

Freezing Is Best Way To Preserve Fruits

By MARY MARGARET SMITH
County Home Agent

Fruits, when quick frozen, retain more of the color, flavor, texture and nutritive value of the fresh produce than when processed by any other method of food preservation. For this reason it is desirable to use the freezer locker to the fullest extent possible for the preservation of certain of these products.

Freezer-locker space is valuable. Therefore, only those fruits which fall into the following classes should be placed in the locker: those which are available for only a short season but desired for use throughout the year; those whose quality and flavor are injured by other methods of preservation; and those which are not bulky.

Equipment—most of the equipment needed for preparing fruits for freezing is found in the average kitchen. This includes tables, pans, dippers, sharp knives, measuring cups, household scales, cutting board and a wide-mouthed funnel and a sink with running cold water.

Containers—Containers for use in freezer lockers should be liquid tight, moisture-vapor proof and in many cases air tight. If the container is not moisture-vapor proof, the contents will dry out during storage. Types of containers which are commonly used in freezer lockers include the following: cardboard boxes fitted with moisture-vapor proof, heat-sealing cellophane or paper liners; heavily waxed cylindrical and tub-shaped cardboard containers; tin cans; and glass fruit jars. Fruit jars are not satisfactory containers. They are easily broken especially when cold. Furthermore, because of their shape they are wasteful of space and they make it necessary to thaw food before removing it from the jar. Most freezer-locker plants will accept containers made especially for freezer use. Tub-shaped and cylindrical containers and tin cans are particularly suitable for use with liquid packed products such as fruit in syrup.

Bags of heat-sealing cellophane or paper, supplied with cartons for freezer locker use are sealed by means of moderately hot curling iron or flat iron. Tin cans are sealed with the sealer as in home canning. Paraffined tubs and cylindrical cardboard containers are supplied with lids which do not require sealing.

Precautions—In preparing fruits for freezing observe the following precautions: Select only product of highest quality. Select fruits when suitable for fresh use. Prepare fruits for freezing immediately after harvesting. Fruits should be prepared ready for cooking or serving. Freeze prepared food without delay.

Processing Fruits—Choose the varieties recommended for freezing and those of high dessert quality. Avoid undue handling and bruising

and prepare as for table use. Pack the fruits and freeze them promptly. Fruit undergoes rapid changes in flavor, color and in the content of certain vitamins upon exposure to air after preparation for freezing. To reduce these changes and certain texture changes caused by the freezing process, most fruit is packed either in syrup or mixed with dry sugar. The sugar withdraws water from the fruit and forms a syrup.

If the fruit is to be used as an uncooked dessert, the syrup pack is superior to a dry-sugar pack. Generally, the packing of fruit without either syrup or sugar is not recommended. Corn syrup may be substituted for a part of the sugar syrup but not to exceed one quarter of the total.

Sugar Syrups—Make sugar syrup by dissolving granulated sugar in hot water in the desired proportions. The quantity of sugar and water required to make the various syrups commonly used in freezing is given herewith. Syrup should be made up a day before use and held in the refrigerator until needed. This assures the availability of cold syrup at the time the fruit is to be packed.

Sugar Syrups

50 per cent syrup—4 cups sugar plus 4 cups water.
60 per cent syrup—6 cups sugar plus 4 cups water.
65 per cent syrup—7½ cups sugar, plus 4 cups water.

Strawberries—Blakemore, Klondike, Massey, Premier, Fairfax, and Dorset are recommended varieties. Wash berries in ice water and cap with a minimum of delay. Highest flavor is preserved by finely crushed or sliced berries with sugar in the proportion of 1 pound sugar to 4 or 5 pounds of fruit. The product formed is excellent for sauce. Berries to be served whole for dessert purposes should be covered with cold 50 per cent sugar-syrup. The packing of strawberries without the addition of either syrup or sugar is not recommended.

Blackberries—Select only fully ripened berries. Immature berries acquire an unattractive reddish brown color when frozen. Wash and sort and pack with as little handling as possible. For dessert, pack in a cold 50 per cent sugar-syrup. For jam or pie, use dry sugar in proportion of 1 pound of sugar to 4 pounds of fruit by weight.

Cherries, Sour—Select only fully ripe cherries. Immature fruit pales and overmature fruit darkens when frozen. Wash, chill, and pit cherries. For dessert, use cold sugar-syrup, from 60 to 65 per cent. For pies or preserves, mix 1 pound of sugar to 3 or 4 pounds of cherries.

Cherries, Sweet—Select large fruit of good flavor and uniform maturity. Stem and wash. Pit or not as desired. Cover with cold 50 per cent sugar-syrup.

Peaches—The best varieties are

VICTIM OF CHICAGO CRIME WAVE



DYING OF GUNSHOT WOUNDS, Ben Eisenstein, 39, a municipal court bailiff, lies on the floor of a luxurious apartment in Chicago's notorious Fillmore District where three gunmen attempted a holdup during a card party. The host, Albert Feinberg, 38, a feather merchant, and George Stanislawski, 24, one of the bandits, were also killed. Despite special squads of police assigned to the district, 35 women have been reported assaulted, and a mother of five has been murdered. (International)

Elberta, J. H. Hale, Golden Jubilee, Hale Haven and Georgia Belle. Select uniformly ripe, sound fruit. Scald in boiling water long enough to loosen the skins. With ripe fruit, scalding from 30 to 60 seconds is adequate, if water is boiling. Cold-dip in water to cool. Remove skins and slice or halve immediately into cold sugar-syrup containing ascorbic acid to help prevent discoloration of fruit while it is in storage and also upon thawing. To 2 cups of water add 1 level teaspoonful of powdered ascorbic acid, or 2½ grams. Stir and then add 3 cups of sugar. Stir until sugar is dissolved and chill. This will make about 1 quart of syrup for 12 pints of peaches. Powdered ascorbic acid can be ordered through the druggist or freezer locker operator.

Ascorbic acid tablets can also be used but the cost is much more. Add 24 tablets containing 100 milligrams of ascorbic acid each, or 48 tablets of 50 milligrams to 2 cups of water. After the tablets have softened, add 3 cups of sugar and stir until the sugar is dissolved. The syrup is cloudy but the sediment will settle overnight. If ascorbic acid is not available, use a plain 60 per cent syrup. However, the appearance and flavor of the fruit treated with the syrup con-

tainning ascorbic acid is decidedly superior to that frozen in plain syrup. Fill packages with fruit and syrup, seal or close package, and freeze without delay. The most satisfactory produce is obtained when only a few peaches are scalded at a time. Fruit should be cut and syrup-covered immediately to prevent darkening.

Raspberries, Red—Wash with care to avoid injury. Drain. Cover with a cold, 50 to 65 per cent syrup depending upon the sweetness desired. Excellent for dessert purposes.

Serving—In the use of frozen fruits, care must be exercised if highest quality is to be maintained. Fruits for dessert purposes are considered best when served just before the last bit of ice cream has thawed.

British Tobacco Purchases Appear Headed For Cut

WASHINGTON — The British Ambassador to the United States has submitted to his government a suggestion from American sources that the United Kingdom buy more tobacco this year than is planned in its present budget and that, if necessary, the tobacco be held for use in 1948.

But the ambassador, Lord Inverchapel, "was not at all optimistic about the possibility of such a course being adopted," according to North Carolina Representatives C. Bayard Clark and Harold D. Cooley, who consulted him.

Clark and Cooley reported on Thursday to a group of Congressmen on their investigation of the possibilities of maintaining the U. S. export market at close to its last year's high level.

The British said Representative Clark, "must choose between buying tobacco and bread." He added they wouldn't be buying any American tobacco if the United States hadn't lent Great Britain \$3,750,000,000."

Expert Advice On Farm Problems

(Compiled by Extension Service at State College)

Question: How can I control weevil infestation in stored grain?

Answer: E. R. Collins, in charge of Agronomy Extension at State College says the grain should be placed in a fairly air-tight bin for fumigation. For best results the grain should be confined to a small space and piled from 4 to 6 feet deep. Apply carbon bisulphide directly to the top surface of the grain, using 3 gallons per 1000 bushels of grain when the temperature of the grain is 80 degrees F. or above. Close the storage space immediately after applying the fumigant and leave closed for 24 to 48 hours. After this period of time the storage space can be opened for airing.

Caution: Carbon bisulphide is explosive and inflammable. Keep matches and fire away from these fumes during the fumigation process.

Question: At what age should heifers be bred?

Answer: According to J. A. Arey, Extension Dairy specialist at State College, no arbitrary age can be set for breeding heifers. This should be determined by the maturity of each animal. Jersey and Guernsey heifers, if properly grown out, should be bred to freshen at from 24 to 30 months of age. Ayrshire and Holstein heifers should be bred to freshen from 27 to 32 months of age.

Question: How can I prevent hens from eating eggs?

Answer: Thin shelled eggs that get broken easily usually start an outbreak of egg eating in a flock, according to C. J. Maupin, Extension Poultry specialist at State College. The hens should have access to plenty of clean oyster shells or limestone grit, and direct sunshine or an adequate supply of cod liver oil or other sources of Vitamin D. These help to make thick, strong shelled eggs.

Other means of preventing egg eating are to provide at least one nest for each five birds; darken the nests; use plenty of clean nest litter; gather the eggs several times a day; feed milk in some form, if available; and prevent the production of thin shelled eggs in the summer by keeping the houses as cool as possible.

GETS LICENSE TO SHOOT. ALSO WEDDING PERMIT

CAMBRIDGE, Mass. (AP)—Raised eyebrows greeted Miss Jean Smith's applications for a marriage license and authority to carry a rifle at the same time.

She smilingly explained, however, to the city clerk's satisfaction that she and her future husband enjoyed target-shooting.

The clerk then gave her the marriage license and explained none was required for target-shooting.

Female's Pre-Man Age Skull Found In South Africa

AP Newsfeatures

PRETORIA, South Africa—Dr. Robert Broom, anthropologist and paleontologist, of the Transvaal Museum, Pretoria, believes a skull he found at Sterkfontein will show more definitely than ever that man is closely related to the ape. He says it is the best-preserved skull of the pre-man period ever found.

Dr. Broom has removed from the skull part of the rock in which it was imbedded. He says it is that of a female and is about the same age as the skull of the Sterkfontein Man.

The new skull, says Dr. Broom, is much more valuable than the original since it is all in one piece. The skull of the Sterkfontein Man had to be pieced together.

Unfortunately, the bone is very rotten and the stone in which it is embedded is very hard. "Enough of the face has been cleared," he said, "to show that it is remarkably human, apart from the small brain. The eyes are large and rounded and the eyebrows wide and overhanging. The cheeks are wide and the front of the jaw projects, but not more than in some human beings."

"The brain is small and will probably not be bigger than 40 cubic centimeters. In structure there are a number of typically human and non-anthropoid characteristics.

"Though the teeth are lost, the sockets, by human standards, show, with hardly a doubt, that it is the skull of a woman perhaps 50 or 60 years of age."

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THE OLD HOME TOWN



WHEN JOHN ENTERTAINS HIS GOLF BUDDIES, I WISH THEY'D TAKE OFF THEIR SPIKED SHOES BEFORE THEY RUB TH' CIGARET ASHES IN MY NEW RUG!!

GUARDS WATCH PRESIDENT'S SUITE



MAKING CERTAIN that President Truman is not disturbed, two Secret Servicemen keep constant guard over a long corridor leading to his suite in the Muehlenbach Hotel, Kansas City, Mo. Every effort is made to insure quiet as the Chief Executive rests after visits to the bedside of his stricken mother, Mrs. Martha Truman. (International)

Household Hints

By VERNA STANTON
Assistant State Agent

Each year 3,000 infants under a year old die from accidents in the United States. A high percentage of these accidents occur in home and might easily be prevented. To save babies from common home accidents, these simple suggestions are offered:

Safety in the Crib—See that the blankets do not cover the baby's face. Secure them to mattresses or sides of crib with safety pins or clips. Use sleeping bags or patented crib blankets only on the doctor's recommendation. Never use a pillow.

Safety in the Kitchen—Keep the baby in a high chair as far as possible from the stove and sink to avoid scalds and burns. Keep hot pans well out of reach.

Safety From Falls—See that carpeting on stairs is tacked down firmly and all small rugs are anchored. Use nonskid finish on the floors. Have bars at top and bottom of stairs until the baby is old enough to climb with safety. Keep stairs well lighted and free from litter. Keep toys off the floor except when the baby is playing with

them. When carrying the baby up and downstairs, always hold the rail with one hand. When baby is in the high chair, fasten the tray securely with a strap attached to bottom of seat and inside edge of tray.

Safe Toys—Toys should be too large to swallow, with no points or sharp edges, washable and preferably made in one piece so that they do not come apart.

Safety with Pins—When changing the baby, stick pins well out of reach in the mattress or in a cake of soap. At all other times keep safety pins closed even if they are to be used right away. Then if the baby swallows one, the danger will be less.

Safe Company—Never entrust a baby to the care of anyone younger than 12 years.

WOMAN'S SKIRT LENGTH CAUSES COMPLICATIONS

MILFORD, N. H.—(AP)—A Textron sewing plant was shut down—all because of the length of a woman's skirt.

Plant Manager Prentice Shethar said the factory would be closed for 10 days to change its machinery in line with a new style trend. The plant manufactures ladies' slips, and now they must be made longer to conform to the current fashion in skirts.

In times of famine, the ancient Hebrews ate the locust.

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Crowning Glory DeLuxe Set with Special Shampoo and 40 New-Type Miracle Curlers \$1.00

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