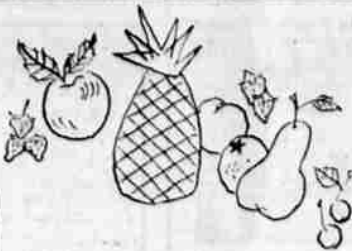




FREEZING FRUITS



FRUIT	METHOD OF PREPARATION	HOW TO PACK
APPLES	Wash, peel, slice in 12ths, blanch in steam for 1-1/2 minutes.	Dry (no sugar or syrup).
APRICOTS	Scald for 1 minute. Chill in ice water, peel, halve, and pit.	In cold, medium ascorbic acid syrup.
BERRIES	Sort berries and wash carefully in ice water. Remove hulls and drain thoroughly.	Whole - with cold, medium syrup. For crushed or sliced berries, add 1 cup sugar to 5 cups berries - stir gently and pack.
CHEERRIES	Wash in ice water, stem, and pit.	Sour cherries - 1 pound sugar to 4 pounds fruit. Sweet cherries - add thin or medium syrup.
CITRUS FRUITS	Peel, remove all white membrane and seeds, separate sections, save juice.	Sweeten juice to taste and pour over fruit sections.
CITRUS JUICES	Ream fruit at low speed to minimize amount of air in juice. Strain and chill immediately.	Add dry sugar to taste. Package and freeze immediately.
CRANBERRIES	Stem, wash, discard poor berries.	Dry (no sugar or syrup).
FRUIT CUP	Use any combination of fruits except bananas.	Cold, medium syrup - or add sugar to taste.
FRUIT JUICES NON-CITRUS	Simmer soft fruits until juice is separated from pulp. Strain through cloth bag.	Add sugar to taste (Approx. 1 cup per gallon). Pour into container and freeze. If frozen in ice cube trays, remove after freezing, package in bags to store.
GRAPES	Stem and wash.	Whole and dry. Or pack crushed with sugar or medium syrup.
MELONS	Cut in half, remove seeds, scoop out balls or cut in cubes.	Cover with cold, medium syrup or with orange juice.
PEACHES	Wash, peel, pit, slice.	With sugar or medium syrup.
PEARS	Wash, peel, core, quarter.	With medium syrup.
PINEAPPLE	Cut off outer rind and eyes. Core and cut into slices, wedges, or cubes.	Pack dry or cover with medium syrup. Slices should be separated by double layers of cellophane.
PLUMS AND PRUNES	Wash, pit, quarter.	With sugar or medium syrup.
RHUBARB	Wash, remove leaves and cut stalks into 1-inch pieces.	Dry or with medium syrup. Rhubarb sauce should be cooled before packaging.
STRAWBERRIES	Whole - Wash in ice water, cap. Or - Wash in ice water, cap, cut in halves or slices.	With dry sugar or medium syrup. Pack with sugar.

GENERAL RULES TO FOLLOW

These general rules apply to any fruits to be prepared for freezing. The chart at the left gives special recommendations for individual fruits. Fruits are best frozen in jars or in moisture-proof, vapor-proof freezer cartons. They may be packaged in sugar syrup, dry sugar, or without sugar. Sugar draws out the juice which forms a coating to prevent discoloration and loss of flavor and vitamins. Follow these measurements for sugar syrups:

Light...2 cups sugar, 4 cups water
Medium...3 cups sugar, 4 cups water
Heavy...4 cups sugar, 4 cups water

Stir sugar into cold water until dissolved. Syrup does not require cooking. Store in refrigerator for use as needed. 1/4 teaspoon of ascorbic acid powder should be added to each 2 cups of syrup for packaging with apples, apricots, peaches, and pears to prevent discoloration. Most fruits have the best color and flavor if served just before they are completely defrosted. Thaw fruit in unopened container in refrigerator or at room temperature. Thaw only as much as you plan to use; most thawed fruits will darken and lose flavor if left standing for any length of time. Frozen fruits to be cooked should be thawed and used in the same way as fresh fruit. If they are to be used for pies, thaw only until they can be separated and spread apart. Freeze fruits for box lunches in individual containers; allow 4-5 hours thawing time in lunch box. Fruits, as all other foods, should be frozen only if they are of good quality. You get from your freezer only what you put into it, and poor quality foods do not freeze well. Always be sure freezing containers are sealed tightly and labelled with contents and date of freezing.



COPCO HOME SERVICE DIRECTOR Bev Lyons demonstrates that nearly everything is freezable. Green peppers, raw tomatoes, pancake batter, cream puffs . . . all can be frozen successfully. Whenever freezer owner makes a new dish, it's a good idea to make a little extra — try various methods of freezing it. The standard wraps and containers will preserve the freshness and flavor of most foods.

MACHINE SALES DOWN

NEW YORK (UPI)—Manufacturers' sales of household washing machines slipped one per cent last year to 3,672,400 units from 3,684,700 in 1957, and ran 17 per cent below the record 4,447,300 sold in 1956, according to the American Home Laundry Manufacturers Association.

CAN FROGS HEAR?

WILLIAMSTOWN, Mass. (UPI)—Humans can hear the croaking of frogs. But can frogs hear people? Williams College psychology instructor Thomas E. McGill is studying the hearing of amphibians and reptiles with the help of a one-year \$2,000 National Science Foundation award.

SPLIT-SECOND TIMING

ARCADIA, Calif. (UPI)—The best time recorded by a thoroughbred for a mile and one-quarter on a dirt track in 1958 was 1:59 4/5. The mark was reached three times during the year, each time by Round Table, the "horse of the year."

More Leisure Made Possible By Freezers

A freezer is more than just a place to store food. It's the beginning of a new way of life for the freezer-owning family.

One of the most important changes a freezer makes is the time and labor it saves the lady of the house. It frees her of the daily necessity of spending two to three hours a day preparing meals.

With a freezer she does the major preparation work for dozens of meals in a few hours. One baking day provides bread, cookies, cakes, and pies for as long as four months. Another day or two readies fruits and vegetables for the next year.

When it's time to start thinking about today's dinner, she simply checks the "What's in the Freezer" list, picks out the packages, and she can actually prepare almost any meal in about 20 minutes.

A freezer's a wonderful thing for a party, too. The homemaker can fix the party snacks at her convenience—days, or even weeks, before the big day. The freezer keeps them fresh, and she stays fresh, too.

Grandmother used to spend Christmas Day in the kitchen. Today's freezer-owning homemaker gets Christmas dinner ready a little at a time—she can even freeze the dressing for the turkey—spends Christmas enjoying her family.

The extra time a freezer makes for the lady who owns one makes a big difference in family fun. Picnics are easier to get together on a pleasant summer day, and mother always has more time to spend with the youngsters.

It's always a pleasure for the homemaker to know she's serving her family better and more nutritious meals, too—and cutting the food budget down at the same time.

In most homes, the new freezer has become the whole family's favorite appliance.

SUPER MARKET IN YOUR OWN HOME!

(AT SAVINGS GREATER THAN EVER)



— You'll SAVE MONEY and have more leisure time WITH A FREEZER! Buy in Season - When prices are LOWEST! Cook when you're "In the Mood" — Never get Caught "short" by surprise guests.

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2. **SAVE** on current costs! Pay far lower utility bills for life of freezer.
3. **SAVE** your food against spoilage! Constant zero temperature keeps food always at peak flavor!

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- Exclusive Roll-Out Utility Tray.
- Roll-Out Basket for small food packages.
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- Exclusive Defrost-Drain and messy mopping!

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2. Jet-Freeze Shelves
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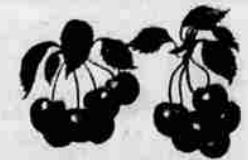
12 Cu. Ft. Norge Upright Freezer
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- HASH BROWNS 10-oz.
- Chopped Spinach 10-oz.
- Peas & Carrots 10-oz.
- SPINACH 10-oz.
- Potato Patties 10-oz.
- SQUASH 14-oz.
- Sauerkraut 10-oz.

- BRUSSEL SPROUTS 8-oz.
- CAULIFLOWER 10-oz.
- LIMAS 10-oz.
- BABY WHOLE OKRA 10-oz.
- RASPBERRIES 10-oz.
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- BABY LIMAS 10-oz.
- PEAS 14-oz.

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- Chef's 11-oz. **DINNERS** Turkey, Chicken, Swiss Steak or Ham **69¢**
- Chef's 12-oz. **TAMALES** Chicken, Beef or Turkey **39¢**
- Johnson's **PIES** 9 Inch — Compare Weight and Quality **69¢**

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SOVIET VISITORS
CHICAGO (UPI)—Fourteen inspection parties from Soviet Russia visited the Chicago Museum of Science and Industry during 1958. Lenox R. Lohr, museum president, said the Soviet groups visited the huge museum on the shore of Lake Michigan to study U.S. scientific and industrial progress. The Russians were among 79 tour parties from foreign countries. In all, the museum's 1958 guest list showed 7,261 tour groups and 1,504,301 individual visitors.