

# *Food Preservation by* **FREEZING**

*By E. H. Wiegand, A. W. Oliver, and Lucy A. Case*

## **CALENDAR FOR FREEZING FOODS**

*Winter*—Meat, poultry.

*Spring*—Asparagus, peas, spinach, and other greens. Fish, berries, poultry, eggs, rhubarb.

*Summer*—Beans, peas, corn, apricots, berries, cantaloupe, cherries, fish, meat, poultry.

*Fall*—Beans, broccoli, Brussels sprouts, cauliflower, corn, peppers, grapefruit, peaches, plums, prunes, fish, game, meat, poultry.

Oregon State System of Higher Education  
Federal Cooperative Extension Service  
Oregon State College  
Corvallis

# Food Preservation by Freezing\*

By E. H. WIEGAND, A. W. OLIVER, and LUCY A. CASE

Freezing of foods has many advantages compared with other methods of preservation. A greater quantity of essential vitamins can be preserved; less labor and time are required for preparation; and the finished product more closely resembles fresh food in palatability and appearance.

## PREPARATION OF MEAT AND POULTRY FOR FREEZING

### FRESH MEAT

1. **Selection.** Use animals that have been recently fattened and are gaining in weight at time of slaughter.
2. **Slaughtering.** Slaughter in cool weather or late in afternoon. Keep carcass clean. Cool rapidly, at 32° to 34° F., if possible.
3. **Aging.** Hang beef, lamb, and mutton in a chill room at 32° to 34° F., 7 to 10 days before freezing. Prepare and freeze pork and veal as soon as animal heat has left carcass, which will take 36 to 48 hours in a chill room.
4. **Cutting and preparing.** Cut into family-sized pieces. Place waxed paper between slices of steaks and chops before wrapping. The waxed paper aids in separating them when using. Grind some of less tender cuts into hamburger and sausage; do not season until time to cook. Boning saves locker space.
5. **Wrapping and labeling.** Wrap each cut separately twice in special waxed paper made for cold storage lockers. Tie firmly. Label with name of cut and date. Avoid storing in ordinary butcher paper; it will cause dehydration, rancidity, or loss of flavor.
6. **Freezing.** Freeze and store at 0° F. or lower. Or quick freeze at -15° F. and store at 0° F. Check thermometer in storage room. Request that temperature of 0° F. or lower be provided. Freeze as soon as possible after cutting, within 12 hours. If no quick freezing room is available, spread packages in an open or loose pile to aid in freezing quickly. Stack packages after freezing.

\* This circular is a compilation of information from Federal Cooperative Extension Service and the Departments of Food Industries, Foods and Nutrition, and Animal Husbandry.

### **CURED MEATS**

Cut into family-size pieces. Wrap in locker storage paper and tie securely. Pork may be given a mild cure and then frozen.

### **BIG GAME ANIMALS**

Handle big game animals such as venison and elk the same as beef. Bleed and dress immediately after killing. Cool overnight. Transport in coolest part of car, away from engine and exhaust fumes. All game placed in storage and kept during the closed season must be tagged with metal game tags.

### **POULTRY**

1. Choose fat birds for quality products. Bleed well. Dry pick; or semiscald 20 to 40 seconds in water at 125° to 130° F., and pick.
2. Singe. Draw. Wash. Remove oil sack, head, feet, and shanks. Cool thoroughly and quickly.
3. Leave whole for roasting. Disjoint for frying and fricaseeing. Cut broilers in half. Cutting saves locker space.
4. Pack not more than 2 chickens in one package.
5. Wrap twice in locker storage paper and tie firmly; or pack in glass, tin or waxed locker cardboard containers with tight covers. In locker cardboard containers poultry should be covered with cold water and frozen.
6. Use within 8 to 10 months if stored at 0° F. temperature.

### **GAME BIRDS**

Handle game birds same as poultry. Bleed well. Prepare and freeze promptly after killing. The federal law provides that migratory water fowl may not be kept in possession for more than 20 days after the close of the season.

## **PREPARATION OF FISH AND SEA FOOD FOR FREEZING**

### **FISH**

1. Use strictly fresh fish only. Never allow fish to become warm after catching. Pack immediately after catching, if possible, or provide refrigeration in case of delay in packing.

2. Prepare as for cooking. Remove fins, head, tail, entrails, scales. Wash. Cut large fish into family-size pieces or fillet. Rinse in salt water, about 1 cup salt to 1 gallon of water.

3. Pack preferably in airtight containers to prevent spread of odor or wrap twice in locker storage waxed paper. Glazing with ice can be resorted to if desired. Use of water in tight packages keeps product from drying out. Freeze and store at 0° F. or lower; or quick freeze at -15° F. and store at 0° F.

4. Use within a few months after freezing.

### OYSTERS AND CLAMS

Rinse in clean water and shell. Wash shellfish in 3 per cent salt brine (2 tablespoons salt per quart of cold water). Fill into glass or tin containers and add 3 per cent salt solution to cover. Leave 1 to 1½ inches head space. Seal.

### CRABS

Clean thoroughly in fresh water. Eviscerate, washing carefully. Place in boiling salt water (½ teaspoon salt per quart of water) and boil vigorously 20 minutes. Cool thoroughly. Wrap whole in waxed locker paper or pack in tin or glass with tight cover.

### PREPARATION OF EGGS FOR FREEZING

1. Eggs should be frozen as quickly as possible after preparation.

2. Use only clean fresh eggs without cracks.

3. Break each egg separately into a clean dish. Be sure eggs have firm yolk and white, are not weak and watery. Eggs must be free from odor.

4. Pack whole eggs; or pack whites and yolks separately. *To pack whole eggs:* Mix whites and yolks thoroughly without beating air into them. To each pint of stirred egg, add 1 teaspoon of salt or 1 tablespoon of sugar, corn sirup or honey, and mix thoroughly again. *To pack eggs with whites and yolks separated:* Whites need no treatment. Stir yolks thoroughly and treat the same as whole eggs.

5. Containers should be air tight and of suitable size. As frozen eggs should be used immediately after thawing and should never be refrozen, freezing in half pint and other small containers is recommended. Allow ½ inch vacant space at top of half pint container and 1 inch vacant space for pint container. Indicate on label whether contents contain salt or sugar.

Use frozen eggs in practically the same way as fresh eggs. In using frozen eggs, the added salt or sweetening must be deducted from the recipe. Equivalents: 5 medium whole eggs equal 1 cup; 8 medium egg whites equal 1 cup; 14 medium egg yolks equal 1 cup.

## **PREPARATION OF FRUITS AND VEGETABLES FOR FREEZING**

### **GENERAL RULES FOR BOTH FRUITS AND VEGETABLES**

1. Variety is important. See tables, pages 8-11.
2. Freeze only fresh products of good quality and proper maturity. Products harvested previous day should not be frozen, because of reduced vitamin content.
3. Gather products in cool of the morning, handle quickly, and rush to freezer locker as soon as possible. Four hours or less from garden to locker is a good rule.
4. Keep in cool place while under preparation.
5. Prepare as for cooking. Wash, and remove foreign material, decayed, badly bruised, or immature products.
6. Pack in glass jars with tight covers, lacquered tin cans with slip top covers, sealer type tin cans, or locker storage waxed paper-board containers with tight covers. Best flavor and longer keeping quality are obtained in airtight containers. Avoid containers larger than 1 or 2 quarts in size.
7. In case of dry pack, fill containers to top and close tightly before freezing.
8. In case of liquid pack, allow 1 inch vacant space at top of pint containers and  $1\frac{1}{2}$  inches vacant space at top of quart containers. Close tin cans and paper containers immediately after packing. In case of glass jars, put lids in place before freezing and fasten down after freezing.
9. Rubber rings on glass jars improve pack by keeping out air.
10. Label containers with name, date, and method.
11. When transporting products to and from locker in excessive heat, insulate with paper and cardboard cartons.
12. At locker plant, quick freeze or separate packages in locker to facilitate freezing.
13. Use frozen fruits and vegetables within one year when stored at 0° F. temperature.

### ADDITIONAL DIRECTIONS FOR FREEZING FRUITS

(Also see general rules above.)

Fruit may be packed in two ways. See table, pages 8-9, for individual fruits. Use dry sugar pack for purposes that require a less juicy product; or to save time. Sugar and sugar sirup preserve color and flavor and improve the texture of the fruit.

**Dry sugar pack.** Use either the proportion of 4 pounds of fruit to 1 pound of sugar (4 to 1); or the proportion of 3 pounds of fruit to 1 pound of sugar (3 to 1). See table, pages 8-9. Distribute sugar evenly over fruit. Fill containers to top if there is air space between fruit pieces; otherwise leave vacant space as for sirup pack (1 inch for pints and  $1\frac{1}{2}$  inches for quarts). Seal immediately.

The proportion of 4 to 1 by weight is commonly used with most fruits. A simple method of measuring is as follows: Remember that one standard hallock or retail box of berries weighs 12 ounces net. If you are packing the berries by the proportion of 4 to 1 by weight, use slightly more than  $\frac{1}{3}$  cup of sugar to one hallock of berries. If you are packing the berries by the proportion of 3 to 1, use  $\frac{1}{2}$  cup of sugar to one hallock of berries.

**Sirup pack.** This style has the advantage of preserving color. Fruits that discolor quickly, such as peaches and pears, should be sliced directly into sirup in the packing containers. Use strength of sirup to your taste. Forty per cent and fifty per cent sirups are commonly used. Forty per cent sirup means that the sirup is 40 per cent sugar by weight and 60 per cent water. This is equivalent to 40 pounds of sugar and 60 pounds of water; or 4 cups of sugar and 6 cups of water. Fifty per cent sirup is equivalent to an equal number of cups of sugar and water. To make sirup, add sugar to water, stir until dissolved, and bring to a boil. Cool thoroughly. Place prepared fruit in container. Add cold sirup to within 1 to  $1\frac{1}{2}$  inches from top. Be sure to cover fruit with sirup. Close tin cans and paper containers immediately after packing. In case of glass jars, put lids in place before freezing and fasten down after freezing.

### ADDITIONAL DIRECTIONS FOR FREEZING VEGETABLES

(See general rules above.)

1. Blanch all vegetables thoroughly. Have hot fire. Heat 3 gallons of water in preserving kettle or hot water bath canner, to boiling point. Place prepared vegetable in clean sugar sack or wire

basket, small amounts at a time. Immerse sack in boiling water for the time specified in table, pages 10-11. Agitate vegetables constantly during blanching, but keep below surface of water at all times. Count time from point when vegetables were placed in boiling water. The quantity of vegetable should be so small that the water resumes boiling in  $\frac{1}{2}$  minute. Blanch about 1 quart of vegetables at a time in 3 gallons of water. Bring water to a boil between lots. Vegetables should be cool, but not refrigerated.

At the end of scheduled time, remove sack of vegetables immediately from boiling water and immerse in a large panful of cold running water until thoroughly chilled. If you have no running water, change water several times.

2. Drain well.
3. Pack by either dry pack or brine pack method. See table, pages 10-11, for individual vegetables.
  - a. *Dry pack*: Place cooled, drained vegetables in container, fill to top and seal.
  - b. *Brine pack (2 per cent salt solution)*: Prepare brine by dissolving salt in pure cold water. Use 1 level teaspoon salt per cup of water. Avoid *iodized* salt in freezing. Place cooled drained vegetable in container and fill with brine to within 1 to  $1\frac{1}{2}$  inches from top. Allow about  $\frac{3}{4}$  cup of brine per pint container of vegetables. Close tin cans and paper containers tightly at once. In case of glass jars, close tightly after freezing.

### HOW TO PRESERVE FOOD VALUES

1. Select fruits and vegetables that are not overmature.
2. Freeze fruits and vegetables promptly after gathering.
3. Be sure to thoroughly blanch all vegetables for the full recommended time to insure against changes in flavor and food values. Precautions should be taken to prevent overblanching, which results in losses of essential nutrients.
4. Do not re-freeze fruits or vegetables.
5. When cooking, place most frozen vegetables directly into boiling water. Do not overcook. (Follow directions in circular HE 1663—The Cookery and Uses of Frozen Foods, available at Oregon State College or County Extension offices.)

# FREEZING FRUITS

These products should be frozen and stored at temperatures of 0° F. or lower. If quick frozen, use -15° F. or lower and store at 0° F.

Name and varieties	Preparation	Sirup or sugar		Containers	
APPLES Firm winter varieties	Refer to pages 5-6 Peel, core, and trim; cut in eighths or twelfths Drop into light brine (5 per cent) to prevent browning. (3 table-spoons salt per quart of water) Drain and pack		Dry sugar pack 4 parts fruit to 1 part sugar or about $\frac{1}{2}$ cup sugar per quart	Glass jars or plain tin cans	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
APRICOTS Tilton, Royal, Blenheim, Wenatchee, Moorpack	Refer to pages 5-6 Wash thoroughly and pit Drop into boiling water to stop discoloration Chill and pack	Refer to page 6 Pack in 50 per cent sugar sirup		Glass jars or plain tin cans Airtight containers preferable	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
BLACKBERRIES Pacific Northwest Native Wild, Cascade, Pacific, Brainerd, Himalaya, Evergreen	Refer to pages 5-6 Sort carefully, wash, drain, and pack	Refer to page 6 Pack in 50 per cent sugar sirup	Dry sugar pack 4 or 3 parts fruit to 1 part sugar or about $\frac{1}{2}$ cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
BLUEBERRIES Rancocas, June, Concord, Katherine, Jersey, Rubel, Adams, Harding, Cabot, Grover Sam, Alaska Wild	Refer to pages 5-6 Screen, sort, and wash well to remove all foreign matter	Refer to page 6 40 per cent sugar sirup preferred		Glass jars or tin cans with fruit enamel	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
BOYSENBERRIES	Refer to pages 5-6 Sort and wash carefully Drain	Refer to page 6 Pack in 40 per cent or 50 per cent sugar sirup	Dry sugar pack 4 or 3 parts fruit to 1 part sugar or about $\frac{1}{2}$ cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
CANTALOUPE Any good firm, variety	Refer to pages 5-6 Cut into ball or diced shapes from portion of fruit that is firm ripe	Refer to page 6 Pack in 40 per cent or 45 per cent sugar sirup		Glass jars or plain tin cans	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups
CHERRIES—SOUR Montmorency, Early Richmond, Late Duke, English Morello	Refer to pages 5-6 Soak fruit in cold water for 2 hours prior to pitting Pit and pack into containers	Pack in 60 per cent sugar sirup	Dry sugar pack 4 or 3 parts fruit to 1 part sugar or about 1 cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups



CHERRIES—SWEET Lambert, Bing, Deacon, Royal Ann, Republican	Refer to pages 5-6 Pitting not necessary Stem, wash, and pack in con- tainers	Pack in 50 per cent sugar sirup only		Glass or plain tin can pref- erable Airtight con- tainers nec- essary	
LOGANBERRIES	Refer to pages 5-6 Use firm, ripe fruit Sort and wash well before filling into containers	Refer to page 6 Pack in 50 per cent sugar sirup	Dry sugar pack 4 to 3 parts fruit to 1 part sugar or about 1 cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cartons with waxed paper liners Waxed paper cups
PEACHES J. H. Hale, Candoka, Gold Medal, Crawford, Elberta, Salwey, Rochester, Slappy, Carman	Refer to pages 5-6 Scald in boiling water for 1 to 2 minutes after peeling and pitting Cool promptly Use of blanching advantageous to prevent browning	Refer to page 6 Use 50 per cent sugar sirup only		Glass jars or plain tin cans Airtight con- tainers only	Use locker cartons only if glass or tin con- tainers not available
PRUNES Italian, Agen	Refer to pages 5-6 Sort, wash and pit fruit Pack quickly before browning occurs	Refer to page 6 Pack in 50 per cent sugar sirup	Dry sugar pack 3 parts fruit to 1 part sugar or about 1 cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cartons with waxed paper liners Waxed paper cups
RASPBERRIES Cuthbert, Tahoma, Washington, Lloyd George, Viking, Cayuga, Latham, Chief, Newburgh, St. Regis, Ranere, King, Herbert, Antwerp, Mariboro	Refer to pages 5-6 Sort carefully, wash, and drain Pack loosely in suitable containers Add dry sugar or sirup	Refer to page 6 50 per cent sugar sirup prefer- able	Dry sugar pack 3 parts fruit to 1 part sugar well mixed or about $\frac{1}{2}$ cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cartons with waxed paper liners Waxed paper cups
STRAWBERRIES Corvallis, Marshall, Clark seedling, Redheart, Narcissa	Refer to pages 5-6 Sort, cap, wash, and drain care- fully Fill fruit into containers and add dry sugar or sirup	Refer to page 6 Pack in 50 per cent sugar sirup	Dry sugar pack 4 or 3 parts fruit to 1 part sugar or about 1 cup sugar per quart	Glass jars or tin cans with fruit enamel	Waxed locker cartons with waxed paper liners Waxed paper cups
FRUIT JUICES Grapes and berries	Sort and wash Place in preserving kettle with small amount of water Simmer 10 minutes. Do not boil Drain in jelly bag		Add sugar in proportion to 4 to 5 cups of juice to 1 cup of sugar. (Dilute before using $\frac{1}{2}$ to $\frac{1}{3}$ )	Glass or fruit enamel cans	

NOTE: When storing food in refrigerated lockers, check the room temperature by observing the thermometer provided by the plant manager. Request that temperatures of at least 0° F. be provided for storage.

# FREEZING VEGETABLES.

These products should be frozen and stored at temperatures of 0° F. or lower. If quick frozen, use -15° F. or lower and store at 0° F.

Name and varieties	Harvesting, handling	Preparation	Boiling time and cooling	Type of pack	Container	
ASPARAGUS Martha Washington, Mary Washington, Palmetto, Paradise	Harvest in early morning Keep fresh by placing stalks in water or in wet moss, in upright position, until ready for use See pages 5, 6, 7	Sort and wash carefully Mature stalks with loose tips should be removed Trim all stalks to same length	Scald 2 to 3 minutes in boiling water (212° F.) Cool quickly Drain	2 per cent brine or dry pack	Glass or enameled tin cans	Waxed locker cartons with waxed paper liners Waxed paper cups
BEANS—green or wax Kentucky Wonder, Tendergreen, Full Measure, Stringless, Valentine, Blue Lake	Pick while still succulent and young Avoid wilting by quick handling See pages 5, 6, 7	Sort, snip, and wash carefully Remove all bruised or discolored beans	Scald 2 to 3 minutes in boiling water (212° F.) Cool quickly	2 per cent brine or dry pack	Glass or plain tin cans	Waxed locker cartons with waxed paper liners Waxed paper cups
BEANS—Lima Baby Fordhook, Fordhook, Carpenteria, Holmes' Green, Prolific, Seiberts' Early	Beans in pod will keep longer than shelled After shelling handle quickly See pages 5, 6, 7	Sort over-mature beans that have turned white Pack white and green beans separately	Scald in boiling water (212° F.) for 1 to 2½ minutes depending on size Cool promptly	2 per cent brine or dry pack	Glass, plain tin cans or C enamel cans	Waxed locker cartons with waxed paper liners Waxed paper cups
BROCCOLI Italian	Harvest only the bright green succulent stalks Pack loosely to prevent breaking heads See pages 5, 6, 7	Remove woody stem ends, leaving tender portion with flowering head Separate stalks to facilitate scalding and packing	Scald or blanch in boiling water (212° F.) for 3 to 4 minutes depending on size Cool promptly	2 per cent brine or dry pack	Glass, or plain tin cans	Waxed locker cartons with waxed paper liners Waxed paper cups
CAULIFLOWER Any variety	Harvest as for fresh market Discolored heads should be discarded Handle rapidly to prevent discoloration See pages 5, 6, 7	Sort, trim, and cut curds into individual small-sized pieces for packing Soak in light brine to assist cleaning	Scald or blanch in boiling water (212° F.) for 2½ to 3½ minutes Cool promptly	2 per cent brine or dry pack	Glass or plain tin cans	Waxed locker cartons with waxed paper liners Waxed paper cups
CORN—cut Yellow: Golden Cross Bantam, Golden Bantam, Top Cross	Select corn when kernels are full, rounded, highly colored with rich, milky, sweet juice Harvest early in morning See pages 5, 6, 7	Husk, silk, and cut Scald corn before cutting to prevent loss of kernel content	Scald or blanch for at least 2 to 3 minutes in boiling water (212° F.)	2 per cent brine or dry pack	Glass or tin cans with C enamel	Waxed locker cardboard cartons with waxed paper liners Waxed paper cups

CORN ON COB Bantam, Top Cross, Improved Golden Bantam, Extra Early Bantam, Burbank Top Cross, Pure Gold, Seneca Golden, Tendergold, White: Pearlcross	Same as for cut corn See pages 5, 6, 7	Husk, silk, and trim off rough ends (Requires much more locker space than cut corn)	Scald or blanch for 8 to 10 minutes in boiling water (212° F.) Cool promptly and drain	Dry pack only	Large enamel cans	Wrap ears tightly in double-waxed paper twice
PEAS World's Record, Improved Gradus, Thomas Laxton,* Asgrow 40, On- ward, Rogers' No. 95, Stratagem, Tall Alderman (Telephone)	Pick and handle before peas become over- mature After shelling handle rapidly See pages 5, 6, 7	Shell and handle before peas become warm Heating reduces vitamin content Sort out over-mature, starchy or woody peas	Scald or blanch 1 to 2½ minutes in boil- ing water (212° F.), depending on size and age Cool promptly	Dry pack only	Glass or plain tin cans	Waxed locker card- board cartons with waxed paper liners. Waxed paper cups
PEPPERS, sweet	Customary practice of harvesting for fresh use is satisfactory This vegetable handles easily with minimum of deterioration See pages 5, 6, 7	Wash, slice, or halve the product before packing	Scald 2 to 3 minutes in boiling water (212° F.) Cool quickly and drain	2 per cent brine pre- ferred or dry pack	Airtight glass or tin pre- ferred	Waxed locker card- board cartons with waxed paper liners Waxed paper cups
SPINACH AND OTHER GREENS Any variety at proper stage of maturity	Harvest when green and succulent, without fibrous midrib Spinach should be cut before flowering See pages 5, 6, 7	Very thorough washing and trimming is necessary Remove all infested or decayed leaves and discard all leaves with large and tough stems	Scald or blanch the leaves in boiling water (212° F.) for 1 to 2 minutes Cool promptly	Dry pack	Glass or tin cans	Waxed locker card- board cartons with waxed paper liners. Waxed paper cups

NOTE: When storing food in refrigerated lockers, check the room temperature by observing the thermometer provided by the plant manager. Request that temperatures of at least 0° F. be provided for storage.

\* Thomas Laxton variety has about one-half the quantity of vitamin B<sub>1</sub> as the other varieties mentioned. Varieties found high in vitamin C are Alderman, Improved Gradus and Telephone. Medium amount of vitamin C: Thomas Laxton and Rogers 95. Low amount of vitamin C: Laxton's Progress and Asgrow 40.

## FOOD PRESERVATION LITERATURE

Those interested in further study of the problems of food preservation should avail themselves of the opportunity of obtaining the following Extension Service, Experiment Station, and U. S. Department of Agriculture bulletins. Inquire at County Extension office or Extension Service, Oregon State College, Corvallis, Oregon.

### OREGON STATE COLLEGE PUBLICATIONS

Extension Bulletin 596—Home Food Preservation  
HE 1663—The Cookery and Uses of Frozen Foods  
HE 1686—Factors Influencing Losses of Vitamins During Preservation, Storage, and Cooking of Food in the Home  
HE 1683—Homemade Evaporators  
HE 748—Bottling Fruit Juices  
HE 784—Preserving Eggs in Water Glass Solution and Lime Water  
HE 498—Fruit Jellies, Preserves, Jams, Marmalades, Conserves and Butters  
HE 750—Homemade Pickles and Relishes  
Experiment Station Circular of Information—Oregon's Dehydration Problems  
Experiment Station Circular of Information—Home Manufacture of Maraschino Cherries  
Experiment Station Bulletin 249—The Chemical Composition and Food Value of Oregon Dried Prunes  
Experiment Station Bulletin 353—Dried Italian Prune Products

### U. S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Farmers' Bulletin 879—Home Storage of Vegetables  
Farmers' Bulletin 1415—Beef on the Farm—Slaughtering, Cutting, Curing  
Farmers' Bulletin 1186—Pork on the Farm—Killing, Curing, and Canning  
Farmers' Bulletin 1807—Lamb and Mutton on the Farm  
Farmers' Bulletin 984—Farm and Home Drying of Fruits and Vegetables  
U. S. D. A. Leaflet 9—Making and Storing Farm Butter for Winter Use  
Farmers' Bulletin 1424—Making Vinegar in the Home and on the Farm  
Farmers' Bulletin 1264—Farm Manufacture of Unfermented Apple Juice  
Farmers' Bulletin 1800—Homemade Jellies, Jams, and Preserves  
Farmers' Bulletin 1236—Corn and Its Uses as Food  
Farmers' Bulletin 900—Homemade Fruit Butters  
Bureau of Fisheries Investigational Report No. 34—The Home Canning of Fishery Products  
U. S. D. A. Leaflet—Dried Fruits in Low Cost Meals  
U. S. D. A. Leaflet—Dried Beans and Peas in Low Cost Meals

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