

Pack peanut butter in your child's lunch box

As the school year begins, preparing nutritious lunches and after school snacks becomes a priority to dedicated meal planners. It's often difficult to combine the nutritional concerns of parents with the food likes and dislikes of children. However, a favorite ingredient that satisfies both needs is peanut butter.

Peanut butter is high in protein and is also a good source of the B vitamin, niacin. Did you know that 2 tablespoons (25 mL) of peanut butter, about the amount used on one sandwich, contains as much protein as 1 medium egg or 6 oz. (200 mL) milk?

Peanut butter sandwiches can be varied in an infinite number of ways. Try spreading whole wheat bread with peanut butter and top with sliced bananas and chopped dates. Or, spread a bagel with peanut butter and cream cheese and top with peach slices. The possibilities are endless.

Besides the all-time favorite sandwich, peanut butter can be used as an ingredient in baking to provide nutritious, energy packed treats that your children will love. Here are three suggestions: Skippy Chip Cookies, an irresistibly delicious snack that's bound to disappear quickly, for a variation of the favorite peanut butter cookies, try the Hint of Orange Spice Cookies - a definite taste pleaser, and Peanut Butter Banana Muffins are a great "pick-me-up" snack to satisfy those after school appetites.

Skippy Chip Cookies
1 cup Skippy Super Chunk or Creamy peanut butter
1 cup butter
¾ cup sugar
¾ cup brown sugar
2 eggs
1 cup all purpose flour

1 cup whole wheat flour
1 tsp. baking soda
½ cup chocolate chips
Cream peanut butter and butter in large bowl. Gradually beat in sugar, brown sugar and eggs. Combine all purpose flour, whole wheat flour and baking soda. Stir into creamed mixture. Stir in chocolate chips. Drop by spoonfuls onto cookie sheet. Flatten with fork. Bake at 350°F 10 minutes. Makes 4 dozen.

Hint of Orange Spice Cookies

1 cup Skippy Super Chunk or Creamy peanut butter
¾ cup butter
1 cup brown sugar
2 eggs
2½ cups all purpose flour
1 tsp. baking soda
½ tsp. cinnamon
¼ tsp. nutmeg
Grated rind of 1 orange
Cream peanut butter and butter in large bowl. Gradually beat in brown sugar and eggs. Combine flour, baking soda, cinnamon, nutmeg and orange rind. Stir into creamed mixture. Drop by spoonfuls onto cookie sheet. Flatten with fork, pressing down once, then a second time at right angles to first imprint. Bake at 350°F 10 minutes. Makes 5 dozen.

Mary, Mary, quite...

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The matter of housing for senior citizens is also a concern of Houston's. Because we lack a senior citizen apartment complex, many citizens retire and leave the town where they have lived and worked for much of their lifetime.

Finally, Mr. Houston's perception of the role of Reeve is that of a mediator and negotiator in dealing with the council, with other levels of government and with fellow citizens.



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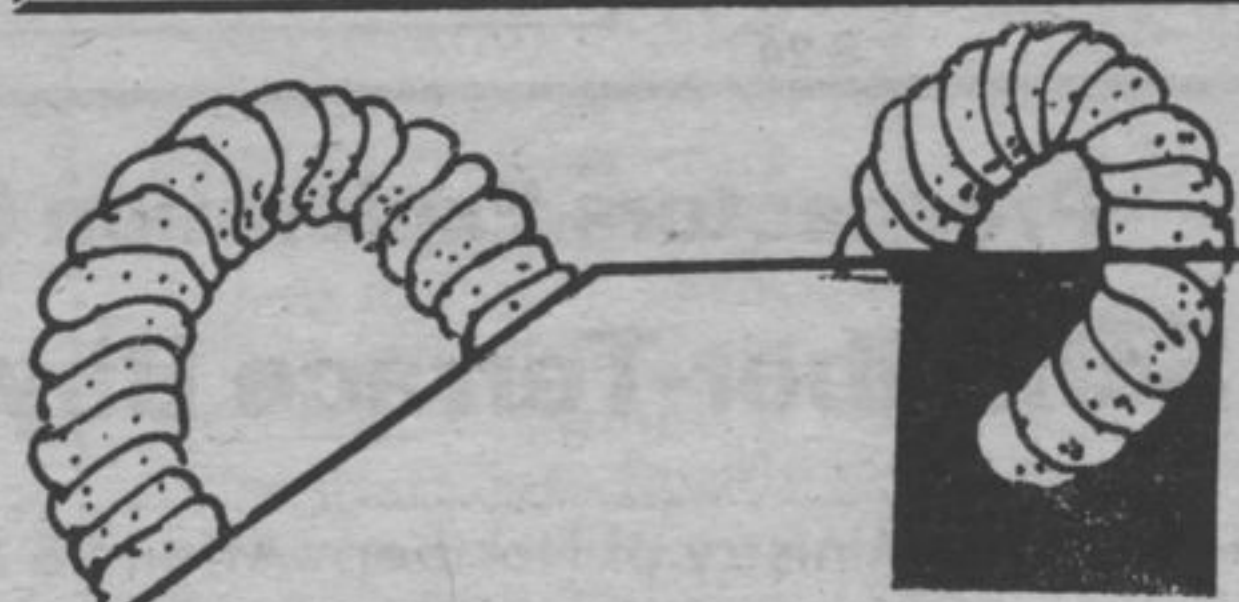
Mon., Nov. 11, 1985, 11 a.m.

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Schreiber Legion Branch 109
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R.A. Saarinen,
Secretary-Treasurer.



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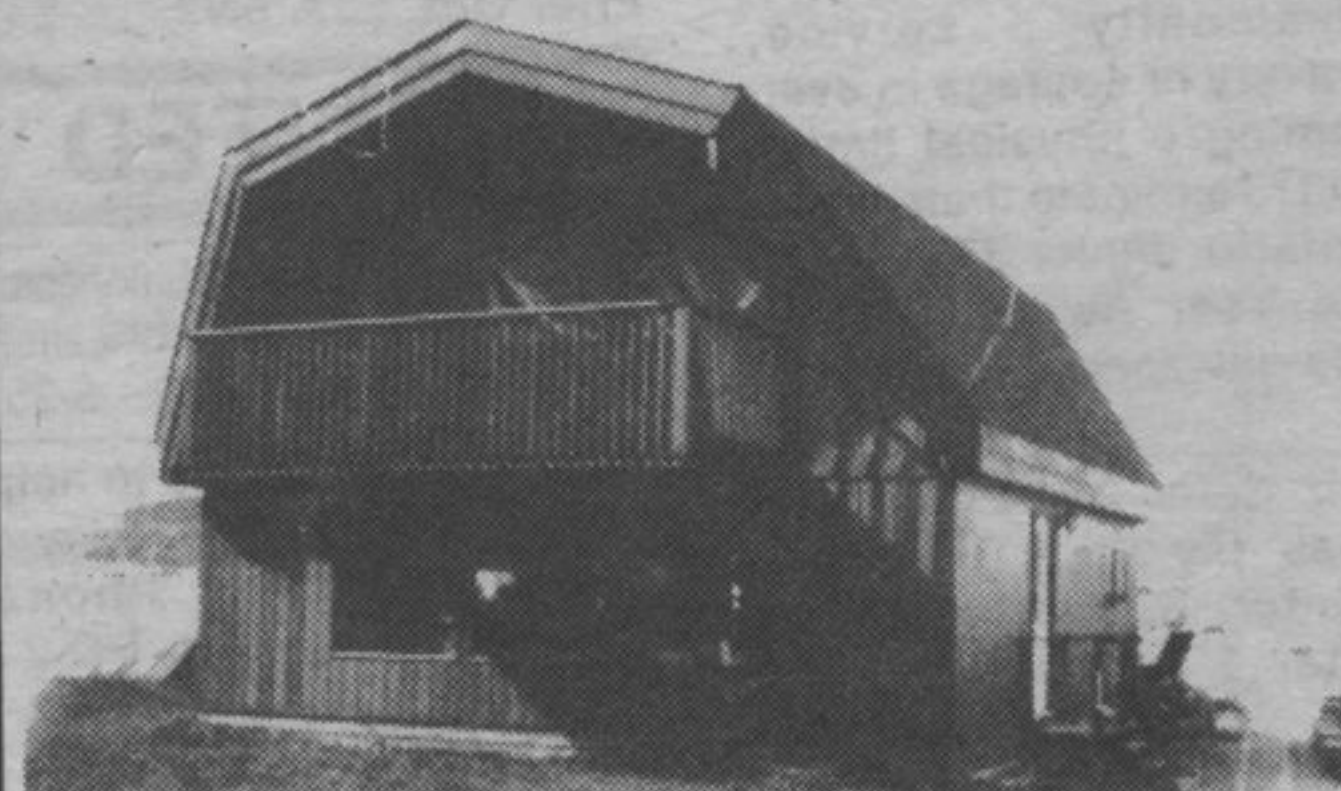
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