

Recipes From Tar Heel Kitchen

By MISS YORK KIKER
N. C. Dept. of Agriculture
Years ago, Dr. George Carver may have discovered numerous uses of peanuts, but currently Americans are making their own discovery of peanuts. The interest in peanuts doubtless has been effected by the political spotlight on a family associated with the peanut industry plus the high price tag and scarcity of tree nuts.

Among the discoveries are the many uses for peanuts and their importance as a source of food energy, protein, fat, phosphorus, niacin, and thiamine. Discovery of the available forms of peanuts can help in shopping satisfaction.

How is your peanut vocabulary? Peanuts are sold in glass jars, cans, bags, and other types of packages and are available in many forms:

In The Shell: Raw (jumbo and fancy are the grades available). Roasted, Roasted-Salted in the shell.

Shelled: Raw-red skins on (extra large and medium grades); skins have been removed.
Salted: Cocktail, Dry Roasted.

Boiled: Peanut granules and peanut meal, in peanut butter, candies, cookies, and other confections.

The North Carolina Department of Agriculture Tarheel Kitchen home economist served as one of the judges at the recent Carolina-Virginia Peanut Trade Show held in Ahoskie. After all the sampling, peanuts still taste good! The first place winners in the different categories and their recipes as submitted to the judges follow:

Appetizers & Salads
Peanut-Apricot Spread
Annette G. Linkins
Winton, N. C.
1 cup peanut butter

1/4 cup honey
1/4 cup wheat germ
1/4 cup apricot preserves
1/2 cup chopped peanuts
Mix all ingredients in bowl. Then put into 18 oz. peanut butter jar for using with crackers, raw vegetables, apples, etc.

Breads
"Peanut Bread"
Vonnice M. Roberts
Sunbury, N. C.

3/4 cup sugar
1/2 cup soft shortening
2 eggs
3 tablespoons buttermilk
2 medium ripe bananas, mashed
2 cups sifted self-rising flour
1/4 teaspoon soda
1 cup chopped peanuts

Heat oven to 350 degrees. Mix together thoroughly sugar, shortening and eggs. Stir in buttermilk, mashed bananas and flour, then stir in soda and fold in chopped peanuts. Bake in bread loaf pan 50 to 60 minutes.

Cakes
"Peanut Apple Delight"
Harriette R. Mellar
Hayes, Va.

3 eggs beaten-2 cups sugar-1 cup salad oil-mix altogether. Sift and add to egg mixture 2 1/2 cups flour, 2 teaspoons baking powder-1 teaspoon soda, 1 teaspoon salt, add 1 teaspoon lemon extract and 3 cups chopped apples, 1 cup broken peanuts, 1 cup diced dates. Bake in a greased fluted pan 350 degrees for one hour, dust with powdered sugar and chopped peanuts - freezes well.

Cookies or Candy
"Peanut Balls"
Mrs. Nancy C. Edwards
Gaston, N. C.

2 cups roasted peanuts, chop into small or fine pieces, set aside for later use
1 lb. confectioners sugar
1 stick margarine
1 1/2 lb. 2 oz. jar smooth peanut butter
1 tablespoon vanilla

1/2 cake of paraffin
1 6 oz pkg. semi-sweet chocolate

Melt margarine, combine with sugar, add peanut butter and vanilla. Shape into balls like the size of a walnut. Melt paraffin and chocolate in top of a double boiler. Dip candy ball into chocolate. Stick toothpick into chocolate ball to pick up. Roll immediately in roasted peanuts. Place on waxed paper. Remove toothpick, repeat until all are dipped in chocolate and rolled in peanuts. Yields about 4 dozen. Very simple, ideal for a party.

Main Dish
Peanut Casserole Delight
Mrs. Mary Losson
Ahoskie, N. C.

1 cup peanut butter
2 cups mashed sweet potatoes
1 cup sugar
2 eggs
1/2 cup milk
1/2 stick butter, melted
1 teaspoon vanilla
1/2 teaspoon salt

Mix all ingredients together until well blended. Pour into a buttered baking dish. Sprinkle topping over.

TOPPING
1/2 stick butter
1 cup brown sugar
1/2 cup self rising flour
1 cup chopped peanuts

Melt topping ingredients in saucepan. Pour over casserole. Bake at 350 degrees F. for 30 minutes.

Pies
"Sophie's Frozen Peanut Pie"
Mrs. Sophie Johnson
Ahoskie, N. C.

8 ounce package cream cheese
1 1/2 cups confectioner's sugar
1 cup parched peanuts, finely ground
1 cup milk
2 9 ounce packages non-dairy whipped topping
2 regular pie crusts, baked & cooled or 2 graham cracker crusts (9-inch).
Dash of salt.

Whip cheese until soft and fluffy. Beat in sugar, slowly add milk, mix thoroughly. Fold in peanuts; add whipped topping, mix well. Pour into baked pie shell. Sprinkle with chopped peanuts or whole peanuts on top. Freezes well. Chill 'til firm in refrigerator. Keeps well in freezer also. Makes 2 pies.

Longer Lasting

Tiny batteries in watches may last more than a year, but inventors want them to last longer. One patent uses a battery recharged by sunlight or reflected light from bulbs, with the watch face acting as a solar cell. Another would use a radioactive element whose measured rate of decay would be converted into electrical impulses. The nuclear watch could run for more than a century.

GIVE YOUR TABLE THE RIGHT SETTING



AN ELEGANT TABLE includes extra decorative touches such as charming stoneware figures and sturdy stoneware dishes, all with the look of Danish good design.

Many successful hostesses have found that one secret to getting a gathering off to the right start is to start with the right setting for the table.

More than just a place for plates, a table should help to create a mood, complement the menu or welcome the guests—and gain compliments for the hostess.

One way to gracious entertaining is with the new natural look. Start with smart rattan mats and match them up to woven baskets, a simple ceramic bowl full of bright, dried flowers and plain candles set in spoon-shaped candle-sticks.

Accent your table setting as you do the rest of your home with charming figurines. To aid the natural setting, do as the Danes do and borrow for the table some pieces used in decoration around the house, such as these bird and animal figures. They're especially attractive when they're created in stoneware by the Danish makers of fine porcelain and quality tableware, Bing & Grondahl.

They also have just brought the delightful look of a Danish design to smart stoneware tableware. Called Tema, it's the color of oatmeal with green-bronze banding, executed in sturdy stoneware for a sophisticated natural look.

Keep your cloth simple—such as snowy white linen—and roll up the matching napkins in basic brown rings. Silverware with the same clean line and shine of the rest of the setting completes the picture—and makes it all a fine reflection on your taste and sophistication.

Voluntary Dismissals The Rule In Friday's Session Of Court

Voluntary dismissals were the rule of the day during Friday's mixed session of district court. Only nine of the 30 docketed cases were given a sentence other than voluntary dismissal by Judge Ben U. Allen of Henderson. Cases were disposed of as follows:

Arthur Arrington, simple affray, court costs.

Roy Jones, simple affray, called and failed. Ordered arrested for appearance on March 18 with bond set at \$1,000.

Hilliard Bullock, Jr., hit and run, court costs.

J. D. Burden, worthless check, voluntary dismissal.

Jesse Burnette, secretly peeping into room occupied by a female, voluntary dismissal.

John Burnette, assault with deadly weapon and carrying concealed weapon, voluntary dismissal on both charges.

Pauline Burnette, larceny, carrying concealed weapon and misdemeanor breaking and entering, voluntary dismissal granted on all three charges.

Tommy Glenn Burton, speeding 70 in 55 mph zone,

voluntary dismissal. Ivey Felts, public drunkenness, ordered to jail for not less than 30 days nor more than six months, suspended for one year on the condition that he pay fine of \$25 and court costs.

Lance S. Hill, misdemeanor possession of marijuana, voluntary dismissal.

Cris D. L. Weske, misdemeanor possession of marijuana, voluntary dismissal.

Tommie Pierce, nonsupport, court found that defendant had complied with court orders and ordered prayer for judgment continued for two years unless brought back by the court.

Mary Catherine Schools, failure to yield right of way, voluntary dismissal.

Joseph Shor, speeding 97 in 55 mph zone, bond forfeited and voluntary dismissal granted.

William Lewis Southerland, nonsupport, defendant found to be in direct contempt of court and ordered to jail for three days to be released at 8 a. m. on Monday. The jail sentence will clear out all of his arrearages and on March 7 the original order will be in effect.

Harold Spruill, second degree rape, voluntary dismissal.

Prince Albert Taylor, trespass, no guilty plea.
Howard Lee Wilder, speed-

ing 70 in 55 mph zone, called and failed.

Patricia Ann Ball vs. Ivory McGlen Hinton, prayer for judgment continued for five weeks.

Bessie H. Henderson vs. Judge Henderson, III, prayer for judgment continued for five weeks on condition the defendant continues to make support payments with case to be brought to court if at any time he fails to pay \$35 per week.

School Menus

March 14-18

[Subject to change without notice.]

Monday—Country style steak, creamed potatoes, green beans, cranberry sauce, hot rolls, milk.

Tuesday—Fried chicken, corn pudding, English peas, orange juice, rolls, milk.

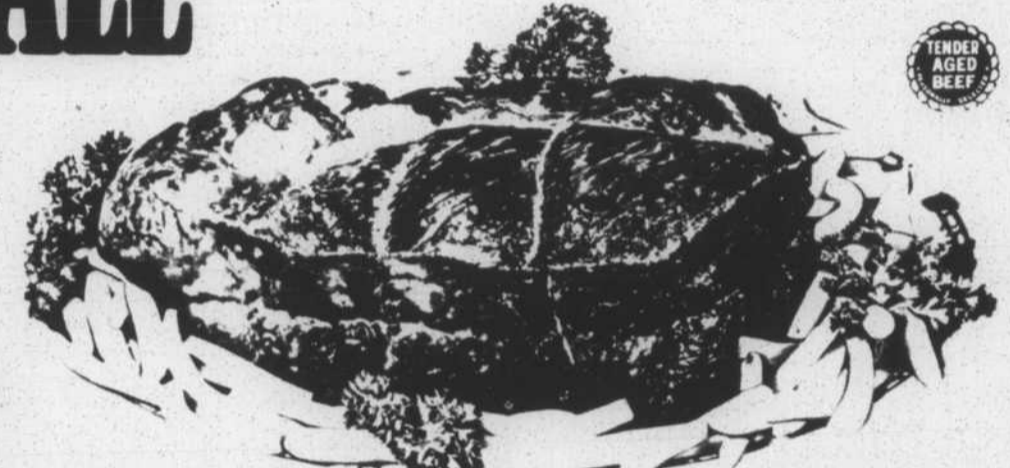
Wednesday—Pizza, tossed salad with dressing, peach shortcake, milk.

Thursday—Chicken salad on lettuce, butter beans, buttered potatoes, roll, banana pudding, milk.

Friday—Hot dog with chili and mustard, baked beans, slaw, iced sheet cake, chocolate milk.

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