

THE CAROLINIAN

Dear Betty Crocker

Q. I wrap parsnips in aluminum foil and bake them. Can I freeze parsnips in the same wrap? Do they freeze well?

Ms. H.F.M. Morrisville, Vt.

A. Parsnips will keep frozen for a year. For best results, take them from the aluminum foil and place them in freezer containers or bags allowing extra space for them to expand during freezing.

Q. I care for elderly people in their homes and find many old cans and jars of spices. Do spices become unsafe or lose their flavor after a long period of time?

L.D. Lewiston, Ill.

A. Most spices don't become unsafe, but ground spices lose their

flavor after two years and whole spices after four years. Red pepper is an exception. It will keep one year at room temperature or two years refrigerated and is subject to infestation when storage is longer than the recommended times.

Q. I make iced tea by brewing it with sugar and cooling to room temperature before refrigerating. Then, it becomes cloudy. What can I

do to avoid this?

Ms. M.H. Johnstown, Pa.

A. Make clear tea by placing tea in cold water in a glass container; cover and refrigerate for 24 hours. Or, use boiling water and don't steep longer than 3-5 minutes. Cool to room temperature and pour over ice cubes. If tea does become cloudy, pour a little boiling water into it to clear.

Do you have a question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the Week: Dress up sweetened fresh fruit such as strawberries or peaches by squeezing the juice of half a lemon or orange over fruit.



Drop a thimble over the center tube in a percolator coffeepot before adding ground coffee, that way grounds won't fall in the water.

Drive Safe!

EXTRA LOW PRICES

Food Lion wishes you a safe and Happy Fourth Of July!
Prices in this ad good thru Sunday, July 9, 1989.



BONELESS SIRLOIN STEAK

\$2.98
Lb.

USDA Choice Beef

USDA CHOICE

1 Quarter Inch Trim (USDA Choice Beef)
FILET MIGNON STEAK
\$5.99 Lb.

USDA Choice Beef
T-BONE/PORTERHOUSE STEAK
\$4.59 Lb.

Red Ripe
WATERMELONS
\$2.99 Each

Cut Halves & Quarters..... Lb. .19

Let's Chat

BY MABEL B. JORDAN

BEING YOUR OWN BEST FRIEND

Sing. Nothing cheers the spirit like a lively song. Spend time with other believers. Be a friend to others. Contact a forgotten friend. Let other people know your needs. We all have needs. Take care of your health. Do something nice for yourself. Humor yourself. Learn to forgive. Friendship with ourselves is founded on a right relationship.

Elizabeth Erlundson

SHOW YOUR APPRECIATION

Want to light a glow in someone's heart and feel the warmth of it in your own? Then show your appreciation.

Ruth S. Peale

EXPRESSED AFFECTION

Expressed affection is the best of all methods to use when we want to light a glow in someone's heart and to feel the warmth of it in your own.

Ruth Peale

MEMORIES

We must always have old memories and young hopes.

Ronald Reagan

LOVE

Love is a fruit in all seasons, and within the reach of every hand.

Mother Teresa

HEIGHT

Never measure the height of a mountain until you have reached the top. Then you will see how low it was.

Dag Hammarskjold

REACH FOR A MEMORY

One of the greatest things we possess is our memory. If we use this gift in a positive way to relive the happy time rather than grieve its passing, we can be cheered on the bleakest of days.

Stephanie C. Oda

ENTHUSIASM

Flaming enthusiasm, backed by horse sense and persistence, is the quality that most frequently makes for success.

Dale Carnegie

FEELINGS

Feelings are everywhere. Be gentle.

J. Masal

HARMONY

In all areas of human relationship we can control our feelings and exercise harmony. As we keep poised we are not overly sensitive to hurts. We are not involved in friction and unpleasantness. We can bring harmony and understanding to the places where we are and to all those whose lives we touch.

Pruden Jackson

CHARACTER

Character is a diamond that scratches every other stone.

Pruden Jackson

GENTLENESS

There is nothing stronger in the world than gentleness.

E. Jones

WORK

No one hates a job well done.

Loyola Perry

EXPECTATION

Expectation is one of the most powerful factors known to the human mind. All persons who have done great things in this world have been those who had dreams, they had hopes; they had goals. And they made those goals into expectations; and the expectations came to pass.

Dr. Norman V. Peale

DISCIPLINE

Discipline is not what you do to someone, it is what you do for someone.

Lou Holtz

LESSON

Take a lesson from the mosquito. She never waits for an opening—she makes one.

Kirk Kirkpatrick

FORGIVENESS

Let us always be forgiving so that we can move forward on an upward path of life. Forgiveness reduces struggle and stress. Forgiveness clears the way for successful relationship and happenings.

Dorothy Pierson

COURAGE

We must have courage to deal with challenging situations and people. We have been fortified with a mighty courage empowering us to live a victorious life, a life that is based on guidance and instruction.

Enid Foreman

Grade A
WHOLE FRYERS
69c Lb.

Holly Farms
Grade A
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49c Lb.

Sweet Northwest
BING CHERRIES
99c Lb.

Package
South Carolina
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Your Choice
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Salmon Or
SHARK STEAK
\$3.98 Lb.

Halibut Or
SWORDFISH STEAK
\$4.98 Lb.

2 Liter
PEPSI COLA
• Caffeine Free Pepsi • Diet Pepsi
• Caffeine Free Diet Pepsi
99c
Mtn. Dew, Diet Mtn. Dew \$1.09

Deli Bonus Buy!

Fourth Of July Picnic Package
12 Pieces Of Golden Fried Chicken, 2 Lbs. Of Potato Salad, 2 Lbs. Of Baked Beans, 1 Dozen Snowflake Dinner Rolls. Each
\$12.99
"Good at deli/bakeries only."

Tart Tangy
LIMES
8/\$1

16 Oz. - Van Camp's
PORK & BEANS
2/89c

8 Oz. - Reg./Ripple
Food Lion
POTATO CHIPS
89c

Half Gallon - Food Lion
FROZEN YOGURT
\$1.99

16 Oz. - Green
APPLE SAUCE
3/\$1

Large Roll - Designer/
Microwave Paper Towels
BOUNTY
79c

5 Lb. - Frozen French Fries
INTERSTATE POTATOES
\$1.39