

Age Poultry Before Freezing

Poultry is more tender if it is aged at least 12 hours before it is frozen, according to recent research. The study showed that birds aged before being cut up were more tender than those aged afterward.

Severe scalding — above 140 degrees F. — used to remove feathers, plus mechanical picking both interfere with normal tenderizing of poultry meat. Avoiding too high scalding temperatures and minimizing the beating on in mechanical picking helps for tenderer meat.

Tenderization proceeds slowly at 27 degrees F. but practically stops at zero.

Quick Chocolate-Graham Cookies

Cut graham crackers together in stacks of 3, with chocolate frosting between them. Chill. Cut into 3 strips to form ribbons. You get good and attractive cookies.

Submitted by Mrs. Lester B. Weaver, Box 150, RD 2, Elizabethtown, Pa.



SOMETHING NEW in the way of an easy luncheon dish are Beans and Franks in Tomato Sauce in a can. This new Minute Meal comes in both the individual 8½-ounce and the larger 15¼-ounce cans. Serve Beans and Franks just as they come from the can or spoon them onto a toasted bun or rye bread for an open-faced sandwich. Serve them with a crunchy pickle or radishes and a crisp salad of cole slaw or lettuce.

Care For Bedding

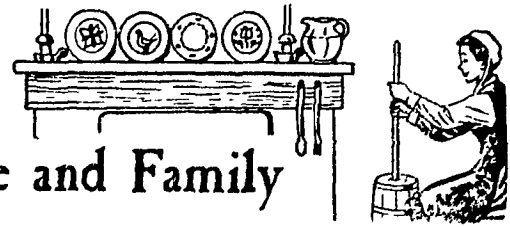
Proper cleaning and care will lengthen the life of bedding. Clean cotton inner-

spring mattresses and springs once a month with a vacuum cleaner attachment or soft brush. Launder mattress or spring covers monthly. Let cotton sheets and pillow cases rest between use periods by putting them at the bottom of the linen shelf and using those on top.

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For the Farm Wife and Family



Baked Potatoes In A Hurry

Cut in half, dry, and coat with butter. Sprinkle cut part lightly with paprika for color. Pop in oven and allow half the time to bake.

Submitted by Mrs. Lester B. Weaver, Box 150, RD 2, Elizabethtown, Pa.

New Quality Test For Strawberries

Now there's an accurate and scientific way to tell what quality-affecting temperature changes have occurred during the travel of frozen strawberries from packer to consumer. The answer is in the vitamin C content measurements.

At zero—the recommended temperature for keeping frozen foods—vitamin C (ascorbic acid) in frozen strawberries remains unchanged. But as the temperature begins to go above zero, vitamin C begins to oxidize into two different acids, dehydroascorbic, and diketogulonic.

Researchers know how fast this change usually occurs at temperatures above zero. By running a test to find out how much of the vitamin C has actually broken down, they can tell approximately what temperatures the frozen food has been exposed to.

The test not only reveals the harmful effects of warming up after freezing, but also shows how much high temperature damage has accumulated in the berries from the time they were picked.

Similar tests can be made on other foods by measuring the changes in such quality indicators as: the chlorophyll in green peas and beans, sugar concentration in frozen fruits, and the color in red raspberries.

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