

Seasonable Ideas for Housekeepers

FROZEN FRUITS AND VEGETABLES DEFINITE ASSET TO HOMEMAKER

Frozen fruits and vegetables are a definite asset to the homemaker whether she takes them from her own freezer or buys the packages from a retail store.

This old way of preserving food has been brought up-to-date so that foods packed and frozen by modern methods retain all their natural fresh flavor and color.

Retention of these natural qualities and also of texture depends greatly on the way the food is handled from freezer to table.

Vegetables, with the exception of corn-on-the-cob, should be put on to cook while still frozen. Those packed in brine require only sufficient boiling water to prevent scorching as they begin to thaw. One to two tablespoons is usually enough. No additional salt should be necessary.

When vegetables have been dry-packed, 1/2 cup of water is used for a 13-ounce package of all vegetables except cauliflower. For cauliflower, 3/4 cup of water is better. Corn-on-the-cob should be thawed, then covered with boiling water.

A tightly fitting lid on the saucepan is essential.

To hasten thawing and ensure uniform cooking, the melting mass may be broken apart with a fork. This applies particularly to spinach, asparagus and broccoli.

The cooking time for frozen vegetables is about one half that of the fresh product. Time should be counted from the moment at which water reaches the boiling point. Over-cooking spoils texture and color.

Frozen fruits are usually served raw. Most fruits are better

if a few ice crystals still remain when served. Therefore, they should never be thawed until needed for serving. Fruit should be thawed in the unopened container, either in the refrigerator or at room temperature.

Fruit Kitchens

1 1/2 cups sifted all-purpose flour
Or
1 3/4 cups pastry flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup sugar
1/4 cup milk
1/4 cup melted fat

1 16-oz. package frozen blueberries, gooseberries or rhubarb (approx. 2 cups)
Sugar (see note below)
Sift together flour, baking powder and salt. Beat egg until light. Gradually beat in 1/2 cup sugar. Stir in milk and then melted fat. Add dry ingredients and mix thoroughly. Pat into a well greased 8-inch square pan. Break frozen block apart and spread fruit while only partially thawed over the dough. Sprinkle with sugar. Bake in a moderate oven (350 degrees) for 45 minutes. Serve hot with cream. Six servings.

Note: The amount of sugar required to sweeten the fruit will vary from 1/4 to 1/2 cup depending on the fruit used. If the fruit has been frozen without any sugar use the same amount as for fresh fruit.

Strawberry Whip
3 egg whites
2 tablespoons sugar
1/2 teaspoon salt
2 teaspoons lemon juice
1 16-oz. package frozen strawberries
Beat egg whites until stiff but

not dry. Gradually beat in sugar. Add salt and lemon juice. Add juice from berries (1/2 to 3/4 cup if syrup pack is used) and beat slightly. Fold in thawed berries. Pile whip lightly in individual dishes and serve at once. Six servings.

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Shipments of wheat go regularly at the rate of 15,000 tons a month as a gift to the people of Greece from Canadians.

Here's to the man of 60 or past
Who lived his life and lived it fast.

Here's to the girl of 24
Who sat on his lap and asked for more.

But all he could do was buzz and buzz
And tell her what a good wuzzer he was.

THE MARKETS

Vegetables	
Sweet Potatoes, 2 lbs.	29
Hubbard Squash, lb.	06
Danish Squash, lb.	06
Spanish Onions, 2 lb.	23
Vegetable Marrow, lb.	06
Citron, lb.	08
Cauliflower, ea.	30 to 45
Leeks, 2 bunches	15
Parsnip (unwashed) 3 lbs.	19
Turnips, lb.	06
Mushrooms, lb.	63
Beets, 6 lb.	25
Lettuce (head), each	20 to 25
Celery, 2 lbs.	30
Garlic, lb.	49
Cabbage (new), lb.	10
White, lb.	10
Sugar	
White, lb.	11
Golden Pellow, lb.	11
Fresh Milk	
Quart	15
Pint	10
Cream, 1/2-Pint	10
Eggs	
Grade A:	
Large, carton, doz.	59

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It is not generally known, but Millard Fillmore, the thirteenth president of the United States, gave Samuel F. Morse his earliest and most potent support. In gratitude, Morse named the two Morse code characters after Fillmore's children: for Dorothy, dot; and for Dashiell, dash.

Try a Daily News Classified Ad.

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"On the contrary, your honor."

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Grapefruit Juice 20-oz. tin	9 1/2c
Sardines King Oscar 2 for	45c

DELNOR FROZEN CANTELOUPE

A Real Treat 1-lb. pkt. **23c**

Canada Dry 3 PINTS	50c	Xmas Puddings Crosse & Blackwell's tin	55c
Telkwa Spuds 100-lb. sack	\$3.69	Swift's Cheese 2-lb. box	99c

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Carrots 4 POUNDS Washed	25c	Pink Grapefruit 3 FOR	29c
Potatoes 10 POUNDS	39c	Fancy Pears 3 POUNDS	35c
Onions 4 POUNDS	25c	Fancy Macs 3 POUNDS	32c

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