



Ladies,
Have
You
Heard?



By Doris Thomas,
Extension Home Economist

Doris Thomas

**Maintaining Frozen
Food Quality**

Freezing foods is an easy way to preserve food quality for a time. But freezing can't improve the quality of any food. However,

proper freezing of food simply maintains the food's quality as it was when you froze it.

Packaging food for freezing is very important. Freezing air at zero degrees is very cold, dry and

thirsty. These conditions quickly draw moisture from any foods not properly wrapped for freezing.

Seal foods in moisture-vapor-proof freezer wrapping materials, plastic bags or freezer containers. If the wrapping becomes torn or damaged or opened, re-wrap the food as soon as possible to prevent more freezer-burn. And keep the temperature of the freezer at zero or colder because frozen foods must be kept hard-frozen.

Date all packages before placing them in the freezer. The first in should be the first out. The longer food stays in the freezer the more it loses eating quality

and nutritive value.

A home freezer provides convenient storage for a variety of foods. But you must know how to store foods correctly in order to keep foods you freeze at top quality.

**Selecting Furniture
For Elderly**

Are you helping an elderly person set up housekeeping? Is an elderly parent or grandparent coming to live with you? The United States Department of Agriculture sends along these pointers on the kind of furniture safest for the elderly.

The furniture should have rounded edges and corners so it

will not cause bruises. Small pieces of furniture should be stable enough to bear weight of a person using it as an occasional support.

Furniture should be light enough to move easily for cleaning. Put glider tips or casters that do not slide too freely on all heavy pieces, including the bed

Chairs should give good body support for lower back and neck for long periods of time, since elderly people spend more time sitting than do younger people. Chairs should fit the person and not cut off circulation when both feet are flat on the floor. Chair arms should extend far enough forward to allow leverage when a person is sitting down or getting up

Scale the furniture to the size of the room for ease of movement. Leave enough space around the bed for ease in bed making

Remember - select furniture for elderly persons with their safety and comfort in mind

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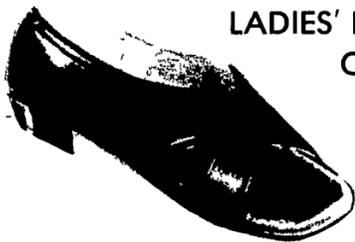
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American-Japanese First Satellite Talk

American and Japanese financial executives exchanged views 14,000 miles apart via TV satellite for the first time recently. Participants in the exchange included Donald T. Regan, chairman of the board, Merrill Lynch, Pierce Fenner & Smith, Inc.; Walter B. Wriston, chairman, First National City Corp.; Minoru Segawa, chairman of the board of Nomura Securities Co., Ltd.; and Tatsuzo Mizukami, chairman emeritus of the board of Mitsui & Co., Ltd.

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