

Mr. Gourmand's Strange Dreams



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"MY DEAR," said Mr. Gourmand to his wife one morning, "I've been having the strangest dreams. Every night a terrible monster picks me up and squeezes me until I groan with pain. Then he holds a small talking machine near me so that I may hear the record. It's always the same, night after night. The worst of it is that I can't seem to remember what the record is playing. Now what do you suppose gives me dreams like that?"

"It couldn't be anything you've eaten," answered Mrs. Gourmand. "We have very good pie and cakes every day — I make them myself."

"Do you suppose that has anything to do with it? I mean, do you think *any* pies or cakes would give me dreams like that?" "Certainly not," said Mrs. Gourmand. But the very next day Mr. Gourmand came hurrying home with a page from a magazine.

"Here's what the record said! Right here on this page! The record said: 'Eat Jell-O — it's good for you and it's easy to prepare.' So now we'll both be happier, don't you think so, my dear?"

And Mrs. Gourmand agreed with him!

Make Delicious, Healthful Desserts with Jell-O

In recent years, desserts have grown more and more popular—and now, most people look forward to “dessert” as the crowning touch to the meal. But so many desserts are rich and difficult to digest . . . a burden to a digestive tract perhaps already over-taxed.

Jell-O is different . . . Jell-O is one of the most delicious of all desserts, yet *it requires very little digestive effort*. Even after a heavy dinner, you can enjoy Jell-O to the last spoonful—safely! In addition, Jell-O supplies an important body-building element, directly influencing growth and strength.

OTHER REASONS FOR SERVING

“America’s Most Famous Dessert” Frequently

Jell-O is not only easily digested and wonderfully wholesome—it is simply and quickly prepared, as well! And so very economical, too! For all these reasons you will want to serve Jell-O frequently. There are scores of delicious desserts, salads, and entrees made with Jell-O—all attractive and appetizing. Try the recipes on the following page—others will be sent upon request. Write to the Jell-O Company, Inc., LeRoy, N. Y.

FRUIT SALAD

Dissolve a package of Lemon Jell-O in a pint of boiling water. While it is cooling prepare one small can or six medium slices cooked pineapple diced, two bananas diced. Mix the fruit, fill individual molds with it, and set molds in a pan of cracked ice. When Jell-O is about molasses consistency pour it over the fruit in molds. Serve with fruit salad dressing.

BERRY FRAPPÉ

Dissolve a package of Raspberry or Strawberry Jell-O in a pint of boiling water. Whip and pile into frappé glasses partly filled with crushed fresh raspberries or strawberries. A cup of whipped cream may be folded into the whipped Jell-O if desired. Use canned berries when fresh fruit is out of season.

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.

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 mold 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 bottom of mold and let it harden. Arrange fruit and add enough cold liquid Jell-O to hold fruit in place. When this Jell-O has hardened add more cold liquid Jell-O. Press the fruit into place and fill mold with cold liquid Jell-O or whipped Jell-O.

In making Jell-O in layers, let each layer harden before adding another. Be sure the Jell-O poured upon any hardened layer is so cool it will not soften the layer.

In slicing or cutting Jell-O dip the knife in hot water first.

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

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



FRUIT SALAD

Recipe Inside