

Veal birds

Make a tasty treat for those on a diet

Not many Americans eat veal, probably because of the high prices being asked for this delicate meat. Our per capita consumption, I am told, is only about 5 pounds a year compared to 114 pounds of beef.

In Italy, veal is generally preferred to beef and it enjoys popularity in France and Germany. The Italians dress the meat up in a wide variety of ways, from vitello tonnato with a sauce of tuna fish and anchovies to parmigiana which consists of very thin slices coated with parmesan cheese.

Veal should be braised or roasted or, if cut thin, sauteed as you do for scaloppini. Since it is very lean, it should never be broiled.

Veal is usually abundant in late winter and spring. At other times of the year, meat sold as veal may be darker in color, a sign that it comes from an older animal than the true veal calf.

America's ultimate grade of veal raised in Wisconsin from Holstein stock and marked "plume de veau" on its outer skin has a creamy white flesh and costs plenty, much more than you ordinarily pay for the standard veal roast.

Veal need not be a prohibitive luxury. If you have the time for lengthy cooking, there are some fine dishes to be made from the shin of the calf, the breast or the strips of meat cut from between the end of the ribs next to the flank.

One of the best reasonable veal dishes is ossi buchi, from the Lombard region of northern Italy. It is made from the shin of very young veal sawn into short chunks and stewed with tomato and white wine.

Weight watchers will find that veal is a good diet dish that comes in many attractive, nonfattening forms. This delicate meat serves, for example, as the base for a tasty dish known as the veal bird. It is true that the cutlet used for this entree is costly, but bear in mind that the one pound called for in the following recipe feeds four people.

2 Tbsp. margarine
1/4 cup chopped onion
1/4 lbs. chopped fresh mushrooms
10 ozs. frozen chopped spinach
1/4 tsp. tabasco
1/2 tsp. dried leaf basil
1/2 tsp. salt
1/2 cup grated parmesan cheese
1/2 tsp. grated lemon rind
1 lb. thin-sliced veal cutlet (8 slices)
1 cup chicken broth
Melt margarine in skillet, add onion and mushrooms and cook till tender. Add thawed spinach, tabasco, basil, salt,

Food determines how we feel

The food that family members eat determines how they feel and act, says Etta Mae Westbrook, University of Tennessee Extension health and nutrition specialist. It's a challenge to the person who plans the meals to help each family member build good eating habits.

Family members can be encouraged to develop good eating practices in several ways:

—Plan meals that include a variety of foods from all food groups.

—Set regular times for serving meals, including breakfast.

—Plan meals and snacks that fit the person. Young children need smaller amounts of food more often. Teenagers need planned snacks for additional nutrients and calories.

—Talk to family members about the foods they want.

—Involve all the family members in meal planning, shopping and food preparation.

Your local Extension office will have additional ideas to help you with feeding your family.

Dig up your glads when leaves show signs of yellowing. Dig them before a hard frost. Store them in a warm, dry place for several weeks, then clean the corns and remove the tops. Save small corns that develop. You can plant them next spring to produce new corns. For winter storage place them in an open paper bag or tray in a cool, dry room.

cheese and lemon rind. Cover and simmer five minutes. Place two tablespoons stuffing on center of each veal slice, roll and secure with toothpicks. Place veal rolls in skillet and add chicken broth. Cover and simmer about 30 minutes till veal is tender. Serves four. Good with chilled dry white wine.



Cherry Bounce revives old customs

By CECILY BROWNSTONE
Associated Press Food Editor

Folks who enjoy reviving the old-time eating and drinking customs of some of the settlers of this country may be interested, this midsummer, in making Cherry Bounce. It's a potent concoction to "put by" when sweet cherries are in season, to serve in later months.

Abigail Adams, wife of John Adams, the second President of the United States, wrote about Cherry Bounce one January in a letter to her sister: "There is a kind of cake in fashion upon this day called New Years

Cooky. This and cherry bounce as it is called is the old Dutch custom of treating their Friends upon the return of every New Year."

Apparently New Englanders also made Cherry Bounce. In her "Yankee Cookbook" Imogene Wolcott offers an old-fashioned recipe for it and adds: "As the lady who gave this recipe used to say: 'Hifalutin people call this cherry cordial, but I say it's cherry bounce.'"

Cherry Bounce may be made with sweet cherries, sugar, spice and brandy.

CHERRY BOUNCE

- 3 pounds fresh sweet cherries
- 1 pound sugar
- 1 cinnamon stick, broken
- 2 teaspoons whole cloves
- 1 bottle (4-5 quart) brandy

Choose perfect cherries; wash, remove stems and dry completely. Do not pit. In a large crock that has a cover, layer the cherries, sugar and spices; add brandy; stir thoroughly. Cover and let stand at room temperature at least 2 months.

PLANTATION BEAUTY TURKEY
GRADE A
49¢ lb.
10-14 lb. HENS

SMOKED HAM
SHANK PORTION
79¢ lb.
BUTT PORTION **89¢** lb.

SELECTO...
BACON lb. **99¢**
SELECTO...
SAUSAGE lb. **59¢**
SELECTO... 12oz. PKGS... EA **69¢**
FRANKS OR BOLOGNA **69¢**
MOM & POP'S OR HOLLY FARMS **1.29** lb.
COUNTRY HAM **1.29** lb.
LEAN BONELESS... **1.29** lb.
STEW BEEF **1.39** lb.
US CHOICE BONELESS... **1.39** lb.
ROUND ROASTS **1.39** lb.
US CHOICE... TOP... **1.39** lb.
ROUND STEAKS **2.59** lb.
US CHOICE... **1.99** lb.
RIB EYE STEAKS **1.99** lb.
PACK-O-10... 8oz... **1.99** lb.
RIB EYE STEAKS **1.99** lb.
WHOLE OR HALF **89¢** lb.
HAMS 19/22 lbs **1.49** lb.
CENTER **1.49** lb.
HAM ROASTS

SWIFTS BUTTER BALL... TURKEYS
69¢ lb.
MARKET STYLE **BACON** **69¢** lb.
5lb. OR MORE... GROUND BEEF **69¢** lb.
1/4 SLICED PORK LOIN **99¢** lb.
SWIFTS PREMIUM... HAM **6.79**

Ingles Holiday FOOD SAVINGS

AD EXPIRES DEC. 24th. QUANTITY RIGHTS RESERVED

CLOSED CHRISTMAS DAY!

64oz. NO DEPOSIT
PEPSI COLA **69¢**
SUGAR CREEK REAL 1/2 GALS
BUTTER **99¢**
5lb. SOUTHERN BISCUIT OR RED BAND
FLOUR **59¢**
MAXWELL HOUSE 1lb. BAG
COFFEE **1.79** lb.
48oz. BOTTLE
WESSON OIL **1.29**
DELTA BIG ROLL PAPER
TOWELS **2.79**

GRADE A LARGE
EGGS **79¢** DOZEN
CRISCO **99¢** 3lb. CAN...
LIMIT ONE WITH A \$7.50 OR MORE ORDER

SEALTEST... 8oz. CUP... **45¢**
ONION DIP KING SIZE... BOTTLE... **99¢**
LIQUID JOY KRAFT... HALF GALLON... **79¢**
ORANGE JUICE KRAFT... 8oz. BAR... **59¢**
CREAM CHEESE DAISY 8oz. PACK... **59¢**
POTATO CHIPS **59¢**

5lb. DOMINO
SUGAR **59¢**
LIMIT ONE WITH A \$7.50 OR MORE ORDER

STOKELY SALE!
303 GOLDEN **CORN** **3\$1.00**
303 CUT GREEN **BEANS** **4\$1.00**
303 FRUIT **COCKTAIL** **2/79¢**
303 BARTLET **PEAR** VALUES **2/79¢**

~ FROZEN FOOD ~
FOX DELUXE... **PIZZAS** **79¢**
FRESH FROZEN 12oz... **COCONUT** **69¢**
MORTON MINI-PIES... 8oz... **4\$1.00**
PUMPKIN OR MINCE MEAT **PET RITZ**... 2PK... **39¢**
PIE SHELLS **39¢**
PET RITZ... 26oz... **89¢**
COBBLERS **89¢**
LARGE... 9oz... **49¢**
COOL WHIP **49¢**
WEAVER CHICKEN **BREAST** **1.99**
WEAVER PARTY PACK **CHICKEN** **1.99**
BOSTON BONNIE GLAZED... **DONUTS** 12 PK **69¢**

RED EMPEROR...
GRAPES **39¢** lb.
FANCY BUNCH...
BROCCOLI **59¢**
US EX-FANCY DELICIOUS...
APPLES RED OR GOLDEN **39¢** lb.

NO. CAR
SWEET POTATOES **5\$1.00** lb.
LARGE SIZE... 150...
TANGERINES **4\$1.00** lb.

8lb. BAG FLORIDA
ORANGES **49¢**

JFG. QUART JAR... **MINI WHISK** **89¢**
LIMIT ONE WITH A \$7.50 OR MORE ORDER