve a package of Strawberry or Raspberry Jell-O in a pint of boiling water and when it is cold, put two-thirds of it, a spoonful at a time, on the Lemon Jell-O. For the fourth layer whip the rest of the Strawberry Jell-O or Raspberry Jell-O and pour it on the hardened plain layer.

Each layer must be hard before others are added.

For a two-layer piece with both layers whipped, use Lemon Jell-O for one and Raspberry or Strawberry Jell-O for the other, half of the full pint of each being whipped and the rest served in some other way.

Serve with whipped cream or the custard for which recipe is given on next page.

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.

IMPERIAL SALAD

Drain juice from half a can of pineapple, add one tablespoonful of vinegar and enough water to make a pint. Heat to boiling point and add one package of Lemon Jell-O. Just as it begins to set add three slices of canned pineapple, cubed, one-half can Spanish pimentos, shredded, and one medium size cucumber or one cup celery, cut fine and salted. Mould in individual moulds or in one large mould and slice. Serve with cream salad dressing.

CUSTARD FOR WHIPPED JELL-O

Scald one cup milk in double boiler. Beat yolks of two eggs, add three tablespoonfuls sugar, and pour on the scalded milk. Pour back into double boiler and stir until creamy. Take from the hot water, cool, and flavor with one-half teaspoonful vanilla.