

# March Set Aside As Peanut Munching Month

Days and weeks are frequently set aside to honor people, events and even foods. The friendly "goobers," peanuts, are so popular that one entire month is devoted to their special recognition. It is "March Peanut Munching Month," but peanut lovers munch every month.

Even though peanuts are often considered only as snack foods, they are important around the clock for high nutritional value and economical price. Peanuts play an increasingly important role in the American diet. According to the USDA, peanuts are second only to dried beans as the best bargain for persons seeking protein in the diet. Everyone is well aware that each person requires protein. Rumor says there is enough mental stimulation in one peanut to produce 30 minutes of serious thinking. That may or may not be true, but peanuts are a good source of important B vitamins in addition to the protein.

North Carolina peanut growers furnish approximately 12 percent of the nation's total peanut production. It is almost exclusively the large podded Virginia-type variety which is used mainly as salted nuts, raw and roasted in the shell. The main peanut producing area, which yielded nearly \$90,000,000 last year, is primarily in the northeastern part of North Carolina.

Peanut butter and jelly sandwiches may take a lot of kidding but are enjoyed by young and old. Joe Sugg, executive secretary of the North Carolina Peanut Growers Association, has his own recommendation for a speedy, nutritious lunch. Spread one piece of bread with peanut butter and one with pimento cheese. Put the bread together with a big slice of onion or tomato in the middle. And lettuce, if desired. Serve with a big glass of cold milk. Joe suggests you have to try the sandwich to believe how good it is.

For breakfast, spread bread with peanut butter and toast. A special treat to tempt the appetite is Peanut Cinnamon Toast.

Peanut Soup is traditional in some places yet there are frequent requests for recipes from people who are unfamiliar with this soup. There are many variations, but Quick Peanut Soup is satisfactory and can be made from ingredients likely to be kept on hand at home. This soup hits the spot for a quick lunch or supper.

Peanut Broccoli Casserole was a winner in one of the peanut cooking contests. In case the family is not great on green vegetables, this dish should help change their minds.

Space limits recipes for using recipes around the clock, but your favorites plus the ones selected will furnish lots of good munching. Mrs. Betsy Owens has given permission to the Tarheel Kitchen home economist to offer additional information. Send a self-addressed long stamped envelope to N.C. Peanut Growers Association, P.O.

McCormick,

Joe Walker

## All Conference

Todd McCormick and Joe Walker, star basketball players for the Madison Patriots, were selected on the Little MAC All-Star Conference team, which was announced Saturday.

McCormick participated in the Blue-White game last Friday night on the Roberson court. McCormick accounted for six points in the game witnessed by more than 2,000 fans.

Carlene Gunter of Madison High was selected on the Little MAC All-Conference girls squad.

## EARL KNOCKS REFS

NEW YORK (AP) - Earl (The Pearl) Monroe, captain and star guard of the New York Knicks of the NBA, thinks the league should use more former players as referees. Monroe is displeased with the quality of those officiating.

Only one former player, Bernie Fryer, is working as an NBA referee. Fryer, who is in his first season, once played for the Portland Trail Blazers.

Box 1709, Rocky Mount 27801, and request "Nutrition in a Nutshell" leaflet.

**PEANUT CINAMMON TOAST**  
Blend together 1/2 cup peanut butter, 1/2 cup dark brown sugar, 1 tablespoon margarine and 1/2 teaspoon cinnamon. Spread on bread and toast in oven until bottom

of bread is brown.

**QUICK PEANUT SOUP**  
1/4 cup finely chopped onion  
1 Tbsp. butter  
1/2 cup smooth peanut butter  
1 can (10 1/2 ounce) cream chicken soup  
1 can (10 1/2 ounce) cream celery soup  
2 soup cans milk  
Cook onion in butter in

saucepan until tender but not browned. Stir in peanut butter and cook for several minutes more. Blend in soups and milk and heat. Yields 6 servings.

**PEANUT BROCCOLI CASSEROLE**  
2 pkg. (10 oz.) frozen chopped broccoli, cooked and drained  
1 can (10 1/2 oz.) cream chicken

quart casserole dish. Sprinkle with cheese. Bake at 350 degrees F. for 30 minutes. Yields approximately 6 or more servings.  
+Perk up casseroles with a peanut topping: 1/4 cup chopped peanuts mixed with 1/4 cup cereal, bread or cracker crumbs, and 2 Tbsp. peanut oil.

**DADIS #1**  
**AND OUR STEAKS ARE #1**  
• Choice, juicy cuts • Prepared to your taste  
We invite you • Tonight  
REASONABLE PRICES—FROM \$2.25 UP  
**MOUNTAINEER STEAK HOUSE**  
148 Tunnel Rd. ACROSS FROM MOUNTAINEER INN  
Open 5 P.M. to 12:00 P.M. Dial 254-3332

AD EXPIRES 3-25-78 \* WE RESERVE THE RIGHT TO LIMIT THE AMOUNT OF ANY PURCHASE.

# INGLES ZAPS HIGH PRICES

**WE ACCEPT USDA FOOD STAMP COUPONS**

**OPEN 8 TO 10 DAILY**

McCALLS COOK BOOKS  
FEATURE BOOK THIS WEEK...  
**FAMILY STYLE COOK BOOK**  
#8 **99¢** GET THE WHOLE SET  
AT ALL INGLES STORES

**MAXWELL HOUSE COFFEE** 269¢  
**MDI..BROWN-N-SERVE ROLLS** 3100¢  
**BAKERS..14oz. BAG** 129¢  
**COCONUT** 129¢  
**JELLO** 5100¢

**SHANK PORTION SMOKED HAM** 79¢  
BUTT PORTION 89¢  
CENTER SLICES 159¢

**GRADE A HALVES... TURKEY BREAST** 109¢  
**GENUINE NEW ZEALAND SPRING LEG-0** 139¢  
**LAMB** 139¢  
**PACK-O-BEES RIB EYE STEAKS** 1099¢

**SWIFT PREMIUM... BACON** 139¢  
**FRANKS** 89¢  
**LUNCH MEATS** 129¢  
**CHICKEN FRANKS** 79¢  
**COUNTRY HAM** 149¢  
**HAM BOWED** 239¢  
**FISH STICKS OR FISH FILLETS FRIED** 129¢

**WHOLE 11LB. AVG. WT. U.S. CHOICE RIB EYES** 259¢  
OLD FASHION HOOP 139¢  
CHEESE 139¢

**FINE FARE SALE!**  
303 YELLOW CLING... PEACHES 279¢  
303 FRUIT COCKTAIL 279¢  
303 BARTLETT PEAR HALVES 279¢  
8oz. CAN TOMATO SAUCE 689¢  
8oz. CAN TOMATO PASTE 489¢  
303 WHOLE WHITE POTATOES 4100¢  
303 CUT OR FRENCH GREEN BEANS 3100¢  
303 MIXED VEGETABLES 3100¢  
303 WHOLE KERNEL CORN 4100¢  
303 CAN CREAM CORN 4100¢  
303 CUT BEETS 4100¢  
303 CAN SWEET PEAS 3100¢

**CHIFFON..WHIPPED MARGARINE** 1lb. TUB 63¢  
**DELMONTE...1/2 CAN... PINEAPPLE JUICE** 289¢  
**GUEST RANCH PAPER TOWELS** 279¢

**GRADE A LARGE EGGS DOZEN** 67¢

**TEXIZE...GALLON JUG... FLUF FABRIC SOFTNER** 99¢  
**MDI...12oz. PACK SLICED CHEESE** 99¢  
**SPUDOS...8oz. BAG... POTATO CHIPS** 59¢

**R.C. COLA** 64oz. NO DEPOS 83¢

**REYNOLDS...37 1/2 FT. ROLL... ALUMINUM FOIL HEAVY DUTY** 69¢  
**KING SIZE BOX DETERGENT... RINSO** 189¢  
**SECRET...4oz. CAN. SPRAY... DEODORANT** 97¢  
**PREL...3oz. TUBE... SHAMPOO** 129¢

**WESSON OIL** 43oz 139¢

**DUKES...QT. JAR... MAYONNAISE** 79¢

**FROZEN FOODS**  
TATER BOY...5lb. BAG... 99¢  
CRINKLE POTATOES 99¢  
TROPHY...10oz. SLICED STRAWBERRIES 3100¢  
MORTON...11oz... 2100¢  
DINNERS PET RITZ...2ct. PK. 289¢  
PIE SHELLS 289¢  
MDI...8oz. WHIP TOPPING 49¢  
PET RITZ...26oz. COBBLERS 99¢  
SEALEST...1 GAL. ICE CREAM 129¢

**FLA..40SIZE..WHITE or PINK GRAPEFRUIT** 10100¢  
"NEW CROP" RED... LOOSE POTATOES 559¢  
CANTALOUPE 59¢

**FRESH FLORIDA LETTUCE** 3100¢