

Cooking Frozen Foods Explained at Locker Meet

Proper cooking, in addition to proper storage methods, is vital in obtaining maximum satisfaction from the rapidly growing locker storage movement, delegates to the Northwest Frozen Foods Locker association conference were told at their second annual conference held at OSC late in April.

Ordinary methods of cooking vegetables are not always the best for frozen foods, according to Mildred Boggs, foods research specialist of Washington State college. Standard meat cookery is more applicable to both fresh and frozen meat, the delegates were told by Agnes M. Kolshorn of the foods and nutrition department at OSC.

Miss Boggs, who has been conducting extensive research in frozen vegetable cookery in cooperation with the United States department of agriculture frozen foods laboratories at Seattle, recommends steam or so-called waterless cooking for most frozen vegetables. As short a cooking time as possible is best to conserve food values and flavor, although it is important to retain exceptionally good green color, short boiling may be used though at the sacrifice of some flavor.

Frozen vegetables, with the exception of corn on the cob and spinach which freezes into hard

blocks, retain more nutritive qualities if cooked immediately and allowed to thaw on the stove. It is particularly important to steam corn on the cob rather than boil it, she said, in order to prevent its becoming water-soaked.

By coordinating research in freezing processes and methods of cooking the best practices are being determined for the production of better quality of frozen foods both in nutritive value and flavor, the conference learned.

C. C. Condit of Forest Grove was elected president of the tri-state organization; W. B. McCracken of Mt. Vernon, Wash., vice-president; and Thomas Onsdorff of the OSC food products department, secretary-treasurer. A legislative committee was also set up, the Oregon members of which are L. M. Ramage, Salem, and E. W. Boley, Lebanon. The 1940 conference will be held in Seattle.

Lexington United Church

Rev. C. F. Trimble, Pastor
Sunday school at Christian church (Mother's Day program) 10:00. Baccalaureate sermon by the pastor at Congregational church 11:00. Christian Endeavor 7:00.

Ione United Church

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Sunday school 10:00. Baccalaureate services 11:00. Christian Endeavor 7:00.

SAFETY SONNETS



DOUBLE PARKING ON BENCHES MEANS PLENTY OF NECKING.



DOUBLE PARKING IN STREETS MEANS PLENTY OF WRECKING!

—National Safety Council

While double-parking of automobiles is sometimes resorted to as a time-saving expedient, the resulting confusion and slowing up of traffic make it doubtful whether any time is actually saved in the long run, in the opinion of Secretary of State Earl Snell.

One car which is double-parked in a narrow street for five minutes may cause inconvenience and delay to several dozen drivers, since it completely shuts off the use of the lane nearest the parking lane. If there is no one in the car, it may also block two or three other cars

whose drivers wish to leave the curb. Double-parking is dangerous not only because it sometimes forces drivers to use the wrong side of the street, if they wish to pass the double-parked car, but also because it has a psychologically upsetting effect on approaching drivers, Snell pointed out. The average driver becomes angry when he sees someone else grabbing a privilege which the law denies him, and in such a state of irritation is much more apt to act recklessly than under normal circumstances.

USDA 'Borrows' State Extension Service Man

W. L. Teutsch, assistant county leader in Oregon, has been "loaned" to the United States department of Agriculture for a two-months period, announced F. L. Ballard, vice-director in charge of extension at OSC.

Teutsch reported to Washington May 1 and is expected to be assigned to work in North Dakota, Montana and probably Kansas, where he will meet farmers, extension service representatives, soil conservation staff members and those in other USDA agencies.

The request for the services of Teutsch and two other Oregon staff members who could not be spared at this time is considered further recognition of the standing of the federal cooperative extension work in Oregon. The USDA is conducting a campaign to bring closer coordination of the work of the various agencies in the department. The success of the Oregon extension staff in this respect has attracted wide attention.

Wm. Driscoll, school janitor, went to Arlington Tuesday afternoon to meet his brother, T. J. Driscoll of Detroit, Mich., who is visiting with Mr. Driscoll and family. The brothers had not seen each other for 22 years.

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