

Veal Ring Uses Leftovers Tastily



Jellied Leftovers

A jellied veal ring is an ideal choice for a buffet table. Use the same recipe and substitute turkey leftovers for the veal. It's an eye catcher when filled with tomato and cucumber slices.

JELLIED VEAL RING

Have one veal knuckle cut in three or four places. Combine the knuckle with two pounds diced veal shoulder, one bay leaf, two cloves, two teaspoons salt and one-fourth teaspoon pepper in a large heavy kettle.

Add three quarts hot water, bring to a boil. Reduce heat and simmer, covered, for two hours or until the meat falls from the bone. Remove from heat. Remove the bay leaf, veal knuckle and veal. Strain the broth from the meat and save.

Put the meat through a food chopper (medium blade) with one slice onion and one stalk celery. Cook down the meat stocks until it measures about two cups. Add the veal and two teaspoons Worcester sauce.

Grease a 10-inch ring mold slightly. Pack the meat mixture into ring mold and chill until firm.

The Doctor Says

Virus Diseases Are Mysteries

By EDWIN P. JORDAN, M.D. AMONG THE known virus diseases which attack children are measles and mumps. The symptoms and behavior of diseases such as these are understood quite well.

However, there are some other conditions which are not so definite, but which are probably also caused by viruses. During the last few years, they have broken out among children — and some of them among grown-ups — in a quite astonishing way.

Little is known about these diseases. One of them has sometimes been called the vomiting sickness and in more sedate medical circles "epidemic vomiting and diarrhea."

THERE ARE other curious conditions which seem to spring up from time to time, equally obscure as to cause and treatment. Sometimes the children or grown-ups affected have symptoms similar to those of mild influenza or "flu." Indeed, it is possible that such attacks may be caused by the same virus which is responsible for more typical cases of influenza.

The past 20 years have yielded a great deal of information on many of the virus diseases. There is, however, a long way still to go.

Probably viruses are constantly in us or on us but often lie quiet without producing symptoms. Then under the stress of fever or some other stimulant to a virus it may start producing noticeable trouble.

7th Ward Club Meets

The 7th Ward Democratic Women's Club will meet at 8 p.m. today in the home of Mrs. Herbert Spencer, 1924 N. Talbot St. Plans for the group's Christmas party will be made.

'Ideal' Pair Chosen

The "ideal boy and girl" have been chosen by the Student Council at Crispus Attucks High School. Joan Turner and John Wilson are the students elected.

Paintings Exhibited

There is an exhibit of oil paintings by J. C. Templeton in the Hoosier Salon Galleries. The exhibit opened yesterday and will close Dec. 15.

TOMORROW
—AT THE—

FOOD CRAFT SHOP

10th Floor K. of P. Building
Food & Home Products Demonstration

FRIDAY, DEC. 3, 1:30 P.M.
Navy Mothers Club No. 576

Embroidered Pillow Slip

CARD PARTY

Mrs. Bessie Spear,
Chairman

FRIDAY, DEC. 3, 8:00 P.M.
WOODRUFF DANCE CLUB

Card and Bunco Party

Mrs. Fred L. Huff, Chairman

THE INDIANAPOLIS TIMES

Let's Eat—

'Sweet Tooth'
Caters to
Normal YenSugar Provides
Needed Energy

By META GIVEN

ANYBODY in normal health can easily develop a "sweet tooth." The reason is that such people are active and soon expend their stored up energy. Sugar in sweet food is quickly digested and rapidly passes into the blood stream and supplies the energy the body craves for.

If pure sugar in the form of plain sugar candy is supplied regularly, the body soon becomes accustomed to this pleasant, easy method of replenishing energy and acquires the proverbial sweet tooth.

The best way to supply sweets is to tuck them into foods that are good sources of not only vitamins, minerals and proteins but also fats and cellulose. Lively children and active adults who want candy should be given those filled with fruit, nuts, milk and fat.

SATURDAY'S MENUS

Breakfast

Fruit cup of oranges and grapefruit sections, topped with diced apples

Fried cornmeal mush

Butter and heated syrup

Pancakes with bacon strips

Luncheon

Canned macaroni and cheese

Lettuce, tomato and watercress salad

French bread

Baked stuffed veal shoulder

Asparagus au gratin

Baked acorn squash

Beef roast with gravy

Pasta with meat sauce

Sliced cucumber and green pepper salad

Fruit rolls

Peppermint-stick cream

Pudding sauce

NUTRITIOUS FRUIT BALLS

OR ROLLS

1/2 c. soft dried apricots

1 c. dates

1/2 c. blue or golden raisins

1/4 c. crushed graham crackers

or wheat germ

1/4 c. English walnuts or pecans

16 fortified marshmallows

Pineapple juice

Shredded coconut or chopped nuts

Cream the butter and sugar, add beaten eggs and dry rolled oats. Last, add flour, sifted with soda and cream of tartar. Use one-third cup flour for rolling out the dough. Roll very thin. Place the following date filling between two cookies, cut from thinly rolled dough and bake in a 400 degree F. oven.

Date Filling: One pound fresh dates; one teaspoon vanilla; one cup sugar. Stone the dates and cut up. Add sugar and enough water to cover. Cook till thick, add vanilla and nuts, if you like.

These Will Keep—

If You Hide 'Em

MINCEMEAT COOKIE

One-fourth cup butter, one-half cup sugar, one egg, one cup mincemeat, one and one-fourth cups flour and two teaspoons baking powder. If your mincemeat does not contain nuts, add one-half cup of your favorites.

Cream the butter and sugar; add beaten egg and mincemeat, then stir in the flour and baking powder together. Drop by teaspoonsful on a greased baking sheet and bake in a 400 degree oven for 10 minutes. These will keep if you hide 'em.

FILLED DATE COOKIES

An 8 p.m. business meeting

will be held today in the YWCA by Xi Chapter, Phi Delta Pi Sorority.

Gourmets' Galley—
Full Cookie Jar Adds Zest
To Your Holiday Program

By MARIE McCARTHY

A COOKIE jar, filled of course, is enticing at any time of the year. But it's especially so as the cold winds blow and Christmas is around the corner. Children and grown-ups dip in and nibble with equal gusto.

Nothing could be more festively named than the following cookies. That is just what they are.

PARTY COOKIES

One-fourth pound ground hazel nuts; one-half pound ground almonds and one-half pound granulated sugar. Mix and add to four unbeaten eggs; white. Mix a little sugar and flour in which to dip the fingers. Mold small patties.

Place one-half candied cherry in the center of each patty. Bake on a cookie sheet in 375 degree F. oven. Watch and do not bake too long, as they should be chewy. These are especially good with egg-nog. Another holiday-sounding 'and tasting cookie is that made with mincemeat. It's easy to bake and eat.

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Sorority To Meet

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will be held today in the YWCA by Xi Chapter, Phi Delta Pi Sorority.

Neat, Pretty and Smart

By ERNEST E. BLAU

THE ALTAR SOCIETY of the Immaculate Heart of Mary Catholic Church will hold an open house and tea from 2 to 4 p.m. Sunday in the school building, 57th St. and Central Ave.

The society will display vestments and linens made by the group since the parish was organized.

Men and Women—

Men Eat More Than Women But There's a Reason

By ERNEST E. BLAU

HERE'S A WOMAN in Illinois with such an appetite she has to get up several times a night to raid the refrigerator, and she has eaten enough in a year to feed a family of 10. She's an unusual case—but a man like that wouldn't have been news.

A man, especially an outdoor man, has a food capacity few women can match. A woman no more understands a man's appetite than she understands how a steam shovel works.

Most women are moderate or light eaters, compared to

Teen Problems—

Tips on Thrifty Yule Gifts

Local Family Plans

Holiday In Florida

Dr. and Mrs. Harry Foreman, 3835 Washington Blvd., will spend the Christmas holidays in Fort Lauderdale, Fla. Accompanying them will be their daughter, Julia Anne, who is a freshman at DePauw University.

Another daughter, Flo Mary, a Radcliffe College student, will join them in Florida.

Back From Florida

Harold R. Darlinger, 276 S. Sherman Drive, is home now after a vacation in Key West and Florida.

Christmas gifts on a teen age allowance are a big problem. Newspaper ads and magazine shopping columns are helpful in deciding just what to give Aunt Maggie and Cousin Joe. Joellen Sigman (left) and Lillian Petac are the models in this photo especially selected for The Times. They are students at Beach Grove High School.

Remember, too, that there are social taboos about girl-to-boy and boy-to-girl giving. Expensive and intimate gifts are out, unless a couple is definitely and formally engaged.

Books, records, candy and inexpensive accessories are safest and best. Choose reading matter and music to suit the recipient. Make the eatables or gadgets yourself if you have the knack. It's the personal touch that counts!

YOUR MANNERS—

SITUATION: You make an unannounced call on a friend shortly before meal time.

WRONG WAY: Stay around until you are invited to stay for the meal—and let yourself be persuaded to stay.

RIGHT WAY: Say when you arrive that you cannot stay but a few minutes—and leave when the few minutes are up.

just don't have the same need as men for muscle food.

THE POOR muscular male has to eat more, because he has more to replenish. He has the same basic problem as that prehistoric mastodon, the brontosaurus—whose head was so small in proportion it had to keep browsing practically all the time, or perish.

Many well known and brilliant men have had a special yen for food, and liked to prepare it, too. Paderewski, Caruso, Irvin S. Cobb, Feodor Chaliapin and dozens of other creative men, past and present, liked to stir up a favorite dish.

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