

# It's canning and freezing time again

By Ellen S. Willis  
Home Extension Agent

It is time to begin thinking about canning and freezing.

First thing to do in preparing to can is to have the gauge on your pressure canner checked.

Raeford Hardware has the equipment to do this checking. Next be sure you know about the new recommendations for canning tomatoes, apples, pumpkin and winter squash.

**Pumpkin or Winter Squash, Cubed: Hot Pack Only.** Wash pumpkin or winter squash, remove seeds, and pare. Cut into one inch cubes. Steam until tender (about 25 minutes). Pack hot in jars to 1/2 inch of top. Process in pressure canner with 10 pounds of pressure. Glass pint jars process 55 minutes and glass quart jars 90 minutes.

**Apples: Hot Pack Only.** To make apple sauce, sweetened or unsweetened; pack hot to 1/4 inch of top. Process in boiling water bath or pressure canner with five pounds of pressure. Boiling water bath - glass pint jars process for 20 minutes - glass quart jars process for 20 minutes.

**Tomatoes: Hot Pack.** Quarter peeled tomatoes. Bring to boil and pack to 1/2 inch of top. Add salt as for raw packed tomatoes. Add two teaspoons lemon juice per quart or 1/2 teaspoon citric acid crystals or vinegar. In the boiling water bath process pint jars for 35 minutes and quart jars for 45 minutes.

**Tomato Juice: Hot Pack Only.** Use ripe, juicy tomatoes. Wash, remove stem ends, cut into pieces. Simmer until softened and put through strainer. Add one teaspoon salt to each quart juice. Reheat to just boiling. Fill jars with juice to 1/4 inch of top. In the boiling water bath process pint jars for 35 minutes and quart jars for 35 minutes.

We do have bulletins on canning and freezing in our office that we recommend you request by coming by the Extension Office or calling 875-2162.

**Canning vegetables**  
The food that comes out of the canning jar can be no better than the quality of the raw food that you put into that jar. So when you get ready to do home canning -- use vegetables that are young, tender and fresh-gathered.

The old rule -- two hours from garden to container -- is still a good

## Front Burner

one. Any delay in canning gives the bacteria in the food a chance to multiply.

So even if it's convenient, don't prepare the food, or even a part of it, the evening before. Several hours in storage, even cool storage, gives the sugar in vegetables a chance to turn to starch. That means some loss of flavor.

Here are some other suggestions that should help you can vegetables with garden-fresh goodness:

Handle vegetables in small batches. Prepare only enough for one pressure canner load at a time.

Wash, rinse and drain vegetables thoroughly. Any soil left clinging to the vegetables may carry bacteria that will not be destroyed in the canning process.

Pack vegetables into jars loosely enough for water to circulate between pieces, but tightly enough to prevent waste of jar space.

After you've got the vegetables packed into the jar, cover them with fresh boiling water or with the cooking liquid in which they were heated for packing. Then process following recommendations in your favorite canning book.

### Home freezer can be boon or waste

Is a home freezer a luxury or a wise investment? It depends on how it is used. If you plan ahead, a freezer can help you put together a variety of meals, avoid last-minute dashes to the store, allow you to take advantage of sales, help you with holiday baking, and, of course, allow you to eat produce from your garden year round.

On the other hand, the freezer in some people's homes does little more than gobble electricity. To get the most from a freezer, follow these tips:

—Use it. If it is there, don't let it sit half-empty. A freezer operates more efficiently if it is full.

—Freeze only top-quality foods. The end product can be no better than the food which was originally put into the freezer.

—Wrap foods well. Use only a moisture-vapor proof wrapper designed for use in the freezer or airtight glass, metal or sturdy plastic freezer containers. Otherwise the food loses quality quickly.

—Keep the temperature set for zero. Although food may be frozen at higher temperatures, it will lose quality.

—Keep careful records. Know what is in the freezer, and label all packages. Use the oldest foods first. Keep a list outside the freezer, so you don't have to stand there with the door open trying to figure out what to take out.

—If the unit isn't frost-free, make sure it is defrosted once or twice a year.

—Know what freezes well and what does not. For example, lettuce, tomatoes, radishes and onions will not be fresh and crisp when thawed, but they can be used in casseroles. Fresh cuts of beef, chicken and pork freezes well, but bologna, processed luncheon meats and canned hams are not good candidates.

Butter, breads and unfrosted cake layers can be kept for months without losing quality as long as they are wrapped in airtight containers or prevent dehydration.

Unbaked pies will keep for two to four months, while baked pies can be stored for six to eight months. Unbaked pie shells can be made in quantity and frozen in foil or glass pie plates for later baking. You may want to leave the fluting of the pie shell for later. Food kept longer will not necessarily spoil, but they may lose quality.

### Don't overload freezer

If you are packing more food into your freezer than it can freeze in a day, you may not be satisfied with the results.

Overloading slows down the rate of freezing, and that could mean loss of quality or even spoilage of frozen foods.

### BLUEBERRY MUFFINS

1 cup fresh blueberries  
1/3 cup sugar  
1/2 cup teaspoon salt  
1/3 cup salad oil or melted shortening  
2 cups sifted all-purpose flour  
3 teaspoons baking powder  
1 cup milk  
1 egg, slightly beaten  
Preheat oven to 400°F. Grease bottoms of 14 muffin-pan cups (2 1/2 inch), or 11 (3 inch) muffin-pan cups; or line each with paper liner. Sift flour with sugar, baking powder, and salt into large bowl. Add 1 cup fresh blueberries (washed and well drained) to dry ingredients. Measure milk in 2 cup measure. Add oil and eggs; beat with fork to mix well. Make a well in center of flour mixture. Pour in milk mixture all at once; stir quickly, with fork, just until dry ingredients are moistened. Do not beat, batter will be lumpy. Using 1/4-cup measuring cup (not quite full) quick dip batter into muffin cups, filling each slightly more than half full. (Dip only once for each muffin cup.) Bake 20 to 25 minutes or until golden and cake tester inserted in center comes out clean. Loosen edge of each muffin with spatula; turn out. Serve hot.

### APPLE CREAM PIE

Crust  
1 1/8 cup all purpose flour  
1/4 cup shortening, chilled, divided into 4 pieces  
1 1/2 - 2 tablespoons cold water  
1/2 teaspoon salt  
1 1/2 tablespoons butter or margarine, chilled  
Position multi-purpose blade in work bowl. Add flour and salt to bowl. Pulse 2 to 3 times to blend. Add shortening and butter to bowl. Pulse 8 to 10 times to make a course meal. With machine running, add cold water, 1 tablespoon (Continued on page 5B)



**Lucky winners**  
State Rep. Danny DeVane pulls the winning ticket during a drawing Friday in the annual Hoke Humane Society raffle. Bernice Stray won \$100 cash, Linda Hodgins garnered a turkey, Betty Dew a hand knitted baby set, Billy Johnson two dinners at Chason's Barbecue and Jesse Jones two dinners at Lakeside Seafood. Other winners were: Marguerite Thomas, Carol Ann Dees, Rosita Scott, Ken Dees and Joyce Jameson.

## Family violence is common problem

Family violence is a serious problem. It can happen in families of any economic or social class. Estimates indicate that one in every four families has experienced violence as a regular occurrence. Put simply, family violence is the maltreatment of one family member by another.

Family violence includes:  
•Physical mistreatment,  
•Sexual abuse,  
•Verbal abuse,  
•Psychological/emotional abuse, and  
•Neglect.  
Most people who resort to violence usually "act out" feelings of anger rather than resolving conflicts in non-violent ways.  
Other factors that may contribute to family violence include:

- Stress - pressures of daily life, job worries, unpaid bills, etc.
- Attitudes - violence is seen as a natural outlet for tensions, a solution to problems, and a private matter; and
- Family background - some people learn to be violent toward family members as they grow up.

Family violence usually continues because both victims and abusers feel powerless and helpless to change the situation.

For additional information on family violence, contact Art Llorca at your local unit of Sandhills Center for Mental Health, Mental Retardation, and Substance Abuse Services at 875-8156.

## Newcomers' Gift

Let Us Help You  
Get To Know Hoke County  
through  
The News-Journal

If You Are A Newcomer

And Have Lived Here Less Than Three Months,

You Can Receive A Three-Month Subscription To

The News-Journal

ABSOLUTELY FREE!

All You Must Do Is Call

And Give Us Your Name And Address

The News-Journal

875-2121

<b>CLAIMIST</b> Special Price 4 oz. V-M reg. 1.11 BONUS BUY <b>88¢</b>	<b>VALU-MART</b> 114 N. MAIN STREET RAEFORD, N.C. STORE HOURS: 9 a.m. to 8:30 p.m. Mon.-Sat. Prices In This Ad Good Thru Noon July 4, 1984 Or Until Merchandise Is Sold Out. FEATURING LOW-LOW EVERYDAY PRICES	<b>ACTIFED</b> Nasal Decong. Tablets 12's V-M reg. 1.88 BONUS BUY <b>1.29</b>
<b>ACTIFED</b> Nasal Decong. Tablets 24's V-M reg. 3.35 BONUS BUY <b>2.39</b>	<b>DURACELL BATTERIES</b> 9 volt 9 volt 2 pk. AA's AA's 4 pk. AAA C2's D2's V-M reg. 2.55 BONUS BUY 1.60 V-M reg. 4.39 BONUS BUY 2.77 V-M reg. 1.91 BONUS BUY 1.19 V-M reg. 3.43 BONUS BUY 2.14 V-M reg. 1.91 BONUS BUY 1.19 V-M reg. 2.55 BONUS BUY 1.60 V-M reg. 2.55 BONUS BUY 1.60	<b>CHAPSTICK</b> Reg., Strawberry, Cherry V-M reg. 75¢ BONUS BUY <b>2/1.00</b>
<b>BEN-GAY</b> Greaseless - 1.25 oz. V-M reg. 1.91 BONUS BUY <b>1.29</b>	<b>SUN IN</b> Lightner 4.7 oz. Reg. & Super V-M reg. 3.32 BONUS BUY <b>2.38</b>	<b>AMMENS POWDER</b> 6 1/2 oz. V-M reg. 2.13 BONUS BUY <b>1.49</b>
<b>4-WAY</b> Nasal Spray 15 cc V-M reg. 2.15 BONUS BUY <b>1.69</b>	<b>PAMPRIN</b> Tablets 24's V-M reg. 2.41 BONUS BUY <b>1.69</b>	<b>SUAVE SHAMPOO</b> 16 oz. V-M reg. 1.79 Suave Balsam & Protein Conditioner 16 oz. V-M reg. 1.92 BONUS BUY <b>1.29</b>
<b>SUAVE</b> Aloe Vera Lotion 10 oz. V-M reg. 1.42 BONUS BUY <b>99¢</b>	<b>JERGEN'S LOTION</b> 10 oz. Reg. & Ex-dry V-M reg. 2.45 BONUS BUY <b>1.69</b>	<b>ALLEREST</b> Tablets 24's V-M reg. 2.54 BONUS BUY <b>1.79</b>
<b>CIGARETTES</b> Kings & 100's <b>\$6.45</b> Ctn. Warning: The Surgeon General Has Determined That Cigarette Smoking is Dangerous To Your Health.	<b>COLGATE TOOTHBRUSH</b> ADULT - V-M reg. 1.85 BONUS BUY <b>2/1.00</b> <b>COLGATE TOOTHPASTE</b> Reg. 5 oz. <b>COLGATE TOOTHPASTE</b> Gel. 4.6 oz. V-M reg. 1.39 BONUS BUY <b>99¢</b>	<b>EX-LAX</b> 18's V-M reg. 1.67 BONUS BUY <b>1.16</b>
		<b>SURE &amp; NATURAL</b> Mouthwash 30's V-M reg. 4.63 BONUS BUY <b>3.42</b>
		<b>BAND-AID</b> Flexible Fabric 20's V-M reg. 1.57 BONUS BUY <b>1.09</b> Flexible Fabric 30's V-M reg. 1.89 BONUS BUY <b>1.37</b>