Guess What's Cooking

By REBA MITCHELL

It's blueberry time again. Now is the time to capture the fresh goodness of blueberries to enjoy long after the season has passed.

Fruits and berries are prepared for freezing, packed dry without sugar, with dry sugar, or with a sugar syrup (or a combination of sugar syrup and corn syrup).

The Natural color and flavor of fruits are better retained if the fruits are sweetened before fruits. Blueberries are one of the few that can be frozen satisfactorily without sweetening. They can be used for pies, jams, jelly, and special diets later on.

Freezing Blueberries

Remove all stems, faulty berries, etc. Rinse. Drain all excess water off, by spreading on absorbent paper, so they will not freeze in solid mass.

Pack in moisture-vapor proof containers.

Blueberries may be packed and frozen without washing. When you are ready to use them, place in a colander and run water through; then, drain and proceed with your favorite recipe.

Blueberry Crunch Pie

- 1 pie shell
- 4 cups blueberries Rinse and drain.

Toss gently with:

- 4 tsp. lemon juice then with
- 34 cup sugar
- ¼ cup flour
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ½ tsp. salt
- 1 tsp. grated lemon peel All mixed together.

Turn into unbaked pie shell heaping berries slightly in center. Sprinkle with topping mix, bake 450 degrees, 10 minutes; 350 degrees for 30

minutes. TOPPING:

1/3 cup flour, 1/3 cup quick oatmeal, 3 tablespoons margarine, 1/3 cup brown sugar.

Blend until crumbly. If you like add 1/3 cup coconut and 1/3 cup chopped nuts. Serve warm or cold, with or without ice cream or whipped topping.

Note:

- 1 cup fresh blueberries no sugar 90 calories.
- 1/12 of the above pie no ice cream 145 calories.

ve the right to limit quantities

Tri-County Senior Citizens Menu

June 15-21, 1984

Friday: Fried Flounder, Cole Slaw with Carrots and Green Pepper, Stewed Potatoes, Cornbread, Margarine, Lemon Pudding, Milk.

Monday: Smoked Sausage, Sweet Potatoes, Steamed Cabbage, Biscuit, Margarine, Oatmeal Cookie, Milk.

Tuesday: Lasagna, Tossed Salad, Lettuce, Carrots, Red Cabbage w/Italian Dressing, Green Beans, Italian Bread, Margarine, Sliced Pineapple, Milk.

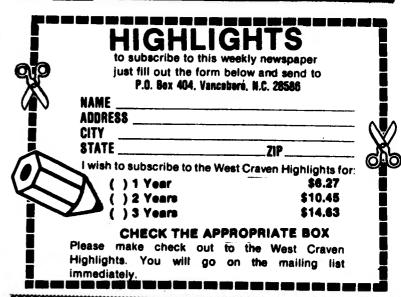
Wednesday: Salisbury Steak w/Mushroom Gravy, Seasoned Steamed Cabbage, Mashed Potatoes, Roll, Margarine, Butterscotch Brownie, Milk.

Thursday: Chicken & Pastry, Turnip Greens, Harvard Beets, Cornbread, Margarine, Peach Halves, Milk.

DRIVERS ! TAKE IT SLOW!



STOPLOOK



Old Fort Milling Company

Custom Feed Grinding * Complete Carnation Feed for all Animals

Swine Premixes Available

Old Fort Milling now handling I.M.S. Premixes from the Mid-West

527-8760 * 523-7421 * 527-4346 Delmas D. Sanders, Owner

Auctioneer License #311

Professional Auction Service

Located in Downtown Fort Barnwell

SUTTON'S SUPERMARKET

We Welcome Wic & Food Stamp Program Ph. 244-0733

We reserve the right to correct error



Hot Dogs 12 oz.	99¢
Smithfield Bacon 1 lb	6446
Center Cut Pork Loin Roast 16	4
End Roast.	A A A A
Pork Chops 16.	
Pork Chops 16.	A B C C
Pork Loin 15.	
Martindale Sweet Potatoes 21/4 size	.79¢
Detergent 22 oz. bottle	\$ 1 29
Salt 26 oz. box	
Treet Luncheon Meat 12 oz. can.	99¢

Crisco Oil 48 oz. bottle	\$289
Star Kist Light Tuna 6½ oz. can	
Mik tall can	
Sno Bowl Cleaner 18 oz. bottle	
Bunker Hill Hot Dog Sauce 10	% oz. can 3/\$1
Carrots 1 lb. bag	
Corn7 Farms	3/\$100