

# Fresh Frozen Strawberries Add Zest To Winter Meals

By LULA P. AUSTIN,  
Home Service Advisor,  
Duke Power Company

Fresh strawberry shortcake, strawberry sundaes, strawberry meringue cake, or just plain strawberries for dessert or breakfast make meals more interesting and delicious for the family every month of the year, when they are frozen and stored away in the locker or home freezer.

Since strawberry season is here, here are a few timely suggestions for preserving strawberries by freezing:

Select ripe, firm, red berries. Pick over and discard over-ripe or soft berries. Place one pound, or a small amount at a time in a collander. Wash by lifting the collander up and down in cold, or ice water, until berries are clean. Cap after washing.

Place capped berries in a bowl. Add 1 part sugar to four parts berries. Slice with a slicer. Place in moisture - vapor - proof containers. Press out all air and seal air tight. (Berries may be sliced by hand.) If they are to be frozen in a home freezer, place each package against the wall of the coldest part of the freezer. Make sure that the capacity of the freezer is not overloaded with fresh food. Follow instructions that are with the particular make of freezer for loading. Store at zero temperature. Fluctuating temperatures can be disastrous to the quality of frozen food.

If the berries are to be taken to locker-plant, place each package, as it is finished, in the electric refrigerator until all are finished. Then rush them to the plant for quick freezing and storage in the locker.

Quantity freezing needs to be

## A CHALLENGE

Here's a challenge to young men who can meet the present high physical and mental requirements of the new U. S. Army and U. S. Air Force. Now the standards for enlistment are the highest in history. Can you think clearly, react rapidly—do you possess the degree of physical stamina set for leading a vigorous, active Army or Air Force life? If so, see your local recruiter and take the entrance exams. Those who qualify become members of that great team of CAREER soldiers upholding the finest traditions of a proud profession—the U. S. Army and the U. S. Air Force.

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done by heavy duty equipment. So if more berries are to be frozen at a time than the home freezer can take care of, use the facilities of the locker plant instead of overloading the home freezer.

Working with small quantities at a time, careful selection, speed in handling, and quick freezing and storing at zero temperature are all important factors in having success in freezing fresh foods.

## Library Notes



BY ALICE BRYAN  
County Librarian

Among the new members who registered at the library last week were the following: Mrs. Ralph Burnette, Betty Rose Floyd, Barbara Hollifield, Carolyn Hollifield, Juanita Kirby, Betty Jo Lewis, Carl Rhinehardt, Frances Russell, Josephine Russell, Wayne Sisk, Robert Glenn Wilson, and Percy William Wright.

In November the Bookmobile left a collection of one hundred and thirty-four books with Mr. W. R. Deal for the residents and visitors in the Little Switzerland community. When a new collection of books was delivered last week, the circulation count for the winter collection showed that both young people and adults in Little Switzerland like to read. All titles, except thirteen, had been read by at least one person. The most popular title was "Cabins in the Laurel" by Sheppard, which was read by eleven people. The fifty-eight books of adult fiction were borrowed one hundred and seventy times. The thirty-two books of adult nonfiction were borrowed forty-two times. The forty-four books for children were borrowed fifty-eight times.

The "National Geographic" magazines given to the library by Mrs. J. E. Crawley will be enjoyed by readers for many months. Also appreciated are the magazines given to the Bookmobile by Mrs. Neal Morris and Mrs. Arnold Pyatt.

Two new reference books will be of interest to many people. "The Home Book of Shakespeare's Quotations" edited by Burton Stevenson is a complete book of quotations arranged by subject, with a full index and concordance. "The Word Finder" compiled and edited by J. I. Rodale is a dictionary of nouns, verbs, adverbs, and adjectives, grouped according to best usage to aid the writer in more effective phrasing.

"Prairie Avenue" by Arthur

Meeker is a new novel of Chicago's wealthy and the great from the 1880's to 1918 and especially of what happened to the family in one Prairie Avenue mansion.

## AMONG THE BOOKS FOR YOUNG PEOPLE:

"The Hoogles and Alexander" by Dorothy Langley—A story of fantasy and enchantment in which Peter and Penny, led by Alexander, a wise rabbit, are guided to a Dreamwood inhabited by curious small creatures, and there they find too a glimpse of truth and wisdom applicable to the world of reality.

"The Adventures of Skoot Skeeter" by Jack Thurston—Another fairy story about the quest for a jewel to be given to a princess on her birthday by an inexperienced adventurer, jolly Skoot Skeeter.

"Hoppity Bunny's Hop" by Elizabeth Willis DeHuff—Hoppity Bunny little knew what adventures he would have when he was caught by two children and carried away by airplane from his home in the green pastures to the desert of New Mexico.

"The Smoky Valley Claim" by James Lloyd McBride—A race to register a newly discovered gold claim permits two boys to prove their courage and self-reliance in this fastmoving adventure story with an Alaskan setting.

## STATE COLLEGE HINTS TO FARM HOMEMAKERS

By RUTH CURRENT

### State Home Demonstration Agent

Get ready for canning season! A pressure cooker is a valuable piece of equipment—it saves time and fuel, there's much less danger of losing food, and high temperature obtained in the pressure cooker destroys harmful bacteria found in the food.

It is also a good time for the homemaker to check on her supply of lids and rings. If the bands from two-piece closures were removed and stored in a dry place, they will be ready for this season's use. Bands left on jars often rust and may be ruined in removing them from the jar.

The next thing to check on is the supply of jars.

If the boiling water canner is no longer usable, it's time to begin looking for equipment to replace it. And if the home equipment includes a boiling water canner but there's no rack for it, now is the time to have a wooden one made. A rack allows the water to circulate freely around the jar. Much more even heat is given the jars by using a rack than using cloths or newspapers under jars when boiling in the boiling water canner.

There are small pieces of equipment that make canning easier, such as tongs, jar lifters, and jar fillers.

When cutting cookies for baking, arrange them on pieces of waxed paper, cut the exact size of the baking sheet. Then as each batch of cookies is baked and taken from the oven, it can be removed, paper and all, from the cookie sheet. Just as simply can the next batch be placed on the sheet. This procedure saves time, and also makes it unnecessary to grease the baking sheet.



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DUKE POWER COMPANY

ADMINISTRATOR'S NOTICE  
The undersigned having qualified as administrator of the estate of Mary E. Kincaid, deceased, late of McDowell county, North Carolina, this is to notify all persons having claims against the estate of the said deceased to present them to me duly verified on or before the 25th day of March, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to the estate will please make payment to the undersigned at once.  
This the 18th day of March, 1949.  
J. L. HANEY,  
Administrator of Estate of  
Mary E. Kincaid, deceased.