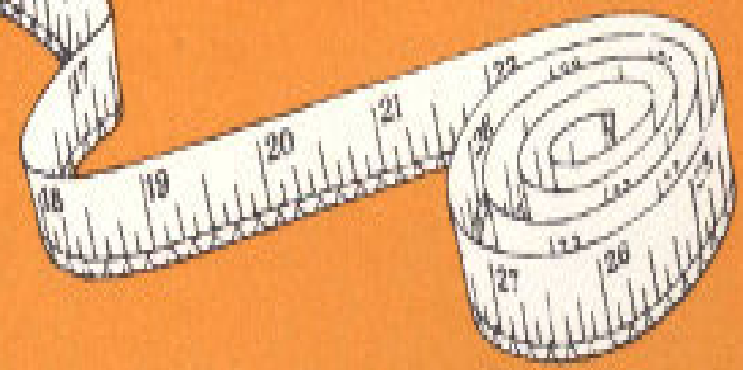


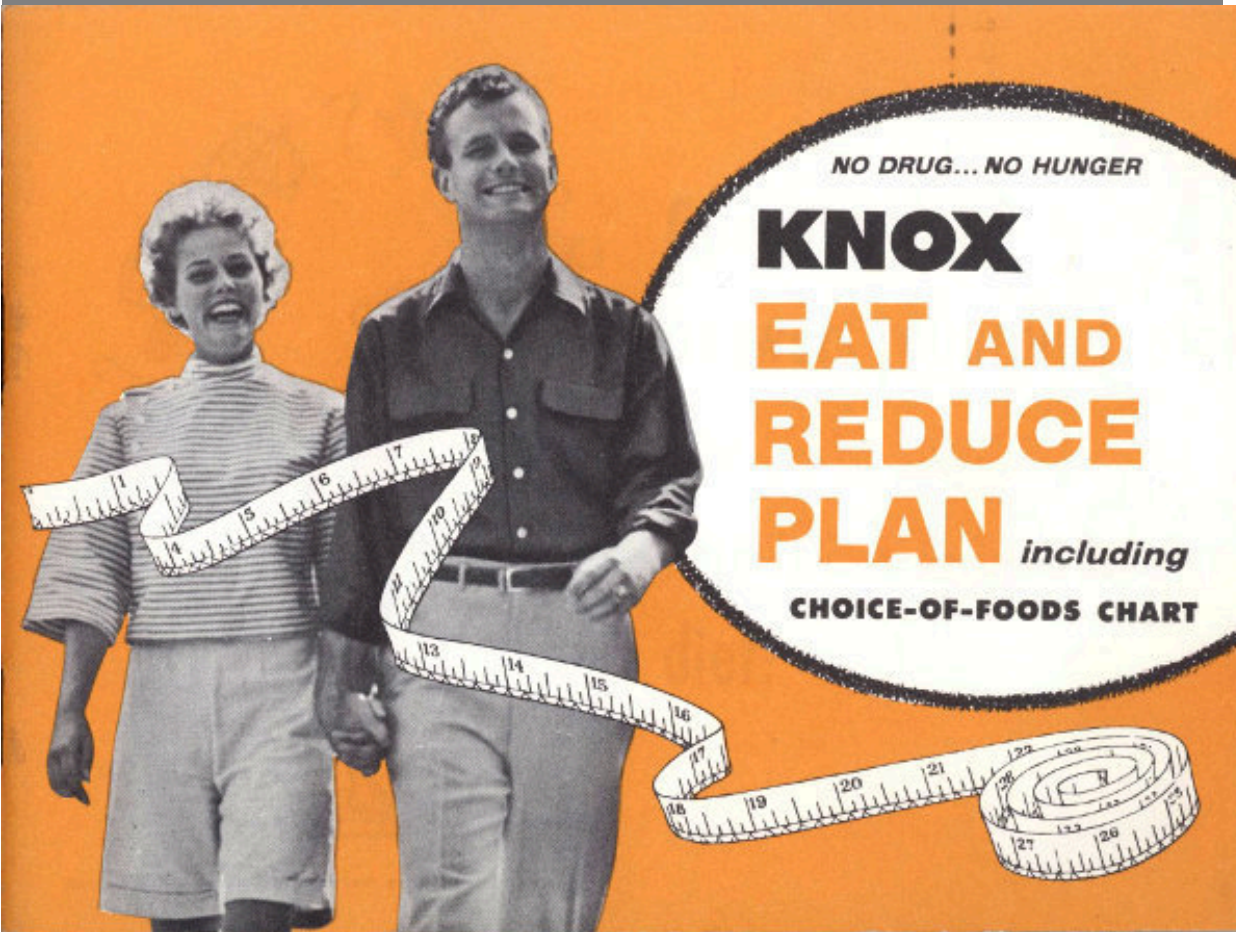
NO DRUG... NO HUNGER

KNOX

**EAT AND
REDUCE
PLAN** *including*

CHOICE-OF-FOODS CHART





NO DRUG... NO HUNGER

KNOX

**EAT AND
REDUCE
PLAN**

including

CHOICE-OF-FOODS CHART

**The Project Gutenberg eBook of Knox Eat and Reduce Plan;
Including Choice-of-Foods Chart**

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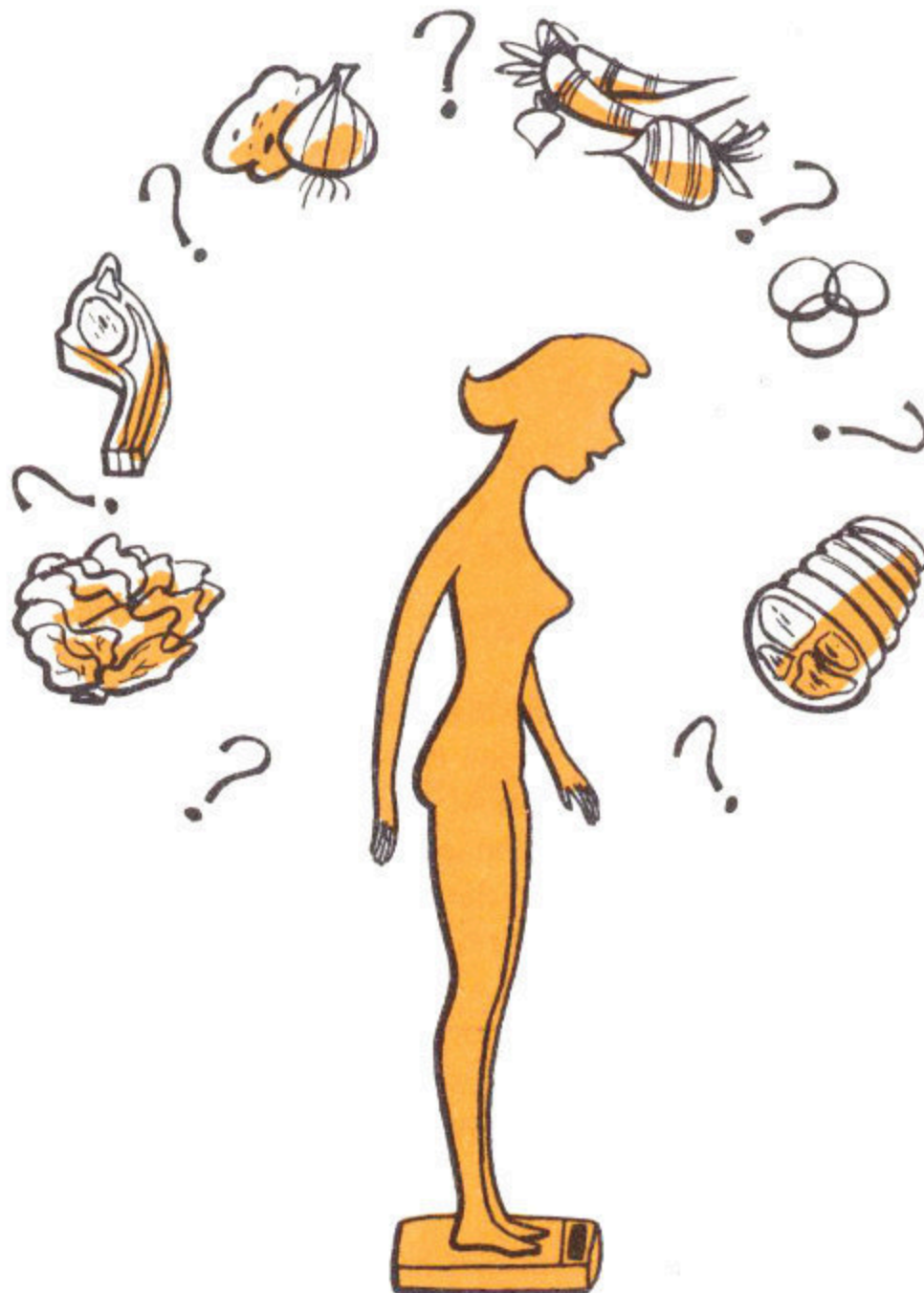
***** START OF THE PROJECT GUTENBERG EBOOK KNOX EAT AND
REDUCE PLAN; INCLUDING CHOICE-OF-FOODS CHART *****

NO DRUG ... NO HUNGER

KNOX
EAT AND REDUCE PLAN
including
CHOICE-OF-FOODS CHART

K-S COPR. 1957 CHARLES E. KNOX GELATINE CO., INC.

**Questions and answers regarding the NEW
KNOX CHOICE-OF-FOODS diet:**



Q. IS THIS NEW DIET BASED ON SOUND REDUCING PRINCIPLES YOUR DOCTOR WILL OK?



A. *Indeed he will ...* because the CHOICE-OF-FOODS DIET is based on sound nutritional principles with which your doctor has had a great deal of experience. For many years the medical profession has advised the use of Food Exchange Lists ^[1] where proper diet is of the utmost importance to the patient's very existence ... as in the case of the diabetic. Naturally, this system of dieting must provide with unfailing accuracy, the proper amounts of protein, minerals and vitamins essential to good health at all times.

Now, these carefully and scientifically developed Food Exchanges (or, as we call them ... CHOICES) have been adjusted to a reducing diet, making it one that can actually improve your health as well as control your weight.

Q. IF YOU HAVE TRIED OTHER WAYS OF REDUCING WITHOUT SUCCESS ... WHY WILL THE CHOICE-OF-FOODS DIET SOLVE YOUR WEIGHT PROBLEM? 5



A. *Weight control normally involves just 2 factors:*

the knowledge of a few simple rules of nutrition and your own will power to carry them out. First of all, there's no mystery about why you've put on weight. You've been eating more food than your body burns up ... so, this extra food has turned to fat. You *will* lose extra weight on this safe, sound diet ... because you'll be eating fewer calories ^[2] than needed and will force your body to use the stored fat. You'll find the CHOICE-OF-FOODS DIET is *more* than a way to get rid of excess weight right now. It is a basic guide to good eating habits for anyone ... fat or thin. It will teach you *what foods* and how much of them to eat to get slim and *stay* slim.

Q. IS THIS A MONOTONOUS "SAME FOODS EVERY DAY" DIET ... OR IS IT A VARIED ONE YOU'LL FIND EASY TO STICK TO? 6



A. *The Knox Choice-of-Foods diet offers you a wide variety of good, normal foods ... not extreme or faddish ones, from which to prepare meals you and your family will enjoy. In fact, the only way your family will know you're dieting will be when they see you take smaller portions. A diet that allows you to eat such favorites as steak, baked potatoes, seafood and delicious desserts is one you'll find easy to follow ... even long after you've reached your weight goal.*

Q. DO YOU HAVE TO SPEND TIME COUNTING CALORIES AND WORRYING ABOUT BALANCED MEALS? 7



A. *No, and this is one good reason why you'll find it so easy to stay on the Knox Choice-of-Foods diet.*

It does most of the work for you! As you look at the key to this reducing plan—the CHOICE-OF-FOODS DIET LISTS (shown on [pull-out chart](#) following page 18) you will quickly see that the foods you must eat classify into 6 simple lists. *The foods in amounts indicated in each of these lists are nutritional equals.*

FOR EXAMPLE:

Under the Meat List you will find seven foods ... each one having the *same amount of protein, carbohydrate, fat and calories*—

- Meat and poultry (Beef, lamb, pork, liver, chicken)
- Cold Cuts (Salami, minced ham, Bologna, liverwurst, luncheon loaf)
- Frankfurter

Egg

Fish (Haddock, flounder, bass, salmon, tuna, crab, lobster, shrimp, clams, oysters, sardines)

Cheese (Cheddar type, cottage)

Peanut butter

If yours is the 1200 daily calorie diet ... and calls for 4 of the foods on the Meat List ... just select *any* 4 of the foods you wish (in the quantity indicated) without thinking about calories and you can't go wrong. *The calories have already been counted for you when the list was prepared.*

Q. WHY DOES PROTEIN PLAY SUCH AN IMPORTANT 8 ROLE IN THIS DIET?

A. *Because this particular nutrient is a vital key to feeling, looking and doing your best at all times. The more science proves about protein, the more we know of its importance in the daily diet. Your body can't store protein ... you must have a new supply of it every day to build and renew body tissues. You can readily see, then, why protein is so necessary in reducing diets. Without it, body tissues waste away, muscles sag and pep lags.*

Q. HOW SOON WILL YOU SEE RESULTS ON THIS REDUCING DIET?

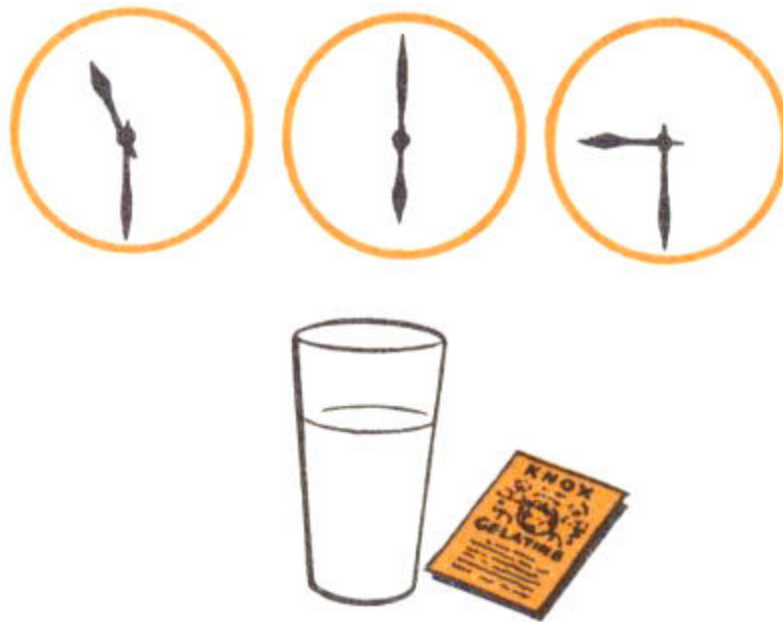


A. *You will lose from one to three pounds^[3] a week.* However, don't be discouraged if you lose slowly at first or if you lose at an irregular rate. Remember, you gained all these extra pounds over a period of time. Give yourself time to lose them.

Q. IF YOU GET HUNGRY ... ARE "BETWEEN-MEAL" SNACKS ALLOWED ON THIS DIET? 9

A. *Yes! Because they not only make dieting more pleasant, they are necessary!* Nutritionally, a "between-meal" snack does two things: gives dieters an "energy lift" needed at late morning and late afternoon. Also, it dulls the appetite, making the dieter content with less food at the next meal. Remember, however, these snacks must be kept within your daily calorie pattern!

Choice-of-Foods diet allows you to have the famous Knox High-Protein Gelatine Drink 3 times a day.



(Yes, this is the same concentrated protein drink doctors have recommended for years ... as a pleasant way to get more protein in the daily diet of persons whose daily intake of this vital nutrient may be inadequate.) In the reducing diet, the Knox Drink works 3 ways:

- 1. It's a wonderfully refreshing and filling "between-meal" treat**
- 2. It curbs your appetite, so you are satisfied with less food**
- 3. It supplies you with *additional protein*, a *must* when you are taking off excess weight.**

Take the Knox High-Protein Drink $\frac{1}{2}$ hour before meals

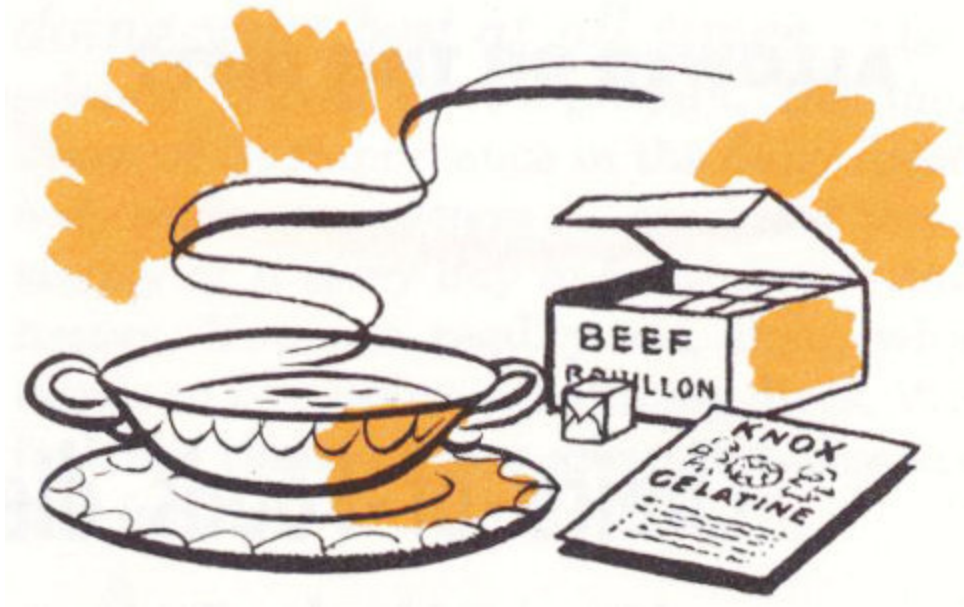
... IN EITHER OF THESE APPETIZING WAYS:

AS A COLD DRINK (WITH FRUIT JUICES)



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

AS A HOT DRINK (WITH BOUILLON)



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

Also, you'll find you have a wide choice of delicious, filling Knox soups, salads and desserts that have so few calories ... *you may have a serving of any one of them a day and not worry about upsetting your daily calorie pattern.* Look for these delicious treats in the [recipe section](#) in back of book.

Q. AFTER YOUR WEIGHT GOAL IS REACHED, HOW WILL YOU KEEP YOUR SLENDER, NEW FIGURE? 11

A. *The sensible eating habits you form while following the Knox Choice-of-Foods diet and the Knox "Booster" Drink will help you do this!* You will find you've lost much of your desire for over-eating. You've seen the dramatic change in your looks and your feelings. You're more attractive, feel younger, healthier, happier. Now you want to stay that way!

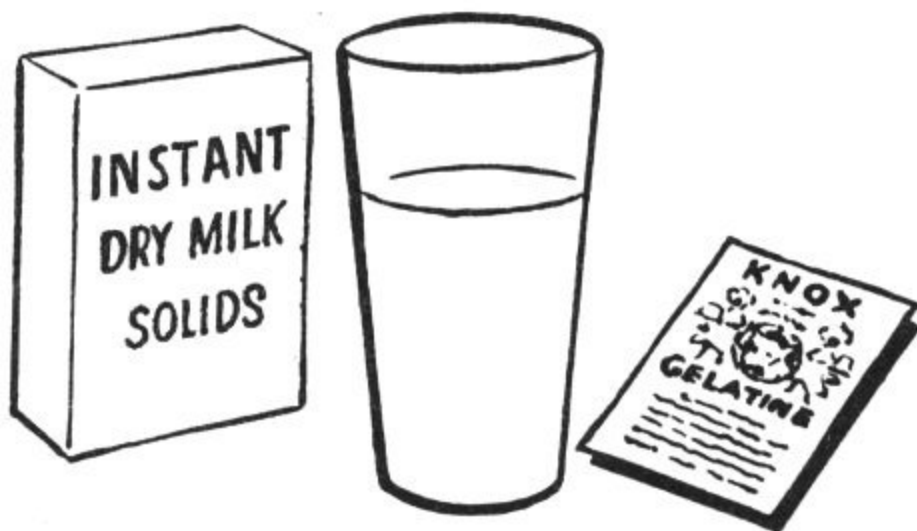
With the loss of excess weight, you are now entitled to more calories. However, always remember, *too many more calories* will put extra pounds

right back on.

Actually, *you can have about ½ as many more calories as your original diet plan called for.* For instance, if you were on the 1200 calorie Knox diet, about 1800 calories is right for you to maintain your new weight.

As you have already learned on [page 8](#), Protein is the vital key to feeling and looking your best at all times ... particularly when you are reducing or *watching your weight* as you are now doing. The Knox High-Protein

“Booster” Drink ^[4] made with milk will not only add about 15 grams of useful, body-building Protein to your daily diet, but will also serve as a healthful curb to your appetite.



Take the Knox “Booster” Drink (with milk) ½ hour before lunch and dinner. In an 8 or 10 oz. dry glass, thoroughly mix 1 envelope Knox Gelatine with 3-6 tablespoons *instant* non-fat dry milk. (Varies with brand.) Fill with cold water. Stir briskly until milk thoroughly dissolves. Drink quickly.

Q. HOW DO YOU GET STARTED ON THE KNOX CHOICE-OF-FOODS DIET? 12



A. FIRST, find your desirable weight on the following chart; **SECOND**, determine the proper number of calories you need to lose weight. **HERE'S HOW:** Let's say you are a woman 5'3" tall and have a medium frame; according to the table you should weigh 128 lbs. Now multiplying this by 10 you will have the recommended daily calories you should have to lose weight properly.

$$128 \times 10 = 1280 \text{ calories}$$



DESIRABLE WEIGHTS: MEN, AGES 25 AND OVER ^[5]

HEIGHT (<i>with shoes</i>)		WEIGHT IN POUNDS (<i>as ordinarily dressed</i>)		
Feet	Inches	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	167-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202



DESIRABLE WEIGHTS: WOMEN, AGES 25 AND OVER ^[5]

HEIGHT (<i>with shoes</i>)		WEIGHT IN POUNDS (<i>as ordinarily dressed</i>)		
Feet	Inches	Small Frame	Medium Frame	Large Frame
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166
5	11	139-150	148-158	155-169
6	0	141-153	151-163	160-174

THIRD, record present weight, weight goal and body measurements on the following chart ... every week record your progress!

YOUR CHECK-UP CHART

Date At Beginning of Diet	_____					
At End of Diet	_____					
Your Desirable Weight	_____					
Your Measurements At Beginning	Week					
	1	2	3	4	5	6
Weight, (pounds)	_____	_____	_____	_____	_____	_____
Bust, (inches)	_____	_____	_____	_____	_____	_____
Waist, (inches)	_____	_____	_____	_____	_____	_____
Hips, (inches)	_____	_____	_____	_____	_____	_____

FOURTH, you're ready to start diet ... and begin planning your meals from the Knox Choice-of-Foods diet lists on the [pull-out chart](#) following page 18.

It's easy to do ... and to show you just *how easy* it is we've done this sample menu for one day based on the 1200 CALORIE PATTERN:

BREAKFAST

Knox High-Protein Gelatin Drink

Made with ¾ cup Orange Juice

Soft Cooked Egg

Buttered Toast

Milk

Tea or Coffee (no milk or sugar)

THIS AMOUNTS TO

1½ Fruit List Choices

1 Meat List Choice

1 Bread List Choice

1 Fat List Choice

1 Milk List Choice

Free Choice

“BETWEEN-MEAL” SNACK

30 Minutes before lunch—Knox Drink made with 1 cup Bouillon (see recipe [page 10](#))—Free Choice (you do not have to count it in your daily calorie pattern).

LUNCH

Vegetable Plate with Minted Carrots

THIS AMOUNTS TO

1 Vegetable List Choice

Spinach, seasoned with vinegar	1 Vegetable List Choice
Celery Hearts	1 Vegetable List Choice
Bread and Butter	1 Bread List Choice
	1 Fat List Choice
Orange Cream	½ Milk List Choice
Tea or Coffee	Free Choice

“BETWEEN-MEAL” SNACK

Knox Drink made with ¾ cup Grapefruit Juice	1½ Fruit List Choices
--	-----------------------

DINNER

Lean Ground Beef Pattie	3 Meat List Choices
Baked Potato with Lean Meat Juices	1 Bread List Choice
Buttered Beets	1 Vegetable List Choice
	1 Fat List Choice
Perfection Salad with Low- Calorie Salad Dressing	Free Choice (you do not have to count this in your calorie pattern)
Banana with Milk	2 Fruit List Choices
	½ Milk List Choice
Tea or Coffee	Free Choice

ALSO NOTE THESE SPECIAL MENU HELPS

- 1.** When a recipe serving is listed as “Free Choice” it means that you may eat 1 serving without having to count it in your daily diet pattern.
- 2.** Use the milk in your meal plan to drink, in coffee, on cereal, or with other foods.
- 3.** Serve vegetables plain or with part of the meat or fat choice for seasoning. You may wish to use together the vegetables, milk, and meat choices in your meal plan. This way you can make soups, stews, or other dishes in which you combine several foods.
- 4.** Measure all foods on the Bread List after they have been cooked.
- 5.** Eat the meat or fish prepared for the family as long as no fat or flour has been added. Meat juices, with the fat removed, may be used with your meat or vegetables for added flavor.

It is important that you measure meat after it is cooked. Bones and extra fat should not be counted in the total weight. Cut off extra fat instead of eating it.

- 6.** When you are on a reducing regime, no matter whether on a 1200, 1600, or 1800 calorie diet, use only the amount of fat permitted in that diet. You may use it in any way you prefer—as a spread, for seasoning foods, in dressing vegetables—but count the fat used in these ways as part of your total allowance for the day.

It is easier to diet when food looks so appealing that you don't miss high-calorie foods or high-calorie extras.

SPECIAL RECIPE HELPS

It may help you to have a list of some foods that are low in calories.

LOW-CALORIE SWEETENERS

Because each teaspoon of sugar gives 20 calories, you can cut them down if you use a sweetener that will not supply any calories.

Low-calorie sweeteners mean sweet taste without calories and without sugar. The recipes in this booklet use saccharin ($\frac{1}{4}$ grain tablets), Sucaryl (tablets or solution), and Sweeta (solution).

1 tablet saccharin Equaled in sweetness by 1 teaspoon of sugar
or
1 tablet Sucaryl
or
 $\frac{1}{8}$ tsp. Sucaryl solution
or
2 drops Sweeta

It is unwise to take more than a reasonable amount (equal to about 12 tablets) as the total in the day's meals.

Liquid non-caloric sweeteners may be added directly to the dissolved gelatine mixture.

Non-caloric sweetening tablets may be crushed and stirred into the dissolved gelatine mixture, or they may be dissolved in small amount of the liquid called for in a recipe, then added.

LOW-CALORIE FOODS

A number of low-calorie canned or bottle fruits, fruit juices, and beverages are now available in many markets. These foods add much interest in low-calorie diets.

Low-calorie foods used in recipes in this booklet include:

- Canned Fruits, unsweetened
- Canned Fruits, non-caloric sweetened
- Canned Fruit Juices, unsweetened
- Canned Fruit Juices, non-caloric sweetened
- Carbonated Beverages, non-caloric sweetened

Skim milk is a low-caloric form of milk which helps with successful weight loss by keeping calories low while food value remains high. Fluid skim milk or non-fat dry milk solids can be used.

Non-fat dry milk solids plus water make skim milk. Follow directions on the package for correct proportions. To reliquefy—measure dry milk into glass; add 1 cup water and stir. Chill.

17

STEPS TO SUCCESS WITH KNOX GELATINE RECIPES

To insure satisfactory jelling, the number of grains of Knox Unflavored Gelatine in each envelope is measured scientifically. Tablespoons vary in size. An “envelope” of gelatine is always an accurate measure.

To soften gelatine in all cold liquids except milk, sprinkle gelatine into $\frac{1}{2}$ cup of the cold liquid. Let stand to soften.

To soften gelatine in $\frac{1}{2}$ cup of cold milk, stir the gelatine into the milk.

To dissolve softened gelatine, stir into hot liquid required in the recipe, or place over hot water and stir until dissolved.

One envelope of gelatine will gel up to 2 cups of liquid.

When solids are added to 2 cups of a gelatine-liquid mixture, up to 2 cups may be added.

MORE GEL-COOKERY HELPS

Fresh pineapple and frozen must be cooked before adding it to a gelatine mixture to insure jelling; canned pineapple can be used as it comes from the can.

When adding solid ingredients, the gelatine mixture is first chilled to the consistency of cold unbeaten egg white from fresh eggs. This prevents the solids from rising to the top or sinking to the bottom of the mold.

To chill the gelatine mixture quickly to the consistency of unbeaten egg white, half fill the lower part of a double boiler with ice and water. Set upper part of double boiler containing the gelatine-liquid mixture over the ice. Stir frequently until it is a smooth, evenly chilled, unbeaten egg white consistency. As an alternative, two bowls may be used instead of the double boiler.

When low-calorie sweeteners are used in the recipe, beat the egg whites stiff but not dry, then fold them in as directed.

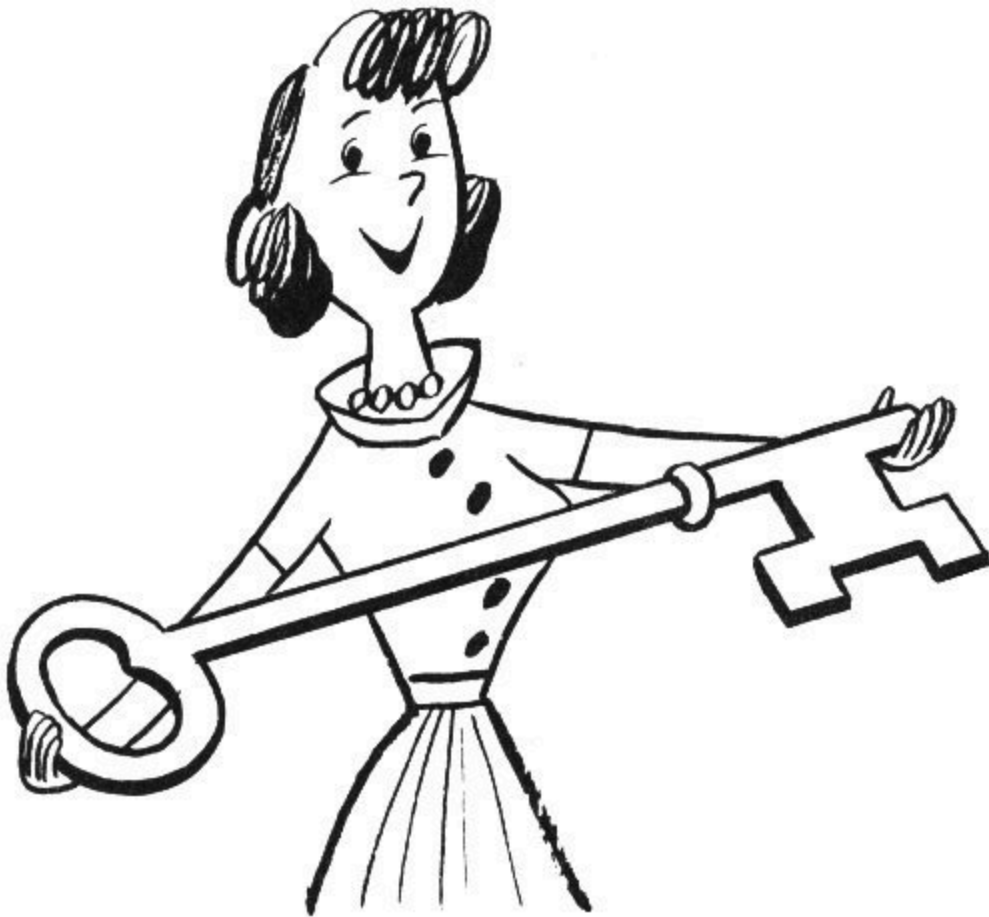
If sugar is used in the recipe when beaten egg whites are added to the gelatine, beat a part of it into the egg whites as in meringues.

HOW TO MOLD AND UNMOLD KNOX GELATINE DISHES

Jellied foods—soups, main dishes, salads, or desserts—can be molded in square, round, or loaf pans, muffin tins, washed tins from canned foods, bowls, cups, glasses, or paper drinking cups. For easy serving, a gelatine mixture may be chilled in serving dishes that will go directly to the table, or it may be spooned from bowls into serving dishes.

To unmold, dip the mold in warm or hot water to the depth of the gelatine—metal molds in warm water, glass molds in hot water. Loosen edge with the tip of a paring knife. Place the serving dish on top of the mold, the two tightly together, and turn upside down. Shake, holding the serving dish tightly to the mold. Carefully lift off the mold. Gelatine may be unmolded at serving time, or even as long as an hour or so before mealtime if the service plate or platter is put back in the refrigerator.

Here's the KEY to the Reducing Plan
**THE KNOX CHOICE-OF-FOODS DIET LIST
CHART**



**KNOX Gel-Cookery is GOOD EATING that's
good for you!**



*On the following pages you'll see tested low-calorie recipes that make reducing (**AND WEIGHT-WATCHING AFTER REDUCING**) a pleasure!*

JELLIED TOMATO BROTH

6 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- 1½ cups cold water
- 1½ cups tomato juice
- ½ teaspoon salt
- 2 teaspoons whole mixed spices

Sprinkle gelatine on ½ cup cold water to soften. Combine the remaining water, tomato juice, salt, and spices. Bring to a full boil. Strain to remove spices. (It is helpful to place whole spices in a tea ball, so that they can be removed without straining the broth.) Stir in softened gelatine until thoroughly dissolved. Serve hot, or chilled to soft jelly consistency.

VARIATION:

Use 1½ cups canned tomatoes instead of tomato juice. Strain before adding softened gelatine.

1 Serving Equals Free Choice

JELLIED BEEF BOUILLON

6 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- 3 cups water
- 3 beef bouillon cubes
- 2 tablespoons strained lemon juice

Sprinkle gelatine on ½ cup cold water to soften. Simmer bouillon cubes in the remaining water until dissolved. Add softened gelatine and stir until

dissolved. Stir in lemon juice. Serve hot, or chilled to soft jelly consistency.

JELLIED TOMATO BEEF BOUILLON

6 Servings

1 Serving Equals Free Choice

1 envelope Knox Unflavored Gelatine
½ cup cold water
2 tablespoons minced onion
1¾ cups fat-free, brown meat stock
1 cup tomatoes
1 tablespoon chopped parsley
dash powdered cloves
½ teaspoon salt

Sprinkle gelatine on the cold water to soften. Simmer onion in meat stock with tomatoes, parsley, cloves, and salt until tender. Strain. Add softened gelatine and stir until thoroughly dissolved. Measure, and if necessary, add very hot water to make 3 cups. Serve hot, or chilled to soft jelly consistency.

VARIATIONS:

Use 2 beef bouillon cubes and 1¾ cups water instead of meat stock, if desired.

1 Serving Equals Free Choice

Use 1 cup tomato juice instead of tomatoes.

1 Serving Equals Free Choice

Use 2 beef bouillon cubes and 1¾ cups water instead of meat stock, and use 1 cup tomato juice instead of tomatoes.

1 Serving Equals Free Choice

JELLIED CONSOMMÉ ... Use reconstituted canned consommé or clarified beef, veal, or chicken stock instead of water, bouillon cubes, and lemon juice.

21

1 Serving Equals Free Choice

JELLIED CHICKEN BOUILLON ... Use chicken bouillon cubes instead of beef bouillon cubes. Season with ½ teaspoon salt, ¼ teaspoon each pepper and mace instead of lemon juice.

1 Serving Equals Free Choice

JELLIED CHICKEN BROTH ... Use 3 cups clarified chicken broth instead of bouillon cubes and water. Season same as Jellied Chicken Bouillon.

1 Serving Equals Free Choice

JELLIED TOMATO CHICKEN BOUILLON

6 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- 2 cups chicken broth
- 1 cup strained tomatoes or tomato juice
- ½ teaspoon salt

Sprinkle gelatine on ½ cup cold broth to soften. Heat the remaining broth, tomato juice, and salt until very hot. Add softened gelatine and stir until thoroughly dissolved. Serve piping hot, or chilled to soft jelly consistency.

VARIATIONS:

Use 2 chicken bouillon cubes plus 2 cups water instead of chicken broth.

1 Serving Equals Free Choice

Use 2 chicken bouillon cubes plus 3 cups tomato juice instead of chicken broth and 1 cup tomatoes.

1 Serving Equals ½ Vegetable Choice

JELLIED MADRILENE

4 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- 2½ cups clear beef stock ^[6]
- 1 medium tomato, fresh or canned
- 1½ tablespoons tomato paste
- 2 tablespoons tarragon vinegar
- ½ bay leaf
- 3 peppercorns
- ½ teaspoon salt
- 1 crushed egg shell

Sprinkle gelatine on ½ cup cold beef stock to soften. Combine the remaining stock, tomato, tomato paste, vinegar, spices, salt, and egg shell. Heat to boiling, stirring constantly, over low heat. Remove from heat. Add softened gelatine and stir until thoroughly dissolved. Let stand 10 minutes. Strain through fine sieve covered with a damp cloth. Serve hot, or chilled to soft jelly consistency.

22

BASIC MAIN COURSE SALAD MOLD

6 Servings

1 Serving Equals 1 Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1¼ cups very hot water

4 tablespoons vinegar
½ teaspoon salt
½ cup diced celery
2 tablespoons diced green pepper
2 tablespoons finely diced onion
1¼ cups flaked, cooked lean fish

Sprinkle gelatine on the cold water to soften. Stir the softened gelatine into the very hot water until thoroughly dissolved. Add the vinegar and salt. Chill to unbeaten egg white consistency. Fold in vegetables and fish carefully. Turn into one large mold (3-4 cup) or 6 small molds. Chill until firm.

VARIATIONS:

Use 1¼ cups flaked salmon.

1 Serving Equals 1 Meat Choice

Use 1¼ cups finely flaked crab meat plus 1 tablespoon mayonnaise. Mix together before folding into gelatine.

1 Serving Equals 1 Meat Choice

Use 3 hard-cooked eggs, chopped, plus 1¼ cups flaked crab meat and 1 tablespoon mayonnaise. Mix together before folding into gelatine.

1 Serving Equals 1½ Meat Choices

Use 1 cup flaked lobster plus ½ tablespoon mayonnaise. Mix together before folding into gelatine.

1 Serving Equals 1 Meat Choice

Use 1¼ cups whole shrimp plus 1 tablespoon mayonnaise. Mix together before folding into gelatine.

1 Serving Equals 1 Meat Choice

Use 1¼ cups flaked tuna fish. Reduce vinegar to 2 tablespoons and salt to ¼ teaspoon.

1 Serving Equals 1½ Meat Choices

CRAB MEAT SOUFFLE MOLD

6 Servings

1 Serving Equals 1½ Meat Choices plus ½ Milk Choice

1 envelope Knox Unflavored Gelatine

½ cup cold skim milk ^[7]

1½ cups very hot skim milk ^[7]

2 egg yolks

1 teaspoon salt

¼ teaspoon paprika

2 tablespoons lemon juice

1 teaspoon prepared mustard

1½ cups cooked, flaked crab meat

Stir gelatine into the cold skim milk to soften. Add the softened gelatine to the very hot skim milk and stir until thoroughly dissolved. Combine egg yolks, salt, and paprika; slowly add the hot mixture. Cook over hot, not boiling, water until mixture thickens, stirring constantly. Cool 10 minutes. Stir in lemon juice, mustard, and crab meat. Turn into one large mold (3-4 cup). Chill until firm.

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VARIATION:

Use 1½ cups tuna or other fish instead of crab meat.

1 Serving Equals 2 Meat Choices plus ½ Milk Choice

SALMON IN TOMATO ASPIC

6 Servings

1 Serving Equals 1½ Meat Choices

- 1 envelope Knox Unflavored Gelatine
- 1 cup water
- ¾ cup tomato juice
- 2 tablespoons vinegar
- ½ teaspoon salt
- ½ teaspoon whole mixed spices
- 1½ cups flaked canned salmon
- ¼ cup chopped celery
- ¼ cup chopped green pepper

Sprinkle gelatine on ½ cup cold water to soften. Combine the remaining water, tomato juice, vinegar, salt, and spices. Bring to a full boil. Remove spices. (It is helpful to place whole spices in a tea ball, so that they can be removed without straining the broth.) Stir in softened gelatine until thoroughly dissolved. Chill to unbeaten egg white consistency. Blend in salmon, celery, and green pepper. Turn into one large mold (3 cup) or 6 individual molds. Chill until firm.

VARIATIONS:

Use 1½ cups flaked tuna fish instead of salmon.

1 Serving Equals 2 Meat Choices

Use 1½ cups flaked cooked white meat fish (haddock) instead of salmon.

1 Serving Equals 1 Meat Choice

Use 1½ cups flaked cooked fatty fish (halibut) instead of salmon.

1 Serving Equals 1½ Meat Choices

CHICKEN PINEAPPLE MOLD

6 Servings

1 Serving Equals 1 Meat Choice

1 envelope Knox Unflavored Gelatine

1³/₄ cups chicken stock ^[8]

1 teaspoon salt

2 tablespoons lemon juice

1 non-caloric sweetening tablet or equivalent ^[9]

½ cup canned unsweetened pineapple, diced

1¼ cups cooked, diced chicken

Sprinkle gelatine on ½ cup cold chicken stock to soften. Heat the remaining chicken stock with salt until boiling. Remove from heat. Stir in softened gelatine until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Chill to unbeaten egg white consistency. Fold in pineapple and chicken. Turn into a small loaf pan or one large mold (4 cup). Chill until firm.

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VARIATION:

Use canned chicken broth or consommé instead of chicken bouillon cubes and water.

1 Serving Equals ½ Vegetable Choice



VEGETABLES MOLDED IN CHICKEN ASPIC

6 Servings

1 Serving Equals ½ Vegetable Choice

- 1 envelope Knox Unflavored Gelatine
- 2 cups water
- 2 chicken bouillon cubes
- ½ teaspoon salt
- ½ cup cooked, drained peas
- ½ cup cooked, drained, diced carrots
- ½ cup diced celery
- ¼ cup diced green pepper

Sprinkle gelatine on ½ cup cold water to soften. Heat the remaining water with bouillon cubes until dissolved. Add salt and softened gelatine and stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Stir in vegetables. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

VARIATION:

Use canned chicken broth or consommé instead of chicken bouillon cubes and water.

1 Serving Equals ½ Vegetable Choice

JELLIED CHICKEN MOUSSE

8 Servings

1 Serving Equals 1 Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1 cup very hot chicken stock
- ¼ teaspoon onion salt
- ⅔ cup chilled evaporated milk, whipped
- 1 tablespoon lemon juice
- 1½ cups cooked diced chicken

Sprinkle gelatine on the cold water to soften. Dissolve the softened gelatine in very hot chicken stock to which onion salt has been added. Cool to unbeaten egg white consistency. Beat with rotary beater until fluffy. Fold in whipped evaporated milk and lemon juice. Blend in chicken. Turn into one large mold (6 cup). Chill until firm.

VARIATION:

Use 1½ cups cooked diced turkey instead of chicken.

1 Serving Equals 1 Meat Choice

CHICKEN VEGETABLE MOLD

6 Servings

1 Serving Equals 1 Meat Choice

1 envelope Knox Unflavored Gelatine
2 cups water ^[10]
2 chicken bouillon cubes
1 cup cooked diced chicken
½ cup cooked or canned peas, well drained
½ cup diced celery
2 tablespoons diced pimiento
1 tablespoon finely chopped parsley

Sprinkle gelatine on ½ cup cold water to soften. Heat the remaining water with bouillon cubes until cubes are completely dissolved. Remove from heat. Stir in softened gelatine until thoroughly dissolved. Chill to unbeaten egg white consistency. Fold in chicken and vegetables. Turn into one large mold (4 cup). Chill until firm.

VARIATION:

Pour a thin layer of gelatine and chicken stock mixture in a loaf pan and chill until almost firm. Meanwhile, chill remaining gelatine mixture to unbeaten egg white consistency. When the gelatine layer is almost firm, arrange 6 slices of chicken on it; add a little more of the gelatine mixture; chill again. Fold vegetables into remaining chilled mixture and carefully place on the jellied chicken slices. Chill again until mold is firm.

1 Serving Equals 1 Meat Choice



JELLIED MEAT SALAD

6 Servings

1 Serving Equals 1 Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 2 bouillon cubes
- 1¼ cups water
- 1½ tablespoons lemon juice
- 1 teaspoon grated onion
- 1 cup finely diced cooked meat
- ½ cup diced celery
- ½ cup cooked or canned peas, well drained

Sprinkle gelatine on the cold water to soften. Combine bouillon cubes with the remaining water, lemon juice, and onion, and heat until bouillon cubes are completely dissolved. Add softened gelatine, and stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Fold in meat, celery, and peas. Turn into a 4-cup loaf pan. Chill until firm. Cut into slices and serve on crisp lettuce.

COTTAGE CHEESE IN TOMATO ASPIC

6 Servings

1 Serving Equals 1 Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1½ cups very hot tomato juice
- 2 bouillon cubes
- 1 cup cottage cheese
- 1 tablespoon grated onion
- 2 drops Worcestershire sauce
- ⅛ teaspoon pepper

Sprinkle gelatine on the cold water to soften. Heat tomato juice and bouillon cubes until cubes are completely dissolved. Remove from heat. Add softened gelatine and stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Blend in cottage cheese, onion, and seasonings. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

BASIC GELATINE SALAD

6 Servings

1 Serving Equals ½ Vegetable Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1¼ cups very hot water

¼ teaspoon salt

¼ cup vinegar or lemon juice

4 to 6 non-caloric sweetening tablets or equivalent ^[9]

1 cup shredded carrots

½ cup cooked or canned peas, well drained

Sprinkle gelatine on the cold water to soften. Add softened gelatine to the very hot water and stir until thoroughly dissolved. Add the salt, vinegar, and non-caloric sweetener. Stir until thoroughly mixed. Chill to unbeaten egg white consistency. Fold in vegetables. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

VARIATIONS:

Use 1¼ cups very hot consommé instead of very hot water.

1 Serving Equals ½ Vegetable Choice

Use 1¼ cups very hot consommé instead of very hot water. Add 1 cup diced cooked meat instead of carrots. Decrease non-caloric sweetener to 1 tablet or equivalent.

1 Serving Equals 1 Meat Choice plus ½ Vegetable Choice

Use 1½ cups very hot fruit juice instead of very hot water. Add fruit such as 1 cup orange sections, ½ cup grapefruit sections, and ½ cup pineapple cubes instead of vegetables.

1 Serving Equals 1½ Fruit Choice

Use 1 cup shredded cabbage, ½ cup cooked carrots, and ½ cup cooked or canned peas as solids. Use vinegar instead of lemon juice.

1 Serving Equals ½ Vegetable Choice

Use 1 cup diced apple and 1 cup drained grapefruit sections as solids. Use lemon juice instead of vinegar.

1 Serving Equals ½ Fruit Choice

Use 1 cup diced cooked beets and 1 cup shredded raw spinach as solids.
Use vinegar instead of lemon juice.

1 Serving Equals ½ Vegetable Choice

Use 1½ cups drained grapefruit sections and ¼ cup coarsely chopped nutmeats as solids. Use lemon juice instead of vinegar.

1 Serving Equals ½ Fruit Choice plus ½ Fat Choice

Use 1¼ cups diced apple, ½ cup diced celery, and ¼ cup coarsely chopped nutmeats as solids. Use lemon juice instead of vinegar.

1 Serving Equals ½ Fruit Choice plus ½ Fat Choice

Use 1½ cups diced cucumber, ½ cup diced celery, and 1 tablespoon grated onion as solids. Use vinegar instead of lemon juice.

1 Serving Equals Free Choice

Use 1 cup peas, 1 scant cup diced cooked carrots, and 1 tablespoon diced pimiento as solids. Use vinegar instead of lemon juice.

1 Serving Equals ½ Vegetable Choice

Use 1 cup peas, ½ cup diced celery, and ½ cup diced green pepper as solids.
Use vinegar instead of lemon juice.

1 Serving Equals ½ Vegetable Choice

QUICK BASIC ASPIC

4 Servings

1 Serving Equals Free Choice

1 envelope Knox Unflavored Gelatine

2 cups water
2 bouillon cubes
2 tablespoons lemon juice
Seasonings such as salt, pepper, parsley, thyme, savory, cloves, or bay leaf, as desired

Sprinkle gelatine on $\frac{1}{2}$ cup cold water to soften. Boil remaining water with bouillon cubes and seasonings until bouillon cubes are completely dissolved. Strain. Add lemon juice and enough hot water to make $1\frac{1}{2}$ cups of liquid. Stir in softened gelatine until thoroughly dissolved. Pour into flat pan, one large mold (2 cup), or 4 individual molds. This aspic may be used as a garnish or as a base for jelling meat, fish, or vegetables.

VARIATIONS:

Use canned bouillon or consommé instead of water and bouillon cubes. Season to taste.

1 Serving Equals Free Choice

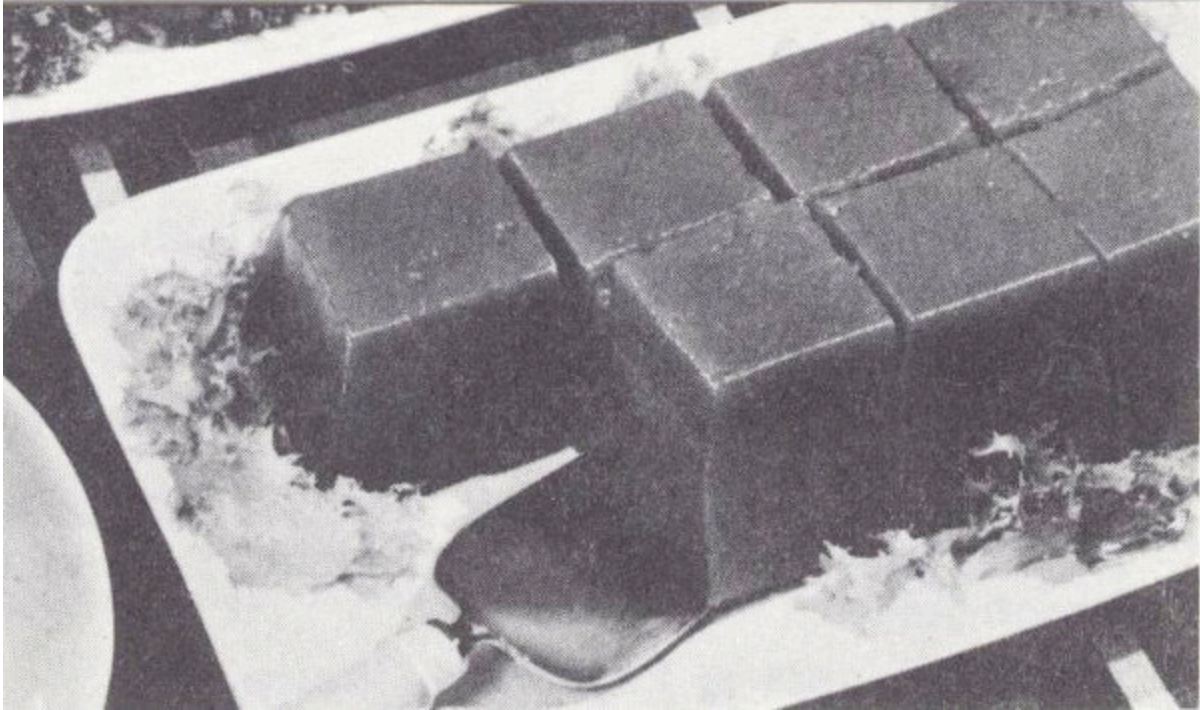
Use beef bouillon cubes and add as solids—1 cup diced leftover meat, $\frac{1}{2}$ cup diced celery, and 2 tablespoons chopped green pepper. Pour into one large mold (3-4 cup).

Makes 6 servings

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1 Serving Equals 1 Meat Choice

Use chicken bouillon cubes and add as solids—1 cup diced cooked chicken and $\frac{1}{2}$ cup diced celery. Pour into one large mold (3-4 cup).



SAVORY TOMATO ASPIC

4 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 2 bouillon cubes
- 1½ cups tomato juice
- 1 tablespoon grated onion
- 2 drops Kitchen Bouquet
- ¼ teaspoon Worcestershire sauce
- ⅛ teaspoon pepper

Sprinkle gelatine on the cold water to soften. Heat bouillon cubes in tomato juice until completely dissolved. Remove from heat. Stir in softened gelatine until thoroughly dissolved. Add seasonings. Pour into one large mold (2-3 cup) or 4 individual molds. Chill until firm.

VARIATION:

Pour into a flat pan to ½ inch depth. Chill until firm. Cut into fancy shapes to use as a garnish for cold meats. Will make approximately 16 such servings.

1 Serving Equals Free Choice

QUICK TOMATO JUICE ASPIC

4 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- 2 cups tomato juice
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ⅛ teaspoon pepper

Sprinkle gelatine on ½ cup cold tomato juice to soften. Heat remaining tomato juice until very hot. Remove from heat. Add softened gelatine, lemon juice, and seasonings. Stir until thoroughly dissolved. Pour into one large mold (2 cup) or 4 individual molds. Chill until firm.

VARIATION:

Use above recipe, but before molding, chill to unbeaten egg white consistency. Stir in 2 cups crisp shredded cabbage. Turn into one large mold (3-4 cup) and chill until firm.

Makes 6 servings

1 Serving Equals Free Choice

ORIGINAL PERFECTION SALAD MOLD

6 Servings

1 Serving Equals Free Choice

1 envelope Knox Unflavored Gelatine
½ cup cold water
1¼ cups very hot water
¼ cup vinegar
1 tablespoon lemon juice
6 non-caloric sweetening tablets or equivalent ^[9]
¾ cup finely shredded cabbage
½ teaspoon salt
1 cup diced celery
1 pimiento, chopped

Sprinkle gelatine on the cold water to soften. Dissolve the softened gelatine thoroughly in the very hot water. Add vinegar, lemon juice, and non-caloric sweetener. Chill to unbeaten egg white consistency. Fold in remaining ingredients and turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

SAVORY QUICK SALAD DRESSING

20 Servings—1 tablespoon each

1 Serving Equals Free Choice

¼ cup lemon juice
1 cup undiluted evaporated milk
½ teaspoon salt

Combine lemon juice, evaporated milk, and salt in screw-top jar. Shake well to blend.



CARROT-ORANGE JELLIED SALAD

6 Servings

1 Serving Equals 1 Fruit Choice

1 envelope Knox Unflavored Gelatine

½ cup cold orange juice

1 cup very hot water

¼ teaspoon salt

3 tablespoons lemon juice or vinegar

9 non-caloric sweetening tablets or equivalent ^[9]

½ cup shredded raw carrot

¼ cup well drained, canned, crushed pineapple ^[11]

½ cup well drained, cubed orange sections

Sprinkle gelatine on cold orange juice to soften. Combine very hot water, salt, lemon juice or vinegar, and non-caloric sweetener. Add the softened

gelatine and stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Fold in carrots, pineapple, and orange. Turn into one 30 large mold (3 cup) or 6 individual molds. Chill and serve.

LOW-CALORIE COOKED SALAD DRESSING

44 Servings—1 tablespoon each

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 2 teaspoons dry mustard
- 2 teaspoons salt
- ¼ teaspoon paprika
- 1⅓ cups boiling water
- 2 tablespoons butter or fortified margarine
- 2 eggs, well beaten
- 4 non-caloric sweetening tablets or equivalent 9
- ½ cup vinegar

Sprinkle gelatine on the cold water to soften in top of double boiler. Mix together mustard, salt, and paprika and gradually add the boiling water. Add this hot mixture and butter or margarine to softened gelatine. Stir until softened gelatine is thoroughly dissolved and butter or margarine is melted. Add gradually to the beaten eggs and return to top of double boiler. Cook over hot, but not boiling, water, until the mixture begins to thicken, stirring constantly. Remove from heat. Add non-caloric sweetener and very slowly stir in vinegar. Chill until slightly thickened. Beat with rotary beater until well blended. Store, covered, in refrigerator. To serve, beat lightly with a fork.

BASIC “GEL” FOR NON-CALORIC CARBONATED BEVERAGES

4 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1½ cups non-caloric carbonated beverage

Sprinkle gelatine on the cold water in top of double boiler. Stir over hot water until gelatine is thoroughly dissolved. Remove from heat. Add beverage and blend. Turn into one large mold (2 cup) or 4 individual molds. Chill until firm.

SPANISH CREAM

8 Servings

1 Serving Equals ½ Milk Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold skim milk ^[7]
- 1½ cups very hot skim milk ^[7]
- ⅛ teaspoon salt
- 2 egg yolks, beaten
- 1 teaspoon vanilla extract
- 8 non-caloric sweetening tablets or equivalent ^[9]
- 2 egg whites, stiffly beaten

Soften gelatine by stirring it into the cold skim milk in top of double boiler. Add the very hot skim milk and salt. Place over boiling water; stir until softened gelatine is thoroughly dissolved. Pour slowly into egg yolks, stirring constantly. Return to top of double boiler; cook over hot, but not boiling, water, stirring constantly, until mixture coats a spoon. 31 Remove from heat. Add vanilla and non-caloric sweetener. Stir to dissolve completely. Chill until slightly thicker than unbeaten egg white

consistency. Fold into beaten egg whites. Turn into one large mold (4 cup) or 8 individual molds. Chill until firm.

CHERRY SPONGE

4 Servings

1 Serving Equals 1 Fruit Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1 one-pound can water packed sour pitted cherries
- 1 tablespoon lemon juice
- 8 non-caloric sweetening tablets or equivalent ^[9]
- 1 egg white, stiffly beaten

Sprinkle gelatine on the cold water to soften. Empty cherries into a saucepan and boil for 5 minutes. Turn into bowl and beat with rotary beater until broken up in fine pieces. Measure and if necessary, add very hot water to make 1¼ cups. Add softened gelatine, lemon juice, and non-caloric sweetener; stir until softened gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency. Whip with rotary beater until fluffy. Fold in beaten egg white until smooth. Turn into one large mold (2 cup) or 4 individual molds. Chill.

CUCUMBER-GRAPEFRUIT SALAD MOLD

6 Servings

1 Serving Equals ½ Fruit Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1½ cups very hot water
- ¼ teaspoon salt
- 1 tablespoon vinegar

- 3 non-caloric sweetening tablets or equivalent ^[9]
- 1 cup diced, drained grapefruit sections
- 1 cup diced, drained cucumber

Sprinkle gelatine on the cold water to soften. Stir softened gelatine into the very hot water with salt until it is thoroughly dissolved. Add vinegar and non-caloric sweetener. Chill to unbeaten egg white consistency. Fold in grapefruit and cucumber. Pour into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

LEMON GELATINE

4 Servings

1 Serving Equals Free Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 1¼ cups very hot water
- ¼ cup lemon juice

- 6 non-caloric sweetening tablets or equivalent ^[9]

Sprinkle gelatine on the cold water to soften. Stir the softened gelatine into the very hot water until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Pour into one large mold (2-3 cup) or 4 individual 32 molds. Chill until firm.

APRICOT SPONGE

6 Servings

1 Serving Equals ½ Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- ½ cup sieved apricot pulp

1 tablespoon grated lemon rind

1 tablespoon lemon juice

4 non-caloric sweetening tablets or equivalent ^[9]

3 egg whites, stiffly beaten but not dry

Sprinkle gelatine on the cold water to soften in top of double boiler. Dissolve softened gelatine thoroughly over hot water. Stir in apricot pulp, lemon rind, lemon juice, and non-caloric sweetener. Chill until thickened but not firmly set. Whip with rotary beater until fluffy. Fold in beaten egg whites. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

VARIATION:

Use ½ cup sieved prune pulp instead of apricot pulp.

1 Serving Equals ½ Meat Choice plus ½ Fruit Choice

JELLIED BLANC MANGE



4 Servings

1 Serving Equals ½ Milk Choice

1 envelope Knox Unflavored Gelatine

½ cup cold skim milk ^[7]

1½ cups very hot skim milk ^[7]

¼ teaspoon salt

½ teaspoon vanilla extract

8 non-caloric sweetening tablets or equivalent ^[9]

Few drops of food coloring (optional)

Soften gelatine by stirring it into the cold skim milk. Stir softened gelatine into the very hot skim milk with salt until thoroughly dissolved. Add 33 vanilla and non-caloric sweetener. Tint with food coloring, if desired. Pour into one large mold (2-3 cup) or 4 individual molds. Chill until firm.

VARIATION:

BLANC MANGE WHIP

6 Servings

1 Serving Equals ½ Milk Choice

Add ⅛ teaspoon nutmeg to Blanc Mange recipe. Reduce sweetening and food coloring, if desired. Chill to unbeaten egg white consistency. Beat until fluffy and fine textured. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

LEMON SNOW

6 Servings

1 Serving Equals Free Choice

1 envelope Knox Unflavored Gelatine

½ cup cold water

2 teaspoons finely grated lemon rind

¼ cup lemon juice

1¼ cups very hot water

16 non-caloric sweetening tablets or equivalent 9

1 egg white

Sprinkle gelatine on the cold water to soften. Add lemon rind and lemon juice to the very hot water. Bring to a boil. Remove from heat. Add softened gelatine and non-caloric sweetener; stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Add unbeaten egg white; beat with a rotary beater until fluffy. Place container in bowl of ice or iced water. Beat until mixture begins to hold its shape. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

EGG NOG CHIFFON PUDDING

4 Servings

1 Serving Equals 1 Meat Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- 4 eggs, separated
- ¼ teaspoon salt
- 1¼ cups very hot water
- 10 non-caloric sweetening tablets or equivalent ^[9]
- 1½ teaspoons imitation rum flavoring
- ½ teaspoon grated nutmeg

Sprinkle gelatine on the cold water to soften. Beat egg yolks, adding salt, until light and fluffy. Add the very hot water to egg yolks gradually and cook over simmering water, stirring constantly, until mixture coats spoon. Remove from heat. Stir in softened gelatine, non-caloric sweetener, flavoring, and nutmeg until gelatine is thoroughly dissolved. Chill to unbeaten egg white consistency. Beat egg whites until stiff but not dry. Fold into mixture carefully, blending well. Pile into 4 sherbet glasses. Sprinkle lightly with nutmeg and chill until firm.

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APPLESAUCE WHIP

6 Servings

1 Serving Equals 1 Fruit Choice

- 1 envelope Knox Unflavored Gelatine
- ½ cup cold water
- ½ cup very hot water
- 2 tablespoons lemon juice
- 5 non-caloric sweetening tablets or equivalent ^[9]
- 2 cups cold, unsweetened applesauce

Sprinkle gelatine on the cold water to soften. Stir the softened gelatine into the very hot water until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Blend in cold applesauce. Chill thoroughly until thickened but not jellied. Whip with rotary beater until light. Chill again. Heap into serving dishes.

KNOX BUTTER SPREAD

64 Tablespoons or 192 Teaspoons

1 Tablespoon Equals 1 Fat Choice

3 Teaspoons Equal 1 Fat Choice

- 1 envelope Knox Unflavored Gelatine
- 2 cups skim milk ^[7]
- 1 pound butter
- Few drops yellow food coloring

Soften gelatine by stirring it into $\frac{1}{2}$ cup cold skim milk in top of double boiler. Place over hot water. Stir to dissolve softened gelatine thoroughly. Soften butter. Gradually whip dissolved gelatine and remaining $1\frac{1}{2}$ cups skim milk into butter with rotary beater. Blend in a few drops of yellow food coloring and additional salt, if desired. Pack into 2 one-pound butter cartons or in deep, oblong pan. Cover. Chill until firm.

ORANGE CREAM

6 Servings

1 Serving Equals $\frac{1}{2}$ Milk Choice

- 1 envelope Knox Unflavored Gelatine
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ cup scalded skim milk ^[7]
- 1 egg yolk, well beaten

1 tablespoon grated orange rind
2/3 cup orange juice

4 non-caloric sweetening tablets or equivalent [9]
1 tablespoon lemon juice
1 egg white, beaten stiff but not dry
1/4 cup chilled evaporated milk, whipped

Sprinkle gelatine on the cold water to soften. Stir the softened gelatine into the scalded skim milk until thoroughly dissolved. Slowly beat into egg yolk. Add orange rind; cook over hot water, stirring constantly, until mixture coats spoon. Remove from heat. Add orange juice, non-caloric sweetener and lemon juice. Chill to unbeaten egg white consistency. Fold in beaten egg white and whipped evaporated milk. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

VARIATION:

Use 1/4 cup heavy cream, whipped, instead of 1/4 cup chilled evaporated milk, whipped.

1 Serving Equals 1/2 Milk Choice plus 1/2 Fat Choice

Remember!



The Protein Drink referred to in this book is good for you and your entire family. It is made with Knox Gelatine ... pure, finest quality gelatine that is all protein—no sugar ... unlike factory-flavored jell desserts, which are about $\frac{7}{8}$ sugar and $\frac{1}{8}$ gelatine.

LITHO IN U. S. A.

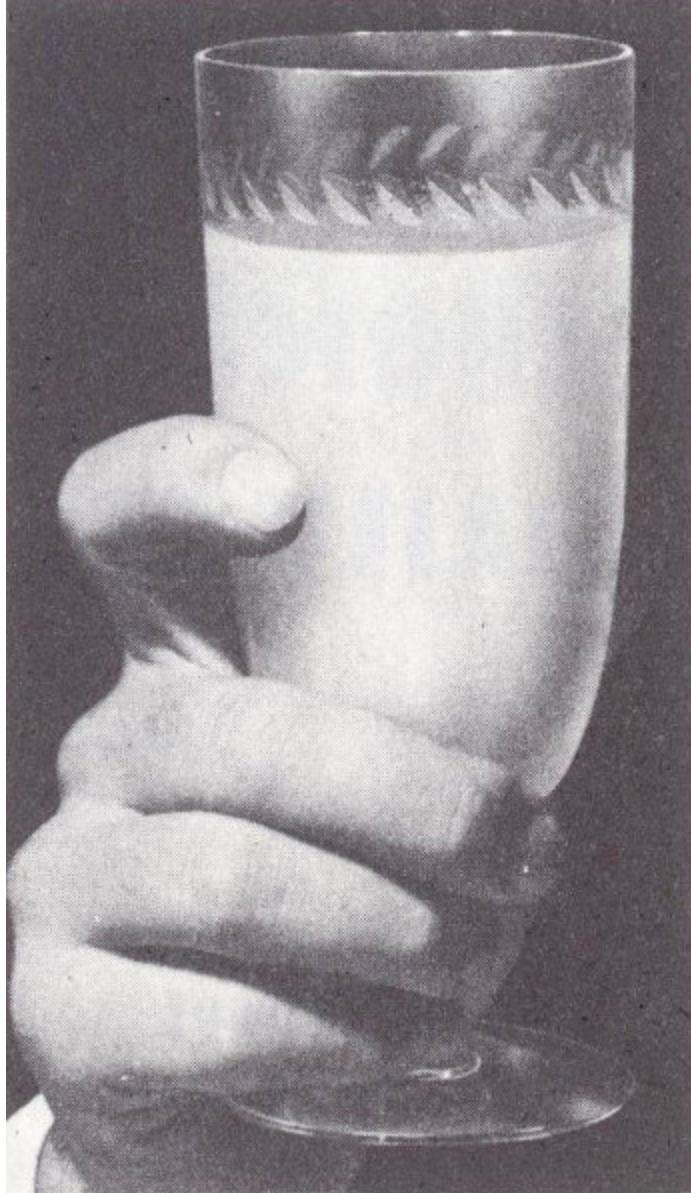
DOCTORS OFTEN RECOMMEND KNOX 36 FOR OTHER SPECIAL DIETS SUCH AS

diabetic, peptic ulcer, convalescent, low-salt and others. In every package of Knox Gelatine there is a list of special diet booklets, FREE for the asking.



**KNOX, THE REAL GELATINE
ALL PROTEIN—NO SUGAR**

**SO IMPORTANT TO
GETTING YOUR WEIGHT DOWN
... AND KEEPING IT DOWN!**



KNOX HIGH-PROTEIN GELATINE DRINK

- ★ *It's a wonderfully filling, refreshing drink*
- ★ *It'll curb your appetite, so you'll be satisfied with less food*
- ★ *It'll give you additional Protein ... a must in reducing and weight-watching diets*

**★ SEE DIRECTIONS FOR MAKING KNOX DRINK—INSIDE
FOLDER ... UNDER “BETWEEN-MEAL” SNACK LIST**

Follow it and see how easy it is to lose those extra pounds ⇒

FOOTNOTES

[1] See [Choice of Foods Chart](#).

[2] *Calories indicate the amount of energy a certain amount of food will supply.*

[3] *If your physician wants you to lose faster than this he will tell you how many total calories you should have each day.*

[4] *112 to 130 calories—varies with brand milk used.*

[5] *Courtesy, Metropolitan Life Insurance Co.*

[6] *Use 3 beef bouillon cubes plus 2½ cups water instead of beef stock, if desired.*

[7] *Use ½ cup non-fat dry milk solids reliquefied with 2 cups water for skim milk.*

[8] *Use 2 chicken bouillon cubes and 1¾ cups water instead of chicken stock, if desired.*

[9] See [page 16](#) for kinds and amount of sweeteners to use.

[\[10\]](#) *Use 2 cups chicken stock instead of water plus bouillon cubes, if desired.*

[\[11\]](#) *Unsweetened or canned with a non-caloric sweetener.*

KNOX

CHOICE-OF-FOODS DAILY DIET LISTS ^[a] for

1200 CALORIE DIETS

1600 CALORIE DIETS

1800 CALORIE DIETS

IMPORTANT! To achieve your weight goal ... *your daily diet must include foods from each of the lists shown ... in the exact amounts indicated for your particular calorie pattern.* Your calorie pattern requirements are indicated in the same color in each list. 1200 calories (red), 1600 calories (blue), 1800 calories (green).

You may eat these foods any time of the day you wish ... however, it's advisable to divide them into 3 equal meals.

MEASURE CAREFULLY ... USE STANDARD MEASURING CUPS AND SPOONS

^[a] *The Food Exchange Lists shown in this book are based on material included in "Meal Planning with Exchange Lists" prepared by Committees of the American Diabetes Association, Inc., and The American Dietetic Association in cooperation with the Chronic Disease Program, Public Health Service, Department of Health, Education and Welfare.*

VEGETABLE LIST

Each of the following food choices contains little carbohydrate, protein or calories.

1200 CALORIE DIET · Choice of any number

1600 CALORIE DIET · Choice of any number

1800 CALORIE DIET · Choice of any number

In Raw Form, Size of Serving Unlimited; Cooked, Size Serving ½ to 1 cup.

Asparagus
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Chicory
Cucumber
Escarole
Eggplant
Lettuce
Mushrooms
Okra
Pepper
Radishes
Greens:
Beet greens
Chard
Collards
Dandelion
Kale
Mustard
Spinach
Turnip greens
Sauerkraut
String beans
Summer squash
Tomatoes

Watercress

OR You may choose from this vegetable list. Each of the following foods contains 7 grams carbohydrate, 2 grams protein, 35 calories.

1200 CALORIE DIET · Choice of any 2

1600 CALORIE DIET · Choice of any 4

1800 CALORIE DIET · Choice of any 4

One Serving Equals ½ cup.

Beets
Carrots
Onions
Peas, green
Pumpkin
Rutabagas
Squash, winter
Turnips

BREAD LIST

Each of the following food choices contains 15 grams carbohydrate, 2 grams protein, 70 calories.

1200 CALORIE DIET · Choice of any 3

1600 CALORIE DIET · Choice of any 4

1800 CALORIE DIET · Choice of any 3

	<i>Amount to Use</i>
Bread	1 slice
Biscuit, roll (2" diameter)	1
Muffin (2" diameter)	1
Cornbread (1½" cube)	1
Cereals, cooked	½ cup

Dry, flake and puff types	¾ cup
Rice, grits, cooked	½ cup
Spaghetti, noodles, cooked	½ cup
Macaroni, cooked	½ cup
Crackers, graham (2½" sq.)	2
Oysterettes (½ cup)	20
Saltines (2" sq.)	5
Soda (2½" sq.)	3
Round, thin	6
Flour	2½ tablespoons
Vegetables	
Beans and peas, dried, cooked (lima, navy, split peas, cowpea, etc.)	½ cup
Baked beans, no pork	¼ cup
Corn	⅓ cup
Popcorn	1 cup
Parsnips	⅔ cup
Potatoes, white	1 small
Potatoes, white, mashed	½ cup
Potatoes, sweet, or yams	¼ cup
Sponge cake, plain (1½" cube)	1
Ice cream (omit two fat choices)	½ cup

MILK LIST

Each of the following food choices contains 12 grams carbohydrate, 8 grams protein, 10 grams fat and 170 calories.

1200 CALORIE DIET · Choice of any 2

1600 CALORIE DIET · Choice of any 2

1800 CALORIE DIET · Choice of any 3

	<i>Amount to Use</i>
Whole milk (plain or homogenized)	1 cup
[12] Skim milk	1 cup
Evaporated milk	½ cup
Powdered whole milk	¼ cup
[12] Non-fat dry milk solids	¼ cup
Buttermilk (made from whole milk)	1 cup
[12] Buttermilk (made from skim milk)	1 cup

You can use the milk on your meal plan to drink in coffee, on cereal, or with other foods.

FAT LIST

Each of the following food choices contains 5 grams fat, 45 calories.

1200 CALORIE DIET · Choice of any 3

1600 CALORIE DIET · Choice of any 3

1800 CALORIE DIET · Choice of any 6

	<i>Amount to Use</i>
Butter or margarine (1 small pat)	1 teaspoon
Bacon, crisp	1 slice
Cream, light	2 tablespoons
Cream, heavy	1 tablespoon
Cream cheese	1 tablespoon
Avocado (4" diameter)	⅛
French dressing	1 tablespoon
Mayonnaise	1 teaspoon
Oil or cooking fat	1 teaspoon
Nuts	6 small

Olives

5 small

FRUIT LIST

Each of the following food choices contains 10 grams carbohydrate and 40 calories.

1200 CALORIE DIET · Choice of any 5

1600 CALORIE DIET · Choice of any 5

1800 CALORIE DIET · Choice of any 5

	<i>Amount to Use</i>
Apple (2" diameter)	1 small
Applesauce	½ cup
Apricots, fresh	2 medium
Apricots, dried	4 halves
Banana	½ small
Blackberries	1 cup
Raspberries	1 cup
Strawberries	1 cup
Blueberries	⅔ cup
Cantaloupe (6" diameter)	¼
Cherries	10 large
Dates	2
Figs, fresh	2 large
Figs, dried	1 small
Grapefruit	½ small
Grapefruit juice	½ cup
Grapes	12
Grape juice	¼ cup
Honeydew melon, medium	⅛
Mango	½ small

Orange	1 small
Orange juice	½ cup
Papaya	⅓ medium
Peach	1 medium
Pear	1 small
Pineapple	½ cup
Pineapple juice	⅓ cup
Plums	2 medium
Prunes, dried	2 medium
Raisins	2 tablespoons
Tangerine	1 large
Watermelon	1 cup

You may use your fruit fresh, dried, cooked, canned or frozen as long as no sugar has been added.

MEAT LIST

Each of the following food choices contains 7 grams protein, 5 grams fat, 75 calories.

1200 CALORIE DIET · Choice of any 4

1600 CALORIE DIET · Choice of any 6

1800 CALORIE DIET · Choice of any 6

	<i>Amount to Use</i>
Meat and Poultry (<i>medium fat</i>) 3-4 Oz. Average Serving (Beef, lamb, pork, liver, chicken, etc.)	1 ounce ^[13]
Cold cuts (4½" x ⅛") Salami, Minced Ham, Bologna, Liverwurst, Luncheon Loaf	1 slice
Frankfurter (8-9 per lb.)	1
Egg	1

Fish: haddock, flounder, bass, 3-4 Oz. Average Serving	1 ounce ^[13]
Serving	
Salmon, tuna, crab, lobster	¼ cup
Shrimp, clams, oysters, etc.	5 small
Sardines	3 medium
Cheese, Cheddar type	1 ounce
Cottage	¼ cup
Peanut butter	2 tablespoons

“BETWEEN-MEAL” SNACK LIST

Each of the following “Between-Meal” snacks is made with Knox—the *real* unflavored gelatine. There are only 28 calories in each envelope of High-Protein Knox.

1200 CALORIE DIET · Take Knox Drink 3 times daily

1600 CALORIE DIET · Take Knox Drink 3 times daily

1800 CALORIE DIET · Take Knox Drink 3 times daily

Take the Knox High-Protein Drink ½ hour before meals as a cold drink (with Fruit Juices). Empty 1 envelope Knox Gelatine in ¾ glass of orange juice, other fruit juices or water, not iced. Let liquid absorb the gelatine. Then stir briskly. Drink quickly. If it thickens, add more liquid, stir again.

OR

As a hot drink (with Bouillon). Sprinkle 1 envelope Knox Gelatine on ¼ cup cold water to soften. Add 1 bouillon cube and ¾ cup boiling water. Stir until gelatine and bouillon cube are thoroughly dissolved. ¾ cup of any very hot broth may be used in place of bouillon.

After you have reached your weight goal ... take Knox “Booster” Drink (with milk) to maintain weight and to supply additional

protein. 1 (8 oz.) glass contains 15 grams protein, 130 calories.

In an 8 or 10 oz. dry glass, thoroughly mix 1 envelope Knox Gelatine with 3 to 6 tablespoons *instant* non-fat dry milk (varies with brand). Fill with cold water. Stir briskly until milk thoroughly dissolves. Drink quickly.

FOOTNOTES

[12]

Skim milk products contain less fat. When used instead of whole milk add 2 fat choices to get the same food value.

[13]

Equals 1 Meat Choice; 3 oz. serving uses 3 Meat List Choices.

For additional copies of this convenient reducing chart to carry in your purse or pocket write:

CHAS. B. KNOX GELATINE CO., Johnstown, N. Y.

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