

HOUSEHOLD MEMOS... by Lynn Chambers



Use Dry Sugar Pack for Frozen Berries
(See Recipes Below)

Stock Your Freezer

SO MANY FOODS like peas, asparagus and strawberries which are coming to their peak of season now yield excellent results when frozen. If you have either home or commercial facilities for keeping them in this way, then it's time to make your plans soon.

Freezing foods is quick and easy. Results are excellent, and your table in mid-winter, showing off these delicacies, takes on the effect of a banquet.

The flavor and goodness of fresh foods is preserved during the freezing process. However, it's important to remember that foods come from the freezer just as good as when they are frozen, and no better.

Speed is Essential

Utmost speed should be used in getting fruits and vegetables into the freezer. The two hour rule which applies to canning should be used here, too. It's easier to observe, however, because there's no processing time to consider.

If you have your own garden, pick vegetables and fruits early in the morning while the dew is still on them.

If you have to arrange to buy them, try to observe the same rule. Fruits and vegetables which have stood around are not as tender as when first picked; neither do they have the food values as freshly picked produce.

Have all equipment in readiness so that you can go ahead with full speed. Vegetables will have to be scalded, then dunked in ice water. Containers should be ready to fill and seal.

Plan to put foods in your own refrigerator promptly and plan to get them into your own or the commercial freezer as quickly as possible.

Freezing Raspberries, Strawberries
Both raspberries and strawberries give best results when they are frozen with sugar rather than with syrup since they will make their own juice in the carton.

Choose varieties which have been successfully tested for freezing. In raspberries these are Cuthbert, Latham or Wiking. A 24-quart crate or about 36 pounds of raspberries will yield 24-26 quart cartons, each quart serving 6 to 8 people.

Marshall is the best common variety to use for frozen strawberries, a 24-quart crate will yield about 30 quart cartons.

Wash the berries in water which has been cooled with ice to 40°. Do not allow them to remain in the water for more than 30 seconds.

A good way to do this is to place the berries in a colander, after sorting, and then place the colander in water sufficient to cover. Shake gently, lift from water, drain and remove caps, using a sharp knife.

Place the fruit on a tray which has been lined with several thicknesses of absorbent toweling and place in refrigerator to drain and cool.

Place drained and cooled berries in a bowl and sprinkle sugar over

LYNN SAYS:
Dress Up Ordinary Foods
If You Serve them Often

Are fruit salads an almost daily item at your table? The family will appreciate new color and flavor in the dressing. Beat some currant jelly into sweet French dressing for that nice, extra change.

If sandwiches are a stand-by on your luncheon menus, try this one for something different; use broiled bacon, lettuce and sliced tomato on buttered toast and serve with thin, hot American cheese sauce.

LYNN CHAMBERS' MENU

Minute Steaks
Asparagus Salad, Vinegar Dressing
Corn Pudding
Bran Muffins Beverage
Strawberries with Cream
Cookies

them, using one part sugar to 4 parts of berries. Or, alternate sugar and berries in freezing carton. Seal and freeze carton at once.

Frozen Peaches

Use tree-ripened varieties, such as Hale Haven or J. H. Hale in the yellow types. One bushel of peaches will give about 24 quart cartons frozen.

Place about 18 peaches in a wire basket and plunge into hot water for one

minute, then in cold water and slip off skins. Slice and place in a bowl, sprinkling with one tablespoon of lemon juice as you do so. Add sugar, one part to four of fruit. Turn gently with wooden spoon.

Pack gently into carton and seal. Freeze at once.

Handle peaches gently and make certain all sugar is mixed with fruit before packaging.

Allow 1/2-inch head space for fruits in vegetables packed in pint cartons. Allow about 1/4-inch additional when using quart cartons.

Frozen Peas

Tender, not fully matured peas are best to use. Wash pods before shelling and discard all small or wrinkled peas.

If pods are full and difficult to shell, scald with boiling water for one minute.

Peas then, should be scalded, after shelling, also; by steam, three minutes; by boiling water, one minute; or by pressure cooker for two minutes. Cool in ice water and drain on absorbent toweling.

Seal at once and place in freezer or refrigerator immediately, not allowing more than one hour to elapse from the time they are packaged to the time freezing starts.

The varieties giving best results are Thos. Laxton and Alderman. One bushel yields 6-8 quart cartons.

Frozen Green Beans
Iron utensils should not be used for scalding as they will discolor beans during scalding.

For small beans, cut shoestring style, scald with steam for five minutes, or by boiling water for three minutes. For medium whole beans, use steam for six minutes, boiling water for four minutes or give them five minutes in a pressure cooker.

Cool in iced water, drain, pack and freeze.

For quick preparation, after washing, grasp as many beans in hand as possible and snip off the stem end.

You'll never need to apologize for fish fillets which have been baked in thick cream with sliced mushrooms, chives and a sprinkling of paprika. Icy cold sliced cucumbers and new potatoes are perfect with it.

Omelets can be improved with herbs. You might like to try this egg dish with sweet marjoram, tarragon or basil.

Cinnamon sprinkled into apple sauce is a perfect accompaniment to French toast be they served for luncheon or breakfast.

SPORTSMAN'S HORIZON

By JIM RHODY

Great Expectations

A marvelous inconsistency, which has never ceased to be a source of amazement to us is displayed by the economic outlook of some game license buyers. A 100 per cent, genuine, dyed in the wool, true blue businessman may walk up to the counter in a haberdashery, and after cursory inspection of the rows of head-thatches on the shelves will select a homburg, a bowler, a straw, or if he is feeling exceptionally rakish, perhaps a turban or a fez. After several admiring glances in the mirror, he will fling a fin on the counter, jauntily perch his new chapeau atop his noggin and saunter forth into the bright spring sunshine, pleased as punch with his purchase.

The same man will file dejectedly into a sports shop and after barking at the inoffensive manager, will reluctantly haul forth his wallet and lay three limp dollar bills on the counter. "Well, guess it's time to buy another hunting and fishing license, heh, heh, heh," he will say, with mock cheerfulness. After a minute's delay, accompanied by groans of protest over filling out all the rigmarole on the four lines of the license, he will depart, inwardly growling and bidding sad adieu to his lucre.

What does he expect from his hat? He received either a piece of oddly shaped felt, or a handful of artfully twisted wheat straw. This he expects to protect his balding dome from the onslaught of sun and rain and be a nuisance to be tipped in elevators. But he is satisfied—his five bucks were well spent.

What does he expect from his hunting and fishing license? Streams teeming with fish, waiting to leap voraciously into any lure haphazardly offered; fields over-ran with pheasants, quail, rabbits and bird dogs; and forests scarred by the rubbing of antlers as crowds of big game animals push their way between the too-close trees? Let any or all of these fall short, and immediately a horn reminiscent of Gabriel's horn tooting will be let forth, intended to be heard from any corner of the state "clear down there in Boise."

Let's take an average sportsman. Let us see what he may realize from his investment in fish, fowl and game.

Say he goes fishing four times during the season. Maybe he's lucky and gets his limit each time. Let's see, that's 28 pounds of fish under the 1950 law. Commercial hatcheries sell trout at 80 cents a pound. That's about \$24 worth of fish.

When tingling air and rheumatism cause our erstwhile nimrod to lay aside his rod and reel and hie off to the fields and marshes for ducks and birds, let's see how he fares economically. Say he goes pheasant hunting three times, and gets his nine birds. Pheasants sell commercially in other states for about \$3 per bird, so that's \$27 worth of pheasant meat. He goes duck hunting (after plunking down another two smackers for the opportunity of pasting a federal stamp on his license and delivering a lecture on the evils of bureaucracy to the postal clerk) and for four hunting trips, gets his limit of five ducks. Domestic ducks sell for 70 cents a pound. That's about \$14 worth of ducks.

Oh, Oh, there goes another rock from the wallet for a big game tag, a fearsome bit of metal. Gourmets say venison is superior to beef, but for practical purposes, let's just rank them even. A 100-pound deer would be equivalent to about \$50 worth of beefsteak (no fancy cuts).

According to mathematics, that's a neat \$115 worth of protein for the season.

After complaining because his blinky blank cold storage locker won't hold all the loot he has fetched home from the hills, the same man will stalk majestically down to his local sportsmen's club, or assail the ear of a sympathetic barber with a pitiful tale.

Good Reason

A reason why game is scarce today: an old-timer reminisces about pot-shooting whole flocks of wild ducks with the now illegal 8-gauge shotgun loaded with miscellaneous scrap iron. He also recalls a friend boasting of killing seven deer with one shot from a similar weapon.

'Rescue Project'

To help meet an expected reduction in the migratory waterfowl population, Ducks Unlimited, Inc., is planning its largest number of "rescue" projects for this summer. Some \$350,000 already has been allocated for restoration of breeding areas.

This non-profit organization dedicated to the production of waterfowl completed 35 projects last year and, weather permitting, to French toast be they served for luncheon or breakfast.

MIRROR Of Your MIND

By Lawrence Gould

Mother's Love Must Be Wise



Do all mothers want their sons to be men?

Answer: Most mothers would say they do, but unfortunately a good many do not. A woman who at heart hates men or resents what she regards as the unfair advantage their sex gives them over women will unconsciously be tempted to express these feelings by suppressing all distinctive male qualities in her son. She may smother the aggressive impulses without which he cannot win a man's place in the world, or make him so much afraid to play the male role with a woman that he either will not marry or will submit to a wife's domination.

than the writer. For the writer can express his own ideas and daydreams, while the actor plays a character who is not himself and expresses the emotions of the playwright. Both types usually are neurotic, but the actor is the more inhibited of the two.



Are "marriage prediction tests" trustworthy?

Answer: No, thinks Dr. Albert Ellis, consulting psychologist and marriage counselor. Many of them have been worked out on an "arm chair basis," and tested on people who are not fair samples of the general public. The yhave shown enough success to justify further experimenting with them, but not yet enough to "have much practical value in predicting the marital adjustment of normal individuals. . . . The present-day widespread use of marriage prediction scales for individual marriage counseling practice cannot be scientifically encouraged."



Are writers "frustrated actors"?

Answer: No, says Dr. Edmund Bergler in the magazine, Imago. This curious theory, recently offered as an explanation of Dickens and Poe, is at variance with psychoanalytic findings. The immediate urge of both writers and actors is to "show off," but the actor really does so less directly

LOOKING AT RELIGION



SO GREAT WAS THE INFLUENCE OF THE PREACHING OF PAUL IN ASIA MINOR, THAT THE PEOPLE BURNED THEIR BOOKS ON MAGIC.

KEEPING HEALTHY

Coronary Disease Hits Men Often

By Dr. James W. Barton

ALTHOUGH HEART DISEASE is the greatest killer of modern times, it is only in recent years that one form of heart disease—coronary sclerosis or occlusion—has made itself generally known. In coronary heart disease, a blood vessel supplying the heart itself with blood gets hardened or clogged up (blood clot) or broken so that a portion of the heart cannot get its blood supply until repairs, healing, or new vessels are established. High blood pressure is the usual cause.

While infection is a common cause of this damage to the heart, and heavy eating and overweight also add to the danger, there are cases in which the cause is unknown.

In several previous articles, I have pointed out that research workers state that emotional disturbances are a big factor in causing coronary sclerosis.

In "The British Heart Journal," Drs. J. A. Ryle and W. T. Russell report their findings in Reports of

the Register-General (covering a 25-year period) as regards deaths from coronary disease in England and Wales. They found that the death rate among persons aged 35 years and up in 1945 was greater than in 1921. "There is evidence that in the age period 40 to 55 the male death rate was increasing more rapidly than that for females."

The records show that the male death rate in middle life is five times as great as that of females. The death rate from coronary disease among men 45 to 55 in the highest social class is nearly 10 times as great as that of their wives. Men in this class are mainly those in professions and business administration.

The symptoms occurring in those individuals before a heart attack are angina (pain in chest) which is brought on more rapidly by walking immediately after a meal, on a cold day, in a state of anxiety or fatigue.

HEALTH NOTES

If you are well, feel like doing your daily work, if weight has remained the same for past few years and is about the average weight for your height and build, don't decrease or increase the amount of calories eaten daily.

Goiter may be of the simpler type, which is not dangerous, or it may be severe

Emotions cause change in the skin because they cause an increased flow of adrenalin-like substances.

An underactive thyroid may cause mental symptoms.

Remember that the liver is the largest organ and does more work than any other organ.

Very Funny

Johnny was being given a sound tanning as punishment for breaking his mother's favorite vase. Far from having the desired effect, it seemed to be a cause for merriment, and Johnny shook with laughter. "Johnny," said his mother, sternly, "I should think you would take your punishment seriously. This is not a joke, you know." "Oh, but Mother, it is a joke," replied Johnny, "and it's on you. I didn't break the vase—Bobby did."

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