



Food For Thought



TIPS ON TASTE NUTRITION & HEALTH

Celebrating The Birth Of An American Classic

(NAPSA)—In 1890, Charles B. Knox watched his wife Rose go through the tedious process of making gelatine and thought, there must be an easier way to do this.

To make life easier for America's homemakers, Knox developed the world's first pre-granulated gelatine.

Through their keen marketing ability, which involved promotions with racing horses and the first blimp, Charles and Rose Knox introduced the Knox brand to America and changed the gelatine business.

Rose was very interested in both the details of the business and the challenges of expanding the market for gelatine. Throughout the years, she compiled gelatine recipes that appeared on Knox packages, in leaflets and illustrated cookbooks. In 1896, she published her first book, "Dainty Desserts for Dainty People." Millions of copies were sold.

Her recipes also appeared in newspapers and magazines under the heading, "Mrs. Knox says..."

Charles Knox died in 1908, leaving Rose to run the largest gelatine manufacturing company in the country. In 1922, The Pictorial Review described Rose Knox as one of the six greatest women in America.

Rose Knox operated the company for more than 40 years and became America's foremost female industrialist. Upon her death in 1950, her son, James E. Knox, succeeded Rose. Under his direction, the company produced the first pharmaceutical gelatine, used mainly to encapsulate vitamins and medicines.

He was also responsible for the development of a "plasma extender." This intravenous solution was used as a blood plasma substitute during World War II and saved countless lives.

In 1958, James Knox died and his son, John, became president of the company. John carried on the tradition of providing consumers with recipes, but expanded the



Gelatine can be used to create a busy cook's favorite, Knox Easy Chocolate Mousse. This recipe can be prepared in just 15 minutes.

Knox brand name by developing products that focused on diet and nail care.

Today, Knox Gelatine remains a household staple. Many recipes using this staple can be found at www.knoxgel.com.

Easy Chocolate Mousse Makes 8 servings

Ingredients

- 1 envelope Knox Unflavored Gelatine
- ¼ cup cold water
- 1¼ cups skim milk
- ½ cup sugar
- ½ cup unsweetened cocoa
- 1 teaspoon vanilla extract
- 1¾ cups prepared reduced-calorie whipped topping, divided
- Fresh raspberries, chocolate hearts and additional unsweetened cocoa, for garnish

Instructions

• Sprinkle gelatine over cold water in small saucepan; let stand 1 minute. Stir over low heat until gelatine completely dissolves, about 2 minutes.

• Process milk, sugar, cocoa and vanilla in electric blender or food processor until blended. While processing, gradually add gelatine mixture through feed cap, processing until blended. Pour into medium bowl. Blend in 1½ cups whipped topping with wire whisk. Pour into dessert dishes or 1 quart bowl. Refrigerate until set, about 2 hours.

• Garnish with remaining whipped topping, raspberries, chocolate hearts and additional cocoa if desired.

117 calories, 3 g protein, 19 g carbohydrate, 4 g total fat, 3 g saturated fat, 1 mg cholesterol, 24 mg sodium.