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In Italy in the 1800's a chance meeting between a poor priest and a street urchin served to create a movement of such success that it is still growing today. Don Bosco became the priest who brought youth back from the streets — and back to God.

He reasoned that a program of play, learn and pray would make useful citizens of the world. He crowded out evil with reason, religion and kindness in a (what was then unheard of) atmosphere of family.

The ideals of St. John Bosco are still with us today. His work goes on in boys clubs, technical and academic schools, guidance centers, summer camps and missions. And his very human approach is very evident in the family spirit of the Salesians. This is the way he wanted it. This is the way it is. The Salesian experience isn't learned — it's lived.



For more information about Salesian Priests and Brothers, mail this coupon to:  
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**Salesians OF ST. JOHN BOSCO**  
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I am interested in the Priesthood  Brotherhood

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## entertainment

# Meal that stick to the ribs — peanut butter protein-rich

Peanut butter was developed as an easily digested high protein food in the 1890's by a doctor from St. Louis. Started as a health food, peanut butter was ladled out by grocers from big tubs or pails after it was stirred to make its consistency uniform.

Today peanut butter is stabilized so the oils will not separate and extra protein may be added, as some essential amino acids are lacking. There is a jar of peanut butter in four out of five American homes and consumption is increasing. A 1970 study estimated Americans consumed more than 235,000 tons of peanut butter a year.

Peanut butter can be made at home quite simply with a blender or some type of food grinder.

### PEANUT BUTTER

1 cup shelled peanuts  
 1½ tablespoons vegetable oil  
 ½ teaspoon sugar  
 ¼ teaspoon salt (Do not add salt if peanuts have been salted.)

Crush peanuts in blender at high speed. Add oil, sugar and salt. Blend on low speed until creamy. Add more oil if necessary.

Peanut butter can be used as a protein substitute although it needs to be supplemented with complementary proteins for complete balance of essential amino acids. Four tablespoons of peanut butter equals a three ounce portion of meat. Peanut butter is relatively high in calories (95 calories per tablespoon). Although it is high in fat, it is largely monounsaturated fat and contains no cholesterol because it is a vegetable product.

Peanut butter can be used for any meal or snack. Here are some recipe ideas for a peanut butter breakfast or anytime.

### RAISIN PEANUT BUTTER

Mix ¼ cup crunchy peanut butter, 2 tablespoons chopped seedless raisins, 2 tablespoons orange juice. Spread on hot toast.

### PEANUT BUTTER WAFFLES

These waffles are crisp and light. Slightly sweet, they have just a subtle but delicious taste of peanut butter.

1 cup whole wheat flour  
 ¼ cup milk powder  
 ½ teaspoon salt  
 2 teaspoon baking powder  
 1½ cups milk or water  
 2 eggs, beaten  
 ¼ cup honey  
 ½ teaspoon vanilla  
 ½ cup peanut butter

1) Stir together the flour, milk powder, salt, and baking powder.

2) In a separate bowl, beat the eggs, honey, vanilla, and peanut butter. Then mix in the milk.

3) Add the liquid mixture to the dry and stir until the ingredients are smooth.

4) Bake on a hot, oiled waffle iron.

Variation - Peanut Butter Pancakes: Use the same

recipe as above but use only ¾ cup milk or water.

Yield: 8 waffles

Sandwiches other than straight peanut butter or peanut butter and jelly are possible also. Here are three recipes to change the plain peanut butter sandwich habit.

### BROILED PEANUT-HAM SANDWICHES

4 slices white bread  
 ½ cup peanut butter  
 4 ounces sliced boiled ham  
 1 can (8 ounces) crushed pineapple in juice, drained  
 2 tablespoons margarine, melted

1) Preheat broiler.

2) Place bread slices in a single layer on a cookie sheet; toast on one side in broiler.

3) Spread peanut butter over untoasted sides; top with ham. Spread pineapple over ham; drizzle melted margarine over top.

4) Broil, 4 to 6 inches from heat, 2 to 3 minutes, or until heated through. Serve hot.

Yield: 4 servings.

## sharon johnson sauces and pickles

### PEANUT-ORANGE TOASTIES

2/3 cup peanut butter  
 2 teaspoons grated orange peel  
 8 slices unfrosted raisin bread

1 egg

½ cup milk

dash of salt

Vegetable oil

1) Mix peanut butter and orange peel in a small bowl. Spread on 4 slices of the bread; top with remaining slices to make sandwiches.

2) Beat egg with milk and salt in a pie plate. Dip sandwiches into mixture to coat both sides.

3) Saute in oil in a large skillet, turning once, until golden. Serve hot.

Yield: 4 servings.

### PETER RABBIT SQUARES

1/3 cup peanut butter

1/4 cup chopped raisins

1/4 cup grated raw carrot

1/4 cup chopped celery

dash of salt

2 tablespoons mayonnaise or salad dressing

8 slices whole wheat bread

1) Mix peanut butter, raisins, carrot, celery, salt, and mayonnaise in a small bowl; spread on 4 slices of the bread; top with remaining bread.

2) Cut each sandwich in half lengthwise and crosswise to make 4 small squares.

Yield: 4 servings.

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