

County Women Hear Changes In Food Code

A new regulation to protect the consumer is proposed. The Frozen Food Code, as adopted, is designed to assure quality in frozen foods through constant zero or below temperature during processing, transporting, storage, and retailing.

Delmar K. Myers, acting director of the Bureau of Foods and Chemistry, Pennsylvania Department of Agriculture, explained the code and its intent to a group of home economists from Southeastern Pennsylvania Friday at the Cocoa Inn in Hershey.

Attending from Lancaster county were: Mrs. Richard C. Spruce, foods editor for Lancaster Farming; Miss M. Jane Thurston, Mrs. Doris W. Thomas, Extension Home Economists; Marjorie Kipp and Faye Binkley, Home Economists for U. G. I. and Mrs. Virginia Brown, Home Economist for W.G.A.L. - T.V.

Because changes in quality of frozen foods can occur during handling and storage, a zero or below zero temperature is essential to keep such changes to a minimum. This means a below zero temperature must be maintained from the time a food is processed until the consumer uses it, said Julius F. Bauermann, extension food technologist, The Pennsylvania State University.

In general, frozen foods maintain high levels of vitamin C, good levels of the B vitamins, vitamin A, and protein; and appreciable amounts of calcium, phosphorus, and iron, Louise W. Hamilton, extension nutrition specialist, The Pennsylvania State University, pointed out.

For The Farm Wife

(Continued from Page 9) before serving, stir in banana slices and almonds. Fold in whipped cream. Serve in large dessert dish garnished with whole plumped prunes, almonds and fruit slices. Makes 6-8 servings.

PRUNE SPONGE FLUFFS

- 1 package lemon flavored gelatin
- 1 cup boiling water
- 1/2 cup cold water
- 1 tablespoon grated lemon rind
- 3 tablespoons lemon juice
- 1/4 cup sugar
- 2 teaspoons rum flavoring
- 1 cup plumped, pitted, chopped prunes
- 1/4 cup chopped walnuts
- 1/2 cup heavy cream, whipped

Dissolve gelatin in boiling water; add cold water, lemon rind and juice, sugar and flavoring Mix well. Add prunes and walnuts. Chill until slightly thickened. Fold whipped cream into prune mixture. Pour into individual molds. Chill until set. Makes 6 servings.

PRUNE WHIP

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1/4 cup prune juice
- 1 cup plumped prunes, pitted
- 1 cup prune juice
- Wedge of lemon
- 1/2 teaspoon salt
- 4 egg whites
- 1/2 cup sugar
- 1 teaspoon vanilla
- Garnish of prunes and walnuts
- Whipped cream, if desired

Put gelatin and cold water into the container of a blender. Cover and blend until gelatin is softened. Heat prune juice, add and blend until gelatin is dissolved. Add 1/2 cup

blend until pureed. Empty blender container and repeat this process with remaining juice, prunes, wedge of lemon and salt until 1 cup of puree is produced. Beat egg whites until frothy, then gradually add sugar and vanilla. Continue to beat until stiff. Fold in pureed mixture. Place mixture in a 2-quart mold or serving bowl; chill. Garnish with prunes and walnuts, and whipped cream. Makes 6 servings.

Have You Heard?

(Continued from Page 9)

Examine suits periodically and keep them in good repair. Tighten buttons and mend torn

Remove stains promptly. The longer stains stay in the fabric, the greater the danger of becoming permanently set.

Stuffing pockets tends to pull fabric out of shape.

Have suits drycleaned before they become too soiled. Tell your cleaner what caused spots or stains on the fabric and you'll be helping him to give you efficient service.

This 'n That

Cold cuts are an economical meat buy. Every ounce is edible, and a pound makes at least four servings. Cold cuts compare favorably in nutritive value with fresh meats — they provide the same kind of high-quality, body-building protein that is in all meats — the same B vitamins and the minerals iron, copper, and phosphorus.

The easiest way to add im-

menus is to form the habit of serving a glass of milk with every meal.

Grape Varieties

The major difference between Western and Eastern grape varieties is in their skins. The skin of most Western grown grapes adheres closely to the pulp and is eaten with it. . . . Eastern grown grapes are of the slip-skin type and you recognize them by such names as Concord, Niagara, Catawba, and Delaware. The Concord, sprouted from a chance seedling in Concord, Mass. planted in 1843, produced fruit in 1849.

Among the Western grown grapes are California Thompson Seedless, flame Tokays, and the black or dark purple Ribier.



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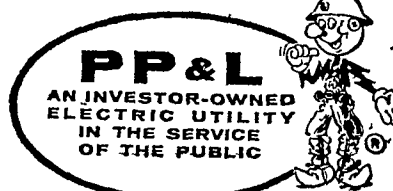
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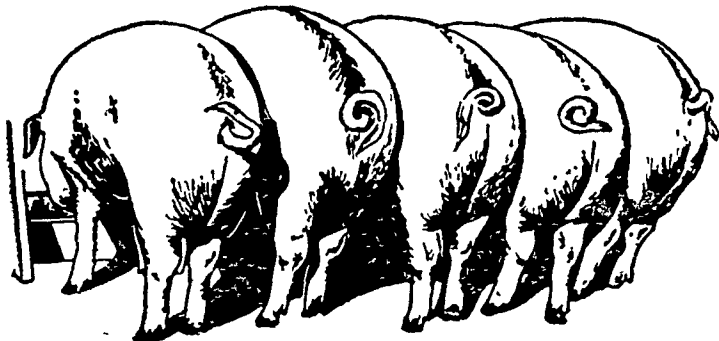
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