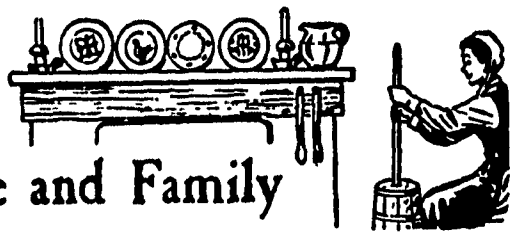


## For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

### Tips On Storing, Freezing And Thawing Foods . . .



SPENCE

KEEP MILK FRESH FOR BEST FLAVOR — Milk comes to you fresh; for milk at its best, keep it cold, clean, covered and dark. Flavor, odor and nutrition change easily; protect them so milk will be top quality when your family drinks it.

Milk in clear glass containers standing in a sunny window or on a door step may develop a cardboard-like taste and lose riboflavin in only half an hour. Milk is a valuable source of the vitamin riboflavin. Since light readily destroys this vitamin, take special care with clear glass bottles of milk.

If you can't refrigerate milk delivered in clear glass bottles promptly, provide a wood or metal receiving box for it. To be ideal, the receiving box should be insulated to protect milk from hot or freezing weather. If the temperature goes above 50-degrees or below 32-degrees, milk will not stay fresh as long and may develop off-flavors.

These off-flavors are a good reason to be sure to put the milk back in the refrigerator

as soon as you finish using it when preparing meals. Don't let the milk warm up on the kitchen table.

Keep milk containers — whether in a carton, bottle or pitcher — closed when they are stored in the refrigerator; milk absorbs odors readily and loses freshness if uncovered.

Put freshest milk to the back of the refrigerator so the oldest milk is used first, and for top quality, plan to use milk within three or four days. Finish using a bottle of milk before starting a fresh one, and don't mix fresh milk with some you've had several days.

It is not recommended to store milk in the home freezer. A flaky protein deposit will show up on the sides of the container and fat separation will make it hard to get a smooth mixture after the milk thaws. While the nutritional value of the milk is not changed, the appearance may not appeal to your family.

For a delightful drink every time, just serve milk that you have kept clean, cold, covered and dark.

**WHAT COOKED FOODS TO FREEZE**

What foods will freeze well? Which ones won't? Some pre-cooked foods just don't lend themselves to freezing and thawing.

For example, cooked egg whites will become tough and change flavor after brief storage in the freezer. Jelly soaks into bread when it is used as a sandwich filling. Fried meat becomes soggy and develops a warmed over flavor. It's better to serve these foods fresh.

Pie meringues will weep, toughen and stick to the wrapping paper. Custard pies,

cream puddings, and cream fillings don't freeze well either. They tend to become watery and lumpy.

Fats and shortenings with an off-flavor will become rancid during freezing. Foods which contain even a small amount of fat are likely to turn rancid during long storage. This is why pie crusts can be frozen for a short length of time only.

Frozen home made yeast doughs, when baked, are likely to turn out undersized with a tough and dry crust. Unbaked frozen biscuits and other quick breads may be smaller and less tender after baking. When you buy these frozen food products in the grocery they have additives which give you a good product.

Mayonnaise becomes separated and curdles when you freeze it, but homemade salad

dressing in small amounts is a better freezing product.

Vegetables usually eaten raw like lettuce, tomatoes, celery and carrots lose their crispness and shape. Tomatoes and watermelon are excessively watery when frozen and then thawed.

Herbs like pepper, garlic and cloves will become strong and bitter. Curry may develop a musty flavor. Flavorings like vanilla will often turn strong and bitter too.

Cottage cheese freezes well, though the curd is somewhat softened and changes texture. Cheese added to a sauce tends to give a rough texture. You can freeze cream cheese if you combine it with whipped cream as in dips.

Whipped cream freezes well, but not if you freeze it in a fruit salad. Apples become (Continued on Page 11)

## AVAILABLE NOW

All Varieties of

## Cert. Alfalfa Seeds

for Fall Seeding

Also MH-30 & Hudson Backpack Sprayers for MH-30 Application.

Hollinger's Farm Market, Inc.  
R. D. #1, Ephrata Ph: 733-4151

## SUPER SHOES

Self Service  
2750 Columbia Ave.  
Lancaster  
Lanc. Co.'s Largest Shoe Store  
All 1st Quality Super Low Prices

## WATER - FOOD - SOIL FEED - FERTILIZER

Our Specialties!

LANCASTER LABORATORIES, INC.

2425 New Holland Pike Lanc., Pa.  
PHONE 656-9043  
E. H. Hess, Ph.D. — Director

## PLENTY HOT WATER

Is what you'll enjoy with a Texaco Fuel Chief Water Heater. Fully automatic. Produces hot water faster than it's needed for bathing, dishwashing, laundering—and at a fraction of the cost of old-fashioned water heaters. Come in and see them! Let us analyze your needs. No obligation.



We Give S & H Green Stamps

## Garber Oil Co.

Texaco Fuel Chief Heating Oil  
105 Fairview St.  
MOUNT JOY, PA  
Ph. 653-1821

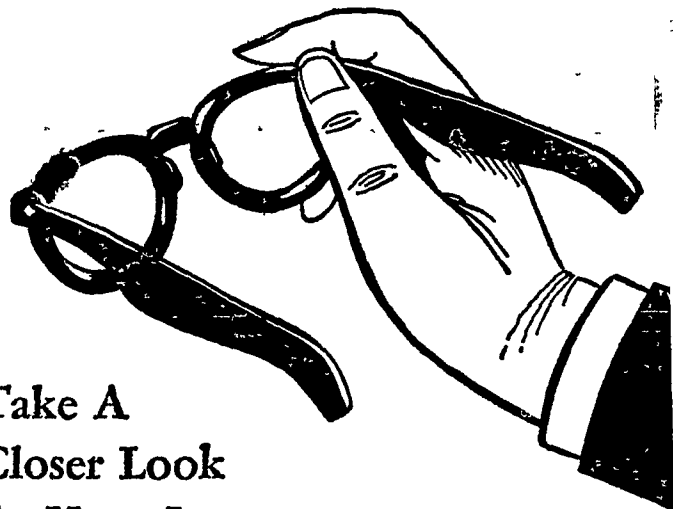
THRIFT SAYS:  
**SAVE WITH A PURPOSE**

FOR HOME EDUCATION AUTO

It's not what you save . . . it's what you save for. Save regularly. Fulton interest will help your money grow.

## FULTON NATIONAL BANK OF LANCASTER

PENN SQUARE • LINCOLN PLAZA (Next to Two Guys)  
McGOVERN AVE. • S. DUKE ST. • AKRON  
EAST PETERSBURG • GAP • MANHEIM • MOUNTVILLE  
Member Federal Reserve System / Member F.D.I.C.



## Take A Closer Look At Your Investments

Uncertain world conditions and inflation make it the better part of wisdom to review your investments periodically. Unless you can afford to take a chance, speculative securities can become unusually hazardous.

Today, more people than ever before are turning to an insured savings account. Attractive earnings and ready availability make it a lifeline to security.

ACCOUNTS INSURED TO \$15,000

## FIRST FEDERAL Savings and Loan ASSOCIATION OF LANCASTER



25 North Duke St.  
Phone 393-0601



Mon. thru Thurs. 9 to 4:30  
Fri. 9 to 6  
Sat. 9 to noon