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**THE MIXING BOWL**  
 by Anne Allan  
 HYDRO HOME ECONOMIST

Hello Homemakers! Compared to home canning, freezing vegetables is a cinch. The method is simple, quick and easy. Colour, flavour and nutritive values are retained to a high degree if freezing is a recommended variety is selected and properly handled. Blanching vegetables must be accurately timed to prevent loss of nutritive value.

Step by step preparation for freezing:

1. Clean, sort and prepare vegetables as for table use. Sort to size and cut pieces into one inch lengths to fit container.

2. Scalding is a must. Place a wire sieve or clean fry basket containing about one pound of vegetable in boiling water, cover and leave two minutes. Count scalding time from the moment the lid is replaced.

3. Chill vegetable immediately with ice water. Allow 2 to 4 minutes depending on size. Drain carefully then spread on clean towel.

4. Pack carefully in a package suited to the size of your family. A pint carton will yield 3 or 4 servings. Leave 1/4-inch space for expansion during freezing. Cover to top of vegetables with 2 per cent cold brine (1-3 tsp. salt per cup of water). Two quarts of brine is sufficient to fill twenty one-pound boxes. You may sprinkle on dry salt, using one teaspoon for each pint box.

5. Press the liner or bag to force the air out, then fold over and close the carton and label it.

Keep packaged vegetables in your refrigerator until they are all ready. Then take them to the locker, or place them in the home freezer along the side of the unit. Transfer home frozen boxes to storage compartment the following day. Make notes in a record book of the number of cartons of each vegetable.

Boxes are specially made for quick freezing and protection of flavour. They are economical, too. To cook frozen vegetables, place the unwrapped block in a pan with a small amount of boiling water. The cooking period starts when the vegetables begin boiling — then allow five minutes less than when fresh, since they have been blanched previously.

**VARIETIES OF VEGETABLES RECOMMENDED FOR FREEZING**

ASPARAGUS — Martha Washington. STRING BEANS — Bountiful, Burpees, Kentucky Wonder, Green Pod, Yellow Penell and Black Wax. BEETS — Detroit Dark Red, Crosby's Egyptian Red Chief, Early Wonder. BROCCOLI — Italian Green, Sprouting. BRUSSELS SPROUTS — Long Island. CORN — Aristogold, Early Battercross, Vincross, Golden Hummer, Harris' Early Bantam, Kingscrest Bantam, LIMA BEAN — Carpinteria, Green-Seeded, Green Prolific. PEAS — Thomas Laxton, Roger's Icer, Telephone, Improved Stratagem, World's Record. SPINACH — Giant Novel. Also common varieties of peppers and squash.

Tomatoes, Potatoes, Cauliflower,

and Herbs are not satisfactory frozen products.

**THE QUESTION BOX**

Mrs. J. M. asks: Why do some frozen peas taste starchy when cooked?

Answer: The scalding must be done in rapidly boiling water for exactly one minute per quart. If this is not done, the enzyme action does not stop sugar changing to starch.

Mrs. B. C. asks: Why do some yellow beans turn brown on top of a frozen package?

Answer: Air should be excluded, if possible, from packaged vegetables. "A brine solution to cover" avoids discoloration.

Mrs. M. B. asks: Can you freeze corn on the cob using the same method as corn niblets?

Answer: Yes it takes more space in storage however. Perhaps you could do some of both — niblets and cob corn.

Mrs. J. F. asks: Can you freeze fresh cucumber successfully?

Answer: We believe the best method of using cucumbers is in pickling, unless you like peeled cucumbers as a cooked vegetable.

Mrs. F. R. asks: How much water should be used for blanching?

Answer: The quantity of vegetable should be small enough, so that the water returns to boiling in one minute or less, depending on width of kettle. Then, too, we recommend blanching one quart of two pounds of vegetable immersed in about three quarts of water.

Mrs. W. H. asks: What do you do if ice forms at the corners of the home freezer?

Answer: Remove as many packages as possible, disconnect freezer, defrost as quickly as possible, using warm water to loosen ice, then return packages to dry freezer within the hour and start freezer immediately.

**WORMS FOR BAIT**

According to directions given in a work on angling, the worms should be kept in a tight box, about three feet square and nearly as deep, open at the top and sunk two-thirds of its depth in the ground. In one corner of the bottom cut a small hole for a drain and cover this with a double thickness of wire fly screen tacked firmly in place. Sink the box where it will get an hour or two of sunshine during the day. Put into the box six inches of good garden loam, and then two or three slabs of sod, and continue with alternate layers of loam and sod until the box is nearly filled, with the loam at the top. Collect lively, healthy worms after a rain. Put about a quart of them into the box. Feed daily two handfuls of a mixture half coffee grounds and half corn meal, sunk in little wells in the loam. The earth should be kept damp but not moist, and changed every two weeks. If these colonies are started in May and properly fed and kept, they will multiply rapidly and provide an abundance of worms during the dry months.



When Canadian Pacific Air Lines' Empress of Vancouver left Vancouver July 13 to inaugurate the company's new transpacific service to Sydney, Australia via San Francisco, Honolulu and Fiji, a new Canadian air mail service to Hawaii, the Fiji Islands and Australia was opened. Captain A. Vanhee, captain of the aircraft took official delivery of the first mails from Postmaster J. Turner, of Vancouver, shortly before take-off. Included in the 150 pounds of mail were 8,000 first flight covers sent by philatelists from all over the world.

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