



FOR EASY HANDLING

Freezer Jars Have Many Storing Uses

Have you noticed the new glass freezer jars in the stores? The ones that are tapered toward the bottom so that they are easy to fill and empty? They seal airtight with a twist of the wrist, wash clean for reuse and are ideal for storing leftovers in the refrigerator as well as for home freezing.

With their attractively decorated caps in assorted colors they add a gay note to your kitchen. You'll find scores of uses for them. The jars come in two sizes, one a pint and the other 22 ounces. They are used for freezing fruits, vegetables, meats and seafoods. You can also freeze baked beans, chili, hash, stews, soups, butter, ice cream, hamburger and sausage patties, etc., in them for quick meals.

They can be used for refrigerating fruit juices, sandwich fillings, salad dressings, fats, all kinds of fresh or cooked foods. They keep leftovers from drying out and from absorbing or giving off flavors.

You can keep small quantities of cooked vegetables or meats left over from a meal in freezer jars in the refrigerator and use them days later in soups, casseroles, or scalloped dishes with the assurance that they'll not have that leftover taste.

These jars are fine for picnic use too. Potato salad, baked beans, pickled eggs and beets, can be served right from the jar. Another tip! Unused coffee refrigerated in freezer jars retains a much fresher flavor than the usual "Hash Coffee" flavor so objectionable to true coffee lovers.

Freezer jars also keep bread crumbs, beans, rice, cereals, dried fruits and other staples which do not need refrigeration but need to be in leakproof packages. Men of the house are likely to latch on to these handy jars to store away nuts, bolts, paints, varnish, putty, fish hooks.

Still another important feature of freezer jars is that they may be used for home canning as well as freezing. All you need do is buy some wide mouth caps and you can get the vacuum-tight seal which preserves home-canned foods. Store away plenty of frozen or some-canned foods in these handy jars now, while the big crops are coming in, and you'll save on your grocery bill.

GOOD FOOD

The summer avocados are coming to market. The first ones to arrive are small-sized fruit with dark skins. The color of the skin may vary from dark green to black. The fruit itself is buttery sweet and mellow, and perfect for all kinds of summer salads.

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Fit Your Food Budget To Family Needs

How much should I spend for food? Can a family be fed properly on \$20 a week? What share of the family income should go for food. Such questions are often asked home economists at Oregon State college.

But there just isn't any set answer, says Miss Mary Beth Minden, OSC extension home management specialist. She explains that no definite sum or share of income will insure a good diet for every family at all times. So to lay out a certain amount and then try to fit food purchases to it is putting the cart before the horse.

First, the individual family's food needs should be considered. Miss Minden emphasized. They will depend on the size of the family and the age and activity of each member. Then the homemaker can plan to meet these needs on either a moderate or a low cost budget.

A low cost diet includes more inexpensive foods such as cereals, dry beans, peas and potatoes and fewer of the more expensive items foods.

An adequate diet at any cost calls for about the same amounts of such protective foods as milk, vegetables, and fruit. Among these, however, there is considerable choice in prices of items that have about the same food value.

Seasonally plentiful fruits and vegetables are usually the thriftiest buys; the home management specialist says. Money can also be saved by using evaporated or dry milk in cooking, instead of whole milk, and by using lard for shortening instead of more costly fats.

A budget-wise shopper will also choose meat that offers the most lean meat for the price per serving, rather than buy according to the lowest price per pound and trim away expensive fat and bone.

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