

ABOUT THE NEW RECIPES

SCATTERED through this book are twelve new Jell-O recipes. Ten of them, at least, are quite wonderful recipes. One is for a whipped coffee jelly and another for an Orange Pekoe jelly. Cocoanut Orange Jell-O, Mint Jell-O with Capers, Shower Salad, Cardinal Salad, Spinach Salad, Salmon Salad—all these are new. Every woman will be interested in making up these delightful new dishes.

Of course all of the old familiar recipes that could not be dispensed with and must go into every Jell-O book, appear in this one. Several of them have been revised to make them, as all Jell-O recipes are meant to be, as perfect as possible.

With this Jell-O book in her possession even the young bride or the housewife who has never learned to cook may always be sure of one fine dish for dinner, for she cannot go wrong with Jell-O. The experienced

cook, using Jell-O, can make daintier desserts than she can prepare in any other way, and they will cost less.

Jell-O is packed in six flavors—Raspberry, Strawberry, Cherry, Orange, Lemon and Chocolate—and is sold by all grocers and in all general stores.

D-ZERTA

D-Zerta is a sugar-free jelly powder similar to Jell-O for the special use of invalids denied sugar. Write for circular.

FOOD VALUE OF JELL-O

Under the heading "Estimates of Food Values" in Practical Dietetics by Miss Alida Frances Pardee the following analysis of Jell-O appears:

JELL-O—Carbohydrates	85.8	yielding	352 calories
Protein	12.2	yielding	50 calories
Vegetable Acid	2.0		
Total Food Value			402 calories

THE JELL-O COMPANY OF CANADA, LIMITED, BRIDGEBURG, ONT.