

Meichels

By Norma Barach
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Noodles & Cabbage

Two excellent recipes using cabbage can be found in the cookbook, "From a Kosher Pantry," published by the Orthodox Womens' League of Detroit.

1 tblsp. salt
4 cups cabbage (finely shredded)
1/2 cup oil

1 tsp. sugar
1/4 tsp. pepper
3 cups broad noodles (cooked and drained)

Mix the salt and cabbage and let stand 30 minutes. Squeeze out all the liquid. Heat the oil in a deep skillet. Add the cabbage, sugar and pepper. Cook over low heat 45 minutes or until cabbage is browned. Stir very frequently. Add the noodles and toss to blend thoroughly. Makes 6-8 servings.

Sweet and Sour Cabbage

1 medium red cabbage
1 small apple (peeled, cored and shredded)
salt (to taste)
pepper (to taste)
oil (to cover bottom of pot)

boiling water
4 tblsps. flour
3-4 tblsps. lemon juice
5 tblsps. brown sugar

Shred cabbage very fine. Season with salt and pepper. Add cabbage and apple to oil in pot and brown. Pour boiling water to cover and simmer until tender. Add rest of ingredients. Simmer 10 more minutes. Vinegar may be substituted for lemon juice. More sugar and lemon juice may be added to taste. Serves 6.

Community Calendar

Courtesy of Charlotte Chapter BBW

MAY 1985

- 1 - B'nai B'rith Women Town Hall Meeting
- 2 - Adult Joint Institute
- 5 - Club 23
Jewish Working Women's Forum
- 6 - Chai Meeting
- 8 - Jewish Social Services
- 13 - Chai Meeting
Hadassah Board Meeting
Federation Executive Meeting
JCC Board Meeting
- 14 - Ha Lailah Chapter BBW Meeting
- 15 - Hadassah Meeting
Hebrew Academy Board Meeting
ORT Meeting
- 16 - B'nai B'rith Lodge Meeting
- 17 - Southeast Area Small Cities Federations Conference (thru 5/19)
- 18 - B'nai B'rith Women Mid-Atlantic Regional Conference (thru 5/20)
- 19 - JCC Board Training Institute
- 20 - Chai Meeting
Charlotte Chapter BBW Board Meeting
Federation Board Meeting
- 21 - Ha Lailah Chapter BBW Meeting
- 22 - Federation Women's Division
- 23 - BBW Avodah Council Meeting
- 26 - JCC Picnic/Pool Opening
- 27 - Chai Meeting
Foundation Board Meeting
President's Council
- 28 - Community Relations Committee Meeting

If you want your events on the Community Calendar call Vicki Hopkins, 554-1324.

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Bar/Bat Mitzvahs



Temple Beth El

- May 4 - Lorin Silverman, daughter Mr. and Mrs. Marc Silverman.
- May 11 - Peter Freedman, son of Ms. Della Freedman.

Temple Israel

- May 11 - Michael Goldman, son of Dr. and Mrs. Henry Goldman.
- May 18 - Richard Rosenfeld, son of Mr. and Mrs. Marshall Rosenfeld.
- June 1 - Julie Daumit, daughter of Mr. and Mrs. Gene Daumit.

UJA Sponsors Essay Contest

United Jewish Appeal is conducting the 1985 UJA University Essay Contest, funded by the M.J. Kaplun Foundation. The closing date for submission of entries is Friday, May 31, 1985. The theme for this year's contest is: "JEWS AND JUDAISM: UNION FOR SURVIVAL."

There will be 8 first prizes of a 10 day, full paid trip to Israel. The winners will be offered opportunities to meet some top leaders of

Israeli intellectual life and government and participate in many cultural and educational activities not included in the standard youth tours of Israel. In addition, the winners will receive a commendation stipend of \$500.

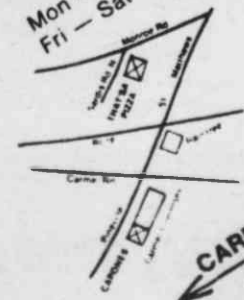
The Essay Contest Prospectus is on the bulletin board at the Armstrong House. For additional brochures, write or call the UJA Creative Programs Department, 212-757-1500.

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