UNIVERSITY PARK -The freezer can be the homemaker's best friend during a busy holiday season. It can hold a number of regular meals, special party foods and festive dishes which are made ahead and stored safely until needed. The freezer also can preserve leftovers after the holiday meal, say experts.

In the days before the holiday, one can make extra quantities of casseroles and one-dish meals when

preparing the regular meals. frozen at zero degrees F. or The pans should be lined with aluminum foil allowing extra foil to fold over the top. foil-lined pan and bake the usual way until almost done, touch with seasonings as some spices become stronger when frozen.

The foil package should be

lower.

After food is frozen, one can remove the foil package One can place the food in the $\;$ from $\;$ the $\;$ pan $\;$ so $\;$ one $\;$ can continue to use that pan. When ready to use the frozen remembering to use a light food, one just pops the foil package back into the original pan.

Α person should After baking, a person remember, it takes longer to should cool the food quickly. prepare and heat a frozen casserole, for example, than wrapped in moisture-vapor it does to prepare and bake proof material, labeled and the ingredients from

scratch. But the convenience of having these prepared foods ready to thaw and serve on busy days may make the extra effort worthwhile.

When preparing foods for the freezer, one should remember that certain foods do not freeze well. A person should avoid freezing cooked egg white in the form of meringues and fluffy frostings, raw vegetables and mayonnaise.

*1500

*** 10**00

\$ 7 200 1900

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Lancaster Farming, Saturday, December 16, 1978—45



On being a farm wife

-And other hazards

By **JOYCE BUPP**

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On the twelve days of Christmas, my true love

- --ten heifers fleeing:
- --nine pigs a rooting
- -- eight cats a mousing; -- seven ducks a waddling:
- --six hens a laying;
- --five greasy rings; (from a motor)
- -- four corn bins;
- --three John Deere's
- --two sweet kids:
- -- and the barn out beside the pear tree...
-and he called it a rarm.



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