

Freezer can be worth its cost

Many inquiries are made to the Home Economics Extension Office about frozen food says Mrs. Ruth M. Hand, Extension Home Economist in Schuylkill Co.

Frozen foods have been with us a long time — from the old ice-salt systems used to freeze food back in the mid-1800's or the frozen "boil in a bag" convenience foods of today. There were patents for freezing fish granted in England in 1842 and in this country as far back as 1861. Quick freezing processes and equipment development began in the 1920's but frozen foods for home use did not become important until 1940. From "then 'til now" however, more than a 10 billion pound per year freezing industry has developed in this country with a volume exceeded only by canning.

Today, the frozen food locker, the home freezer, and even the freezing-it-yourself methods have become common-place to the homemaker. Whatever type of frozen storage you use — you should "make it pay." Consumers need to know some of the basic principles about freezing food, according to Dr. Evelyn Johnson of the U. S. Department of Agriculture's Extension Service.

What is Freezing?

It's subjecting food in vapor, moisture-proof packages to the coldest practical temperature possible — 20 degrees F or below, and stored at 0 degrees F. Freezing merely stops or slows the growth of organisms that cause spoilage, (until the frozen food is thawed) it does not kill the organisms (as in the canning process). DID YOU KNOW — Any food that can be canned, can be frozen. Some things that may seem questionable to can, freeze

well. Examples are vegetable mixtures for which you do not have canning instructions; and seafood, bananas (may be mashed or blended), table-ready dishes (casseroles), meal leftovers in individual portions as well as home-prepared convenience foods and baby foods.

All cheeses can be frozen but changes may occur in texture. Cheddar cheese may crumble, but pimento cheese mixture freezes well. Frozen milk will keep up to 4 months without losing nutritive value. Freezing does alter taste and appearance. Food that has thawed can be refrozen if thawed in the refrigerator; contains ice crystals or was thawed properly, cooked and immediately refrozen.

Frozen vegetables and meats that turn white or brown on the surface are not necessarily spoiled. Exposure to oxygen in air turns meat darker and freezer-burns (dries out) exposed surfaces. This is due to poor packaging or punctures by meat bones or in routine handling.

On Packaging For Freezer
Read the manufacturer's labels when shopping for freezer materials. If purchasing freezer containers make sure the seal or lid will fit tight. It needs to be airtight, leakproof, odorproof, moisture proof, and vaporproof for highest quality food.

Remember that liquids and wet packs require ½ inch head space in half-pints and pints and ¾ inch in 1½ pints. It's important, always to remember head space is necessary in your container... freezing is liquid expansion, so allow room.

If you freeze food in milk and cheese cartons, regular weight aluminum foil quality may remain good for a short

time, but best packaging keeps best quality.

For best use of your freezer it is important to shape packages to fit the available space. Foil wrap in convenient shape to pack... loose pecans in bags will freeze and pack to conform to shapes needed for fitting into freezer area. If you make the most of your freezer, you can make it pay. If you have questions concerning freezing, contact the Extension Home Economist.

About the Home Freezer
LOCATION is important... if you locate it in, or near, the kitchen, you'll use it more often. Check to see that it is placed away from a back wall so there's adequate air circulation. Lack of air or dust buildup can overheat the motor and add to the operational costs.

OPERATING COSTS per pound of food are less if the freezer is kept at least three-fourths full at all times. Keeping a frozen food longer than 8-10 months is not economical — food needs to be used on a rotating basis. Frequent opening of the freezer door increases the cost of operation.

High electric rates, poorly operating freezers, or inefficient use of freezer space or materials will all add to the cost. In some cases, home freezing adds up to 53 cents a pound to the cost of food.

For a copy of Food For Your Freezer send a card to Mrs. Ruth M. Hand, Extension Home Economist, Schuylkill County Extension Service, P. O. Box 404, Schuylkill Haven, PA 17972.

Sheep program continued

DENVER Colo. - The American Sheep Industry's "Blueprint for Expansion" program advanced still another step when leaders of the industry agreed on specific assignments to carry out the nine areas of the newly established Blueprint campaign.

The 13 men, which included presidents and secretaries of major sheep organizations, once again convened at Winrock Farms

near Morrilton, Ark., on February 17 and 18, where the Blueprint program was originally launched in June, 1975.

The meeting was held in order to review the progress of the Blueprint program to date and to identify specific tasks necessitating action in the near future to help spur new growth in the sheep industry over a 10-year period.

What's New

CURTISS PRODUCES NATION'S FIRST ALL ANGUS A.I. BEEF BULL BOOK

Curtiss Breeding Service, one of the nation's largest beef and dairy bull studs, has just produced a full-color all-Angus beef bull book for A.I., the nation's first such book.

The new Curtiss Angus Bull Book is called the "1978 Planning Guide," since cows bred in 1978 will produce calves that will reach yearling market age or herd replacement size in 1978. This year's breeding program will determine cattlemen's position in the 1978 beef market.

The new Angus book gives complete data on 23 selected Angus sires available exclusively from Curtiss. The bulls are pictured in full color.

A special feature of the Curtiss Bull Book for 1978 is the individual sire evaluation placed on each bull's structural soundness and type traits. The trait scores were assigned on a 1 to 7 basis by an official classifier for the American Angus Association.

Curtiss is offering the 1978 Angus Bull Book at no charge to all who request it by writing to: Curtiss Breeding Service, Division of Searle Agriculture Inc., Cary, Illinois 60013.

SHELL INTRODUCES XLP-30 PROGRAM
XLP-30, a thirty-day prenatal litter conditioning

program for extra litter production, has been introduced by Shell Chemical Company, Animal Health.

The XLP-30 program, which involves starting sows and gilts on an XLP-30 feeding program thirty days prior to farrowing, can improve the production efficiency of a farrowing operation by increasing pigs born alive, birth weights, survival to market, and rate of weight gain.

"XLP-30 prenatal conditioning now gives the producer a 30-day head start on developing strong, healthy litters that can deliver extra litter production efficiency from birth to market."

Complete swine gestation feeds and supplements for an XLP-30 program are now available from feed manufacturers. For further information contact your feed manufacturer or write Shell Animal Health, 2401 Crow Canyon Road, San Ramon, CA 94583.

Fresh Seafood

When buying fresh seafood, check the eyes first. Fish eyes should be bright, clear and protruding slightly from the head. The gills should be bright red or pink. Any fresh cut of fish should have firm flesh, which will spring back when gently pressed with your finger. The skin should be shiny and the fish should have mild, clean odor.

REAL ESTATE AUCTION

SAT. MARCH 13, 1976

at 1:00 P.M.

Mahantongo Valley, Schuylkill County, Pa. 45 Miles North of Harrisburg; 20 miles South of Sunbury; 4 miles East of Klingerstown; 7 miles West of Pitman; ¼ mile North of Salems Church along the Klingerstown to Pitman Road

188 ACRE FARM

Parcel No. 1 - 135 Acres plus or minus approximately 115 Acres Tillable. Barn converted for Hogs; 225 Hog Capacity 2½ STORY FRAME DWELLING with Heat & Bath Summer House; 26' x 93' Block Building ideal for storage or could be used as a farrowing house. Deep Well Water, Pond, Stream & Road Frontage.

Parcel No. 2 - 20 Acres plus or minus approximately 17 Acres Tillable Road Frontage on three sides.

Parcel No. 3 - 21 Acres plus or minus.

Parcel No. 4 - 11 Acres plus or minus.

Both parcels are wooded areas with approximately 750' Frontage on Township Road. Ideal for County Homes or Hide-a-Ways. Nice Camp Sites. Close to State Game Lands and Trout Stream. Good Hunting in Area.

Farm to be offered in four parcels and as an entirety. Silo will be offered as a separate unit.

TERMS ON REAL ESTATE: 10 percent down day of sale

TERMS ON SILO: 20 percent down day of sale.

Further terms and conditions will be announced at time of sale.

JAMES H. MASSER & CHRISTINA M. MASSER
Owners

George N. Deibert, Auctioneer (717) 425-3313

PUBLIC SALE

REAL ESTATE, ANTIQUES, HOUSEHOLD GOODS

SAT., MARCH 13, 1976

At 10:30 A.M.

Located ¾ mile East leading from Nine Points to Christiana off 896 along Noble Road, first crossroad, White Oak and Noble Road. Sadsbury Twp., Lanc. Co., PA.



This house is a one story frame with kitchen (not modern), living room, 4 bedrooms (2 of the bedrooms are panelled), bath, basement, hot air oil heat, elec. water heater and a well. The lot size is 400 x 130.

Real Estate will be offered at 2 P.M.

Inspection call for appointment 1-215-593-5606

Bow front china closet; secretary desk; 2 cane chairs; odd chairs; 3 & 2 piece living room suites; old sm. round table; 2 sets end tables & coffee tables; old bedroom suite; 2 old dressers with mirrors; 2 single beds; vinyl sofa bed; old Lane cedar chest; camel back trunk; record player with 2 speakers & stand; floor & end table lamps; Caloric gas stove; Bradford 2 door refrigerator, like new; Kelvinator refrigerator; wringer Maytag washer; 3 metal base cabinets; double utility cabinet; 5 piece breakfast set; 7 piece breakfast set; lots of odds & ends of dishes; pots; pans; some antique glassware; riding mower. Many more items too numerous to mention Not responsible for accident day of sale

Refreshments

Sale by **EDYTHE M. BAILEY**

Auctioneers:
Lloyd H. Kreider
Randal V. Kline
Atty. Ralph W. Eby, Jr.

Power of Attorney
Marcus G. Bailey

PUBLIC SALE FARM EQUIPMENT

SATURDAY, MARCH 20, 1976

11:00 A.M.

Located on the farm at route 4, South Annville Twp., Lebanon County, Penna. Turn north off route 322 onto route 934 and continue to Fontana Ave. and turn left to first farm on right or turn north at Fontana Chapel on 322 and continue to first farm on left along road.

4 TRACTORS 4

John Deere 2510 real nice condition
John Deere 530 John Deere A
John Deere 40

2 Lamco self unloading wagons - both with roofs, 3rd beaters and reversers - 1 left and 1 right unloading; 2 high side wagons; Gehl 50 MX Mixall grinder mixer; New Idea 217 manure spreader; New Idea 310 corn picker; John Deere 246 corn planter with band spray; 1 - 3 and 1 - 4 section spring tooth harrow; New Idea 402 5 bar side rake; JD KBA 28 transport disc harrow; Brillion chisel plow; NH 30' bale elevator; Chattanooga 10' cultipacker; J.D. No. 8 harvester with corn head; J.D. No. 8 harvester with pick-up; J.D. fluffer; Ontario 7 x 14 grain drill on steel; PTO dump wagon; J.D. 3-16 bottom trip plow; J.D. F115 2-16 bottom trip plow; International 10' culti-hoe; New Idea 256 3 pt. mower; N.H. 33 field chopper; Kool KB20 7' trough blower and 20' 4" auger.

MASSEY-FERGUSON SELF PROPELLED COMBINE MODEL 300

with 10' head with pick-up reel

Dumore loader; 7' blade for loader; McDade 5 H.P. 36" drying fan; drag elevator; tractor mounted seeder; cultivators for A or 530; cultivators for J.D. 40; J.D. weights and cylinders; 1 - 10' and 1 - 12' wooden drag; Sears corn sheller; Heat housers for J.D.'s; 10' iron water trough; Zimmerman unloading units; false fronts; 1 pr. 12-38 and 11-36 tractor chains; fogmaster (like new); estate heatrola; walking plow; fanning mill; wheelbarrow; platform scale; 3 feed carts; 4 hog feeders; J.D. A18 high pressure washer; 2 Sunbeam clippers; chains; forks; shovels; a few tools and other misc. items.

Note: Not many small items, so be prompt.

Conditions by:

J. HAROLD HEAGY
RICHARD ELLIOTT

Harry H. Bachman - Auctioneer
Lunch by Fontana Union Sunday School