



New Bern housewives (the ones with children) know that it's important to have an ample supply of peanut butter on hand. The 1962 crop of peanuts was 150,000 tons greater than anticipated requirements, so Junior's favorite spread should

Vegetables and Tuna Head List Plentiful Food

Summer vegetables and canned tuna will top the list of plentiful foods during August.

Miss Gaynelle Hogan, consumer marketing specialist for the Agricultural Extension Service at N. C. State, says that you will find many summer vegetables available. Among these will be tomatoes, sweet corn, snap beans, lima beans, beets, cabbage, and lettuce.

Other plentiful foods includes watermelons, peanut butter, and cooking and salad oils.

Watermelon production will be well above the 1957-61 average. Three thousand more acres have been planted. Good harvests are now bringing large supplies of top-quality melons to market.

To tie in with August Sandwich Month promotion, peanut butter has been added to the Agricultural Marketing Service's list. Production of 1962 crop peanuts was approximately 150,000 tons greater than apparent requirements. And the '63 crop is expected to again substantially exceed current needs.

Cooking and salad oils tie in nicely with outdoor cookery--for basting at barbecue and in summer salads. Stocks of edible oils are now about 700 million pounds higher than normal.

remain plentiful.

Despite last year's overproduction, peanut growers expect another excess crop for 1963. That's why peanut butter is being pushed heavily during August, the "Sandwich Month". It has been added to the Agriculture Marketing Service's list.

There has been an overproduction of cooking and salad oils too, with warehouse stocks 700 million pounds above normal. What effect this will have on retail prices remains to be seen, but keep in mind the fact that it's a buyer's market as far as oils are concerned.

According to Uncle Sam,

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three thousand more acres of watermelons were planted this year. We could be wrong, but it seems to us that in New Bern watermelons are less popular than they once were. Other types of melons are in greater demand.

Another typically American item--the hot dog--seems to have fallen on evil days too.

More New Bernians may be serving them at home than we realize, but at outside eating places the hamburger has pushed weiners out of the picture.

Judging by the heavy investment in sites, buildings and equipment, the business men who have hopped on the hamburger craze believe it is here to stay. The things have been

popular for generations, of course, but never in the past has there been such a surge as now.

Doing a lot to keep it going is the man at your house. Women and kids love them, but they appeal especially to the average male, who thinks a meal isn't a meal without meat. Very few hubbies are vegetarians.

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