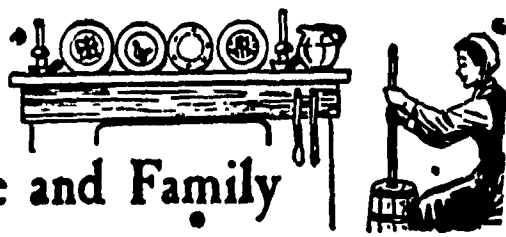


# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## Tips For Preserving Summer Foods



SPENCE

an ascorbic or citric acid solution made especially for freezing fruits. Follow directions for using. Drain and quick freeze.

Freeze any fruit as quickly as possible. In a freezer the fast freeze shelf or compartment is well below zero. Freezing at a low temperature keeps ice crystals from forming which do break down the tissue in fruits or other foods.

Start with a quality food for freezing so that a good product will go to the table. If you prefer to have sugar on frozen fruit, add to the fresh fruit and stir gently to coat each berry or slice. It's a good idea to mark the container with the amount of sugar that goes into each pint or quart. Then you can figure what extra sugar is needed for a recipe you may choose.

For some fruits, freezing with a syrup helps hold the

**DRY PACK FREEZING SUITABLE FOR FRUITS:** Try freezing fruit slices, pieces and berries on a tray so they will pour into a storage container. Then you can take out a cupful without thawing an entire carton. Most berries, cherries, rhubarb pieces, apple and peach slices freeze well this way. Just wash the fruit, drain it and spread out in a single layer on a jelly roll pan. Freeze the fruit for about an hour and then pour into freezer bags or other moisture-vapor-proof containers.

With peaches, apples and other flesh-colored fruit first treat the fruit with an ascorbic acid to keep it from darkening. Use pineapple, lemon or lime juice. Or buy shape better than using dry or sugar pack. If you prefer this method make a syrup of 2 cups of sugar and 4 cups of water. Any sweeter than that and the frozen fruit will become like a preserve. Label with the kind of syrup used so that you can figure the extra sugar needed when preparing a recipe.

**USE UP TO DATE RECIPES AND PROCESSING FOR PICKLES:** If you long for some special pickle or relish that you can't find at the grocers you may want to try making a few special jars. Even though you want a pickle that tastes just like mother used to make it's probably best to use an up-to-date recipe. Some of the quick-process pickle making methods give good results and don't take weeks of preparation time.

Brined pickles are still popular with some families, espe-

cially if they want to make large amounts. Fruit pickles and relishes are other popular types of accompaniments.

Any pickle or relish needs to be processed in a boiling water bath to destroy organisms that cause spoilage. Heat also stops the enzymes that may affect flavor, color and texture. The processing also takes care of any spoilage organisms that enter the jar when the pickles are put in.

For brined pickles that stand 3 weeks or with the fresh-pack dills that stand only overnight the processing time starts as soon as the jars are placed in the boiling water canner. For brined pickles process 15 minutes and for the fresh-pack ones process 20 minutes. With all other pickles and relishes don't start counting time until water comes back to a full boil.

Tested pickle recipes call for high grade white or cider vinegar with a 4 to 6 percent acidity. Most recipes do not dilute the vinegar for pickle making. If the pickle is too sour more sugar is added. Vinegar helps to preserve the pickles and modifies the taste. It's important that pure granulated salt be used in pickle making. Iodized salt darkens pickles.

**MIX RIPE AND UNDER-RIPE FRUIT TO MAKE GOOD JAMS AND JELLIES:** Jams and jellies will be "just right" if you mix some underripe fruit with fully ripe fruit. That mixture gives a good fruit flavor and has enough pectin to make a gel that holds. Fruits that are too green have a type of pectin that doesn't dissolve so it won't thicken juice. When fruits are over-ripe the pectin changes to an

## County Farm Women Society Has Picnic

The Lancaster County Society of Farm Women held its annual picnic and board meeting at Long Park on Tuesday with more than 100 members attending.

acid that doesn't help thicken.

When the natural pectin and acid combination in apples, currants or grapes is at the best stage and this is combined with sugar in the right amount, making jelly is no problem. Sugar helps form the gel, it also helps preserve the jelly and it adds to the flavor.

Many fruits need pectin added to make a jam or jelly. Recipes that come with the pectin give exact amounts and timing for making a good product. Most fresh fruits may be canned or frozen as fruit or juice and then made up in jelly later.

Certain fruits are especially good in an uncooked jam that is stored in the refrigerator or freezer. It keeps in the refrigerator for a few months or in the freezer for a year. Once the jam has been opened it needs to be refrigerated and it's best to use it soon. Blackberries, blueberries, raspberries, strawberries and peaches are the best fruits for uncooked jam. It takes about a quart of blueberries, a quart and a half of other berries and 2½ pounds of peaches to fill nine jelly glasses. To 3 cups of the fruit add 5 cups of sugar, mix, and let stand for 20 minutes. Dissolve a package of pectin in a cup of water and boil for 1 minute. Stir it into the fruit mixture for a couple of minutes and pour into jars. Freeze or refrigerate.

The group voted unanimously to register a formal protest on the issue of introducing alcoholic beverages into the State Farm Show. The secretary will draft a letter to the Pennsylvania Secretary of Agriculture voicing the Society's protest.

Following discussion on the subject, the group voted unanimously to continue the project of taking snacks to the County Home.

Guest speaker for the program was Mrs. John Marks, purchasing chairman of the Needlework Guild. She explained the purpose of this international civic organization.

The next regular meeting was scheduled for October 4, at 1:30 p. m.

## FARM WOMEN

The Society of Farm Women will meet at the Ephrata Cloisters at 6:30 p. m. on Saturday, August 6 and tour the various buildings. They will also attend the Vorspiel pageant which will begin at 9 p. m. Tickets will be obtained prior to the pageant performance.

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