

Important to Check Home Freezer, Save Duplicates

A home freezer should be used as a "checking account" rather than as a "savings account." Since most foods have recommended freezing periods shorter than a year, a housewife learns to plan on rapid turnover of frozen foods in order to get the best flavor and vitamin content.

Her "bank book" is an inventory control system that helps her remember what goes into the freezer and what has been used. She doesn't want old stock accumulating, nor an oversupply of foods that are not frequently used. Her records serve as a good guide for planning next year's freezing.

One handy device developed by a freezer manufacturer this year is a "Freeze-File" located on the front of the freezer. This plastic notebook, which slides out of a built-in holder, is designed for keeping accurate records of frozen foods. It has seven classifications: meats, vegetables, fruits, desserts, pastries, poultry, fish and miscellaneous. Columns are provided for noting type of food stored, quantity, when frozen, compartment in which located, and how much used. Entries made with a soft lead pencil can be erased from the plastic pages when necessary.

Here are some recommendations on frozen food storage based on continuing tests.

PACKAGE BY NEED

A good general rule is to package according to need. Food packaged in large quantities deteriorates when removed temporarily from the freezer so that a partial amount can be used. And large half-filled containers waste precious space in the freezer. All packages should be clearly marked with type of food, approximate number of servings, and date when stored.

Meat—Have meat cut in family-size portions, as frozen meat should not be frozen after thawing for cooking. When extra servings are needed for company, saw a package in half without unwrapping it. Use a small hack or meat saw to cut through meat and wrappings, then wrap unused half of package and return to freezer immediately. Two sheets of waxed paper or polythene between chops and steaks or hamburger patties will permit separating them without first thawing the entire package. Package the ground meat for meat loaf, spaghetti or other dishes in the right amount needed for the recipe. As ground meat must be cooked immediately after thawing and should never be refrozen.

Vegetables—A pint carton will yield three large servings or four small servings of most vegetables, a quart container from six to eight servings. For a family of two, freeze just enough in one bag to serve two persons and enclose several bags in a larger one.

Fruits—Select package sizes that are enough for a meal with no save-overs, as frozen fruit loses its flavor if not eaten soon after thawing, and can't be refrozen. As a sauce, a pint carton of fruit will serve three or four. A pint will make a skimpy 8-inch pie; a quart, a well-filled 9-inch pie. A quart of strawberries will make four generous individual short-cakes. Decide how frozen fruit will be used and package accordingly, as certain fruits may be sweetened for pies but not for sauce or the reverse.

Butter—It is not advisable to freeze more than two pounds to a package. Pack tightly.

Eggs—Do not freeze large quantities in one container unless the entire amount will be used at once. Freeze in one envelope the amount of whole eggs, egg yolks or egg whites to be used at one time in a favorite recipe. For an omelet, separate egg whites and yolks, put in separate envelopes and package envelopes together. How Long Will Food Keep in the Freezer?

No fruits or vegetables should stay frozen longer than from one growing season to another, and some foods should be kept an even shorter time. Here are recommended storage periods.

Meat—Many factors, such as proper slaughtering, chilling, aging, wrapping and promptness with which frozen, enter into the length of time that meat can be stored. However, the Government Bulletin "Freezing Meat and Poultry Products," AWI-75 gives the following times for holding meat at 0 degree: Sausage and ground meat, one to three months; fresh pork, three to six months; lamb, beef and poultry, six to 12 months; and veal, six to nine months.

To insure a balanced supply of frozen meats, make out a freezing calendar that will provide ample meat the year around but eliminate surpluses of the shorter storage meats.

Fish—An exceptionally perishable food, fish has a relatively short storage period of one to three months. Lazy fish containing a high fat content, such as salmon, mackerel, carp and herring, do not keep as long or as satisfactorily as the non-oily varieties such as halibut, haddock and trout. Fish is easily contaminated and must be prepared for freezing immediately after catching.

Butter—Maximum storage is about three months for butter made from freshly pasteurized cream, well salted and thoroughly worked to remove all traces of buttermilk. Butter made from unpasteurized cream should never be frozen as it will turn rancid rapidly.

Cottage cheese—Keeps in waxed tubs for two to three months if made from pasteurized milk.

Cream—Pasteurized cream keeps two to three months, but unpasteurized cream is satisfactorily frozen for only two or three months.

Eggs—Among the most satisfactory of all foods to freeze, eggs keep well for six to eight months. They must be strictly fresh when frozen.

Breads—Hot cross buns, Swedish tea ring and nut bread should not be stored for more than four months; steamed brown bread, yeast bread and rolls keep six months.

Cakes—Iced plain layer cake and iced chocolate cake keep four months; angel food, sunshine and sponge cake, six to eight months; fruit cake, one year.

Cookies—There is little advantage of using valuable freezer space for cookies, as cookie dough can be kept in the refrigerator for baking as needed. However, rich varieties such as butter cookies freeze satisfactorily and keep for several weeks.

Pies—Unbaked fruit or berry pies may be stored for two months (unbaked mince pies, four months) and baked fruit or berry pies for four months (baked mince pies, six months). Pies baked before freezing last longer and have a flakier bottom crust.

Desserts—Ice cream, ice cream roll, sherbet, one month; refrigerator cake, one to two months; eclairs, three months. One solution is to freeze fruit pulp for sherbet—cranberry pulp, for instance, will last eight to ten months.

Ready cooked meats—Meats which require long, slow cooking, such as stews and meat sauces, can be frozen satisfactorily. (Tests at the Institute indicate that fried meats such as steaks, chops or poultry do not freeze well.) Do not attempt to freeze the potatoes, macaroni, spaghetti or noodles that go with any of these meat dishes. Suggested storage times: beef stew, chili con carne, chop suey spaghetti meat sauce, not over six months; baked ham, not over three months.



AN AL FRESCO BARBECUE with the host of the household as chef . . . a way with hamburgers, plenty of chilled sliced tomatoes, sweet onion rings, a big bowl of potato salad and ice cold watermelon plus friends and you're set for a big evening.

Smart Supper For Friends

Entertain with ease! That's the keynote of the ever-present need for fun and relaxation. Hostesses will love to give parties at home—the kind that are smart and prize-winning, yet easy and inexpensive if they have sparkling new ideas for food.

If you want to give a memorable backyard or terrace party here's a "smart-supper" suggestion including a prize-winning barbecue sauce.

AL FRESCO BARBECUE
Broiled Barbecue Hamburgers
Toasted Hamburger Rolls
Creamy Potato and Onion Salad
Sliced Tomatoes
Potatoe Chills
Pickles
Olive
Chilled Milk
Watermelon Wedges

BARBECUE SAUCE
(Makes 2 cups)
1/2 cup molasses or brown sugar
1/4 cup prepared mustard
1/2 cup chili sauce or catsup
1 teaspoon Worcestershire
1/2 cup finely chopped onion
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup beer

Combine all ingredients in a saucepan; bring to boil. Simmer 5 minutes. Use generously to baste hamburgers while broiling. To make "saucing" the hamburgers easy over hot coals, supply the outdoor chef with a big mug filled with barbecue sauce and a long-handled brush.

SCHILLING Flavor Variety

For "different" desserts, choose from 21 Schilling flavoring extracts!



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Fort Rock

By ROBERTA MCGEE

The new approach to the Fort Rock Junction is finished and new road signs are up. An historical marker was erected on the south side of the Junction, giving a brief history of the Fort Rock Valley.

Fort Rock Grange met Saturday night, July 11. The charger was draped in memory of Roy Morehouse. It was announced there will be free movies at the Grange Hall July 25 at 7:30 p.m. The Degree team will meet at the hall July 16.

Bud Parks asks all Grange members to help prepare for the hooh at the county fair, and to contact him with ideas or for instructions.

The Grange hall now boasts a new chrome coffee urn with an 80 cup capacity. Home Economic Chairman Venita Branch earned it selling vanilla and shampoo. She still has products left to sell, as she advanced her own money to that the urn could be delivered.

Mr. and Mrs. Harold Miles of Portland arrived July 10 to visit with the Jess Miles family and pick up their daughter Yvonne, who has spent the past six weeks visiting here.

Mr. and Mrs. Jerry Ogle and daughter of Sweet Home spent July 11-12 visiting the Delbert Rutherford. They called for Mr. and Mrs. Dave Rutherford of Bend who take care of the store Saturday and Sunday afternoons.

Mr. and Mrs. Mike Breen of Bend have a son, Robert Roy, born July 1 and weighing 6 lbs. 15 ozs.

They also have a daughter, Julie. Mrs. Breen is Delbert Rutherford's sister.

The Bureau of Land Management held a meeting at the Grange Hall July 8. The meeting was for users of Fort Rock Soil and Moisture area for the Fort Rock and Silver Lake communities.

Mrs. Rose McGee was hostess at a baby shower for Mrs. Bud Beart and Rhonda Ann July 9. After several games the honored guest opened her many gifts. Roberta McGee was in charge of games. Prizes went to Beth Boley, Anne Sloan and Shirley Wilson.

If any color starts to run when washing rayon, immediately rinse in cold water. Never wring rayon.

Accumulations of old newspapers and magazines are a great fire hazard.

When you press a dress, first tackle the pockets, then the sleeves collar, bodice and skirt, in that order.

RECIPE

JELLIED CHEESE MOLDS

1 envelope unflavored gelatin
1/4 cup cold water
1 cup milk, scalded
3 oz. Blue cheese
1 cup cottage cheese
1 tablespoon grated lemon rind
1/2 teaspoon paprika
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon Worcestershire sauce

Soften gelatin in water and dissolve in scalded milk. Mash Blue cheese with fork. Combine with

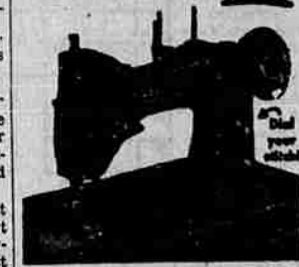
cottage cheese. Press through sieve. Combine cheese mixture, milk and seasonings. Pour into individual molds which have been rinsed in cold water. Chill in refrigerator until set. Serves 6. Contains approximately 196 cal.



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