

Lime Creme Freeze

Dissolve 1 package lime gelatin in 1 cup hot water. Add $\frac{1}{2}$ cup sugar, 2 cups milk, 1 cup light cream, $\frac{1}{4}$ cup lemon juice and 1 teaspoon grated lemon rind. Mix thoroughly. Freeze firm. Turn into chilled bowl; heat until fluffy and smooth, but not melted. Freeze firm. Serves 8

Orange Sherbet

1 c unstrained orange juice
1 c sugar
1 c milk

Mix and Freeze

CUSTARD ICE CREAM

(8 Servings)

1 quart milk
2 eggs
1 cup sugar (scant measure)

1 envelope Knox Sparkling Gelatine
1 teaspoonful vanilla
 $\frac{1}{4}$ teaspoonful salt

Make a custard in double boiler of three and three-fourths cups milk, yolks of eggs, sugar and salt. Pour one-fourth cup cold milk in bowl and sprinkle gelatine on top of milk. Stir thoroughly. Add to hot custard and stir until dissolved. Cool and add flavoring. Turn into freezer and when partially frozen add whites of eggs beaten until stiff, and continue to freeze until frozen.— May be frozen in tray of mechanical refrigerator.

PEPPERMINT CANDY ICE CREAM

Dissolve 12 small sticks of peppermint candy in 1 cup scalded milk. Cool, pour into tray of electric refrigerator and let freeze to a mush. Fold in 1 pint of cream that has been beaten almost stiff and flavored with a few drops of vanilla. Freeze until firm but not hard.

Lemon Butter

1½ cups sugar

¾ " Butter

1 yolk 2 whites well beaten

Grated rind & juice of 2 lemons

Cook in double boiler 20 min.
stirring constantly.

Put in jars in a cool place

Ice Cream

1 5¢ Peppermint stick 1 qt milk
Crush the peppermint

Lemon Sherbert

1 qt milk 2 cups sugar
Juice of 3 lemons

Cool Aid.

Ice cream Sherbert.

1 pkg Cool Aid any flavor

1 tall can Evap. Milk

1 c sugar

½ c Hot water

Dissolve Cool Aid and hot water

Place in refrig to cool
cool evap. milk till
very cold then whip till
thick - fold in Cool Aid
mixture with the milk
Put in refrig tray to
freeze quickly.

Makes about a qt.

Carrot Marmalade

one pound carrots, 2 lemons, 1 orange, 5 cups sugar.

Wash and scrape carrots and put through food chopper. Squeeze juice from lemons and put rinds through food chopper. Barely cover carrots and lemon rinds with water and cook until tender. Cut orange in very thin slices, removing seeds if necessary. combine sugar and lemon juice and

add $\frac{1}{2}$ cup boiling water. add prepared
orange and cooked carrot mixture. Cook
until a little of the mixture, tested
on a cold saucer, jellies. Pour into
sterilized glasses and cover with
paraffine when cold.

Lemon Ice Cream

- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup corn syrup
- $1\frac{1}{2}$ cups milk
- $\frac{1}{4}$ cup lemon juice
- 1 teaspoon grated lemon rind
- 1 cup cream, whipped.

Beat eggs until lemon-colored. Add sugar gradually until the mixture has a

high curd - like consistency.
Combine with sugar, milk,
lemon juice and rind. Pour into
freezing tray. When frozen
until almost firm remove to
bowl and whip until light
and creamy. Fold in whipped
cream. Return quickly to
freezing tray and allow to
finish freezing, stirring once
after the first half hour



LENTEN CLAM TART

Pie-Sized Clam Tart A Winner

Our contribution to clam cookery today is a new, very simple and satisfying pie-sized Clam Tart.

CLAM TART

(Makes 9-inch pie)

- Unbaked 9-inch pie shell
- 1 tablespoon melted butter
- 1 can (7½ ounces) minced clams
- Water
- 1 cup instant nonfat dry milk crystals
- 3 eggs
- 1 tablespoon grated onion
- ½ teaspoon seasoned salt
- ¼ teaspoon crushed thyme
- Dash pepper
- Grated Parmesan cheese
- Chopped parsley

Method:

Brush pie shell with butter; chill in freezer 5 minutes.

Reserving clams, drain clam juice into 2-cup measure. Add enough water to make 2 cups liquid; pour into bowl. Stir in instant crystals. Beat in eggs, onion and seasonings. Add clams. Pour into pie shell. Bake in 425 degree (hot) oven 15 minutes. Continue baking in 300 degree (slow) oven 15 minutes. Sprinkle with cheese and bake 15 minutes longer or until knife inserted in center comes out clean. Garnish with parsley. Serve hot.

CLAM BISQUE

(Makes about 1 quart)

Ingredients:

$\frac{1}{4}$ cup butter

2 cups sliced mushrooms

$\frac{1}{2}$ cup each chopped onion
and celery

$\frac{1}{4}$ cup flour

3 cups reliquefied instant
nonfat dry milk crystals (ac-
cording to package directions)

1 cup whole cooked clams,
drained

1 teaspoon salt

$\frac{1}{2}$ teaspoon garlic salt

$\frac{1}{4}$ teaspoon each celery salt
and pepper

$\frac{1}{8}$ teaspoon crushed thyme

Method:

Melt butter in saucepan; add mushrooms, onion and celery. Cook and stir over low heat 5 minutes. Blend in flour. Gradually add reliquefied instant crystals and cook over low heat, stirring constantly, until slightly thickened. Add clams and seasonings. Simmer 10 minutes, stirring frequently.

Gravy & Eggs 4

1 Cup meat gravy
2 Teaspoon Hot FAT
5-Beaten Eggs
Salt & Pepper.

Put meat gravy in Fry
pan with FAT. & stir
When Hot Add Eggs
stir until cooked thick.
Salt & Pepper.

Serve on Toast, Macaroni
or Rice

Serves Two or Three

Pineapple Pilaf

3 T margarine - 2 c chicken broth
1 c rice 1 1/2 t salt
2 t sesame seed (optional) 1 T lemon juice
1 c 9oz. can pineapple tidbits 3 or 4 green onions
1/2 t grated lemon rind

Melt butter in saucepan;
add rice & seeds, saute stirring
now & then over med. heat
until rice begin to turn golden brown
Stir in syrup drained from pineapple
broth, salt and lemon juice.
Bring to boil, lower heat, cover pan
& simmer 15 min. Cut onions
into 1/4 in slices including some of
green tops. add onion, lemon rind
& pineapple to rice. Cover and cook
5 or 10 min. longer until rice is tender
and absorbed the liquid - 5 or 6 servings

CRUMB CAKE

2 cups brown sugar, 2 cups flour,
3/4 cup shortening, Mix as for pie crust
take out 1/2 cup crumbs for top.

Add 1 cup sour milk or buttermilk
1 tsp soda, salt, 1 egg,

Beat thoroughly and bake in shallow pan
Chopped nuts or raisins may be added.

pieces - needs method

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Macaroni-Olive Casserole

1 cup uncooked macarone 1/4 c minced olives
1 can Asparagus Soup 1/4 c chopped parsley
1/4 cup grated cheese Buttered bread crumbs

Cook macaroni in unsalted water; drain and
rinse with cold water. Combine macaroni,
soup, cheese, olives; parsley; turn into a
greased casserole and top with buttered
crumbs. Bake in a mod oven for 30 min.
Servs 4

BACON CASSEROLE

1/2 lb. bacon 1 pkg noodles
1 2 1/2 can tomatoes onion
salt & pepper green pepper

Crisp bacon; brown onion & green pepper
add tomatoes, then noodles

Crumble bacon on top, cover with grated cheese
and couple slices bacon. Cook until noodles
are done.

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Cocktail Sauce

Clams, Oysters, Crabmeat, Lobster or shrimp
1/2 c nippy chili sauce
1/3 c Catchup 1 tsp water sauce
3 tbsp. Lemon juice - dash of pepper
1/4 t salt - few drops tobaco
2 t horseradish - optional
Measure ingredients into glass jar
Cover and chill thoroughly
1 generous cup.

Beets in Orange Sauce

1 tablespoon fat	1/2 cup orange juice
1 1/2 tablespoons flour	1/2 teaspoon salt
1/2 cup liquid off beets	1/4 teaspoon pepper
1 teaspoon grated orange rind	1 teaspoon sugar
	1 can Stokely's beets, chopped

Melt fat, stir in the flour and slowly add the beet liquid. Add orange rind, orange juice, salt, pepper and sugar. Cook until thick and smooth, stirring constantly to avoid lumping. Add the beets and heat thoroughly. Serve at once. Serves 6.

Beet Relish

1/2 cup onion, finely sliced	1 tablespoon sugar
2 tablespoons parsley, chopped	Salt and pepper
2 tablespoons oil	1 can Stokely's beets, chopped
	1/4 cup vinegar

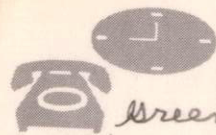
Heat onion and parsley in oil 3 minutes. Add vinegar and seasonings and pour over beets. Serves 5.

Jello Salad

- 2 Orange Jello
- 1 Mandarin Orange slices
- 1 Pine apple ~~chunks~~ tid bits
- 1 Grape fruit slices



Swiss Ring Mold. Cook 1 chopped onion, 1 chopped green pepper in 2 tbsps. butter for 5 min. Add 1 1/4 c. canned tomatoes and 3/4 c. cooked rice. Cook slowly until rice has absorbed liquid. Add 1 1/4 c. grated Kraft Swiss Cheese and seasonings. Mix until cheese is melted. Pack in buttered mold and keep hot. Scramble 6 eggs. Unmold ring on platter; fill the center with scrambled eggs.



MEMOS

Green Jello Salad

- 1 pkg lime jello
- 3/4 c hot water
- 1 c cold water
- 1 can crushed pineapple
- 1 c cottage cheese
- 1/3 c mayonnaise
- 1 c chopped Celery
- nut (optional)

Canned Blackberry Pudding

1 no 2 can blackberries - hot water

1/4 tsp salt - 3 1/2 tbs cornstarch

1/4 c cold water - 1/3 c sugar - 1 tsp lemon juice

Drain juice off berries and add hot water for 2 cups. Add salt + bring to boil. Add berries + quickly stir in cornstarch + cold water which have been mixed. Simmer for 5 min or 'til thickened. Stir in enough sugar to sweeten. Remove from heat add lemon juice - chill.

APPLE COBLER

6 large cooking apples, pared, cored and sliced. 3/4 cup each, milk and water.
2 1/2 cups Globe "A1" Biscuit Flour 2 tbsp. butter.
1/2 tsp. cinnamon. 1 cup sugar.

Mix cinnamon with 3/4 cup of the sugar and 1/2 cup of biscuit flour. Place half the apples in buttered baking pan and sprinkle two-thirds of the mixture over them. Add remaining apples and cover with the rest of mixture. Dot top with butter. Mix remaining sugar and biscuit flour, stir in milk and water, adding more milk if needed to make a soft dough. Drop spoonfuls of dough over apples; brush with cream. Bake in a quick oven (425 deg.) for 10 min., reduce heat to 350 deg. and bake 30-40 min. longer, or until apples are soft when pierced with a fork.

Molded Salad

1 tablespoon gelatin 1 can Stokely's beets, chopped
1/4 cup lemon juice 1 cup diced apples or celery
1 cup hot beet liquid 1/4 cup chopped nuts
2 tablespoons sugar 1/8 teaspoon pepper
1 teaspoon salt

Soak gelatin in lemon juice 5 minutes, then dissolve in hot beet liquid. Cool, add sugar, seasonings, beets, apples, and nuts. Chill until firm. Serve on lettuce with or without mayonnaise. Serves 6.

Pickled Beets

1 can Stokely's beets 4 tablespoons sugar
1 1/2 cups vinegar 6 cloves

Drain beets, slice and pour over them the vinegar, that has been scalded with sugar and cloves. Let stand till cold, several hours if possible. Serve as a relish. Makes about 2 cups.

SUNSWEEP PRUNE WHIP

3 egg whites 3 tbsp. granulated sugar
1/8 tsp. salt 2 tsp. lemon juice
1 11 oz. jar (1 c.) Whip-Prune

Beat the egg whites until quite stiff, then add the sugar gradually while continuing to beat until stiff enough to peak. Add the salt, then fold in the Whip-Prune and lemon juice. Chill and serve. Serves 6.

Tasty Fruit Sherbet

One and one-half cups sugar, 1 cup orange juice, 1 cup crushed pineapple, 1/4 cup lemon juice, 2 cups milk.

Soak sugar and fruit juices five minutes. Slowly add milk, pour into tray in mechanical refrigerator and stir at 30-minute intervals for one and one-half hours. It will require about four hours to freeze.

The regular freezer method can be used.

gelatine in cold water. Add gelatine to hot mixture and stir until dissolved. Cool, add mayonnaise, whipped cream or whipped evaporated milk and the stuffed olives. Turn into mold that has been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with sliced olives. Serve with mayonnaise sprinkled with paprika.

SPANISH CREAM or MOLDED CUSTARD (8 Servings)

1 envelope Knox Sparkling Gelatine
3 cups milk
1/2 cup sugar, scant
3 eggs
1/4 teaspoonful salt
1 teaspoonful vanilla

Pour milk in top of double boiler and soften gelatine in it. Place over hot water and add sugar and stir until thoroughly dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring, and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top—if you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm unmold and serve with whipped cream, sliced oranges or any fruit or fruit juice.

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NOTE IMPORTANT FEATURE

There's no need to *measure* Knox Sparkling Gelatine when you prepare a recipe. There are 4 envelopes in every package. Each envelope contains just the amount of gelatine needed to jell one pint of liquid — 6 servings. If your recipe calls for "one tablespoonful of gelatine", just use one envelope. We guarantee the same results.



Oh Lady
LOOK WHAT'S HERE

IMPORTANT DISCOVERY

MORE ENDURANCE—LESS FATIGUE

Medical research has established that Knox plain Sparkling Gelatine increases energy and endurance and tones the muscles, which means an individual can do more work with less fatigue. This is of great importance to the daily worker—golfers—and all athletes. To get results the directions below must be followed daily.

KNOX EXTRA-ENERGY FORMULA

Empty one envelope of Knox Gelatine in a glass three-quarters filled with cold water, or fruit juice (or half water and half fruit juice). Let the liquid absorb the gelatine. Then stir briskly and drink immediately before it thickens. Take four times a day for two weeks, then reduce to two envelopes a day. (May be taken before or after meals.)

KNOX DAINTIES



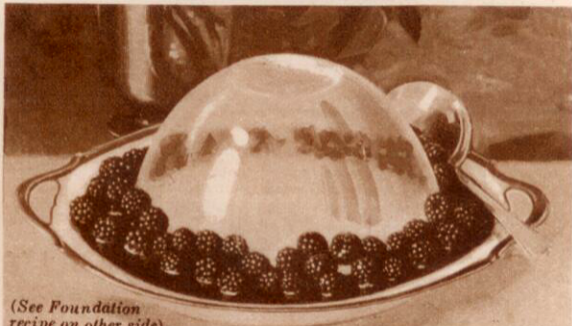
KNOX DAINTRIES (Candy)

4 envelopes Knox Sparkling Gelatine $\frac{1}{4}$ teaspoonful salt
1 cup cold water Red and Green coloring (Paste or Liquid)
 $1\frac{1}{2}$ cups boiling water $\frac{1}{2}$ teaspoonful peppermint extract
4 cups sugar 1 teaspoonful cinnamon extract

Heat sugar, salt and boiling water to boiling point. Soften gelatine in cold water. Add to hot syrup and stir until dissolved. Boil slowly for 15 minutes. Remove from fire and divide into two equal parts. Color one part a delicate red and flavor it with cinnamon extract; color the other part a delicate green and flavor with the peppermint extract. Rinse two pans (size about 8x4 inches) in cold water and pour in candy mixture to the depth of about three-fourths inch and put in a cool place (not a refrigerator) allowing candy to thicken for at least twelve hours. With a wet, sharp knife, loosen around edges of pan, turn out on board lightly covered with powdered sugar. Cut into cubes and roll in powdered or fine granulated sugar.

NOTE: If lemon flavor is desired, add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract to one part of the candy and leave it uncolored. Any preferred flavoring or coloring may be used. This candy may be made by using 10 drops of oil of cinnamon or cloves instead of the extract. This must be stirred into the mixture thoroughly while it is hot. It may also be made by using 1 teaspoonful ground cinnamon or cloves instead of the extract. In this case the ground spice is boiled with the sugar and water.

LEMON DESSERT



*(See Foundation
recipe on other side)*

**FOUNDATION RECIPE FOR PLAIN AND FANCY
DESSERTS AND SALADS** (Lemon) (6 Servings)

1 envelope Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water $\frac{1}{3}$ cup sugar
1 cup hot water $\frac{1}{8}$ teaspoonful salt
 $\frac{1}{4}$ cup lemon juice

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and mix thoroughly. Pour into mold that has been rinsed in cold water, and chill. When firm, unmold. Other jellies are made in the same way, except hot fruit juice is substituted for the hot water in the recipe and one tablespoonful lemon juice is added instead of the one-fourth cup in the recipe. The amount of sugar used when desserts and salads are made with fresh or canned fruits or fruit juices varies according to the acidity of the fruit—with canned fruits using less sugar than with fresh fruits. Fresh pineapple fruit and juice must first be scalded or the jelly will not congeal. Canned pineapple can be used satisfactorily as it has been cooked.

MARSHMALLOWS

2 envelopes Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water $\frac{1}{2}$ teaspoonful salt
2 cups sugar 1 teaspoonful vanilla $\frac{3}{4}$ cup boiling water
Boil sugar and boiling water together until syrup tests thread stage

(thread forms when syrup drops from edge of silver spoon). Remove from fire. Soften gelatine in cold water. Add to hot syrup and stir until dissolved. Let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes thick, fluffy and cold. Pour into pans (size about 8 x 4 inches) thickly covered with powdered sugar, having the mixture one inch in depth. Let stand in a cool place (not a refrigerator) until thoroughly chilled. With a wet, sharp knife loosen around edges of the pan and turn out on board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar. Fruit juices in place of part of the water, or nuts, chocolate, or candied fruits, chopped, may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

TOMATO-CHEESE SALAD (6 Servings)

1 envelope Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water 1 tablespoonful butter
 $1\frac{1}{2}$ cups hot thick tomato soup $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{2}$ cup cream cheese or $\frac{1}{2}$ cup mayonnaise
cottage cheese $\frac{1}{2}$ cup stuffed olives, chopped
1 tablespoonful onion $\frac{1}{2}$ cup cream or evaporated
juice milk, whipped

Put soup in double boiler, add cheese, butter, salt and onion juice (extracted by grating onion). Heat until cheese has softened. Soften

Golden Salad

$\frac{1}{4}$ cup cold water $\frac{1}{4}$ c. sugar
1 c. hot Pineapple juice) 1 c. oranges cut in
 $\frac{1}{4}$ c. mild vinegar $\frac{1}{2}$ c. orange juice small pieces
 $1\frac{1}{2}$ c. pine apple cut in small pieces
1 envelope Knox Gelatine) $\frac{1}{4}$ t. salt.
Pour cold water in bowl, sprinkle gelatine
on top of water. Add salt sugar + hot
pineapple juice + stir till dissolved.
Add orange juice + vinegar. Cool + when
jelly begins to stiffen, add other.

ingredients. Turn into mold that
has been rinsed in cold water and
chill. Can be molded in individual
molds. If so place one t of clear
jelly in bottom of mold. When
nearly firm place on it 1 T. mayonnaise
when this is firm fill mold
with salad mixture. unmold
on lettuce leaf.