



Vernonia Eagle

THURSDAY, AUGUST 13, 1959 5

Tips Given For Freezing Foods

Homemakers can have frozen foods that are attractive, flavorful and high in nutritive value, if carefully prepared with strict attention to basic principles of freezing.

Of utmost importance is to choose high quality foods, says County Extension Agent Margaret Allyn. The frozen product will be no better than the food in its original state. Freezing does not improve the flavor or quality of any food. Freshness is important with vegetables. Once picked, most vegetables lose sugar, vitamins and flavor rapidly. With fruits, ripeness is what counts.

Most vegetables can be frozen satisfactorily, but results won't justify giving much space to tomatoes and cucumbers since they might be called novelty items. Peeled sliced cucumbers can be frozen but must be used as they thaw otherwise they become mushy. The same rule holds for tomatoes. Whole tomatoes can be wrapped and frozen but should be used while they are thawing or used for cooking. Fast freeze tomatoes in less than 3-minutes. They will keep about 3 months. Stewed tomatoes can be frozen successfully if bread or crackers are omitted.

Process foods properly choosing only freezer packaging material which will protect food from air. Where air reaches food during storage, the result is loss of moisture accompanied by a change in flavor. This condition is known as "freezer burn".

Foods should always be frozen as rapidly as possible and stored at 0 degree F. Foods stored at temperatures above zero lose flavor and nutritive value rapidly. Ice or snow inside the package usually indicates fluctuations of temperatures above zero.

Additional information about freezing various foods can be obtained by contacting the County Extension Office in St. Helens.

The David Morgans To Spend A Month Here

BIRKENFELD — Mr. and Mrs. David Morgan and baby from California arrived here for a months stay. He has a months furlough. They visited a day with her folks, the Vick Bergs and are now staying at Elderberry Inn and he is working in the restaurant.

Alton Berg took a load of cattle to the stock yard for Harry Hammerberg last week.

The Larson families had their reunion at the Hillsboro park on Sunday.

Several from here attended the Columbia County Pioneer picnic at Hudson Sunday.

Mrs. Ethel Manley of Rainier is spending a few days here visiting with relatives. She is an aunt of Helen Nordstrom, Annie Johnston and Francis Larson.

Change Due on September 1

Conversion of the post office at Bradwood to a rural station tributary to the Clatskanie post office is scheduled for September 1 it was announced this week by post office department officials.

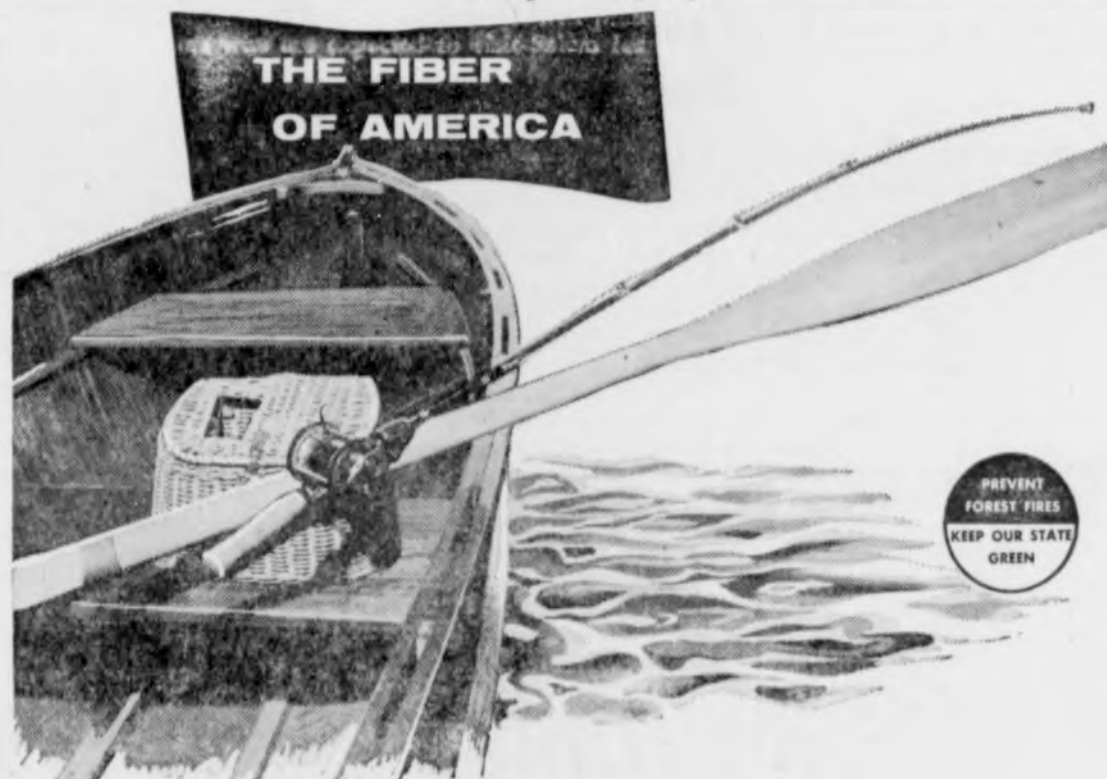
In a letter to Rep. Walter Norblad, it was announced that the fourth class post office at Bradwood would become a rural station with discontinuing of the Bradwood post office effective at the close of business on August 31, 1959 and establishment of the rural station of Clatskanie effective September 1.



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