$ ruby --dump=insns -e "'hello world'"

== disasm: <RubyVM::InstructionSequence:<main>@-e>======================
0000 trace 1 ( 1)
0002 putstring "hello world"
0004 leave

Dups new object every time.
Creates a lot of garbage objects.

$ ruby --dump=insns -e '%f(hello world)'

== disasm: <RubyVM::InstructionSequence:<main>@-e>======================
0000 trace 1 ( 1)
0002 putobject "hello world"
0004 leave

Reuses same frozen string object every time.
Avoids creating many garbage objects.

%f(single quoted)
- No interpolation
- Reuses same frozen object
- Can be deduplicated across whole program

%F(double #{:quoted})
- Allows interpolation
- Creates new object each time
- Returns a frozen string
- Same as "double #{:quoted}".freeze