

Oregon State University Specialist Discusses Home Preservation of Food

Does it pay to can or freeze food at home? Answers range from an enthusiastic "yes" to a resounding "no," according to who answers the question. And any of the answers may be right.

With the abundance of excellent quality fruits and vegetables grown in Oregon, home preserving of food is a common way of adding variety to the family bill of fare at low cost to the family budget—maybe.

Velma Seat, Oregon State University extension food marketing specialist, points out that the economics of canning your own fruits and vegetables depend on several things. One of the most important is the availability and quality of fresh produce.

If you have a home garden, or access to low-cost produce, you may well be ahead to can or freeze it. On the other hand, if you must buy the produce at retail, the final cost might equal or be more than the cost of the commercially canned or frozen product, she says. You must start with good quality, fresh produce if you are to turn out a tasty product, it was emphasized.

Must Consider Costs

Also, in canning, the cost of containers, lids, fuel and investment in canning equipment must be considered.

According to information from the U. S. Department of Agriculture, these costs average around five cents per quart. This will vary, depending on whether you already have containers which you plan to re-use, and on local prices for canning supplies. You should also consider transportation costs, if you must drive some distance to get your produce.

The price and operating costs of your freezer must be included in cost of home freezing. One Oregon utility company estimates that it costs approximately \$1.30 per month to operate a 20-foot home food freezer. The depreciation of the freezer, over a 12-year period, should also be figured, as well as repair costs, which average about two percent of the freezer cost.

Costs Total 12 Cents a Pound

According to USDA estimates, packaging materials for freezing food cost about two cents per pound package. All of these costs

total about 12 cents per pound—plus the cost of the produce. Of course, if you already have a freezer, you may be ahead by freezing foods, just to keep your freezer in use.

To compare the cost of commercially processed food with that of food canned or frozen at home, says Mrs. Seat, you should figure the cost per serving. A standard serving is one-half cup. A quart of home canned food yields eight servings. A 10-ounce package of frozen fruits or vegetables will usually serve three. Commercially canned foods often state the number of servings on the label.

Time Is Consideration

Another factor to consider is your time. For the working wife or mother, Mrs. Seat points out, time spent in canning or freezing might better be spent in some other fashion. On the other hand, if you enjoy the sense of accomplishment that comes with canning and freezing your own fresh produce, this should also be considered.

Whether or not to can or freeze your own food supply should be on your own decision—but consideration of the price and availability of fresh produce; the cost of the produce and processing materials, compared with the price of the commercially canned product; the time you have available to can or freeze foods at home; and your own preference—should help form a sound basis for the decision.

Household Hints Shared by Guests At Bridal Shower

By Ruth Robbins

LINCOLN HEIGHTS—Miss Laray Walz was honored July 27 with a miscellaneous bridal shower held at Malheur Butte Baptist church. The social committee of the church and friends arranged the event.

Games were played and recipes and household hints were shared with the guest of honor, Mrs. Drexell Barnes sang "God Leads the Dear Children Along," accompanied by Mrs. Harlan Meyers.

Assisting with opening of the gifts were the honoree's sisters, Gloria and Diane Walz and Mrs. Bill Rudd. Refreshments were served at the close of the evening.

Mr. and Mrs. Pete Bicart and family of Madras were recent weekend visitors in the I. H., Hugh and Raymond Findley residences.

Mr. and Mrs. Vernon Carlstrom and family had as recent Sunday guests Albert and Minnie Schultz and Julius Schartner. Recent Thursday evening callers in the Carlstrom home were Mr. and Mrs. Luther Bell, Elaine, Leland and Fred of Ontario.

Return From Spokane

Mrs. Art Anderson and children returned recently from Spokane where they visited her parents, Mr. and Mrs. Walter Rudolf and Mr. and Mrs. Larry Hicca. She also visited Mr. and Mrs. Ronald Kelly and daughter, Darlene at Lamont, Wash.

Karen and LuAnne Nelson, daughters of Mr. and Mrs. Jack Nelson, and Shirley Nelson, daughter of Mr. and Mrs. Dick Nelson, Wendy and Cathy Kennington and their mother, Mrs. Hugh Kennington, returned Aug. 5 from LDS church camp at Pine Top lodge in Idaho.

Recent Saturday evening guests at the Elmer and Vernon Carlstrom homes were the men's sisters and their husbands, Mr. and Mrs. O. L. Brannon of Fruitland, Mr. and Mrs. Howard Tompkins of Boise and niece, Mr. and Mrs. Jim Saito and family. They visited the Vernon Carlstroms' son-in-law and daughter, Mr. and Mrs. Gary Noble and son of Portland.

The Rev. and Mrs. R. A. Hadden and family returned Aug. 2 after visiting their parents, other relatives and friends in Spokane.

BOYDELLS ARRIVE HOME

Mr. and Mrs. A. H. Boydell arrived home Aug. 3 after a two-week visit with her brother-in-law and sister, Mr. and Mrs. W. J. Feinen in Bremerton, Wash. The Feinens returned home with the local couple for an indefinite visit. Enroute to Nyssa, they were guests of the Boydells' son-in-law and daughter, Mr. and Mrs. Harold Rhodes and family in Milton-Freewater.

VISITS JACKSON FAMILY

Mrs. Guy Thompson of Abernathy, Texas, arrived Aug. 3 to visit her son and daughter-in-law, Mr. and Mrs. Wilton Jackson and family. Mrs. Thompson was enroute to her home after spending three weeks with another son in Anchorage, Alaska.



THIS IS DIRK SAPPE, young son of Mr. and Mrs. Bug Sappe, who was first place winner in the bikes and trikes division of Saturday's Back-to-School parade. Sign on his gaily decorated two-wheeler reads, "Vote NO—School; YES—Swimming Pool."

Nysson Presented Scholarship Award During TV Program

Georgia L. Peterson Hendricks, daughter of Mr. and Mrs. C. Grant Peterson of Nyssa, has been awarded a \$500 scholarship to Boise college from the Laura Moore Cunningham foundation. Mrs. Hendricks will be a member of the first junior class this fall at the college which now has four-year status.

She also was on the dean's list for scholarship achievement during the second semester of the 1964-65 school year, earning high honors in the group with grade point averages from 3.75 to 3.99.

A total of nine \$500 scholarships were awarded by the foundation, with three going to new freshmen, three to sophomores and three to juniors.

At the presentation ceremony held recently at the Idaho First National bank, the Nysson appeared on television with three other recipients and accepted congratulations of Dr. Eugene B. Chaffee, president of Boise college, and Tom Frye, executive vice president of the bank, who presented the scholarship checks on behalf of the foundation.



NAVY RESERVE CHIEF WARRANT OFFICER DIRICK E. NEDRY of Nyssa tries his hand at the signal lamp aboard the attack aircraft carrier USS Hancock while on a recent two-week active duty training period. Hancock returned May 29 from four months of combat action off the Viet Nam coast and is now undergoing repairs at the San Francisco Naval Shipyard.

AUXILIARY MEETS

Sunset Valley auxiliary met last Thursday afternoon at the home of Mrs. Magnus Ekanger.

Lodge Groups Slate Annual Family Picnic

Annual summer picnic for members of the Odd Fellow and Rebekah lodges and their families is being planned for Sunday, Aug. 15, it is announced by Mrs. Tom Johnson, co-chairman of the event.

The dinner will be served at 1:30 p.m. on the lawn at the Johnson home, 312 South Fourth street, weather permitting. In case of inclement weather, the meal will be served in the IOOF hall.

Those planning to attend should take own table service and a picnic lunch.

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