At Home With Trudy McNall

Blueberries

(Trudy McNall is seen daily, Monday through Friday, on "Home Cooking" from 9:30-10 a.m. on WROC-TV).

Blueberries are ripening — a luscious dark-blue jewels — a crop amounting to more than 60,000,000 pounds of both cultivated and wild berries. Baskets of big, plump, cool looking berries are a mouth-watering sight on the fruit stands these days, so serve them often and in a variety of ways.

They are delicious when chilled and served in cantaloupe or honeydew melon cups, refreshing on ice cream and cereals or add them to fruit salads for pleasant eating on hot summery days.

Blueberries are as American as Plymouth Rock, for they were an important item in the Indians' diet long before the white settlers arrived. The Indians not only ate them fresh but dried them. These berries grew wild and are now known as the cultivated blueberry result of years of crossbreeding.

Blueberries are sometimes known as huckleberries. It is true they are related but they are not the same thing. If you grew up in the Middle West, you may have gone "huckleberrying." The name "blueberry" and "huckleberry" are often used interchangeable. There's a difference, however. Huckleberries have about a dozen rather large, bony seeds and are almost black. Blueberries are distinctly blue and have seeds so delicate that they aren't noticed when you bite into a berry. Huckleberries have never been cultivated and are smaller than the blueberry.

FRESH BLUEBERRIES, LIKE MOST OTHER BERRIES ARE HIGHLY PERISHABLE. The sooner after purchase they are used, the more plump and delicious they will be. They should be refrigerated until ready to use. Do not wash them until you are just ready to serve. Since any fruit or vegetable loses moisture in the average refrigerator it is a good idea to put the boxes of blueberries in film bags to prevent evaporation.

BLUEBERRIES ARE SO DELICIOUS NO MATTER HOW YOU SERVE THEM. Fresh and uncooked you can eat them by the handful with with no trimmings whatsoever, and that way the caloric value is so little, just about 30 calories for a half cup. Did you ever try blueberries over your favorite cereal? They're delightful. Stir some blueberries into muffins, cakes, pancakes or waffles. Here are some of my favorite blueberry recipes to tempt your appetite.

Fresh Blueberry Melba
(As pictured)

1 pint fresh blueberries
6 small scoops vanilla ice cream
1 c. fresh raspberries
3 T. sugar
2 T. lemon juice
Dash salt

Wash blueberries and divide equally among 6 sherbet glasses. Top each with a scoop of vanilla ice cream. Wash raspberries and put through a sieve. Measure. There should be ¾ cup. Blend in sugar, lemon juice and salt. Spoon over ice cream and blueberries. Yield: 6 servings.

Fresh Blueberry and Pineapple Salad

1½ c. fresh pineapple wedges
1½ c. fresh blueberries
French dressing
Head lettuce
8 ounces cottage cheese
Mayonnaise

Toss pineapple and blueberries lightly with French dressing. Arrange on lettuce with cottage cheese. Serve with mayonnaise if desired. Yield: 5 servings.

Blueberry-Crunch Coffeecake

2 c. flour
2 t. baking powder
½ t. salt
½ c. sugar
½ c. flour
1 t. cinnamon
¼ c. soft butter
⅜ c. sugar
¼ c. shortening
1 egg
½ c. milk
2 c. fresh blueberries

Heat oven to 375 degrees top with spatula. Sprinkle top Sift flour, baking powder and with cinnamon-sugar mixture. salt. Grease 9x9x2 inch baking Bake at 375 degrees for 40 to pan. Combine ½ c. sugar, ½ c. 45 minutes or till done. Serve flour, cinnamon and butter. Set hot with vanilla ice cream, for aside. Mix ¾ c. sugar with shortening and mix until light and fluffy; add egg and mix well. Add dry ingredients alternately with milk, mix until just blended. Stir in blueberries carefully. Pour into baking dish, smooth heated through.

dessert or hot or cold for Sunday morning brunch. Or freezer-freeze; at serving time, heat, still wrapped and frozen at 425 degrees F. 20 minutes or till

Girl Scouts Receive Awards

Paid campership for the new Camp Pinewood, Dansville was awarded to two girls of Girl Scout Troop 646, St. Augustine School.

Recipients were Karen Housler, 110 Post Ave. who was given the Anna Meng Memorial Campership and Ellen Burke, 86 Rugby Ave.

Two former St. Augustine school scouts who now belong to Senior Troop 11 each receiving a two week campership for Camp Pinewood were: Barbara Housler, 110 Post Ave.; Sharon Kassman, 11 Ringle St.

Regents' Tests Results Listed

Results of New York State Regents examinations in diocesan high schools this June ranged from a 98 per cent success in senior English to a 49 per cent failure in advanced algebra.

Next highest in success scores were Biology and Physics, both having 94 per cent of the students winning passing grades.

THE TABULATION, as reported by Rev. William Roche, diocesan superintendent of schools, follows. The figures represent totals from all Catholic high schools of the twelve county Diocese.

Subject	Tested	Passed	Per cent Passed
Biology	745	701	94
Chemistry	752	618	82
Physics	171	161	94
English 3	1344	1249	93
English 4	878	821	98
French 2	426	364	85
French 3	118	132	89
German 2	147	124	84
German 3	44	37	84
Italian 2	80	65	81
Italian 3	48	40	82
Latin 2	730	595	82
Latin 3	425	388	91
Spanish 2	120	102	85
Spanish 3	30	27	90
Algebra—Intermediate	580	490	84
Algebra—Advanced	115	59	51
10th Year Mathematics	991	768	78
11th Year Mathematics	282	247	88
Solid Geometry	17	12	70
Trigonometry	31	22	71
World History	1385	1151	83
American History	1278	1061	83

Local Sisters To Speak At Reading Workshop

Rosary Hill College, Buffalo will sponsor a two-day reading workshop on Aug. 12-13 highlighting a discussion on reading in the elementary school for supervisors, principals and teachers.

The general theme will be better reading instruction through ability grouping. Sister Margaret Mary, R.S.M., principal of Holy Cross School, Rochester, will lead a discussion of the internal and external problems in developing an ability grouping program.

Sister Mary Beatrice, S.S.N.D., Supervisor of Schools, School Sisters of Notre Dame, Diocese of Rochester, will give an analysis of the present reading situation in schools.

Miss Mary Heffernan, Educational Consultant for Ginn and Co., will analyze the basic problems in reading instruction and demonstrate correcting them through more efficient use of basal reading materials.

Library Finds A Home, Freedom Survives

San Francisco —(NC)— The $25 million Sutro Library will be moved to new quarters on the University of San Francisco campus next week, ending a controversy in which the Church-State issue was raised.

Opponents of plans to transfer the rare book collection to a site at the Jesuit-operated university had asserted that housing state property on a Catholic campus violated separation of Church and State.

But Superior Court Judge Gerald M. Desmond ruled in Sacramento last month that the transfer is entirely legal.

Judge Desmond held that the terms of the lease under which the Sutro Library will be located at the university "completely contradict" charges that Church-State separation would be violated.

The university will provide 13,000 square feet of space in its Gleeson Library. It will pay the $100,000 cost of fitting out the space, sealing it off from the rest of the building and providing a separate entrance. The state will pay one dollar per year on a 30-year lease.

How Reds Rule Czechs

Toronto — (NC) — Even as the Church in Slovakia suffers under Red persecution, dedicated men in other lands are working for the day when Slovak Catholics can reclaim their religious heritage.

One of them is Msgr. Joseph Tomko, vice rector of the Nepomucene Pontifical College in Rome. Only 35, he is a leading figure among the Slovak Catholic clergy in exile.

Here to address the 25th annual Ohio Valley Slovak Day, Msgr. Tomko spoke in an interview of the relentless persecution of religion by communists in Czechoslovakia.

THE PRIEST explained that Czechoslovakia is a nation of two parts: the Czech provinces of Bohemia and Morawia forming one part and Slovakia the other. He said that all the bishops in the Czech areas are in jail. "In Slovakia there are five bishops in jail and four who enjoy a 'controlled' freedom," he said.

The youthful seminary official recalled that in 1950 Red agents "came one night and closed all institutes directed by religious orders of men" in Czechoslovakia.

"In that one night they took some 500 priests and even more brothers to labor camps, where they still languish," he said.

"A few days later they closed all of the 11 major and five minor seminaries in the country. Later they allowed one seminary to reopen, but under the closest government supervision. This institution produced one priest during the last year."

Msgr. Tomko went to Rome in 1945 to study theology and was ordained there to the priesthood in 1949. In meantime, communism had clamped an iron hand over his native country. His parents were not even permitted to leave Czechoslovakia to attend his ordination. He has not seen them since he left the country —15 years ago.

As vice rector of the Nepomucene College, Msgr. Tomko helps direct a seminary whose major aim is to prepare priests for "missionary" work in Czechoslovakia. No one knows when they will be permitted to enter the country. But Msgr. Tomko and his fellow workers have no doubt that the time will come.

Liturgists Invite Non-Catholics

Washington — (NC) — A North American Liturgical leader in the Catholic liturgical movement has invited "interested Protestants and Eastern Rite Christians" to the annual Week.

Father Shawn Sheehan of Boston issued the invitation to Non-Catholics to attend the meeting, which will be held August 22 to 25 in Pittsburgh.

Father Sheehan pointed out that the theme of the meeting will be "Liturgy and Unity in Christ." He emphasized that the Liturgical Week "is an open meeting" and added: "All are welcome — clergy and laity, Roman Catholic or not — to join in our daily program of worship and study."

The convention sessions "will give our visitors an insight into our understanding of the Church and its liturgy, and the relationship between the two," Father Sheehan said in a statement issued (July 28) at the headquarters here of the U.S. Liturgical Conference, which sponsors the Liturgical Week.

Father Sheehan, a past president of the Liturgical Conference, is chairman of the program committee for the meeting.

Some 4,000 persons are expected to attend the conference.

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