PROTECTS THE COLOR!

FREEZE FRUITS with NEW ACM®

Protects fresh fruit too!

PROTECTS COLOR AND FLAVOR WHEN FREEZING FRUIT

NEW IMPROVED

USE IT ON FRESH FRUIT TOO!

SAVES THE FLAVOR!
What is A*C*M?

A*C*M is a balanced mixture of ascorbic acid (Vitamin C) and citric acid...both natural ingredients of fruits. These are the same products used by commercial frozen fruit processors to protect their packs. By using A*C*M you can avail yourself of the same effective and inexpensive methods they employ.

Ascorbic and citric acids prevent discoloration of fruits exposed to the air. The ascorbic acid helps stop the oxidation which causes browning. It adds to nature’s own ascorbic acid which is not present in sufficient amounts to give adequate protection. Citric acid slows the action of certain enzymes which cause rapid destruction of ascorbic acid.
A*CM protects the fruits you freeze

(keeps fresh fruit tempting, too!)
HOW TO FREEZE FRUITS WITH SYRUP

Prepare sugar syrup by dissolving sugar with water:

<table>
<thead>
<tr>
<th>TYPE SYRUP</th>
<th>SUGAR</th>
<th>WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light (40%)</td>
<td>3 cups</td>
<td>1 qt.</td>
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<tr>
<td>Medium (51%)</td>
<td>5 cups</td>
<td>1 qt.</td>
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<tr>
<td>Heavy (60%)</td>
<td>7 cups</td>
<td>1 qt.</td>
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</tbody>
</table>

To make A*C*M syrup add 2 level teaspoons of A*C*M per 2 cups of sugar syrup. This is enough to treat 4 pounds of fruit. (Do not add A*C*M while syrup is hot.) Fruit may be cut directly into syrup to minimize exposure to air. Transfer fruit to container and cover completely with A*C*M syrup. Seal and freeze quickly.

The strength of the syrup will vary with the type and tartness of the fruit and with individual taste preferences. A medium strength syrup is preferred for most fruits. In the case of tart fruits such as apricots, especially susceptible to browning, therefore minimize exposure.

FRUIT FROZEN WITH SUGAR

For a dry-pack (without using syrup) it is convenient to pre-mix the A*C*M with the dry sugar, using 2 level teaspoons of A*C*M per 2 cups of sugar. The prepared fruit is thoroughly mixed with the treated sugar before packaging and freezing. This is sufficient for 4 one-pound packs of frozen fruit.

APRICOTS
Wash, halve, and pit ripe apricots. Peeling not usually necessary, Apricots especially susceptible to browning, therefore minimize exposure.

PEACHES
Select only juicy, firm-ripe fruit. Soak for 1/4 minute in boiling water to facilitate removal of skin. Then chill in cold water. Overscaling causes softened outer layer on fruits.

PEARS
Select ripe fruit of proper variety for freezing. After washing, peeling and coring the pears should be sliced, halved or diced for freezing.

IN FILLING CONTAINERS, keep all of fruit covered with syrup! A piece of crumpled cellophane on top before sealing will help. Leave head space to take care of expansion—½ inch in pints, 1 inch in quarts. In serving, fruit should be thawed quickly in the package.

A*C*M TREATMENT

<table>
<thead>
<tr>
<th>VARIETY</th>
<th>PREPARATION</th>
<th>SYRUP PACK</th>
<th>DRY SUGAR PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLES</td>
<td>Peel, core and slice, preparing approximately 12 slices from medium sized apples. Some varieties exhibit internal browning which may be prevented by scalding for 1 minute in boiling water.</td>
<td>To minimize exposure, fruit may be cut directly into A<em>C</em>M treated medium syrup. Pack fruit slices and completely cover with A<em>C</em>M syrup and freeze.</td>
<td>Add 1 cup of A<em>C</em>M treated dry sugar to 5 cups of sliced apples. Mix thoroughly and package and freeze.</td>
</tr>
<tr>
<td>APRICOTS</td>
<td>Wash, halve, and pit ripe apricots. Peeling not usually necessary, Apricots especially susceptible to browning, therefore minimize exposure.</td>
<td>To minimize exposure fruit may be cut directly into A<em>C</em>M treated medium syrup. Pack fruit and completely cover with A<em>C</em>M syrup and freeze.</td>
<td>Apricots usually packed with syrup. If dry pack is used, add 1 cup A<em>C</em>M treated sugar to 4 to 6 cups of apricots. Mix well before packaging.</td>
</tr>
<tr>
<td>BERRIES</td>
<td>Stem, wash and freeze whole except for strawberries which may be whole or sliced. Berries usually retain their natural color and generally do not require A<em>C</em>M treated syrup or sugar.</td>
<td>If A<em>C</em>M treated syrup is used, cover the packed berries completely with treated medium syrup.</td>
<td>If A<em>C</em>M treatment is used, add 1 cup of A<em>C</em>M treated sugar to 6 cups of whole berries or 4 cups of sliced strawberries, mixing before packaging.</td>
</tr>
<tr>
<td>CHERRIES</td>
<td>Stem, wash and freeze whole except for strawberries which may be whole or sliced. Berries usually retain their natural color and generally do not require A<em>C</em>M treated syrup or sugar.</td>
<td>For sour cherries add A<em>C</em>M heavy syrup. For sweet cherries, add A<em>C</em>M treated medium or light syrup. Completely cover the packed cherries.</td>
<td>Add one cup A<em>C</em>M treated sugar to 5 cups of whole cherries or 4 cups of sliced cherries, mixing before packaging.</td>
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<tr>
<td>FRUIT COCKTAIL</td>
<td>Prepare a variety of fruits. Good results can be obtained by combining several fruits in one package.</td>
<td>Add sufficient A<em>C</em>M treated medium syrup to completely cover fruit.</td>
<td>Add 1 cup A<em>C</em>M treated sugar to 5 cups mixed fruit. Mix thoroughly before packaging.</td>
</tr>
<tr>
<td>PEACHES</td>
<td>Select only juicy, firm-ripe fruit. Soak for 1/4 minute in boiling water to facilitate removal of skin. Then chill in cold water. Overscaling causes softened outer layer on fruits.</td>
<td>Peaches for table use are usually frozen with syrup. Add sufficient A<em>C</em>M treated medium syrup to completely cover the fruit. Peaches may be cut into A<em>C</em>M treated syrup to minimize exposure to air.</td>
<td>If dry-pack is used, add 1 cup A<em>C</em>M treated sugar to 4 cups of sliced peaches or 5 cups of sliced peaches, mixing with fruit before packaging.</td>
</tr>
<tr>
<td>PEARST</td>
<td>Select ripe fruit of proper variety for freezing. After washing, peeling and coring the pears should be sliced, halved or diced for freezing.</td>
<td>To minimize exposure fruit may be cut directly into A<em>C</em>M treated medium syrup. Pack fruit and completely cover with A<em>C</em>M syrup and freeze.</td>
<td>Pears usually packed with syrup. If dry-pack is used, add 1 cup A<em>C</em>M treated sugar to 4 to 6 cups of pears, mixing before packaging.</td>
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TRY A*C*M IN CANNING FRUIT!

Add ¼ teaspoon per pint jar of cherries, peaches and apples. This prevents discoloration of fruit caused by air at the top of the jar.

FRUIT SALAD . . . FRUIT COCKTAIL!

By using A*C*M it is possible to prepare fresh fruits, fruit salads or cocktails hours before use and still serve them with tempting orchard-fresh taste and looks. Just add ½-¾ of a level teaspoon of A*C*M per cup of sugar and sprinkle the treated sugar liberally over the cut fruit. A*C*M is more effective and economical than lemon juice. Or dissolve the required amount (1 level teaspoon A*C*M per 5 cups of fruit) in a little water and mix with the fruit until all surfaces are thoroughly wet. Later add sugar to taste if desired. Store in refrigerator until ready for use. This gives a wholesome and nutritious product that will keep its natural color and taste for hours.

A 4½ oz. jar of A*C*M is enough to treat approximately 65 lbs. of prepared fruit.

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