Protect the Color!  
Save the Flavor!

Freeze fruits with ACM

Protect Fresh Fruits, Too!
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*C*M IS SIMILAR TO LEMON JUICE**

One teaspoon of A*C*M in an ounce of water gives a solution with seven times as much ascorbic acid, and just as much citric acid as whole lemon juice. The low cost, ease of use and better results obtained from using A*C*M make it more desirable than lemon juice for this purpose.
A C M Protects the fruits you freeze...

Keeps fresh fruits 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>
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<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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To make A*C*M syrup, add 3 level teaspoons of A*C*M per pint (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 sour cherries, however, or for persons preferring sweeter foods, a heavier syrup should be used. Light syrup will give a slightly tart taste.

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 3 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.

Select only juicy, firm-ripe fruit. For peaches, scald for 3/4 minute in boiling water to facilitate removal of skin. Then chill in cold water. Overscalding causes softened outer layer on fruits.

After peeling, handle fruit quickly to prevent darkening. Best results are obtained when fruit is sliced directly into A*C*M treated syrup to minimize exposure to air.

In filling containers, add enough extra A*C*M treated syrup to cover fruit. Important! Keep all of fruit covered with syrup! A piece of crumpled cellophane on top before sealing will help hold fruit under syrup.

A*C*M FOR FRESH FRUIT...FRUIT SALADS...FRUIT COCKTAILS

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 1/4 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 4 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, nutritious product that will keep its natural color and taste for hours.
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.

A*C*M FOR FREEZING FISH AND MEAT
Ascorbic and citric acids act as antioxidants for fish and meats and retard rancidity development which results from oxidation of the air. Dipping or glazing of the fish fillets or meat in a water solution of A*C*M effectively retards this development of off-flavor and rancid taste in these products.

The meat or fish should be dipped several times for 1 or 2 minutes in a solution prepared by adding 3 level teaspoons of A*C*M to a pint of water. The successive coats of ice should form a fairly thick coating.

The dipped or glazed product should be properly wrapped in moisture-proof material to prevent entry of air, loss of water, "freezer burn" or "rusting."

CHAS. PFIZER & CO., INC.
630 Flushing Avenue, Brooklyn 6, N. Y.

A 4½ oz. jar of A*C*M is enough to treat approximately 65 lbs. of prepared fruit.
No. F415-4-3-250M