



FREEZE ALMOST ANYTHING — Copco Home Service Director Bev Lyons demonstrates that nearly everything is freezable. Green peppers, raw tomatoes, pancake batter, cream puffs, all can be frozen successfully. Whenever freezer owner makes a new dish, it's a good idea to make a little extra-try various methods of freezing it. The standard wraps and containers will preserve the freshness and flavor of most foods.

Sandwiches, Desserts, Fruits Can Be Frozen for Lunches

Got a lunch-toting family? There'll be no more fixing lunches last thing at night or getting up extra early in the morning with a home food freezer.

In just about one hour a week, you can prepare enough sandwiches, desserts, fruits, and drinks to keep the whole family in delicious lunches for the rest of the week. Just take the foods from the freezer in the morning, pack them in lunch boxes or bags, and the family's all set!

Frozen sandwiches, cake, cookies, and pie thaw in four to five hours, and retain all their original moistness and freshness. You can even freeze whole fruits and pop them in the lunch box at the same time.

Sandwiches may be made with fresh or frozen bread. Frozen bread slices speed sandwich spreading, but should be taken from the wrapper two to four at a time to keep maximum moistness. Fresh, canned, or stewed fruits may be frozen in individual containers to go into the lunch. A refreshing treat with any lunch: a small jar of frozen apple or rhubarb sauce with beef or lamb sandwiches, cranberry sauce with turkey, chicken, or veal sandwiches.

Thaw for Lunch. Containers of frozen fruit juice will thaw in time for lunch, but still be cool for refreshing drinking.

There are a variety of sandwich fillings that freeze well. Sliced cooked meat, meat loaf, chicken, and cheese are ideal. Sandwich spreads made of chopped or ground meat, chicken, canned fish, jelly, peanut butter, marmalade, and egg yolk mixtures also lend themselves well to freezing. All sandwich fillings should be completely cool before the sandwiches are made.

All wrapping for frozen lunches should be moisture-proof and vapor-proof. Foil is the most versatile wrapping for sandwiches. Pieces of pie or cake should be frozen and packed in specially-shaped containers when possible, or you can use a pint-size freezer bag. Fruits and juices may be frozen in jars, or in any freezer container of the right size and shape.

Lunch Box in Mind
Keep the lunch box in mind when you are wrapping. Containers should be small enough to go direct from freezer to box, sandwiches wrapped individually or two-in-a-package.

To add variety to meat sandwiches, blend butter with mayonnaise or salad dressing, add a dash of mustard, horseradish, catsup, chili sauce, or pickle relish.

You can also prepare frozen lunches on a large scale for picnics or long trips. The food should be packed in insulated boxes or bags (or boxes wrapped with several thicknesses of newspaper), and will stay fresh and tasty for six to seven hours.

Your freezer dealer can provide you with helpful tips and free literature on preparing and packing lunches and picnics.

Home Food Freezers Easy to Care For

Modern home food freezers require a minimum of care. For cleaning and polishing outer surfaces, use any of the mild preparations ordinarily used for a porcelain stove or refrigerator. Avoid ammonia cleaners, strong alkalies, or abrasives. From time to time, wipe down the porcelain surfaces with a weak solution of favorite laundry bleach to restore whiteness and remove stains. Rinse the bleaching solution off with clear water and polish the cabinet dry.

If the freezer has a sealed-in mechanism, it will never require lubrication. If it happens to be the open-type unit, read the manufacturers' instructions about oiling carefully and follow them to the letter.

If the freezer has a finned-type condenser which is visible, check it two or three times a year and remove dust or lint gently with a brush or whisk broom. Accumulated dust will also come off cleanly with the radiator-cleaning attachment of a vacuum cleaner.

New Freezer Can Be Start of New Way of Living

A freezer is more than just a place to store food. It's the beginning of a new way of life for the freezer-owning family.

One of the most important changes a freezer makes is the time and labor it saves the lady of the house. It frees her of the daily necessity of spending two or three hours a day preparing meals.

With a freezer she does the major preparation work for dozens of meals in a few hours. One baking day provides bread, cookies, cakes, and pies for as long as four months. Another day or two readies fruits and vegetables for the next year.

Checks List
When it's time to start thinking about today's dinner, she simply checks "What's In The Freezer" list, picks out the packages, and she can actually prepare almost any meal in about 20 minutes.

A freezer's a wonderful thing for a party, too. The homemaker can fix the party snacks at her convenience — days, or even weeks, before the big day. The freezer keeps them fresh, and she stays fresh, too.

Grandmother used to spend Christmas Day in the kitchen. Today's freezer-owning homemaker gets Christmas dinner ready a little at a time — she can even freeze the dressing for the turkey-spends Christmas enjoying her family.

Family Fun
The extra time a freezer makes for the lady who owns one makes a big difference in family fun. Picnics are easier to get together on a pleasant summer day, and mother always has more time to spend with the youngsters.

It's always a pleasure for the homemaker to know she's serving her family better and more nutritious meals, too — and cutting the food budget down at the same time.

In most homes, the new freezer fast becomes the whole family's favorite appliance.

Many Questions Posed for Those Who Buy Freezers

What size freezer should I buy?

Will I really save money with a freezer?

Is it easy to freeze foods? Do frozen foods taste as good as fresh ones?

Are frozen foods actually more nutritious?

Can I afford a freezer? How do I prepare frozen foods?

How long can I keep frozen foods?

Anyone considering the purchase of a home food freezer should ask these questions and many more.

Generally, you can be sure that a freezer will cut down your food bills, provide you with foods more nutritious than those preserved in any other way, save you time and interest to your meals at all seasons of the year.

But a freezer is a very personal purchase. The size of your family, your tastes in food, your method of shopping — all enter into the picture.

You'll get the best answers to your questions about home food freezers by talking with several freezer dealers. They know the freezer facts, and can help you decide on the size and model that would suit your needs best.

He is also your best source of information on preparing and packaging foods for freezing, and the newest freezer recipes.

If you're considering a freezer, ask a freezer dealer for his free literature on home food freezing.

Vitamins -- Minerals Saved in Freezing

It is possible for frozen foods to retain at least 50 per cent more of their vitamins and other nutrients than foods preserved in any other manner.

However, certain rules must be followed to attain this maximum preservation of a food's healthful value.

Foods should never be purchased for freezing at end-of-season "bargain" prices. Nearly all foods are highest in flavor and quality in mid-season.

Freezer dealers have literature which show the best bulk-purchase time for meats, fruits, and vegetables in each area. Local county extension offices can give additional information.

Packaging Most Important Part of Preparing Food For Home Freezers

Packaging is by far the most important part of preparing foods for freezing.

The best foods can be ruined by improper packaging, flavor is lost, and discoloration and freezer burn often result.

There are a number of good freezer-packaging materials now on the market. These may be found in most grocery stores and in variety and homewares stores.

The most successful include: waxed cardboard containers, plastic containers, cellophane wrapping (freezer weight), aluminum foil wrapping, aluminum foil boxes, and glass jars.

Determined by Size

The packaging you use will be determined by the size and shape of the food to be frozen. Jars and upright containers are generally best for fruits and vegetables, foil wrapping for meats, and cellophane wrapping for baked goods and frozen desserts.

You will also need: wax

marking pencil (or moisture-proof freezer labels), ascorbic acid and ascorbic citric acid, and low temperature sealing tape.

All packaging materials used for freezing must be moisture-proof and vapor-proof, to protect foods from drying and from loss or exchange of flavor.

All packages for frozen foods must also be sealed tightly to protect foods against moisture or vapor loss. Freezer cartons always come with manufacturers' instructions for correct sealing, and these instructions should be carefully followed. When using regular glass jars for freezing, be sure to allow

space at the top for expansion.

Use low temperature tap to seal the cellophane wraps on your cakes and other baked goods. Be sure your wrap is large enough to give plenty of overlap at the sealing area.

The flexibility of aluminum foil makes it an ideal wrap for meats, fish, cut poultry, leftovers, and quantity-cooked meals. Foil is generally self-sealing. Always use a large enough piece to allow for several fold-overs at the top end ends of the package, then mold foil to the contents for complete sealing. When packaging two or more pieces of meat together, always place a double thickness of wax paper between pieces so they may be separated while still frozen.

Be sure to label all packages clearly with description of food, date frozen, and weight or number of servings. Use low-temperature tape or special moisture-proof freezer labels to be sure label will stay on.

ULTIOR MOTIVE?

Monroe, La. — (UPI) — Local residents were urged to write their congressmen to promote all "boggled down" legislation. The urge was the second vice president of the National Association of Postal Supervisors.



DRESS FOR DINNER—The freezer owner has an advantage over other homemakers. She dresses for dinner before cooking it with no worries about spotting her best dress. Food goes from the freezer container to pan or oven without muss or fuss—is ready to eat in minutes.

Quebec's most valuable mineral product is asbestos. An average human adult has 32 permanent teeth.

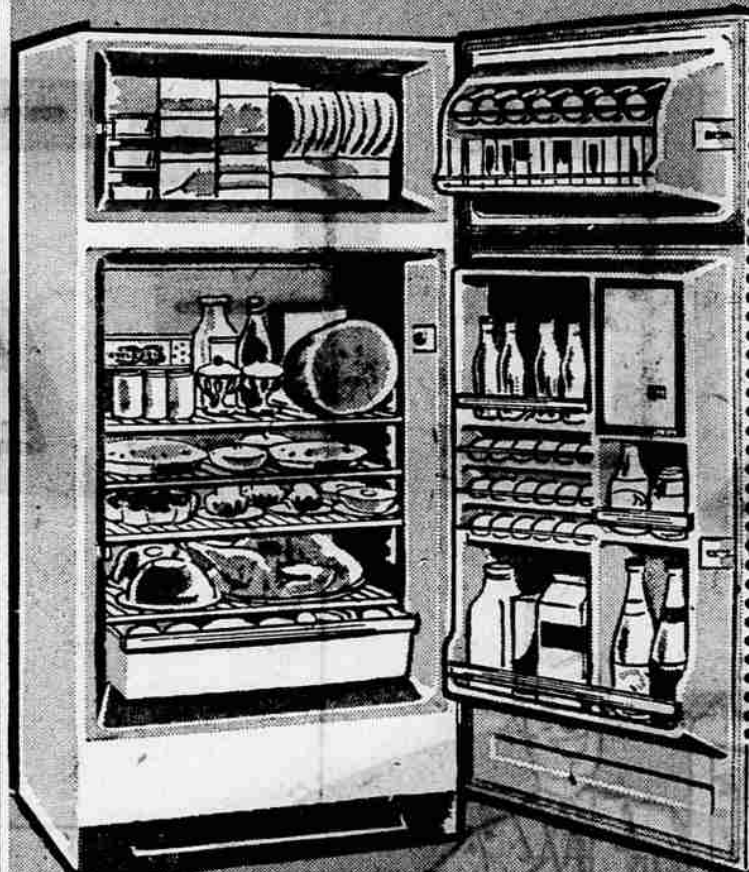
WARDS



FREE! Free gift to the first 50 ladies who visit our appliance department.

Wards is your headquarters for two-door refrigerators

NOWHERE ELSE CAN YOU FIND SUCH OUTSTANDING VALUES



BOTH FEATURE REVOLUTIONARY



COOLING

Uniform cold and humidity is circulated throughout refrigerator. Defrost water or coils are never near food.

Compared to 3 other leading brands, Tru-Cold uses 13% to 41% less current, cools beverages 82% to 106% faster, regains cold loss 31% to 69% faster.



FREE! \$1.5 tea ejector to give cubes automatically with the flick of a finger.

SALE! 13 cu. ft. combination

\$288

SALE! 14 cu. ft. combination

\$366

Cycle Cold automatic defrost plus 101-lb. freezer, full-width vegetable crisper, adjustable shelves, storage door.

WITH TRADE-IN

No down payment with trade

Cycle Cold automatic defrost and 161-lb. freezer on bottom; twin porcelain crispers, meat drawer, slide-out shelves.

WITH TRADE-IN

No down payment with trade

ONLY \$10 DOWN



5-YEAR WARRANTY

SAFETY SIGNAL LIGHT

\$85

• Fast freeze section captures and keeps food flavor

• Smooth-sliding baskets allow easy access to foods

Flex-seal lid keeps in cold, stops frost build-up. Yet, freezer is child-safe and may be opened from inside. Modern straight-line design has custom look. Convenient 36" counter-top height.

17 cu. ft.

TRU-COLD

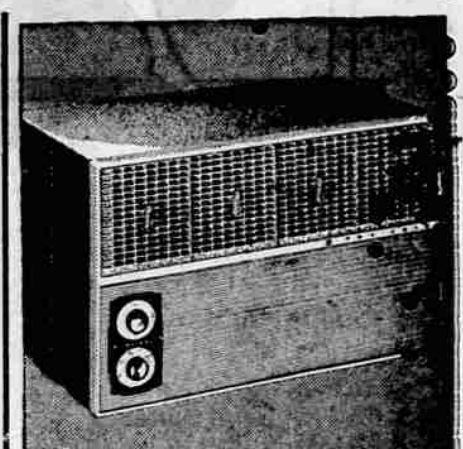
freezer

Holds 595 Lbs. of food

SALE!

\$249

ONLY \$12 Per Month



SALE! 1 HP TRU-COLD PORTABLE AIR CONDITIONER

Plugs into any household outlet. Thermostat keeps temperature set. 6900 BTUs.

\$188

\$5 DOWN

Modern Freezers Will Fit Almost Anywhere in Home

Sure you've got room for a freezer!

Your kitchen may look as though there just isn't room for another appliance, but you'll be surprised at the sizes, shapes, and space-saving qualities of modern freezers.

The day when a freezer had to have a special room built for it is past . . . so is the day when freezers looked like refugees from grocery stores.

Freezer Types

When you visit your appliance dealer, he'll show you freezers that fit under the kitchen counter-freezers that fit between the kitchen counter and cupboards — pull-out

Fruit Ice Cubes Are Special Party Treat

Mint leaves and maraschino cherries can be frozen in ice cubes for months. They make a refreshing surprise popped in to cool summer drinks.

For a big party, freeze mint leaves and cherries in a ring mold filled with water. Float the ring on top of a punch bowl for serving.

You can prepare and freeze the fruit base for your party punch well in advance, too. Add mixer to the still-frozen base, and it will be chilled just right for the party.

Alaska's Copper River is about 300 miles long.