

Ladies Have You Heard?

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CONVECTION OVENS GOOD FOOD DRYING APPLIANCE

If you are thinking about investing in a food dehydrator to dry this year's bounty from the garden consider your options.

Food dehydrators are expensive, single use appliances. For very little more money, you can purchase a countertop convection oven with drying racks and have a multi-use piece of equipment. Convection ovens differ from conventional ovens in that they have a fan in the cooking cavity that provides forced circulation of air as it is being heated. Just as the "wind chill factor" means that the air seems colder than it really is, the circulating air in the convection oven seems warmer.

As a result foods cook more evenly and faster — at lower temperatures. A study is being conducted at Penn State of the energy costs of cooking appliances and it has shown that drying foods in convection ovens is also faster and more even. A full load of apple slices will dry in about three hours, compared with eight to 24 hours in a conventional dryer.

The study is not yet complete but it has shown that convection ovens in these tests have used about half the energy of a con-

ventional oven. This can be a real energy saver over time.

BE A WISE

HEALTH CONSUMER

Don't let yourself get taken by consumer fraud and quackery. Studies have shown that the elderly in the United States are clearly the major victims of the modern medicine man's organized high pressure techniques.

The three major types of medical quackery that the elderly are susceptible to are nutritional quackery, drug quackery, and "miracle" cures for the chronic diseases.

Nutritional quackery — The vast majority of commercially sold vitamins and minerals contain elements not needed in human nutrition or not needed if a balanced diet is eaten.

Laxatives are another questionable product. Many times advertisements are geared toward the elderly. Laxatives should be used in minimal doses and not be self-prescribed. You should be careful not to use them excessively, because they may cause the digestive system to become "lazy" and dependent on the laxatives to stimulate eliminations.

Drug quackery — Beware of products claiming to restore your vitality, sexual potency, your hair, or

removed wrinkles and aging spots.

The need for prescription medication may leave you vulnerable to the generic versus brand name controversy. Many times a brand name drug will cost ten or fifteen times more than a non-brand name equivalent.

Don't forget that despite giant advertising campaigns for major brand names, all aspirins are about the same. You might as well purchase the cheapest brand of aspirin.

Cures for chronic disease — Beware of quacks who offer quick "miracle" cures

for your illness. The danger is that you may delay proper treatment in the crucial early stages of a disease. People suffering from arthritis and cancer are often victims of these quacks

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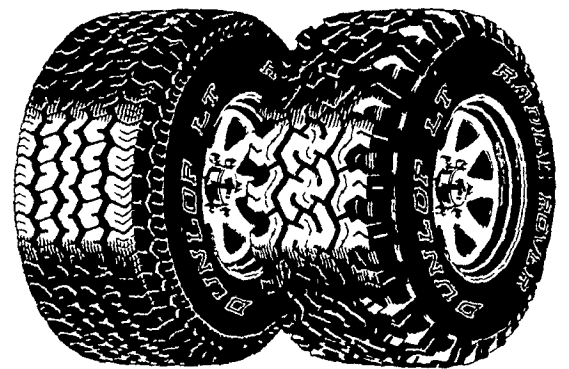
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