Oregon State University Specialist

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 total about 12 cents per pound-

to the family budget-maybe. plus the cost of the produce. Of Velma Seat, Oregon State uni- course, if you already have a versity extension food marketing freezer, you may be ahead by specialist, points out that the eco- freezing foods, just to keep your nomies of canning your own fruits freezer in use. and vegetables depend on several things. One of the most important fresh produce.

access to low-cost produce, you serving is one-half cup. A quart may well be ahead to can or of home canned food yields eight freeze it. On the other hand, if servings. A 10-ounce package of you must buy the produce at re- frozen fruits or vegetables will tail, the final cost might equal or usually serve three. Commercialbe more than the cost of the com- ly canned foods often state the mercially canned or frozen pro- number of servings on the label. duct, she says. You must start with good quality, fresh produce if you are to turn out a tasty product, it was emphazied.

Must Consider Costs

be considered.

ture, these costs average around five cents per quart. This will already have containers which distance to get your produce.

that it costs approximately \$1.30 for the decision. 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 age about two percent of the At Bridal Shower freezer cost.

Costs Total 12 Cents a Pound

According to USDA estimates, pound package. All of these costs

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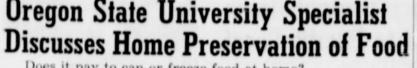
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Answers range from an enthusiastic "yes" to a resounding "no," according to who answers the question. And any of the

To compare the cost of commercially processed food with that is the availability and quality of of food canned or frozen at home, says Mrs. Seat, you should figure If you have a home garden, or the cost per serving. A standard

Time Is Consideration

Another factor to consider is your time. For the working wife Also, in canning, the cost of might better be spent in some Herman Towne. containers, lids, fuel and invest- other fashion. On the other hand, ment in canning equipment must if you enjoy the sense of accomplishment that comes with canning According to information from and freezing your own fresh prothe U.S. Department of Agricul- duce, this should also be con-

Whether or not to can or freeze vary, depending on whether you your own food supply should be on your own decision-but conyou plan to re-use, and on local sideration of the price and availprices for canning supplies. You ability of fresh produce; the cost should also consider transporta- of the produce and processing tion costs, if you must drive some materials, compared with the price of the commercially canned The price and operating costs product; the time you have availof your freezer must be included able to can or freeze foods at in cost of home freezing. One home; and your own preference-Oregon utility company estimates should help form a sound basis

Shared by Guests By Ruth Robbins

LINCOLN HEIGHTS-Miss Laray Walz was honored July 27 with a miscellaneous bridal showpackaging materials for freezing er held at Malheur Butte Baptist food cost about two cents per church. The social committee of the church and friends arranged

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 Mey-

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 resi-

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.

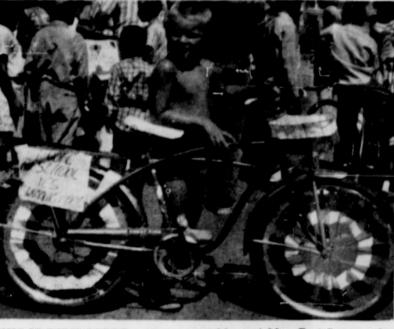
Recent Saturday evening guests at the Elmer and Vernon Carlstrom homes were the men's sisters and their husbands, Mr. and Mrs. O. L. Brannon of Fruitland, Mr. and Mrs. Howard Tompkins of Boise and niece, Mr. and Mrs. Jim Saito and family. They visited the Vernon Carlstroms' son-inlaw and daughter, Mr. and Mrs. Gary Noble and son of Portland. The Rev. and Mrs. R. A. Hadeen 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 twoweek visit with her brother-inlaw 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. Bud Sappe, who was first place winner in the bikes and trikes division of Saturday's Back-to-School parade. Sign on his gaily decorated twowheeler reads, "Vote NO-School; YES-Swimming Pool."

KLAMATH FALLS GUESTS

Mr. and Mrs. David Johansen

TAKE NEW MEADOWS TRIP

Bruce Hipp and his uncle, and family of Klamath Falls ar- Dutch Hipp of Ontario, spent the ter's cattle.

Nyssan 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 Nyssan appeared on television with three other recipients and accepted congratulations of Dr. Eugene B. Chaffee, president of Boise college, and Tom Frye, executive or mother, Mrs. Seat points out, rived Sunday for a week's visit weekend near New Meadows vice president of the bank, who time spent in canning or freezing with her parents, Mr. and Mrs. where they rounded up the lat- presented the scholarship checks on behalf of the foundation.

NAVY RESERVE CHIEF WAR-RANT OFFICER DIRICK E. NEDRY of Nyssa tries his hand at the signal lamp aboard the attack aircraft carrier USS Hancock while on a recent twoweek 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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