

Meichels

Dairy meals are especially appealing during this hot weather season. You'll find that the tomato and onion quiche is a tasty treat for your next dairy lunch or supper. The corn fritters, with honey dew meleon and cut-up vegetables, are ideal for a quick lunch to serve to the children during these school vacation days.



The tuna fish recipes are perfect for anyone's diet; they are full of protein and low in calories.

TOMATO AND ONION QUICHE

- 4 large tomatoes, peeled & diced
- 1 cup milk
- 1 large onion, diced
- 3 extra-large eggs
- 1 9-inch unbaked pie crust
- 1/2 tsp. salt
- 1/4 lb. grated Muenster cheese
- 1 tsp. dill, minced

Cook tomatoes and onions, cooking down to 1/2 the liquid. Place on top of pie crust in a quiche pan. Beat eggs with milk and salt. Add cheese. Add dill to egg and cheese mixture. Pour egg-cheese mixture over tomatoes. Bake at 400° for 15 minutes. Then bake 20-30 minutes at 350° or until egg-cheese mixture is set. Makes 6 pieces.

CORN FRITTERS

- 1 1/2 cups flour
- 1/2 tsp. vanilla
- 1/2 tsp. salt
- 2 eggs
- 2 tps. baking powder
- 1/4 cup milk
- 2 tbs. sugar
- 11 oz. can drained corn niblets

Add all ingredients and mix well. Put margarine or oil in a fry-pan. When it is hot, drop the corn fritter mixture onto the pan by tablespoonsful. Fry on both sides. Drain on paper towels. Serve with maple syrup or plain.

TUNA QUICHE

- 1 pie shell
- 1 whole grated cheddar cheese stick
- 2 cans tuna fish (6 1/2 oz.)
- 3 eggs
- 3/4 pint sour cream

Prick pie shell; bake before filling, until it is a little brown. Mix all ingredients and put into slightly browned pie shell. Bake, uncovered, at 400° for 45 minutes or until it gets a little hard. Serves 6.

TUNA SOUFFLE

- 1 onion
- 4 oz. swiss or muenster cheese
- 1 pie shell
- 3 eggs
- 2 tbs. oil or melted margarine
- 1 cup non-dairy creamer
- 1 can tuna (6 1/2 oz.)
- 1 tsp. salt

Saute onion in oil or margarine and put in pie shell. Mash up tuna and spread on onion. Break cheese into small pieces and sprinkle on top of tuna. Beat together: eggs, non-dairy creamer, salt. Pour over cheese and bake at 425° for 15 minutes and 350° for 35 minutes. Serves 6.

Special Thanks

Two copies of the Yiddish book, "Lekavod Yom Tov" (Festival Reflections), written by the late Isaiah Chernichovsky, and published in Israel in 1966, have been donated to the Speizman Jewish Library and the Yiddish Vinkl by Miriam Chernoff, his daughter, and Rita Mond, his niece. Mr. Chernichovsky, who served for many years as the principal of the Hebrew Institute in New Haven, Connecticut, was a scholar, author and one of the foremost Hebrew educators in America.

Community Calendar

Courtesy of Charlotte Chapter BBW

AUGUST

- 6 - B'nai B'rith Lodge Blood Drive
- 7 - BBYO
- 8 - Hadassah Board Meeting
Chai-Lites
JCC Board Meeting
- 9 - Federation Executive Committee Meeting
HaLailah BBW Board Meeting
- 10 - B'nai B'rith Lodge Board Meeting
- 11 - Jewish Family Services Meeting
- 15 - Chai-Lites
Federation Board Meeting
- 16 - HaLailah BBW Meeting
- 17 - Hadassah Meeting
Dorothy Gutman Hadassah Meeting
- 18 - BBYO Pool Party
Health & P.E. Meeting
Charlotte BBW Board Meeting
- 20 - Charlotte BBW Pool Party
- 21 - BBYO
- 22 - B'nai B'rith District Institute (thru 8/25)
Chai-Lites
Foundation Board Meeting
- 23 - HaLailah BBW Meeting
Community Relations Committee Meeting
- 24 - B'nai B'rith Lodge Meeting
- 25 - Federation Women's Division
- 28 - B-nai B-rith Lodge "Freeze" Picnic

SEPTEMBER

- 4 - BBYO
- 5 - JCC Health & P.E. Open Meeting
Chai-Lites
- 6 - Hadassah Member Orientation
- 7 - Charlotte BBW Meeting - Personal Giving
HaLailah BBW Membership Tea
B'nai B'rith Lodge Program
Yiddish Vinkl
- 8 - Jewish Family Services

To ensure that all of our organizations have maximum participation at monthly meetings and special events, use the Community Calendar. To place your events on the Community Calendar call Vicki Hopkins, 366-5007.

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PERSONAL

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Library Lines

By Amalia Warshenbrot

The January issue of the "CJN" informed the community how the Speizman Jewish Library "was beginning to look like a library." You should see it now! Thanks go to Lenora Stein, our first librarian, for her tireless efforts and expertise which, along with the generous contributions made by many community families and individuals, enabled us to make this happen.

Amalia Warshenbrot is the new community librarian as Lenora is now working full time with CAJE. The Speizman Jewish Library is open on a self-service basis to the entire community, maintaining the same hours as the JCC office. If the librarian is not in the library, please check with the front desk for entry procedures. To return a book, simply deposit it in the book drop box outside of the library.

We have accomplished a great deal but we are in great need of volunteers. There is much to be done, none of which requires special library experience. Any age (teens and up) can help. Please contact Amalia Warshenbrot, 366-5007. Many thanks to the following volunteers for their continued support: Lillian Felner, Belle Somerstein, Leon Benveniste (from the Chai Group); Lee French, Marilee Kodsí and Mae Goldman.

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