

FOOD FORUM

Dorothy Johnson

National Peanut Week

When one speaks of peanuts, our thoughts immediately turn to one of America's greatest chemists, George Washington Carver. The United Peanut Growers Association asked Dr. Carver to appear before Congress in 1921 to tell them of the many uses of the peanut. He was given ten minutes to speak.

"I've been asked by the United Peanut Growers Association to tell you something about the peanut and its possible extension," Dr. Carver began. He told of the peanut's food value, rich in properties; of its chemical constituents, and the peanut's wonderfully rich possibilities for utilization.

He told them of instant coffee which has in it cream and sugar, of worchestershire sauce and pickles, all made from the peanut. His ten minutes up, Dr. Carver graciously sat down, but was urged to tell the Ways and Means Committee about the production end of the peanut. He spoke to a spellbound Congress for two and one-half hours.

The Committee moved that the hearings were finished. Its members adjourned to another room and voted to include the peanut in the emergency H.R. 2435 Tariff Bill.

Here are a few authentic recipes by George W. Carver.

PEANUT STRIPS WITH BANANAS

2 c. mashed banana pulp, 1 c. wheat flakes, 1 c. flour, 1 c. peanut meal, 1 c. sugar, 1/2 c. creamed butter, 1 tsp. salt. Blend all together. Roll out to a half inch thickness, cut in strips and bake in quick oven.

PEANUT ALMOND FUDGE

1 c. peanuts deeply browned--crushed or ground, 1-1/2 c. sugar, 1 c. milk, 1 tbsp. butter, 1 tsp. almond extract. Brown 1/2 c. sugar in a granite pan and add milk. When brown sugar is thoroughly dissolved, add one cup of granulated sugar and the butter; boil to the soft-ball stage. Flavor with extract; add peanuts; beat until creamy. Pour into buttered tins, and mark off into squares.

PEANUT AND CHEESE NIBBLERS

1/3 c. butter, melted; 4 tsp. worchestershire sauce, 2 tsp. salt, 7 slices white bread, cubed; 1 jar (9 oz.) dry roasted spanish peanuts, 1/3 c. cubed cheddar cheese, 5 strips cooked bacon, crumbled. Combine melted butter, worchestershire, and seasoned salt and toss with bread cubes in a roasting pan. Bake at 350 deg. for about 30 minutes or until toasty brown, stirring occasionally. Cool. Combine with cheese, peanuts and bacon. -- Something different for delicious television snacking or to serve as party fare.

PEANUT BUTTER BAR B-Q SAUCE

(Is superb served hot over short ribs of beef, pork spare ribs, weiners, turkey or chicken.) Melt 1/2 lb. butter and stir in 2 qts. catsup, 1-1/2 qts. chopped celery, 1 qt. water, 2 c. each chopped onion, lemon juice, and peanut butter; 1 c. each packed light brown sugar, and vinegar; 1/2 c. worchestershire sauce, 1/4 c. prepared mustard, 4 tsp. salt, 1/4 tsp. hot pepper sauce.

PEANUT BUTTER BREAD

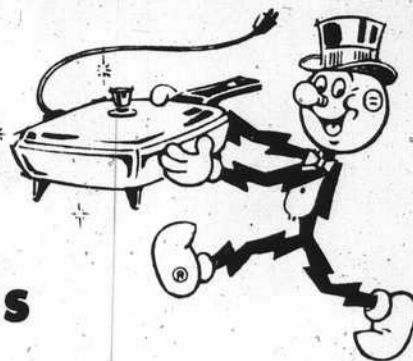
2 c. enriched flour, 3 tsp. baking powder, 1-1/4 tsp. salt, 1/3 c. sugar, 1 c. peanut butter, 2 eggs, 1/2 c. evaporated milk, 1/2 c. water. Mix and sift the flour, baking powder, salt and sugar. Cut in peanut butter or rub in with finger tips. Combine slightly beaten eggs and milk and water. Add to the dry ingredients and stir just enough to moisten. Pour into greased loaf pan and bake at 325 deg. for 1 hour or until done.

PEANUT BUTTER PUDDING

2 c. cold milk, 1/2 c. chunk-style peanut

REDDY KILOWATT'S

HELPFUL HINTS FOR HOMEMAKERS



Seldom will you find a single cooking appliance which can cook and serve so many delicious meals so easily. Use it -- the electric skillet -- for baking this cake.

CHOCOLATE SKILLET CAKE

- | | |
|-------------------------------------|-------------------------------|
| 1/2 cup cocoa | 1/2 cup shortening |
| 1/2 cup cold water | 3 eggs |
| 1-1/2 cups sifted all-purpose flour | 1/2 cup buttermilk |
| 1 tsp. soda | 1 tsp. vanilla |
| 1/2 tsp. salt | 4 (1 oz.) milk chocolate bars |

Add water to cocoa gradually; mix well. Sift together dry ingredients in large bowl. Add shortening, un-beaten eggs, cocoa mixture, and buttermilk. Beat 3 minutes. Add vanilla and remaining buttermilk. Beat 2 minutes. Line bottom of Electric Skillet with aluminum foil. Pour batter on foil. Arrange chocolate squares on top of batter. Cover and set control at 275. Bake about 30 minutes. Serve from skillet either warm or cold with whipped cream, ice cream, or plain.

New electric fry pans have added features. Many may be immersed in water for easy cleaning. Some have extra-deep bottoms and others have high dome covers. These may be used for roasting as well as for frying, stewing and baking.

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butter, 1 pkg. instant pudding mix (any flavor). Pour milk into mixing bowl. Add peanut butter and pudding mix and beat slowly just until well mixed, about 1 minute. Pour into individual serving dishes. Let stand to set, about 5 minutes. Chill until ready to serve. Garnish with chocolate sprinkles or finely chopped peanuts.

FASHIONS

By Mattie Smith Colin (NPI)

For 1968, emphasis is on party clothes and jewelry. The stone as a status symbol is conspicuously absent in the new fashions. The trend is toward the exciting and gay.

The bracelet and brooch, in artful designs, make the fashion scene in both precious and semi-precious stones. The brooch is rapidly ascending the throne now occupied by earrings.

Jewelry, definitely an important accessory, is adored by most women. Inasmuch as it is usually worn directly on the skin, it flatters the eyes, ears, hair and complexion -- if it is sparkling.

Stones, whether precious or simulated, require some attention periodically to retain their lustre, as dull jewelry detracts.

When your jewelry becomes dull, why not give it a good cleaning? To protect the stones, wash them, preferably in a basin or on a sink with proper drain control.

To two cups of hot water, add a tablespoon of household ammonia and a few very mild soap flakes. Grime and dirt loosen if rings, bracelets soak for only a few moments. . . a small toothbrush or "Q" tip can be used to work around high settings.

Rinse jewelry in two cups of hot clear water, to which a tablespoon of ammonia has been added. Then drain on tissues.

Afro-American History Week Goal Of Legislators

WASHINGTON - (NPI) -- All the nation's black U.S. Representatives have joined in sponsoring a resolution to have the week including Feb. 14, designated as Afro-American History Week.

Rep. John Conyers, Jr. (D.-Mich.) led a bipartisan group of 55 Congressmen from all over the United States in introducing the resolution. Among the 55 were these Negro Congressmen:

William L. Dawson (Chicago), Robert N. C. Nix (Philadelphia), Charles C. Diggs, Jr. (Detroit), and Augustus F. Hawkins (Los Angeles).

Feb. 14 is the significant date in Afro-American History Week because it is the day which Frederick Douglass chose to celebrate his birthday. Born a slave, Douglass became an eloquent abolitionist and worked not only to free the slaves, but to gain equality for all Americans.

"For 42 years, Afro-Americans have observed the week of Frederick Douglass' birthday to observe the contribution of the black man to civilization," said Rep. Conyers.

"Several states have made proclamations relating to this special week, but the federal government has never given official recognition to an Afro-American History Week. We introduce this joint resolution because we feel it is time that Congress corrected this oversight."

Conyers is a member of the Judiciary subcommittee which has jurisdiction over this type of legislation in the House of Representatives. His resolution has already gained the support of a majority of his subcommittee and of a number of members of the full Judiciary committee.