

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Successful Use of Home Freezer

Freezing is . . . one of the simplest and least time-consuming ways to preserve foods at home . . . it keeps the natural color, fresh flavor, and nutritive values of most food, especially fruits and vegetables.

What to freeze and how much? It depends on family preference, freezer space and other storage methods used (such as canning and drying).

On Selections — It is important to select the proper foods at the right stage of maturity; the stage when they would be best when eaten fresh. Some varieties freeze more successfully than others because they retain their color, flavor, and texture better. But, it is also important to read the manufacturer's instruction book that came with your freezer. Foods, generally not frozen, are green onions, salad greens, radishes, or tomatoes (except as juice or for use in cooked foods).

Economical Use of the Freezer — The costs of owning and operating a home freezer vary with the rate of turnover of foods, electricity used, costs of packaging materials, repairs, and the original cost of the freezer. One of the most important factors in the economical use

of your freezer is to make sure that all foods should be used within a year and that the space in the freezer is used wisely. The higher rate of turnover, the lower the cost per pound of frozen food. Operating costs per pound of food are less if the freezer is kept at least three-fourths full at all times.

Packaging — A good quality food may become unacceptable if improperly packaged. The purpose of packaging is to keep food from drying out and to preserve food value, flavor, color, and pleasing texture. Containers should be easy to seal, waterproof against leakage, durable, and must not become brittle or cracked at low temperatures. Most glass, metal, rigid plastic containers, bags, wrapping materials, and waxed cartons made especially for freezing are satisfactory moisture - vapor - resistant.

Non-acceptable packaging materials for frozen storage include ordinary waxed paper, thin wrapping foil and plastic bags, and paper cartons from cottage cheese, ice cream, and milk. Bags may be used for liquid packs. Place them in rigid containers until the contents are frozen, then remove and store. Rigid containers and flat-sided ones stack well in a freezer permitting best utilization of freezer space.

Care in sealing is as important as using the right container. Lids should be carefully pressed or screwed into position. Bags may be sealed by pressing the edges with a warm iron; first place a piece of paper or heat-resistant material over the edges to be sealed.

On Filling Containers — Never fill containers too full because it may result in

breaking the seal, spillage, loss of moisture and flavor. Follow recommended instructions for freezing.

Remember to . . . freeze foods as soon as they are packed. Put them into the freezer a few packages at a time. Put no more food into a home freezer than will freeze within 24 hours. Usually this will be about (a rule of thumb) two or three pounds per cubic foot of freezer capacity. Freeze at 0 degrees F or below. For quick freezing, place packages against the coldest coils or walls and leave a little space between packages. Later move the packages and restack close together (to conserve space). Remember,

overloading slows down the rate of freezing, and foods that freeze too slowly may lose quality or spoil.

Final touch — Label each package with the name of the contents and the date. Use a wide indelible marking pen on the package or strip of freezer tape. Devise some sort of inventory sheet to help you keep track of what is going in and out of the freezer.

### Backyard Swimming Pools

A splash in the backyard pool can help refresh both you and your children on hot days. But whenever children are involved with water be sure there's supervision. A child can be overcome in only a couple of inches of water.

When filling a pool for the preschooler who hasn't yet learned to swim, less than 15 inches is adequate—but consider the height of the child and his or her feelings about the water.

Keep the water clean and comfortably warm. This may require cleaning the pool every other day, or more often if the situation demands.

Help your children develop a healthy respect for the water. Enjoy the water with your children and make it a positive experience. This

may mean some splashing, moving parts of the body, blowing bubbles, and generally being involved. Provide children with a few toys that float or that are waterproof.

### Different Taste

Want a different taste for franks and kraut? Just score the frankfurters and cook. Mix a fourth teaspoon each of oregano and basil with a can of kraut and heat. Pour kraut into casserole and top with franks and a sprinkling of shredded Mozzarella cheese. Bake until the cheese melts and bubbles and the kraut is heated through.



Fill the cookie jar with Butterscotch Refrigerator Cookies, perfect with milk or milk punch for spur of the moment snacks.

## For a Summertime . . . Milk and Cookie Break

Just the companions for mugs of frosty milk on summer days are these crisp, flavorful cookies, freshly home-baked.

### BUTTERSCOTCH REFRIGERATOR COOKIES

- 1 package (6 oz.) butter-scotch pieces
- ½ cup (1 stick) butter
- ¾ cup firmly packed light brown sugar
- 1 egg
- 1½ cups regular all-purpose flour
- ¼ teaspoon baking soda
- ½ cup chopped nuts
- ½ cup raisins, optional

In a small double boiler or in a heavy saucepan over low heat melt butterscotch pieces. In a mixing bowl

cream butter; gradually add sugar and beat until light and fluffy. Beat in egg; then beat in melted butterscotch. Sift together flour and baking soda; gradually add to creamed mixture. Blend in nuts and raisins, if desired. Chill for ease in handling. On waxed paper shape into 2 rolls, each 10 inches long and 1¼-inches in diameter. Wrap in waxed paper; chill several hours or overnight. Cut rolls into ¼-inch slices and place on baking sheet. Bake in preheated 375° oven 8-10 minutes. Let cool about 1 minute; remove from baking sheet to wire rack to cool. Yield: Approximately 4 dozen refrigerator cookies.

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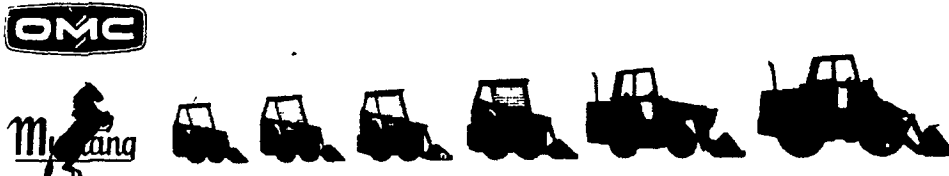
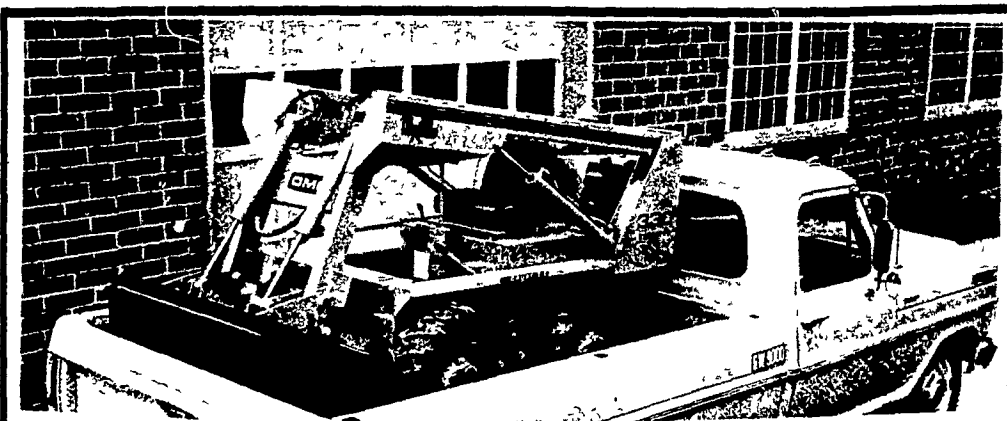
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