

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 freezing. 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
¼ 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.

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!**



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Star Kist Light Tuna 6 1/2 oz. can **69¢**

Pet Milk tall can **49¢**

Sno Bowl Cleaner 18 oz. bottle **79¢**

Bunker Hill Hot Dog Sauce 10 1/2 oz. can **3/\$1**

Carrots 1 lb. bag **25¢**

7 Farms Whole Kernel Corn **3/\$1.00**

7 Farms Cut Green Beans **3/89¢**