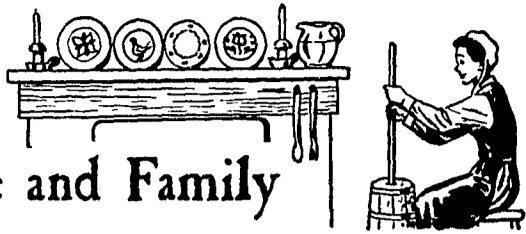


For the Farm Wife and Family



Peaches Among Most Popular Fruits For Home Canning, Freezing

Peaches are among the most popular fruits for home freezing. This summer's big crop should encourage homemakers to freeze an extra generous supply. Sound, firm, ripe peaches with no green or hard spots may be frozen in halves or slices in either sirup or sugar. Very ripe peaches may be crushed or made into puree for freezing.

Peach slices frozen in sirup are attractive to serve "as is". Slices are easier than halves to pack compactly in freezer containers. To help prevent the fruit from darkening, work with small batches at a time and slice directly into cold sirup.

Make up the sirup and have it cold before preparing peaches. To make about five and one-half cups of sirup, dissolve three cups of sugar in four cups of water. To help preserve peach color and flavor while in the freezer, add crystalline ascorbic acid (vitamin C) to the cold sirup, using one-half teaspoon (1,000 milligrams) to each four cups of sirup. Ascorbic acid is sold at drug stores and some freezer-locker plants.

Allow one to one and one-half pounds of peaches for each pint container to be filled. After washing the fruit, cut in half, remove pits and skins by hand. If you dip peaches in hot and then cold water to loosen skins for fast peeling, it may soften the outer flesh so that slices will

have ragged edges after thawing. Measure two-thirds cup sirup into each pint container. Then slice peaches directly into the container. To hold the slices down under the sirup, put crumpled parchment or locker paper on top. Leave enough space at the top for the fruit to expand during freezing. In containers with straight sides and wide tops leave one-half inch headspace in pints, one inch in quarts. In containers with narrow tops, leave three-fourth inch headspace in pints, one and one-half inches in quarts.

Wipe all sealing edges clean for a tight seal. Fasten lid on tight. Label with name of fruit and date when placed in freezer. Then freeze and store at zero degrees or colder.

Frozen peach jam offers an easy and tasty way to make use of the abundant peach crop this year. It is a convenient food to have in the freezer, not only for making sandwiches or for use on toast, but also as a topping on ice cream, puddings, and other desserts. This jam has fresh flavor because the peaches are not cooked.

FROZEN PEACH JAM

3 cups crushed peaches (takes about two and one-half pounds)

5 cups sugar
1 package powdered pectin
1 cup water

To prepare the fruit, wash and drain the fully ripe peaches, remove pits and skins, and crush. To make the jam, first measure three cups of crushed peaches into a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally.

Dissolve the pectin in the water, bring to a boil, and boil for one minute. Add pectin solution to the fruit-and-sugar mixture, and stir for two minutes.

Ladle the jam into jelly glasses or into suitable freezer containers, leaving one-half inch space at the top. Cover the containers and let stand for 24 to 48 hours, or until the jam has set. Then cover with one-eighth inch layer of hot paraffin.

Uncooked peach jam can be stored in the refrigerator for a few months or in the freezer for up to a year. If it is left at room temperature it will mold or ferment in a short time. Once a container is opened the jam should be kept in the refrigerator and used within a few days.

The following recipe for peach desserts use either fresh or canned peaches. How about this Peach Custard for an easy, tasty dessert.

PEACH CUSTARD

6 peaches, thoroughly ripe
Cubes of stale cake
Boiled custard
Pare and slice peaches and sprinkle generously with sugar. Arrange alternate layers of the cake and peaches in a deep dish. Pour custard over top. Chill and serve.

PEACH SUNDAE CAKE

Cut a thin layer of sponge or plain butter cake into 3-inch squares or rounds. Pile a generous spoonful of fruit ice cream on top and garnish with sliced



For these hot days try fresh peach and cottage cheese luncheon salad. For a different tang, dip the luscious fresh peaches in fresh lime juice before serving. This will also keep them from darkening if you prepare your salad a little ahead of time for convenience.

canned or sweetened fresh peaches.

PEACH COBBLER

2 tablespoons flour
1 tablespoon butter
½ teaspoon salt
½ cup milk
3 teaspoons baking powder
1 well beaten egg
2 tablespoons lemon juice
2 cups sliced peaches
¾ to 1 cup fruit syrup
¼ cup sugar
1½ cups flour
1 tablespoon sugar
½ cup shortening

Arrange fruit in greased 8-inch round pan. Mix flour and one-fourth cup sugar; then sprinkle over fruit. Add lemon

juice and fruit syrup, dot with butter. Heat through in oven. Sift remaining dry ingredients; cut in shortening. Mix eggs and milk; add dry ingredients. Drop dough in six or nine mounds over hot fruit. Bake in hot oven for 30 minutes.

PEACH CREAM DESSERT

6 slices sponge cake
1 cup heavy cream, whipped
1 tablespoons powdered sugar
½ teaspoon almond flavoring
6 canned peach halves, drained
¼ cup currant, jelly
Cut sponge cake into slices; spread with cream, sweetened and flavored; top with peach half, and fill center of peach with jelly. Approximate yield: 6 portions.

(Continued on page nine)

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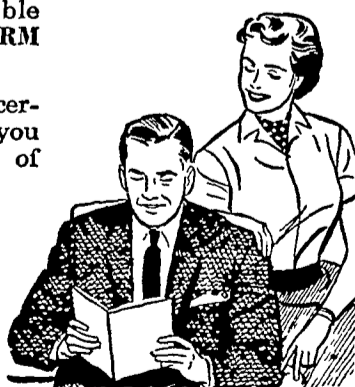
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