

Smart Homemaker Allots Freezer Space Carefully

In order to save the most time and money, and get the best meal from your freezer, you need a good freezer plan.

Plan your freezer space. Make a list of the different foods you will want to freeze during the year and plan to have room for them during the best buying season. Stock up on pre-frozen foods only when the bargain price (and your family's taste) warrants it.

If you are likely to need it, save space for game and fish in their seasons. Allow plenty of space for short-term storage of baked foods, leftovers, quantity-prepared dishes, lunch-box sandwiches, and special party foods.

Always have the makings for three or four complete meals in your freezer. You might need them when you least expect it. After allowing space in your freezer for the things you will want to add later, stock it well with the foods you want now. Keep them rotating, and plan their use to give the best variety to your meals.

Be sure to freeze only as much of any food as your family will use during the recommended storage time, and use first the food which has been stored the longest.

Here is a storage guide for frozen foods stored at 0 degrees F.: Ground meat . . . 1-3 months Ham and slab bacon . . . 1-3 months

Pork, fish, and lamb . . . 3-6 months Beef, veal, and poultry . . . 9-12 months

Re-Frozen Foods May Be Harmful

Re-freezing thawed foods can result in upset stomachs, or worse. When foods are frozen, growth and reproduction of microbes is checked. This is what allows them to stay fresh and good throughout the recommended storage period.

When food is thawed, microbes make up for lost time by reproducing much faster than usual. Thus, frozen foods should be cooked soon after thawing.

Although there are exceptions to the rule, it is never wise to attempt re-freezing foods without cooking them thoroughly first.

When buying any pre-frozen food in bulk, be sure that you can have it re-packaged and stored in your own freezer before it has had time to begin thawing.

A GIRL, AT LAST

GARDNER, Mass. (UPI) — For the first time in 84 years, "it's a girl" in the Kendall family. Mr. and Mrs. Christopher Kendall recently became parents of a daughter—the first girl born in the husband's family since 1875.

Fruits and vegetables . . . 12 months
The storage life of most pre-cooked foods is much shorter than that of uncooked foods. Suggested storage periods are:
Pies . . . 2-4 months
Baked breads and cakes . . . 6 months
Meats, steaks, etc. . . 3-6 months
Cookie dough . . . 4-6 months

Buy and freeze foods in season. Quality and flavor are generally highest when prices are lowest. By purchasing in quantity at the peak of the season, you will always have the most flavorful foods and make maximum savings on your food budget.

Always freeze the best quality foods. Your freezer space is valuable and should be used only for foods high in flavor and nutri-

tion. Foods should be frozen as soon as possible after you have purchased them. If you are growing your own produce, plan to freeze within 24 hours after harvest, even sooner if possible. With a practical freezer plan, your family will enjoy interesting and healthful meals all year long, and your freezer will start to pay for itself within weeks of its purchase.

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Ch. Broccoli Birdseye 10-oz. pkg.

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Spinach Chopped or Leaf - Birdseye 10-oz.

Cooked Squash Birdseye 12-oz. pkg.

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