

Peanut butter, a hit with Americans

LANCASTER — Peanut butter and jelly, peanut butter and banana, peanut butter and apple slices — the list of "peanut butter and" sandwiches goes on and on. Then there are peanut butter cookies, peanut butter fudge, and even a delicious peanut butter soup.

No wonder Americans suffered during last winter's peanut shortage. The good news is that this year's crop forecasts are good, according to Greta C. Vairo, Extension home economist with the Extension service.

Peanut butter as we know it today evolved from research in the 1920's. A major development was

the introduction of stabilizers which prevent oil separation inside the jar. Easier to use and to store, stabilized peanut butter became the choice for most consumers, and the peanut butter use greatly increased.

Another milestone was the establishment by the U.S. Food & Drug Administration of a "Standard of Identity" for peanut butter. The standard, effective in 1971, set up the following major requirements for any product sold as peanut butter: peanuts must account for at least 90% of the content, and the remaining ingredients are limited to salt, sweetener and stabilizer. The

standard rules out use of artificial flavors and colors and chemical preservatives.

If a product fails short of the 90% peanut mark or fails to meet the other requirements it can't be called peanut butter. That's why you'll see some products labeled "imitation peanut butter" or "peanut spread." They simply do not fill the standard for peanut butter.

Just because there is a standard of identity, don't assume that all peanut butter is the same. There are differences in flavor among brands, and manufacturers devote much attention to the roasting process and the types of seasonings to achieve ideal flavor.

Aside from brand choice, you can also select smooth or crunchy peanut butter. Industry sources say that smooth outsells crunchy about three to one.

In recent years there has been something of a revival of the old-fashioned product which contains 100 percent peanuts and the oil still

Penn State offers nut course

LANCASTER — Of the many kinds of nuts grown in this country, the walnut may be the most important. The black walnut, native to most of the eastern and central United States, is eaten at home but is not as important commercially as the English walnut grown near the Pacific coast.

Black walnut trees come in varieties with many different growth habits and characteristics

according to a Correspondence Course written by Penn State specialists. This course, titled Edible Nut Production discusses walnut varieties and teaches the culture of these food-producing trees.

Discussed in the course are points to consider in judging nuts; cracking quality, kernel flavor, nut and kernel size, and how well the nuts are filled.

Named walnut varieties differ in good points. The Stambaugh, a dependable yielder of large nuts, is planted often for commercial production. The Stabler is a favorite for home plantings because of its thin-shelled nuts.

The culture of chestnuts, hickories, hazels, and filberts are included in the course. The complete course on edible nuts is available to you by sending \$10, including postage, to NUTS, Box 5000, University Park, PA, 16802. Make check payable to PENN STATE.

Fran Sauder shares experiences

(Continued from Page B2)

with whom they had been corresponding since high school days. After visiting with these friends in northern Germany, the German son returned to the United States with the Sauders and spent three weeks in Lancaster County.

A member of Erisman's Mennonite Church, Fran serves as youth advisor and Sunday School teacher to fifth and sixth graders there.

While the Sauders do not have a large garden, Fran does enjoy canning and freezing and has plenty of opportunity with her husband's nearly 50 fruit trees.

A grandmother of four with another on the way, Fran says, "I enjoy being a grandmother. I miss them when I don't see them."

Fran believes that the Farm Women Society song, "Brighten the Corner Where You Are," aptly describes her feelings about society members and the part they play in serving others. The song is an inspiration to Fran and she lives her own life brightening the many corners where she serves.

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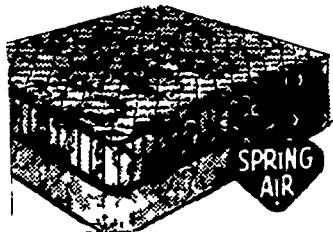
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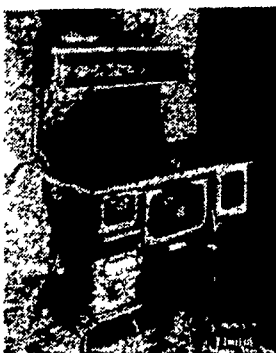
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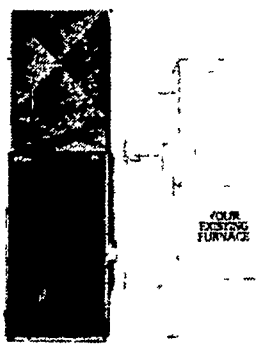
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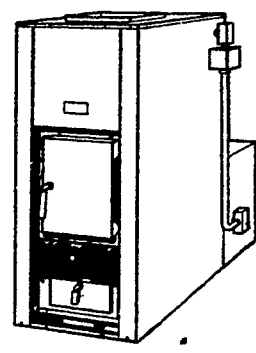
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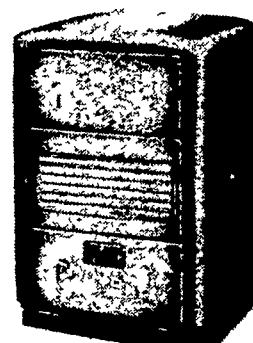
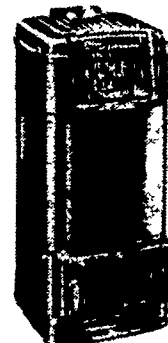
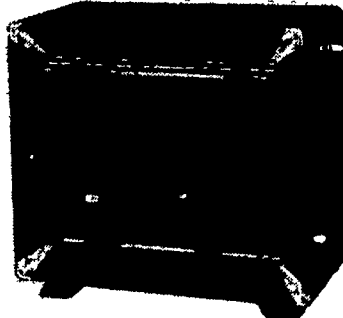


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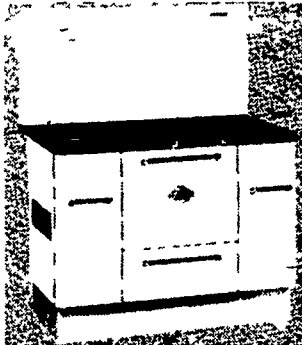


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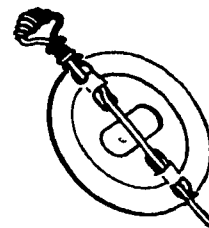
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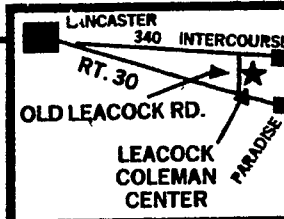


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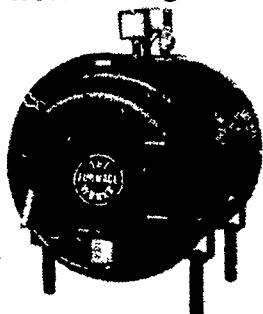


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