

Packaging Most Important Part of Preparing Foods

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. Proper packaging is not difficult.

The packaging must be moisture-proof and vapor-proof for successful storage in the freezer. The packaging will be determined by the size and shape of the food to be frozen.

The following materials are available in most grocery and homewares stores:

Freezer boxes, cardboard or plastic. Use these for freezing liquids and semi-liquids. Fruits, vegetables, cooked foods, dairy products and juices.

Glass freezer jars. Use for same foods as cardboard and plastic containers.

Aluminum boxes. These are excellent for freezing cooked and baked foods such as casseroles, pies, etc. Foods may be reheated for serving right in these freezer packages.

Aluminum freezer foil. The flexibility of this material makes it perfect for wrapping meats and other odd-shaped foods, as well as baked goods. Colored foil is available now and is handy for separating wrapped items. Meats can be wrapped in red, leftovers in blue, etc. Or use for party foods, baked potatoes, favors, etc.

Polyethylene bags. These are excellent for dry-packaging fruits and vegetables. Large bags are best wraps for bulky foods such as turkeys and chickens.

Cellophane. Good for short-term storage of baked goods. Foil is generally self-sealing, other wraps should be sealed completely with low-temperature tape. Polyethylene bags can be sealed by pressing out the air in the package, taking a large twist in the neck of the bag and wrapping tightly with a rubber band.

Jars and most freezer containers usually come with manufacturers' instructions.

For correct sealing, read the instructions and follow them carefully.

All packaging must be moisture-proof and vapor-proof for successful storage in the freezer. When buying such things as foil and cellophane, be sure to get those specially treated for freezer wrapping.

Wrapping Method

The best wrapping method for meats, when using foil or cellophane wrap, is the "drug-store" wrap. Place the food in the center of the wrapping paper. Bring two parallel edges of the paper together above the food, and fold in a 1-inch fold. Continue folding down until the last fold rests firmly on the food. Repeat this to fold in ends. Seal this foil drugstore wrap by molding foil to the food.

When wrapping more than one piece of meat or other food in a single package, separate with double layers of waxed paper. Other types of paper, using the drugstore wrap, should be sealed with low-temperature tape.

Be sure the package is labeled. List the contents and instead of labeling packages with the date they were placed in the freezer, mark them with the date they should be removed from the freezer.

Some wraps and containers may be written on with grease pencil. For others use a label.



STRAW-POTATO TREAT—Here's a meal your family will truly enjoy in mid-winter. Ham, spiced with orange slices—and served with this unique strawberry and sweet potato casserole. (Recipe makes 2 quarts) Five pounds sweet potatoes or yams; 3 cups sliced strawberries; 1/2 cup butter. Cook potatoes, peel, and cut into quarters. Mix sugar, orange juice and rind, strawberries, and butter. Cook until fruit becomes slightly soft. Combine sweet potato sections with fruit sauce. Cool and spoon into freezing containers. To serve, thaw and pour into a casserole. Cover and bake in 350 degree oven for 30 minutes.

Leftovers Should Occupy Third of Space in Freezer

Generally, about one-third of the space in a freezer should be used for leftovers, food prepared for up-coming special events, and "meals-ahead."

During an unoccupied afternoon, a quantity of some dish can be prepared, or of one of the many new quantity freezer main dishes, and freeze it. The time spent making this larger amount is little more than the time needed to make the same dish for just one meal, and days or weeks later, after only a few minutes' work, a well-thought-out meal is ready.

Pre-cooked main dishes should be kept in the freezer no more than two or three months, as a rule. Many can be kept as long as six months with no loss of nutrition or flavor.

Prepared for Use

Unless otherwise indicated in the recipe, meals-ahead food should be prepared as if they were to be used immediately. But sure not to overcook. Usually, main dishes which must be reheated for serving are better if they are slightly undercooked before freezing. If cooked well-done before freezing, foods such as vegetables and macaroni may become too soft in reheating.

If you have waxy rice flour or corn flour, use them for thickening sauces or gravy. Crumb or cheese toppings are best added to the dish when the food is heated for serving, rather than before freezing. Pastry crusts rolled out and then frozen before baking are more tender and flaky, and have a fresher flavor, than those completely baked and then frozen.

Quick-cooking the food helps preserve fresh-cooked flavor, color, and texture, and retards bacteria growth. To cool, set the uncovered pan of food in ice, or in the refrigerator. It may also be set in cold water. If the water is changed frequently to keep it cold. Package foods for freezing as soon as they are cool, and place next to wall or shelf in your freezer.

Most pre-cooked foods can be reheated for serving in the oven or on top of the range. When reheating in a double-boiler, place food in top before the water gets hot, to prevent sticking. Pre-cooked dishes are best if thawed only partially before reheating.

Vegetables Should Be Cooked Before Freezing; Suggested Methods Given

While some vegetables, such as tomatoes, can be frozen and stored raw for a short while, most vegetables should be cooked before freezing.

Nearly all vegetables should be blanched for freezing. First wash, sort, and prepare vegetables according to individual directions. For blanching, use enough water to cover vegetables completely, approximately two quarts of water per pound of vegetables.

Put the vegetables into a collander, wire basket, or any other container that allows them to move about freely. Immerse in briskly boiling water. Start counting blanching time from the time the vegetables are completely covered with boiling water; be sure to time accurately—over or under blanching are the most common causes for loss of flavor.

In Ice Water

To chill, put vegetables in ice water immediately after blanching is finished. Allow vegetables to chill completely, and drain thoroughly before packaging. Corn on the cob, cut corn, peas, beans, and many other vegetables may be packaged in freezer bags or foil. Squash, cauliflower, broccoli, and similar vegetables are better frozen in covered freezer containers.

Select only young tender vegetables for freezing; older ones may lose some flavor during storage. Following are recommended methods for preparing individual vegetables for freezing.

Asparagus: Wash and sort according to thickness; cut stalks to fit containers, or to 1-inch lengths; blanch 2-3 minutes.

Beans, green or wax: Sort and wash in cold water; snap ends, cut in 1-inch lengths, leave whole, or slice diagonally; blanch 2-3 minutes.

Beans, Lima: Shell and sort according to size; blanch 2-3 minutes.

Broccoli: Separate heads into sections and soak for half hour in brine (1 cup salt to 1 gallon of water) to remove insects; blanch 3-4 minutes.

Brussels sprouts: Cut from main stem, sort according to size, trim and wash; blanch 4 minutes.

Cauliflower: Cut off leaves and separate heads into flow-



CANDID CANDLES—This brand-new freezer dessert can save you hours of precious time on Christmas Day... or on other special occasions. Freeze it now... serve it in minutes when the party deserves a special treat. (Recipe: freeze in 1 1/2-pint containers, makes four candles) 2 packages instant vanilla pudding; 2 cups milk; 1 pint heavy cream, whipped stiff; 1 1/2 teaspoons rum flavoring; 1 No. 2 can crushed pineapple (drain off juice); 1 lb. candied mixed fruits; 1-lb. package fig newtons, cut into cubes. Prepare pudding according to directions, using only 2 cups of milk. Fold in whipped cream and rum flavoring gently, then fold in all remaining ingredients. Spoon into freezer containers, cool, and freeze. To serve, slide out of containers on serving platter. Fill pastry tube with hard sauce which has been mixed with a drop or two of food coloring, and spell out greeting. Top moids with a chunk of marshmallow pulled into the shape of a flame. Serve with hard sauce or whipped cream.

Planned Buying Is Important In Home Freezer Budget

Using planned, in-season, freezer-owning families can eat better meals all year-round—on a much lower food budget. Fortunately, most foods are available in the greatest quantity, and at the lowest price, when they are at the peak of their flavor and nutritional value.

Plan to buy and freeze in quantity during these seasons:

- Spring—March, April, May**
Grain-fed beef, gooseberries, rhubarb, strawberries, peas, asparagus, spinach, other greens.
- Summer—June, July, August**
Beef forequarters, apricots, cherries, figs, blueberries, beans, beets, peas, summer squash, gooseberries, strawberries, cane berries.
- Grass-fed beef, pork, lamb, canaloupe, grapes, cranberries, peaches, prunes, beans, beets, broccoli, carrots, Brussels sprouts, cauliflower, corn, peppers, squash, pumpkin.**
- Winter—November, December**
Beef hindquarters, pork, lamb, apples, broccoli, cranberries, cauliflower, winter vegetables.

One of the best buys a freezer owner can make is turkey the week before Thanksgiving. These are the choice birds, available at that time at the lowest price of the year. Turkeys can be stored in the freezer up to a full year.

Of course, fishing and hunting season and freezing season are one and the same. Most large game can be stored in the freezer for at least eight months, and fish for three to eight months.

It's wise to establish a food-buying plan for your freezer. Use the freezing calendar, and figure out how much of each of the seasonal buys the family is likely to want during the following months. Shop wisely—be sure you're getting the best quality. Prepare the foods for freezing carefully, and be sure they are wrapped properly.

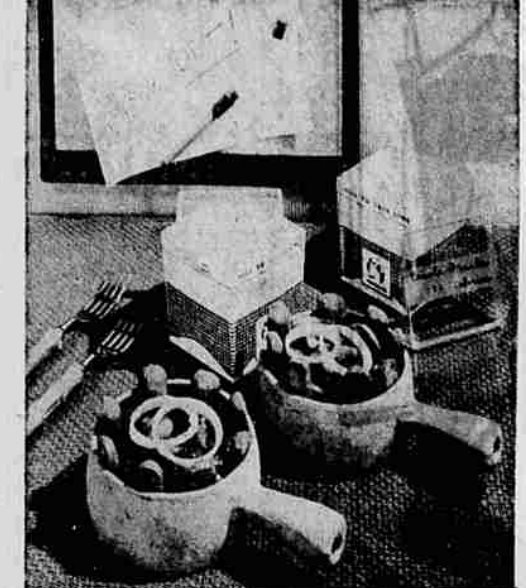
By following such a freezer plan, it is possible to pay the entire cost of a new freezer in a period of two or three years on food savings alone, and still eat the best foods all year around.

Freezer Allows Winter Picking

Berry-picking in January? Pick your favorite berries, right out of the home food freezer, any snowy day—by putting some of today's crop away for less abundant days.

Blueberries and blackberries, at the peak of their ripeness, are among the easiest foods to freeze. And they have an almost magical ability to retain their rich color and fresh flavor during freezer storage. Delicious with just milk or cream. They can be used in the many good desserts that call for fresh berries.

For the freezer, select berries fully ripened, discarding those which are under-size or too ripe. If possible, package and freeze them the day they are picked or purchased.



CREOLE FRANKS—This tasty freezer dish is a dieter's delight. A full-size serving, like the personal casseroles shown, contains only 325 calories. (Recipe makes one quart) Four frankfurters, split lengthwise and cut in half; 1 cup sliced raw celery; 1 cup sliced carrots; 1 cup onion rings; 1/2-cup chopped green pepper; 3/4-cup tomato puree; chopped fresh dill or dill seed to taste. Place all ingredients, in order listed, in a large skillet. Cover and cook over a low flame until vegetables are tender (about 15 minutes). Cool and freeze. To serve, place in personal casseroles, cover, and bake in 350 degree oven for 20 minutes.

Meals-Ahead Beef Recipes Reviewed By Home Economist

During beef-buying season, you'll want to freeze a number of cuts for roasts and steaks. You'll also find it economical to use some of the low-priced high-quality beef to prepare meals-ahead in quantity for future use.

These meals-ahead beef recipes come from Bev Lyons, Copco home economist, and many others are available by writing to the Copco home office in Medford.

STUFFED BEEF ROLLS
1 pound round steak, cut 1/4-inch thick
3/4 cup cooked chopped spinach
1/4 cup chopped onion
1 cup stewed tomatoes
1/2 teaspoon nutmeg
Tip of bay leaf
2 tablespoons chopped green pepper
1/2 teaspoon dried basil
Trim fat from meat and cut into four equal-size pieces. Flatten meat with potato masher or side of cleaver. Drain spinach thoroughly, mix with nutmeg and 2 tablespoons onion, divide mixture among meat portions. Roll meat around spinach and fasten with tooth picks. Package and freeze. Combine remaining onion, bay leaf, green pepper, and basil. Package and freeze. To serve, allow meat and sauce to thaw. Place meat rolls in casserole and cover with sauce. Cover casserole and bake at 325 degrees for 1 1/2 hours.

AVOCADO GROUND BEEF
1 1/2 pounds ground beef
1 medium onion, chopped
1/2 teaspoon salt
1/2 teaspoon garlic salt
1 teaspoon pepper
1 regular can cream of mushroom soup
Lightly brown ground beef in its own juices. Add onion, salt, garlic salt, and pepper. Cover and cook slowly about 30 minutes. Blend in soup and cook five minutes more (add a little water if mixture seems too thick). Cool, package and freeze. To serve, allow mixture to thaw. Cube one medium avocado and fold with 1 cup of yogurt, into beef mixture. Cook until heated. Serve with white or brown rice, and garnish with

Ice Cream May Be Frozen for Family

Ice cream and sherbet may be stored for at least one month in moisture-proof, vapor-proof containers. Commercially packaged ice cream should be repackaged for freezer storage. Ice cream may be shaped into cubes and balls.

Whipped cream may be frozen by dropping spoonfuls onto a cellophane-lined baking sheet. When frozen, separate in freezer cartons, separating individual servings with double thickness of waxed paper.

One can also freeze heavy sweet cream (40 per cent butterfat) and thaw only as much as will be used at a time. Take advantage of specials on high-grade butter. It will freeze and store up to six months. When buying ice cream by the bulk, as it is used cover the top with crushed cellophane to keep out air.

COLD!!

With this new G-E FREEZER food stays at ten Below ... even on the hottest days!

Terrific New 1960 G-E FOOD FREEZER and It's Only \$197⁷⁷

Model HUX11T Subtract Your Big Trade Allowance

Imagine... only \$197.77 for this brilliant new freezer... and this price doesn't include any trade-in allowance! Big, husky, roomy, 11 cu. ft., yet it takes no more space than a conventional refrigerator! Food is within easy reach. All in all, it's one of Hapco's greatest buys... a lot at a low price. See it!

WRITTEN WARRANTY!

115 E. MAIN, MEDFORD and 115 E. Main, Ashland

HAPCO.

Home Appliance Co. Stores growing with Oregon

Meals-Ahead Beef Recipes Reviewed By Home Economist

During beef-buying season, you'll want to freeze a number of cuts for roasts and steaks. You'll also find it economical to use some of the low-priced high-quality beef to prepare meals-ahead in quantity for future use.

These meals-ahead beef recipes come from Bev Lyons, Copco home economist, and many others are available by writing to the Copco home office in Medford.

STUFFED BEEF ROLLS
1 pound round steak, cut 1/4-inch thick
3/4 cup cooked chopped spinach
1/4 cup chopped onion
1 cup stewed tomatoes
1/2 teaspoon nutmeg
Tip of bay leaf
2 tablespoons chopped green pepper
1/2 teaspoon dried basil
Trim fat from meat and cut into four equal-size pieces. Flatten meat with potato masher or side of cleaver. Drain spinach thoroughly, mix with nutmeg and 2 tablespoons onion, divide mixture among meat portions. Roll meat around spinach and fasten with tooth picks. Package and freeze. Combine remaining onion, bay leaf, green pepper, and basil. Package and freeze. To serve, allow meat and sauce to thaw. Place meat rolls in casserole and cover with sauce. Cover casserole and bake at 325 degrees for 1 1/2 hours.

AVOCADO GROUND BEEF
1 1/2 pounds ground beef
1 medium onion, chopped
1/2 teaspoon salt
1/2 teaspoon garlic salt
1 teaspoon pepper
1 regular can cream of mushroom soup
Lightly brown ground beef in its own juices. Add onion, salt, garlic salt, and pepper. Cover and cook slowly about 30 minutes. Blend in soup and cook five minutes more (add a little water if mixture seems too thick). Cool, package and freeze. To serve, allow mixture to thaw. Cube one medium avocado and fold with 1 cup of yogurt, into beef mixture. Cook until heated. Serve with white or brown rice, and garnish with

Westinghouse "PEOPLE'S CHOICE" SALE

PEOPLE'S CHOICE! WESTINGHOUSE 9 CU. FT. FREEZER

- Full width door shelves
- New Air-Sweep shelves Packages remove easier, cold is circulated better.
- Silent Mechanism.
- Precision cold control.

UM-9 WAS \$229.00 **\$199⁹⁵** (True-Value Priced)

Get Acquainted Special! \$2.95 VALUE COMPARABLE MODEL NEW TYPE EJECTOR ICE CUBE TRAYS **ONLY 97¢**

Be Sure to Watch WESTINGHOUSE Full coverage of the Democratic Convention on KBES-TV

YOU CAN BE SURE... IF IT'S Westinghouse

TROWBRIDGE & FLYNN

214 West Main Street Phone SP 3-6241

BIG Y APPLIANCE CENTER

Phone SP 3-3052

10-Cu. Ft. Automatic Defrost Refrigerator... Huge 176-Lb. True Zero Freezer! Wizard 16-Cu. Ft. Refrigerator-Freezer **299⁸⁸**

\$10 Down, \$3.75 Weekly

Western Auto continues gigantic special purchase refrigerator-freezer sale—put modern, space-saving 2-door storage convenience into your kitchen at this low Wizard price. Twin polyethylene crispers. Save. Wizard Appliances—Chosen Over 1 1/2 Million Times

Western Auto 25 South Riverside Phone SP 2-6217