

Spoilage wastes food bargains

By LAURENA PRINGLE
Headlines about shortages are becoming a way of life, and just about as contradictory as life itself. But shortages or not, we as a people are an extremely wasteful lot. The average American shopper is not very smart, often buying large amounts at "a bargain price" and not being able to use it all before spoiling. The "savings" go right into the trash can. Proper cold storage for food is often a mystery to many persons, particularly the length of time one

can count on food staying fresh in the freezer or refrigerator. For the most common staples, such as butter and cooking oils, the basic time chart and conditions are:
Butter:
In refrigerator: 2 weeks, wrapped or in covered container.
In freezer: 6 months, tightly wrapped.
Margarine:
same as butter in refrigerator.
In freezer: 9 months, tightly wrapped.

Cooking and salad oils
In refrigerator: indefinitely.
Eggs (whole):
In refrigerator: 2 weeks, in carton with small ends down.
In freezer: 6 to 12 months, remove from shell. Mix white and yolks. Add 1 tablespoon sugar or 1 teaspoon salt for each cup of eggs. Store in freezer container.
(cooked)
In refrigerator: 7 to 10 days. If shell is removed, wrap in plastic film or put in closed container, adding water to cover eggs. Freezing cooked eggs is not recommended.

Cream:
In Freezer: 3 to 6 months, heavy cream can be frozen but won't whip well when thawed. Do not freeze light cream.
Ice cream:
In freezer: 1 month, wrap original container in plastic bag.
Breaks: (purchased or home-made)
In refrigerator: Up to 1 week, in original wrapper, or foil or plastic covered.
In freezer: 2 weeks, original wrapper.
Cookies: (baked)
In freezer: 4 to 6 months, in freezer containers.
(unbaked)
In refrigerator: Several days, tightly wrapped, but use as soon as possible.
In freezer: 3 to 4 months, tightly wrapped.

Milk:
In refrigerator: 3 to 7 days, original container.
In freezer: 1 month, quality will be affected.
Sour cream and yogurt:
In Refrigerator: 1 to 2 weeks, covered con-

tainer, stir before using.
In Freezer: 3 to 6 months, heavy cream can be frozen but won't whip well when thawed. Do not freeze light cream.
In freezer: 1 month, wrap original container in plastic bag.
In refrigerator: Up to 1 week, in original wrapper, or foil or plastic covered.
In freezer: 2 weeks, original wrapper.
In freezer: 4 to 6 months, in freezer containers.
In refrigerator: Several days, tightly wrapped, but use as soon as possible.
In freezer: 3 to 4 months, tightly wrapped.

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Program planners schedule seminars

The Second Annual Program Planners Institute of the Jewish Community Council will be held at 9 a.m. Sunday, Sept. 22, at the United Hebrew Schools, Southfield.
The recruitment and use of volunteers will be discussed by Lillian Matzler.
Albert Karbal, director of the Learning Resource Center, will highlight techniques and methods in the audio-visual field and show how local programming can take on new dimensions.
Featured also will be presentations by Beatrice Row, Marian Shifman and Eileen Berris.
Reservations should be mailed immediately to the Program Planners Institute, Jewish Community Council, 163 Madison Avenue, Detroit 48226.
The seminars have been designed to provide presidents and program chairman with materials, aids and suggestions to enhance their own organizations meetings.
EVELYN ORBACH will demonstrate program techniques and Gertrude Oberstein will demonstrate how to adapt books and literature in programming.

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