



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

Peanuts are not Nuts?
Did you know that peanuts contain more protein than any other kind of nut? (of course, they are not nuts at all - peanuts are legumes.) Most common nuts are about 10 to 25 percent protein, peanuts, with 25 percent, are highest. And a more economical source of protein would be hard to find.

A record peanut crop is indicated this year, and will be moving into the market in volume this month. This will assure large stocks of fresh and processed peanuts to meet back-to-school lunch demands, and will mean plentiful supplies for consumers, too.

A useful thing to know when you are shopping for peanuts is how many servings you will get from the amount you purchase. One pound of unshelled peanuts, for instance, gives you about 12 ounces of shelled peanuts, about 2 1-3 cups. With this information you should be able to decide how much to buy.

When buying peanuts in the shell, remember also to choose clean ones that are free from splits, cracks, stains or holes. Do not buy moldy peanuts, for they may not be safe to eat.

Shelled peanuts, or nutmeats, should be plump and fairly uniform in color and size. Limp, rubbery, dark or shriveled kernels may be stale.

It takes only a little imagination to make company fare out of plain food when you add peanuts. For instance, you can serve sour cream with

peanuts on garden vegetables or baked potatoes. Or add peanuts to meat, poultry, or seafood salads.

Try slivered or sliced peanuts in tossed vegetable salads. For waffles, biscuits or muffins, stir peanuts into the blended dry ingredients before adding liquid. Sprinkle cupcakes with peanuts before baking and skip the frosting. For a spread on crackers or celery, add finely chopped roasted peanuts to cream cheese that has been blended with a little milk.

Try this recipe for **MEDITERRANEAN CHICKEN!** It not only makes use of peanuts, but another food which is plentiful this month, chicken.

1 tablespoon butter or margarine
1 tablespoon onion, chopped
1/2 cup celery, chopped
10-ounce package frozen, French-style green beans
1 tablespoon Pimiento, chopped
2 cups cooked chicken, chopped
2 cans, 10 1/2 ounces each, Cream of Mushroom Soup, condensed
1/2 teaspoon Oregano
White pepper, as desired

2-3 cup roasted peanut halves
1 tablespoon minced parsley

To Prepare: Melt fat in 2 or 3 quart saucepan. Add onion, celery, and beans. Cover and simmer over low heat about 15 minutes, stirring occasionally, until beans are tender. Add pimiento, chicken, soup, and seasonings. Cook 10 minutes longer to blend flavors, stirring as needed to prevent sticking. Stir in peanuts. Sprinkle with parsley before serving. Serves 4 to 6.

How to Buy Honeydew Melons

Buying honeydew melons can be a real puzzle. Is it ripe? How long will it take to ripen at home? What does the flesh look like when it is ripe?

In most cases melons on display are rarely ready to eat. Some stores may claim that everything in sight is ripe and ready-to-eat. Others may label individual honeydews as "ripe."

If you are on your own, pick out a melon that has a greenish-white smooth rind. When a honeydew is ready to eat it changes to an even creamy color, has a waxy feel to the surface, and gives off a pleasant fruity fragrance. In addition, there may be a slight softening at the blossom end. Most honeydews need to be left at room temperature for a day or two to fully ripen.

Honeydew melons average from five to seven pounds each. Their pale green, juicy flesh is honey sweet when mature.

Society 6

Farm Women Society 6 met recently at the home of Mrs. Musser Heisey, Mount Joy RD2. Daniel Akwu and Daniel Enefola, students at Elizabethtown College, told the Society about their home country of Africa and education there during the program.

Also on the program was an organ recital. Devotions were led by Miriam Heisey.

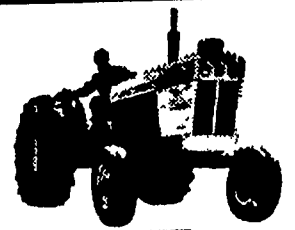
The Society was entertained recently by Society 23 at the home of Mrs. Ralph Kauffman near Camp Manor.

Plans were made for several Society members to go to the Harrisburg State Hospital at 6 p.m. September 11 to give a birthday party for patients there. Plans were also made for a bus

trip to Washington, D.C. on October 7.

Six members of the group volunteered to help with Christmas seals on October 10.

Margaret Haines became the new secretary of Society 6.



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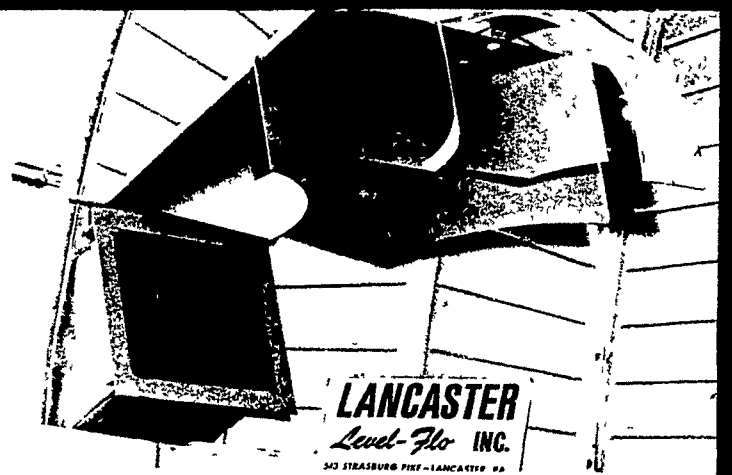
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