



**PEANUT BUTTER EATING** - Plentiful, bargain-priced peanut butter, favorite food of Boy Scouts and their (Boy Scout) fathers, makes good eating in many ways besides being surrounded by bread. Here we made Peanut Soup Creole, Southern Pork Chops, Vegetable Sauce Piquante and used it in a fruit salad dressing.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Peanut Butter Good for Things Besides Sandwiches

The peanut is a legume and belongs to the same family as peas and beans. Peanut butter was invented in 1890 by a St. Louis physician seeking a nutritious, easily digested and high-protein food for some of his patients; didn't get out of the health food category until about 1920.

Today peanut butter is a favorite food of millions of growing boys and girls; is acclaimed by Boy Scouts of two generations as most popular sandwich food. We rescued some of it from the sandwich makers and put it in recipes; found it perfectly delicious.

Nutritionists say that peanuts and peanut butter are probably the most nutritionally valuable food in daily use today by the American public. All peanut butter is not the same. There is a distinct taste difference between brands; variations in texture and spreadability.

### Peanut Soup Creole

1/2 cup chopped onion,  
2 tablespoons peanut oil  
1 tablespoon flour  
1 1/2 teaspoons salt  
1/2 teaspoon celery salt  
1/2 cup peanut butter  
2 cups milk  
2 cups tomato juice.

Saute onion in peanut oil until tender but not browned. Add flour and seasonings. Blend in peanut butter. Add milk gradually, stirring to blend. Cook and stir until mixture comes to a simmer and is thickened. Add tomato juice and return to heat just until it simmers. Serve hot. Five servings.

### Southern Pork Chops

For each four pork chops, proceed like this for a satisfying and delicious main dish.

4 pork loin chops  
1 medium onion, sliced  
1/4 cup peanut butter (smooth or crunchy)  
1/2 can cream of mushroom soup  
1/2 cup milk  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
1/8 teaspoon pepper

Brown pork chops quickly on both sides in small amount of fat. Pour off excess fat and return chops to skillet. Top each pork chop with thick onion slices. Mix peanut butter and remaining ingredients. Pour over chops; cover and cook over very low heat about 45 minutes or until tender.

### Sauce Piquante

A quick and easy way to dress up everyday vegetables. Combine one-third cup peanut butter and two-thirds cup milk, stirring to blend. Heat and serve over cooked broccoli, carrots, asparagus, cauliflower.

For variety, add two tablespoons chopped parsley or chives or 1/2 teaspoon chili powder, or one tablespoon tomato puree.

### Salad Dressing

Peanut butter here enhances the flavor of fresh or canned fruits in a distinctive salad. Can be made ahead, stored in covered container in refrigerator.

Blend one-half cup peanut butter (smooth or crunchy), one-half cup orange juice, one-half cup pineapple juice or pineapple-grapefruit juice, one-fourth cup lemon juice, one-half teaspoon salt, two tablespoons honey; stir well to blend. Makes 1 1/2 cups dressing.

### Oven Browned Potatoes

Now and then a homemaker says that her oven browned potatoes "dry out" so she doesn't have them. Potatoes properly cooked around the roast during the last part of the roasting are a genuine flavor treat; make a fine accompaniment to the juicy roast when fixed like this.

Pare medium size potatoes and precook in water for 10 minutes; then place around roast, sprinkle with salt and pepper and bake 40 to 60 minutes or until tender, turn-

ing occasionally and basting with fat in pan. That turning and basting does it! If potatoes are not as brown as you like when roast is done, place them under broiler, turning to brown evenly.

### Caraway Cabbage

Use plentiful, crisp cabbage, quickly cooked, more often for a nutritious hot vegetable. Shred green cabbage; cook rapidly, uncovered, in a small amount of boiling salted water for about five minutes or until just crispy-tender. Many cooks over-cook it. Serve at once seasoned with butter, salt, pepper and a sprinkle of caraway seeds.

### Broiled Grapefruit

It's the peak of the desert grapefruit season. The fruit is unusually large and juice-packed this season; going to continue that way. Besides juicing it, offering it halved and sectioned as usual, and adding segments to fruit salads, try baking grapefruit as a dessert occasionally.

Allow half a grapefruit per person. Section it as usual being careful not to cut through the membranes. Remove center core. Place grapefruit halves in a baking dish, cut sides up. On each put a tablespoon of brown sugar, honey or maple syrup and a dot of butter. Broil slowly five to eight minutes until tinged with brown.

### Rabbits One of World's Tastiest Meat Treats

A staple delicacy in Europe, rabbit meat is gaining in popularity in the United States due to its high protein value, adaptability, good eating qualities and economy.

More than 80 percent of all domestic rabbit eaten in America is produced in southern California. Ways of preparing them are many and delicious.

Moderately priced, there's very little waste. The majority are available fresh-dressed though more and more producers are freezing and packaging them. Average weight is 2 1/2 pounds for frying and other good cooking ways.

### Braised Rabbit

Saute a cut-up plump young rabbit to a golden brown; then simmer to tenderness in California white table wine. Serve it with a quickly prepared, rich-flavored mushroom sauce and all the family will enjoy it thoroughly; ask for more.

1 young rabbit, cut up  
Flour, salt and pepper  
4 tablespoons butter or cooking oil  
1 cup California Sauterne or other white table wine  
2 tablespoons chopped parsley  
1 tablespoon chopped mushroom soup

Dust pieces of rabbit with flour seasoned with salt and pepper. Heat butter or cooking oil in large, heavy skillet; add rabbit pieces and saute until nicely browned on all sides. Add wine, parsley and onion; bring to boil. Cover tightly and simmer gently for 45 minutes to an hour or until tender. Remove to heated platter and keep warm. Add mushroom soup to skillet drippings; mix well and heat to simmering. Pour gravy over rabbit or serve separately. We belong to the "serve separately" school.

Portland - (UPI) - Construction will start about July 1 on the first of five supermarkets to be built in the Portland area this year by Albertson's Food Centers of Boise.

The first shaken cocktail is believed to have been made in the tavern of Increase Arnold in Providence, R.I., during Colonial times. It consisted of "rum, milk, sugar, finely cracked ice from the ice house." It was shaken in a silver coffee pot "until the frost was on the pot."

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