

For The Farm Wife

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pithy, grapes become flatby and nuts become discolored and bitter flavored. Fresh salted nuts will freeze well for a few weeks if they are stored alone and not in a combination with other foods.

Gelatin mixtures toughen and weep unless combined with a stabilizer such as whipped cream.

THAWING FROZEN FOODS

It is necessary to give special care to frozen foods when thawing. It is during thawing that food undergoes many changes likely to affect food quality.

How food is best handled before and after frozen storage depends much on storage temperature and the nature of the product. Most food products undergo changes even at temperatures far below zero. Most of these changes are of a physical and chemical nature.

In addition, quality changes within the product during frozen storage. Products differ in their rate of deterioration during frozen storage. Fish, for example, must be stored at lower tem-

peratures than fruits and vegetables. Improper wrapping at low temperatures can cause "freezer burn" in poultry products. This results in unsightly, dry, dark brown spots on the meat surface, but it is not a health hazard.

Undoubtedly, freezing is still the best method of long term food preservation. It is, however, far from a perfect method especially with respect to the texture of food tissues. Specialists believe that far too little research attention has been focused on the thawing process.

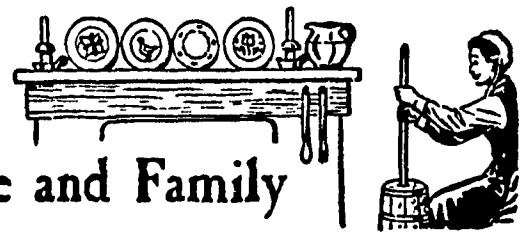
FARM WOMEN NO. 2 HOLD ANNUAL PICNIC

The society of Farm Women No. 2 held its annual picnic Saturday in Abram Mummau meadow with 45 members attending.

The business meeting was conducted by the president, Mrs. Earl Petticoffer. The Society gave donations to the county project of Farm and Home Foundation, to the migrant workers picnic and to Billy Graham. The President gave a report of the executive board meeting.

Members are reminded to attend the Migrant Picnic, August 27 at 1:30 p.m. at the United Church of Christ, Willow Street. The meeting was followed by a covered dish supper with the families attending. A cake walk, games and peanut scramble were highlights of the evening.

On August 16th the Society met at the home of Mrs. Rufus Waltz in Elstonville and sewed Ditty bags for the Red Cross to send to the Service men in Vietnam.



For the Farm Wife and Family Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Caring For Chrome-Finished Utensils
Wash utensils that have a chrome finish with a soft sponge or cloth, and hot suds.

After rinsing, polish to a high gloss with a soft dry cloth.

Scouring powder, steel wool, or a brush will damage the soft chrome finish.

Clothing Care Hints For Warm Weather

To clean a washable leather or plastic purse, spread and rub thick soap or detergent lather over the surface. Allow to remain until grime is dissolved, then wipe off with a clean damp cloth. Buff with a dry, clean cloth.

Add a few drops of cologne to the last rinse water after sudsing lingerie for a gentle air of coolness and fragrance.

Keep a few ice cubes handy when you press freshly laundered cottons or linens. To prevent wrinkles, ease a cube over dried-out spots to dampen them during ironing.

Put clean damp laundry in the refrigerator to make ironing easier. The combination of chilled fabric and warm iron creates steam which helps smooth out wrinkles.

Tips on Cooking Chicken

One important fact to remember when preparing chicken is you can easily overcook it.

When cooking cut-up chicken, give the thighs a ten-minute head start before adding the breasts.

If you're frying, broiling, or browning chicken in the oven, pat it dry after rinsing in cold water. Chicken with a wet surface won't brown properly.

Broiler-fryer parts or cut-up chicken usually takes an hour to cook in a moderate oven; pan-fried, deep fried, or broiled, will cook in 30 to 45 minutes depending on the size of the parts.



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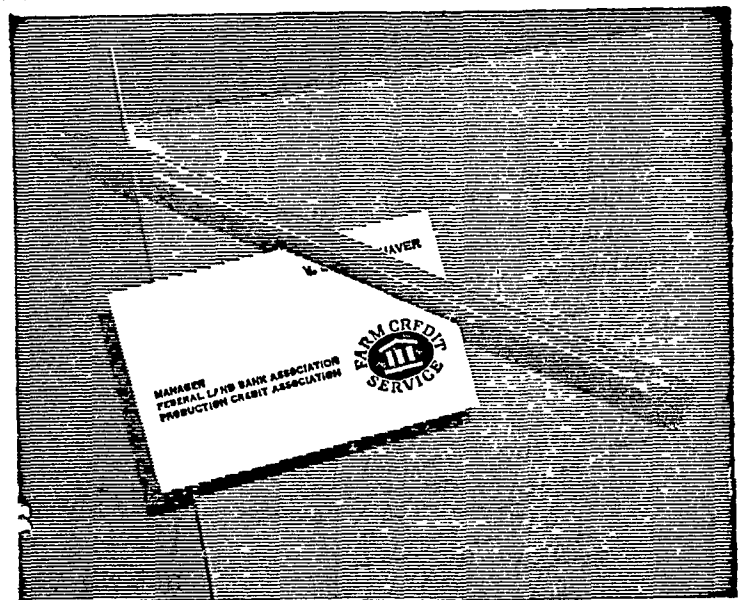
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