Canning and freezing

Canning

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Enjoy garden-fresh flavor all winter! Keep no-work meals on file! Just start canning, freezing.
Canning

You can capture the bounty of summertime in shelves lined with canned fruits and vegetables, sparkling jams and jellies, crunchy pickles. Though “putting up” food takes time, you’ll give a lift to humdrum meals—and to the family budget. If you follow canning directions exactly, you needn’t have any qualms about tackling it.

Assembling equipment

For good results, you’ll need canning equipment that is in tip-top shape!

**Jars and lids** must be flawless—no nicks, chips, or cracks. If a jar doesn’t measure up, discard it. Get all new self-sealing lids or rubbers. If bail on glass-top jar is loose, remove bail; bend down in center; bend in sides to snap back in place.

Wash jars and lids, except those with sealing compounds, in sudsy water; rinse. Some metal lids with sealing compound need boiling; others only a dip in hot water; follow manufacturer’s directions. Tin cans may be used if you have sealer equipment.

**Water-bath canner.** You can use any big metal container with a cover that’s deep enough to have an inch or two of water over tops of jars and a little extra space for boiling. You’ll need a rack to keep jars from touching the bottom.

**Steam-pressure canner.** To clean petcock and safety-valve openings, draw a string or pipe cleaner through.

Check pressure gauge so you’ll know you’re getting the right processing temperatures. A weighted gauge needs thorough cleaning. A dial gauge, whether it’s old or new, must be checked before the canning season and during the season if your canner gets frequent use. You can ask your dealer, manufacturer, or county home demonstration agent where to have it checked.

Thoroughly clean canner kettle. But keep the cover out of water; wipe it with a sudsy cloth, then a damp cloth. Dry.

Choosing foods for canning

Select the best. Canned food is only as good as when it went into the jar. Choose fresh fruit that’s fully ripe but perfectly sound. Fruit that’s overripe, bruised, or that has soft spots isn’t worth your time or your jar, may not even keep. Pick fresh, young, good-quality vegetables—can them same day for best flavor, texture, color, and vitamin tally.

Preparing foods

Fruits will cook more evenly if you sort them for size and ripeness. Remove any spots or bruises; these may cause spoilage. Wash all fruits and vegetables thoroughly. Hold fruit, in small lots, under running water or rinse in several changes of water. Wash and sort berries carefully, lift out of water into another pan so sand and dirt will settle.

Scald peaches and tomatoes in boiling

Glass-jar closures

Metal screw band

Metal lid with sealing compound

Seals here

Flat metal lid with sealing compound and metal screw band fits standard Mason jar. When band is screwed firmly, lid has enough give to let air escape during processing. This lid is self-sealing—do not tighten further after processing.

Several kinds of two-piece metal caps are available. Follow manufacturer’s directions for sterilizing caps, sealing jars.

In some areas you may find the porcelain-lined zinc screw cap with rubber ring that fits standard Mason jars. In others, the wire-bail type of glass jar with glass lid and rubber ring is available. For tapered shoulderless jars, use flat metal lids and metal screw bands.
water until skins loosen (about 1 minute), then dip into cold water ½ minute. Remove the skins. Handle fruits carefully to keep them from bruising.

Wash vegetables till they’re free from all dirt. But don’t soak—they’ll lose food value.

Meat and poultry should be fresh killed, chilled immediately, and kept chilled until canned. Wipe meat with a damp cloth, but don’t wash. Trim excess fat. You may wash game and poultry. Cut in jar-size pieces.

Open-kettle canning

This is the oldest method of canning and is still used for jams, preserves, and pickles—foods which have enough sugar or vinegar to help prevent spoiling. Never use this method for nonacid vegetables and meats.

It's not a good idea to use open kettle for fruits and tomatoes. You’ll lose vitamins and there’s danger of contaminating the food before you seal the jars.

1. Sterilize jars, glass lids, and porcelain-lined zinc caps by covering with warm or hot water; heat to a boil and boil 15 minutes. Follow manufacturer’s directions for sterilizing self-sealing caps. Leave the jars in hot water till needed; remove one at a time.

2. Cook a small amount at a time. Start several batches 15 minutes apart so canning may be continuous.

3. Pack sterilized jar to ½ inch from the top of jar with the boiling product and liquid. Fill and seal only one jar at a time.

4. Wipe top and threads of jar with clean cloth to remove all food particles. A speck of food or a seed will break the seal. Remove air by working blade of knife down sides.

5. Seal each jar immediately by adjusting cap. Place flat metal lid on jar with sealing composition next to glass and screw the band tight. When using zinc cap or glass lid, put wet rubber in place and seal jar immediately. Cool jars right side up out of drafts.

Hot pack, cold pack

(Jar-cooked method)

You can pack foods raw—cold pack; or precook them before packing—hot pack. Cold pack is often used for fruits and tomatoes to help keep them whole. With some foods you’ll find that there’s a distinct shrinkage, leaving unfilled space at the top of the jar. This in no way injures the product. Some vegetables and meats can be packed raw when processed in a pressure canner.

Hot pack is generally used for vegetables and meats, but you can also use it for fruits and tomatoes. In hot pack, the food gets a short precooking—boiling or heating—before packing. It is shrunk thoroughly and the air driven out before you pack it, so you’ll have little shrinkage during processing. Time the precooking: don’t guess!

1. Wash jars and caps; rinse. Place in hot water till you are ready to fill jars. You don’t have to sterilize the jars—the processing takes care of that. If using water-bath canner, place it on heat with enough water to cover jars over top.

2. Prepare food according to the charts. Treat fruits that darken easily—apples, apricots, peaches, pears (page 139).

3. Cold pack. Pack fruits or tomatoes in jar firmly, but without crushing them. Pack to ½ inch from top of jar. Pour over boiling syrup, juice, or water, still leaving ½ inch at the top of the jar.

Chase out air bubbles from filled containers by working blade of knife down sides of jars. This helps keep liquid above the level of the food—food at top won’t darken. Add more liquid if needed, but keep head space.

4. Hot pack. Precook for the time indicated in charts (pages 141 to 143). Pack hot in jars, using cooking liquid, syrup, or boiling water. Pack fruits and most vegetables to ½ inch from top of jar. (Leave 1 inch head space for corn, peas, Lima beans.)

5. Add 1 teaspoon salt to each quart of vegetables or meat.

6. Meats may be packed raw or precooked.

Raw pack: Cut meat in pieces to fit into jar. Pack loosely, only to 1 inch from top of jar. Don’t add liquid for meat packed raw.

Precooked meats: Cook ½ to ½ done by roasting, broiling, braising, or frying. Pack meat loosely, only to 1 inch from top of jar. To each quart, add 3 to 4 tablespoons of broth or cooking fat.

7. Wipe sealing edge of jars with clean cloth to remove food particles. Adjust jar caps. For self-sealing caps, put flat metal lid on jar with composition next to glass and screw the band tight. Partially seal jars with rubber rings and zinc caps by screwing caps down firmly, then turning caps back ¼ inch. For glass-top jars, click the longer wire over top of lid and leave the shorter wire up.

8. Process immediately for length of time indicated in charts (pages 141 to 143). Note high-altitude changes, page 139.

9. When using tin cans, follow manufacturer’s directions.
Processing

*Water-bath.* For cold pack have water in canner hot but not boiling; for hot pack have water boiling. Lower jars into canner slowly; be sure jars do not touch. Cover. Count time when water comes to a rolling boil. Keep water boiling vigorously during the whole time. Add more boiling water during processing, if necessary.

*Pressure canner.* Place jars on rack in canner containing 2 to 3 inches water. Leave space between jars, so steam can circulate freely. Exhaust all air by letting a steady flow of steam escape for 10 minutes before closing the petcock.

Count time when gauge reaches specified pressure. You *must* keep pressure constant by adjusting heat, or liquid will be drawn from the jars. *Do not open canner before pressure gauge registers zero.* Then open petcock slowly till no more steam escapes.

*Pressure pan.* You can use a pressure pan for processing pints, if the pan has an accurate gauge for controlling pressure and can be operated at 10 pounds. Allow 20 minutes longer than the time required to process the food in a pressure canner.

After processing

*Sealing and cooling.* Do not tighten self-sealing caps after processing. Seal jars with jar rubbers and zinc caps as soon as you remove them from the processing vessel by screwing lid down tight. Seal glass-top jars by lowering the shorter wire.

Cool jars upright on a thick cloth or rack. Avoid drafts. Leave space between jars so air can get to all sides; quick cooling improves texture, lessens danger of spoilage.

*Test seal* after the jar is cold. For self-sealing flat metal lids, center of lid should look drawn down (concave). Or tap lid with a spoon, and, if sealed, you'll hear a clear ringing sound. When other types of caps are sealed, jars won't leak when you tip them. If a jar isn't sealed, you can use the food immediately; or check jar, and reprocess food at once with a new lid.

*Label jars* to show contents and date. Store in a cool, dry place. If you like, carefully remove screw bands from the self-sealing flat metal lids.

*Opening jars.* Look for signs of spoilage. If cap is bulged, be careful. If there is a peculiar odor, do not taste. And remember

### Fruit and vegetable canning calendar

<table>
<thead>
<tr>
<th>Fruit</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>Sept.</th>
<th>Oct.</th>
<th>Quantity</th>
<th>Quarts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>⬤</td>
<td>⬤</td>
<td>1 bu. (40-50 lbs.)</td>
<td>20-25</td>
</tr>
<tr>
<td>Apricots</td>
<td>🍑</td>
<td>🍑</td>
<td>🍑</td>
<td>🍑</td>
<td>🍑</td>
<td>🍑</td>
<td>4-bskt. crt. (20 lbs.)</td>
<td>12</td>
</tr>
<tr>
<td>Blackberries</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>16-qt. crt. (22 lbs.)</td>
<td>12</td>
</tr>
<tr>
<td>Cherries</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>16-qt. crt. (22 lbs.)</td>
<td>12</td>
</tr>
<tr>
<td>Currants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gooseberries</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 lug (14-16 lbs.)</td>
<td>5-6</td>
</tr>
<tr>
<td>Grapes</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 crate (20 lbs.)</td>
<td>8-10</td>
</tr>
<tr>
<td>Peaches</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 bu. (40-50 lbs.)</td>
<td>20-25</td>
</tr>
<tr>
<td>Pears</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 peck (14 lbs.)</td>
<td>5-7</td>
</tr>
<tr>
<td>Plums</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 crate (15-18 lbs.)</td>
<td>8-11</td>
</tr>
<tr>
<td></td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>1 bu. (50 lbs.)</td>
<td>28-30</td>
</tr>
<tr>
<td>Raspberries</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>24-pt. crt. (16 lbs.)</td>
<td>8-10</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td>🍊</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
—boil all nonacid vegetables and meat 10 minutes before tasting, even if they are to be served cold. When you open jars with rubbers, pull the rubber out with pliers so you’ll avoid injuring cap or jar. To open self-sealing jars, puncture lid and lift up. It’s a good idea to use food within 18 months. Canned foods will keep for years if correctly processed and sealed, but natural chemical changes and flavor loss can be noticed in a year or two.

Points for canning

* For fruits that darken easily, use a color keeper (the same ascorbic-acid mixture you add when freezing light-colored fruits). Follow label directions for mixing color keeper with the syrup you pour over fruit in jars.
* To keep fruit from darkening during preparation, drop into water containing 3 tablespoons color keeper for each 2 quarts water; drain. Or place fruit in salt-vinegar bath: 2 tablespoons each salt and vinegar for each gallon water; drain; rinse well.
* Pack starchy vegetables—corn, peas, Limas—loosely with plenty of hot water, and only to within 1 inch of top of jar. If you crowd them, they may not get the thorough cooking needed to be safe.
* Do not fill jars too full or liquid will be forced out during processing.
* One tablespoon vinegar to each quart of beets will help them retain pretty color.

Altitude

Correct your cooking time or pressure to match the altitude. For water bath, add 1 minute to the processing time, if time specified is 20 minutes or less, for each 1,000 feet above sea level. Add 2 minutes for every 1,000 feet if the time called for is more than 20 minutes. For a pressure cooker, increase pressure 1 pound for each 2,000 feet.

This canning chart is based on a national picture and does not forecast any one section or state.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>Sept.</th>
<th>Oct.</th>
<th>Quantity</th>
<th>Quarts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 crate (24 lbs.)</td>
<td>6-8</td>
</tr>
<tr>
<td>Beans (Lima)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (28-30 lbs.)</td>
<td>6-8</td>
</tr>
<tr>
<td>Beans (green or wax)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (28 lbs.)</td>
<td>14-18</td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (50 lbs.)</td>
<td>17-20</td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (70 lbs.)</td>
<td>8-12</td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (30 lbs.)</td>
<td>7-8</td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (15 lbs.)</td>
<td>6-7</td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (55 lbs.)</td>
<td>18-22</td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 bu. (50-60 lbs.)</td>
<td>16-20</td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. Wash sound, ripe, firm peaches. Be careful not to bruise them. Dip in boiling water till skins slip easily, about 1 minute. Quickly dip in cold water. Peel and halve peaches; remove pits. Slice peaches, if desired.

To keep the pretty golden tone in your peaches, use a color keeper (same ascorbic-acid mixture you add when freezing light-colored fruits). Follow directions on the label for mixing color keeper with the Light Syrup (next page).

To keep peaches bright while you peel them, drop them into water containing 3 tablespoons color keeper for each 2 quarts water. Drain thoroughly. Or place in salt-vinegar bath. Use 2 tablespoons salt and 2 tablespoons vinegar for each gallon of water. Drain and rinse thoroughly.

2. Make Light Syrup (next page). Pack peaches closely in clean hot jars. Overlap sunny side up—you’ll have a prettier jar and get more peaches in it. Guide peaches into place with wooden spoon. Leave ½ inch head space at top of each jar. Cover with hot syrup, but keep the ½-inch head space at the top.

3. Chase out bubbles with a table knife. Spot an air space; run the knife down side of jar—juice fills the gap.

Add syrup to cover fruit, but still leave ½-inch space so peaches can expand during processing. Wipe jar tops with clean, damp cloth. Put on lids of your choice. Follow the directions on package.

4. Lower the jars of peaches into hot water. It should come an inch over jar tops. Cover canner. When water boils, start counting the processing time, 30 minutes for quarts of peaches.

When the time is up, take out the jars. Complete the seal if necessary with the type of lids you are using.

5. Set the hot jars of peaches topside up on a folded towel. Do not cover them, but do keep them away from drafts—sudden cooling might break them.

Let jars cool overnight. Test the seal. Then label with the name of the produce and the date you canned it. Store the jars of peaches in a cool, dry place.
# Guide and timetable

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Preparation</th>
<th>Water bath in minutes (pints)</th>
<th>Water bath in minutes (quarts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Hot pack: Pare, core, cut in pieces; treat to prevent darkening (page 139); rinse; drain. Cook in Light Syrup or water 5 minutes. Pack hot; cover with hot syrup or water leaving ½ inch headspace. Baked Apples: Bake; pack hot; cover with Medium Syrup. Applesauce: Prepare sauce; pack hot leaving ¼ inch headspace.</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Apricots</td>
<td>Cold pack: Wash, halve, and pit; treat to prevent darkening (page 139); rinse; drain. Pack in jars; cover with hot Medium Syrup. Hot pack: Heat through in Medium Syrup. Pack hot; cover with the hot syrup.</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Wash and stem; cook in Heavy Syrup 3 minutes; pack hot.</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Currants</td>
<td>Cold pack: Wash; stem. Pack in jars; cover with hot Medium Syrup. Hot pack: Follow method for berries.</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td>Grapes</td>
<td>Wash; stem; pack in jars. Cover with boiling Light Syrup.</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Peaches</td>
<td>Cold pack: See page 140. Hot pack: Prepare as directed, page 140. Heat through in boiling Light Syrup. Pack hot; cover with boiling syrup.</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>Plums</td>
<td>Cold pack: Wash; prick skins if fruit is to be canned whole. Halve and pit freestone plums, if desired. Pack. Cover with hot Medium Syrup. Hot pack: Prepare as above. Bring to a boil in Medium Syrup. Pack hot; add hot syrup.</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Wash; cut into ½-inch pieces. Add ½ cup sugar to each quart rhubarb; let stand to draw out juice. Bring to boil; pack hot.</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Fruit juices</td>
<td>Crush fruit, or combination of fruits; heat slowly to simmering; strain through cheesecloth. Add sugar if needed (¼ to 1 cup to 1 gallon of juice). Reheat to simmering. Fill jars leaving ½ inch headspace.</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Acid vegetable</td>
<td>Preparation</td>
<td>Water bath in min. (Pints)</td>
<td>Water bath in min. (Quarts)</td>
</tr>
<tr>
<td>----------------</td>
<td>-------------</td>
<td>---------------------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Scald, then dip in cold water; peel. Cut out stem ends. Pack whole or cut in halves or quarters. Pack in jars; add hot tomato juice. Add 1 teaspoon salt to each quart tomatoes. <em>Tomato Juice:</em> Wash; cut out stem ends; cut up tomatoes. Simmer till soft, stirring. Press through sieve. Add 1 teaspoon salt to each quart juice. Reheat just to boiling. Fill jars to 3/4 inch from top.</td>
<td>35</td>
<td>45</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>After kraut ferments, heat to simmering (don’t boil). Pack hot to 1 1/2 inch from top of jar; add hot juice.</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Preparation of vegetables</td>
<td>Pressure canner minutes at 10 lbs. (Pints)</td>
<td>Pressure canner minutes at 10 lbs. (Quarts)</td>
</tr>
<tr>
<td>Asparagus</td>
<td><em>Hot pack:</em> Wash; bundle; precook in boiling water 3 minutes (tips above water); pack hot. Add salt, hot cooking water. <em>Cold pack:</em> Wash, trim off tough ends. Cut in 1-inch pieces, pack tightly into jars. Add salt. Cover with boiling water.</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>Beans</td>
<td><em>Hot Pack:</em> Wash; break off ends; cut or leave whole; precook 5 minutes in boiling water; pack hot, adding salt and boiling water. <em>Cold pack:</em> Wash and trim beans; cut in 1-inch pieces; pack in jars. Add salt. Cover with boiling water.</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Green and Wax</td>
<td><em>Hot pack:</em> Shell and wash young, tender beans; cover with boiling water and bring to boiling. Pack loosely to 1 1/2 inch from top of jar. Add salt and boiling water leaving 1 1/2 inch headspace. <em>Cold pack:</em> Shell and wash young, tender beans; loosely fill to 1 inch from top of pint jar; 1 1/2 inches from top of quart jar. Add salt. Cover with boiling water leaving 1 1/2 inch headspace.</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Lima beans</td>
<td><em>Hot pack:</em> Shell and wash young, tender beans; cover with boiling water and bring to boiling. Pack loosely to 1 inch from top of jar. Add salt and boiling water leaving 1 inch headspace. <em>Cold pack:</em> Shell and wash young, tender beans; loosely fill to 1 inch from top of pint jar; 1 1/2 inches from top of quart jar. Add salt. Cover with boiling water leaving 1 1/2 inch headspace.</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Beets</td>
<td>Wash, leaving on root and 1 inch of tops. Cover with boiling water; precook about 15 minutes. Slip off skins; pack hot. Add salt, hot water.</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>Carrots</td>
<td><em>Hot pack:</em> Wash and scrape; slice or leave small ones whole. Cover with boiling water and bring to boil; pack hot; add salt, hot cooking water. <em>Cold pack:</em> Wash; scrape. Pack tightly into jars; add salt; fill with boiling water.</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>Corn</td>
<td><em>Hot pack:</em> Cut corn from cob, cutting only about half the kernel; scrape cob. Add 1 cup boiling water to each pint of corn; heat to boiling. Pack hot in pint jars, adding 1/2 teaspoon salt to each pint. Pack loosely and only 1 inch from top of jar. <em>Cold pack:</em> Cut corn from cob; do not scrape cob. Add 1 cup boiling water to each pint of corn; heat to boiling. Pack hot to 1 inch from top of jar; pack loosely. Add salt.</td>
<td>85</td>
<td>55</td>
</tr>
<tr>
<td>Cream-style</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole kernel</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Greens, all kinds</td>
<td>Wash thoroughly; cut out tough parts. Steam till wilted without using additional water. Pack hot; pack loosely. Cut through greens several times with sharp knife. Add 1/4 teaspoon salt to pints and 1/2 teaspoon salt to quarts; cover with boiling water.</td>
<td>70</td>
<td>90</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Wash thoroughly; trim stems, Slice, or leave small mushrooms whole. Precook in boiling water 3 minutes or steam 4 minutes; pack hot in pint jars. Add salt. For good color, add color keeper (follow label directions). Cover with boiling water.</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Wash; trim off stem end. Precook 1 minute in boiling water. Pack hot. Add salt; cover with hot cooking water.</td>
<td>25</td>
<td>40</td>
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<tr>
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<td>--------------------------------------------------------------------------------------------------------</td>
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<tr>
<td>Parsnips</td>
<td>Wash; pare. Slice or leave whole. Precook 5 minutes in boiling water. Add salt; cover with hot cooking water.</td>
<td>20</td>
<td>35</td>
</tr>
<tr>
<td>Peas</td>
<td><em>Hot pack:</em> Shell; wash. Cover with boiling water; bring to boiling. <em>Pack hot.</em> Pack loosely to 1 inch from top of jar. Add salt, hot water. <em>Cold pack:</em> Shell and wash. Pack loosely to 1 inch from top of jar. Add salt; cover with boiling water.</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Peppers</td>
<td><em>Green:</em> Wash; remove seeds; precook 3 minutes in boiling water. Flatten; pack; add salt, hot cooking water.</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Pimientos</td>
<td>Wash; heat in hot oven (400°) till skins blister. Slip off skin; remove seeds and stem. Pack dry.</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Potatoes</td>
<td><em>New White:</em> Wash; precook in boiling water 10 minutes; remove skins. Pack hot; add salt; cover with hot cooking water.</td>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td><em>Sweet:</em> Wash; precook 10 minutes in boiling water. Remove skins; pack hot to 1 inch from top of jar. Press gently. Add no liquid or salt. <em>Wet pack:</em> Wash; boil till skins slip off easily. Remove skins. Pack hot, leave 1 inch space at top of jar. Add salt. Cover with boiling Medium Syrup.</td>
<td>65</td>
<td>95</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Wash; remove seeds; cut in pieces; pare. Barely cover with water; bring to a boil. Pack hot. Add salt; cover with hot cooking water. <em>Sieved pumpkin:</em> Wash; remove seeds; cut up; pare. Steam about 25 minutes or till tender. Put through sieve. Heat through, stirring. Pack hot. Add no liquid or salt.</td>
<td>55</td>
<td>90</td>
</tr>
<tr>
<td>Rutabagas</td>
<td>Wash; pare. Precook 5 minutes in boiling water. Pack hot, adding salt and hot cooking water.</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>Squash, winter</td>
<td>Follow directions for pumpkin.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Preparation of Meat

**Meat**

Add 1 teaspoon salt to each quart; pack jars loosely and no more than 1 inch from top of jar.

<table>
<thead>
<tr>
<th>Pressure canner minutes at 10 lbs. (quarts)</th>
<th>Pressure canner minutes at 10 lbs. (pints)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Veal, Lamb, Pork</td>
<td>Chill 36 to 48 hours after killing. Wipe meat with damp cloth. Cut meat across grain 1 inch thick in jar-size pieces, or cut in cubes for stew. Trim excess fat and gristle. Bones may be removed or left in. <em>Cold pack:</em> Pack raw; add salt, but add no liquid. <em>Hot pack:</em> Cook meat ½ to ¾ done (braise, roast, fry or simmer). Do not dip in flour or crumbs. Pack hot, adding salt and 3 to 4 tablespoons broth or cooking fat for each quart.</td>
</tr>
</tbody>
</table>

| Poultry Chicken, Duck, Turkeys | Kill 6 to 12 hours before canning; bleed well; chill. *Cold pack:* Pack raw in quart jars. Add salt. Add no liquid. *Hot Pack:* Roast, steam, or simmer till about ¾ to ½ done. Remove bones and skin; or leave in pieces as for frying, and pack with bones in. Pack hot. Add salt. Cover with hot broth. | 75 | 90 |

| Game Rabbit, Venison | Soak in salt water (¼ cup salt to 1 quart water) 1 to 2 hours. For rabbit, proceed as for chicken. For venison, follow directions for Beef, etc. | 75 | 90 |
Jams, jellies, preserves

Jellies are made from fruit juice, are clear, and are firm enough to hold their shape yet soft enough to spread.

Jams contain whole fruit slightly crushed, are usually softer than jelly.

Butters are made by cooking fruit pulp and sugar to a rather thick consistency; less sugar is used in butters than in jam.

Conserve is a mixture of several fruits, is similar to jam in consistency, and may contain nuts and raisins.

Marmalade is clear, jellylike, and transparent, with fruit suspended in small pieces, and is usually made from citrus fruits.

Preserves contain pieces of fruit that remain whole in a thick, transparent syrup.

Jelly

Correct amounts of fruit, pectin, acid, and sugar are needed for jelly. Pectin in fruit varies with the stages of ripeness. Combine fruits low in pectin with high-pectin fruits, or add a commercial pectin, following manufacturer’s directions exactly. Apples, crab apples, unripe grapes, blackberries, currants, gooseberries, huckleberries, quince, and plums jell easily.

You can test fruits for pectin yourself. Place 1 tablespoon fruit juice and 2 tablespoons grain or denatured alcohol in a cup; move gently to blend. Denatured alcohol is poison, so do not taste. A large solid mass indicates a large amount of pectin. If small, scattered clots form, add pectin to make jelly.

For jelly, select a mixture of ripe fruits and some slightly underripe fruits. Wash thoroughly discarding any spoiled pieces. Drain fruit; add \( \frac{1}{2} \) cup water for each 1 quart soft fruit, such as berries or grapes. Cook about 10 minutes or until fruit is soft, stirring often. (Cut large fruits such as apples and plums, in pieces without paring them, Add enough water to barely cover; cook till the fruit is soft.)

Pour not cooked fruit into cotton flannel or cheesecloth bag and let drip. Do not squeeze bag if you want clear jelly. Measure juice. Heat to boiling, add sugar as in chart, next column. Again heat to a boil. Cook till jelly point is reached.

Jelly test: Dip in a large spoon; tilt spoon until syrup runs over side. When jellying stage is reached, liquid will stop flowing in a stream and divide in two distinct drops that run together and flake or sheet from the edge of the spoon. On a thermometer, the temperature should register about 8° higher than the boiling point of water. (You must find the temperature at which water boils in your area—boiling point differs with altitude.)

Remove jelly from heat; skim quickly to remove foam. Pour into hot, sterilized glasses or jars to \( \frac{1}{2} \) inch from top. Keep rim clean.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Juice</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Blackberry</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) to 1 cup</td>
</tr>
<tr>
<td>Crab apple</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Cranberry</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Currant</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) to 1 cup</td>
</tr>
<tr>
<td>Grape, Concord</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) to 1 cup</td>
</tr>
<tr>
<td>Equal parts of:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Currant and raspberry</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Apple, quince, cranberry</td>
<td>1 cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Apple and blackberry</td>
<td>1 cup</td>
<td>( \frac{7}{8} ) cup</td>
</tr>
</tbody>
</table>

Sealing jellies, jams, preserves

Cover hot jelly immediately with enough hot paraffin to make a layer \( \frac{1}{2} \) inch thick. (You’ll need about 1 tablespoon paraffin to make \( \frac{1}{2} \)-inch layer on a 6-ounce jelly glass.) Prick any air bubbles that appear. These cause holes to form in paraffin as it hardens and make a poor seal.

You’ll find a double boiler handy for melting paraffin and keeping it hot without getting overheated. Never let paraffin reach smoking temperatures.

You can skip the paraffin if you use canning jars and lids. Tapered jars are a good choice for jelly—the straight sides make it easy to slip jelly out in a molded shape. For jams and preserves, either tapered jars or regular canning jars may be used.

Prepare lids according to manufacturer’s directions. Fill hot, sterilized jars with the boiling hot jelly or jam. Wipe the top and the threads of jar with clean cloth. Place lid on jar and seal immediately. Screw bands tight.

Cooling and storing

Let jellies and jams stand undisturbed overnight so you won’t break the gel. Cover paraffined glass or jars with metal or paper lids (do not use lid that makes a tight seal). Label jars with name of product and date; store in a cool, dry place. Use jams and jellies within a few months for best flavor.
Basil or Mint Jelly

2 cups water  
1 cup vinegar  
1 cup basil leaves or mint leaves  
Few drops green food coloring  
6 1/2 cups sugar  
1 bottle liquid fruit pectin

Combine first five ingredients; heat to a boil. Add fruit pectin; heat to full, rolling boil and boil 1 minute. Remove leaves. Pour into hot, sterilized glasses. Seal immediately. Makes twelve 6-ounce glasses.

Grape Jelly

Select fully ripe or underripe Concord grapes, depending on flavor desired.
Wash and stem grapes; crush and add 1/4 cup water for each 4 cups of crushed grapes. Heat to a boil and simmer 10 to 15 minutes.
Strain through a jelly bag. (To prevent crystals in jelly, let juice stand overnight in cool place; dip juice out, strain again.) If underripe grapes are used and the juice is sour, use 1 cup sugar to each cup juice. If most of the grapes you use are ripe, use 3/4 cup sugar. Heat the juice; add sugar; stir until sugar is dissolved.
Cook until syrup sheets off spoon. Pour in hot, sterilized glasses. Seal at once.

Currant Jelly

Select currants that are not overripe. Remove leaves but do not stem; wash and drain. Mash with potato masher; add 1/2 cup water to each 2 quarts fruit. Cook 10 minutes, stirring frequently.
Strain through jelly bag. Use 3/4 cup sugar for each cup juice; heat juice; add sugar; stir until sugar dissolves. Cook until syrup sheets off spoon. Pour in hot, sterilized glasses. Seal immediately.

Apple or Crab-apple Jelly

Wash fruit; do not pare or core. Cut in eighths, removing blemishes. Barely cover with water; simmer until soft.
Strain through a jelly bag. Measure the juice; heat to a boil; skim and add 3/4 cup sugar for each cup of juice. Stir until the sugar dissolves; cook until syrup sheets off a spoon. Flavor with a drop or two of oil of cinnamon. Add a few drops of red food coloring, if desired. Pour in hot, sterilized glasses. Seal immediately.

Prize Grape Jam

Wash 3 pounds Concord grapes; separate skins from pulp. To pulp, add 1 cup water and 1/4 to 1 teaspoon each cinnamon, ginger, and allspice. Heat to boiling; cover and simmer 5 minutes; sieve to remove seeds. Chop skins and add to pulp.
Measure 5 1/2 cups of grape mixture into a large saucepan; place over high heat. Add 1 box powdered fruit pectin; stir till mixture comes to a hard boil. Stir in 7 cups sugar all at once. Heat to a full, rolling boil; boil hard for 1 minute, stirring constantly.
Remove from heat and skim; ladle quickly into hot, sterilized jars. Seal immediately. Makes about nine 1/2 pints.

Strawberry Jam

Wash 2 quarts strawberries; slice in half lengthwise or cut large berries in quarters. Measure 4 cups berries into large saucepan; add 1 cup sugar; mix carefully and let stand 15 minutes. Add 6 cups sugar; mix well and heat to a full, rolling boil. Boil hard 1 minute, stirring constantly.
Remove from heat; stir in 1/2 bottle liquid fruit pectin. Stir and skim alternately 5 minutes to cool slightly and prevent floating fruit. Ladle into hot, sterilized jars; seal at once. Makes about seven 1/2 pints.

Plum Jam

Wash and pit plums. Put through food chopper, using coarse blade.
Use 3 1/2 cups sugar for 4 cups fruit. Let stand 1 hour. Cook until thick. Pour in hot, sterilized jars. Seal immediately.

Berry Jams

For blackberry, dewberry, loganberry, or raspberry jam, wash and crush berries; add 1/4 cup water for each quart berries; cook until heated through. If desired, sieve to remove the seeds. Add 3/4 to 1 cup sugar for each cup berries; cook until thick. Pour in hot, sterilized jars; seal immediately.

Dried Apricot-Pineapple Jam

Rinse 2 cups dried apricots. Simmer in 2 1/2 cups water until tender. Mash apricots; add 2 cups canned crushed pineapple, 1/2 lemon, sliced, and 4 cups sugar.
Simmer, stirring frequently, until thick and clear. Pour into sterilized jars; seal immediately. Makes about four 1/2 pints.
Frozen Fruit Jam

Thaw two 12-ounce packages strawberries or three 12-ounce packages red raspberries. Put through a food mill or mash them.

Add sugar—3½ cups for strawberries, 5 cups for raspberries; stir until well mixed. Let stand 20 minutes, stirring occasionally. When sugar has dissolved, add ½ bottle liquid fruit pectin; stir 3 minutes.

Pour into jelly glasses, pint jars, or freezer containers. Cover and let stand 24 hours or till set. Seal with paraffin.

You can store these jams a month to 6 weeks in your refrigerator, or longer in a freezer. Do not store at room temperature. These jams may be slightly thinner than your usual cooked type. Spoon carefully into serving dish to avoid excess stirring.

Peach-Plum Jam

2 pounds ripe peaches
1 ½ pounds fully ripe Italian plums
5 ½ cups sugar
1 2 ½ -ounce box powdered fruit pectin

Peel and pit peaches; chop very fine. Pit plums; chop very fine. Mix fruits; measure 4 ½ cups into large saucepan. Measure sugar.

Place saucepan of fruit over high heat. Add pectin. Stir till mixture comes to a hard boil. At once, stir in sugar. Bring to a full, rolling boil and boil hard 1 minute, stirring constantly. Remove from heat.

Skim and stir for 5 minutes. Ladle quickly into hot, sterilized glasses. Seal at once.

Makes ten 6-ounce glasses.

Blueberry-Raspberry Jam

Wash and crush 1 quart blueberries and 1 quart red raspberries; combine. Measure 4 cups. If necessary, fill last cup with water.

Add 7 cups sugar; heat to full, rolling boil; boil hard 1 minute; stir constantly.

Remove from heat and stir in ½ bottle liquid fruit pectin. Skim; pour in hot, sterilized glasses. Seal immediately. Makes about eleven 6-ounce glasses.

Strawberry Preserves

Combine 2 quarts berries and 7 cups sugar; let stand overnight.

Heat slowly to a boil; cook until berries are clear, syrup thick. Skim; pour into hot, sterilized jars. Seal immediately. Makes about four ½ pints preserves.

Red Cherry Jam

2 pounds sour cherries
¾ cup water
1 ¼ cups drained canned pineapple chunks
7 cups sugar
1 bottle liquid fruit pectin

Pit fully ripe cherries. Add water; bring to boiling. Cover; simmer 15 minutes. Measure 3½ cups, using juice to complete measure. Add pineapple and sugar. Mix well.

Heat to a full, rolling boil, stirring constantly. Boil hard 3 minutes.

Remove from heat; stir in fruit pectin. Skim and stir 5 minutes to prevent floating fruit. Pour into hot, sterilized glasses. Seal immediately. Makes eleven 6-ounce glasses.

Spiced Grape Butter

1 ½ pounds stemmed Concord grapes
1 tablespoon grated orange peel
1 cup water
2 ¼ cups sugar
⅛ teaspoon cinnamon
¼ teaspoon cloves

Wash grapes; separate skins from pulp. Cook pulp until soft; sieve to remove seeds.

Add orange peel and water; cook 10 minutes. Add skins; heat to boiling. Add sugar and spices; cook until thick.

Pour into hot, sterilized jars. Seal immediately. Makes about four ½ pints.

Peach Conserve

Peel and pit 18 peaches. Quarter and seed 5 oranges, but don’t pare. Put peaches and oranges through food chopper, using coarse blade. Measure fruits into large pan; add 1 ½ cups sugar for each cup fruit.

Cook rapidly until mixture “sheets” from spoon; stir frequently. Add 1 cup chopped maraschino cherries. Pour in hot, sterilized glasses. Seal immediately. Makes about twelve 6-ounce glasses.

Apple-Peach Conserve

Combine 2 cups chopped, unpared tart apples, 2 cups chopped, peeled peaches, ½ cup lemon juice, and 3 cups sugar.

Cook slowly until apples are transparent, about 20 minutes. Pour into hot sterilized jars. Seal at once. Makes about five ½ pints.
**Grape Conserve**

- 4 pounds Concord grapes
- 8 cups sugar
- 3 medium oranges
- 2 lemons
- 2 cups California walnuts, broken

Wash grapes; separate skins from pulp. Cook pulp until soft; sieve to remove seeds. Add skins; then stir in the sugar.

Juice oranges and lemons. Thinly slice peels; cover with cold water; heat to a boil. Drain; add to grape mixture with fruit juices. Cook until thick, about 40 minutes. Add nuts. Pour in hot, sterilized jars. Seal at once. Makes about ten ½ pints.

**Plum Conserve**

- 24 Italian plums
- 1½ cups seedless raisins
- 1½ cups thinly sliced oranges (with peel), chopped
- 3 cups sugar
- 1 cup coarsely chopped California walnuts or pecans


**Quick Orange Marmalade**

- 4 medium oranges
- 1 medium lemon
- 1½ cups water
- ¾ teaspoon soda
- 6 cups sugar
- ½ bottle fruit pectin

Remove orange and lemon peels; cut off half the white part. Shred peels very fine. Add water and soda; heat to a boil; cover and cook slowly 10 minutes.

Remove white skin of peeled fruit and cut sections away from membrane with sharp knife, working over bowl to catch juice.

Combine pulp, juice, and cooked peel; cover and cook slowly 20 minutes.

Measure 3 cups; add sugar and heat to a boil; cook 5 minutes. Remove from heat; add fruit pectin. Skim and stir 5 minutes.

Pour into hot, sterilized glasses. Seal immediately. Makes eight 6-ounce glasses.

**Pickles**

Your success in making pickles depends partly on the kind of vinegar you use. You'll get best results with a high-grade vinegar—cider (apple) for all but light pickles. White vinegar (corn, rye, barley malt), is best for the latter. Check acidity on label. It should be from 4 to 6 per cent. Best guard is to use a known dependable brand.

Soaking cucumbers in a salt brine makes them crisp—use 1 cup salt to 2 quarts water. Or scald them in hot salt water. If your water is very hard, bring to a boil and let stand 24 hours. Remove scum; dip out water. Add 1 tablespoon vinegar per gallon. Be sure all vegetables are covered with the salt water while curing; better weight them down. Skim scum from top of brine.

You'll get the best pickles if you use a pure, coarse-medium salt. You can use table salt, but results may not be as good because of the chemicals added to prevent lumping.

Tough or shriveled pickles? Blame too much salt, too much sugar, or too-strong vinegar. Hurrying the processes of brining or cooking may cause shrveling, too, so don't bow to short cuts. Soft pickles may be caused by too-strong vinegar, too weak a brine, or overcooking. Hollow pickles are due to not-fresh cucumbers, so follow the rule "24 hours from vine to brine."

**Oil Pickles**

5 quarts sliced cucumbers (about 25, 2 to 5 inches long)
- ½ cup sliced onion
- ½ cup coarse-medium salt
- 2½ teaspoons powdered alum
- 2 cups cider vinegar
- 2 cups water
- ¼ cup white mustard seed
- 2 tablespoons black mustard seed
- 1½ teaspoons celery seed
- ¼ cup olive oil

Slice cucumbers thin; arrange in layers with onion, sprinkling each layer with salt; let stand overnight. Drain.

Dissolve alum in half the vinegar-and-water solution; pour over cucumbers and let stand 4 hours. Drain; combine pickles with seasonings. Pack into hot, sterilized jars.

Mix remaining vinegar-water mixture with the olive oil; don't heat. Pour over pickles and seal. Makes 8 pints.
Sweet Pickles
(long method)

Select 150 3- to 4-inch cucumbers (about 9 1/2 pounds). Wash and cover with hot salt brine made of 1 cup coarse-medium salt to each 2 quarts water. Cool; cover and let stand 7 days. Drain; cover with hot water; let stand 24 hours. Drain; again cover with hot water; add 2 tablespoons alum; let stand 24 hours. Drain; split cucumbers.

Combine 12 cups sugar, 8 cups cider vinegar, 1 1/2 teaspoons celery seed, 1 ounce stick cinnamon (about 8 sticks), and 1 cup prepared horseradish; heat to boiling and pour over cucumbers. Drain syrup from cucumbers each morning for 4 days; reheat and pour over cucumbers. Let cucumbers cool in syrup before covering.

The last morning, heat cucumbers and syrup to boiling. Pack cucumbers in hot, sterilized jars. Fill jars with hot syrup and seal. Pickles can be used in 2 weeks.

Sweet Pickles
(short method)

Select 50 cucumbers 2 1/2 inches long (about 3 1/2 pounds); wash. Dissolve 1/2 cup coarse-medium salt in 4 cups boiling water; pour over cucumbers. Let cucumbers stand in liquid till cool. Drain.

Combine 1 1/2 quarts cider vinegar, 2 cups water, 1 tablespoon mixed pickling spices, and 3 cups sugar; heat to boiling. Pour over cucumbers; let stand 24 hours.

Heat cucumbers and syrup to boiling; pack cucumbers in hot, sterilized jars; fill jars with hot syrup. Place alum the size of a pea in each jar, if desired; seal. Makes 5 pints.

Kosher Dill Pickles

20 to 25 4-inch cucumbers
1/4 teaspoon powdered alum
1 clove garlic
2 heads fresh dill
1 hot red pepper
1 cup coarse-medium salt
3 quarts water
1 quart cider vinegar
Grape leaves

Wash cucumbers; let stand in cold water overnight. Pack in hot, sterilized jars. To each quart, add above amount alum, garlic, dill, red pepper. Combine salt, water, and vinegar; heat to boiling; fill jars; put grape leaf in each jar; seal. Makes 6 to 8 quarts.

Dill Pickles

Scrub medium cucumbers with brush and pack loosely in hot, sterilized jars.

To each quart add: 3 or 4 heads dill, 1 piece alum the size of a small grape, and 1 teaspoon mustard seed. Fill jars with hot brine: 1 cup cider vinegar, 2 cups water, and 1 tablespoon coarse-medium salt. Seal.

Crisp Pickle Slices
(butter-and-bread type)

4 quarts sliced medium cucumbers
6 medium white onions, sliced
2 green peppers, chopped
3 cloves garlic
1/4 cup coarse-medium salt
5 cups sugar
3 cups cider vinegar
1 1/2 teaspoons turmeric
1 1/2 teaspoons celery seed
2 tablespoons mustard seed

Do not pare cucumbers; slice thin. Add onions, peppers, and whole garlic cloves. Add salt; cover with cracked ice; mix thoroughly. Let stand 3 hours; drain well.

Combine remaining ingredients; pour over cucumber mixture. Heat just to a boil. Seal in hot, sterilized jars. Makes 8 pints.

Icicle Pickles

Cut large cucumbers in eightths lengthwise; let stand in ice water 8 hours or overnight. Pack in hot sterilized jars; fill center of each jar with 2 pieces celery and 6 pickling onions.

For 3 or 4 quarts, mix 1 quart cider vinegar, 1/4 cup coarse-medium salt, and 1 cup sugar; heat to a boil; fill jars; seal.

Watermelon Pickles

Trim dark green and pink parts from 2 pounds watermelon rind; cut in 1-inch cubes. Soak overnight in salt water—1/4 cup coarse-medium salt to 1 quart water (it may take more to cover). Drain; rinse and cover with cold water. Cook till just tender. Drain.

Combine 2 cups sugar, 1 cup white vinegar, and 1 cup water. Add 1 tablespoon broken stick cinnamon and 1 1/2 teaspoons whole cloves tied in a bag. Simmer 10 minutes.

Remove spice bag. Add watermelon rind and 1/2 lemon, thinly sliced. Add 5 halved maraschino cherries, if desired. Simmer till rind is clear. Seal boiling hot in hot, sterilized jars to 1/2 inch from top. Makes 2 pints.
**Vegetable Relish**

12 medium onions (4 cups ground)
1 medium head cabbage (4 cups ground)
10 green tomatoes (4 cups ground)
12 green peppers
6 sweet red peppers
¼ cup salt
6 cups sugar
2 tablespoons mustard seed
1 tablespoon celery seed
1½ teaspoons turmeric
4 cups cider vinegar
2 cups water


**Chili Sauce**

1 peck (12 to 14 pounds) tomatoes
1 pound (about 2 bunches) celery
1 quart small onions, chopped
3 green peppers
½ tablespoon ground cloves
1 tablespoon dry mustard
2 sticks cinnamon
2 pounds brown sugar
¼ cup salt
1 quart cider vinegar

Scald tomatoes; peel. Cook 15 minutes; drain off half the juice. Chop remaining vegetables; add tomatoes; simmer about 1½ hours. Tie spices in cloth bag; add with remaining ingredients to tomato mixture; continue cooking 1½ hours. Remove spices; seal in hot, sterilized jars. Makes 6 pints.

**Best Tomato Catsup**

1½ teaspoons whole cloves
1½ teaspoons broken stick
1 teaspoon celery seed
1 cup white vinegar
3 teaspoons water
8 pounds ripe tomatoes (about 25 medium tomatoes)
1 tablespoon chopped onion
¼ teaspoon red pepper
1 cup sugar
4 teaspoons salt

Measure spices into small saucepan; add vinegar. Cover; heat to a boil. Remove from heat; let stand while you prepare tomato mixture. (Spices steep in vinegar—just like tea. It’s this separate brewing for spicy flavor that keeps catsup a rich red color.)

Wash tomatoes. Mash in large pan. Add onion and red pepper. Heat to a boil; cook 15 minutes, stirring occasionally.

Put tomatoes through food mill or a coarse sieve. Add sugar to the tomato juice. Heat to a boil; then simmer briskly. Cook till you have only half the amount you began with. (Measure amount now with a ruler so you won’t have to guess later. When mixture looks as if it has cooked down to half, check your guess with a ruler.) It will take about 45 to 60 minutes.

Strain spiced vinegar mixture into tomato mixture; discard spices. Add salt. Simmer about 30 minutes or till of consistency you like. Stir often. Fill hot, sterilized jars; seal at once. Makes 2 pints.

**Mustard Pickles**

Break 1 head cauliflower in flowerets; combine with 1 quart small green tomatoes cut in wedges, 3 green peppers cut in strips, 2⅔ cups green Limas, 1 quart pickling onions, and 24 2-inch cucumbers. Cover mixture with 1 cup coarse salt and 4 cups water; let stand overnight. Drain; cover with boiling water and let stand 10 minutes.

Drain. Combine 1 cup sugar, ¾ cup flour, ½ cup dry mustard, 1 tablespoon turmeric; add 7 cups cider vinegar and 7 cups water. Cook and stir till mixture thickens. Add vegetables; cook until just tender. Seal in hot, sterilized jars. Makes 8 pints.

**Spiced Pears, Peaches, Apples**

Combine 5 cups sugar, 2 cups water, 1 cup vinegar, 12 inches stick cinnamon (broken), 2 teaspoons whole cloves. Heat to boiling.

Into syrup drop enough fruit (pears, peaches, or crab apples) to fill one jar. Cook covered just till tender. Pack in hot sterilized jar; add hot syrup to ½ inch from top. Seal. Makes enough syrup for 6 pints.

**Dilly Green Tomatoes**

Select small, firm, green tomatoes. Leave stems on. Pack in sterilized quart jars.

To each quart add 1 clove garlic, 1 stalk celery, 1 hot green pepper, and 1 head dill.

For about 8 quarts, combine 2 quarts water, 1 quart cider vinegar, 1 cup salt. Cook 5 minutes. Fill jars to ½ inch from top. Seal.
Freezing

You can’t beat freezing! A freezer gives you a market in your kitchen, stores whole meals ready to heat, banishes leftovers, and makes a “bank” for pies and cakes.

Freezing fruits, vegetables

Select the best. You cannot have better frozen foods than the fresh foods you start with. Choose fruits fully ripe but not mushy; choose vegetables slightly immature.

Pick varieties carefully. Some freeze better than others. For information about local varieties, write your state extension service or state agricultural college.

Handle quickly. Freshness wastes away rapidly, especially at room temperature. If you can’t freeze fruits and vegetables immediately, put them in the refrigerator. Plan to freeze them as soon as possible.

Prevent darkening. Use a color keeper with light fruits like peaches, pears, and apricots to keep them bright. Ascorbic acid (vitamin C) in powder, capsules, or tablets, or an ascorbic-acid mixture does the trick. See next column for amounts of ascorbic acid to add to various fruits. If using the ascorbic-acid mixture, follow label directions for adding to syrup or sugar.

Package properly. This is extremely important, no matter what you are freezing. Moisture-vaporproof containers and wrapping materials are a must to save flavor, texture, color, and vitamins. Suitable packaging could be: aluminum, glass, plastic, tin, heavily waxed cardboard, rubber latex. Good packaging keeps foods from drying out (commonly known as freezer burn) and makes the best use of the space you have in your freezer.

Seal. Leave head space—room for food to expand as it freezes. Follow to the letter the manufacturer’s directions for sealing.

Freeze immediately at 0° or below. Stored at this temperature, foods lose little flavor, color, texture, or nutritive value. See freezer-storage charts for storage times.

Freeze rapidly. The faster the freezing, the smaller the ice crystals formed. So, it’s good to freeze small batches. Large lots or large packages freeze much more slowly.

Fruits (sugar pack)

<table>
<thead>
<tr>
<th>Apples</th>
<th>Peaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Sour cherries</td>
</tr>
<tr>
<td>Currants</td>
<td>Strawberries</td>
</tr>
</tbody>
</table>

Prepare: Wash fruit in cold water. Pare and slice, if needed.

Keep color bright: Treat apples by steaming the slices for 2 minutes. Cool in cold water; drain thoroughly.

Treat apricots and peaches by sprinkling with ascorbic-acid solution: For each quart fruit, use ¼ teaspoon (750 milligrams) ascorbic acid dissolved in ¼ cup cold water. Or use special ascorbic-acid mixture; add to the sugar—follow label directions.

Add sugar: Place fruit in bowl; sprinkle with sugar. Use ½ cup sugar for each quart apples or apricots; ¾ cup for each quart peaches; ¾ cup for other fruits. Gently fold fruit and sugar together till juice drawn from fruit dissolves all or most of the sugar.

Pack: For containers with wide top openings, leave ½-inch head space for pints, 1 inch in quarts. For containers with narrow top openings, leave ¾-inch head space in pints, 1½ inches in quarts. Seal and freeze.

Sour cherries get sugar pack on their way to freezer. Choose ripe fruit. Wash cherries; drain; stem; pit. Add ¾ to 1 cup sugar to each quart; fold in till most of sugar dissolves. Pack and seal as above, leaving headspace. Freeze at once.
How to syrup-pack peaches for freezing

Select firm ripe peaches with no green on skin. Make Medium Syrup; chill. For good color, add ascorbic-acid mixture—follow label directions. Or add \( \frac{1}{2} \) teaspoon ascorbic acid to each 4 cups syrup.

Prepare only enough peaches for 5 or 6 pints at one time. Wash and peel. (For smooth look, don’t scald.) Pour \( \frac{1}{2} \) cup cold syrup into each container; halve or slice peaches into container. Cover with more syrup. Leave head space at top. Hold top pieces under syrup with folded or crumpled freezing paper. Wipe containers; dry. Seal; label; freeze.

Fruits (syrup pack)

- Apples
- Grapes
- Apricots
- Peaches
- Bing or white cherries
- Pears
- Blackberries
- Pineapple
- Blueberries
- Plums
- Cranberries
- Raspberries
- Currants
- Rhubarb
- Gooseberries
- Whole strawberries

Make syrup: Use proportions in chart below. Add sugar to boiling water; stir till dissolved; chill. Add \( \frac{1}{2} \) teaspoon (1500 milligrams) ascorbic acid to each quart cold syrup just before packing apples, Bing or white cherries, peaches, or plums. Use \( \frac{3}{4} \) teaspoon (2250 milligrams) for apricots or pears. Or use ascorbic-acid mixture, following label directions for adding to syrup.

Wash fruit in cold water; drain. Prepare as for table use. Cut away bruises. If necessary, slice \( \frac{1}{2} \) to \( \frac{3}{4} \) inch thick.

Pack containers. Add cold syrup—about \( \frac{1}{2} \) cup for each pint berries, \( \frac{1}{2} \) to \( \frac{3}{4} \) cup for slices, 1 cup for large pieces. Be sure all fruit is covered. Put crumpled or folded freezer paper at top of each container to push fruit under syrup. Leave head space as for sugar pack (preceding page). Seal; freeze.

Peaches or apples: Prepare as shown in pictures above.

Pears: Heat in boiling syrup 2 minutes. Drain and cool. Pack in containers; cover with cold syrup, leaving head space.

Proportions to use when making syrup for freezing fruit

<table>
<thead>
<tr>
<th>Per cent</th>
<th>Sugar</th>
<th>Water</th>
<th>Yield</th>
<th>Use for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin</td>
<td></td>
<td></td>
<td></td>
<td>Pineapple.</td>
</tr>
<tr>
<td>30</td>
<td>Cups 2</td>
<td>Cups 4</td>
<td>Cups 5</td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>40</td>
<td>3</td>
<td>4</td>
<td>5 1/4</td>
</tr>
<tr>
<td>Heavy</td>
<td>50</td>
<td>4 1/4</td>
<td>4</td>
<td>6 1/4</td>
</tr>
<tr>
<td>Very heavy</td>
<td>60</td>
<td>7</td>
<td>4</td>
<td>7 1/4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Blackberries, cranberries, gooseberries, plums, currants, strawberries.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sour cherries.</td>
</tr>
</tbody>
</table>
Fruits (unsweetened pack)

You may use this method, although results are generally not as good as with the other two packs. The unsweetened pack is satisfactory for apples, blackberries, blueberries, cranberries, currants, gooseberries, grapes, peaches, pineapple, plums, raspberries, rhubarb, strawberries. Use the fruit in cooking or for special diets.

Wash fruit in cold water; drain. Treat apples for darkening as in sugar pack. Cover strawberries or peaches with water to which 1 teaspoon ascorbic-acid per quart has been added. Or, use ascorbic-acid mixture.

Pack into containers. Leave head space as in sugar pack. Seal and label. Freeze at once.

Freezing vegetables

Salad vegetables (lettuce, cucumbers, radishes, cabbage, onion, celery, etc.) lose crispness when frozen, so are not desirable for freezing. Cook some vegetables (see chart) before freezing. Blanch all others—no off-flavors or discoloration during storage.

How to Blanch Vegetables

Water blanching: Use about 1 pound vegetables. You'll need a large kettle with a lid and a wire-mesh basket, or a blancher. Use at least 1 gallon rapidly boiling water. Immerse basket of vegetables and cover.

Start counting the recommended time immediately—use a clock with a second hand. Allow 1 minute longer boiling time at 5000 or more feet above sea level.

Remove promptly when time is up. Chill quickly by putting basket of vegetables into pan of cold or ice water. Change water frequently. Allow about as much time for cooling as for blanching. Drain.

Pack into containers and seal, allowing ½-inch head space. Seal, label, and freeze.

Steam blanching: Use kettle with tight-fitting lid and a low rack to keep vegetables above the water. Add water 1 or 2 inches deep; bring to a rapid boil. Maintain enough heat to create plenty of steam throughout blanching period. Place vegetables in basket on rack. Cover kettle tightly.

Start timing at once—be accurate. Steam 1 minute longer at 5000 feet or more above sea level. Remove vegetables immediately when time is up. Cool quickly in ice water, as for water blanching.

Pack in containers and seal, allowing ½-inch head space. Seal, label, and freeze.

Freezing vegetables

To water blanch vegetables, lower 1 pound vegetables into 4 quarts boiling water. Keep heat high. Cover; start timing. Heat cut green beans 3 minutes.

When time is up, plunge vegetables (here it's peas) into icy water. Chill about same length of time you heat them. Now drain well.

Into the bag goes a scoop of peas. Here funnel fits on metal frame that holds bag open. Rack keeps cartons erect, pan catches spills. Heat-sealer closes bag airtight.
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Blanching Boiling water</th>
<th>Steam (on rack over boiling water)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Wash. Trim; cut to 6-inch lengths or in 2-inch pieces. Separate for size before blanching.</td>
<td>Small stalks—2 min.</td>
<td>Large stalks—4 min.</td>
</tr>
<tr>
<td>Beans, green Lima</td>
<td>Wash; cut off ends. Cut in pieces, or French.</td>
<td>3 min.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wash pods; shell. Or leave in pods and shell after blanching.</td>
<td>Small—2 min.</td>
<td>Large—4 min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Wash; cut into medium pieces 5-6 inches long. No thicker than 1 1/2 inches.</td>
<td>3 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Cut from stem; wash carefully. Remove outer leaves. Sort according to size.</td>
<td>4 min.</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Wash; scrape or pare. Cut into 1/4-inch slices or leave whole if small and tender.</td>
<td>Sliced—2 min.</td>
<td>Whole—5 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Wash; cut into 1-inch-thick pieces.</td>
<td>3 min.</td>
<td></td>
</tr>
<tr>
<td>Corn, on cob</td>
<td>Husk, remove silk, wash, and sort. Don’t use overmature corn.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kernel</td>
<td>Plunge ears in boiling water for 4 minutes. Cut off corn.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>Wash thoroughly. Cut and discard thick stems.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets or chard Kale</td>
<td></td>
<td>2 min.</td>
<td></td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
<td>2 min.</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td>2 min.</td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td>3 min.</td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>Prepare. Blanch separately for times given; mix together after cooling.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>Wash pods; shell. Discard starchy peas.</td>
<td>1 1/2 min.</td>
<td></td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>Cook till tender with jackets on. Cool; paré and slice. Dip in solution of 1/4 cup lemon juice to 1 quart water. Or mash; mix 2 tablespoons lemon juice with each quart.</td>
<td>cook 30-40 min.</td>
<td>cook 45-60 min.</td>
</tr>
<tr>
<td>Squash, summer winter</td>
<td>Wash. Cut in 1/2-inch slices.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cut into pieces; remove seeds. Cook till soft; remove pulp; mash. Cool quickly.</td>
<td>3 min.</td>
<td>cook about 20 min.</td>
</tr>
</tbody>
</table>
Freezing meat

Careful selection of animals. Select young, good quality, well-finished animals. Freezing does not greatly improve meat, but helps keep the original goodness.

Proper butchering. This service, as well as cutting up the carcass, generally is offered by locker plants. If not, consult an expert, for skilled butchering is essential to having good meat. Properly done, it can save you money and give you the cuts that fit your family needs.

Less desirable cuts should be ground. Avoid freezing too much big bone—it makes packaging difficult, wastes space. See meat-cut charts (pages 238, 246, 254, 258).

Preparation for freezing. Carcasses should be chilled quickly and completely to below 40°. Hold veal and pork in the chilling room for 48 hours at 32° to 36°. Hold beef and lamb 7 to 10 days at 34°. Poultry should be dressed, drawn, and chilled overnight before packaging for freezing.

Packaging and wrapping. Keep packages small for rapid freezing; make them family-size units. Separate individual portions with 2 sheets of paper—facilitates thawing. Wrap meat in moisture-vaporproof wrapping, folding in edges to exclude all possible air. Seal; label with contents, weight, and date.

Freeze quickly. Do not pack meat packages tightly in the freezer—this slows freezing process. If you have a large quantity to freeze at one time, it's best to have a locker plant freeze it, then transfer the frozen meat to your home freezer.

Store at 0° or below. If temperature fluctuates 10 or 15 degrees, meats will keep only a few months instead of 8 to 12 months.

<table>
<thead>
<tr>
<th>Name of food</th>
<th>Preparation for freezing</th>
<th>How to thaw and cook</th>
<th>Storage time at 0° or below</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat (general)</td>
<td>Select young, well-finished animals. Chill and age (see above). Cut into desired pieces.</td>
<td>Thaw, wrapped, in refrigerator—this will take about 5 hours per pound. Or let thaw at about 2 hours per pound. If meat is cooked without thawing, allow 15-20 minutes extra cooking time per pound of meat.</td>
<td>Beef and lamb—9 to 12 months; Veal—4 to 6 months; Pork—6 to 9 months; Ground meat—4 to 6 months.</td>
</tr>
<tr>
<td>Poultry</td>
<td>Select high-quality birds. Breed and semi-sculd. Pick, singe, wash, and draw. Remove head, feet, and oil sac; wash cavity and gIBLETS. Chill overnight. Wrap and freeze giblets separately. Or, disjoint and cut up bird. Wrap bird or pieces carefully in moisture-vaporproof material. Seal and label. Freeze quickly. Never freeze-stuffed poultry.</td>
<td>Thaw, wrapped, in refrigerator. Allow 6 to 8 hours for 3 pounds poultry. Or, thaw, wrapped, at room temperature.</td>
<td>Chicken, 12 months.</td>
</tr>
<tr>
<td>Fish</td>
<td>Freeze immediately. Clean and wash, as for cooking. Immerse clean fish in a chilled salt brine made by dissolving ¾ cup salt in 1 quart water for 20 minutes. Treat fatty fish (mackerel or salmon) with an ascorbic acid dip (2 tablespoons ascorbic acid to 1 quart water) for 20 seconds. Wrap in moisture-vaporproof material. To glaze a whole fish, freeze on a baking sheet. Warm to loosen and dip into ice water. Let ice film freeze. A second dipping will thicken the ice coating formed. Wrap carefully. Seal, label, and freeze.</td>
<td>Thaw, wrapped in refrigerator. A 1-pound package will take 6 to 10 hours. Cook as fresh. Or partially thaw; use a lower cooking temperature than for fresh fish.</td>
<td>3 to 4 months.</td>
</tr>
<tr>
<td>Shellfish</td>
<td>Oysters, clams, and scallops: Freeze immediately. Pack in freezer containers, allowing headroom for expansion.</td>
<td>Thaw, wrapped in refrigerator.</td>
<td>3 months. (Some shellfish become tough on long storage.)</td>
</tr>
<tr>
<td></td>
<td>Crabs and lobsters: Cook as for eating. Chill in refrigerator. Remove meat from shell. Package.</td>
<td>Thaw wrapped, enough to break apart.</td>
<td></td>
</tr>
</tbody>
</table>
These tricks come in handy when you freeze meat

Separate meat patties with two pieces of waxed paper or freezer paper. Double thickness keeps patties from freezing together. They'll separate when taken from freezer and thaw quickly.

Use three colors of tape to speed package-finding in the freezer. Seal beef with red tape, pork with blue, other foods with tan. Note the double-fold drugstore wrap used here for steaks.

Slices of cooked turkey or meat will make a quick dinner. Wrap in aluminum foil, seal, and freeze. Or cover slices with gravy—helps prevent drying; pack and freeze.

### How to freeze eggs and dairy products

<table>
<thead>
<tr>
<th>Name of food</th>
<th>Preparation for freezing</th>
<th>How to thaw and use</th>
<th>Storage time at 0°</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole eggs</td>
<td>Break into clean bowl. Stir with fork just enough to break yolks; mix well with whites. Don’t whip in air. To each cup eggs, add 1 tablespoon sugar or corn syrup or 1 teaspoon salt. Mix. Then put through a medium-mesh sieve. Package in freezer containers in amounts for one cake, scrambled eggs for one meal, etc. Skim air bubbles off surface. Leave ½-inch head space in pints. Seal. Label with date, measure and number of eggs, what you added, and intended use. Freeze at once.</td>
<td>Thaw completely in unopened package; use them promptly. Allow for sugar, corn syrup, or salt; otherwise use same as fresh eggs. About 2½ tablespoons equal 1 egg. One pint equals about 8 eggs.</td>
<td>6 to 8 months.</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>Separate into clean bowl. Stir with a fork to break yolks. To each cup yolks, add 2 tablespoons sugar, or corn syrup, or 1 teaspoon salt. Mix and sieve. Package as above.</td>
<td>Thaw completely in unopened package; use them promptly. Allow for sugar, corn syrup, or salt; otherwise use same as fresh yolks. About 1 tablespoon equals 1 yolk; one pint equals about 16 or 17 yolks.</td>
<td>6 to 8 months.</td>
</tr>
<tr>
<td>Egg whites</td>
<td>Separate into clean bowl. Sieve, but don’t stir or add anything to whites. Package as above.</td>
<td>Thaw completely in unopened package; use them promptly. Use same as fresh whites. Frozen whites make excellent angel-food cakes and meringues. About 1½ tablespoons equal 1 white; 11 egg whites equal 1 pint.</td>
<td>6 to 8 months.</td>
</tr>
<tr>
<td>Butter</td>
<td>Select fresh, high-quality butter. Wrap and seal. Freeze margarine same way.</td>
<td>Thaw in package. One pound thaws in refrigerator in about 4 hours. Use same as fresh butter.</td>
<td>3 to 6 months.</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Seal in freezer container or wrap and seal. Homemade becomes grainy when stored.</td>
<td>Remove from freezer shortly before serving.</td>
<td>3 weeks.</td>
</tr>
<tr>
<td>Whipped-cream mounds</td>
<td>Whip heavy cream; sweeten, flavor to taste. Arrange mounds on waxed-paper-lined baking sheet. Freeze in container, seal, and return to freezer.</td>
<td>Place frozen mounds on servings of dessert. Let thaw 20 minutes.</td>
<td>3 months.</td>
</tr>
</tbody>
</table>
Here is approximate thawing time to allow for roasts

<table>
<thead>
<tr>
<th>Size of roast</th>
<th>In refrigerator at 40° hours</th>
<th>On table at 70° hours</th>
<th>Before fan at 70°</th>
</tr>
</thead>
<tbody>
<tr>
<td>pounds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>15</td>
<td>6</td>
<td>2 hrs. 15 min.</td>
</tr>
<tr>
<td>4</td>
<td>20</td>
<td>8</td>
<td>3 hrs.</td>
</tr>
<tr>
<td>5</td>
<td>25</td>
<td>10</td>
<td>3 hrs. 45 min.</td>
</tr>
<tr>
<td>6</td>
<td>30</td>
<td>12</td>
<td>4 hrs. 30 min.</td>
</tr>
</tbody>
</table>

This is how to thaw and use your frozen foods

<table>
<thead>
<tr>
<th>Food</th>
<th>Is thawing necessary</th>
<th>To use or cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables, blanched</td>
<td>No</td>
<td>Exceptions are corn on the cob and spinach, which should be partially thawed. For others, add frozen block of vegetables to a small amount of boiling, salted water in covered saucepan. Keep over high heat; keep saucepan covered. When boiling, break up with fork any frozen mass in pan. Reduce heat and cook till done. See step photographs, next page.</td>
</tr>
<tr>
<td>cooked</td>
<td>No</td>
<td>Reheat to serving temperature, preferably in top of double boiler. If warmed over direct heat, use low heat and stir contents frequently.</td>
</tr>
<tr>
<td>Fruits</td>
<td>Yes</td>
<td>But best served while still a little frosty with some ice crystals still remaining. Thaw in unopened package. To speed up thawing, place package under cold running water. But thawing in refrigerator is best way.</td>
</tr>
<tr>
<td>Meats, roasts</td>
<td>At least partially</td>
<td>Results are too uncertain if solidly frozen roasts are put in oven. Allow at least half the thawing times given in chart above, using any of the most convenient means of thawing given. Remember, though, there is less loss of meat juice when thawing takes place slowly, so bottom shelf of refrigerator is best.</td>
</tr>
<tr>
<td>thin steaks and chops</td>
<td>No</td>
<td>If they are under 1 inch thick, begin to cook them while still frozen, but allow 5 to 8 minutes longer cooking time.</td>
</tr>
<tr>
<td>thick steaks</td>
<td>Partial thawing</td>
<td>Remove from freezer about 1 hour before cooking and allow 5 to 8 minutes extra cooking time.</td>
</tr>
<tr>
<td>Poultry, roasters</td>
<td>Yes</td>
<td>Complete thawing in the refrigerator is best. Allow 12 to 16 hours thawing time for chickens under 4 pounds; as much as 2 to 3 days for large turkeys (18 pounds or more). Then cook same as fresh.</td>
</tr>
<tr>
<td>broiler and fryers</td>
<td>Partial thawing</td>
<td>Unless at least partially thawed, pieces are apt to be uncooked at center around bones and joints. Allow about 1 hour for pieces to thaw at room temperature before cooking.</td>
</tr>
<tr>
<td>Fish, small</td>
<td>No</td>
<td>Trout, small whole fish, and steaks and fillets may be cooked without thawing. Use a lower cooking temperature than with fresh fish.</td>
</tr>
<tr>
<td>large</td>
<td>Yes</td>
<td>Hold overnight in refrigerator and start cooking with completely thawed whole large fish.</td>
</tr>
<tr>
<td>Shellfish</td>
<td></td>
<td>Thaw scallops, clams, and oysters before using except for chowder and stew dishes. Crab and lobster should be partially thawed. Shrimp is cooked while frozen. Shellfish are highly perishable when thawed, so use promptly.</td>
</tr>
</tbody>
</table>
How to cook frozen vegetables

Frozen Vegetables

To cook frozen vegetables in saucepan or pressure pan, follow step photographs at right. See page 282 for cooking frozen vegetables on your barbecue grill.

Oven-cooked Vegetables

If you're planning an oven meal, it may be most convenient to cook the frozen vegetables in the oven along with the rest of the dinner. You need not defrost vegetables. Place frozen block in greased casserole. Top with 1 to 2 tablespoons butter or margarine; season with salt and pepper. Cover tightly. Bake for time given in chart below. Stir vegetables 15 minutes before cooking time is up; stir again just before serving.

Oven-cooking Frozen Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>at 325° (minutes)</th>
<th>at 350° (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut asparagus</td>
<td>65</td>
<td>55</td>
</tr>
<tr>
<td>Cut green beans</td>
<td>55</td>
<td>45</td>
</tr>
<tr>
<td>*Baby Lima beans</td>
<td>50</td>
<td>40</td>
</tr>
<tr>
<td>Broccoli</td>
<td>55</td>
<td>45</td>
</tr>
<tr>
<td>Whole kernel corn</td>
<td>55</td>
<td>45</td>
</tr>
<tr>
<td>Green peas</td>
<td>50</td>
<td>40</td>
</tr>
<tr>
<td>Spinach</td>
<td>65</td>
<td>55</td>
</tr>
<tr>
<td>Succotash</td>
<td>55</td>
<td>45</td>
</tr>
</tbody>
</table>

*Add 2 tablespoons water before baking.

Frozen Vegetable Fix-ups

Green beans: Cut two 10-ounce packages frozen green beans in quarters. Place in 2-quart casserole. Add one 2-ounce can sliced mushrooms, drained. Combine 1 can condensed cream of mushroom soup, 1/4 cup milk, and 1/2 teaspoon salt; pour over beans. Bake at 350° about 1 1/4 hours.

Green Limas: Lightly brown 3 slices bacon, diced; add 2 teaspoons finely chopped onion; cook till just tender. Add 1/2 cup tomato juice, 1 teaspoon vinegar, 1/4 teaspoon celery seed, and dash pepper. Simmer 5 minutes. Serve over 1 package frozen green Limas, cooked and drained.

Peas: Cook frozen green peas; while they simmer, drop in a few dry mint flakes, or minced fresh mint leaves.

Top of range: Heat water—1/4 to 1/2 cup for each 10-ounce package. Vegetables are best if you use as little water as possible. Add vegetables in a frozen block to hot salted water (except corn on the cob; partially thaw). Cover.

When water boils, separate frozen pieces with a fork. Reduce heat to keep water simmering; cook till just tender—don't overcook; timer tells when done.

In pressure pan: Break apart vegetables (except corn on cob; defrost). Cook according to directions that come with pressure pan. Don't overcook!
Cooked foods for the freezer

Meals in minutes . . . meals for emergencies . . . meals for days when you don’t want to cook—ready-to-heat foods in the freezer mean all of these. Here are some rules to follow when freezing cooked foods.

- Don’t oversalt foods.
- Avoid high seasonings.
- Don’t overcook foods to be frozen.
- Cool quickly before packaging.
- Freeze; store at 0° or below.
- Don’t refreeze cooked foods.
- For tiptop quality, don’t store frozen cooked foods too long. As a general rule, plan to use within 3 months.

Vegetables: Beets, pumpkin, sweet potatoes, winter squash are cooked tender before freezing. Cook beets and sweet potatoes with skins on; cool. Peel; dice or slice into containers, leaving head space.
Wash pumpkin and winter squash; cut into pieces and remove seeds. Cook till soft. Remove pulp; puree. Cool quickly; package, leaving head space. Seal and freeze.

Meat Dishes: Roasts, meat loaf, meat stews, and meat dishes such as spaghetti sauce or corned-beef hash, are good items to freeze. If roasts are whole, wrap securely in aluminum foil or other moisture-vaporproof wrapping and tie in stockinette. Slices of roast meat should be frozen with a protective covering of gravy. Package other foods after they have cooled, in meal-size cartons. Remember—no overcooking.

Creamed Dishes: If cream sauces and gravies separate after freezing, beat with a fork or spoon when reheating. Separation is usually caused by the fat-flour combination; so for creamed dishes and a la kings, use fat sparingly when making the sauce.

Sandwiches: Thinly butter both slices of bread to keep it from getting soggy; or spread one side with mustard, softened cream cheese, or salad dressing.
Do not use “fresh” foods such as lettuce, celery, or sliced tomatoes. No jelly fillings, mayonnaise, or hard-cooked egg whites should be used. Wrap sandwiches; seal tightly. Place wrapped sandwiches in plastic container. Length of freezer storage: 2 weeks.
Fillings and spreads of many kinds ready for making appetizers and sandwiches may be prepared and stored in the freezer.

Other cooked foods that freeze well:
Baked beans, baked apples, chop suey, fish cakes, French-fried potatoes, Welsh rabbit, Spanish rice, rice pudding, soups of all kinds.

Barbecued Spareribs
Cool Oven Barbecued Ribs (page 250) quickly, thoroughly. Wrap enough for one meal in heavy foil. Seal—fold edges over several times, press tightly. Freeze. To serve: Reheat frozen ribs, foil wrapped or in covered pan, in hot oven (400°) 30 to 40 minutes or till heated.

Meat Balls and Spaghetti
Freeze this sauce (recipe page 165) in an oven-going 2-quart casserole that travels from freezer right to the oven.
To serve: Reheat frozen casserole, uncovered, in moderate oven (350°) about 1 1/2 hours. Serve over freshly cooked spaghetti.

Hot Meat Sandwiches
Make meat sandwiches—ham, meat loaf, or roast beef. Slice meat thin for quick thawing; put several layers in each sandwich. To serve: Dip frozen sandwiches in egg-milk mixture as for French toast; grill about 4 minutes on each side. Serve hot.

Strawberry Fluff Pie
1 10-ounce package frozen strawberries, thawed
1/4 cup sugar
1 cup dairy sour cream
1 tablespoon lemon juice

3 egg whites
Dash salt
1/2 cup sugar
1 baked 9-inch pastry shell
Combine strawberries and 1/4 cup sugar. Stir in sour cream and lemon juice.
Beat egg whites with salt till foamy. Gradually add 1/2 cup sugar, beating till stiff peaks form. Fold into strawberry-sour cream mixture.
Pile in baked pastry shell. Freeze several hours. Let stand 10 minutes before serving.
Rainbow Snowball Cake

1 quart strawberry ice cream
1 quart orange sherbet
1 quart lime sherbet
3 quarts vanilla ice cream
2 cups whipping cream, whipped
1 teaspoon vanilla

Chill 10-inch tube pan with removable bottom. With small scoop, shape balls of strawberry ice cream and the sherbets. Place on cooky sheet; place in freezer till firm.

Soften vanilla ice cream. Whip till like fluffy whipped cream. Arrange layer of colored balls in the chilled tube pan. Add whipped cream to fill spaces. Repeat till pan is filled. Freeze overnight at 0° or lower.

Remove from pan. Frost with whipped cream flavored with vanilla. Serves 16.

Note: If you like, leave in pan; cover with foil; freeze several days.

Velva Fruit

**Fruit Puree:** You can freeze fruit puree, then make Velva Fruit later on. Recommended fruits: Apricots, cantaloupe, cranberries, Concord grapes, nectarines, peaches, plums, prunes, raspberries, strawberries. Puree fruit. Mix 6 cups puree with 1 1/2 to 2 cups sugar. Package; freeze.

**Velva Fruit:** Use fresh puree or frozen. Thaw frozen puree by placing sealed container in cold or lukewarm water; shake occasionally. (One quart puree thaws in about 2 hours.) Warm to room temperature.

Soften 2 envelopes (2 tablespoons) unflavored gelatin in 1/2 cup cold water; dissolve over hot water. To 6 cups of the sweetened fruit puree (room temperature), add 2 tablespoons lemon juice (omit for acid fruits) and 1/4 teaspoon salt. Add dissolved gelatin, stirring constantly. Pour into ice-cream freezer; freeze. Makes about 1 gallon.
## How to freeze prepared and cooked foods

<table>
<thead>
<tr>
<th>Name of Food</th>
<th>Preparation for Freezing</th>
<th>How to Serve</th>
<th>Storage Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meats, fish, poultry:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat loaf, meat balls, corned-beef hash, Spanish rice</td>
<td>Do not overcook. Cool quickly to room temperature. Pack in freezer containers; seal. Freeze immediately.</td>
<td>Heat over low heat, in top of double boiler, or in casserole in the oven. Or thaw in the refrigerator.</td>
<td>3 months.</td>
</tr>
<tr>
<td>Roast meats and poultry</td>
<td>Leave cooked meat in large compact pieces whenever possible. Wrap and seal. Freeze. Slice just before serving. If you freeze small pieces, hold flavor by covering them with gravy or sauce. Package.</td>
<td>Put frozen block in top of double boiler. Heat through; or heat and stir over low heat. Stir until smooth.</td>
<td>2 to 4 months.</td>
</tr>
<tr>
<td>Creamed dishes, chicken a la king</td>
<td>Freeze almost any type of creamed dish except those containing hard-cooked egg white. Avoid overcooking. Cool rapidly in pan of ice water. Package in wide-mouth freezer containers. Freeze.</td>
<td>Heat in double boiler, over low heat, or in casserole in oven.</td>
<td>2 to 4 months.</td>
</tr>
<tr>
<td>Fish dishes</td>
<td>Prepare and cook food as usual. Dishes that freeze well include fish a la king, fish in cheese sauce, fish and rice, fish hash, fish chowder, fish in creole sauce, lobster Thermidor.</td>
<td>Thaw in casserole or foilware pan in oven, or in double boiler. Don’t keep leftovers.</td>
<td>2 to 4 months.</td>
</tr>
<tr>
<td><strong>Soups</strong></td>
<td>These freeze well: meat stock, split pea, navy bean, cream of corn, French onion, asparagus puree, black bean, vegetable, chowders, chicken noodle. Cool quickly. Package and seal. Or freeze soup concentrate rather than the soup itself.</td>
<td>Thaw the cream soups in a double boiler, clear soups in a saucepan over low heat. Heat to serving temperature. Or add frozen soup concentrate to the heated liquid.</td>
<td>2 to 4 months.</td>
</tr>
<tr>
<td><strong>Vegetables:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked beans</td>
<td>Prepare and bake as usual. Chill quickly. Package and seal.</td>
<td>Partially thaw in the package at room temperature. Then heat to serving temperature in casserole in oven or in double boiler.</td>
<td>6 months.</td>
</tr>
<tr>
<td>French-fried potatoes</td>
<td>Use potatoes suitable for French-frying. Fry in deep fat to light golden brown. Drain thoroughly on paper towels. Cool to room temperature. Package and freeze.</td>
<td>Remove from package; place on baking sheet. Reheat in hot oven (400°F) 5 minutes.</td>
<td>2 months.</td>
</tr>
<tr>
<td>Candied sweet potatoes</td>
<td>Cook in water to cover just till tender. Cool, pare, and slice. Treat with color keeper. Glaze as usual; or cover with Heavy Syrup—page 151. Package and seal.</td>
<td>Heat frozen in casserole in moderate oven (350°F).</td>
<td>6 months.</td>
</tr>
<tr>
<td>Sweet-potato balls</td>
<td>Shape mashed sweet potatoes in 2-inch balls. Roll in chopped salted peanuts. Freeze on cooky sheet. Package; seal.</td>
<td>Without thawing, reheat in moderate oven (350°F) about 45 minutes.</td>
<td>6 months.</td>
</tr>
<tr>
<td><strong>Sandwiches, sandwich fillings, canapés</strong></td>
<td>These freeze well: cheese, hard-cooked egg yolk, sliced or ground meat and poultry, tuna or salmon, nut pastes, peanut butter, olives, pickles. Freeze filling separately; or spread all slices bread with softened butter and make complete sandwich or canape. Wrap tightly. Not recommended: Lettuce, celery, tomatoes, cucumber, water cress, whites of hard-cooked eggs, jelly, mayonnaise.</td>
<td>Thaw sandwiches at room temperature about 3 hours. Serve immediately.</td>
<td>2 weeks.</td>
</tr>
<tr>
<td><strong>Fruit:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked apples</td>
<td>Choose fully mature apples that freeze well. Bake as usual; cool quickly. Pack in freezer containers. Separate apples with two layers paper.</td>
<td>Do not thaw. Reheat in package in slow oven (300°F).</td>
<td>8 months.</td>
</tr>
<tr>
<td>Cranberry sauce</td>
<td>Cook whole cranberry sauce (page 325). Package and seal.</td>
<td>Thaw at room temperature or in the refrigerator.</td>
<td>12 months.</td>
</tr>
</tbody>
</table>
## How to freeze baked goods

<table>
<thead>
<tr>
<th>Name of food</th>
<th>Preparation for freezing</th>
<th>How to serve</th>
<th>Storage time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baking-powder biscuits</td>
<td>Bake as usual; cool. Seal in freezer container or wrap and seal.</td>
<td>Thaw in package in very slow oven (250°F) about 20 minutes.</td>
<td>3 months.</td>
</tr>
<tr>
<td>Muffins</td>
<td>Bake as usual; cool. Seal in freezer container, or wrap and seal.</td>
<td>Thaw in package at room temperature about 1 hour. Or thaw, wrapped, in very slow oven (250°F to 300°F).</td>
<td>6 months.</td>
</tr>
<tr>
<td>Yeast bread</td>
<td>Bake as usual; cool quickly. Wrap and seal.</td>
<td>Thaw in package at room temperature. Use at once.</td>
<td>2 months.</td>
</tr>
<tr>
<td>Yeast rolls</td>
<td>Use either plain or sweet dough recipe. Bake as usual; cool quickly. Seal in freezer container, or wrap and seal. Freeze at once. Or partially bake at 325°F about 30 minutes. Cool, wrap and freeze at once.</td>
<td>Thaw baked rolls in package in very slow oven (250°F to 300°F) about 15 minutes. Use at once. Thaw partially baked rolls 10 to 15 minutes at room temperature. Bake in very hot oven (450°F) for 5 to 10 minutes. Serve at once.</td>
<td>2 months.</td>
</tr>
<tr>
<td><strong>Cakes:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General</td>
<td>Bake. Remove from pan; cool thoroughly. If you frost cake, freeze it before wrapping. Wrap and seal. If desired, place in sturdy container. Freeze at once.</td>
<td>Loaf cakes. Thaw in package at room temperature 2 1/2 hours or in slow oven (300°F) 30 minutes. Layer cakes. Thaw in package at room temperature 1 hour or in slow oven (300°F) 10 minutes.</td>
<td>2 months. Fruitcake, 1 year.</td>
</tr>
<tr>
<td>Unbaked</td>
<td>Unbaked. Cakes baked from frozen batter may have less volume, more compact texture. Pour batter into greased baking pans. Wrap and seal. Freeze at once.</td>
<td>Thaw completely at room temperature. Bake same as freshly mixed cake. Or, layer cakes may be baked without thawing allowing longer baking time.</td>
<td>2 months. Fruitcake, 8 months.</td>
</tr>
<tr>
<td>Cupcakes</td>
<td>Bake as usual; cool. If you frost them, freeze before wrapping. Seal in freezer container or wrap and seal.</td>
<td>Thaw, wrapped, at room temperature 40 to 60 minutes or in slow oven (300°F) 10 minutes.</td>
<td>2 months.</td>
</tr>
<tr>
<td>Sponge and angel food</td>
<td>Bake as usual; cool thoroughly. If you frost cake, freeze it before wrapping. Then wrap and seal. If desired, place in sturdy container.</td>
<td>Thaw in package 2 hours at room temperature or in slow oven (300°F) 15 minutes.</td>
<td>1 month:</td>
</tr>
<tr>
<td>Cake frostings and fillings</td>
<td>Recommended for freezing: Frostings with confectioners' sugar and fat, cooked-candy type with honey or corn syrup, fudge, panocha, fruit, apricot, raisin, nut. Not recommended: Soft frostings, boiled icings, cream fillings.</td>
<td>If frosting sticks to wrappings, loosen them before thawing. Otherwise, thaw in package in refrigerator until serving time.</td>
<td></td>
</tr>
<tr>
<td><strong>Cookies:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unbaked</td>
<td>Pack dough in freezer containers; seal. Not recommended: Meringue-type cookies.</td>
<td>Thaw in package at room temperature until dough is soft enough to be rolled or dropped. Bake as usual. Bake without thawing.</td>
<td>6 months. Rolled cookie dough, 1 year.</td>
</tr>
<tr>
<td>Unbaked</td>
<td>Biscuit cookies. Spread dough in baking pan; wrap and seal.</td>
<td>Slice roll; bake as usual. Bake frozen slices without thawing.</td>
<td></td>
</tr>
<tr>
<td>Baked</td>
<td>Refrigerator cookies. Shape into roll; wrap and seal. Or chill roll; slice. Stack slices in freezer container with two sheets paper between layers. Seal.</td>
<td>Thaw in package at room temperature.</td>
<td>6 months. Drop cookies, 1 year.</td>
</tr>
<tr>
<td><strong>Pastry</strong></td>
<td>Pastry and graham-cracker shells freeze satisfactorily. Roll out dough; fit it into pie plates. Bake, if desired. Wrap and seal.</td>
<td></td>
<td>1½ to 2 months.</td>
</tr>
</tbody>
</table>
# How to freeze baked goods (continued from preceding page)

<table>
<thead>
<tr>
<th>Name of food</th>
<th>Preparation for freezing</th>
<th>How to serve</th>
<th>Storage time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pies:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit, general</td>
<td><em>Unbaked.</em> Usually better than pies frozen after baking. Use fresh or frozen fruits. You can loose-pack fruits while still frozen; thaw others slightly. Prepare pie as usual but don’t slit top crust. Use glass, metal, or metal-rimmed paper pie plate. Cover with inverted paper plate. Wrap and seal. If desired, place in sturdy container. Freeze at once.</td>
<td>Unwrap; cut vent holes in top crust. Without thawing, bake in very hot oven (450° to 475°) 15 to 20 minutes, then in moderate oven (375°) until done. <em>Berry, cherry.</em> Unwrap; cut vent holes in top crust. Without thawing, bake in hot oven (400°).</td>
<td>2 months.</td>
</tr>
<tr>
<td>Baked</td>
<td><em>Unbaked.</em> Use frozen or fresh fruit. Bake as usual in glass, metal, or metal-rimmed paper pie plate. Cool. Package as above.</td>
<td>Thaw pie in the package at room temperature or in slow oven (250-300°).</td>
<td>2 months.</td>
</tr>
<tr>
<td>Apple</td>
<td>Better if frozen unbaked. Use firmer varieties of apples. Steam slices 2 minutes, cool, and drain; or treat with color keeper. Prepare and package as above.</td>
<td>Unwrap; bake in hot oven (425°) 5 minutes. Remove from oven and cut vent holes in top crust. Return to oven; bake about 50 minutes longer.</td>
<td>2 months.</td>
</tr>
<tr>
<td>Peach</td>
<td>Better if frozen unbaked. To keep color bright, treat with color keeper. Prepare and package as above.</td>
<td>Unwrap; cut vent holes in top crust. Without thawing, bake in hot oven (400°) about 1 hour.</td>
<td>2 months.</td>
</tr>
<tr>
<td>Cream</td>
<td>Chocolate and lemon chiffon pies freeze satisfactorily. Make lemon or chocolate meringue pies as usual but omit meringue topping. (Add meringue just before heating to serve.) Cool; package as above.</td>
<td>Partially thaw at room temperature 20 to 30 minutes; or thaw completely, about 45 minutes.</td>
<td>2 weeks.</td>
</tr>
<tr>
<td>Deep-dish fruit pies</td>
<td>Use deep pie plates.</td>
<td>Bake or thaw same as two-crust pies above.</td>
<td>2 months.</td>
</tr>
</tbody>
</table>

### Three ways your freezer can be a big help

*Left:* No dessert ideas? Take a baked cake layer from your freezer. Top with Broiled Coconut Frosting; broil. Serve warm. It tastes like fresh-baked cake!

*Center:* Here’s a hurry-to-set trick for gelatin salad or dessert. Dissolve gelatin; chill with beater in freezer. When partly set, whip till light; chill.

*Right:* Salad or dessert plates will chill fast if you place them on the freezer shelf. They will help to keep lettuce, fruits, or ice cream at their chilly best.