

Serve The Blueberry Many Ways

By JOYCE TOTTON

Blueberries parade the market place, just waiting to be purchased and turned into a prize dish. Some may receive the cold treatment and be frozen for future use. Others get a little warm being turned into blueberry jam.

Sometimes the terminology used for spreads is confusing. For example, a blueberry conserve or preserve would be made from the pulp, skins, and juice of one or more fruits and sugars. Nuts and raisins are often added.

Marmalade contains the pulp and skin of fruits as well as juice and sugar. It is usually quite thick.

Fruit butters are made by pressing fruit pulp through a sieve, then cooking it with sugar and often spices until it can be spread.

BLUEBERRIES are refreshing when served in a water-melon boat with a mixture of other fresh fruits. I enjoy the flavor the blueberry adds to pancakes and muffins.

The modern popularity of blueberries has prompted venturesome cooks to dream up a variety of versions of refreshing desserts. Keep these recipes in mind for use during the peak of the blueberry season.

BLUEBERRY SHORTCAKE
2 c. fresh blueberries
1/2 c. water
1/2 c. sugar
1/2 t. angostura bitters
1 pkg. scones mix
Wash fresh blueberries. Place half the blueberries in saucepan with water, sugar and angostura bitters. Simmer for 15 to 20 minutes. Remove from heat and let cool slightly. Add rest of whole fresh berries and chill. Bake scones mix according to directions, patting dough into a square. While still warm, split and spoon blueberry sauce over center and top layers. Top with sweetened whipped cream, if desired.

BLUEBERRY TEA CAKE
17. shortening
1 c. sugar
1 egg
1/3 c. milk
1 1/4 c. sifted flour
2 t. baking powder
1/2 c. blueberries
Cream shortening, sugar and egg. Sift flour with baking powder. Add the dry ingredients alternately with the milk. Mix well. Carefully stir in the blueberries. Grease and flour a layer cake pan. Bake at 375 degrees 20 to 25 minutes. Yield: 8 servings.

BLUEBERRY DESSERT
Vanilla wafer crumbs
1/4 lb. butter
1 1/2 c. powdered sugar
2 eggs
1 can blueberry pie filling
1/2 c. finely chopped nuts
1/2 pt. whipping cream
First layer: Butter bottom of 8 x 8 pyrex pan and scatter finely crushed vanilla wafer crumbs over entire pan. Second layer: Beat together butter, powdered sugar, and eggs and pour over crumbs. Third layer: Blueberry pie filling. Fourth layer: Finely chopped nuts. Fifth layer: Whipped cream. Sixth layer: Scatter vanilla wafer crumbs over top and set in refrigerator over night. Note: You may choose fresh blueberries instead of using the blueberry pie filling. Any blueberry pie recipe would give you the proportion of ingredients to use.

Rolling Rollers

To help keep large rollers from dropping out of your hair around your face and neck, place a headband around your neck before rolling up your hair on the large rollers.

As soon as you have finished setting your hair, pull the headband up around the bottom rollers at the neck, ears, and forehead. This keeps rollers from dropping out. This hint is especially handy for the woman who has fine hard-to-manage hair.

Artificial Sweetens Pass Safety Tests

During the last few years the use of artificial sweeteners and artificially sweetened foods has skyrocketed. And increasing numbers of calorie-conscious consumers are asking whether such products are safe to use.

The U. S. Food and Drug Administration (FDA) says that no scientific evidence has shown artificial sweeteners to be a hazard to man's health.

Scientists have periodically reviewed the safety of artificial sweeteners for more than a decade. Products have undergone extensive toxicity testing, and they are listed among the additives "generally recognized as safe" by scientists in and out of the FDA.

ESTHER BROWN, University of Illinois nutrition professor, explains that the most commonly used artificial sweeteners are saccharin and cyclamates. Both chemicals are white, crystalline, odorless powders with a very sweet taste -- saccharin, 500 times sweeter than sugar; and cyclamates, 30 times sweeter than sugar.

When first introduced, artificial sweeteners were used primarily in the diets of diabetics. But today, not only those with special diets, but also so many normal, healthy people, including children, are eating and drinking artificially sweetened products. Cyclamates are used as sugar substitutes in many soft drinks, desserts and a variety of other products being promoted for their low-calorie content to a weight-conscious society.

Animal studies have shown that growth retardation may occur in rats and pigs fed high levels of cyclamates--3 to 10 percent of the diet. The FDA says such levels are unrealistic for even the most conscientious human calorie-counter.

You Can Hold Down The Cost Of Moving

All "full service" movers will come into your house and completely pack your belongings at the beginning of the move and unpack at the other end.

However, moving specialists of Aero Mayflower Transit Company point out that you can help reduce the cost of your move by handling the packing and unpacking of unbreakables yourself. But be sure to do it in easy stages.

Another potential money-saver in a local move is knowing exactly where each piece of furniture is to be placed in the new home. As with most things, in local moving, time is money and every delay in unloading means a higher cost.

Soap Is Best Cleanser For All Ages

There is no better way to begin your day than with the fresh bright feeling of washing your face with soap and water.

Far too many women reluctantly give up soap at the age of 25 or 30 with the erroneous idea that it is too drying for their skin.

Sure, you better give up your teen years strip-the-oil soap, but you don't have to give up soap and water cleansing.

Instead go all the way back to babyhood and borrow a bar of pure castile baby soap. After a gentle baby soap washing, your skin will feel dewy soft and baby smooth because baby soap rinses right away and doesn't leave a residue to make your skin feel tight and dry.

Jelly, Spice Perk Up Lamb Kabobs



On sizzling summer evenings, broiling or cooking on the outdoor grill is the answer to the party-giver's plight. Spiced Jelly Lamb Kabobs with Almond Rice, slightly exotic, offer a gourmet treat for guests.

Since so much of the preparation can be done early in the day, the kabobs are easy on the hostess. Too. Apple jelly, aromatic spices and delicate lamb are the secrets of this party success.

Spiced Jelly Lamb Kabobs With Almond Rice
1 jar (10 ounce) apple or currant jelly (about 1 cup)
1 clove garlic, minced
1/2 teaspoon each ginger, coriander and salt
1/4 teaspoon each ground cloves and pepper
2 tablespoons vinegar

To prepare kabobs. Combine jelly, garlic, ginger, coriander, cloves, salt, pepper and vinegar; heat slowly until jelly melts. Four over lamb cubes. Cover; marinate in refrigerator 1 to 2 hours. Drain meat. Save marinade. Alternate lamb cubes, onion halves and orange chunks on 4 long skewers. Brush with marinade. Broil 3 to 4 inches from heat until meat is the desired degree of doneness, 12 to 15 minutes. Turn skewers once during broiling. Stir coriander into remaining marinade; blend well. Cook until clear and thickened. Serve over seasoned or almond rice. Yield: 4 servings.

Help When Moving

Don't forget the children when moving to a new home! No, there's little chance you'll leave them behind, but in the hectic period of preparation prior to the move, too often the misgivings of the younger fry about the move and their unhappiness about being uprooted are overlooked.

A nationwide moving firm passes along some tips on making the transition from one home to another easier for children. The firm reminds parents that children are much more conservative in their reactions to new situations than adults.

First, notify your children early about the move. It should be treated not as a rude awakening, but as anticipated fun and a trip to new worlds of delight.

Next, count the children in when planning the move and explain the reasons for the move patiently.

MAKE SURE you notify your children's teachers about the move and get transcripts of their school records, their medical records and, if the move takes place during a school year, a summary of work done during the year so far. This will make the first days in the new school go more smoothly.

On moving days, have the

younger children taken care of by a relative or close friend. Have the older children help you with the packing beforehand, especially their own belongings.

In your new home, encourage children to bring their new friends home with them, even if things are not yet in good order.

Finally, parents should make sure that their own attitude towards the move, spoken or unspoken, is a positive one. A study by the National Institute of Mental Health of families who moved frequently found that where unhappiness existed among children, it tended to reflect the misgivings of at least one of the parents to the move. Where parents expressed enjoyment at the prospect of moving to new places, traveling or changing jobs, children tended to make a good adjustment.

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