

then stop Over-  
will only make it  
you cook fish will  
the kind you buy  
is usually fried,  
types are baked  
One exception is a  
weighing less  
pounds. These  
fish are often fried  
from drying  
them cooking  
fish is baked at  
unless the piece  
thick Then it is  
a longer time at  
the two small fish  
her in order to  
Broiling fish is  
and pleasant way to  
because there is  
spatter  
place fish skin-  
on greased grid of  
pan Broil about 5  
om the source of  
measuring from the  
ce to the top of the  
the pan  
ing or broiling, cook  
done To test done-  
st the tip of a fork  
If it flakes apart,  
s done  
as an exceptionally  
use butter or lem-  
for basting fish  
Beans Frozen Now

**Give Supply For Winter**  
If you want garden-fresh  
snap beans this winter freeze  
them at the peak of maturity.  
Try to select young tender  
beans that snap when you  
break them  
To keep them at their best  
be sure you blanch green  
beans when you freeze them  
though this takes a few min-  
utes, this step will reward  
you with deep green, succu-  
lent beans rather than poor-  
flavored off-colored ones  
Usually one pound of fresh  
beans will fill a one pint  
pint freezing container. Cut  
or break the beans into one  
or two-inch pieces or slice  
them lengthwise  
To blanch the beans select  
a large kettle with lid and a  
fine-mesh wire basket. Boil  
1 gallon water for every  
pound of vegetable. Then,  
place the beans into the  
basket, lower them into the  
boiling water and cover.  
Set the timer the minute  
the beans go into the water  
and let them heat for three  
minutes Remove the basket  
from the kettle and plunge it  
at once into a pan of cold  
water Have a gallon of cold  
water for every pound of  
beans Use either cold tap  
water or ice cubes for cool-  
ing  
Cooling prevents overcook-

ing, helping to keep that  
garden fresh flavor. Cool  
each pound of beans about  
as long as you have  
heated them. After cooling,  
drain them Package the  
beans in regular freezing  
containers leaving 1/2 inch  
head space for expansion  
Seal the beans and mark the  
container. Freeze at once at  
zero temperatures and you'll  
have garden fresh beans next  
winter.  
**Cool Moist Storage Needed  
For Apples**  
If you buy apples by the  
bushel or have some of your  
own to store be sure that  
you choose a cool moist stor-  
age space. The ideal condi-  
tions for keeping apples is as  
close to freezing as you can  
get, but not below that  
Then, you'll want high humi-  
dity Since most basements  
don't have these conditions  
you may have the best  
chance of these conditions by  
using plastic bags in a cool  
place  
Large plastic bags, the  
kind with the holes will be  
fine, stored in a garage or at-  
tic may be about your best  
chance for keeping apples  
For small amounts, keep  
them in plastic bags in a re-  
frigerator.  
It's best not to store other  
vegetables in the same stor-

age area since apples give free and cool burning, this  
off a gas that hastens the rip- "Safety Light" will burn  
ening of other fruits and veg- day and night for a year for  
etables. Apples also have a less than a penny a day —  
tendency to pick up other and its light-life is almost  
odors. limitless.

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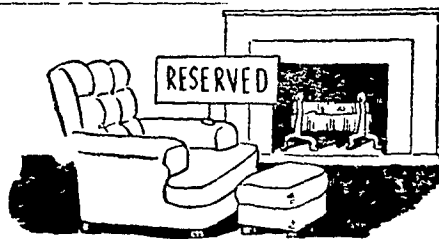
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