

FOOD ECONOMY

RECIPES
FOR LEFT-OVERS
PLAIN DESSERTS
AND SALADS
BY MRS. KNOX

"EAT PLENTY, WISELY AND WASTE NOTHING"

KNOX SPARKLING GELATINE

OFFICE OF
MRS. CHARLES B. KNOX
PRESIDENT



CHARLES B. KNOX GELATINE CO., INC.
JOHNSTOWN, N. Y.

Dear Housewives of America:

I have written many books in the past years on good things to eat, but this little book is to give you the benefit of my experience as a plain, everyday, practical housewife in household suggestions (page 41) and a few recipes, showing you how thrift and economy go hand in hand in your kitchen if you are interested in not allowing waste in the foods you purchase. I can assure you, you will be pleased with results if you enter into it wholeheartedly and have a disposition to save—using care and prudence in the management of your resources. The money saved in your kitchen will help out in buying new pieces of furniture for the home, or possibly a new dress or two for yourself, and the best part of it is, it makes you a capitalist in your home—making a profitable business of housekeeping.

Look into your refrigerator and see how many good things there are there—a bit of this, that or the other—a little meat or fish—fresh or canned fruits and their juices—all these left-overs may be made into meat and fish loaves, salads, desserts and soups—nourishing and attractive dishes. Study the recipes in this little book, note the remarks on buying the cheaper cuts of meat that are just as nourishing as expensive ones—but, of course, you must know how to cook and serve them in the very best way. You know, “Anyone can be a fancy cook, but it takes a good cook to be a plain cook.”

Your family at first may not compliment you—just taking it for granted that “Mother knows her job,” and they have faith in you that you will do it well—until they see the new things added to the house for beauty and comfort, and then realize that this has come about through new management in the kitchen. With Knox Sparkling Gelatine on the pantry shelf, you can utilize everything, living as thriftily as the French people do, without any waste in your kitchen, and please remember that “An extravagant woman can throw more out of the window than a man can bring in at the door.”

If there is anything at any time I can tell you in helping arrange your home menus or menus for entertaining, write to me, won't you? It will be a pleasure to answer any and all of your questions, and also to have you visit our factory where we will always make you welcome.

Very cordially yours,

C. M. Knox

(Mrs. Charles B. Knox)

FOOD AND ITS VALUE

Food supplies energy for the activities of the body, materials which enter into its structure and elements which regulate the processes in its development and the proper functioning of its organs.

Required energy is supplied by Carbohydrates, Starches and Sugars, Protein and Fat. This energy may be in the form of heat which we know as body temperature or in the form of motion, the slightest movement of any part of the body calls for energy. This energy is measured in calories. The daily needs vary from 2200 to 3500 calories depending upon age, environment and physical activity.

The structure of the body is built up and kept in repair by Protein, Mineral elements and Vitamins. All of these food elements plus water are necessary, in the correct proportions, for the maintenance of health and resistance to disease. Water aids in digestion and elimination of food and in the regulation of body temperature.

In normal conditions, an excess of fat, carbohydrate or protein in the diet will be stored up as a reserve supply or to add weight. A deficiency of these or of vitamins and minerals leads to malnutrition or underweight, or both.

The following groups show foods supplying the various food elements in greatest amounts, other food materials contain these in lesser amounts. It will be noted that many foods contribute two or more elements.

Foods Rich in Fat

Butter
Cream
Cheese
Egg yolk
Bacon
Chocolate

Peanut Butter
Nuts of all kinds
Animal fats, lard, suet, etc.
Vegetable fats and butter substitutes
Oils: Cod liver, olive, vegetable

Foods Rich in Carbohydrate—Starches and Sugars

(Vegetables and fruits contain carbohydrates, minerals and water besides furnishing bulk to aid digestion.)

Starches

Potato
Bread and other forms of cereal
Rice
Macaroni and spaghetti
Tapioca
Beets, carrots, squash, etc.

Sugars

Candy
Syrups
Jams and jellies
Cake and Cookies
Dried fruits: Dates, Raisins, Prunes, Figs, etc.

Foods Rich in Protein

Knox Sparkling Gelatine
Meat, fish, poultry
Eggs
Milk

Cheese
Nuts
Whole grain cereals
Peas, beans

Foods Rich in Minerals

Milk
Eggs
Green vegetables

Meat, especially red meats and glandular organs, such as liver and heart
Fruits

Foods Rich in Vitamins

Whole milk
Butter
Cream
Cod Liver Oil
Egg yolk

Fruits
Green vegetables
Yellow vegetables
Cereals

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MEAT Economy consists in knowing the nature of the various cuts of meat—as to their proportion of fat, lean, bone and waste. In buying meats, first consider quality—it should be heavy for its bulk, solid and firm—uncut meat is a deep, dark red color, turning brighter after being cut and exposed to the air. Second, the number to be served (if needed for just one meal or if part of it is to be reserved for a second serving). Third, the possible use of leftovers from it. Fourth, the cost.

If meat is not well prepared it is likely to be wasted, no matter what quality you buy. The cheaper cuts of meat are by far the most economical and as nutritious as the higher priced cuts but you must know how to utilize the fats. The home rendering of fats from fresh and cooked meats cuts down the need of buying commercial fats. Save every bit of fat from scraps of meat, bacon drippings and roasts and when "tried out" it may be used for general cooking purposes. Fats are classified as to their different uses: for table, for shortening and for frying.

YOU get more for your money, too, in buying the cheaper cuts and serving them in a tender, delicious way through skillful methods of cooking. Conscientious housewives find it pays to spend time in their kitchen in the interests of their families for whom they should prepare the best foods possible and serve them as attractively as they can.

WE cook meat for two purposes—either for the meat itself or for soups. Different methods of cooking meat depends on the meat itself—tough meats require a different treatment from tender meat—but in both cases the first consideration is to retain the juices. A tender cut should be cooked at a higher temperature than tougher pieces. Broiling and boiling meats is better than frying them. The protein of meat is partly soluble in cold water and as we want as much protein as possible in the making of good soups, we place it over the fire in cold water to simmer but not to boil. Long, slow cooking is necessary to blend flavors and soften the fibres of some cooked meats but the heat must always be moderate. The flavor of meats is improved if it is browned quickly before boiling, keeping the juices in the meat when used for pot roasts, etc. When meat is boiled the water dissolves out some valuable food and flavoring materials—save this water for soups, stews, gravies or for cooking vegetables. Every bit of meat, fish left over, or vegetables may be combined with Knox Gelatine for making meat cakes, meat or fish pies. Every spoonful of left-over gravy may be used in soups, sauces, meat pies, croquettes and vegetables. Every bit of left-over cereal may be used to thicken soups and stews.

WHEN buying meat have all bones that are removed from roasts and other cuts of meat sent home from the market—they are useful for making stock for soup. When buying meat for soup stock, get a marrow bone—the marrow can be made into nourishing dishes. Suet goes with most cuts of beef. Wipe it carefully with a damp cloth, try out in a slow oven and keep in a covered jar. It is valuable for browning and seasoning purposes. Equal parts of chicken fat, suet and butter make an excellent shortening and can be used instead of butter.

BIG layers of clean, sweet, yellow fat around the gizzard or elsewhere in the chicken may be substituted for butter and used for making cake, puff paste and pie dough. To prepare it, try it out in a double boiler until the fat melts and can be poured off, then strain and use the same as butter.

BEEF fat may be used in recipes calling for lard, in many sauces that call for butter and in deep fat frying. Pork, bacon and ham fat may be used in cooking eggs, frying potatoes and mush, baking beans and peas and seasoning vegetables. Lamb fat may be used with some of the softer fats and used as they are used.

PRACTICE the art of good carving. A well carved roast looks better, tastes better and goes further. Let the first use of left-over roast beef be the serving of it sliced cold; cut thin slices of rare beef, arrange nicely on a platter and garnish with something green and crisp, and by serving a vegetable salad made with Knox Sparkling Gelatine and entire wheat bread, you have a complete and nourishing meal.

Jellied Consomme or Bouillon Use any left-over consomme, broth, bouillon, canned soup or bouillon cubes. (If bouillon cubes are used, allow 1½ cubes to 1½ cups hot water.)

Pour ½ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add 1½ cups hot soup or broth, and stir until gelatine is dissolved. Season highly and chill. A cold jellied soup requires more seasonings than one which is to be served hot. Just before serving, beat slightly with a fork or cut in cubes. Serve in cups. The above may be used as a basis of many combinations, molding in left-over chicken, eggs, macaroni, vegetables or rice.

Aspic Jelly from Chicken Broth To 3½ cups chicken stock (or canned chicken broth or soup), add a little celery, onion, clove, parsley and lemon peel. Let boil well. Pour ½ cup cold water in bowl and sprinkle 2 envelopes Knox Sparkling Gelatine on top of water. Add softened gelatine to hot mixture and stir until gelatine is dissolved. Cool, strain through double cheesecloth, and chill.

Left-over Meat and Mashed Potatoes Cover the bottom of a small greased baking dish with hot mashed potatoes, add a thick layer of pieces of roast beef (that are not suitable for slicing hot or cold). Chop or cut them in small pieces, season well with salt, pepper and a little onion juice, and moisten with some of the gravy left over from the hot roast, and cover with a thin layer of mashed potatoes. Bake in a hot oven until well heated and the top is a good brown color.

Meat Turnovers Chop the meat. If the quantity on hand is small mix with it left-over potato or rice. Season with salt, pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about one-half hour in a hot oven. A brown sauce made from 2 tablespoonfuls flour browned in 2 tablespoonfuls of

butter or other fat, to which a cupful of water or stock and ½ teaspoonful of salt is added, may be served with the turnovers.

Mock Duck A delicious dish from an inexpensive steak. On a round steak cut thin, place a stuffing of breadcrumbs well seasoned with chopped onions, butter or other fat, salt and pepper, and flavoring such as sage, celery seed, etc., if desired. Roll the steak around the stuffing and tie in several places with a string. If the steak is tough, steam or stew the roll until tender. Roll may be cooked in a casserole, in which case a cupful or more of water should be added.

Left-over Chicken or Any Meat Take the pieces of chicken left over, as legs, wings, etc., reheat with the left-over gravy and water added to make sufficient liquid to cover the chicken generously. Season with salt, pepper and onion juice. Cook with this small potatoes. When potatoes are nearly soft, turn the whole into a baking dish and cover with a biscuit dough. Bake a nice brown and serve as a luncheon dish, or make into individual chicken pies—chicken may be removed from bones before adding to pie if desired.

Meat and Breadcrumb Cakes To 4 parts of chopped or ground meat, add 1 part of soaked breadcrumbs, a small quantity of chopped onion or onion juice, salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat. Raw ground meat may be used. If so, the pan should be covered so that greater heat will be applied.

Veal Birds Sprinkle veal cutlet with salt, a very little Worcestershire sauce and a little lemon juice. To make the dressing, cook onion thoroughly in butter, add to breadcrumbs softened with egg, butter and milk, seasoning with salt and pepper to taste. Put the dressing or stuffing in the cutlet and fasten together with toothpicks. Place in the oven with a little butter in the pan and a very little water, steam and remove cover from pan and brown. One cutlet will serve two people.

Ham Mousse Pour ¼ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add ½ cup hot water and stir until dissolved. Cool, and add 2 cups left-over cooked ham, chopped. Add 1 teaspoonful mixed mustard, ¼ teaspoonful paprika and ½ cup milk, whipped cream or whipped evaporated milk. Add more salt if necessary. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and garnish with lettuce or parsley. A tablespoonful catsup, chili sauce, horseradish, or a dozen ripe or green olives, chopped, may be added.

Meat Loaf Heat 1 cup of any left-over stock, bouillon, diluted gravy or canned clear soup (if bouillon cubes are used, allow 1 bouillon cube to a cup of hot water). Pour ½ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot mixture and stir until dissolved. Season highly with salt, pepper, onion juice, lemon juice or Worcestershire sauce if desired. Cool, and when mixture begins to stiffen, add 1 cup of any

cold chopped meat at hand (veal, ham, beef, lamb or chicken). Also add a little red or green pepper, celery, onion if desired, or parsley. Turn into square mold that has been rinsed in cold water and chill. When firm, remove from mold and cut in slices for serving.

Meat or Fish Relish Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoonful salt, 1 cup hot water and stir until dissolved. Cool, and when it begins to thicken, add $\frac{1}{2}$ teaspoonful celery seed, $\frac{1}{2}$ teaspoonful mustard seed, $1\frac{1}{2}$ cups finely shredded cabbage and $\frac{1}{2}$ cup thinly sliced onion. Turn into individual molds that have been rinsed in cold water and lined with canned pimientos. Chill, and when firm, unmold.

Luncheon Macaroni with Ham Cook 2 cups macaroni in plenty of boiling salted water; drain, pour cold water through it, and place in a buttered baking dish. Put raw or any left-over cooked ham, enough to make about 1 cup, through the food chopper, heat in a frying pan, add 2 tablespoonfuls flour and 2 cups milk gradually; stir all the while until it boils up thoroughly. Pour the mixture over the macaroni, and add $\frac{1}{2}$ cup grated cheese. Bake in a hot oven for fifteen minutes.

Vegetarian Nut Meat Loaf Mix together $\frac{1}{2}$ cup cooked rice, $\frac{1}{4}$ cup breadcrumbs, $\frac{1}{2}$ teaspoonful salt, 1 well beaten egg. Cook over boiling water ten minutes. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add 1 cup hot milk and stir until dissolved. Add dissolved gelatine to rice mixture together with $\frac{1}{2}$ cup walnuts or peanuts, finely ground. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on platter and garnish with watercress or parsley.

Roast Beef Cuts of beef suitable for roasting are: the chuck or fifth rib roast and the round, the rump, and the prime ribs. Wipe, put on a rack in a dripping pan, fat side up, rub with salt, and dredge meat and pan with flour. The lean parts should be rubbed with drippings. Place in a hot oven to sear quickly and thus prevent escape of the juices. When roast has been lightly crusted, reduce the heat and baste with fat which has tried out. If meat is very thin, add fat trimmings. Baste every ten minutes. Twelve minutes to every pound of beef with fifteen minutes added to the total time is allowed if a rare roast is desired. Allow more time if meat is liked well done. When meat is about half done, turn it over and dredge with flour.

Roast Beef Gravy Remove some of the fat from pan, leaving 4 tablespoonfuls. Place on back of range, add 4 tablespoonfuls flour and stir until well browned. Add gradually $1\frac{1}{2}$ cups boiling water, cook five minutes, season with salt and pepper and strain.

Roast Beef with Pears When roast is nearly finished, place large halves of canned pears, drained and dipped lightly in flour, about it, baste and cook until brown. Serve around the roast.

Yorkshire Pudding

1 cup flour
 $\frac{1}{2}$ teaspoonful salt

1 cup milk
2 eggs

Mix salt and flour, add milk gradually to form a smooth paste, then add eggs beaten very light. Cover bottom of hot pan with some of the fat left from the roast beef and pour in mixture about one-half inch deep. Bake for twenty minutes in a hot oven, basting when well risen with some of the fat of the roast beef. Cut in squares and serve hot with the beef. The pudding may be placed under the trivet in the pan which holds the roast beef to catch the gravy from the roast.

BREAD

"What can I do with the ends of the loaf of bread and left-over slices?" asks a young housekeeper.

The answer is, so many good things may be made from stale bread of whole wheat, rye or graham or any other kind that it is unwise to waste a single piece. Small pieces of bread should be slowly dried in the oven until brittle, then ground in a meat chopper or rolled and put away in a glass jar for breading different things as croquettes, veal, etc., also used for dry or moist stuffing, griddle cakes, steamed bread, bread omelet, toast, puddings and many other uses. Larger pieces of stale bread may be dried in the same way, cut very thin in squares, called Fairy toast, and used in place of crackers for soups and salads.

Left-over bread may be made into a variety of toast—buttered toast, milk toast, or the bread may be cut into small cubes, browned in the oven, fried in deep fat or pan fried and used with soups. Small pieces may be toasted and a savory spread put on and made into attractive appetizers to serve before meals. Many delicious puddings may be made with breadcrumbs or stale slices of bread. By using different fruits, jellies, chocolate, coconut and many other things with them, the danger of monotony is avoided in using up these left-overs.

Oatmeal Bread Pour 2 cups of boiling water over 2 cups rolled oats, cover and let stand until lukewarm. Dissolve 1 yeast cake and $\frac{1}{4}$ cup brown sugar in $\frac{1}{2}$ cup lukewarm water, add 2 tablespoonfuls lard or butter substitute, melted, and add this to the oatmeal and water. Add 1 cup flour, or enough to make an ordinary sponge. Beat well. Cover and set aside in a moderately warm place to rise for one hour, or until light.

Add enough flour to make a dough—about 3 cups, and 1 teaspoonful salt. Knead well. Place in a greased bowl, cover and let rise in a moderately warm place until double in bulk—about one and one-half hours.

Mold into loaves, fill well-greased pans half full, cover and let rise again for about one hour. Bake forty-five minutes in a hot oven.

$\frac{1}{2}$ cup chopped nuts may be added, if desired.

Rye Bread Crumble a yeast cake in a pint of lukewarm water. When dissolved, add a cup of fresh milk that has been scalded, then cooled, and beat in sufficient rye flour to make a sponge, usually about $1\frac{1}{2}$ pints additional. Beat well, cover and set to rise in a warm place out of a draft for two hours. When light, stir in

a tablespoonful of melted lard, or lard substitute, $2\frac{1}{2}$ cups additional of rye flour, a tablespoonful of salt and $1\frac{1}{2}$ cups of wheat flour. Knead for five minutes, put in a floured bowl, cover and let rise for two hours when it should be doubled in bulk. Shape in two long rolls or loaves. Put in greased pans and let rise for an hour. Mix the white of an egg with a tablespoonful of cold water and brush the loaves to give a gloss, then slash lightly across the tops in 3 diagonal cuts, and bake in a slow oven for an hour. Caraway seeds mixed in the dough, about 2 tablespoonfuls being used to the quantity given, are considered an improvement by many.

Entire Wheat or Graham Bread (yeast) Make like Wheat Bread (any method) using equal amounts of white flour and entire wheat or graham. Sometimes $\frac{1}{4}$ cup molasses is used instead of the sugar. It is quite possible to make a good loaf from one of these flours alone, but when this is done it is usually made with baking powder. If made with yeast it may be too sticky to handle and must in that case be put in the pans without shaping.

Quick Graham or Entire Wheat Bread 2 cups graham or entire wheat, 2 cups wheat flour, 1 cup sugar, 2 tablespoonfuls baking powder, 1 teaspoonful salt, about $2\frac{1}{4}$ cups milk, 1 beaten egg. Use any quick bread method. Especially good for Date, Nut or Raisin Bread. Bake in a hot oven about an hour.

Breadcrumb Griddle Cakes Soak $1\frac{1}{2}$ cups stale breadcrumbs in $1\frac{1}{2}$ cups scalded milk and 2 tablespoonfuls melted shortening until they are soft. Add 2 eggs well beaten and $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoonful salt and 4 teaspoonfuls baking powder, mixed and sifted. Bake on a hot, greased griddle. The cakes are very tender and should be turned carefully.

Sour Milk Griddle Cakes Mix together $1\frac{1}{4}$ cups flour, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful salt, 11 tablespoonful sugar, 1 well-beaten egg and 1 cup sour milk. Beat well and bake on a hot griddle.

Bread Boxes (Croustades) Cut stale bread in 2-inch slices and remove crust. Cut in diamonds, squares or circles. Remove centers, leaving a box or case. Fry in deep fat to a golden brown. Or, brush with butter and brown in hot oven. Fill with creamed fish, chicken or vegetables.

Breakfast Food Take the crusts from stale bread—entire wheat, Graham, rye or bran—and grind them rather coarsely. Brown to a crisp in hot oven and serve as a breakfast food with cream or hot milk. Dates or figs cut up with them make a pleasing variety.

Soft Toast Toast stale bread. Melt $\frac{1}{4}$ cup butter with $\frac{1}{2}$ cup hot water. Dip toast in this, place on hot dish and pour remaining liquid over it. Serve hot.

Milk Toast Toast bread nice and brown. Make a sauce of 1 tablespoonful butter, or butter substitute, 1 tablespoonful flour, 1 cup of milk, salt and pepper. Cook until of creamy consistency, and pour over hot toast.

Baking Powder Biscuits with Beef Fat Sift 3 cups flour, 3 teaspoonfuls of baking powder and $1\frac{1}{4}$ teaspoonfuls of salt; cut in 3 tablespoonfuls beef fat or rub it in lightly with the finger tips. Gradually add 1 cup milk and water mixed; mix with a knife. Roll or pat on a floured board to about half an inch in thickness; cut into rounds with a biscuit cutter and put into a baking pan. Bake in a hot oven for about twelve minutes.

Gingerbread with Sausage Drippings Add $\frac{1}{2}$ cup hot water and 5 tablespoonfuls sausage drippings to $\frac{1}{2}$ cup molasses. Mix $\frac{1}{2}$ cup sugar, 2 cups flour, 11 teaspoonful ginger, 2 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful soda and $\frac{3}{4}$ teaspoonful salt, and sift them. Add the liquid, beating until thoroughly mixed. Bake in a well-greased, shallow pan in a moderate oven for about twenty-five minutes. Bacon drippings may be used in place of the sausage drippings if preferred.

Bread Omelet Take 1 tablespoonful butter, or other fat if desired, 11 tablespoonful flour, 1 cup of milk, salt and pepper and make into a white sauce. Pour while hot over $\frac{1}{2}$ cup stale breadcrumbs, mixing well. Beat separately 2 eggs. Beat yolks into white sauce, lastly fold in the stiffly beaten whites and turn into a well-greased frying pan and cook lightly. Set pan in oven a few minutes to dry off the top of the omelet. Garnish with parsley.

Steamed Brown Bread Pudding Mix together 1 pint breadcrumbs, 1 cup cold water, $\frac{1}{2}$ cup molasses, 11 teaspoonful soda dissolved in a little hot water, 1 egg, well beaten, 11 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful cloves, $\frac{1}{2}$ teaspoonful salt and one cup raisins. Steam three hours. If you have any left over, jelly, melt it with hot water and serve as a sauce.

Chocolate Bread Pudding Scald 1 pint milk; add 4 tablespoonfuls chocolate that has been melted over hot water, 11 tablespoonful butter, or butter substitute, and $\frac{1}{2}$ cup sugar. Pour over $1\frac{1}{2}$ cups stale breadcrumbs and beaten yolks of two eggs. Turn into a greased pudding dish and bake about $\frac{1}{2}$ hour. Beat the whites of 2 eggs very stiff, add 2 tablespoonfuls of powdered sugar and $\frac{1}{2}$ teaspoonful vanilla. Spread over the top of pudding and place in oven until meringue is a light brown. Serve pudding hot or cold.

CORNMEAL Cornmeal costs less than flour and is high in fuel value for the body but does not supply as much protein or mineral matter for building tissue as some of the other cereals.

The great secret of cooking cornmeal is long, slow cooking—this renders it digestible and improves the flavor. To avoid it getting lumpy

when cooking, sift it slowly into rapidly boiling water to which a little salt has been added, stirring constantly all the time, or moisten the meal in cold water before adding it to the boiling water—allow 5 or 6 cups of water to 1 cup of cornmeal.

As a substitute for wheat breakfast food, use white or yellow cornmeal or hominy grits served with cream and sugar, butter, syrup or fresh or dried fruits. Fried cornmeal mush, fried hominy, or cornmeal pancakes made with a very little wheat flour, cornmeal codfish cakes, cornmeal scrapple, cornmeal cooked with meat, fish, cheese, eggs or milk will supply nourishing dishes for the hearty courses.

Cornmeal makes excellent raised or light bread, pancakes, waffles, muffins and rolls using half cornmeal and half white flour.

Hominy grits and coarse hominy (sometimes called samp) may be boiled and used as a breakfast dish.

Left-over cornmeal mush made into small squares, fried or browned in the oven and served with bacon makes a good breakfast dish.

Cornmeal Griddle Cakes Stir $\frac{1}{2}$ cup of cornmeal and $\frac{1}{2}$ teaspoonful of salt with $\frac{1}{2}$ cup of cold water, then gradually stir into $1\frac{1}{2}$ cups of water, boiling over a quick fire; continue to stir and boil five or six minutes, then let cook in a double boiler twenty minutes; stir in $\frac{3}{4}$ cup of cold milk and turn into a mixing bowl; add the beaten yolks of 2 eggs, 1 tablespoonful of butter, or other fat, 1 cup of flour, sifted again with 3 level teaspoonfuls of baking powder, and the whites of eggs, beaten stiff. Bake at once on a hot griddle. This recipe makes between thirty and forty small cakes.

Northern Cornbread Cook together 2 cups cornmeal, 2 cups sour milk, 2 tablespoonfuls shortening, 2 tablespoonfuls sugar (white or brown) and $1\frac{1}{2}$ teaspoonfuls salt in a double boiler for about twenty minutes. Allow mixture to cool, then add 2 well-beaten eggs and 1 teaspoonful soda dissolved in 1 tablespoonful cold water. Bake in a shallow iron or granite pan for about thirty minutes in a moderate oven.

If there is not time to cook the meal, use following method: Mix and sift together the meal, sugar, salt and soda, add sour milk gradually, then well beaten eggs and melted fat. Bread made by this method will not have as fine a texture as that made by first method.

Southern Cornbread Mix 1 cup sour milk, $\frac{1}{4}$ teaspoonful soda dissolved in 1 teaspoonful water, 1 egg yolk, $\frac{1}{2}$ teaspoonful salt and $1\frac{1}{2}$ cups cornmeal. Add stiffly beaten white of egg and bake in muffin pans or in a shallow pan in a moderate oven for twenty minutes. For a real southern bread, make of white cornmeal.

Corn-Graham-Rye Gems Pour $\frac{1}{2}$ cup boiling water over 1 cup cornmeal and let stand for ten minutes. Sift $\frac{1}{4}$ teaspoonful soda into $\frac{1}{4}$ cup molasses and stir until it foams; add this to the meal and stir in 1 cup each whole wheat and rye flour, mixed thoroughly with 2 teaspoonfuls baking powder and 1 teaspoonful salt, alternating with 1 cup milk. Add $\frac{1}{4}$ cup raisins

rolled in a little flour and 2 tablespoonfuls shortening melted. Mix well. Bake in muffin pans half an hour in a moderate oven. This recipe will make eighteen gems.

Cornmeal Souffle Heat 1 pint milk to the boiling point, then add 1 tablespoonful butter substitute and 1 teaspoonful salt, and gradually sift into this $\frac{1}{2}$ cup cornmeal. Cook until of the consistency of mush; remove from the fire and whip in the beaten yolks of 3 eggs, cook a minute longer, and when almost cool fold in the stiffly beaten whites of the eggs. Add $\frac{1}{4}$ teaspoonful paprika, 2 tablespoonfuls grated cheese and a little pepper. Put in buttered baking dish. Set baking dish in another dish of hot water in a moderate oven and bake thirty minutes.

Cornmeal or Cereal Molded with Fruit Take cornmeal, wheatena, oatmeal or cream of wheat that has been left over—if very stiff, place in a double boiler, add a little hot milk or water, and stir in a few scalded dates, figs or prunes, or use dried fruits that have been soaked. Mold in a dish and serve cold as a dessert with cream and sugar.

Old-Fashioned Cornmeal Pudding Pour 4 cups scalded milk over $\frac{1}{2}$ cup cornmeal and cook in a double boiler twenty minutes, add $\frac{1}{2}$ cup molasses, 1 tablespoonful butter or chopped suet, 1 teaspoonful salt, 1 teaspoonful either ground ginger or cinnamon, $\frac{1}{2}$ cup seeded raisins, and 1 pint cold milk into which has been beaten the yolks of 2 eggs. Pour into a greased dish. Bake slowly two hours. It should have considerable whey when baked—this whey is used as a sauce when serving the pudding, which may be eaten hot or cold.

Cornmeal Pudding with Dates Scald 1 pint of milk, add $\frac{1}{2}$ cup cornmeal and cook for twenty minutes; add salt, one tablespoonful butter substitute and $\frac{1}{2}$ cup sugar. Pour into a greased baking dish and add 1 teaspoonful cinnamon, 2 eggs, well beaten, $\frac{3}{4}$ cup of dates cut in small pieces and 1 pint cold milk. Bake as any custard. Serve with a sauce if desired.

DATES Few housewives seem to know the value of dates as a food. They combine in so many different ways with gelatine for dessert and salad, and may be used in breakfast cereals, steamed puddings and breads. They are filled with natural sugar, making the fruit valuable.

Add dates, figs or raisins to plain boiled rice or any cereals.

Dates are good added to muffins or biscuits.

Date Bread Pit 1 cup dates, cut in halves, add 2 tablespoonfuls sugar and a large tablespoonful butter substitute and work into bread dough. Put in pan, let rise and bake in a slow oven. It may be served hot or cold and makes excellent sandwiches with a nut or fig filling.

Date Pudding Take $\frac{1}{2}$ cup short mix with 1 cup breadcrumbs, add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pound dates chopped fine, $\frac{1}{2}$ cup milk, and 2 tablespoonfuls flour into which has been sifted 2 tablespoonfuls baking powder. Steam three hours and serve with a sauce, on a tumbler of jelly, melted.

Date Sandwiches 1 cup minced dates, 1 tablespoonful orange juice, and if liked $\frac{1}{8}$ teaspoonful cinnamon, $\frac{1}{4}$ cup ground pecan nuts—2 tablespoonfuls marmalade or jelly may be used instead of orange juice. This recipe is excellent for either brown or rye bread.

Dried Fruits such as apricots, peaches and plums are all valuable additions to the diet—they must be soaked many hours before cooking and then placed on back of stove to simmer slowly but not boil. Put sugar in to taste, also lemon peel if desired. May be used for pies, puddings, salads, etc.

MILK Milk as a food is very valuable—it is often regarded as a beverage and when swallowed rapidly is likely to form large hard curds in the stomach and is slow of digestion. Hot milk is a very nourishing drink for all ages—it should be heated in a double boiler until hot but not boiled. One cupful of whole milk has an energy value of 160 calories—one cupful of skimmed milk 89 calories. A quart of milk is equivalent in fuel value to three-quarters of a pound of lean beef. Compared with other animal foods, milk is a cheap food and should enter freely into the diet—particularly of children. Never throw away even a tablespoonful of milk—it has its value in cooking.

"Gelatinized" Milk for Both Infants and Adults.

MANY people do not like cow's milk or cannot drink it because they have trouble in digesting it, but if one will add about one-half teaspoonful of Knox Sparkling Gelatine—which should first be soaked in a little cold milk and dissolved over hot water or in hot milk—to the glass of milk, it will in many cases eliminate distressing after effects.

AS a modification for milk in infant feeding the following is the prescribed formula: Pour one-half cup cold milk in bowl and sprinkle one envelope Knox Sparkling Gelatine on top of milk—stir thoroughly. Then place bowl over boiling water, stirring until the gelatine is fully dissolved. Add this dissolved gelatine to the quart of cold milk or regular formula. Salt may be added if desired.

THE value of skimmed milk as a food also needs to be emphasized—while the fat has been removed there still remains practically all the protein, carbohydrates, mineral salts and part of the vitamins. Protein like carbohydrates and fats is capable of furnishing heat and energy to the body. Skimmed milk may be substituted for whole milk in cooking by adding one teaspoonful of fat for every cup—used in

combination with other foods, it is a very inexpensive source of valuable nutriment. Two and a half quarts of skimmed milk will yield as much protein as a pound of lean round steak at less than one-fourth the cost.

EVERY ounce of skimmed milk or whole milk contains valuable nourishment. Use every drop of milk to drink or add nourishment to cereals, soups, sauces, or other foods. Always keep well covered. Remember, sour milk, buttermilk and sour cream are valuable in cooking, so do not waste any. They can be used with soda in making hot breads, or sour milk can be turned easily into cottage cheese. Sour cream makes a good shortening in making cakes and cookies and is useful in salad dressing.

NUMEROUS forms of concentrated milk are found on the market, of which the most important for use in the home are Evaporated, Sweetened Whole Condensed milk and Powdered milk. Condensed milk products are not made of inferior milk, but on the contrary are made of the same quality as our fresh supply. It takes good fresh milk to produce a good finished product.

A COMMON form for home use is 'Evaporated milk' (whole milk), which is merely fresh milk reduced to slightly less than one-half its original volume by concentration and then sterilized. Nothing is taken from it during the process except water and nothing is added and the butter fat remains. Condensed whole milk with sugar added is the original concentrated milk. On account of the high sugar content it cannot be used in so many different ways as the Evaporated, although in certain dishes, such as custards, it has decided advantages. It is more economical than fresh milk. Many kinds of Whole Milk Powders are available on the market, and they, too, have their uses.

Whipped Evaporated Milk recipe on page 39.

EGGs have long been recognized as an easily prepared protein food. Like milk, they contain about all the elements necessary for maintenance and growth and, as they are usually easily digested, are prescribed for those requiring a special diet of nourishing food. They contain fat, mineral matter (notably iron) and since they lack starch and sugar (carbohydrate), are usually eaten with bread, toast, potatoes or are served in a cooked mixture with flour. One of the best sources of vitamin A, they are introduced early into the diet of a child. "An egg a day for a growing child" is about as important as "a quart of milk a day."

HOUSEKEEPERS appreciate the concentrated food value of fresh eggs, and when one considers the many ways in which they may be served, the fact that there is practically no waste, and the ease and speed in which they are prepared for the table, it is not strange that they should be so highly regarded.

IN the spring when inexpensive, they should appear often on the table, and later in the year when the price advances, they may be made to go further by combining them with other foods. Their use is

a health advantage also, but it should be remembered that a high temperature toughens the albumin—the more lightly and delicately eggs are cooked, the easier of digestion. Eggs should not be boiled—they should be “coddled”—that is the covering of eggs with boiling water—allow seven minutes for a soft-cooked egg, thirty minutes for a hard-cooked egg.

EGGs are universally popular as a breakfast dish. Frequently they are made into custard dessert combined with Knox Sparkling Gelatine, and they should be utilized oftener as a nourishing foundation for luncheon and supper dishes. They are the cook's standby when it comes to the utilization of left-overs. There may be just a little chicken, ham, fish or veal; creamed in the usual way, a beaten egg or two may be added thus making an ample serving for the family. Or, plain poached eggs may be used with a creamed vegetable on toast as the main dish for a supper. Hard-cooked eggs may be used in combination with many other foods for a substantial main dish for lunch or for a meatless dinner, and are always a welcomed addition to a vegetable salad.

As a gelatine jelly begins to stiffen, it may be beaten thoroughly, and the stiffly beaten whites of eggs folded through lightly—a few bits of fresh or canned fruit added, and a delightful and nourishing dessert is thus quickly and easily made.

Apple Whip Take the whites of eggs left over and beat until stiff with sugar and a little salt. Take left-over baked apples or apple sauce and put through a sieve, add the beaten whites, and pile lightly in a glass dish. Decorate with small bits of jelly and keep cold. Serve with a custard sauce.

Shirred Eggs Take thick slices of stale bread about three inches square, cut off corners and take out the center (using waste bread to roll and dry for other things). Toast nice and brown in the oven. Before taking out of oven drop a whole egg in and cook for a few minutes.

Eggs in Nest Cook spaghetti in salted water until tender, keeping it in as long pieces as possible. When ready to serve, coil spaghetti on a platter to form rings or nests, drop a poached egg in center of nest, and if desired, pour over all a tomato sauce.

Baked Eggs in Tomato Sauce Grease small ramekins or glass custard cups and place 2 tablespoonfuls thick tomato sauce in each. Break an egg in each dish, cover with grated cheese, season with salt and pepper, and bake in a very hot oven.

Scrambled Eggs with Green Pepper Beat 4 eggs slightly, adding 2 tablespoonfuls of milk, salt and a little pepper. Heat fat in pan and add eggs. As the eggs begin to cook, add a tablespoonful chopped green pepper from which seeds have been removed. Cook slowly, stirring constantly, until the mass is creamy. Serve with toast.

CHEESE Cheese, being rich in protein (a chief material for body building) is not only a valuable food itself, but it is a substitute for meat. Owing to the protein it contains, one pound of cheese is equal to two pounds of meat. There are many delicious ways of serving cheese—one is cottage cheese that forms a foundation for many good dishes.

Cottage Cheese Heat 1 quart sour milk until lukewarm, add 1 quart warm water and turn into a strainer lined with cheesecloth. Gather cheesecloth up around curd to form a bag, and let curd hang until free from whey. Rub fine, moisten with melted butter, if desired, and sour or sweet cream. Shape and sprinkle with paprika.

Serve with jelly or preserves and crisp crackers for a Cottage Cheese Dessert or use with seasoning for sandwiches.

Cottage Cheese Salad Form in balls or cut in slices and serve on lettuce leaves with dressing. Chopped pimientos, ground nuts, chopped olives or parsley may be mixed through the cheese to give variety.

Cheese Straws Gather up the trimmings from left-over pastry and roll to a thickness of one-quarter of an inch. Sprinkle one-half with finely grated cheese, salt and a little paprika. Fold, press edges together and roll as before. Repeat this process two or three times, depending on the amount of cheese you wish to use. Then roll out thin, cut in strips five or six inches long and one-fourth inch in width. Place in a shallow pan and bake in a hot oven.

Cheese Souffle or Omelet 1 cup soft, stale breadcrumbs, 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt. Scald 1 cup milk (skimmed milk will do), put hot milk and butter over breadcrumbs. Beat 2 eggs separately, very light, put in yolks, then the whites, and add $\frac{1}{4}$ pound of American cheese cut up very fine or grated and bake the same as an omelet.

Cheese Cake Beat yolk 1 egg slightly, add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup cold water and $\frac{1}{4}$ teaspoonful salt. Cook over boiling water until of custard consistency. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Add 1 cup cottage cheese, juice and grated rind $\frac{1}{2}$ lemon. Cool, and when mixture begins to thicken, fold in $\frac{1}{2}$ cup whipped cream or whipped evaporated milk, and 1 stiffly beaten egg white.

Make crumbs for bottom and top of Cheese Cake as follows: Crush 9 slices sweetened Zwieback or 1 cup corn flakes (or 4 slices dry, well toasted bread). Mix thoroughly with $\frac{1}{4}$ cup melted butter, 2 tablespoonfuls sugar and $\frac{1}{2}$ teaspoonful cinnamon. Place crumbs in bottom of pan. Add cheese mixture. Sprinkle top of cake with crumbs. Chill in refrigerator or cold place. When firm, unmold. **CHEESE PIE:** turn cheese mixture into previously baked pastry shell instead of using crumbs. Chill.

Pineapple Cheese Salad Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add 1 tablespoonful sugar, $\frac{1}{4}$ teaspoonful

salt, and $\frac{1}{2}$ cup hot water and stir until gelatine is dissolved. Add 2 tablespoonfuls lemon juice and 1 cup canned crushed pineapple. Cool. When mixture begins to thicken, beat in $\frac{3}{4}$ cup grated American cheese, cream cheese or cottage cheese. Fold in $\frac{1}{2}$ cup whipped cream or whipped evaporated milk. Turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce and serve with mayonnaise. Sprinkle mayonnaise with chopped red or green pepper. (Fresh pineapple should first be scalded before using it with gelatine.)

Macaroni and Cheese Cook $\frac{3}{4}$ cup macaroni broken into inch pieces in 2 quarts salted boiling water twenty minutes or until soft, drain in strainer, pour over it cold water to prevent pieces from adhering. Put a layer of macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour White Sauce over it, cover with buttered crumbs and bake until crumbs are brown.

Left-over Cheese To keep cheese moist and to prevent it from drying out, simply wring out a cloth in vinegar and wrap around the cheese.

All the little dried pieces of cheese should be grated and placed in a covered glass jar. They are excellent for made-over dishes, and particularly good to use with starchy foods, such as potatoes, macaroni, rice, etc.

A tablespoonful of grated cheese will flavor potato cakes made from left-overs. It may be added to the sauce for creamed potatoes, or mixed with breadcrumbs that are sprinkled over scalloped dishes. It may be sifted over an omelet or shirred or scrambled eggs, or even creamed toast. Use in sandwich fillings combined with hard-cooked eggs chopped, or with a little ground ham and pickles moistened with mayonnaise.

RICE Rice is one of the most valuable of grains eaten as a cereal, dessert, salad or vegetable. It lacks protein and sugar, and must have the latter when used as a dessert, and when made the main dish of a meal should be combined with milk, cheese, eggs or meat. As a vegetable it is a substitute for potatoes and they should not be served together.

Unpolished rice (which is brown in color) is more valuable as a food and contains more mineral matter than the polished rice. Rice should be well cooked but never mushy—each grain should be whole and separate when cooked as given in the following directions:

Boiled Rice Put 1 quart boiling water and 1 teaspoonful salt in a double boiler. Add gradually 1 cup rice. Cook rapidly, uncovered, from twenty to thirty minutes without stirring. When rice has absorbed all the water, place a tight cover on the double boiler, set on back of range, and let steam finish the cooking. The kernels will be full and distinct, and cooked in this way, rice retains all its nourishment.

Rice with Egg Sauce Line a greased bread pan with warm, salted rice. Cover bottom and sides of pan, fill center with any flaked fish, well seasoned, cover top with rice and

steam one hour. Turn onto a platter for serving and surround with egg sauce.

Egg Sauce: Melt 2 tablespoonfuls drippings with 3 tablespoonfuls flour, salt and pepper. Pour on gradually $1\frac{1}{2}$ cups milk; or hot water, stir occasionally and boil a few minutes, then add 1 egg yolk, slightly beaten, and season with 1 teaspoonful lemon juice or vinegar.

Rice Soup with Vegetables When boiling rice or barley in a quantity of water, do not throw away the water. Drain into a sauce pan, add diced carrots, bits of celery tops and green onions, a little parsley, or any other tender greens you may have, as cooked peas or string beans cut up. Season with salt and pepper and simmer gently until vegetables are done. More water may be added if necessary. To any water left over from cooking vegetables, simmer in it a cup of good hash made from left-over meat and potatoes, with just enough vegetables in it to give flavor.

Rice Griddle Cakes One cup cold cooked rice, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ cup sugar, $1\frac{1}{2}$ cups skimmed milk, 2 tablespoonfuls melted drippings, 1 well beaten egg, $2\frac{1}{2}$ cups flour into which has been sifted 2 teaspoonfuls baking powder. Beat well and bake on a very hot griddle.

Rice and Carrots Reheat left-over boiled rice in a double boiler and arrange on a platter in a mound. Surround with carrots that have been cooked until tender and seasoned with a little butter, pepper and salt. Serve as a vegetable course.

Fried Rice Pack left-over boiled rice in baking powder cans or a bread tin, rinsed in cold water. When using, turn out, cut in slices and cook first on one side, then on the other in hot drippings or bacon fat. Serve as a vegetable, or as a dessert with syrup.

Spanish Rice Cook for ten minutes in a double boiler 1 cup rice; 2 cups water and salt to taste. Place in a frying pan 1 tablespoonful drippings (preferably lard, to keep it white), 1 small onion cut in tiny pieces, 3 tablespoonfuls canned or fresh tomatoes, 1 small red pepper and 1 green pepper cut in medium size pieces. Use the fresh peppers whenever possible, otherwise pimientos. A few of the seeds are left in but the white part of the pepper is removed so that it will not be too peppery. Cook all together for a few minutes, but do not brown, then add to the rice and cook for about an hour and a half without stirring. When ready to serve, the rice should be white and fluffy, and of a thick consistency.

Rice and Cheese Melt 3 tablespoonfuls drippings, add 3 tablespoonfuls flour, salt and pepper, and $\frac{1}{4}$ teaspoonful mustard. When smooth, add slowly 2 cups hot skimmed milk and stir until it boils, add 1 cup cheese cut in small pieces, and when melted mix lightly with 1 cup cooked rice. Pour in baking dish and cover top with fine breadcrumbs and bake until brown.

Left-over Rice To hot boiled rice stir in gently 1 cup seeded raisins and serve as a vegetable; or serve as a simple dessert with maple sugar, cream or milk.

Rice Cream To $\frac{1}{3}$ cup uncooked rice add 1 quart skimmed milk, $\frac{1}{2}$ teaspoonful cinnamon and salt. Pour into a greased dish and bake three hours in a slow oven, stirring three times the first hour to prevent rice from settling. Should be creamy when baked.

Knox Butterscotch Rice Wash $\frac{1}{3}$ cup rice and cook until nearly tender in a double boiler with 2 cups milk and $\frac{1}{4}$ teaspoonful salt. Meanwhile cook together in a shallow pan 1 cup brown sugar and 2 tablespoonfuls butter until it gets a very dark brown but not burnt. Add to rice and milk and finish cooking until rice is tender and caramel melted. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water; add 1 cup hot milk and stir until gelatine is dissolved. Add to first mixture. Stir thoroughly and flavor with vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Knox Rice Custard Wash $\frac{1}{3}$ cup rice and cook until tender in a double boiler with 2 cups milk, and $\frac{1}{4}$ teaspoonful salt. Beat 2 eggs slightly, add $\frac{1}{2}$ cup sugar, and add slowly to the rice and milk mixture. Cook about three minutes, stirring constantly. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water; add 1 cup hot milk and stir until dissolved. Add to first mixture, stirring thoroughly. Flavor with vanilla, and turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Rice Pudding Cook 1 tablespoonful rice in $\frac{1}{2}$ cup water until soft in a double boiler, adding $\frac{1}{4}$ teaspoonful salt. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water; add $\frac{1}{2}$ cup hot water and stir until dissolved. Add $\frac{1}{2}$ cup sugar, rice, $\frac{1}{2}$ cup nuts, figs, dates or cooked prunes. Fold in 1 cup whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

FISH Fish should have a prominent place on the menu for they provide an appetizing change from the heavier meat dishes and there is less waste; they are usually a cheaper food, are always available in some form and have splendid dietetic values. They are rich in protein, and phosphates are more abundant in fish than in meat. The white meat fish are thought more digestible than those of dark meat, but the latter are delicious when nicely prepared. Fish should be cooked thoroughly, but never overcooked. Small fish are better broiled or pan fried.

Dressed fish will keep for hours if placed on ice or in refrigerator. In the latter case, it should be tightly covered or the odor will penetrate to other foods. If bought frozen, lay in water only until thawed—a fish allowed to lie in water becomes flabby. A fillet is merely a piece of fish without skin and bones and it is considered better to buy the fish in bulk and fillet it at home.

There are many excellent ways to utilize left-over fish, and one may buy more than is needed for one meal with a view of serving that remaining as a salad, a cocktail, escalloped, creamed on toast or moulded with Knox Sparkling Gelatine. If the amount is small, it may be combined with potatoes or other fresh or canned vegetables, cornmeal, rice, adding a sauce if desired, chopped peppers, pimientos, onion or celery. Canned fish as well as fresh fish may be used for these satisfying dishes.

White Sauce Melt 2 tablespoonfuls butter, add 2 tablespoonfuls flour and stir until the two are blended thoroughly. but do not brown—then add 1 cup milk slowly and stir until the sauce thickens. Add seasonings and simmer a few minutes—very easy to make in a double boiler. For Egg Sauce, chop up hard cooked egg in white sauce, and add if desired chopped green peppers or parsley. Any left-over fish may be made to go further if the fish is picked up fine and added to a sauce—serve either with baked potatoes or on toast.

Fish Bisque If you are serving fish save the trimmings, cook them down in a little water, onion and a little mace or nutmeg, then add an equal amount of milk to the liquor, thicken with flour and butter, or other fat, and serve as a bisque.

Creamed Codfish An occasional dish of well-prepared salt codfish is most wholesome, and eaten with a baked potato and a green salad, a meal for an epicure is provided. To have the fish at its best, shred and let stand for a short time in water to cover, let heat in the same water until the water looks slightly milky, then drain. Melt a tablespoonful of butter substitute, add a tablespoonful of flour and rub smooth with a little cold milk. Pour on gradually a cup of milk, stirring until well mixed. Fold in yolks of 2 eggs, well beaten, and stir until smooth and glossy. Add fish to the hot sauce. (To heat the fish to the boiling point renders it tough and tasteless.)

Codfish Balls Cook 2 cups potatoes, cut in dice with 1 cup picked up salt codfish until potatoes are soft and water has about cooked away. Mash with 1 tablespoonful fine breadcrumbs. When almost cold add the yolk of an egg. Form mixture into balls or cakes, roll in stale breadcrumbs and allow them to stand until hard. Fry one minute in hot fat. Do not allow them to absorb the grease. Garnish platter with parsley when serving, and put a small piece of parsley at each end of codfish ball.

Fish Balls Baked Beat 1 egg, add 1 cup cooked fish, 1 cup cold cooked rice, salt, pepper and 1 teaspoonful lemon juice. Form into small balls, place in a greased pan and bake a delicate brown. Serve hot on slices of buttered toast.

Fish Mold Remove all bones and skin from any cold cooked fish, breaking up the fish quite fine, (or it may be run through the food chopper). Add 1 cup breadcrumbs which have been previously soaked in hot water for about fifteen minutes, $\frac{1}{2}$ teaspoonful salt, a little paprika, 1 tablespoonful minced parsley, 2 tablespoonfuls melted butter and 2 well beaten eggs. Butter a mold or pan well, pour in

mixture and steam for forty-five minutes; then unmold on a hot platter and serve with a good tomato sauce.

Creamed Fish in Potato Cups. To 1 cup of left-over mashed potatoes add 1 egg yolk. The potatoes must be warm when egg is added—this amount will make 4 cups. Invert any custard cups or jelly glasses and cover the outside, bottom and two inches of sides with the potato mixture. Smooth over and set away to cool. When ready to use, turn right side up on a well buttered pan and carefully remove. Brush the outside with milk or beaten egg before adding fish. Make a white sauce, add salt, pepper, and a little nutmeg, and any flaked white fish. Fill potato cups with mixture and brown lightly in the oven. When serving, garnish with parsley.

Salmon or Tuna Fish Mold. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and add $\frac{3}{4}$ cup cooked salad dressing or mayonnaise, 1 cup salmon separated into flakes (tuna, crabmeat, or any left-over cooked fish may be used). Add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful paprika and 1 tablespoonful mild vinegar. Turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce. Garnish with slices of lemon. $\frac{1}{2}$ cup celery, $\frac{1}{2}$ green pepper and 2 tablespoonfuls olives, all finely chopped, may be added.

Jellied Fish. For Lunch or Dinner—Mix $1\frac{1}{2}$ cups of any well-seasoned cold, flaked, freshly cooked fish with 2 tablespoonfuls chopped green peppers. Add a little onion juice if desired, $\frac{1}{4}$ teaspoonful salt, and a dash of mace. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water; add 1 cup boiling water and stir until gelatine is dissolved. Add 2 tablespoonfuls lemon juice. Put slices of hard-cooked eggs in the bottom of a dish or mold that has been rinsed in cold water. Add fish and jelly that has been allowed to stiffen slightly. Chill until firm and unmold on lettuce. Serve with any kind of salad dressing or tartar sauce.

Browned Salmon and Rice. Melt 1 tablespoonful butter or butter substitute, add 2 tablespoonfuls flour, salt and pepper, and cook together until bubbling. Then add $\frac{3}{4}$ cup milk gradually, stirring all the while. Cook until thick and smooth. Then add $\frac{3}{4}$ cup salmon and 1 cup cooked rice. Have a hot greased frying pan ready, pour in the mixture, sauté for ten minutes, then bake in a hot oven for twenty to thirty minutes, fold like an omelet and turn onto a hot platter. This will serve four.

VEGETABLES. Vegetables play a very important part in the diet and should be eaten daily for good health. They contain valuable minerals and vitamins, and when combined with a reasonable amount of protein as milk, cheese, nuts or meats, they become main dishes and supply muscle-making material needed to balance a meal.

Summer gives to us the fresh green vegetables in a great variety, each one good of its kind—and Nature has provided us with a reason-

able amount of vegetables to be stored up for the winter months as cabbage, turnips, dried beans and peas, squash, onions, carrots, beets and potatoes, but the secret of success in using vegetables depends upon how you cook them—they must be cooked in the least water possible so not to lose the mineral salts, but if any water does remain after cooking, then save every drop and use in soups or in flavoring other dishes.

Left-over vegetables may always be combined with Knox Sparkling Gelatine and used up into salads that are so good for us. The outer leaves of cabbage or lettuce should not be thrown away but cut up fine for salads—even the heart of the cabbage may be used in this way. Use the best of your celery for the table—the tiny ends and leaves cut up fine for salads—there should be no waste, everything left over may be used to good advantage.

Soy beans contain less starch than other beans and of its many varieties the yellow is the most popular for cooking purposes, though the black and green beans are particularly good in soup. Soy beans require longer cooking than white beans, but if soaked twelve hours less time will be required. When lima beans are served, do not use potatoes at the same meal.

Baked Beans. Buy small beans for baking. Soak beans overnight and put on fire to cook gently in about three times as much water as beans. Add a piece of bacon or salt pork for fat. Cook until skin cracks—nearly all water should be taken up. A few slices of onion may be put in bean pot or casserole. Score bacon or pork. To pork liquor add a little prepared mustard with pepper and enough salt to season. If sweetening is desired, use black or light colored molasses according to color preferred. Seasoning and flavoring are added as beans go into pots. Keep closely covered. If baked in oven in less than five hours (time usually required with gentle heat), more water may be necessary. A variation is to cook tomatoes with a little onion and pepper and add to beans when put in baking dish. Left-over beans may be used in timbales and other ways.

Stuffed Peppers. Wash 6 peppers, cut a piece from stem end of each and remove seeds. Parboil for five minutes. Combine 2 cups cooked meat (use left-over veal, beef, ham or chicken), $\frac{1}{2}$ cup breadcrumbs or left-over cooked rice, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper, 1 small onion, chopped, and moisten with a little catsup, chili sauce or milk. Fill peppers. Top with buttered crumbs and bake for about forty-five minutes. Pour a little water in bottom of pan to prevent burning. If desired, $\frac{1}{2}$ cup left-over cooked carrots, peas or other vegetables may be added to the filling.

Tomato Sauce. Melt 2 tablespoonfuls butter or butter substitute and cook a sliced onion in it until just beginning to turn color. Add 3 tablespoonfuls of flour and stir until golden brown, add $1\frac{1}{2}$ cups stewed, strained tomatoes gradually, cook until boiling, add $\frac{1}{2}$ teaspoonful salt and $1\frac{1}{6}$ teaspoonful paprika and simmer for five minutes. Remove onion before serving. If a thinner sauce is desired, use $\frac{1}{2}$ stock and $\frac{1}{2}$ stewed tomatoes.

GELATINE

(Knox is the Real Gelatine)

Its Composition, Uses and Value

The modern housewife today considers a plain gelatine almost a household necessity. In addition to its wider variety of uses, a plain gelatine like Knox is entirely different from the ready-flavored jelly powder desserts. Knox has real value; it is made from the selected beef (shin) bones of food animals. It is one of the most easily digested proteins and being *all* gelatine, a package naturally goes much further than the jelly powder desserts, which are mostly sugar (85%), artificial coloring and flavoring, which flavoring does not contain the valuable mineral salts and vitamins that Nature's fresh fruits give us. Physicians are prescribing a plain gelatine like Knox in combination with Nature's own fruits and vegetables for many important purposes.

Directions for Using Knox Sparkling Gelatine in Its QUICK-DISSOLVING AND QUICK-SETTING WAY

1. Place cold water or other cold liquid called for in recipe in bowl, and sprinkle gelatine on top of liquid.
2. Add sugar and hot liquids and stir until gelatine is dissolved.
3. Add remaining liquids and mix thoroughly.
4. If sliced or chopped fruits or vegetables are to be added and no special design is desired, allow mixture to thicken slightly, and stir the prepared food through the congealing jelly.
5. Pour into a mold that has been rinsed in cold water, and set in a cool place or refrigerator to stiffen.
6. To congeal or set Knox Sparkling Gelatine salads and desserts quickly, make the base as follows: To $\frac{1}{4}$ cup cold water add the 1 envelope of gelatine. Then add 1 cup hot water or liquid and stir until dissolved. Now add $\frac{1}{2}$ cup cold or ice water and proceed according to recipe. Put the finished mixture into small molds and set them in a pan with ice underneath the pan, around the sides of it, and on top of the cover over the congealing jelly, not allowing any water to get into the pan of jelly. It is surprising the very short time it takes the jelly to congeal in this way—it can be served in about half an hour.
7. To unmold: Immerse mold just to the top for a second in warm water or wrap a hot cloth about the mold, slightly loosen jelly at the edge, turning mold from side to side, then place serving dish on top of mold, invert and carefully remove mold.

In order to utilize any fruit juices (fresh or canned) you may have on hand, the gelatine may be soaked in cold fruit juices, or these fruit

juices may be heated and substituted for the hot water in which the gelatine is dissolved.

The Molding of Plain and Fancy Desserts and Salads

Molds for making ornamental dishes are not necessary. Mold jellies in any fancy dish or bowl you may have in the house; and for individual servings of dessert or salad, use as molds small cups or muffin pans.

To simulate a border or ring mold: Place a small, wet glass in the center of a large, wet mold, pour liquid jelly around and when ready to unmold, fill the glass with warm water, lift out, and then unmold the ring of jelly on a serving dish, filling the center with whipped cream or cut-up fruit.

To garnish a mold: Dip the garnish into cool, liquid jelly and press it well down into the bottom of mold which has been rinsed in cold water. When firm, pour in the cool jelly very carefully. If there is to be a garnish between the layers of jelly of different colors, wait until the first layer is becoming firm, but not quite set, arrange garnish on this, dipping it into more liquid jelly and allow this to become firm before adding another layer.

Double molding: use two dishes of different sizes but of similar shape. Place the larger one on ice and pour into it sufficient liquid jelly to form a foundation the same thickness as the width of space between the two molds. When this layer is firm, place the smaller one on it, fill with ice, and then pour liquid jelly in the space between the two molds. When set, carefully remove the ice with a spoon from the smaller mold. Pour in a little warm water, then quickly lift out the inner mold, leaving a space to be filled with some other cream or fruit. Contrasting colors should always be used. Carefully smooth the surface of the filling and allow it to become firm before pouring on the remaining jelly, which completely encases the filling-in jelly.

To simplify the above: Fill entire mold with clear liquid jelly. When firm, with a warm spoon dip out sufficient of the center to leave the space desired for the filling.

SPECIAL NOTICE—IMPROVED PACKAGE

For your convenience, Knox Gelatine is now packed four envelopes to the package. It saves the bother of measuring, as one of these envelopes is equal to one tablespoonful of gelatine. If you happen to have on hand the old style package containing only 2 envelopes, use one level tablespoonful of gelatine for any recipe in this book calling for one envelope and we guarantee the same results. Remember, with the improved package one envelope equals one level tablespoonful of gelatine called for in any recipe you may have.

SALADS

A Foundation Recipe for Plain and Fancy

Salads and Desserts

(6 Servings)

This recipe is the foundation for nearly all salads and desserts made with Knox Sparkling Gelatine. The jelly may be made as a plain salad, served on lettuce leaves with a salad dressing, or fruit or vegetables may be added—any left-over fruit or vegetables may be utilized in this way. (Or the jelly may be served plain as a dessert (using lemon juice instead of vinegar) with a custard sauce, whipped cream, fruit or fruit juices.

1 envelope Knox Sparkling Gelatine $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup cold water $\frac{1}{2}$ teaspoonful salt
1 cup hot water $\frac{1}{4}$ cup mild vinegar or lemon juice

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water, and stir until dissolved. Add lemon juice or vinegar and mix thoroughly. Allow jelly to thicken somewhat, then stir prepared vegetables or fruit through and turn into mold that has been rinsed in cold water. Chill, and when firm, unmold. When canned fruit is to be molded, the fruit syrup may be substituted for part of the hot water and less sugar used.

Fruit Salad Supreme Make Salad Jelly according to Foundation Recipe, above. If canned fruit is used, substitute the fruit syrup for part of the hot water—use less sugar. When jelly begins to thicken, add $\frac{1}{2}$ cups fresh or canned fruit, drained of juice. Use cherries, oranges, grapes, apples, bananas or cooked pineapple, alone or in combination. Utilize any fruit at hand. Turn into mold that has been rinsed in cold water and chill. When firm, remove from mold and serve on lettuce with mayonnaise or cooked salad dressing.

Beet Jelly Salad Make Salad Jelly according to Foundation Recipe, above. When jelly begins to thicken, add 1 cup cooked beets, chopped very fine, 1 cup chopped celery or shredded cabbage, and $\frac{1}{2}$ red or green pepper, chopped. 2 tablespoonfuls horseradish may be added, or chopped cucumber. Turn into molds that have been rinsed in cold water and chill until firm. Unmold on lettuce and garnish with cheese balls and mayonnaise.

Luncheon Salad Make Salad Jelly according to Foundation Recipe, above. When jelly begins to thicken, add 2 tart apples cut in small pieces, $\frac{1}{2}$ cup chopped celery and $\frac{1}{4}$ cup chopped nuts. Turn into molds that have been rinsed in cold water and chill until firm. Unmold on lettuce and serve with salad dressing. Or turn salad mixture into cases made of bright red apples, or decorate with thin slices of pimientos. $\frac{1}{2}$ cup grated raw carrot may be used instead of the celery.

Jellied Vegetables Make Salad Jelly according to Foundation Recipe, page 26. Cool, and when jelly begins to thicken, stir in vegetables cut in small pieces. Use any left-overs at hand. Cooked peas, beets, string beans, carrots, asparagus. Or fresh vegetables, such as celery, cabbage, cucumbers, radishes, peppers, or grated raw carrot. Turn into small molds or cups that have been rinsed in cold water and chill. When firm, unmold on lettuce and serve with salad dressing.

Perfection Salad Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoonful salt and 1 cup hot water, and stir until gelatine is dissolved. Add $\frac{1}{4}$ cup mild vinegar and 1 tablespoonful lemon juice. Cool. When mixture begins to thicken, add $\frac{1}{2}$ cup cabbage, finely shredded, 1 cup celery cut in small pieces, and 2 tablespoonfuls chopped pimiento or red or green pepper. Turn into molds that have been rinsed in cold water and chill. When firm, remove from molds to bed of lettuce and garnish with mayonnaise. Or cut in cubes and serve in cases made of red or green peppers. Or turn into molds lined with canned pimientos.

Tomato Jelly Mix 2 cups canned or fresh tomatoes, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ bay leaf if desired, stalks celery cut in small pieces, and a few grains of pepper or cayenne. Boil ten minutes. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot mixture and stir until gelatine is dissolved. Add 1 tablespoonful mild vinegar or lemon juice and 1 tablespoonful onion juice (extracted by grating onion). Strain. Turn into molds that have been rinsed in cold water and chill. When firm, unmold and garnish with salad dressing.

If any hard-cooked eggs are at hand, place a slice in the bottom of molds and fill with tomato mixture. Or place a cheese ball in each mold. The Tomato Jelly may be molded in a thin sheet, cut in squares, spread with cream cheese or cottage cheese, and put together sandwich fashion.

NOTE: Tomato soup, diluted with an equal quantity of water, tomato juice, tomato juice cocktail, or fresh tomatoes forced through a sieve, may be used in place of the canned tomatoes.

(Use tips, leaves and outside stalks of celery, which otherwise might be wasted.)

Tomato Jelly Salad Make Tomato Jelly. Mix together 1 cup apples and $\frac{1}{2}$ cup celery cut in small pieces, and $\frac{1}{2}$ cup chopped nuts. Moisten with salad dressing. Put 1 tablespoonful Tomato Jelly in each individual mold. Then add apple-celery-nut mixture. Cover with Tomato Jelly to fill molds. Chill until firm. Remove from molds to lettuce leaves and serve with salad dressing. Any canned, cooked or fresh vegetable, or canned or cooked fish may be used in combination with the Tomato Jelly.

Golden Salad Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and 1 cup hot pineapple juice (drained from canned pineapple) and stir until gelatine is dissolved. Add $\frac{1}{2}$ cup orange juice and $\frac{1}{4}$ cup mild vinegar. Cool, and when jelly begins to stiffen, add 1 cup oranges cut in small pieces, 1 cup raw carrot grated on coarse grater, and $1\frac{1}{2}$ cups canned pineapple cut in small pieces. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on lettuce.

Cranberry Salad Cook 2 cups cranberries in 1 cup water twenty minutes. Stir in 1 cup sugar and cook five minutes longer. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot cranberries and stir until gelatine is dissolved. Strain. Cool, and when mixture begins to thicken, add $\frac{1}{2}$ cup chopped celery, $\frac{1}{4}$ teaspoonful salt and $\frac{1}{2}$ cup chopped nuts. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with nut meats. Serve with any preferred salad dressing. Canned cranberries may be used (less sugar will be required) and, if desired, the mixture need not be strained.

A good accompaniment to turkey.

Cooked Salad Dressing Pour 2 tablespoonfuls cold water in bowl and sprinkle 2 teaspoonfuls Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Cool, and add to 1 pint cooked salad dressing. This improves the dressing and makes it stand up firm and hard. Dressing may be molded and passed with the salad, and may be cut in slices.

Knox Mayonnaise Dressing Mix 1 teaspoonful mustard, 1 teaspoonful salt, 1 tablespoonful sugar and a few grains of cayenne or paprika (sugar and mustard may be omitted if not desired). Add 2 egg yolks, and when well mixed, $\frac{1}{2}$ teaspoonful lemon juice. Pour 3 tablespoonfuls cold water in bowl and sprinkle 1 teaspoonful Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add dissolved gelatine to egg mixture. Cool, and add 2 cups olive oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with $\frac{1}{4}$ cup lemon juice. Add oil and lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape. Onion or garlic juice or curry powder may be added if desired.

DESSERTS

Foundation Recipe for Plain and Fancy Desserts and Salads

Note: Any recipe in this book may be divided or doubled to serve any size family.

Lemon Jelly (The Foundation Recipe) (6 Servings)

1 envelope Knox Sparkling Gelatine	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ cup lemon juice
1 cup hot water	$\frac{1}{4}$ teaspoonful salt

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice, mix thoroughly and pour into mold that has been rinsed in cold water and chill. When firm, unmold.

Other jellies are made in the same way, except the fruit juice is substituted for the hot water in the recipe and 2 tablespoonfuls lemon juice are added instead of the $\frac{1}{4}$ cup in the recipe. The amount of sugar used when desserts or salads are made with fresh or canned fruit or fruit juices varies according to the acidity of the fruit—with canned fruits using less sugar than with fresh fruits.

Orange Jelly (6 Servings)

1 envelope Knox Sparkling Gelatine	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup cold water	1 tablespoonful lemon juice
1 cup hot water	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{3}$ cup sugar	Orange pulp may be added

Make same as Lemon Jelly.

Grapefruit Make like Orange Jelly Recipe, above, substituting grapefruit juice and pulp for orange juice.

Grape Juice Make like Orange Jelly Recipe, above, substituting grape juice for the orange juice, and when beginning to set, mold in Malaga grapes, skinned, seeded and cut in pieces.

Wine Jelly Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and $\frac{3}{4}$ cup hot water and stir until dissolved. Add $\frac{1}{4}$ cup orange juice, 1 tablespoonful lemon juice and $\frac{1}{2}$ cup wine. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Pineapple Dessert Heat $\frac{3}{4}$ cup pineapple juice mixed with $\frac{1}{2}$ cup cold water to boiling point. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and the hot pineapple juice. Stir until gelatine is dissolved. Add 1 tablespoonful lemon juice. Cool, and when it begins to thicken, add slices of cooked

or canned pineapple, fresh strawberries or raspberries. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Note: Fresh pineapple (fruit or juice) must first be brought to the boiling point, or jelly will not stiffen.

Jellied Fruit Juice. A cup of fruit juice left over from canned fruit may be used for a jelly dessert. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add 1 cup hot fruit juice and stir until dissolved. Add 1 tablespoonful lemon juice, $\frac{1}{4}$ teaspoonful salt and sweeten to taste (very little sugar will be required with canned fruit). Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with a little top cream or sweetened milk. A sliced banana may be added when jelly begins to thicken, or, at serving time, the jelly may be surrounded with some seasonable fruit. Just a small amount of fruit may in this way, be extended to serve a number of persons.

Coffee Jelly. Use 1 cup left-over coffee (clear, strong, boiled coffee). Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add hot coffee and stir until dissolved. Add $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and 2 tablespoonfuls lemon juice. Turn into mold that has been rinsed in cold water. When firm, unmold. A most delicious Coffee Sponge is made by beating into the jelly when it begins to thicken, the stiffly beaten white of 1 egg. This recipe is improved by adding a tablespoonful sherry wine.

Rhubarb Jelly. Cut 1 pound of rhubarb in one-inch pieces. Add 1 cup sugar and 1 cup boiling water and cook slowly until rhubarb is tender. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot rhubarb and stir until gelatine is dissolved. Add $\frac{1}{4}$ teaspoonful salt, 1 tablespoonful lemon juice and the grated rind $\frac{1}{2}$ lemon. Add pink coloring if desired. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with whipped cream, whipped evaporated milk or a custard sauce.

Jellied Prunes. Wash and soak $\frac{1}{3}$ pound prunes in 2 cups cold water and cook slowly in the same water until tender. To prune water add enough boiling water to make $\frac{1}{2}$ cups. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add hot prune water and stir until gelatine is dissolved. Add $\frac{1}{2}$ cup sugar, 2 tablespoonfuls lemon juice and $\frac{1}{4}$ teaspoonful salt. Cool, and when jelly begins to thicken, add chopped prunes. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with or without a sauce.

Jelly Charlotte. Cut out the center of a stale sponge cake, or any stale cake, leaving the bottom and sides thick enough to hold a pint or a quart of jelly, as is desired. Prepare a lemon, orange, wine, or grape juice jelly. Cool, and when quite thick and about ready to form, turn into cake. Chill in refrigerator or cool place. When ready to serve, cover top with whipped cream or whipped evaporated milk.

Jack Frost Dessert. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, 1 cup hot water, and stir until dissolved. Add $\frac{1}{4}$ cup lemon juice and grated rind 1 lemon. Cool, and when it begins to thicken, beat until frothy. Fold in stiffly beaten whites 2 eggs. Pile by spoonfuls in glass dish or in serving glasses. Chill, and serve with a custard sauce made with the yolks of the eggs. Very attractive if half of the dessert is colored pink.

Knox Grape Juice Sponge. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope of Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, 1 cup hot grape juice and stir until dissolved. Add 1 tablespoonful lemon juice. Cool, and when jelly begins to thicken, beat until frothy and fold in stiffly beaten whites 2 eggs. Turn into mold that has been rinsed in cold water, and when firm, unmold. Or, pile sponge in glasses. Serve with custard sauce made from yolks of the eggs, or with whipped cream or whipped evaporated milk.

Fruit Sponge. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, 1 cup hot fruit juice (using any left-over canned fruit juices). Stir until gelatine is dissolved. Add 1 tablespoonful lemon juice, and some of the fruit cut in small pieces if desired. Cool, and when mixture begins to thicken, beat until frothy and fold in stiffly beaten whites 2 eggs. Turn into mold that has been rinsed in cold water and chill when firm, unmold. Or pile in serving glasses. Garnish with bits of fruit. (The amount of sugar necessary depends on the acidity of fruit used.)

Maple Sponge. Put $\frac{1}{2}$ cups brown or maple sugar and 1 cup boiling water in saucepan, bring to boiling point and let boil about ten minutes. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add hot syrup gradually to softened gelatine, stirring until gelatine is dissolved. Add $\frac{1}{4}$ teaspoonful salt. Cool, and when it begins to stiffen, fold in stiffly beaten whites 2 eggs and $\frac{1}{2}$ cup chopped nuts. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with a custard sauce made from the yolks of the eggs.

Orange Charlotte. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup hot water and stir until dissolved. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, 1 cup orange juice and pulp, 1 tablespoonful grated orange rind and 2 tablespoonfuls lemon juice. Mix thoroughly. Cool, and when it begins to stiffen, beat until frothy, then fold in stiffly beaten white of an egg. Turn into mold lined with strips of stale cake and chill. Serve with or without a sauce. (Any left-over fruit juices or apple sauce may be used instead of the orange juice.)

Peach Snowballs Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and $\frac{1}{2}$ cup hot water (or hot canned peach juice). Stir until gelatine and sugar are dissolved. Add 2 tablespoonfuls lemon juice and 1 cup canned peaches (or apricots or canned pineapple) pressed through a sieve. Cool, and when mixture begins to thicken, beat until frothy, and then fold in stiffly beaten whites 2 eggs. Turn into egg cups or small molds which have been rinsed in cold water and chill. When firm unmold. Garnish with fruit.

Blanc Mange Scald $1\frac{1}{2}$ cups milk with $\frac{1}{3}$ cup sugar. Pour $\frac{1}{2}$ cup cold milk in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of milk—stir thoroughly. Add to hot mixture and stir until gelatine is dissolved. Cool slightly, add $\frac{1}{2}$ teaspoonful vanilla and $\frac{1}{4}$ teaspoonful salt. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with currant, strawberry or any preferred jelly. Accompany with sugar and thin cream, a boiled custard or any fruit or fruit sauce.

Chocolate Blanc Mange Add 1 square melted chocolate or 3 tablespoonfuls cocoa and 2 tablespoonfuls more sugar to the scalded milk.

Evaporated Milk Blanc Mange Make like the plain Blanc Mange, but use 1 cup evaporated milk and 1 cup water instead of the 2 cups milk. Use condensed milk in the same way, but allow less sugar.

Spanish Cream or Molded Custard Pour 3 cups milk in top of double boiler and sprinkle 1 envelope Knox Sparkling Gelatine on top of milk. Place over hot water, add $\frac{1}{2}$ cup sugar (scant), and stir until sugar and gelatine are dissolved. Pour slowly on yolks of 3 eggs, slightly beaten with $\frac{1}{4}$ teaspoonful salt. Return to double boiler, and cook until it thickens somewhat, stirring constantly. Remove from stove, add 1 teaspoonful vanilla, and fold in stiffly beaten whites 3 eggs. Turn into small molds that have been rinsed in cold water and chill. When firm, unmold, and serve with whipped cream, whipped evaporated milk, sliced oranges or any fruit or fruit juice.

CONDENSED OR EVAPORATED MILK may be used in Spanish Cream desserts. Use $1\frac{1}{2}$ cups each evaporated milk and water instead of the 3 cups milk. Use condensed milk in the same way, but less sugar will be needed.

Chocolate Spanish Cream Make like Spanish Cream, adding 2 squares melted chocolate (or 6 tablespoonfuls cocoa) to the milk before scalding. Macaroons, dried and rolled, or any stale cake or cookie crumbs, chopped nuts, or maraschino cherries may be added. Serve with whipped cream or whipped evaporated milk.

Orange Spanish Cream Make like Spanish Cream, substituting 1 cup of orange juice for 1 cup of the milk, adding it after custard is removed from fire. Grated rind of an orange may also be added. Serve with sliced oranges.

Pudding Delicious Make Spanish Cream. Pour into deep glass bowl and chill. Just before serving, cover with sweetened fresh strawberries or raspberries (or use canned berries drained of juice—or any left-over canned or fresh fruit). Cover fruit with a layer of whipped cream or whipped evaporated milk. Sprinkle grated chocolate over pudding. Serve with or without a chocolate sauce, or with canned fruit juice.

Chocolate Sponge Put $\frac{1}{3}$ cup sugar, $1\frac{1}{2}$ squares melted chocolate or 4 tablespoonfuls cocoa, $\frac{1}{4}$ teaspoonful salt and $\frac{1}{4}$ cup boiling water together and bring to boiling point. Remove from fire. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten yolks 3 eggs. When it begins to thicken, fold in stiffly beaten whites 3 eggs and 1 teaspoonful vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with whipped cream or whipped evaporated milk. Chopped nuts or stale cake crumbs may be added, and mold may be lined with stale lady fingers or strips of stale sponge cake.

Prune Whip Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ cup hot prune juice, and stir until gelatine is dissolved. Add 2 tablespoonfuls lemon juice and 1 cup prune pulp (force cooked prunes through sieve or chop very fine). Cool, and when mixture begins to thicken, fold in 2 stiffly beaten egg whites. Turn into sherbet glasses or into mold that has been rinsed in cold water. When firm, unmold and sprinkle with chopped nuts if desired. Serve with or without whipped cream or whipped evaporated milk.

Cottage Pudding Beat yolks 2 eggs with $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and 2 cups milk. Cook in double boiler until of custard consistency. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Cool, and when mixture begins to stiffen, add $\frac{2}{3}$ cup stale cake or cookie crumbs, 1 teaspoonful vanilla and stiffly beaten whites 2 eggs. Turn into small cups that have been rinsed in cold water and chill. When firm, unmold. Any left-over cocoa may be used instead of the milk.

Cocoanut Cream Make same as Cottage Pudding, but instead of cake crumbs, add 1 cup shredded cocoanut. Pour into mold lined with sections of oranges if desired.

Nut Frappe Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, $\frac{3}{4}$ cup hot milk, and stir until dissolved. Cool, and when mixture begins to thicken, fold in 1 cup whipped cream or whipped evaporated milk, $\frac{1}{2}$ cup crushed canned pineapple, and $\frac{1}{2}$ cup fresh or canned strawberries. (Conserve may be used.) Fold in 1 stiffly beaten egg white and 1 cup chopped nuts. Turn into sherbet glasses and chill. Any fresh or canned fruit may be used.

Cream Dessert When any kind of ice cream is left over and is melted, remove from freezer and use for a gelatine dessert. To a pint melted cream, pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Heat cream and stir in softened gelatine until dissolved. Pour into mold that has been rinsed in cold water. When firm, unmold and serve with sweetened milk or cream or with fruit.

Rice Parfait Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup hot milk and stir until dissolved. Add 1 cup sugar, $\frac{1}{4}$ teaspoonful salt and 2 cups cooked rice. Cool, and fold in 1 cup whipped cream or whipped evaporated milk, 1 cup chopped nuts and 1 teaspoonful vanilla. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Maple or brown sugar may be used in place of the white sugar. May be frozen in tray of mechanical refrigerator.

Rice Mold with Fruit Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add $\frac{1}{2}$ cup canned or fresh fruit juice at hand (cherry, raspberry, strawberry, or cooked pineapple are all good), $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and 1 cup cooked rice. Cool, and add 1 cup whipped cream or whipped evaporated milk, or plain milk. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Garnish with slices of pineapple or other fruit. Serve with or without a sauce.

Apple Dessert Prepare apples in the usual way for stewing, place in a pie dish with sugar to taste, and the strained juice of a lemon. Cover the top with fine stale breadcrumbs, moisten with a little water and dot the top with small pieces of butter, or butter substitute. Bake until the fruit is soft and the crumbs on top nicely browned. Serve with a hot sauce made with brown sugar and water or a hard sauce.

Baked Apples Choose large apples, core and fill cavity with honey or sugar, dot top with small pieces of butter, and bake.

Left-over Whites of Eggs Beat whites of eggs until stiff with a little sugar and salt, and drop by spoonfuls into hot water or milk. Cook slightly, take up with a skimmer, drain, and place on pieces of stale cake covered with jelly or fruits. Dot top of eggs with small pieces of jelly.

Lemon Ice Make a syrup by boiling 4 cups water and 2 cups sugar. Pour 2 tablespoonfuls cold water in bowl and sprinkle $\frac{1}{2}$ envelope Knox Sparkling Gelatine on top of water. Add to hot syrup and stir until dissolved. Add $\frac{1}{4}$ teaspoonful salt and $\frac{3}{4}$ cup lemon juice. Cool and freeze. (Gelatine has the same effect in an ice as whites of eggs, making it light and fluffy.) Other fruit juices may be used.

Mint Sherbet If a Mint Sherbet is desired to accompany lamb, add 4 tablespoonfuls bruised mint leaves to boiling syrup in the lemon ice recipe. For a Mint Jelly, follow recipe for Lemon Jelly, adding 2 bunches mint leaves to the boiling water; strain.

Orange Ice Make a syrup by boiling 4 cups water and 2 cups sugar. Pour 2 tablespoonfuls cold water in bowl and sprinkle $\frac{1}{2}$ envelope Knox Sparkling Gelatine on top of water. Add to hot syrup and stir until dissolved. Add $\frac{1}{4}$ teaspoonful salt, 2 cups orange juice, $\frac{1}{4}$ cup lemon juice and grated rind of 2 oranges. Cool and freeze. Other fruit juices may be used in place of orange juice.

Fruit Sherbet Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add 3 cups milk and turn into ice cream freezer. Mix together $\frac{1}{2}$ cup orange juice, $\frac{1}{4}$ cup lemon juice, $1\frac{1}{2}$ cups sugar, $\frac{1}{4}$ teaspoonful salt, and the grated rind of 1 orange and 1 lemon. Add to milk in freezer. Freeze.

Grape Juice Sherbet Make a syrup by boiling $1\frac{1}{2}$ cups water and 1 cup sugar ten minutes. Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot syrup and stir until gelatine is dissolved. Cool slightly and add 1 pint grape juice, $\frac{1}{2}$ cup orange juice, $\frac{1}{4}$ cup lemon juice and $\frac{1}{4}$ teaspoonful salt. Freeze. Serve in glasses and garnish with fruit.

Custard Ice Cream Pour $\frac{1}{4}$ cup cold milk in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of milk—stir thoroughly. Make a custard of $3\frac{3}{4}$ cups milk, yolks 2 eggs, 1 scant cup sugar and $\frac{1}{4}$ teaspoonful salt. Add softened gelatine to hot custard and stir until gelatine is dissolved. When cold, add 1 teaspoonful vanilla and freeze to a mush. Add whites 2 eggs beaten stiff, and continue the freezing. (The addition of gelatine to an ice cream gives it body and consistency and helps prevent the formation of ice crystals.)

Cranberry Frappe Cook 1 quart cranberries in 3 cups water until soft; then force through a strainer. Add $2\frac{1}{2}$ cups sugar, $\frac{1}{4}$ cup lemon juice, $\frac{1}{4}$ teaspoonful salt, and bring to a boil. Pour 1 cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot mixture and stir until gelatine is dissolved. Cool and freeze. Delicious when served with roast turkey or chicken.

SUCCESSFUL FROZEN DISHES IN MECHANICAL REFRIGERATORS

The addition of Knox Sparkling Gelatine to the mixtures which are to be frozen in the tray of a mechanical refrigerator helps to prevent the formation of ice crystals and insures a product of a smooth texture. Stir the ices and sherbets frequently during the freezing process. Stir ice creams two or three times. Mousse and Parfait mixtures are frozen without stirring.

CONDENSED AND EVAPORATED MILK RECIPES

Condensed and evaporated milk may be used in place of plain milk and cream.

Orange — Cocoanut Blanc Mange Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt, $\frac{3}{4}$ cup hot water, and stir until dissolved. Add 1 cup evaporated milk. Cool, and when mixture begins to thicken, add 1 orange which has been cut in small pieces and $\frac{1}{4}$ cup cocoanut. Turn into individual molds that have been rinsed in cold water. Chill, and when firm, unmold and serve garnished with sliced oranges.

Coffee Marshmallow Cream Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add 1 cup hot, strong boiled coffee and stir until gelatine is dissolved. Add 2 tablespoonfuls sugar, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ cup condensed milk and $\frac{1}{4}$ cup water. Flavor with $\frac{1}{2}$ teaspoonful vanilla. Cool, and when it begins to thicken, add $\frac{1}{2}$ cup cut marshmallows. Turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve with or without a sauce.

Chocolate Mousse (with Evaporated Milk) Melt 2 squares chocolate in $\frac{1}{2}$ cup boiling water. (Or use 6 tablespoonfuls cocoa.) Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot chocolate mixture and stir until gelatine is dissolved. Add 1 cup sugar, $\frac{1}{4}$ teaspoonful salt and 1 teaspoonful vanilla. Cool, and when it begins to thicken, fold in 2 cups evaporated milk, whipped. (See Whipped Evaporated Milk recipe on page 39.) Turn into chilled mold, having mixture overflow mold, and adjust cover. Pack in rock salt and finely crushed ice and let stand four hours. Or turn mixture into trays of mechanical refrigerator.

CAKES & PIES

One Egg Cake Cream together 1 cup granulated sugar and 1 tablespoonful butter substitute. 1 egg beaten well in a cup and then fill the cup with milk. 2 cups of flour (sift first and then measure). 2 teaspoonfuls baking powder. Flavoring.

Apple Sauce Cake $1\frac{1}{2}$ cups apple sauce, 1 cup sugar, $\frac{1}{2}$ cup butter or vegetable fat, 2 cups flour, 2 teaspoonfuls soda in a little warm water, 1 cup chopped raisins and $\frac{1}{2}$ teaspoonful each cinnamon, mace and clove.

Black Chocolate Cake 1 cup sugar, 1 tablespoonful butter or butter substitute, 1 cup sour milk, 1 teaspoonful soda, 2 squares chocolate, nearly 2 cups flour, and flavor with vanilla.

Inexpensive Fruit Cake Boil 2 cups water, 2 cups brown sugar, $\frac{2}{3}$ cup shortening, 1 cup raisins, 2 teaspoonfuls cinnamon, $\frac{1}{2}$ teaspoonful nutmeg, 1 teaspoonful cloves and 1 teaspoonful salt for three minutes. Pour into a large bowl and cool to slightly above tepid. Then sift in 3 cups flour, 1 cup cornmeal and 2 teaspoonfuls baking powder, and $\frac{1}{2}$ cup broken nut meats if desired. Beat well and just before turning the batter into greased and floured loaf pan, add 1 teaspoonful baking soda dissolved in 2 tablespoonfuls hot water. Bake this cake in a moderate oven for about forty minutes. Dried apples, apricots, prunes, dates or figs may be used instead of the raisins if desired. Keeps moist for two weeks.

Fruited Sponge or Cup Cakes Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Place bowl over boiling water and stir until gelatine is dissolved. Add 2 cups canned crushed pineapple (drained of juice), $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and 1 tablespoonful lemon juice. Cool, and when it begins to thicken, fold in $\frac{1}{2}$ cup whipped cream. Cut off top of individual sponge or cup cakes, hollow out centers and fill with above pineapple mixture. Replace top of cake and cover cakes with frosting. Decorate with pieces of pineapple and figs. If desired, any fresh or canned fruit may be used in place of the pineapple for making the filling.

Oatmeal Cookies Mix together 2 cups brown sugar and 1 cup shortening; then add 4 cups rolled oats, 1 level teaspoonful salt and 1 teaspoonful soda which has been dissolved in $\frac{1}{2}$ cup boiling water. Add 1 teaspoonful vanilla, cinnamon or any desired flavoring, and enough flour to mix soft. Let mixture stand until thoroughly cold, then roll thin, shape with a cutter and bake. (The colder the mixture becomes, the easier it is to make the cookies thin.)

Sugar Cookies 2 cups sugar, 1 cup butter or other fat, $\frac{3}{4}$ cup water, 1 teaspoonful soda, 1 teaspoonful cream of tartar. Flour enough to roll thin. Nutmeg if you wish.

Ginger Cookies Take $\frac{1}{2}$ cup molasses, and fill the cup with brown sugar. Cream with 1 teaspoonful cinnamon, $\frac{1}{4}$ teaspoonful cloves, $\frac{1}{2}$ teaspoonful ginger, a little nutmeg, $\frac{1}{2}$ cup shortening and 1 well beaten egg. Add $\frac{1}{2}$ cup boiling water in which a teaspoonful of soda is dissolved, and mix with this enough flour to roll out.

Knox Huckleberry Pie Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{4}$ teaspoonful salt and hot fruit juice (drained from a pint of huckleberries), and stir until dissolved. Add 1 tablespoonful mild vinegar. Cool, and when beginning to thicken, add the berries. Chill somewhat, and pour into baked pie shell or graham cracker crust. Put in refrigerator or cold place. Just before serving, spread over pie a thin layer of whipped cream or whipped evaporated milk.

This recipe is for canned fruit, but fresh fruit may be used. Blackberries, raspberries, strawberries or cherries may be used in the same way, substituting lemon juice for the vinegar.

Lemon Chiffon Pie This dainty, fluffy, delightful pie is made by adding $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup lemon juice and $\frac{1}{2}$ teaspoonful salt to beaten yolks 4 eggs, and cooking over boiling water until of custard consistency. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Add 1 teaspoonful grated lemon rind. Cool. When mixture begins to stiffen, fold in stiffly beaten whites 4 eggs and $\frac{1}{2}$ cup more sugar. Fill baked pie shell or graham cracker crust and chill. Just before serving, spread over pie a thin layer of whipped cream.

Graham Cracker Crust Roll graham crackers very fine. Mix $1\frac{1}{2}$ cups of the cracker crumbs, $\frac{1}{2}$ cup powdered sugar and scant $\frac{1}{2}$ cup butter. Press mixture firmly against the bottom and sides of pie pan. Place pie pan in refrigerator or cold place for several hours. Then fill with gelatine pie filling.

Custard Pie Take 1 pint of cold milk, in a small portion of which dissolve 1 teaspoonful cornstarch, and when smooth, add 3 tablespoonfuls sugar, $\frac{1}{4}$ teaspoonful salt, few grains nutmeg, and 1 egg well beaten. Beat all together, pour into a pan lined with pie crust and bake. When pie is baked, the custard will not adhere to a silver knife when tested in the center of pie. If cooked too long, it will be watery.

Cream Filling for Cake Mix $\frac{3}{4}$ cup sugar, $\frac{1}{8}$ teaspoonful salt and 2 well beaten eggs. Gradually add 2 cups scalded milk. Cook in double boiler, stirring constantly until mixture coats spoon. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add to hot custard and stir until gelatine is dissolved. Add 1 teaspoonful vanilla. When

cold, spread on cake. By the use of gelatine for cream fillings for cakes, cream puffs and other things, you can use less cream.

Coffee Filling Make the same as cream filling, using 1 cup hot coffee and 1 cup hot milk.

Frosting for Cake Pour 2 tablespoonfuls cold water in bowl and sprinkle 1 level teaspoonful Knox Sparkling Gelatine on top of water. Add 6 tablespoonfuls hot milk and stir until dissolved. Add 2 tablespoonfuls melted butter, and stir in confectioners' sugar until of the consistency to spread (about $\frac{3}{4}$ cups). Add 1 teaspoonful vanilla.

Whipped Cream Pour 2 tablespoonfuls cold milk in bowl and sprinkle $\frac{3}{4}$ teaspoonful Knox Sparkling Gelatine on top of milk—stir thoroughly. Place bowl over boiling water and stir until gelatine is dissolved. Cool. Whip 1 cup cream and gradually add dissolved gelatine. Beat until stiff, and add $\frac{1}{2}$ cup powdered sugar, $\frac{1}{4}$ teaspoonful salt and 1 teaspoonful vanilla.

Whipped Evaporated Milk Pour 1 cup evaporated milk in top part of double boiler and heat with the lid off until hot. Pour 2 teaspoonfuls cold water in bowl and sprinkle $\frac{1}{2}$ teaspoonful Knox Sparkling Gelatine on top of water. Add to hot milk and stir until gelatine is dissolved. Now pour into a shallow bowl and chill until icy cold. Then whip vigorously until stiff. Makes 2 cups whipped cream. If used as a topping, sweeten and flavor. Add salt if desired.

FOR THE INVALID AND CONVALESCENT TRAY

Tempting the jaded and convalescent appetite with a sufficient variety of dainty and nutritious dishes is fully solved with Knox Sparkling Gelatine. In combination with milk, eggs, vegetables, fruit juices, and broths, Knox Gelatine dishes are ideal—they are easy to digest, their protein food value is extremely beneficial, and you have the satisfaction of knowing that you are using the purest gelatine—one that thousands of prominent physicians are recommending for their patients, as well as for the aged whose appetites have lost their zest.

As gelatine is playing such an important part in dietetics, physicians are careful to recommend in the diet of their patients, a wholesome, plain gelatine such as Knox which is free from sugar, sweetening and artificial coloring and ready made flavoring.

Jellied Chicken Broth Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 2 envelopes Knox Sparkling Gelatine on top of water. Add 3 cups hot chicken broth and stir until gelatine is dissolved. Add seasonings, using $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful celery salt, 1 tablespoonful lemon juice, and 1 tablespoonful onion juice if desired. Pour into bouillon cups that have been rinsed in cold water and chill. This may be served hot if preferred.

Spinach Salad Pour $\frac{1}{2}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup hot water and stir until dissolved. Add 1 tablespoonful lemon juice, $\frac{1}{2}$ teaspoonful salt and $\frac{3}{4}$ cup cooked spinach, chopped or sieved. Cool. Rinse mold in cold water. Cut 3 hard-cooked eggs in slices and use to line mold. Turn in spinach mixture when it begins to thicken. Chill, and when firm, unmold.

Orange Delight Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and $\frac{1}{2}$ cup hot water and stir until dissolved. Add $\frac{3}{4}$ cup orange juice and 1 tablespoonful lemon juice. Turn into mold that has been rinsed in cold water and chill. When firm, unmold.

Orange and Egg Pour $\frac{1}{2}$ cup orange juice in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of orange juice. Place bowl over boiling water and stir until gelatine is dissolved. Add 4 beaten egg yolks, 2 tablespoonfuls sugar, $\frac{1}{2}$ teaspoonful salt and 1 teaspoonful grated orange rind. Fold in stiffly beaten whites of 4 eggs and $\frac{1}{2}$ teaspoonful vanilla. Continue the folding until it begins to stiffen. Pour into individual molds that have been rinsed in cold water and let it become firm. Do not put molds in too cold a place or the mixture will become too firm and be less delicate in flavor. Any desired flavoring may be used in place of the orange rind and vanilla.

Jellied Custard Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{1}{2}$ cup hot milk and stir until gelatine is dissolved. Add 3 slightly beaten eggs, 3 tablespoonfuls sugar and $\frac{1}{4}$ teaspoonful salt. Stir well. Add 1 cup cold milk and $\frac{1}{2}$ teaspoonful vanilla if desired. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. When permissible, a chocolate sauce or a fruit sauce may be served with this custard.

Cherry Sponge Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Add $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and $\frac{1}{2}$ cup hot cherry juice or hot water. Stir, and when gelatine is dissolved, add 1 cup cooked cherries pressed through a sieve. Cool, and when mixture begins to stiffen, fold in stiffly beaten white of 1 egg. Turn into sherbet glasses. Chill. If canned cherries are used, less sugar will be needed. Berries or other strained fruit may be used.

Apricot Cream Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle 1 envelope Knox Sparkling Gelatine on top of water. Heat $\frac{3}{4}$ cup cooked, strained apricots (unsweetened). Add gelatine to hot apricots. Add $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ teaspoonful salt and stir until dissolved. Add 1 tablespoonful lemon juice. Cool. Add $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup cream. Freeze to a mush.

Invalid's Drink

Note: An egg beaten up with orange juice makes a delicious and sustaining drink for an invalid.

HELPFUL HOUSEHOLD SUGGESTIONS

Juice is often left over from fresh or canned berries. Add Knox Sparkling Gelatine to it in the proportion of 1 envelope of gelatine to 1 pint of liquid. First, pour $\frac{1}{4}$ cup cold water in bowl and sprinkle the envelope of gelatine on top of the water, then add $1\frac{3}{4}$ cups hot juice and stir until gelatine is dissolved. A tablespoonful lemon juice and $\frac{1}{4}$ teaspoonful salt may be added, and if necessary, more sugar. Turn into mold that has been rinsed in cold water and chill. Use as a dessert or salad. When fruit juices do not jell in making jellies, reheat juice and add gelatine that has been softened in a little cold water in the same proportion as above.

Fruit juices may be canned or bottled when left over, without sugar, and used later as needed by combining with gelatine. Left-over fruit juices may also be used in lemonades, for mincemeat, basting roast or fowl, or to cover baked ham.

In a custard recipe calling for several eggs, one or more may be left out if one-half tablespoonful cornstarch is added for each egg omitted.

When using less than a full envelope of gelatine, you can always put the remainder of the gelatine to good use—for cake icings, for whipped evaporated milk, for mayonnaise and cooked salad dressings, for frozen dishes, and in various other ways.

When you wish a rich, dark meat color for soup, use caramel, which is sugar browned in a frying pan until a golden brown, and then dissolved in a little water.

To warm over biscuits, muffins, or rolls, sprinkle lightly with water, place pan containing them in a pan of hot water and put in oven a few minutes.

Reheat stale crackers by placing them in the oven a few minutes.

Keeping lettuce: After washing it thoroughly, place in a cheesecloth bag and hang up in refrigerator. Use all the outside leaves by shredding them with a sharp knife or cut with scissors, and making them into a pretty nest for a salad.

Onion juice added after a mixture is cooked gives a much better flavor than if the onion is cooked with the mixture. Extract the juice by grating onion.

Soap: Make a small cheesecloth bag four by six inches. Into it place all pieces of hand soap too small to use, and hang bag in bathtub—good for cleaning the tub.

Save all the grease not suitable for cooking purposes and use with lye to make kitchen soap.

A pinch of baking soda added to any boiled syrup will keep it from crystallizing. A teaspoonful vinegar added to homemade syrup will keep it from candying after it stands.

A teaspoonful vinegar beaten into boiled frosting when flavoring is added will keep it from being brittle or breaking when cut.

If syrup goes back to sugar, reheat, add a small piece of butter, and it will be useful as a soft sugar.

A few cloves added to vegetable soup will give it a delicious flavor.

When making desserts or salads with Knox Sparkling Gelatine, and they are wanted in haste, place mold containing them in a bowl with broken ice, mixing it with some coarse salt.

In placing dishes on ice, place a rubber ring from a fruit jar under the dish. Ring will adhere to both ice and dish.

Do not waste any skim milk—make it into cottage cheese.

After boiling salt beef, leave two or three carrots in the liquid until cold—the carrots absorb the salt and the liquid can be used for soup.

New Relish to serve with Fish: Make jelly from syrup drained from canned apricots. Add cut up apricots, spices, one tablespoonful lemon juice and a little of the grated rind of an orange.

To keep vegetables fresh, place them in a deep dish in about two inches of cold water. Take a piece of linen, soak it in water and spread over all, letting the corners dip into the water to keep the cloth moist. Place dish in a window where the air can blow over it.

To dry lettuce, pat it with crumpled paper toweling. It absorbs water quickly and does not bruise the leaves. Lettuce for salad should be well dried and cold.

When making mayonnaise or cooked dressing, to be kept several days, add a little Knox Gelatine that has been softened in cold water and dissolved over hot water.

In boiling corned beef, add a small onion, a pinch of ginger, a few cloves and a bay leaf. This will improve the flavor of the beef.

When cream will not whip, add the white of an egg to it. Let both cream and egg be thoroughly chilled. Then try again and it will whip easily. Or add Knox Gelatine. (Recipe page 39).

To keep icing soft, add a pinch of baking soda to the whites of the eggs before beating them, then beat in the usual way and pour the hot syrup over beaten eggs, and it will be soft and creamy.

To keep a cake fresh for a long time, when taking from the oven while still hot, pack cake in brown sugar—it will keep fresh two months. Or, take a hot cake, ice it lightly, then set in cake box with a glass filled with cold water to give moisture.

Maple Sugar Frosting—One cup each of maple and granulated sugar, a teaspoonful of butter and three teaspoonfuls of cream. Boil for five minutes and stir until slightly thickened, then dip cakes.

Add a couple of spoonfuls of a bright colored iced jelly to an ice cold lemonade just before serving.

Saving Salt—After freezing ice cream, empty the cracked ice into a sack. When ice has melted, nearly all the salt remains to be used again.

To beat eggs quickly, add a pinch of salt.

Salt often curdles milk. Hence in preparing gravies, porridge, etc., add salt the last thing.

If soup is too salty, add slices of raw potatoes and boil a few minutes, remove them, and if soup is still too salty, repeat the process. The potatoes can be used later in many ways.

Peas too hard for serving plain may be cooked until tender, pressed through a sieve and pulp used for soup.

A plain lemon or orange jelly, left over from dessert, may be cut into cubes and mixed with fresh vegetables for a salad.

Are you in the habit of wasting stalks of cauliflower? Save them, and next day cut them lengthwise into two or three pieces according to the thickness. Tie in bundles and cook as asparagus; then drain and mask with a white or Hollandaise sauce.

Save all the liquid from your mustard pickles and add it to salad dressing in place of fresh vinegar and mustard. When making meat sandwiches, this liquid may be mixed with the meat.

Save the excess liquor from your pickled peaches—it may be used for mince pies, sauces, etc.

Honey may be used to mix with nuts for sandwiches; also used as a filling for tiny baking powder biscuits.

In a small family, a can of salmon may be divided and used for a salad, creamed for an entree, or minced on toast.

Left-over broths may be congealed with Knox Sparkling Gelatine forming an aspic jelly in which left-over meats may be molded, for a very attractive and nutritious meat platter.

In boiling rice, it is well to plan to have some left over. With an egg, milk, or a little fruit juice added, it will make a delicious pudding; or it may be made into croquettes or cream of rice soup.

To make a very economical lemon jelly, and use less lemons: First wash lemons and squeeze out the juice. Place lemon skins in cold water and boil. Use this water instead of plain hot water when dissolving the gelatine which has been softened in cold water. This gives jelly a much stronger lemon flavor.

Fill pastry lined pan with well-flavored apples, pared, cored and cut in eighths. Sprinkle thickly with sugar and pour a few spoonfuls of water over them. Bake until apples are tender, then spread over them halved marshmallows and return to oven to brown delicately.

The modern housewife today considers the plain Knox Sparkling Gelatine a household necessity. It is one of the most easily digested proteins, and being all gelatine (no coloring, flavoring or sugar), a package naturally goes much further and is less expensive than the jelly powder desserts.

Peanuts are most nutritious. Combine with rice for croquettes, use them in cookies, and on toast as canapes. For the latter, chop two tablespoonfuls and fry in two tablespoonfuls fat. Mix with a chopped cucumber or a couple of pickles, a tablespoonful table sauce, salt and pepper. Spread on tiny squares of hot buttered toast.

Cover mild flavored vegetables in order not to lose the minerals—cook uncovered those of strong flavor as the onion family, cabbage family, turnips.

Before heating milk in a saucepan, rinse the pan with water and it will not scorch so easily.

To freshen shredded cocoanut, soak it in sweet milk a few moments before using.

When cake or bread is too brown or is burnt, grate with a nutmeg grater until it is a golden brown.

Sugar for fried cakes should be dissolved in the milk to prevent cakes from absorbing the grease while frying—the temperature of the fat must also be right.

A few whole cloves in the kettle of fat, give doughnuts a nice flavor.

In making fruit cake, pour half the batter in the pan before adding the fruit, then the fruit will not settle at the bottom of cake.

Cutting bread lengthwise instead of across saves you about two-thirds of the waste—especially when sandwiches are to be cut in fancy shapes.

When making egg custard pies, always heat the milk to the boiling point before mixing with the eggs. If this rule is followed, the under-crust will be crisp.

When filling gem pans, leave one of the small sections empty and fill with water—the gems will never scorch.

When making fruit pies, put in the sugar when the dish is half full instead of on top—the pastry will be lighter.

To brown pies and tarts, use a small pastry brush and brush them with milk before putting them in the oven, and to glaze pies, brush them with the white of an egg if you wish them to be a shiny brown.

When baking large potatoes, cut them in halves—it saves gas and the side cut gets a delicious crust.

Left-over cooked potatoes must not be piled together as they sour quickly. Spread them out on a large dish.

To hasten the cooking of vegetables, add a small pinch of baking soda to the water.

Knox Gelatine is a base for countless dishes that delight the eye and palate.

In making rhubarb, cherry or any berry pie that is very juicy, try beating an egg light, and mixing in the sugar required by the fruit; add a little flour, mix thoroughly and then bake as usual. In this way excess of juice will be in the pie and not in the bottom of the oven. Try the gelatine berry pies.

In cooking peas, wash the pods very thoroughly and throw them into a kettle of boiling water. When done, the pods rise to the surface and the peas stay at the bottom—they have a fine flavor when cooked in this way.

Bread should never be wrapped in a cloth as it imparts an unpleasant taste. Keep wrapped in waxed paper.

To keep sandwiches moist, wrap in waxed paper, cover them with a cloth wrung out of cold water. Keep them in a cool place and they will keep moist for hours.

Celery tops, save and dry, put into glass jars and use to flavor stews when celery is scarce.

Celery Salt—Save the celery leaves, dry them until crisp, then crush to a powder and mix with an equal amount of salt—good for soups and stews.

When using molasses and it is not as dark as desired for ginger bread or cookies, add a tablespoonful of melted chocolate to molasses and spices, improving the flavor.

When fruit has fermented, reheat it, add a little sugar and make up into pies or tarts.

Lemon Tarts: Make Lemon Jelly and when it begins to thicken, add chopped raisins, dates or figs. Fill crisp tart shells.

When jellies ferment, reheat, add a little sugar and water and thicken with cornstarch for hot sauces. To serve cold, follow the above directions, but instead of the cornstarch, add one-half teaspoonful of gelatine that has been first softened in cold water and then dissolved in hot jelly.

To frost a cake evenly to the very edge and prevent icing from running down the sides, double a piece of stiff paper and pin it closely about the cake, letting the paper extend about an inch above the top of cake. Spread icing, and do not remove paper until icing is set. Or, sprinkle a little flour or cornstarch around the edge of the top layer.

Uses for stale cake: Cut in slices, toast and serve with fresh or canned fruit. Cut in strips and use to line molds instead of the expensive lady fingers when making a charlotte. Steam cake and serve hot with a sauce. Slice and put in a glass dish—cover with a gelatine custard mixture (Spanish Cream) and serve with or without whipped cream, whipped evaporated milk, meringue, fruit or a chocolate sauce. Use dried cake crumbs in cookies, muffins, etc., in place of part of the flour, or use in custards instead of macaroon crumbs often called for in a recipe. Stale cake and doughnut crumbs may be soaked in milk and used in place of the rye flour in brown bread.

Uses for left-over cereals: Use the following day as a dessert by molding in custard cups. Serve unmolded with fruit and cream. Or, mold cereal in a shallow baking dish, cut in slices and fry in vegetable fat—serve with butter and sugar or with maple or other syrup.

For a new Fruit Salad, make jelly drained from canned pears. Mold in cut up pears, bits of pimiento and chopped celery. Serve garnished with nuts. Also pears with ripe olives are a good combination.

Left-over pie dough: Cut out rounds and press over the outside of muffin pans or aluminum jelly molds, bake and use for patty cases for creamed fish or peas or for a gelatine jelly or cream. Or, roll out as for pie—spread with melted butter, sprinkle thickly with sugar, then cinnamon, and roll as for cinnamon rolls or jelly cake. Cut off pieces about an inch thick, sprinkle sugar on top and bake in a hot oven until light brown.

Use boiled potatoes left-over for quick French fries. Always pare potatoes very thin—the most valuable part, the mineral salts, is directly under the skin.

Soup making extracts the flavor only of meat and much of the food value remains. It may be used in many ways if seasonings are added to give an agreeable taste, and an egg for additional nutriment.

A delicious dessert is made from canned plums (especially green gages). Follow Foundation Recipe, using plum syrup (heated) drained from the plums instead of the hot water called for in recipe, and less sugar. Mold in a few of the plums, also raisins if desired. Serve with whipped cream. Or serve on lettuce with mayonnaise, for an unusual salad.

Uses for left-over coffee: Make Coffee Jelly, Coffee Spanish Cream or Coffee Ice Cream. Use in spice cake instead of sour milk or in boiled icing instead of the boiling water for a delicious mocha flavor. It may be used in custards, souffles or in fudge; it may be added to gravy before removing from the stove, resulting in a rich, dark coloring. Use instead of bluing for khaki goods and also for keeping color in ecru curtains.

Left-over jelly may be used for coloring icings and also adds a delicate flavor; use for a garnish on creams and puddings; or whip until light, add a few spoonfuls of whipped cream or whipped evaporated milk—chopped nuts if desired—for a delicious sauce for puddings, ice cream or gelatine desserts.

Rhubarb will take the taste of any other fruit without imparting any of its own. When making pies and gelatine jellies with other fruit if a little stewed rhubarb is used, the difference will hardly be detected.

When making fruit salad to serve a large company, the addition of cubes of gelatine jelly will make it much more economical than if all fruit is used. Drain juice from canned fruit (pineapple, cherries or other fruit) and use it in making the jelly—pour the liquid jelly into a wet shallow pan and when firm cut in cubes or in fancy shapes with a cookie cutter. Attractive garnishes for brick ice cream may be made from the jelly.

Instead of fresh fruit for shortcakes in the winter, use canned fruit jellied with Knox Sparkling Gelatine.

Left-over sandwiches are delicious sauted in some vegetable fat or in deep fat.

Left-over broths when cooking meats may be congealed with gelatine, thus forming an Aspic Jelly in which left-over meats or vegetables may be molded—these when arranged effectively in the aspic make a most ornamental cold meat platter.

KNOX IS THE REAL GELATINE

What Each Package of Knox Sparkling Gelatine Contains

Knox Sparkling Gelatine is put up in two different packages—the yellow and the blue one. Both packages contain four envelopes of plain Sparkling Gelatine—without flavoring or sweetening, and will make four pints of jelly—enough for four different desserts or salads, each one ample for six generous servings.

The only difference between the Yellow (No. 1 package) and the Blue (No. 3 package) is that in addition to the four envelopes of gelatine, the Blue (No. 3) contains an extra envelope with fruit acid in it. But this fruit acid is entirely separate and is not mixed in with the gelatine. With either package you may use the natural fruit juices of oranges, lemons, or any other fruit, but with the Blue No. 3 package, you have the extra envelope of fruit acid to use if you desire, and in this way save the time, expense and trouble of preparing lemons.



BLUE PACKAGE

IMPORTANT CHANGE

For your convenience, our new style package of KNOX SPARKLING GELATINE is now divided into FOUR envelopes. Each envelope contains enough gelatine to congeal ONE pint of liquid, and will make a dessert or salad of six generous servings. The entire package of four envelopes will, therefore, make FOUR pints of jelly. If the recipes you have been, or are using, call for "ONE TABLESPOONFUL of Gelatine" just use one envelope. We guarantee the same results.

NOTE: Each envelope requires a pint of liquid to make a dessert or a salad.

IMPORTANT: Lemon juice is used in a number of recipes in this book. For those who prefer our Blue No. 3 Package, the fruit acid that goes with this package may be used in place of the lemon juice. In some cases you will have to use your own judgment as to how much to use, and flavor the dish according to taste.



YELLOW PACKAGE

CAUTION: The liquid quantities in the recipes shown in this book are based on Wine Measurement (U. S. Standard) and are correct. However, in some countries where the Imperial or Metric System is used (a quart of which measures more than one quart Wine Measure), this should be taken into consideration and less water or more gelatine used.

NOTE: If you are unable to obtain our No. 3 (blue) package from your grocer, send 25c and we will see that you are supplied. By using this package you save a lot of time, and it also saves your buying and squeezing lemons. If you once use it, you will never be without it. In writing for it, give us your grocer's name, and we will try to have him carry it for you.

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Copies of the following books will be gladly sent you free upon request:

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- Reducing Diets
- Feeding Diabetic Patients
- Feeding Sick Patients

KNOX GELATINE

1100 Knox Ave., Johnstown, N. Y.

Printed in U.S.A.

FOOD ECONOMY

RECIPES
FOR LEFT-OVERS
PLAIN DESSERTS
AND SALADS
BY MRS. KNOX

"EAT PLENTY, WISELY AND WASTE NOTHING"