

Frozen canned goods still good to eat

"My canned foods froze during this past cold spell. Are they safe to eat?"

This has been the subject of many telephone calls to the Multnomah County Extension office this past week, according to Tod Hamilton, extension home economist.

To relieve the minds of those who were caught with canned goods stored in unheated garages or campers, there is little cause for worry as long as the can has not sprung a leak.

Except for a slight breakdown of texture of fruits and vegetables, a single thawing and freezing does not usually affect canned foods adversely.

Freezing may cause them to be softer or mushier in texture.

Some foods of creamy consistency may curdle or separate upon freezing. Heating the product usually restores its original consistency.

During the freezing, the contents of the can expand, especially those packed in liquid, and put a strain on the can seams. Often the ends of the can will bulge.

If your canned foods have frozen, move them to a cool dry room where they can thaw normally. Don't put them in the freezer; there's no point in it. They do not need to be kept frozen and just take up freezer space.

After the cans have thawed, check them carefully to make sure there is no leakage along the seam. If cans are leaking, discard them.

Bulging can ends will usually return to the normal flat appearance after thawing. If they do not, but the can is not leaking, check contents carefully after opening.

If there is any doubt about the condition of vegetables, boil them covered for 15 minutes.

If there is any doubt about meats or fish, discard the can. It's a good idea to protect canned goods from freezing, since it reduces the quality of the food. But, if accidentally frozen, the food will be safe to eat as long as the can does not leak.

Guns stolen

A rifle and a .12 gauge shot gun with a combined value of \$240 were reported stolen from the Melvin S. Sasse residence Wednesday, Dec. 13, according to sheriff's reports.



TOYMAKER FOR A DAY. Oregon Army National Guardsmen Specialist Five Dave Lettow, 3419 S.E. 157th, Gresham, studies a small-wheeled toy for the best means of repair. About 20 Guardsmen from the 2670th Heavy Equipment Maintenance Company at Camp Withycombe, Clackamas, spent Dec. 2 and 3 repairing toys for underprivileged children in the Oregon City area. The National Guardsmen were working behind the scenes for the Oregon City Junior Women's Club, which annually sponsors a Christmas toy program for low income family youngsters.

Mrs. Swarthout chosen head of St. Jude's Home

Mrs. Neil F. (Marilee) Swarthout of Gresham St. Luke's Church has been named general administrator of St. Jude's Home in Sandy.

She replaces retiring Father Rene Bozarth, L.Th., Fellow of

Mrs. Swarthout has been on the St. Jude's staff since 1960. She previously worked with the Society of St. Paul (owners of St. Jude's) and in the St. Luke's School (now McRe Center) in Gresham.

Mrs. Swarthout was born in McMinnville, attended public schools in Ashland and graduated from Oregon State University. She is married to a dairy firm executive. They have two children. Melinda is attending the Clara Maas School of Nursing in Belleville, N.J., and Mike is a freshman at Mt. Hood Community College. The family has lived in the Gresham area since the mid-50s.

St. Jude's home is the only Episcopal sponsored Monastery in the Pacific Northwest. It is a modern brick building with fire sprinklers and modern conveniences. It accommodates 63 patients in private and semi-private ward areas without regard to race, religion, income or national origin. It has been operating for the past 15 years; 10 in Sandy. Trustees who govern the

policies and programs are chosen annually; two-thirds by the monks and one-third by the Bishop of the Episcopal Church in Oregon.

Father Bozarth continues as president of the corporation and also a trustee and chairman of the board of trustees. St. Jude's is a member of the Oregon Health Care Association and is affiliated with the College of Nursing Home Administrators.

Planners working

The Sandy Planning Commission held a work session on the city's comprehensive plan Tuesday night.

The meeting included several members of the citizen advisory committee which has been appointed to help the city planners in the development of the plan.

Work on the plan has been going on for several months, the completion date has been set for sometime this summer.

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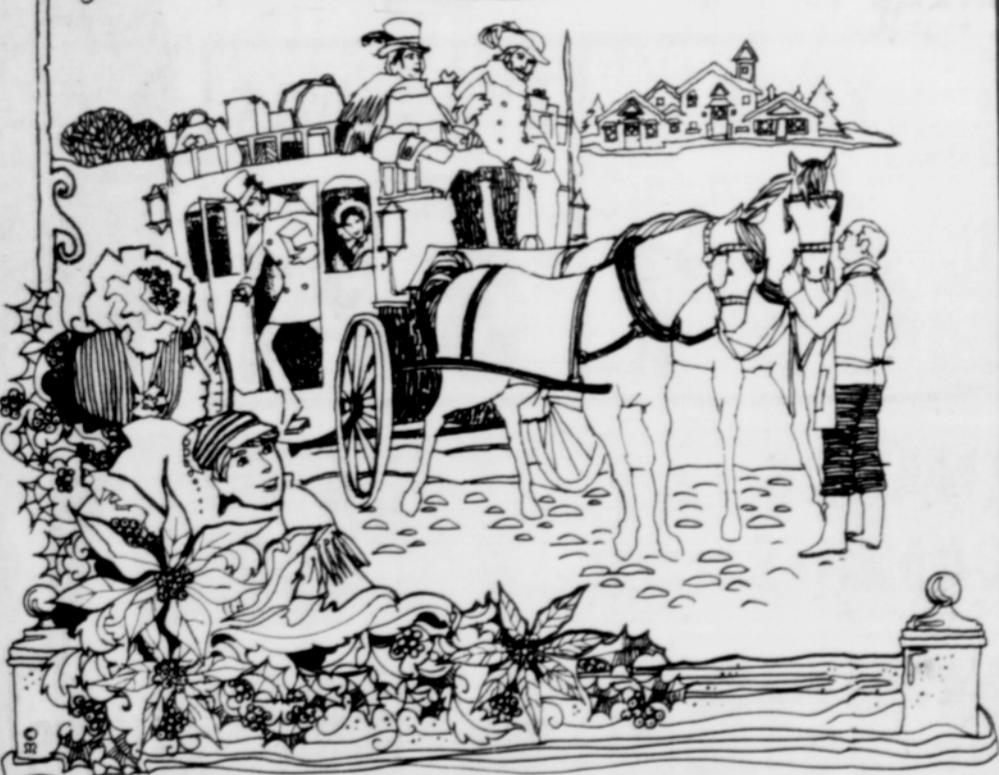
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OBITUARIES

Thomas Croston

Thomas Robert Croston, 22, of Rt. 1 Box 548, Sandy, died of cancer Dec. 18, in a Portland hospital. He was born in Portland and had lived most of his life in Sandy where he attended school.

He was a 1968 graduate from Sandy High School.

Before becoming ill he was attending University of Oregon architectural school. On Dec. 18, 1971 in Sandy, he married Pamela Becker. He was a member of the Sandy Community Presbyterian Church.

Surviving are his wife, Pam of Sandy; his parents, Mr. and Mrs. Charles Croston Sr., of Vida; his grandparents, Mrs. J.H. Reeves of Tucson, Ariz. and Lois B. Croston of Toledo; his brother Charles Jr. of Sandy and sisters Mrs. G. (Barbara) Robertson of Medford and Suzanne Croston of Gresham. He had one nephew.

Private family services will be Thursday, Dec. 21, at 2 p.m. in the Chapel of the Carroll Funeral Home, Inc., Gresham, with private cremation in the Lincoln Memorial Park, Portland.

Martha Champagne

Martha Champagne, Rt. 2, Sandy, died Dec. 17, in her home at the age of 68 years.

Mrs. Champagne was born on Sept. 24, 1904 in Illinois. She was the daughter of Mr. and Mrs. John Stickle. After growing to womanhood in Illinois, she lived in California and Nevada until 1950 when she moved to Oregon to make her home. She was then married to Charles W. Champagne. Mr. Champagne preceded her in death.

She is survived by a daughter, Charlene Danley, Goldendale, Wash.; and a sister, Verna Liggett of Springfield, Ill. and 3 grandchildren.

Funeral services were held on Wednesday, Dec. 20 in the chapel of Sandy Funeral Home. Interment was at Firhill Memorial Cemetery, Sandy.

Amanda Daniels

Mrs. Amanda Mae Daniels, 81, of Rt. 2, Box 640, Boring, died in Tacoma, Wash., Dec. 15.

She was born in Des Moines, Iowa, to William and Wilhelmina Hart. As a young girl she moved to Devils Lake, N.D., where she worked for the School For The Deaf before her marriage in 1913 to Roy Daniels. They lived on a farm just outside Devils Lake until his death in 1959.

Mrs. Daniels worked for two years before coming to Oregon to divide her time between her children.

She is survived by four sons; Lyle of Detroit, Mich.; Thomas of Vancouver, Wash.; Edward of Devils Lake, N.D.; and Charles of Minneapolis, Minn.; two daughters, Mrs. Vera Campbell of Boring, and Mrs. Vera Pancratz of Federal Way, Wash.; also one sister, Mrs. Matilda Durant of Portland, 22 grandchildren, 17 great grandchildren and one great-great grandchild.

Funeral services for Mrs. Daniels were held at the Bateman Funeral Chapel Monday with interment in Forest Lawn Cemetery.

Laura Caldo

Funeral services for Laura Field Caldo, 88, of Rt. 3, Box 534, Sandy, were held Wednesday, Dec. 20, at 1:30 p.m. at the Bateman Funeral Chapel in Gresham.

Mrs. Caldo was born in Chicago, Ill. the daughter of Martin and Mary Field. She died Dec. 17 at Gresham.

Mrs. Caldo was raised and educated in Chicago where she married Joseph A. Caldo on March 1, 1911. Shortly after their marriage they moved to Gresham in the year 1912. She lived in Gresham for a short time and then moved to Sandy where she and her husband operated a farm.

Mrs. Caldo was a member of the Pleasant Home United Methodist Church. She was active in the Methodist Christian Society. She had also been active in the Cottrell Ladies Aid Society.

She is survived by her brother George Field, a sister Mrs. Henry Paschen, both of Chicago, Ill.; and a niece, Mrs. Fred Warner of Sandy.

Private interment followed the funeral at Fir Hill Cemetery in Sandy.

Those who prefer may contribute to the Pleasant Home United Methodist Church.

Wayne Stubblefield

Wayne Stubblefield, who lived some years in Welches, died Wednesday in Roseburg. The funeral was held in Pendleton, last week, where he had been a resident.

Mr. Stubblefield was born in Dallas, Ore. on Dec. 12, 1912. He had lived in Oregon most of his life.

Military graveside services were held by the V.F.W. Let'er Buck Post 922, Pendleton. He had served as a bombardier in the Air Force during World War II.

He is survived by sons, Gordon Storey, and Randy Storey; daughters, Elaine Littler, Basalt, Colo., and Dallas Callison, Heyworth, Ill.;

a brother, Hanley Stubblefield, of Hillsboro; and sisters, Ruth Beck, Milton-Freewater and Emily Heydon, of Welches; and three grandchildren.

Mr. Stubblefield had resided with his sister, Emily Heydon, in Welches while in this area.

Clarence Melton

Clarence Alvey Melton, 63, of Rt. 4, Box 1284, Gresham, died in a Portland hospital on Dec. 17. He was born in Oregon City.

He moved to Eastern Oregon where he attended school at Madras Grade and High School. In 1940, he returned to the Gresham area.

He was a member of the Presbyterian Faith. He had worked as a janitor and log truck driver.

Surviving are his three sons; Donald of Orient, James of Sandy, and Larry of Estacada. There are six grandchildren. His parents, Mr. and Mrs. Wilbur F. Melton of Orient, one sister, Mrs. Ralph (Juanita) Blair of Portland, also survive.

Services were Wednesday, Dec. 20, at 11 a.m. in the Chapel of the Carroll Funeral Home, Inc., Gresham, with entombment in the Lincoln Memorial Park, Portland.

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Americans use almost 100 pounds of sugar per capita per year.



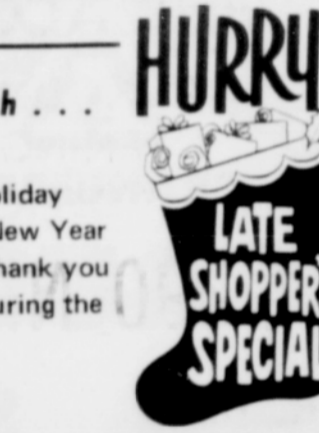
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