

Home Demonstration News

Home Freezing is Saving; Seven Belong to New Club

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Home Demonstration Agent

Now is the time to plan to eat frozen foods when your fresh ones are gone. In order to have good ones, pay attention to variety. Some are better for freezing than others. Don't waste your time with poor ones. Plan to freeze. Gather the food at the right time. This is when it is not too young, nor too old, but just right for eating fresh. Work fast. Get it in the freezer as soon as possible, but take time to scald and chill. Scalding, or blanching, should be done for quality's sake. Follow the time table in Extension Circular No. 280. Chill in icy or cold water. That doesn't mean soak, but get the heat that you have just put in completely out. Put the food in a good frozen food container. That leaves milk cartons to use for fresh milk, and the oyster cup for fresh oysters—not frozen food. Place the container where and

how the manufacturer's freezer book says. Store at zero degrees or below. When the temperature goes up and down above zero, the vegetable quality goes down and does not come back up. Freeze your food to save.

On March 4, 5, 6, Mr. Lonnie Powell of the North Carolina State

Recreation Commission, conducted a recreation training school for leaders in Carteret County. In holding recreation training schools, a new club has been started in the state called the "I Know" club. Before Carteret County's Recreation School, there were only six members in this club. During the school, Mrs. Stanley Mann of Newport became the seventh member. Mrs. Mann is the Newport Home Demonstration Club Recreation Leader, and is noted in her community for her skill as a leader of group recreation. Carteret County Home Demonstration women all over the county

will be given the opportunity in April, of joining the "I Know" club, if they can qualify. This so-called club is only a game, but a member must know the right answer in order to belong. It all sounds silly, but the game is fun, and that's what recreation is for.

It has been necessary to change the meeting place of the 20th District Home Demonstration Federation from Camp Seagull in Pamlico County to the County Courthouse in Bayboro. The meeting will begin at 10:30 a.m. Plans are being made for a very interesting and helpful meeting.

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