

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

## WHICH TYPE FREEZER TO BUY

More people are growing their own vegetables and looking into canning and freezing foods. If your family plans to buy a freezer, you'll find that most freezers on the market today are standardized. Choice between brands may be of minor importance, except for servicing.

Your most important decisions will concern the three types of freezers available—chest freezer, upright freezer with manual defrosting, and a frost-free upright freezer—and the amount of freezer space you will need.

Upright freezers take up less floor space than chest freezers but all three types are available in a variety of usable storage space.

Chest freezers vary in size from 4 to 25 cubic feet of storage space. Most have from 3 to 5 inches of insulation. The evaporator coils, an integral part of the inside wall liner, provide for contact freezing—freezing takes place quickly when the food package is in contact with the walls.

Chest freezers are the least expensive to buy and lowest in cost to operate. Odd-shaped packages fit easily into the spaces and no space is wasted since there is no need for shelves or coils inside.

Chest freezers have some disadvantages. You must bend to load and unload. It's difficult to remove frozen food without moving other packages. And it's not easy to place near the top, it may be the warmest part of the freezer and not freeze properly.

Upright freezers with manual defrosting vary in size from 4 to 10 cubic feet of space. The purchase price and operating cost are slightly higher than for chest freezers of the same size. With upright freezers, it's easy to organize storage of different kinds of foods and package sizes. Shelves on the door provide extra storage space and keep packages within easy reach. But unless shelves have front guards, food packages must be carefully arranged to prevent their falling out when the door is opened. Odd-shaped packages may waste freezer space. Upright freezers need to be unloaded, cleaned and manually defrosted about once a year.

Frost-free upright models are available in 12 to 20 feet models. They cost more to buy and operate, consuming almost twice as much electricity as manual-defrost models. With this type of freezer, foods to be frozen

can be placed anywhere in the freezer. They need only to come in contact with the moving cold air. Since heat from food being frozen is removed from inside the freezer, food that is already frozen generally maintains its frozen state and quality. The air circulation which keeps the freezer frost-free also removes moisture from poorly packaged foods more rapidly than in the other types of freezers.

## HOW TO SELECT BACON

Recent regulations for sliced bacon packages require new back windows or bigger front windows so you can see at least 70 percent of a length of a slice of bacon inside. But what do you look for?

Most people want bacon with a lot of lean. The distribution of lean within a slice of bacon affects its taste. When fried, bacon with several strips of lean distributed throughout the slice will tend to be more crispy. While bacon with the same amount of lean that's concentrated in fewer but larger sections will tend to be more chewy.

Since bacon comes in one pound, two pound, 12-ounce and half-pound packages, be sure to check the weight and compare prices, too.

## Society 28

Society of Farm Women No. 28 met recently at the home of Mrs. Elvin Hess, Jr. Co-hostess was Mrs. Harold Byers. After being given tips on bicycle safety, the group embarked on a six mile bicycle hike. Mid-way through the hike the group enjoyed tasty bag lunches prepared by the hostesses. There will be no meeting in August. The next meeting will be held Tuesday, September 17, at Cripple Creek 7:30 P.M.

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### French Pork Loin Roast

This is how the French pork loin roast is identified After being cut from the center of the pork loin, meat is cut away from the tips of the ribs of the roast to expose about 1 inch of bone Paper frills are placed on the bone tips after roasting The roast contains the loin eye and usually includes a portion of the tenderloin at the siloin end The backbone should be loosened at the market by sawing across rib bones at base It is usually prepared by roasting

# Easy Sewing Program Scheduled

"Easy Sewing for Easy Living" is your invitation to learn new time and money saving ways to sew your wardrobe. This informative program, sponsored by the York County Extension Service, is filled with practical sewing tips from how to stretch your wardrobe budget with coordination, to how to stitch-in-the-ditch. See and hear all about new easy sewing techniques like hemming with your iron, doing patch pockets without hand-sewing and putting in the Invisible Zipper in 5 minute or less. It's all designed to keep you up-to-date on what's happening in home sewing.

Ms. Nicki Antonacci, Educational Representative for the Unique Zipper Company will be presenting "Easy Sewing for Easy Living" on August 19, 1974 at 10:00 a.m., at York County 4-H Center. Besides telling you all about Easy Sewing, Ms.

Antonacci will be available for a short question and answer session to help you solve your sewing problems.

Be sure to attend this special one hour program. You'll receive a complimentary copy of the Unique Invisible Handbook. The program is free and open to the public. This is a great way to spend a morning so mark it on your calendar. Anyone is invited. Register by calling the York County Extension Office, Court House, York.

### Grow Your Own?

Many people in less fortunate countries of the world must engage in farming, part or full time, in order to eat. Here in the United States, research, education, resources and know how combine to release more than 90 percent of the population for work other than producing their own food Efficiencies in agriculture are so advanced that we're not only able to feed ourselves but also others throughout the world

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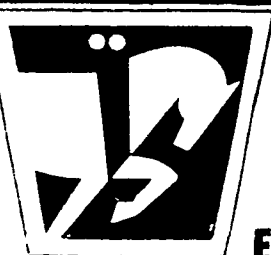
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