

of iron and manganese. This efficient blood-builder and reconstructive does not disturb digestion nor induce constipation, and is readily taken by patients of all ages.

KNOX SPARKLING GELATINE.

There is a Knox No. 1 Sparkling (Yellow) package, which is the original, unflavored, unsweetened gelatine that has stood the test of time. It contains two envelopes of pure, plain, granulated gelatine, a separate envelope of vegetable coloring for making fancy desserts and a recipe booklet. This package makes four pints of jelly—enough to serve 25 people, or it is so easily measured that one can make an individual dish. When Knox Sparkling Gelatine is used in the preparation of attractive, appetizing and nutritious desserts, salads, etc., the housekeeper may use her own ingenuity and prepare something different from her neighbor, and the result is an exactly known quality and quantity, because she uses the plain granulated gelatine and adds her own pure flavoring and sweetening.

There is a Knox No. 3 Acidulated (Blue) package, called the "Busy Housekeeper's" package because it saves time, labor and expense. It contains two envelopes of Sparkling Gelatine, an envelope of vegetable coloring and recipe booklet, the same as the No. 1 package. In addition it contains a nextra envelope of lemon flavoring which is used in place of lemon juice and saves the cost of lemons and the time and trouble of preparing them.

This is a very popular package with the housekeepers for the reason that nearly every gelatine dish requires lemon juice and with this package it is furnished in concentrated form ready for use. All that is added is water and sugar and the jelly is ready to mould. This package also makes four pints of jelly—four times as much as the so-called ready-prepared kinds, and the money you save, as well as the high quality of gelatine you receive, will prove to you why the majority of housewives use Knox Gelatine. Bear in mind that everthing in the Knox packages is packed separately so that the housekeeper may use the plain gelatine for gelatine dishes and the color tablet and lemon flavoring for dishes other than gelatine if she so desires.

The use of either package of Knox Gelatine is not limited to desserts. The most tempting salads, delicious candies, dainty jellies and puddings, and frozen ices, and ice creams are a few other dishes one can make or improve with it.

Send for a copy of "Dainty Desserts for Dainty People," which will show you how to make all kinds of dainty, economical dishes. Charles B. Knox Gelatine Co., 1100 Knox Ave., Johnstown, N.Y.