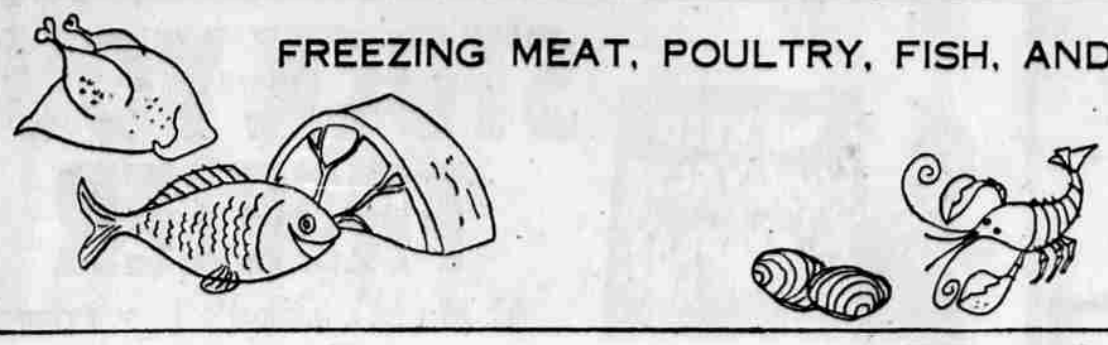
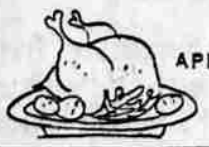
FREEZING MEAT, POULTRY, FISH, AND GAME



WRAPPING

Instructions are generally the same for wrapping meat, fish, poultry, and game. Have the meat cut into cooking sizes and wrap enough for each meal in one package. The excellent molding ability of foil wrap makes it an excellent packaging material for all meats. Place the meat in the center of the wrap; bring two edges of the wrap together above the meat and fold down in 1-inch folds until paper is tight against the meat. Fold the ends in the same way, and press foil firmly against the meat. When wrapping two or more pieces of meat in a single package, always place a double thickness of waxed paper between pieces.



APPROXIMATE TIME FOR COOKING FROZEN MEATS

KIND	HOW COOKED	HOW WELL	Thawed before cooking (Minutes per pound)	Cooked frozen (Minutes per pound)
Standing rib roast of beef	Roast at 300 degrees	Rare Medium Well done	18 22 30	43 47 55
Rolled rib roast of beef	Roast at 300 degrees	Rare Medium Well done	28 32 40	53 56 65
Pork loin roast Center cut Shoulder or loin	 Roast at 350 degrees Roast at 350 degrees	 Well done Well done	 30-35 50-55	 50-55 70-75
Leg of lamb	Roast at 300 degrees	Well done	30-35	40-45
Beef rump	Braise	Well done	30-35	50
Porterhouse steak 1" thick 1-1/2" thick 2" thick	 Broil Broil Broil	 Rare to medium Rare to medium Rare to medium	 8-10 min. total 10-15 min. total 20-30 min. total	 21-35 min. total 23-38 min. total 33-43 min. total
Beef Patties	Pan-broil	Medium	10-12 min. total	16-18 min. total

BUYING AND STORING

The meat you buy for freezing should be carefully selected. It does not pay to freeze poor quality meat. Quantity meat buying should be done largely on a seasonal basis. In general, you get the best meat at the best price in these seasons:

Grass-fed beef... Fall
Grain-fed beef... Spring
Beef Hindquarter... Winter
Beef Forequarter... Summer
Pork... Fall and Winter
Lamb... Fall and late Winter

When buying a side or quarter, have your butcher cut it to your specifications (it's wise to have the butcher cut your game for freezing, too). When buying commercial meat, be sure it's graded "choice" or "good", particularly if you are buying in quantity. Plan to freeze only as much as you can use in the recommended storage time: Beef, 6-8 mos.; Lamb, 6-7 mos.; Veal, 3-4 mos.; Pork, 3-4 mos.; Ground Beef, 3-4 mos. Cured pork should never be stored more than 2 months; sausage and sliced bacon are not recommended for freezing. Heart, liver, and other variety meats may be stored 3-4 months. Fish may be stored 3-8 months; chickens, turkeys, and other birds 8 months to a year when whole, 6-10 months cut up; wild game 8 months to a year. Be sure that your meat is properly wrapped (see instructions above cooking chart). A package that is not moisture- and vapor-proof can result in freezer burn and discoloration. Cooked meat and leftovers will retain their flavor in the freezer for some time. All meats should be prepared, packaged, and frozen as soon as possible to hold the maximum flavor and vitamins. Be sure meat is well cleaned before packaging. You'll save freezer space by having bones removed where possible, preparing and freezing soup stock all at once.

SUMMER-TIME GET-TOGETHERS are no problem with a freezer in the home. This delicious beef stroganoff with rice is prepared in quantity . . . packaged in smaller quantities for the freezer . . . and needs only to be reheated in the oven when company comes. The lady with a freezer spends little time over a hot stove in the summer. She does her preparation for dozens of meals in just an hour or two . . . always has a delicious variety of foods to select from.

Large Quantities Give Big Savings

The freezer owner who wants to save the most time and money with her freezer freezes in large quantities whenever possible.

This is especially important in freezing in-season buys of produce and meats. Buy enough to last your family until the next good buying season on each food. Plan to freeze the entire quantity within 24 hours of purchase.

Set up your kitchen for the fastest and most efficient preparation of the foods. Do all cutting and sorting first, then follow by taking each freezing step at one time for the entire quantity of food. Be sure you have plenty of packaging materials ready, and a place cleared in the freezer for the food.

By buying and freezing as much food as possible at one time, you will cut hundreds of hours from your meal preparation time each year.

THEY WENT THATAWAY

HOUSTON, Tex. (UPI) — Mrs. J. L. Alexander of Houston is now convinced that television has an influence on children, especially on her 3-year-old daughter Vicki. Mrs. Alexander reports that when she mentioned Vicki's grandmother to the youngster one day, the girl asked, "Where is my grandmother?" When Mrs. Alexander explained that grandmother had died many years ago. Vicki pondered a moment and asked: "Who shot her?"

Family Needs Important When Selecting Freezer

Many families make the mistake of starting out with a freezer either too large or too small for their needs, and are not able to save as much money as they had hoped to with their freezer plan.

Freezers are manufactured in sizes from 12 to 25 cubic feet, and most of these sizes come in both chest and upright models. The family in the market for a new freezer should consult with several appliance dealers. Tell your dealer the size of your family and the type of freezing you want to do. His long experience with freezers will be valuable in getting exactly the right freezer for your needs.

The 12-15 cubic foot size is usually best for families of four or less. However, if the family plans to freeze foods from their own garden, or fish and game in season, it is sometimes better to get a somewhat larger freezer to allow plenty of room for bulk storage.

This smaller size is also often the best "first" freezer for larger families. Many like to start with one of this size and experiment with their freezer plans for a year or so to determine exactly how large a freezer they can make good use of.

Trade-ins are good on freezers, and there is no need to worry about losing money by starting out with one of the smaller sizes and later trading it in for a larger one.

Larger families often find it best to start right out with the "large economy size" freezer—up to 25 cubic feet. This allows plenty of room for bulk storage of in-season meat and produce as well as week-to-week freezer bargains and special dishes.

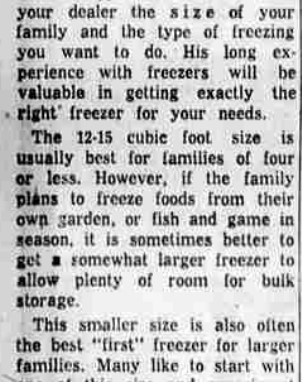
Your appliance dealer is up-to-date on the freezer facts. Let him help you in making your freezer purchase. In addition to helping you to determine the best freezer size, he will help you to set up a freezer plan. He can recommend the best time of year for buying and freezing foods, the best method of storage, and the best method of keeping your freezer foods in rotation, so that you are always getting full advantage of your home food freezer. He will also provide you with a complete service guarantee, and with free literature on freezer care and use.

Since summer is by far the best freezing season, you will find the best selections of freezers in your appliance stores now.

NO AMATEUR STANDING

CLEVELAND (UPI)—Lou Groza, star place - kicker and offensive tackle for the Cleveland Browns, never played varsity football in college but earned a degree at Ohio State while playing the sport as a professional.

Time to Freeze
STRAWBERRIES!



Use VAPO CANS
or VAPO PLASTIC BAGS At Your Grocers

I Stock My Freezer with..

Sun Ripened FLAV-R-PAC FROZEN FOODS

• • • • because my family just loves the fresh-picked flavor of Flav-R-Pac foods . . . and I love the leisure-living convenience and kitchen freedom they give me. It's just like having your own garden at your fingertips when you stock your freezer with "peak of goodness" Flav-R-Pac foods. Stock your freezer now!

FLAV-R-PAC . . . Distributed in the Klamath Basin by Medo-Land Creamery

Lowest Prices
When You Fill Your Freezer From Our

FROZEN FOOD DEPARTMENT

Sold to
Address
Date Shipped
Ordered
By

QUAN.	ITEM	PRICE	AMOUNT	QUAN.	ITEM	PRICE	AMOUNT	QUAN.	ITEM	PRICE	AMOUNT
	PEAS				ORANGE JCE. 6 oz.				PRYERS		
	BROCCOLI, Chopped				ORANGE JCE. 12 oz.				STEWERS		
	CORN, Cut				ORANGE JCE. 32 oz.				BREASTS		
	CORN, Cream				ORANGE JCE.				DRUMSTICKS		
	DICED POTATOES				ORANGE JCE.				THIGHS		
	FRENCH FRIES				GRAPEFRUIT JCE.				WINGS		
	MIX VEGETABLES				TANGERINE JCE.				GIZZARDS		
	PEAS & CARROTS				PINEAPPLE JCE. 6 oz.				LIVERS		
	SPINACH, Leaf				PINEAPPLE JCE. 12 oz.						
	SPINACH, Chopped				GRAPE JCE.				T-V DINNERS		
	SQUASH				GRAPE JCE.				T-V DINNERS		
	FR. CUT BEANS				BLEND JCE.						
	REG. CUT BEANS				LEMONADE 6 oz.				COD		
	CORN, Cob				LEMONADE 12 oz.				HALIBUT		
	SUCCOTASH				LIMEADE				HALIBUT CHEEKS		
	BABY LIMAS				LEMON JCE.				PERCH		
	PONK. LIMAS								ROCKFISH		
	BROCCOLI SPEARS								SALMON		
	BRUSSEL SPROUTS				TAMALES, BEEF				SHRIMP, Brd'd		
	CAULIFLOWER				TAMALES, CHICKEN				SHRIMP, Brd'd		
	ASP. CUTS				TAMALES, TURKEY				SHRIMP, Brd'd		
	ASP. SPEARS				CHIX PIES				SHRIMP, Green		
	PEAS, B. F.				BEEF PIES				SHRIMP, Green		
	OKRA				TURK. PIES				SHRIMP, Green		
	BLK. EYED PEAS				TUNA PIES				SMELT		
					CHIX ALA KING				SOLE		
					RAVIOLIS				SHRIMP MEAT		
					STEAKS, Cube 3's				CRAB MEAT		
	POTATO PATTIES				STEAKS, Cube 4's				OYSTERS, Raw		
					STEAKS, 4's				OYSTERS, Breaded		
					STEAKS, 8's				SCALLOPS		
					STEAKS, GR. DUCH.				SCALLOPS		
	FRUIT COCKTAIL				VEAL CUBE, 4's				PRAWNS		
	MELON BALLS				BREADED VEAL (5 lb.)				SALMON STEAKS		
	APPLES				BEEF CUBES, 4 oz. (5 lb.)				HALIBUT STEAKS		
	PEACHES				BEEF CUBES, 2 oz. (5 lb.)				COD STIX		
	PINEAPPLE CHUNKS				CHARCOAL, B. T. (5 lb.)				HALIBUT STIX		
	CHERRIES								SALMON STIX		
	RASPBERRIES								FISH STIX		
	BOYSENBERRIES										
	STRAWS				HORSE MEAT, 1 lb.						
	STRAWS 4½ lb.										
	STRAWS 30 lb.										
					CHOW MEIN						
					CHOP SUEY						
					EGG FOO YUNG				DROP NO.	SUB-TOTAL	
					SPARERIBS					COL. 1 FWD.	
	APPLE PIES				FRIED RICE					COL. 2 FWD.	
	BOYSEN PIES				EGG NOODLES				CASH CHARGE	TOTAL	
	CHERRY PIES				WAFFLES				REC'D BY		
	REDI-WHIP										
	TOTAL FORWARD				TOTAL FORWARD						

Come in and pick up one of these handy forms. Check the items and quantities you need and let us give you a price. It's the convenient way to fill your freezer. Look at these price examples:

PEAS — Pictsweet 10-oz. pkg. — 15c
Strawberries — Pictsweet 10-oz. pkgs. — 3 FOR 65c
Dinners — Libby's Turkey Chicken or Beef — 2 FOR 49c
PIES — Pet Ritz Apple or Cherry — Each 39c

FOOD CENTER
1338 Oregon Avenue
BUY LOW