

# Freezing Fruits and Berries

Frozen fruits and berries are a special treat at any time and particularly so during out of season months. The color, flavor, and nutritive value of fruits are all retained by freezing.

Fruits that have a pronounced flavor and attractive color, are fully ripe and sound, and are at the stage of maturity best for serving at the table are best for freezing.

The washing of fruit is one of the most important steps in preparing it for freezing. About a quart of fruit should be washed at a time, and low growing fruits should be washed more than once to remove all sand and dust. Water-soaked fruit does not freeze successfully, and the washing should be done quickly. Drain thoroughly on a tray covered with

absorbent toweling. If possible, place trays in refrigerator for draining.

Stems and caps of raspberries, dewberries and gooseberries may be removed with the fingers. Caps of strawberries should be removed with a knife. Skins of peaches and apricots should be removed by plunging them in boiling water for one minute, removing, and plunging in cold water for a minute. After washing cherries, pits may be removed with a salad fork or a three-pronged steel kitchen knife. No fruit to be frozen should be bruised or mashed.

Fruits may be packed dry, in dry sugar, or with syrup. Make syrup by stirring sugar in boiling water. To make a medium syrup use 1 cup of sugar to 2 cups of water. To make a heavy syrup,

use equal portions of sugar and water. Syrup must be chilled before it is used, and it is recommended that it be made a day before it is to be used. Except for apricots and peaches, which discolor unless sugar or syrup is used, fruit to be used for pies and jams should not be sweetened.

Apples, apricots, peaches, and pears discolor rapidly after peeling is removed. To prevent this, place these fruits, immediately after peeling, in a solution of 3 tablespoons lemon juice to a gallon of cold water, or 4-1/2 teaspoons citric acid to 1 gallon of cold water. Prepare only enough of these fruits for a package at a time as fruit should not remain in these solutions longer than a minute.

Use only firm, rigidly constructed cartons for packing fruit for freezing. They must be moisture-vapor-proof because air leakage discolors and damages the fruit. Do not use cellophane-lined bags for packaging fruit prepared with sugar or syrup. Do not press or crush the fruit into the container. Leave one-half inch in the top of the containers for expansion. Seal, label, and freeze immediately.

Applesauce—Peel and cook apples about 10 minutes until mushy. Add sugar and stir thoroughly. Strain if necessary. Cool. Package in heavy cellophane bags or cartons. Freeze at once.

Apples for pie—Peel, core, and slice apples into a solution of lemon juice or citric acid. Rinse and drain on tray covered with paper toweling in refrigerator. Pack in containers and freeze. It is not necessary to add sugar to apples for pie, but sugar may be added if desired. The proportion is one part sugar to four parts apples.

Blackberries, boysenberries, and dewberries—Freeze only mature fruit. Wash thoroughly, a quart or less of berries at a time. Spread one layer thick on paper toweling on a tray and drain in refrigerator. For dessert, pack berries in a carton and cover with a medium syrup. For pie, place the drained berries in a bowl, sprinkle with sugar, using one part sugar to four parts berries. Carefully blend sugar with berries by using a slotted wooden spoon. Package, seal, and freeze.

Blueberries and huckleberries—Remove immature berries, wash

thoroughly, and drain. Place in bowl, add sugar in the proportion of one part sugar to four parts berries. Package, seal, and freeze immediately.

Cherries—Wash thoroughly and quickly. Remove stems, and place in refrigerator to drain and firm. remove pits. Work with only a small amount at once because juice accumulates. Add one part sugar to four parts cherries and package. Freeze at once. A medium syrup may be used with sweet cherries if they are to be used as a sauce.

Citrus Juices—Chill oranges and grapefruit. Extract juice and remove seeds. Strain if desired. Pour into paraffin coated containers, seal, and freeze at once.

Gooseberries—Select matured gooseberries, but before they have ripened fully. Remove stems and blossom ends, wash thoroughly, and drain. Place in bowl and add one part sugar to four parts gooseberries. Package and freeze. Gooseberries may also be frozen without sugar.

Grapefruit and orange sections—Chill, peel, and section. Be certain all skin and membrane is re-

moved. Drain. Pack in cartons with rounds of cellophane between layers, seal, and freeze. Sugar may be added to grapefruit if desired.

Peaches—Remove skins, pit, and slice. Peel and slice only one quart at a time so that they will not become discolored. Place slices in a bowl and sprinkle them with one tablespoon of lemon juice. Add one part sugar to four parts peaches. Turn peaches gently in bowl with wooden spoon until sugar is thoroughly dissolved. Peaches may also be packed in medium syrup. Freeze immediately.

Plums—Wash, sort, stem, and halve the fruit, removing the pit. Drain, cool and add sugar in the proportion of one cup sugar to five cups of plums. Seal and freeze. Plums may also be placed in carton covered with medium syrup, sealed, and frozen.

Strawberries—Wash strawberries—in ice water if possible. Wash only a few at a time to prevent bruising them. Drain and remove cap, using a sharp knife. Drain and cool in refrigerator. Strawberries may be frozen in syrup or with dry sugar. Add one part

# Tells How To Get Longer Life From Towels

By RUTH CURRENT  
State Home Demonstration Agent

Longer Life for Towels: Rotate supplies by putting freshly laundered towels on the bottom of the pile so that a few towels will not get all the wear and laundering while others lie in storage. Long storage without laundering may cause the fabric to deteriorate, because smoke, dust, and moisture in the air combine to weaken the cotton even while the towels are resting on the shelf. Wash towels before they become too soiled and require extra rubbing or bleaching to become white again. If a bleach is used, dilute it according to directions and be sure to rinse thoroughly afterward. Strong bleaches weaken fabrics. Drying

outdoors in the sunshine is a safe and effective way to whiten towels. Bring towels in as soon as they are dry, because too much whipping by the wind may loosen yarns at corners and cause them to fray.

Home economists advise against ironing Turkish towels. Ironing is unnecessary labor and it mats the loops, making the fabric less absorbent, and may even break the fibers in the yarns. Hand and dish towels may be ironed flat and then simply folded by hand. To prevent too much wear at any one place and keep the towel from splitting along creases, fold towels sometimes in halves and sometimes in thirds.

Never pull out too long a basting thread, but rather cut between the stitches and pull the basting thread out in short lengths. In this way large thread holes in the material will be avoided, and, in the case of sheer materials, the possibility of pulling the fabric threads will also be eliminated.

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Blueberries and huckleberries—Remove immature berries, wash

## A DISTINGUISHED RECORD OF LEADERSHIP SPEAKS FOR ITSELF TO THE FARMERS OF NORTH CAROLINA



### FORMER GOVERNOR J. MELVILLE BROUGHTON CANDIDATE FOR THE UNITED STATES SENATE

As Governor, Legislator and Public Servant, Former Governor Broughton Took An Active Part in the Accomplishment of These Progressive Measures for the Farmer:

1. Former Governor Broughton has been engaged actively in farming for over twenty-five years and is himself a flue-cured tobacco grower.
2. Mr. Broughton has been active in securing better prices for tobacco. In October, 1943, while he was Governor when the price for tobacco collapsed, he declared a marketing holiday and kept the markets closed until he was successful in working out plans for better prices and a stabilized market. In 1945 he personally appeared before officials of the Office of Price Administration insisting on an increase in the ceiling price for tobacco. The increase was granted which meant more than 10 million dollars to the growers of tobacco. In 1946 he appeared before the proper government agencies insisting that ceiling prices and allocations on tobacco be abolished. This was done and meant millions of dollars to the growers.
3. He has long been a member of the Farm Bureau and State Grange and has probably spoken to more farmers in farm meetings than any person in the State. He delivered one of the principal addresses at the annual meeting of the National Grange at Grand Rapids, Michigan in 1944. He appeared on the program of the National Farm Bureau meeting at San Francisco in December, 1946.
4. Mr. Broughton was instrumental in establishing the Flue-Cured Tobacco Stabilization Corporation which has meant many millions of dollars in increased income to farmers. He prepared the charter and by-laws for this organization and has worked closely with the organization since its establishment.
5. Mr. Broughton in 1947 drafted the legislation authorizing the establishment of Tobacco Associates, Inc., and prepared the charter and by-laws for the organization. Tobacco Associates is proving to be of great benefit to tobacco growers in the European Recovery Program and the continuation of satisfactory Federal farm legislation for tobacco.
6. Mr. Broughton has been actively connected with the dairy industry of the State. While he was Governor he approved the program and procured the allocation of funds to set up at State College the best dairy equipment for institutional purposes to be found in any institution of the South.
7. Mr. Broughton has shown great interest in other agricultural crops produced in North Carolina, such as cotton, peanuts, and fruits and vegetables. He collaborated with State Marketing Specialists in drafting the Commodity Referendum Act passed by the 1947 General Assembly under which farmers may act jointly with dealers and processors in promoting the sale, distribution and consumption of farm products. At the present time he is advocating the establishment of processing plants for Irish potatoes to place potato-growing on a sounder and more profitable basis in North Carolina.

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