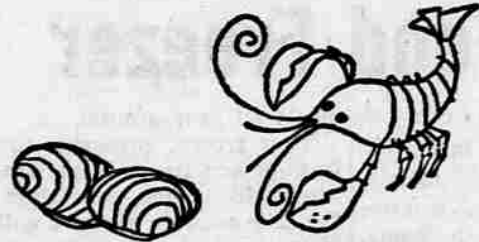
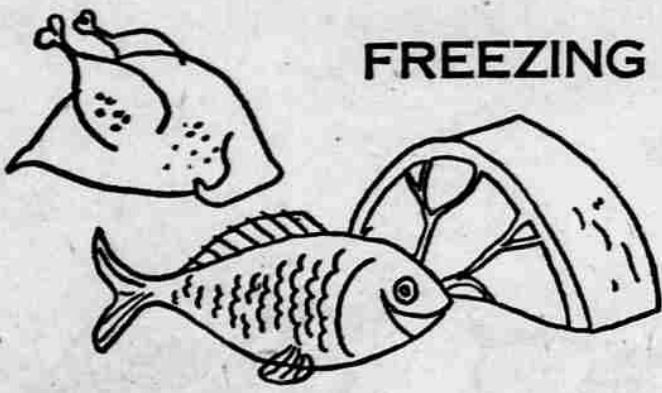


FREEZING MEAT, POULTRY, FISH, AND GAME



WRAPPING

Instructions are generally the same for wrapping meat, fish, poultry, and game. Have the meat cut into cooking sizes and wrap enough for each meal in one package. The excellent molding ability of foil wrap makes it an excellent packaging material for all meats. Place the meat in the center of the wrap; bring two edges of the wrap together above the meat and fold down in 1-inch folds until paper is tight against the meat. Fold the ends in the same way, and press foil firmly against the meat. When wrapping two or more pieces of meat in a single package, always place a double thickness of waxed paper between pieces.



Home Freezer Is Investment for Better Living

A home food freezer is an investment in better living. You will get the greatest return on this investment by making complete use of your freezer.

Your menu for every meal should include at least one item from the freezer, and you can often plan the major part of your meals around it.

When you establish your freezer plan, make it flexible. Use a certain part of the freezer for storage of quantity in-season buys of meats, fruits, and vegetables. Another part should be reserved for storage of fish and game in season.

Freezing Leftovers

Save a section for freezing leftovers and advance party dishes. Another part can hold quantity-prepared favorite dishes divided into enough-for-one-meal packages.

Bread, cakes, snacks, lunch-box sandwiches, and special freezer treats should have their own area. And, although your freezer should be well-stocked at all times, there should always be some space for unexpected bargains which will add further variety to the family meals.

Don't let foods get lost in the freezer. Be sure that every package is labeled clearly, and that you use those foods first which have been stored the longest.

Saves Homemaker

A good freezer plan saves a homemaker time in every way. You save time by preparing larger quantities of food at one time, for use as you need them. Frozen fruits and vegetables are quick to prepare at meal-time. And you can do nearly all your food shopping in one or two trips a month.

Use your freezer every day. You'll find it makes a wonderful difference in your family's eating pleasure, as well as in the family budget.

To Save Money and Time, Use a Freezer

The freezer owner who wants to save the most time and money with her freezer freezes in large quantities whenever possible.

This is especially important in freezing in-season buys of produce and meats. Buy enough to last the family until the next good buying season on each food. Plan to freeze the entire quantity within 24 hours of purchase.

Set up the kitchen for the fastest and most efficient preparation of the foods. Do all cutting and sorting first, then follow by taking each freezing step at one time for the entire quantity of food. Be sure to have plenty of packaging materials ready, and a place cleared in the freezer for the food.

By buying and freezing as much food as possible at one time, hundreds of hours may be cut from meal preparation time each year.

High School Teacher To Biology Institute

Arthur Robert Scott, biology teacher since 1949 at the Medford High school, will attend the general biology institute for high school science teachers from June 15 through Aug. 8 at Purdue University, West Lafayette, Ind.

The institute is held under the sponsorship of the university and is supported by grants from the National Science Foundation and the U.S. Atomic Energy Commission.

This is the second such institute in which Scott has participated. Last year he attended one held at the University of California, Berkeley.

Mr. and Mrs. Scott left Medford Monday for the Midwest. While at Purdue university Mrs. Scott will attend summer school taking elementary education courses.

Family Attends Southern College

Hattiesburg, Miss. — (UPI) — Merwin F. Bennett, his wife and two children all are students at Mississippi Southern College. They call it together.

Bennett explained that he and his wife cut short their education to raise a family. They operated a dairy farm until the children, a son and daughter, were old enough to enter college. Mother and Dad then saw their chance and signed up, too.

Bennett and son Merwin are juniors, daughter Virginia is a sophomore and Mrs. Bennett is a freshman.

APPROXIMATE TIME FOR COOKING FROZEN MEATS



KIND	HOW COOKED	HOW WELL	Thawed before cooking (Minutes per pound)	Cooked frozen (Minutes per pound)
Standing rib roast of beef	Roast at 300 degrees	Rare Medium Well done	18 22 30	43 47 55
Roasted rib roast of beef	Roast at 300 degrees	Rare Medium Well done	28 32 40	53 56 65
Pork loin roast Center cut Shoulder or loin	Roast at 350 degrees Roast at 350 degrees	Well done Well done	30-35 50-55	50-55 70-75
Leg of lamb	Roast at 300 degrees	Well done	30-35	40-45
Beef rump	Braise	Well done	30-35	50
Porterhouse steak 1" thick 1-1/2" thick 2" thick	Broil Broil Broil	Rare to medium Rare to medium Rare to medium	8-10 min. total 10-15 min. total 20-30 min. total	21-35 min. total 23-38 min. total 33-43 min. total
Beef Patties	Pan-broil	Medium	10-12 min. total	16-18 min. total

BUYING AND STORING

The meat you buy for freezing should be carefully selected. It does not pay to freeze poor quality meat. Quantity meat buying should be done largely on a seasonal basis. In general, you get the best meat at the best price in these seasons:

Grass-fed beef... Fall
Grain-fed beef... Spring
Beef Hindquarter... Winter
Beef Forequarter... Summer
Pork... Fall and Winter
Lamb... Fall and late Winter

When buying a side or quarter, have your butcher cut it to your specifications (it's wise to have the butcher cut your game for freezing, too). When buying commercial meat, be sure it's graded "choice" or "good", particularly if you are buying in quantity. Plan to freeze only as much as you can use in the recommended storage time: Beef, 6-8 mos.; Lamb, 6-7 mos.; Veal, 3-4 mos.; Pork, 3-4 mos.; Ground Beef, 2-4 mos. Cured pork should never be stored more than 2 months; sausage and sliced bacon are not recommended for freezing. Heart, liver, and other variety meats may be stored 3-4 months. Fish may be stored 3-8 months; chickens, turkeys, and other birds 8 months to a year when whole, 6-10 months cut up; wild game 8 months to a year. Be sure that your meat is properly wrapped (see instructions above cooking chart). A package that is not moisture- and vapor-proof can result in freezer burn and discoloration. Cooked meat and leftovers will retain their flavor in the freezer for some time. All meats should be prepared, packaged, and frozen as soon as possible to hold the maximum flavor and vitamins. Be sure meat is well cleaned before packaging. You'll save freezer space by having bones removed where possible, preparing and freezing soup stock all at once.

FREEZING VEGETABLES



GENERAL RULES TO FOLLOW

While some vegetables, such as tomatoes, can be frozen successfully raw most vegetables should be frozen cooked. The chart at the left gives recommendations for preparing individual vegetables. Nearly all vegetables must be blanched before freezing. First wash in cold water cut, and sort according to size. For blanching, use enough water to cover vegetables completely (approximately 2 quarts of water per pound of vegetables). For leafy vegetables, add another quart of water per pound of vegetables. Blanch only about a pound at a time; the same blanching water may be used repeatedly for the same vegetable. Put vegetables into a colander, wire basket, or any other container that allows them to move freely. Immerse completely in briskly boiling water; start timing as soon as all vegetables are in the boiling water. Be careful not to over- or under-blanch, this is the most common cause of loss of flavor. From the boiling water, vegetables should go immediately into ice water (odd more ice as soon as it begins to melt). Vegetables must be completely chilled before packaging; and should be allowed to drain completely after removing from ice water. Let the vegetable determine the kind of packaging. Corn on the cob; cut corn, peas, beans, and many others may be packaged in freezer bags or in foil. Squash, cauliflower broccoli, and similar vegetables are better frozen in covered freezer containers. Always be sure your package is moisture-proof and vapor-proof. Young and tender vegetables are always best for freezing; older ones may lose some flavor. Few frozen vegetables should be allowed to thaw before cooking (an exception is corn on the cob best when thawed and steamed). Cook other vegetables in briskly boiling salted water, 1/4 to 1/2 cup for 12-ounce package. Be careful not to over-cook.

VEGETABLE METHOD OF PREPARATION BLANCHING TIME IN BOILING WATER

VEGETABLE	METHOD OF PREPARATION	BLANCHING TIME IN BOILING WATER
ASPARAGUS	Wash and sort according to thickness. Cut stalks to fit containers or cut to 1-inch lengths.	2-3 minutes
BEANS, GREEN OR WAX	Sort and wash in cold water. Snip ends. Cut in 1-inch lengths, leave whole, or slice lengthwise.	2-3 minutes
BEANS, LIMA	Shell and sort according to size.	2-3 minutes
BROCCOLI	Separate heads into sections and soak for 1/2 hour in brine (1 cup salt to 1 gallon of water) to remove insects.	3-4 minutes
BRUSSELS SPROUTS	Cut from main stem, sort according to size, trim and wash.	4 minutes
CAULIFLOWER	Cut off leaves and separate heads into flowerettes. Prepare same as broccoli.	3-4 minutes
CORN ON COB	Husk, remove silk, wash, trim tips, sort ears according to size.	6-10 minutes - Chill 12-20 minutes after scalding
CORN, CUT	Prepare as above. Scald for 2-1/2 to 4 minutes and cut from cob as whole kernels. Cool and pack.	
GREENS	Select tender, young leaves and cut off thick part of stems. Wash thoroughly.	2 minutes - Use large quantity of water to avoid matting of leaves.
MIXED VEGETABLES	Prepare each vegetable according to directions. Allow to cool before mixing for packaging.	
MUSHROOMS	Wash, slice if large. Brown in hot butter 4-5 minutes. Chill and package.	
PEAS, GREEN OR BLACKEYED	Shell and discard overripe peas.	1 minute
PEPPERS, GREEN OR RED	Remove stem and seeds, cut in half, slice, dice, or leave whole.	2-3 minutes
SQUASH, SUMMER	Cut in 1/2 inch slices	3-1/2 minutes
SQUASH, OTHER	Peel, cut in pieces, cook and mash - or bake at 350 degrees until soft and mash. Allow to cool before packaging.	
SWEET POTATOES	Cook and remove skins. Leave whole, cut in half, slice, or mash with a little orange juice.	
TURNIPS	Peel and dice.	2-1/2 minutes

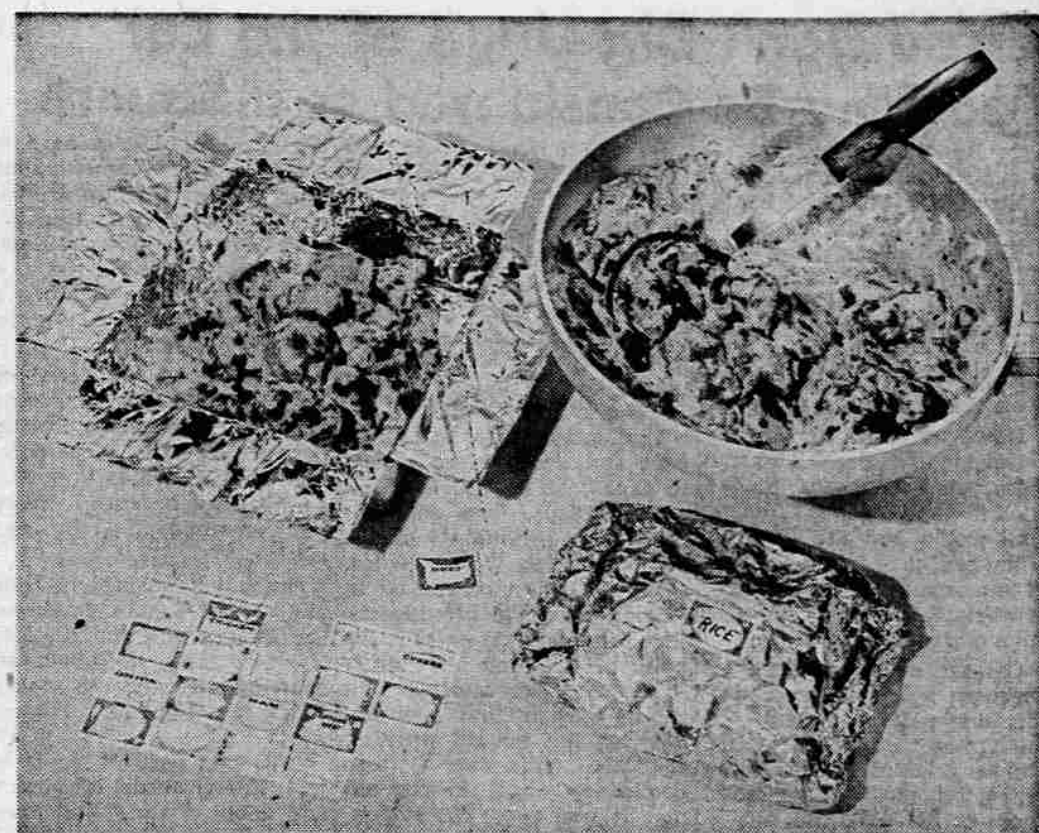
When installing a wall oven in your kitchen, put brick above the oven. It should extend above escaping heat waves to prevent wood cabinets and paneling from scorching.

To prevent smudging of pouring spouts or other hard-to-clean corners of utensils, cover with transparent tape. Tape also will keep recipe cards clean and will re-seal plastic food bags.

To restore sheen to cotton chintz curtains, add a piece of wax (about the size of a walnut to a pair of curtains) to a hot starch solution. Stir in the wax thoroughly before dipping the curtains.

If packaged water softener is used in laundering it should be put into the wash water before adding soap. And softener in the first rinse water, prevents soap curds from forming.

When painting wood windows, dampen strips of newspaper about two inches wide and as long as needed. Stick through painting. Then peel off the paper and the glass will be free of paint.



READY FOR COMPANY—Summer-time get-togethers are no problem with a freezer in the home. This delicious beef stroganoff with rice is prepared in quantity... packaged in smaller quantities for the freezer... and needs only to be reheated in the oven when company comes. The lady with a freezer spends little time over a hot stove in the summer. She does her preparation for dozens of meals in just an hour or two, always has a delicious variety of foods to select from.

Family Seeking Freezer Should Contact Appliance Dealers

Many families make the mistake of starting out with a freezer either too large or too small for their needs, and are not able to save as much money as they had hoped to with their freezer plan.

Freezers are manufactured in sizes from 12 to 25 cubic feet, and most of these sizes come in both chest and upright models.

The family in the market for a new freezer should consult with several appliance dealers. Tell your dealer the size of your family and the size of freezing you want to do. His long experience with freezers will be valuable in getting exactly the right freezer for your needs.

Families of Four—The 12-15 cubic foot size is usually best for families of four or less. However, if the family plans to freeze foods from their own garden, or fish and game in season, it is sometimes better to get a somewhat larger freezer to allow plenty of room for bulk storage.

This smaller size is also often the best "first" freezer for larger families. Many like to start with one of this size and experiment with their freezer they can use best.

Trade-ins are good on freezers, and there is no need to worry about losing money by starting out with one of the smaller sizes and later trading it in for a larger one.

Economy Size—Larger families often find it best to start right out with the "large economy size" freezer—up to 25 cubic feet. This allows plenty of room for bulk storage of in-season meat and produce as well as week-to-week freezer bargains and special dishes.

Your appliance dealer is up-to-date on the freezer facts. Let him help you in making your freezer purchase. In addition to helping you determine the best freezer size, he will help you set up a freezer plan.

He can recommend the best time of year for buying and freezing foods, the best method of storage, and the best method of keeping your freezer foods rotating, so that you are always getting full advantage of your home food freezer. He will also provide you with a complete service guarantee, and with free literature on freezer care and use.

Since summer is far the best freezing season, you will find the best selections of freezers in your appliance stores now.

LOOK FOR THAT **Hotpoint** FOOD FREEZER

12 cu. ft. Sale Price \$10 Down **\$260** 16 Cu. Ft. Price \$348 18 Cu. Ft. Price **\$380**

A safer, faster, thriftier way of food storage

Hotpoint aluminum "Silver Lining" conducts cold 4 times faster than steel—gives you top to bottom quick freezing. Aluminum Coldcoil Freezing system is inseparably bonded to aluminum "Silver Lining." Even, zero temperatures preserve frozen food longer, save food's nutritive value.

So low in price... A quality freezer with so many "Extras"

- Compact model freezes and stores 417 lbs. of food
- Fast-freezing shelves plus 2 adjustable shelves
- Super Door has tilt-out rack, Juice Can Dispenser
- Roomy storage basket for bulky food packages

Cut your shopping trips, enjoy the convenience of owning a Hotpoint Freezer. Chest and upright models available from 12 to 26 cu. ft. capacity.

MODEL 9FM12

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