

Frozen Packed Lunches Save Considerable Time

Got a lunch-toting family? There'll be no more fixing lunches last thing at night or getting up extra early in the morning with a home food freezer.

In just about one hour a week, you can prepare enough sandwiches, deserts, fruits, and drinks to keep the whole family in delicious lunches for the rest of the week. Just take the foods from the freezer in the morning, pack them in lunch boxes or bags, and the family's all set!

Frozen sandwiches, cake, cookies, and pie thaw in four to five hours, and retain all their original moistness and freshness. You can

even freeze whole fruits and pop them in the lunch box at the same time.

Sandwiches may be made with fresh or frozen bread. Frozen bread slices speed sandwich spreading, but should be taken from the wrapper two to four at a time to keep maximum moistness.

Fresh, canned, or stewed fruits may be frozen in individual containers to go into the lunch. A refreshing treat with any lunch: a small jar of frozen apple or rhubarb sauce with beef or lamb sandwiches, cranberry sauce with turkey, chicken, or veal sandwiches.

Containers of frozen fruit juice will thaw in time for lunch, but still be cool for refreshing drinking.

There are a variety of sandwich fillings that freeze well. Sliced cooked meat, meat loaf, chicken, and cheese are ideal. Sandwich spreads made of chopped or ground meat, chicken, canned fish, jelly, peanut butter, marmalade, and egg yolk mixtures also lend themselves well to freezing. All sandwich fillings should be completely cool before the sandwiches are made.

All wrapping for frozen lunches should be moisture-proof and vapor-proof. Foil is the most versatile wrapping for sandwiches. Pieces of pie or cake should be frozen and packed in specially-shaped containers when possible, or you can use a pint-size freezer bag. Fruits and juices may be frozen in jars, or in any freezer

New Dishes Made Possible By Time-Saving Freezers

The short time required to prepare a meal from a home food freezer leaves the homemaker lots of extra time to try her hand at inventing new dishes—a favorite occupation in most kitchens.

Using foods right from the freezer, you can try new tricks like these:

FRENCH CORN
Next time you plan to use the French fryer, fry some frozen corn-on-the-cob. Allow the corn to defrost for three to four hours. French fry two or three ears at one time, at 375 degrees, for four minutes. Serve piping hot.

SALAD TOMATOES
Yes, you can freeze raw tomatoes!

Be sure they're uniformly ripe. Wash them well, and slice or cut into wedges ready for salads. Freeze on a baking sheet until firm, package in a moisture-proof, vapor-proof wrap, and store. Transfer from freezer to refrigerator a few hours before making the salad.

FROZEN CREAM PUFFS
Bake cream puff shells as usual and let cool completely. Fill with peppermint ice cream, wrap each cream puff individually in freezer wrap, and freeze. When company comes, warm up some chocolate sauce to top the puffs, and a delicious treat is ready in minutes.

PEPPER POT
Here's a good way to dress up

leftovers (which can be kept fresh-tasting in the freezer for days). Wash and core green peppers. Wrap individually and freeze. Take hard-frozen from freezer—stuff with leftover rice casserole (or with cooked rice and meat or cheese), heat in the oven.

PACKAGE THE PEELS
When you're squeezing oranges or lemons for fresh or frozen juice, grate the rinds right away. Measure for favorite recipes, package and freeze. Saves lots of time later on.

RAINBOW SHERBET BOWL
Use equal quantities of lime, lemon or orange, raspberry, and grape sherbet. Scoop balls of sherbet onto baking sheet and freeze

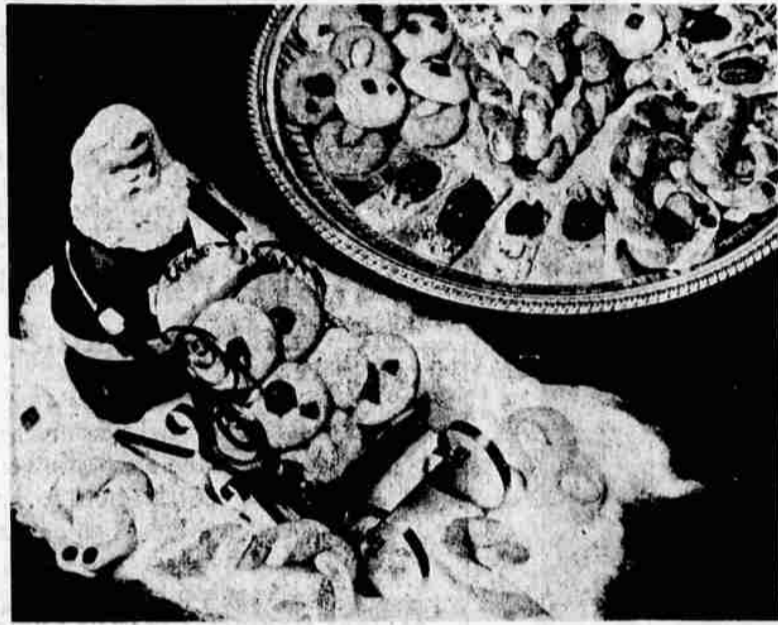
until firm. Store in moisture-proof, vapor-proof bags. To serve, arrange in your biggest glass bowl or brandy snifter (chill server first), and let stand in refrigerator to soften slightly. Drizzle with Cranberry Sauce (see below) and top with a sprig of mint. Delicious cooling on a summer day.

CRANBERRY SAUCE
Combine one pint cranberry juice with two tablespoons cornstarch. Cook until thick and clear. Remove from heat. Add 1 teaspoon butter and a few drops of red food coloring. Chill well.

The homemaker with a hankering to serve something different has a wide field in her home food freezer.



THE SMALLER FAMILY of three or four usually find a 12-15 cubic foot freezer the best buy. This size is a good starter size for larger families. It fits in well where there is a shortage of floor space . . . has plenty of room to hold all the good seasonal buys on meats and produce.



THE HOMEMAKER who serves the most delicious party snacks and dinners — and still has a wonderful time herself — usually owns a freezer. Cookies, sandwiches, and other snacks can be prepared all on one day . . . unfrozen a few hours before the party. Complete meals can also be prepared and frozen several days in advance.

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Kiddies Find Freezers Full Of Surprises

To a youngster, a home food freezer is the next best thing to Santa Claus . . . and just as full of wonderful surprises.

In a few hours of preparation time, a freezer owner has enough sandwiches, cake, ice cream, poppicles and other treats on hand to serve a whole army of children at a moment's notice. She can also whip up some extra-special treats for parties and deserts to delight young eyes as well as stomachs.

Try these special freezer treats:

CANDLEHOLDERS
For each serving, use large ball strawberry ice cream. Insert a tiny red candle in top, round red candy in side for handle. Or use other ice cream flavors, with matching candle and candy. Candleholder can be stored in freezer for a day, or prepare and wrap the balls several days in advance, add candle and candy just before serving.

SNOW MEN
Roll small ball of vanilla ice cream in shredded coconut. Roll another larger ball in coconut, place small ball on top. Use semi-sweet chocolate pieces for eyes and nose, small gumdrops for buttons, lollipop for broom.

SPECIAL ICE CREAM DESERTS

1. Remove center of sponge or angel food cake to leave wall one inch thick inside and outside. Fill with peach ice cream. Serve with fresh or frozen peach slices and garnish with whipped cream.

2. Hollow out cup cakes. Line with jam, jelly, or marmalade. Fill with ice cream.

3. Toast slices of pound cake. Top with ice cream and frozen fruit or sauce.

4. Slice cantaloupe crosswise. Trim rind from slices, place on plate, put large scoop of ice cream in center. Top with melon ball.

Once you start experimenting, there's no end to the scrumptious treats you and your freezer can create to delight your children and their friends.

Fruit Ice Cubes Are Party Treat

Mint leaves and maraschino cherries can be frozen in ice cubes and stored in your freezer for months. They make a refreshing surprise popped into cool summer drinks.

For a big party, freeze mint leaves and cherries in a ring mold filled with water. Float the ring on top of a punch bowl for serving.

You can prepare and freeze the fruit base for your party punch well in advance, too. Add mixer to the still-frozen base, and it will be chilled just right for the party.



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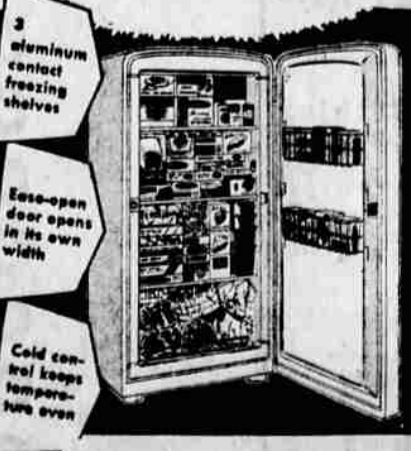
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