

### PHYSICAL FITNESS IS AN AMERICAN WAY OF LIFE

Most Americans are very conscious of physical fitness. They watch their diet... try to get adequate rest and relaxation... and engage in some form of moderate exercise daily. Exercise is good for you. It strengthens and tones muscles and helps keep you physically fit. Medical experts recommend some form of exercise to people of all ages.

Exercise can be as strenuous as a set of tennis or as mild as a walk in the country. It can be as exhilarating as a game of basketball or as

routine as fifteen minutes of calisthenics in the morning. It all depends on your likes and dislikes, your age and your health.

You use up a lot of energy when you exercise, but that energy can be restored with nourishing food. Fortunately, most energy-giving foods are delicious and easy to eat. Peanuts, for example, are among the most nutritious foods known. While usually eaten by the handful, a pound of peanuts would supply 1 1/2 times the recommended daily protein allow-

ance and enough calories to fulfill the daily energy allowance for a grown man. Peanuts are delicious as they are or when used as an ingredient in salads, sandwiches, cookies and desserts.

Here are two delicious, energy-giving treats that are perfect for after-sports snacks. Tutti-Frutti-Nutty Sandwiches have a luscious filling of Planters Cocktail Peanuts, dried apricots, pitted prunes, raisins, cream cheese, sugar and orange juice. Sweet and creamy Strawberry Nut Sandwich Cake is simple to make and lovely to look at. A mixture of peanuts, strawberry jam and cream cheese is sandwiched between layers of sliced pound cake. The cake is then frosted with sweetened whipped cream and garnished with fresh strawberry halves.

The matron, Janet Hawley, in her retiring speech "A Beacon To Pursue" said her work had been a pleasure because of everyone's cooperation and she will hold in her heart many pleasant memories.

The patron, Joseph Beale, also spoke and said he was retiring from office but will always be working for the order.

Mrs. Mary Earle, of Phoenix, sang "Give Us This Day" in their honor. Mrs. Jean Beale, President of the Past Matrons Club, presented the retiring matron with a gift from the Past Matrons Club. The retiring matron and patron were then escorted to the altar where they were presented engraved pens and they signed the officers' page in the Bible. The gavel was then turned over to Joseph Beale for the ceremony of installation, and the New Matron, Viola Smith and Patron, Harry Smith, were installed with the emblems of their offices.

Mrs. Mary Earle sang "What A Wonderful World" in their honor. The other officers were presented in turn by the Marshal, Janet Hawley and the Assistant Marshal, Newell Barnard, for installation.

Associate Matron, Janet MacDonald; Associate Patron, Eugene Walker; Secretary, Ethel Lewis; Treasurer, Dolores Ure; Conductress, Phyllis Thornton; Associate Conductress, Betty Miller;

Trustee, Janet Hawley. Trustees, Helen Seiber, Beatrice Walker, Chaplain, Greta Hamer, Marshal, Eleanor Myers, Assistant Marshal, Wendy Griffin; Musician, Georgia Ives; Historian, Agnes Fry, Warden, Ann Painter, Sentinel, Betty Bartholomew; Color Bearer, Yvonne McEwen; Adah, Beverly Bennett; Ruth, Polly Knapp; Esther, Doris Fairbrother; Martha, Carol Boyce; Electa, Mary Cocopoli.

Following the ceremony of installation the Associate Matron, Janet MacDonald, and the Associate Patron, Eugene Walker, presented gifts to the Smiths from their fellow officers.

Mrs. Eleanor Myers, Marshal, presented a gift from the New Members Club.

The District Grand Officers were asked to speak and all congratulated the Smiths and wished them well.

The retiring Matron and Patron were escorted to the dais and were presented gifts and certificates of leadership.

Worshipful Master, Lewis Parker, of Hiram Lodge, was present and he also congratulated the Matron and Patron and introduced the Master Masons present. Guests were present from Watkins Glen, Oswego, Hannibal, Phoenix, and Solway.



For a quick-energy lift after a set of tennis or calisthenics, try these delicious sandwiches. Tutti-Frutti-Nutty Sandwiches and Strawberry Nut Sandwich Cake are made with energy-giving Planters Cocktail Peanuts.

#### TUTTI-FRUTTI-NUTTY SANDWICHES

- 1/2 cup chopped Planters Cocktail Peanuts
- 1/2 cup chopped dried apricots
- 1/2 cup chopped pitted prunes
- 1/2 cup chopped raisins
- 1 package (3-ounce) cream cheese
- 1/4 cup sugar
- 2 tablespoons orange juice
- 16 thin slices bread
- 5 tablespoons Fleischmann's Margarine

Combine Planters Cocktail Peanuts, apricots, prunes and raisins. Cream together cream cheese, sugar and orange juice. Blend in fruit mixture.

Spread each slice of bread with about 1 teaspoon Fleischmann's Margarine. Spread each of eight slices of bread with 5 tablespoons cream cheese mixture. Top with remaining bread slices. Cut sandwiches into desired shapes. Makes 8 sandwiches.

#### STRAWBERRY NUT SANDWICH CAKE

- 1 (11 1/4-ounce) frozen pound cake, thawed
- 1/2 cup chopped Planters Cocktail Peanuts
- 1/2 cup strawberry jam
- 3 packages (3 ounces each) cream cheese
- 2 cups sweetened whipped cream

Slice pound cake into four equal layers.

Blend together Planters Cocktail Peanuts, strawberry jam and cream cheese. Divide mixture into 3 equal portions. Spread each portion between two layers of cake. Cover top and sides of cake with whipped cream.

If desired, garnish with sliced strawberries. Makes 10 to 12 servings.

### Mr. and Mrs. Harry Smith installed by O.E.S.

Mr. and Mrs. Harry Smith were installed as Matron and Patron of Elizabeth Chapter No. 105, Order of Eastern Star, at recent ceremonies.

Mrs. Janet Hawley, Matron, and Joseph Beale, Jr., Patron, welcomed all and had the visiting Grand Officers escorted to the dais. Mrs. Gladys Peck of Oswego, District Deputy Grand Matron; Warren Blanchard of Phoenix, District Grand Lecturer; and Mrs. Jean Beale, of Fulton, Grand Color Bearer, were present.

The matron, Janet Hawley, in her retiring speech "A Beacon To Pursue" said her work had been a pleasure because of

everyone's cooperation and she will hold in her heart many pleasant memories.

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# WEEKLY SPECIALS

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