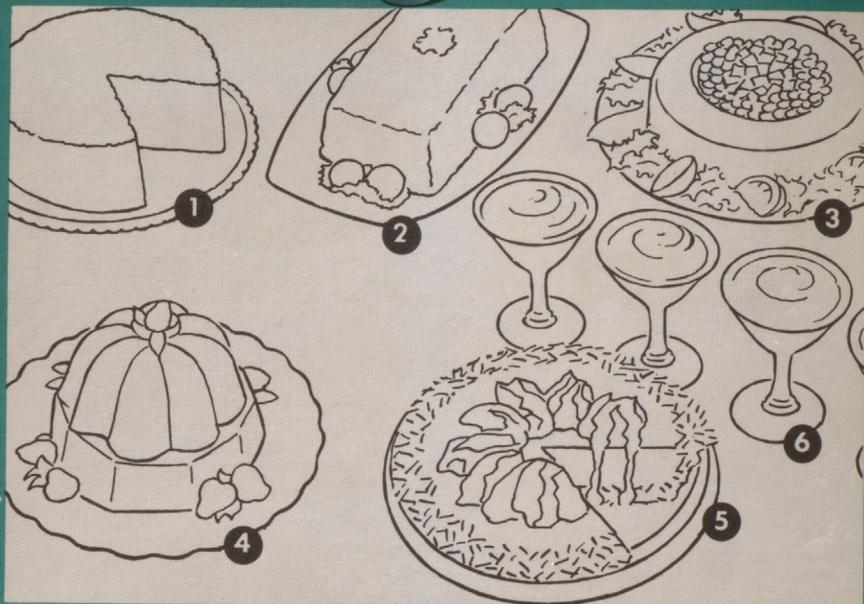


GEL-COOKERY

RECIPE BOOK

Over 40 ways to give that "something special" touch to your meals with Knox deserts, salads, main dishes.



*You'll find the recipes for the Knox dishes
shown on the cover of this booklet as follows:*

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| 1. No-Bake Cheese Cake . . . 31 | 4. Strawberry Bavarian 30 |
| 2. Perfection Salad 14 | 5. Pixie Pie 23 |
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Gel-Cookery Recipe Book

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140 ST. PAUL STREET WEST, MONTREAL 1, QUEBEC

Gel-Cookery

begins with Knox Unflavored Gelatine . . . the versatile ingredient with which you can combine the full-bodied goodness of real flavors.

THE WIDE VARIETY of delicious, "meal sparking" dishes you can make with Gel-Cookery ranges from the simplest jellied salads and desserts to beautiful, "extra-special" chiffons and mousses . . . all rich and *natural* in flavor, all velvety smooth. Important to you as a busy housewife, Gel-Cookery dishes are *quick and easy to prepare*. Many require no stove time at all. They're surprisingly economical, too; you can "stretch" meats, poultry, eggs, fruits, vegetables, juices and other foods, and serve them in tasty variety. Above all—Gel-Cookery desserts, salads and main dishes are delicious and enable you to enjoy the full *natural* flavors of *fresh* fruits, vegetables and juices.

Each batch of Knox, made under rigidly controlled conditions, is tested for clarity, freedom from impurities, proper setting time and strength of gel. The content of each envelope is scientifically measured to congeal one U.S. pint of liquid or 16 oz.

KEY #1

Basic Gelatine

(sparkling, clear gel)

A combination of gelatine and liquid (water, juice, milk) with addition of flavorings.

KEY #2

Whips

(delicate, airy variation)

The BASIC GELATINE chilled, then beaten with a rotary beater until light and fluffy and double in volume.

KEY #3

Sponges or Snows

(light, springy variation)

The BASIC GELATINE with less liquid, chilled, then unbeaten egg whites added and mixture beaten with a rotary beater until it begins to hold its shape.

KEY #4

Custards

(fluffy, egg-based variation)

The BASIC GELATINE with the addition of egg yolks, chilled, then folded into stiffly beaten egg whites.

KEY #5

Whipped Cream Mixes

(rich, velvety variation)

The BASIC GELATINE or the fluffy CUSTARD variation chilled, then whipped cream folded into it.

Look at These 5 Simple Keys to Gel-Cookery

The amount of sugar will vary according to sweetness of liquid used and desired taste. It may be omitted entirely where the liquid used is tomato or vegetable juice. In this case, follow Rule 2 for softening gelatine.

KEY #1 BASIC GELATINE

- 1** Mix 1 envelope Knox Unflavored Gelatine, $\frac{1}{2}$ cup sugar and $\frac{1}{8}$ teaspoon salt together thoroughly. **2** Add $1\frac{3}{4}$ cups very hot liquid, such as water, juice or milk; stir until gelatine is thoroughly dissolved. **3** Turn into a 2-cup mold; chill until firm; unmold. Makes 4 servings.

If solid ingredients such as fruits or vegetables are folded in, the gelatine mixture is chilled to unbeaten egg white consistency before the solids are added.

Recipe examples of Key #1: Basic Fruit Salad, Quick Tomato Aspic, Chicken and Pineapple Salad.

KEY #2 FRUIT WHIP

- 1** Mix 1 envelope Knox Unflavored Gelatine, $\frac{1}{2}$ cup sugar and $\frac{1}{8}$ teaspoon salt together thoroughly. **2** Add $1\frac{3}{4}$ cups very hot liquid, such as water or juice; stir until gelatine is thoroughly dissolved. **3** Chill to slightly thicker than unbeaten egg white consistency. Beat with a rotary beater until light and fluffy and double in volume. **4** Turn into a 4-cup mold; chill until firm; unmold. Makes 4 servings.

Recipe example of Key #2: Pineapple Whip.

KEY #3 FRUIT SNOW or SPONGE

- 1** Mix 1 envelope Knox Unflavored Gelatine, $\frac{1}{2}$ cup sugar and $\frac{1}{8}$ teaspoon salt together thoroughly. **2** Add $1\frac{1}{2}$ cups very hot liquid, such as water or juice; stir until gelatine is thoroughly dissolved. **3** Chill to slightly thicker than unbeaten egg white consistency. Add 2 unbeaten egg whites; beat mixture with a rotary beater until it begins to hold its shape. **4** Turn into a 6-cup mold; chill until firm; unmold. Makes 6 servings.

Recipe examples of Key #3: Lemon Snow, Chocolate-Mocha Sponge.

the almost endless Variety of delicious desserts, salads, and main dishes you can make with KNOX are divided into these basic methods.

KEY #4 CUSTARDS

- 1** Mix 1 envelope Knox Unflavored Gelatine, $\frac{1}{4}$ cup sugar and $\frac{1}{8}$ teaspoon salt together thoroughly in the top of a double boiler.

2 Beat together 2 cups liquid, such as milk, water or juice, and 2 egg yolks. Add to gelatine mixture; cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes. Add flavoring.

3 Chill to unbeaten egg white consistency. Beat 2 egg whites until stiff; beat in $\frac{1}{4}$ cup sugar. Fold in gelatine mixture.

4 Turn into a 3-cup mold or individual molds; chill until firm; unmold. Makes 6 servings.

Mayonnaise or salad dressing may be added. This key is adaptable to Main Dishes as well as Desserts.

Recipe examples of Key #4: Spanish Cream, Lemon Chiffon Pie, Tuna Fish Mold.

KEY #5 WHIPPED CREAM MIXTURES

1 Follow steps 1 and 2 of Key #1 or #4.

2 Chill to unbeaten egg white consistency. Fold in 1 cup heavy cream, whipped.

3 Turn into a 4-cup mold; chill until firm; unmold. Makes 8 servings.

Egg whites are sometimes added.

Recipe examples of Key #5: Bavarian Cream, Brown Derby Black Bottom Pie, Chicken Mousse.

Rules for using gelatine

1 When there is 1 tablespoon or more sugar in a recipe it is not necessary to soften the gelatine in the liquid. Mix the gelatine thoroughly with the dry sugar and then add the liquid. The sugar separates the gelatine granules which are then readily dissolved in the liquid.

2 When there is less than 1 tablespoon sugar with which to mix the gelatine in a recipe, sprinkle the gelatine on $\frac{1}{2}$ cup of the cold liquid to soften. Then either place over boiling water until gelatine is thoroughly dissolved or heat remaining liquid and stir in softened gelatine until thoroughly dissolved.

3 When gelatine is sprinkled on cold milk to soften, it does not absorb the liquid as quickly as it does when sprinkled on cold water; therefore *stir* the gelatine into the cold milk. This will speed the softening process.

4 When there is not enough liquid in a recipe in which to both soften and dissolve the gelatine, soften it in the cold liquid in the top of a double boiler; then place over boiling water and stir until the gelatine is thoroughly dissolved.

About molds

The lack of metal molds need not hinder gel-cooking. Many containers used in daily cooking may be used for molds. Square cake pans, loaf pans or mixing bowls are excellent for large molds. And for ease in serving, the gelatine mixture can be directly piled into serving dishes instead of unmolding and then serving at the table.

Tea or coffee cups, glasses, custard cups, or even paper drinking cups, which can be discarded after use are individual service suggestions.

To unmold gelatine dishes

1 Dip mold in warm water to the depth of the gelatine.

2 Loosen around edge with the tip of a paring knife.

3 Place serving dish on top of mold and turn upside down. Shake, holding serving dish tightly to the mold. If gelatine does not unmold readily, repeat.

Additional hints

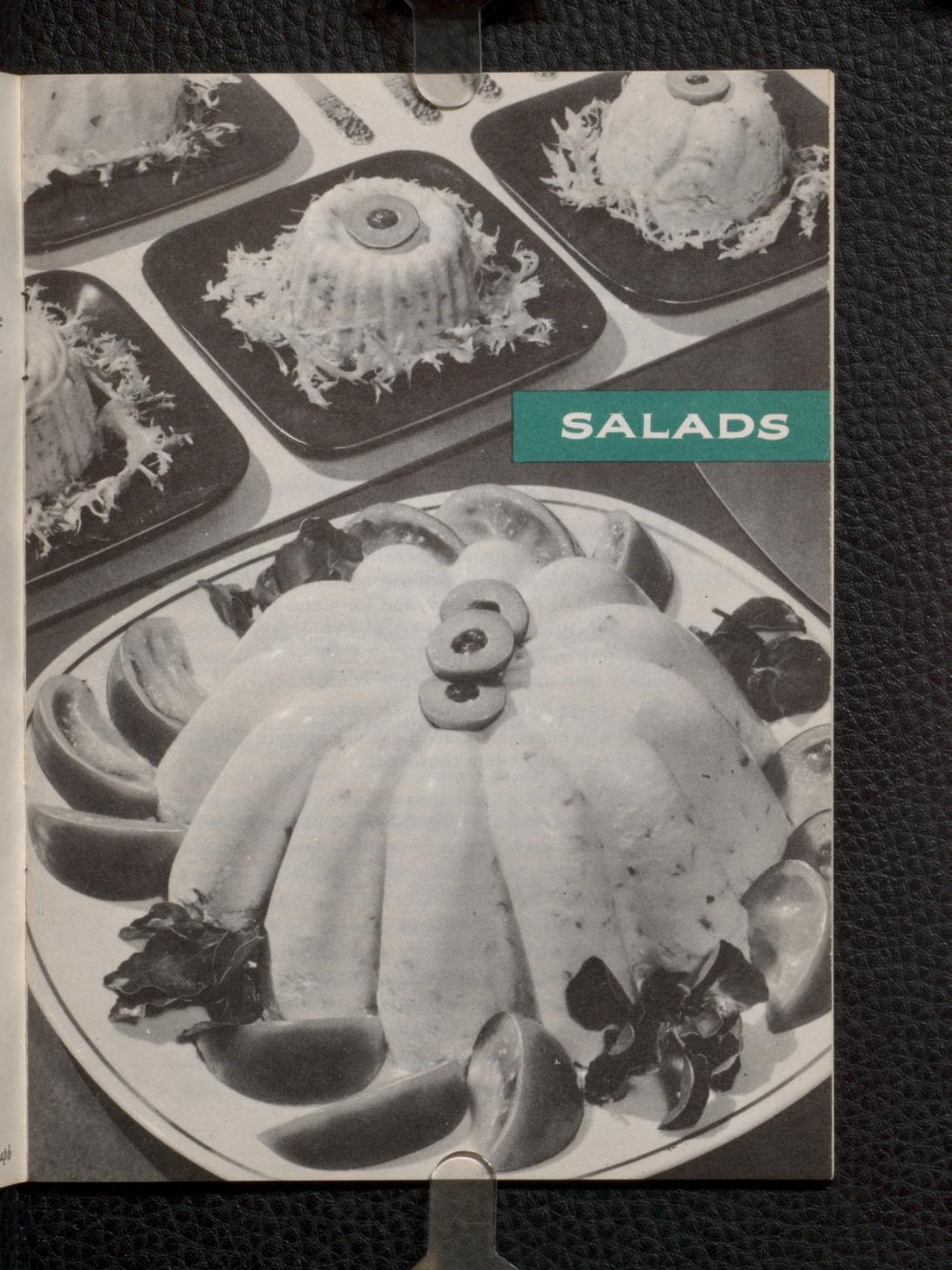
For gelatine Sponges or Snows add the egg whites, unbeaten, and then beat the whole mixture together. The egg whites will give the same light and airy texture and the volume will be just the same. By adding the whites unbeaten, one bowl and one beating operation is eliminated.

When beaten egg whites are folded into a gelatine mixture, part of the sugar called for in the recipe should be saved and beaten into the egg whites as in making a meringue. The air cells in the beaten egg whites are less rigid with the sugar, and the whites can be folded more evenly and thoroughly throughout the whole gelatine mixture.

How to whip evaporated milk

Chill *overnight* in automatic refrigerator or pour undiluted into the freezing tray and chill until ice crystals begin to form around edges. Pour milk into a cold bowl and beat with a rotary beater until it forms soft peaks. The addition of 1 tablespoon lemon juice for each $\frac{1}{2}$ cup evaporated milk improves the stiffness of the whip.

Deviled egg salad shown in photograph



SALADS

QUICK TOMATO ASPIC

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ cup cold tomato juice to soften.
2. Add $1\frac{1}{4}$ cups very hot tomato juice and stir until gelatine is thoroughly dissolved.
3. Stir in $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 tablespoon lemon juice.
4. Turn into a 2-cup mold or individual molds and chill until firm.
5. Unmold on *salad greens* and serve with *salad dressing*.
6. Makes 4 servings.

Tomato Cheese Ball Variation

1. Follow steps 1, 2 and 3 above.
2. Combine 1 (3-oz.) *package cream cheese*, 1 *tablespoon minced celery*, 1 *tablespoon chopped stuffed olives*, 1 *tablespoon chopped chives* and $\frac{1}{2}$ *teaspoon salt*, and form into 6 balls.
3. Pour a small amount of gelatine mixture into the bottom of a 3-cup ring mold to a depth of $\frac{1}{4}$ ". Chill until mixture is slightly thicker than unbeaten egg white consistency.
4. Place cheese balls in partially set mixture.
5. Cover with remaining tomato-gelatine mixture which has cooled to unbeaten egg white consistency.
6. Chill until firm.
7. Unmold on *salad greens* and serve with *salad dressing*.
8. Makes 4 servings.

Tomato-Vegetable Variation

1. Follow steps 1, 2 and 3 above.
2. Chill mixture to unbeaten egg white consistency.
3. Fold in 1 *cup shredded cabbage*, $\frac{1}{2}$ *cup chopped celery* and $\frac{1}{4}$ *cup finely chopped green pepper*.
4. Turn into a 3-cup mold or individual molds and chill until firm.
5. Unmold on *salad greens* and serve with *salad dressing*.
6. Makes 4 to 6 servings.

BASIC BEEF OR CHICKEN ASPIC

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ cup cold water to soften.
2. Simmer 2 *bouillon cubes* in $1\frac{1}{2}$ cups water until dissolved. Add softened gelatine and stir until thoroughly dissolved.
3. Add $\frac{1}{4}$ teaspoon *Worcestershire sauce*, 1 teaspoon *grated onion* and a dash of *pepper*. Chill to unbeaten egg white consistency.
4. Fold in $1\frac{1}{4}$ cups *diced cooked meat** and $\frac{1}{2}$ cup *cooked seasoned vegetables**.
5. Turn into a 4-cup mold or individual molds and chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 6 servings.

**Suggested Combinations*

$1\frac{1}{4}$ cups flaked cooked fish and $\frac{1}{2}$ cup diced celery.

$1\frac{1}{4}$ cups diced cooked chicken and $\frac{1}{2}$ cup cooked seasoned vegetables.

$1\frac{1}{4}$ cups diced cooked ham and 2 hard-cooked eggs, chopped.

BARBECUED VEGETABLE ASPIC

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{4}$ cup cold water to soften.
2. Combine 2 (8-oz.) *cans tomato sauce*, 1 *teaspoon prepared mustard*, 1 *teaspoon Worcestershire sauce*, 1 *tablespoon minced onion*, $1\frac{1}{2}$ *tablespoons vinegar*, 2 *teaspoons sugar*, 1 *teaspoon salt* and $\frac{1}{8}$ *teaspoon pepper*; bring to a boil and simmer 3 minutes.
3. Remove from heat; add softened gelatine and stir until thoroughly dissolved. Chill to unbeaten egg white consistency.
4. Fold in $1\frac{1}{2}$ cups *cooked vegetables* such as peas, carrots, corn or beans or a combination of these.
5. Lightly sprinkle the bottom of 6 individual molds with *grated Parmesan cheese*.
6. Turn in gelatine mixture and chill until firm.
7. Unmold on *salad greens* and serve with *salad dressing*.
8. Makes 6 servings.

BASIC FRUIT SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly.
2. Add $1\frac{1}{2}$ *cups very hot fruit juice* and stir until gelatine is thoroughly dissolved.
3. Add $\frac{1}{4}$ *cup lemon juice* and chill to unbeaten egg white consistency.
4. Stir in $1\frac{1}{2}$ *cups well drained diced fruits**, fresh, canned or frozen (thawed).
5. Turn into a 3-cup mold or individual molds and chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 6 servings.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

MOLDED GRAPEFRUIT SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, 2 *tablespoons sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly.
2. Drain syrup from 1 (1 *lb. 4-oz.*) *can grapefruit sections* and add enough *grapefruit juice* to make $1\frac{3}{4}$ *cups liquid*. Heat.
3. Add to gelatine mixture and stir until gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency.
4. Fold in drained grapefruit sections and $\frac{1}{2}$ *cup diced celery*.
5. Turn into a 3-cup mold or individual molds; chill until firm.
6. Unmold on *salad greens* and garnish with *additional grapefruit sections* if desired. Serve with *salad dressing*.
7. Makes 6 servings.

SPICED PEACH SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, 1 *tablespoon sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly.
 2. Drain 1 (1 *lb.*) *can peaches*. Add *water* to syrup to make $1\frac{3}{4}$ cups liquid. Add 6 *whole cloves* and 1 *stick cinnamon*. Simmer about 10 minutes. Strain.
 3. Stir into gelatine mixture until gelatine is thoroughly dissolved.
 4. Add $\frac{1}{4}$ *cup vinegar*. Chill to unbeaten egg white consistency.
 5. Fold in 1 *cup diced canned peaches*.
 6. Turn into a 2-cup mold or individual molds. Chill until firm.
 7. Unmold on *salad greens* and serve with *salad dressing*.
 8. Makes 4 servings.
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WALDORF SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{2}$ *teaspoon salt* together thoroughly.
2. Add $1\frac{1}{2}$ *cups very hot water* and stir until gelatine is thoroughly dissolved.
3. Add $\frac{1}{4}$ *cup vinegar or lemon juice*. Chill to unbeaten egg white consistency.
4. Fold in 2 *cups diced tart apples*, $\frac{1}{2}$ *cup diced celery* and $\frac{1}{4}$ *cup chopped pecans*.
5. Turn into a 4-cup mold or individual molds. Chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 6 servings.

CRANBERRY SALAD

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold water* to soften.
2. Combine 1 *cup sugar* and 1 *cup water* in a saucepan. Bring to a boil and simmer 5 minutes.
3. Add 2 *cups fresh cranberries* and cook, without stirring, until all skins pop open, about 5 minutes. Strain. Return to heat.
4. Add softened gelatine and $\frac{1}{2}$ *teaspoon salt* and stir until gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency.
5. Stir in $\frac{1}{2}$ *cup diced celery* and $\frac{1}{2}$ *cup chopped nuts*.
6. Turn into a 2-cup mold or individual molds and chill until firm.
7. Makes 4 servings.

NOTE: $\frac{1}{2}$ cups canned cranberry jelly may be used in place of fresh cranberry sauce.

GOLDEN SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly.
2. Add $\frac{3}{4}$ *cup very hot canned pineapple syrup or juice* and stir until gelatine is thoroughly dissolved.
3. Add $\frac{1}{4}$ *cup orange juice* and $\frac{1}{4}$ *cup vinegar*. Chill to unbeaten egg white consistency.
4. Fold in 1 *cup drained, diced, canned pineapple*, $\frac{1}{2}$ *cup orange sections*, cut into small pieces, and $\frac{1}{2}$ *cup coarsely grated raw carrots*.
5. Turn into a 3-cup mold or individual molds; chill until firm.
6. Unmold on *salad greens* and decorate with *additional pineapple*. Serve with *salad dressing*.
7. Makes 6 servings.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

SAVORY COTTAGE CHEESE SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, 1 *tablespoon sugar* and $\frac{1}{2}$ *teaspoon salt* together thoroughly in the top of a double boiler.
 2. Add $\frac{1}{2}$ *cup water*; place over boiling water and stir until gelatine is thoroughly dissolved.
 3. Remove from heat; blend into 2 *cups (16-oz.) cottage cheese*, sieved. Fold in 2 *tablespoons horseradish*, $\frac{1}{2}$ *cup heavy cream*, whipped, 2 *cups diced apple* (2 medium), and $\frac{1}{4}$ *cup finely diced green pepper*.
 4. Turn into a 4-cup mold or individual molds and chill until firm.
 5. Unmold on *salad greens*.
 6. Makes 8 servings.
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TOMATO CHEESE SALAD

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold water* to soften.
2. Combine 1 $\frac{1}{4}$ *cups (1 10 $\frac{1}{2}$ -oz. can) condensed tomato soup*, $\frac{1}{2}$ *cup cream cheese or cottage cheese*, sieved, 1 *tablespoon onion juice* and $\frac{1}{4}$ *teaspoon salt* in the top of a double boiler; place over boiling water until cheese has softened, stirring occasionally.
3. Remove from heat; add softened gelatine and stir until thoroughly dissolved. Chill to unbeaten egg white consistency.
4. Fold in $\frac{1}{2}$ *cup mayonnaise or salad dressing*, $\frac{1}{2}$ *cup heavy cream*, whipped, or $\frac{1}{3}$ *cup icy cold evaporated milk*, whipped, and $\frac{1}{2}$ *cup chopped stuffed olives*.
5. Turn into a 4-cup mold or individual molds; chill until firm.
6. Unmold on *salad greens* and garnish with *sliced olives*, if desired. Serve with *mayonnaise* sprinkled with *paprika*.
7. Makes 6 to 8 servings.

ORIGINAL PERFECTION SALAD

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{2}$ *teaspoon salt* together thoroughly.
 2. Add $1\frac{1}{4}$ *cups very hot water* and stir until gelatine is thoroughly dissolved.
 3. Add $\frac{1}{4}$ *cup vinegar* and 1 *tablespoon lemon juice*. Chill to unbeaten egg white consistency.
 4. Fold in $\frac{1}{2}$ *cup finely shredded cabbage*, 1 *cup chopped celery* and 1 *pimiento, cut in small pieces, or 2 tablespoons chopped sweet red or green pepper*.
 5. Turn into a 2-cup mold or individual molds and chill until firm.
 6. Unmold on *salad greens* and serve with *salad dressing*.
 7. Makes 4 servings.
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DEVILED EGG SALAD

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold water* to soften.
2. Place over boiling water and stir until gelatine is thoroughly dissolved.
3. Remove from heat. Add 1 *teaspoon salt*, 2 *tablespoons lemon juice*, $\frac{1}{4}$ *teaspoon Worcestershire sauce* and $\frac{1}{8}$ *teaspoon cayenne pepper*. Cool.
4. Stir in $\frac{3}{4}$ *cup mayonnaise or salad dressing*. Add $1\frac{1}{2}$ *teaspoons grated onion*, $\frac{1}{2}$ *cup finely diced celery*, $\frac{1}{4}$ *cup finely diced green pepper*, $\frac{1}{4}$ *cup chopped pimiento* and 4 *hard-cooked eggs*, chopped.
5. Turn into a 3-cup mold or individual molds and chill until firm.
6. Unmold on *salad greens*; garnish with *tomato wedges* and *olive slices*. Serve with *salad dressing*.
7. Makes 6 servings.

SHRIMP CHILI MOLD

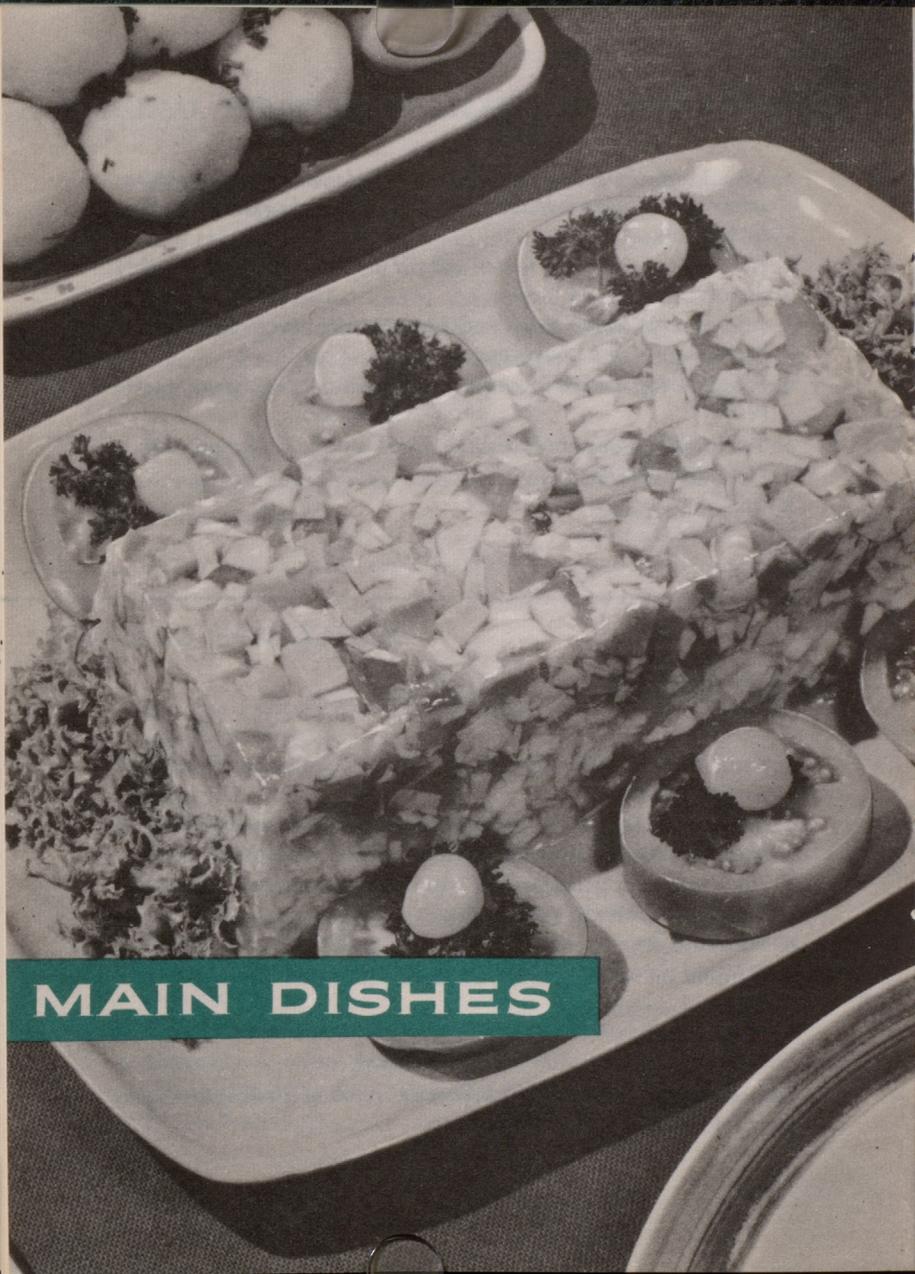
1. Mix 1 *envelope Knox Unflavored Gelatine*, $1\frac{1}{2}$ *tablespoons sugar*, $\frac{1}{2}$ *teaspoon salt* and a *dash of pepper or cayenne* together thoroughly.
 2. Add $1\frac{1}{4}$ *cups very hot water* and stir until gelatine is thoroughly dissolved.
 3. Add $\frac{1}{4}$ *cup lemon juice* and $\frac{1}{4}$ *cup chili sauce*. Chill to unbeaten egg white consistency.
 4. Fold in 1 *cup cooked or canned shrimp* and 2 *tablespoons pickle relish*.
 5. Turn into a 3-cup mold or individual molds. Chill until firm.
 6. Unmold on *salad greens*.
 7. Makes 6 servings.
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JELLIED CREAM OF CHICKEN

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold water* to soften.
2. Blend together 1 *cup water* and 1 *can condensed cream of chicken soup* and heat but do not boil.
3. Add softened gelatine and stir until thoroughly dissolved. Add 2 *teaspoons grated onion*.
4. Pour into a 3-cup mold or individual molds and chill until firm.
5. Unmold on *salad greens* and serve with *salad dressing*.
6. Makes 4 servings.

VARIATIONS

Use *condensed cream of mushroom* or *cream of asparagus soup* in place of the cream of chicken soup.



MAIN DISHES

HAM AND CHEESE LOAF

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold water* to soften.
 2. Add $\frac{3}{4}$ *cup very hot water* and stir until gelatine is thoroughly dissolved.
 3. Add $\frac{1}{4}$ *cup vinegar* and $\frac{1}{4}$ *teaspoon salt*. Chill to unbeaten egg white consistency.
 4. Fold in 1 *cup diced cooked ham*, 1 *cup grated process American cheese*, $\frac{1}{4}$ *cup diced celery* and $\frac{1}{4}$ *cup diced sweet pickle*.
 5. Turn into a 3-cup mold or individual molds. Chill until firm.
 6. Unmold on *salad greens* and serve with *salad dressing*.
 7. Makes 4 servings.
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CHICKEN AND PINEAPPLE SALAD

1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold chicken stock or bouillon* to soften.
2. Add 1 *cup very hot chicken stock or bouillon* and stir until gelatine is thoroughly dissolved.
3. Add $\frac{1}{2}$ *teaspoon salt*, 2 *tablespoons lemon juice*, and $\frac{1}{4}$ *cup canned pineapple syrup*. Chill to unbeaten egg white consistency.
4. Fold in $1\frac{1}{2}$ *cups diced cooked or canned chicken*, $\frac{1}{2}$ *cup drained canned crushed pineapple* and $\frac{1}{2}$ *cup diced celery*.
5. Turn into a 3-cup mold or individual molds and chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 4 servings.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.
Ham and cheese loaf shown in photograph

LUNCHEON MEAT AND EGG SALAD MOLD

Luncheon Meat Layer:

1. Mix 1 *envelope Knox Unflavored Gelatine*, 1 *tablespoon sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly.
2. Add $\frac{3}{4}$ *cup very hot water* and stir until gelatine is thoroughly dissolved.
3. Add 3 *tablespoons lemon juice*. Chill to unbeaten egg white consistency.
4. Fold in $\frac{1}{2}$ *cup mayonnaise*, $1\frac{1}{4}$ *cups diced luncheon meat* and 1 *cup diced celery*.
5. Turn into a loaf pan; chill until almost firm.

Egg Salad Layer:

1. Mix 1 *envelope Knox Unflavored Gelatine*, 1 *tablespoon sugar*, $\frac{1}{8}$ *teaspoon salt* and a *dash of pepper* together thoroughly.
2. Add $1\frac{1}{2}$ *cups very hot tomato juice* and stir until gelatine is thoroughly dissolved.
3. Add 1 *tablespoon lemon juice*. Chill to unbeaten egg white consistency.
4. Fold in 4 *hard-cooked eggs*, chopped.
5. Turn into loaf pan on top of first layer and chill until firm.
6. Unmold on *salad greens* and serve with *mayonnaise*.
7. Makes 8 servings.

CHICKEN MOUSSE

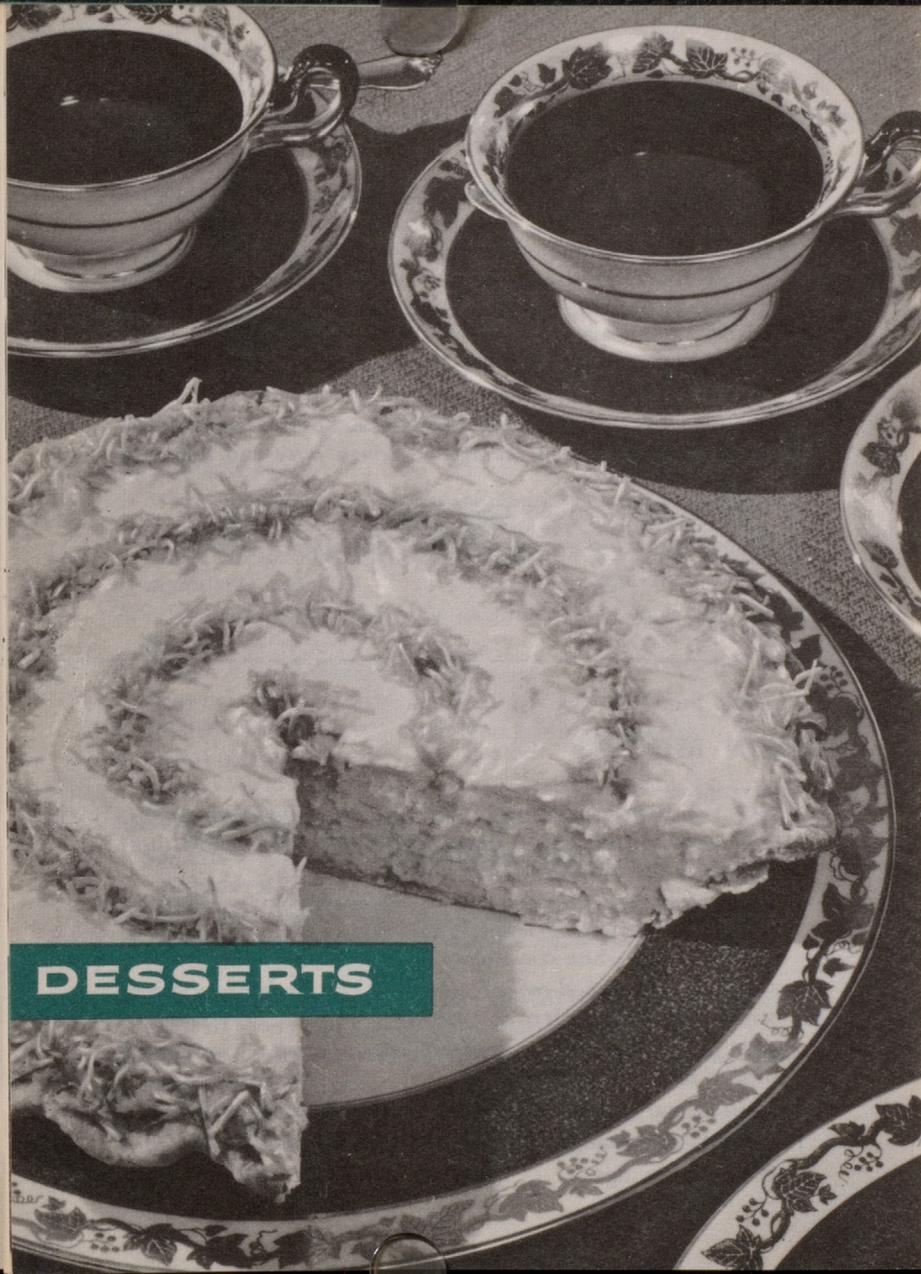
1. Sprinkle 1 *envelope Knox Unflavored Gelatine* on $\frac{1}{2}$ *cup cold chicken broth* to soften.
2. Add 1 *cup very hot chicken broth* and stir until gelatine is thoroughly dissolved. Add 1 *tablespoon onion juice*. Chill to unbeaten egg white consistency.
3. Fold in $1\frac{1}{4}$ *cups diced, cooked or canned chicken*, 2 *tablespoons chopped celery* and 1 *tablespoon chopped stuffed olives*.
4. Fold in 1 *cup heavy cream*, whipped or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped.
5. Turn into a 4-cup mold or individual molds. Chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 6 servings.

TUNA FISH MOLD

1. Stir 1 *envelope Knox Unflavored Gelatine* into $\frac{1}{2}$ *cup cold milk* to soften.
 2. Beat 2 *egg yolks* and $\frac{1}{2}$ *cups milk* together in the top of a double boiler; add 1 *teaspoon salt* and $\frac{1}{4}$ *teaspoon paprika* and cook over boiling water, stirring constantly until mixture thickens and coats metal spoon, about 10 minutes.
 3. Add softened gelatine and stir until gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency.
 4. Combine $\frac{1}{3}$ *cups (7-oz. can) flaked tuna fish*, 1 *teaspoon prepared mustard* and 2 *tablespoons lemon juice* and fold into gelatine mixture.
 5. Turn into a 3-cup mold. Chill until firm.
 6. Unmold on *salad greens* and serve with *salad dressing*.
 7. Makes 4 servings.
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SALMON MOUSSE

1. Mix 1 *envelope Knox Unflavored Gelatine*, 1 *tablespoon sugar*, $1\frac{1}{4}$ *teaspoons salt* and 1 *teaspoon dry mustard* together thoroughly in the top of a double boiler.
2. Add $\frac{1}{4}$ *cup cold water* and $\frac{1}{4}$ *cup vinegar*; place over boiling water and stir until gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency.
3. Stir in 2 *cups flaked cooked salmon*, 1 *cup finely diced celery* and 1 *tablespoon capers*, if desired.
4. Fold in $\frac{1}{2}$ *cup heavy cream*, whipped, or $\frac{1}{3}$ *cup icy cold evaporated milk*, whipped.
5. Turn into a 3-cup mold or individual molds; chill until firm.
6. Unmold on *salad greens* and serve with *salad dressing*.
7. Makes 4 servings.



DESSERTS

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LEMON CHIFFON PIE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{2}$ *teaspoon salt* together thoroughly in the top of a double boiler.
 2. Beat together 3 *egg yolks*, $\frac{1}{2}$ *cup lemon juice* and $\frac{1}{4}$ *cup water*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 5 minutes.
 3. Remove from heat; add 1 *teaspoon grated lemon rind*; chill until mixture mounds slightly when dropped from a spoon.
 4. Beat 3 *egg whites* until stiff; beat in $\frac{1}{3}$ *cup sugar*. Fold in gelatine mixture.
 5. Turn into a *9-inch baked pie shell or crumb crust*. Chill until firm.
 6. Serve with *whipped cream*, if desired.
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COCONUT CHIFFON PIE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 3 *egg yolks* and $1\frac{3}{4}$ *cups milk*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
3. Remove from heat. Add 1 *teaspoon vanilla* and chill until mixture mounds slightly when dropped from a spoon.
4. Stir in $\frac{3}{4}$ *cup chopped, shredded coconut*.
5. Beat 3 *egg whites* until stiff; beat in $\frac{1}{4}$ *cup sugar*. Fold in gelatine mixture.
6. Turn into *9-inch baked pie shell or crumb crust*. Chill until firm.
7. Serve with *whipped cream* and *toasted coconut*, if desired.

NESSELRODE CHIFFON PIE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{2}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 3 *egg yolks*, $1\frac{1}{4}$ *cups milk* and 1 *cup heavy cream*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 10 minutes.
3. Remove from heat; add 2 *teaspoons rum flavoring* or 3 *tablespoons rum or sherry*; chill until mixture mounds slightly when dropped from a spoon.
4. Beat 3 *egg whites* until stiff; beat in $\frac{1}{3}$ *cup sugar*. Fold in gelatine mixture.
5. Fold in 1 *tablespoon chopped maraschino cherries*.
6. Turn into 9-inch *baked pie shell or crumb crust*; top with *shaved chocolate*. Chill until firm.

BROWN DERBY BLACK BOTTOM PIE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{3}{4}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 1 *egg yolk* and $\frac{3}{4}$ *cup milk*; add to gelatine mixture. Add 3 *squares unsweetened chocolate*. Cook over boiling water, stirring constantly until chocolate is melted.
3. Remove from heat; add 1 *teaspoon vanilla*. Beat with a rotary beater until smooth. Chill until mixture mounds slightly when dropped from a spoon.
4. Fold in 1 *cup icy cold evaporated milk*, whipped.
5. Turn into 9-inch *baked pie shell or crumb crust*. Chill until firm.
6. Spread with 1 *cup heavy cream*, whipped and sweetened, and top with 1 *square unsweetened chocolate* shaved into long curls with vegetable slicer.

PIXIE PIE

Coconut Crust

1. Spread 2 *tablespoons softened butter* evenly on bottom and sides of a 9-inch pie pan.
2. Sprinkle $1\frac{1}{2}$ *cups (4-oz. package) coconut* into the pan and press evenly into the butter.
3. Bake in slow oven 300° 15 to 20 minutes, or until crust is golden brown. Cool.

Filling

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in a saucepan.
2. Add $\frac{3}{4}$ *cup undiluted evaporated milk*, $\frac{3}{4}$ *cup water* and 2 *squares unsweetened chocolate*. Cook over medium heat, stirring constantly until chocolate is melted. Do not boil.
3. Blend with rotary beater. Pour slowly over 3 *slightly beaten egg yolks*, stirring constantly. Return mixture to saucepan and cook, stirring until thickened, about 3 minutes.
4. Chill until mixture mounds slightly when dropped from a spoon.
5. Beat 3 *egg whites* until stiff; beat in $\frac{1}{3}$ *cup sugar*. Blend in chocolate mixture gradually. Add 1 *teaspoon vanilla*.
6. Spoon into *Coconut Crust*. Chill until firm.
7. Garnish with *whipped cream*. Then dribble with a mixture of $\frac{1}{2}$ *square unsweetened chocolate* melted with $1\frac{1}{2}$ *tablespoons light corn syrup*.

VARIATION: Vanilla Pixie Pie Filling

Follow Pixie Pie Filling recipe, omitting chocolate. Spoon into Coconut Chocolate Crust.* Remove from refrigerator 5 to 10 minutes before serving.

**Coconut Chocolate Crust*

1. Melt 2 *squares unsweetened chocolate* and 2 *tablespoons butter* in the top of a double boiler, stirring until blended.
2. Combine 2 *tablespoons hot milk or water* and $\frac{1}{2}$ *cup sifted confectioners' sugar*. Add to chocolate mixture, stirring well.
3. Add $1\frac{1}{2}$ *cups (4-ounce package) coconut*, toasted (or untoasted, cut) and mix well.
4. Spread on bottom and sides of greased 9-inch pie pan. Chill until firm.

PUMPKIN CHIFFON PIE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{2}$ *cup sugar*, $\frac{1}{2}$ *teaspoon salt*, $\frac{1}{2}$ *teaspoon cinnamon*, $\frac{1}{2}$ *teaspoon nutmeg* and $\frac{1}{2}$ *teaspoon ginger* together thoroughly in the top of a double boiler.
 2. Beat together 3 *egg yolks* and $\frac{3}{4}$ *cup milk*; add to gelatine mixture. Add $1\frac{1}{4}$ *cups canned pumpkin*. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 10 minutes.
 3. Chill until mixture mounds slightly when dropped from a spoon.
 4. Beat 3 *egg whites* until stiff; beat in $\frac{1}{2}$ *cup sugar*. Fold in gelatine mixture.
 5. Turn into *9-inch baked pie shell or crumb crust*. Chill until firm.
 6. Serve with *whipped cream*, if desired.
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GRAHAM CRACKER PIE CRUST

(1 9-inch pie)

1. Blend together $1\frac{2}{3}$ *cups graham cracker crumbs (20 crackers)*, $\frac{1}{4}$ *cup sugar*, and $\frac{1}{4}$ *cup softened butter or margarine*.
 2. Press firmly against bottom and sides of a 9-inch pie plate.
 3. Bake in a moderately hot oven 375° 8 minutes. Chill.
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CHOCOLATE CRUMB CRUST

(1 9-inch pie)

1. Blend together $1\frac{1}{4}$ *cups finely crushed chocolate cookies*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{4}$ *cup softened butter or margarine*.
2. Press firmly against bottom and sides of a 9-inch pie plate. Chill thoroughly.

OPEN SESAME PIE

Sesame Seed Pie Crust

Toast 2 to 4 *tablespoons sesame seeds* at 325° for 8 to 10 minutes until light golden brown. Mix toasted sesame seeds with the flour used in your favorite pie crust recipe and proceed as usual.

Filling

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 2 *egg yolks* and $1\frac{1}{4}$ *cups milk*; add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
3. Remove from heat. Add 1 *teaspoon vanilla*. Chill until mixture mounds slightly when dropped from a spoon.
4. Beat 2 *egg whites* until stiff; beat in 2 *tablespoons sugar*. Fold in gelatine mixture.
5. Fold in $\frac{3}{4}$ *cup heavy cream*, whipped, and 1 *cup pitted dates*, cut very fine.
6. Turn into 9-inch *baked Sesame Seed Pie Crust*. Chill until firm.
7. Sprinkle lightly with *nutmeg* before serving, if desired.

PINEAPPLE WHIP

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly.
2. Add $1\frac{3}{4}$ *cups very hot pineapple juice* and stir until gelatine is thoroughly dissolved. Chill to slightly thicker than unbeaten egg white consistency.
3. Beat with a rotary beater until light and fluffy and double in volume.
4. Turn into a 4-cup mold or individual molds. Chill until firm.
5. Makes 4 servings.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

LEMON SNOW

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{3}{4}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly.
 2. Add $1\frac{1}{4}$ *cups very hot water* and stir until gelatine is thoroughly dissolved.
 3. Add $\frac{1}{4}$ *cup lemon juice* and 1 *teaspoon grated lemon rind*. Chill to slightly thicker than unbeaten egg white consistency.
 4. Add 2 *unbeaten egg whites* and beat with a rotary beater until the mixture begins to hold its shape.
 5. Turn into a 6-cup mold or individual molds, or spoon into dessert dishes. Chill until firm.
 6. Serve with a *custard sauce*, if desired.
 7. Makes 6 to 8 servings.
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CHOCOLATE-MOCHA SPONGE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{3}{4}$ *cup sugar*, 1 *tablespoon instant coffee*, 1 *tablespoon cocoa* and $\frac{1}{8}$ *teaspoon salt* together thoroughly.
2. Add $1\frac{1}{2}$ *cups very hot water* and stir until gelatine and cocoa are thoroughly dissolved.
3. Add 1 *teaspoon vanilla*; chill to slightly thicker than unbeaten egg white consistency.
4. Add 2 *unbeaten egg whites* and beat with a rotary beater until the mixture begins to hold its shape.
5. Turn into a 6-cup mold or individual molds, or spoon into dessert dishes. Chill until firm.
6. Serve with *whipped cream*, if desired.
7. Makes 6 to 8 servings.

SPANISH CREAM

1. Mix 1 *envelope Knox Unflavored Gelatine*, 2 *tablespoons sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
 2. Beat together 2 *egg yolks* and 2 *cups milk*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 10 minutes.
 3. Remove from heat; add 1 *teaspoon vanilla*. Chill to unbeaten egg white consistency.
 4. Beat 2 *egg whites* until stiff; beat in $\frac{1}{4}$ *cup sugar*. Fold in gelatine mixture.
 5. Turn into a 4-cup mold or individual molds. Chill until firm.
 6. Makes 6 servings.
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CHOCOLATE BANANA CREAM

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup cocoa*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 2 *egg yolks* and 2 *cups milk*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved and cocoa well blended, about 10 minutes.
3. Remove from heat; add 1 *teaspoon vanilla*. Chill to unbeaten egg white consistency.
4. Beat 2 *egg whites* until stiff; beat in $\frac{1}{4}$ *cup sugar*, then $\frac{1}{2}$ *cup mashed banana* (1 *banana*). Fold in gelatine mixture.
5. Turn into a 4-cup mold or individual molds and chill until firm.
6. Makes 8 servings.

LEMON CLOUD DESSERT

1. Mix 1 *envelope Knox Unflavored Gelatine* and $\frac{1}{4}$ *cup sugar* together thoroughly in the top of a double boiler.
2. Add $\frac{1}{2}$ *cup cold water*; place over boiling water and stir until gelatine is thoroughly dissolved. Remove from heat.
3. Beat 5 *egg yolks* with $\frac{1}{2}$ *cup lemon juice*; pour gelatine mixture over egg yolks and mix well. Stir in 1 *teaspoon grated lemon rind*. Chill to unbeaten egg white consistency.
4. Beat 5 *egg whites* until stiff; beat in $\frac{3}{4}$ *cup sugar*. Fold gelatine mixture into egg whites.
5. Turn into 8 dessert dishes or serving dish. Chill until firm.
6. Serve plain or with *whipped cream*.
7. Makes 8 servings.

CHOCOLATE-COCONUT CHIFFON MOLD

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 3 *egg yolks* and $1\frac{1}{2}$ *cups milk*; add to gelatine mixture with 2 *squares unsweetened chocolate*. Cook over boiling water, stirring constantly until chocolate is melted.
3. Remove from heat; add 1 *teaspoon vanilla*. Beat with rotary beater until smooth. Chill to unbeaten egg white consistency.
4. Beat 3 *egg whites* until stiff; beat in $\frac{1}{3}$ *cup sugar*. Fold in gelatine mixture.
5. Turn into a 4-cup mold or individual molds. Chill until firm.
6. Unmold and spread top with 1 *cup heavy cream*, whipped, with 1 *tablespoon instant coffee* and 2 *tablespoons sugar*. Top with $\frac{1}{2}$ *cup shredded coconut*.
7. Makes 8 servings.

BAVARIAN CREAM

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 2 *egg yolks* and $1\frac{1}{4}$ *cups milk*; add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
3. Remove from heat; add $\frac{1}{2}$ *teaspoon vanilla*. Chill to unbeaten egg white consistency.
4. Beat 2 *egg whites* until stiff; beat in $\frac{1}{4}$ *cup sugar*. Fold in gelatine mixture.
5. Fold in 1 *cup heavy cream*, whipped, or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped.
6. Turn into a 4-cup mold or individual molds. Chill until firm.
7. Makes 6 servings.

CHOCOLATE BAVARIAN CREAM

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 2 *egg yolks* and 1 *cup milk*; add to gelatine mixture. Add 1 (6-oz.) *package semi-sweet chocolate pieces* and cook over boiling water, stirring constantly until chocolate is melted. Beat with rotary beater until chocolate is well blended.
3. Remove from heat; add $\frac{1}{2}$ *teaspoon vanilla*; chill to unbeaten egg white consistency.
4. Beat 2 *egg whites* until stiff; beat in $\frac{1}{4}$ *cup sugar*. Fold in chocolate-gelatine mixture.
5. Fold in 1 *cup heavy cream*, whipped, or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped.
6. Turn into 8 dessert dishes, a 4-cup serving dish or a 4-cup mold. Chill until firm.
7. Makes 8 servings.

STRAWBERRY BAVARIAN CREAM

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{4}$ *cup sugar* and $\frac{1}{8}$ *teaspoon salt* together thoroughly in the top of a double boiler.
 2. Beat together 2 *egg yolks* and $\frac{1}{4}$ *cup water* and add to gelatine mixture with 1 10-oz. *package (1 cup) frozen sliced strawberries*, completely thawed, and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
 3. Remove from heat; add 1 *teaspoon grated lemon rind* and 1 *tablespoon lemon juice*. Chill to unbeaten egg white consistency.
 4. Beat 2 *egg whites* until stiff; beat in 2 *tablespoons sugar*. Fold in gelatine mixture.
 5. Fold in 1 *cup heavy cream*, whipped or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped.
 6. Turn into 4-cup mold or individual molds and chill until firm. Unmold and garnish with *additional strawberries*, if desired.
 7. Makes 8 servings.
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PINEAPPLE CHIFFON CAKE

1. Mix 1 *envelope Knox Unflavored Gelatine*, $\frac{1}{3}$ *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat 3 *egg yolks* slightly; add $1\frac{1}{4}$ *cups canned crushed pineapple and syrup* and 2 *tablespoons lemon juice*. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes. Chill to unbeaten egg white consistency.
3. Beat 3 *egg whites* until stiff. Fold into gelatine mixture.
4. Fold in 1 *cup heavy cream*, whipped or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped.
5. Spoon one-fourth of mixture into waxed paper-lined 9" x 5" loaf pan; add a layer of *large thin chocolate cookies*; repeat three times, ending with chiffon mixture.
6. Chill overnight. Unmold and serve topped with *whipped cream*, if desired.
7. Makes 8 to 10 servings.

NO-BAKE CHEESE CAKE

(Party Size 10-12 servings)

1. Mix 2 *envelopes Knox Unflavored Gelatine*, 1 *cup sugar* and $\frac{1}{4}$ *teaspoon salt* together thoroughly in the top of a double boiler.
2. Beat together 2 *egg yolks* and 1 *cup milk*; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
3. Remove from heat; add 1 *teaspoon grated lemon rind*; cool.
4. Stir in 3 *cups creamed cottage cheese (24-oz.)*, sieved, 1 *tablespoon lemon juice* and 1 *teaspoon vanilla*. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
5. While mixture is chilling, make crumb topping as follows: Mix 2 *tablespoons melted butter*, 1 *tablespoon sugar*, $\frac{1}{2}$ *cup graham cracker crumbs*, $\frac{1}{4}$ *teaspoon cinnamon*, and $\frac{1}{4}$ *teaspoon nutmeg*; set aside.
6. Fold 2 *egg whites*, stiffly beaten, and 1 *cup heavy cream*, whipped, or $\frac{2}{3}$ *cup icy cold evaporated milk*, whipped, into chilled gelatine mixture.
- *7. Turn into 8" spring form pan and sprinkle top with crumb mixture. Chill until firm.

*If desired, 8" or 9" square or 9" x 5" loaf pan may be used. Line with waxed paper and press crumb mixture in bottom of pan. Turn in gelatine mixture. Chill until firm. Unmold.

(Family Size 5-6 servings)

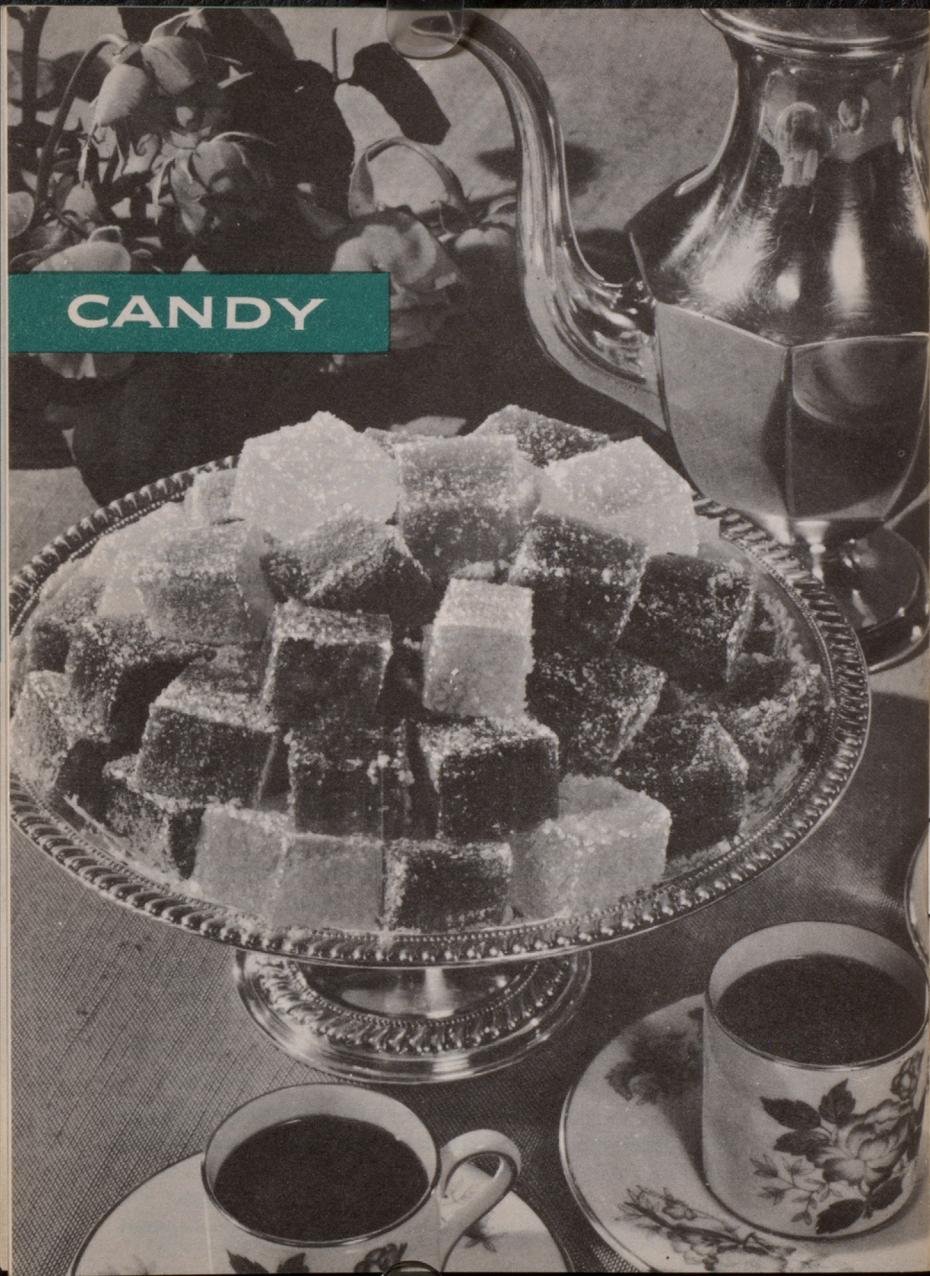
Use $\frac{1}{2}$ above gelatine recipe but full amount of crumb mixture in an 8" layer pan or 9" pie plate.

PINEAPPLE CHEESE CAKE

Use the above recipe for Cheese Cake with the following changes in step 4: Omit vanilla and stir 1 *cup drained canned crushed pineapple* into cheese mixture.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

CANDY



KNOX DAINTIES

1. Mix 4 envelopes *Knox Unflavored Gelatine*, 3 cups sugar and $\frac{1}{4}$ teaspoon salt together thoroughly in a saucepan.
2. Add $2\frac{1}{2}$ cups water and bring to a boil, stirring until gelatine is thoroughly dissolved. Simmer 15 minutes.
3. Remove from heat; divide into two equal parts.
4. Add 1 teaspoon *cinnamon extract* and a few drops of *red coloring* to one part and $\frac{1}{2}$ teaspoon *peppermint extract* and a few drops of *green coloring* to the other.
5. Rinse two 8" x 4" pans in cold water. Pour candy mixture into pans to depth of $\frac{3}{4}$ inch. Put in cool place (not refrigerator) and let stand overnight.
6. When ready to use, loosen candy around edges of pans with wet, sharp knife.
7. Pull out on board lightly covered with *confectioners' or granulated sugar*; cut into cubes and roll in either *confectioners' or granulated sugar*.
8. Makes about 80 $\frac{3}{4}$ "-cubes.

TURKISH DELIGHT

1. Mix 2 envelopes *Knox Unflavored Gelatine*, 2 cups sugar and $\frac{1}{4}$ teaspoon salt together thoroughly in a saucepan.
2. Add 1 cup water and bring to a boil, stirring until gelatine is thoroughly dissolved. Simmer 20 minutes.
3. Remove from heat; add $\frac{1}{4}$ cup orange juice, 2 tablespoons lemon juice and a few drops of red coloring. Chill to unbeaten egg white consistency.
4. Add $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ cup raisins. Turn into an 8" x 4" pan that has been rinsed in cold water, and chill until firm.
5. Loosen around edges of pan with sharp wet knife and turn out on board lightly covered with *confectioners' sugar*.
6. Cut into squares; roll in *confectioners' sugar*.
7. Makes about 50 $\frac{3}{4}$ "-squares.

WONDER MARSHMALLOWS

1. Mix 1 *envelope Knox Unflavored Gelatine* and $\frac{1}{2}$ *cup sugar* together thoroughly in a saucepan.
2. Add $\frac{1}{3}$ *cup water*; place over boiling water and stir until gelatine is thoroughly dissolved.
3. Pour $\frac{2}{3}$ *cup light corn syrup* into the large bowl of an electric mixer; add the gelatine mixture and 1 *teaspoon vanilla*. Beat on high speed of electric mixer until mixture becomes thick and of a soft marshmallow consistency, about 15 minutes.
4. Grease well a pan 7" x 10" x 1½".
5. Crush 4 *cups corn flakes* with a rolling pin, using part to thoroughly line sides and bottom of pan.
6. Pour in the marshmallow, smoothing off top with spoon or knife, and sprinkle top with part of remaining corn flake crumbs. Let stand in a cool place (not a refrigerator) until well set, about 1 hour.
7. To remove from pan, loosen around edges with knife and invert over cookie sheet or board. Cut into squares with a sharp knife moistened with cold water. Roll marshmallows in the remaining corn flake crumbs to coat the sides of the marshmallows.
8. Makes about 70 marshmallows 1" square.

VARIATIONS

For PLAIN Marshmallows, roll in 6 *level tablespoons each confectioners' sugar and cornstarch*. Thoroughly cover bottom of pan with sugar and cornstarch mixture. Do not grease pan. When cutting into squares moisten knife with cold water.

For COCONUT Marshmallows, roll in 3 *cups shredded coconut*, finely chopped and toasted in oven (350-375°F.). Proceed as for marshmallows rolled in corn flakes.

For GINGER or CHOCOLATE Marshmallows, roll in 18 *crushed gingersnaps or crisp chocolate cookies*. Proceed as for marshmallows rolled in corn flakes.

KNOX GELATINE DRINK



With fruit juices. Empty 1 envelope Knox Gelatine in $\frac{3}{4}$ glass of orange juice, other fruit juices or water, not iced. Then stir briskly. Drink quickly. If it thickens, add more liquid, stir again.

With milk. In an 8 or 10 oz. dry glass, thoroughly mix 1 envelope Knox Gelatine with 3-6 tablespoons dry skim milk. (Varies with brand.) Fill with cold water. Stir briskly until milk thoroughly dissolves. Drink quickly.

As a hot drink. Sprinkle 1 envelope Knox Gelatine in $\frac{1}{4}$ cup cold water to soften. Add 1 bouillon cube and $\frac{3}{4}$ cup boiling water. Stir until gelatine and bouillon cube are thoroughly dissolved. $\frac{3}{4}$ cup of any very hot broth may be used in place of bouillon.



KNOX

UNFLAVORED GELATINE

In a reducing diet, the Knox Drink is a wonderfully refreshing and satisfying "between-meal" treat.

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