



Margaret McPherson stands in front of her plane which she keeps parked in her back yard. Doesn't everyone?

## Save with a freezer

Muriel Blinkhorn



Growing your own vegetables and fruit has really caught on in the past few years. Homeowners with a back garden are trying their hand at food growing for the first time, and apartment dwellers are going in for communal gardens, all with the same thought in mind, hoping to keep their food bills down.

Many first-time gardeners are contemplating buying a freezer to hoard all those beautiful fruits and vegetables. At the same time, they will be wondering if it is a good investment. It is, after all, a very expensive item.

That depends on several things, such as what are the family food requirements, and how much time is one willing to put into making it pay for itself?

**FREEZER ADVANTAGES**  
Let me begin by pointing out the advantages of owning a freezer.

It allows the homemaker to take advantage of bulk buying of produce and other staples, which is always cheaper. Baked goods — bread, cakes, muffins, etc. — either home-baked or whatever can be picked up on sale, will keep for months, eliminating having to make frequent trips to the store. Casseroles, using aluminum foil dishes, can be made and stockpiled for future use. Batches of pan-

cakes, using milk and cream turned sour, can be frozen and toasted as needed. Leftovers, meat and vegetable stock can be saved for soups and casseroles. Sandwiches in quantities may be made up and frozen. Cookie dough, ice cubes, eggs, bought when low in price, herbs, nuts, all these may be kept frozen down months.

In short, freezing is a convenient and quick way to preserve food. Frozen food retains much of the original food value; resembles fresh food when cooked, and makes it possible to have a great variety of all foods all year 'round. It is also a great boon for anyone who entertains a lot.

Now for the bad news. To keep a well-stocked freezer, it will require quite a lot of work and time. Produce must be bought at its peak in flavor and appearance. This means it must be processed and into the freezer within a few hours. For processing, or blanching, a large preserving kettle is needed, also a strainer, freezer bags, or containers, freezer paper, and ordinary masking tape. All this can run into a considerable amount of money. Future costs may be kept down by a few economies, such as using plastic tubs obtained from the supermarkets (ice cream etc.), and re-using bags.

### KEEP IT CLEAN

A freezer must be kept clean. Twice yearly it should be emptied, de-iced, and washed.

A word of caution. Pay no attention to anyone who says that vegetables can be frozen without blanching. Blanching is necessary to break down the enzymes in food. Without blanching, the color, texture, and taste will be greatly affected, making the food inedible. Last but not least, to save time, certain foods and prepared dishes must be removed from the freezer and placed in the refrigerator to thaw before re-heating in the oven. Remember to allow plenty of time for thawing.

The possibility of a power failure is practically nil. But, should it happen, the chest will stay cold for at least 12 hours. Avoid opening the chest for as long as possible.

Even for two people, a freezer used wisely will become a great asset over the years.

Before making a decision as to the feasibility of owning a freezer, it is advisable to research the whole concept of food-freezing. The local library has many books that adequately cover the subject.

## 1976: Last chance for Powder Puff Derby

By BETTIE BRADLEY  
When Margaret McPherson flies away this week to take part in the Powder Puff Derby, the all-woman transcontinental air race, she can thank her husband's fear of flying.

"Years ago my husband was terrified of flying. Then one day he decided he'd had enough of this nonsense and would learn to pilot his own plane.

"I thought I'd better learn to fly, too, so if anything happened to Jim, I could take over."

The flying McPhersons bought their first plane, a Cessna, five years ago. They are currently flying a single engine Mooney Super 21.

Jim, who grew up on the McPherson farm in Dixie where the Samuel & Son Steel Company is now located, is the incoming president of the Mississauga Rotary Club.

He learned to fly with the Brampton Flying Club and thinks it's just great that Margaret wanted to be his co-pilot.

They keep the plane at their farm, taking off and landing on a grass strip in their own backyard. They have built their own hangar and last year installed lights on the landing strip.

"It's great," said Margaret. "Last Sunday we hopped over to Strathroy to have dinner with my parents. It took 40 minutes. It would have taken two hours by car."

It was Jim who suggested she enter the Powder Puff Derby. She convinced Barbara Brotherton, a pilot from Limehouse, to accompany her. They are one of only three Canadian entries.

The derby is the world's largest and longest speed race for light aircraft. Two hundred planes will leave Sacramento, California, July 9 and, to qualify for a prize, must cross the finish line in Wilmington, Delaware before 8 p.m. July 12.

Scoring is based on the ground speed of each plane in relation to its handicap.

"Our Mooney is pretty heavily handicapped — they know it's a speedy little plane," said Margaret.

The object of the race is to execute a perfect cross-country daytime visual flight using knowledge of both plane and weather to gain the highest score.

It is Margaret's first race. "This is the 29th—and last—of the Powder Puff Derbys," she said. "Because of economic problems the race will be discontinued, so I had to do it this year."

She and Barbara are flying the race backward — from Wilmington to Sacramento — to check the route and prepare themselves for the big race.

## More people looking for outside help



During the summer, the Times will publish a continuing series on the United Way agencies in Peel.

Twenty-three member agencies are supported by the United Way of Peel Region.

There is an adage on the cover of the Peel Family Services brochure which reads "Seeking Help is a Sign of Strength."

Last year 5,760 residents 'showed their strength' by using the counselling services of Peel Family Services. Approximately 40 per cent of them took the initiative and came on their own. The fact that so many Peel residents took it upon themselves to obtain counselling services seems to be a positive sign that our community is working hard to overcome family problems. It is a great change from the attitudes of "I don't need outside help, I can solve my own problems" and "there's no way we're going to a counsellor, our neighbours will think that we're really in trouble," which were prevalent in years gone by.

Divided into two departments, Family Services and Credit Counselling, Peel Family Services provides professional and confidential individual, family or group counselling. There are eight family and two credit counsellors on staff who work out of two Peel Family Services' locations, 20 Nelson Street West in Brampton and 93 Dundas Street East in Mississauga. Presently there is one Peel Family Services counsellor to 44,250 Peel residents. The average ratio of people to Family Service counsellors in all of Ontario is one counsellor to 20,000 residents.

Peel Family Services has as its central purpose the development and maintenance of sound family life in the Region of Peel. It re-affirms that the "family" as an institution and as a way of life, is at the base of society and should be fully supported.

### POOR CHOICE OF MATE

Len Wengle, Executive Director of Peel Family Services explains that a poor choice of mate will often be the root cause of serious difficulties. "When people get married it could look like the most perfect match ever made.

But unless the two can grow compatibly together, intellectually and emotionally, the relationship will just not develop to its full potential.

The Credit Counselling Division of Peel Family Services assists families who are in serious financial trouble. It does this by performing a specialized financial and education service geared to improve money management and orderly payment of debt where this is possible.

"Living in our society today is much more demanding than it was ten years ago. Advertising, consumerism and easy credit are factors which expand our wants and we strive to fulfill them, we subject ourselves to levels of stress which affect us not only individually but our families as well. We deal with families from every income bracket, from the low to the middle to the upper," states Mr. Wengle. "Last year the debts of our clients totalled over \$2.9 million, and that's excluding mortgages."

Out of last year's United Way contributions, Peel Family Services received \$110,000, 17.4 per cent of total Peel United Way funds. Without your donated dollars this important community service could not be maintained.

Len Wengle puts it bluntly. "There's no doubt about it, the United Way plays an invaluable role in keeping agencies like us operative. Now that the government has cut back its support to our agency we must rely more heavily on the generosity of the residents in Peel."

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