



ROOM FOR FREEZER — Sure you've got room for a freezer! Today, appliance manufacturers are making home food freezers in every size and shape. The day is past when you have to keep your freezer in the garage—and when freezers looked like refu-

Three Methods of Freezing Fruits Noted; Syrups Listed

Fruits may be packaged in sugar syrup, dry sugar, or without sugar. Sugar draws out the juice, and this forms a coating around the fruit which prevents discoloration and loss of flavor and vitamins.

If packing in sugar syrup, medium weight is best for most fruits. For medium weight syrup use three cups sugar to four cups water. For a lighter syrup use two cups sugar to four cups water and for the heaviest weight syrup add four cups sugar to the four cups of water. Stir sugar into cold water until dissolved and this syrup does not require cooking. Store in refrigerator for use as needed.

When packing apples, peaches, apricots or pears, use an ascorbic acid syrup. This type of syrup is made by adding 1/4 teaspoon of ascorbic acid (available in most grocery or drug stores) to each two cups of water and sugar syrup. This syrup must be frozen the same day it is made.

Fruits are best frozen in freezer jars or in moisture-proof, vapor-proof freezer containers. Most fruits have the best flavor and color if served just before they are completely defrosted.

Thaw fruit in unopened container in refrigerator or at room temperature and thaw only as much fruit as you can use the same day or fruits will darken and lose flavor.

The following should be used in preparation of:

Apples: Add 2 teaspoons of sodium bisulfite (get at drugstore) and 5 and 1/2 tablespoons of salt to 2 and 1/2 gallons of water. This will prepare 20 to 25 pounds of apples. Cut large apples into 12ths, smaller apples into 8ths. Dip slices in the solution for 2 minutes, drain and package for freezing.

Applesauce: Crush frozen apple slices in meat grinder—do not allow to thaw. For each 10 pounds of frozen pulp, stir 2 teaspoons ascorbic acid into 1 pound of sugar, mix with apple pulp. Allow to thaw only until all sugar is dissolved. Package and freeze. Thaw and serve without cooking.

Apricots: Sort, wash, halve

and pit. Dip in boiling water or syrup one minute to prevent discoloration and air cool immediately. Another method is to add 1/2 teaspoon ascorbic acid to one quart of syrup, and cover apricots with this solution when packing.

Blackberries: Use this method for blueberries, huckleberries, boysenberries and youngberries, loganberries, black and red raspberries too. Sort, wash well and then drain berries. Pack them and cover with syrup or pack dry for use in pies or jams. On native wild berries, a 1-minute blanch is desirable to soften skins. Cool quickly, drain, package.

Cantaloupe: Cut into balls, cubes or slices. Then pack and cover with a light syrup.

Cherries: For sour cherries, wash, sort and pit. Soaking cherries for two hours in cold water aids in pitting them. Mix with dry sugar and package. Sweet cherries should be stemmed and washed. Pitting is not necessary but is desirable. Drain, pack and cover with syrup and use an ascorbic acid mixture if you wish.

Currants: Sort carefully, wash and drain. Pack and cover with syrup, or package mixed with sugar to taste, or they may be packaged dry with nothing added.

Peaches: Halve, pit, scald until skin slips and peel. Then use one of these methods. You can dip the peach slices or halves into boiling water or syrup for 1 minute to prevent discoloration and then pack; or you can add ascorbic acid to syrup and cover fruit with syrup after packing.

Rhubarb: Wash, trim, and cut into 1/2 inch pieces. Drain, pack and cover with syrup. Rhubarb may be packed dry for use in pies or preserves. Prepared rhubarb sauce may also be frozen.

Strawberries: Sort, cap, wash and drain well. Berries may be packed whole and covered with syrup. Or slice the strawberries, then mix with dry sugar and pack.

Frozen fruits to be cooked should be thawed completely and used in the same way as fresh fruits. When thawing fruits for pies, thaw only until they can be separated. Freeze fruits for lunches in serving-size containers, and allow two to three hours thawing time in the lunch box.

Buyer Should Ask Several Questions Before Purchase

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 work, and add variety and interest to your meals at all seasons of the year.

But a freezer is a 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.

They are also the best source of information on preparing and packaging foods for freezing, keeping foods in the freezer in proper rotation, cooking frozen foods, care of the freezer, and newest freezer recipes.

If you are considering the purchase of a freezer, ask a freezer dealer for his free literature on home food freezing.

Research Programs Continue To Develop New Freezer Use

Home economists and appliance manufacturers conduct constant research programs to develop new methods for freezing, and new ways in which the homemaker can make a freezer serve the family better.

Many of the new ideas are easily adaptable by freezer families of all sizes. For example:

Most aluminum foil manufacturers are now producing foil in a variety of colors. Since foil is an excellent wrapping for most freezer foods, many homemakers find it convenient to package different types of foods in different colors, making selection of the day's menu easier.

An economical trick for mothers is to mash leftover vegetables thoroughly, and freeze them in a divided ice cube tray. Thaw the frozen vegetables as baby's dinner requires them.

Freeze brown sugar and confectioner's sugar to prevent lumping. The freezer will also restore brown sugar which has become hard to its original condition.

It may be easier to keep foods in the freezer in proper rotation if, when packaging for freezing, the food is labeled with the date by which it should be used, instead of the date on which it was frozen.



PREPARATION HASTENED

Preparation of dinners can be hastened with casseroles and other such dishes by keeping prepared bread crumbs in the freezer. Keep one plastic bag of plain, and one of buttered, and remove the crumbs as needed for toppings.

If the family likes fruit pies, there's a quick trick for freezing fillings that makes preparation for serving easier. Prepare the fillings as usual, spoon into aluminum pie tins, and freeze. Remove frozen fillings, stack, wrap, and replace in the freezer. When ready to use, place frozen filling in a thawed pie-crust and bake.

Sunday breakfast's leftover pancake or waffle batter needn't go to waste. Cook all of it, and freeze the remaining pancakes or waffles. When ready to use, heat in a moderate oven. Serve as a main course spread with soft cheese or deviled meat and cream sauce or a natural gravy. Or serve for dessert topped with ice cream, powdered sugar, or fruit.

When cutting corn off the cob for freezing, try standing the ear in the center hole of a stem cak pan. It's easy to hold the cob steady, and the deep pan catches all the corn. Wrap leftover sandwiches and keep them in the freezer. When a quick lunch is wanted brush with butter and bake or grill.

Family With Freezer 'Eats Better for Less'

The freezer family often says, "We eat better for less."

How much better they eat is something few people realize.

Commercially packaged frozen food generally preserves more of the food's original flavor, color, and texture—and more vitamins and minerals—than food processed or preserved in any other way.

The secret is in speed.

For example, the maximum time from harvest to freezer for asparagus is 6 to 8 hours. Peas usually go from field to freezer in about 20 minutes. Maximum time for corn and beans is 10 hours. Other frozen foods are processed as fast, and often much faster.

Once frozen, all the flavor and nutritional values are completely sealed in until the food is thawed, cooked, and eaten.

Homemakers who are most successful in freezing their own foods follow the same rule. They shop where they are sure of getting the freshest-possible produce—locally grown, if possible. Then they prepare and freeze the food immediately—never later than the day following purchase.

Foods frozen later will still be good, but the longer they remain unfrozen, the more of their fresh-picked flavor and nutrition they may lose.

Cooking Times for Vegetables Given

When preparing frozen vegetables for serving, remember they have already been partially cooked by pre-freezing blanching, and be careful not to cook too long.

Few vegetables should be allowed to thaw before cooking. Place still-frozen vegetables in briskly boiling, salted water (1/4-1/2 cup for a 12-ounce package), and cover. When the water starts boiling again, reduce heat to low, and continue cooking for approximately the times shown below:

Asparagus spears, 5-10 minutes; asparagus cuts, 3-4 minutes; beans, green snap, 12-18 minutes; wax, 12-18 minutes; lima, 15-20 minutes; broccoli, 5-8 minutes; brussels sprouts, 4-9 minutes; carrots, 5-10 minutes; cauliflower, 5-8 minutes; corn, whole kernel, 3-5 minutes; on the cob, thaw and steam 3-4 minutes; egg plant, thaw and fry 3-5 minutes; greens, beat, 6-12 minutes; mustard, 8-15 minutes; turnip, 15-20 minutes; kale, 8-12 minutes; mushrooms, saute 10-12 minutes; Dakra, 20-25 minutes; peas, 5-10 minutes; spinach, 4-6 minutes; squash, summer, 10-12 minutes; other, heat to serving temperature; sweet potatoes, heat to serving temperature; swiss chard, 8-10 minutes; turnips, 8-12 minutes.

Crunchy

New York — UPB — Crunchy salad combines chopped hearts of celery with chopped walnuts or pecans and mayonnaise. Serve on leaves of crisp iceberg lettuce.

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	18	43
		Medium	22	47
		Well done	30	55
Rolled rib roast of beef	Roast at 300 degrees	Rare	28	53
		Medium	32	56
		Well done	40	65
Pork loin roast	Roast at 350 degrees	Well done	30-35	50-55
		Center cut Shoulder or loin	Roast at 350 degrees	30-35
Leg of lamb	Roast at 300 degrees	Well done	30-35	40-45
		Beef rump	Broil	Well done
Porkhouse steak	Broil	Rare to medium	8-10 min. total	21-22 min. total
		1-1 1/2" thick	10-15 min. total	23-24 min. total
		2" thick	20-30 min. total	33-43 min. total
Beef Patties	Pan-broil	Medium	10-12 min. total	16-18 min. total

Selecting Meat for Freezer Important

Since more will be spent for meat to be frozen than for any other food, it is particularly important to be careful in selection.

If buying meat commercially, inspect it carefully. Look for the U.S. department of agriculture stamp on the meats, and buy for freezing only those meats graded "choice" or "good."

It will be most economical to purchase meats in quantity during the season they are most plentiful. Be sure not to buy more than the family will want during the recommended storage period.

When buying a full side or quarter of meat, have the butcher cut it into the desired cuts. It is also best to have a professional butcher cut game for freezing. Some meat may be used for preparing frozen "meals-ahead"—and other cuts should be frozen whole as steaks or roasts.

Freeze the meat as soon as possible after purchase. Be sure to clean it completely, and, if possible, chill it for awhile in the refrigerator before placing in the freezer, to aid quick-freezing.

Steaks, chops, and similar cuts of meat may be wrapped only in a single layer of freezer foil; be sure to seal the ends tightly. Several pieces wrapped in the same package may be separated with a double thickness of waxed paper.

For poultry, roasts, and larger cuts of meat, use a polyethylene bag; exclude as much air as possible and be sure that the neck is twisted and sealed tightly.

Fish should be scaled, dressed, and prepared for freezing as though it were going to be cooked fresh. Thaw in the refrigerator and cook as fresh fish.

Lobsters and crabs should be cooked before freezing. First chill and remove back shell. Steam or boil 15 to 20 minutes. Cool, remove meat, package and freeze.

Other shellfish should be shelled, washed in brine (1 tablespoon salt to 2 quarts cold water), drained and frozen. Remove any waste, such as the shrimp's head and vein, before brine wash. Prepare poultry as for immediate cooking. Freeze birds for roasting whole; cut up fryers, etc. Clean meat completely, package and freeze.

When preparing frozen meals for serving, you will often get better results by starting to cook the meat from its frozen state.

When buying meat already wrapped for the freezer, check to be sure that the wrap is moisture-proof and vapor-proof. Many locker wraps will not protect the meat adequately in the freezer.

Unbaked Pies May Be Frozen as Made

Unbaked pies may be made for freezing as for immediate baking. One crust pie is easier to handle if frozen before packaging, and may be stored up to four months. When ready to use, thaw, put on topping and bake as directed.

Two crust pies can be baked without thawing. Cut vents in top and bake an additional 15 to 20 minutes.

If baked, let cool completely, wrap and freeze. When ready to use, unwrap, place pie in 325-degree oven for 30 to 40 minutes before serving.

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