



**QUESTION** - Nancy Kramer, Newmanstown, would like some recipes for Eggplant Casseroles.

**QUESTION** - Harold Latshaw, Walnutport, would like some fudge recipes. He is also looking for a recipe for an old-fashioned, oval molasses cookie.

**QUESTION** - Mrs. R. Nolt, Leola, would like a recipe for "Speedy Sauce," a sauce where beef cubes are marinated overnight and barbequed on the grill the next day.

**QUESTION** - Donna Lencaski, Latrobe, would like you to share your favorite fall recipes like carmel apples and recipes using corn cut off the cob.

**QUESTION** - Carol Kernard, Elizabethtown, is still looking for a recipe for a homemade baking mix such as Bisquick.

**QUESTION** - Arnold Jo Daly, Crownsville, Md., would like recipes for apple strudel, flaky pie crusts, Italian spaghetti sauce with meat, and chili con carne with beans, ground meat and garlic.

**QUESTION** - Eileen J. Tarpy, Deptford, N.J., is still looking for a quick and easy cream of broccoli soup recipe, preferably without cheese.

### New home arts contest a success at Troy Fair

TOWANDA — Out of this world! Spectacular! Beautiful! The Linda B. Hulsander 4-H Building buzzed with exclamations like these as people recently viewed 260 home arts entries at the Troy Fair. Quality hand created clothing, pillows, quilts, afghans, loom woven coverlets, rugs, wall hangings, wood craft, refinished furniture and much more resulted in a magnificent display of talent. New this year, the home arts competition received tremendous support from exhibitors, volunteer helpers and contributors.

Eighty-one exhibitors won a total of almost \$1,000 in premiums, as well as ribbons, for their creative efforts. Of the total entries, 228 won monetary prizes. The three highest money winners were Joel Crayton, Towanda; Marie Hvezda,

Towanda; and Betty Sill, Wysox. Exhibitors came from almost every section of Bradford County: Troy, Towanda, Sayre, Wyalusing, Gillett, New Albany, Ulster, Columbia Cross Roads and many other areas.

Home Arts Committee members Marion Ballard, Rosemarin Lovell, Nelle Calkins and Shirley B. Fairchild are pleased with the first year's efforts and are looking forward to an even larger Home Arts show in 1985. Start your project NOW to exhibit at next year's fair!

## Cooking can increase fiber content of food

ITHACA, NY — Although cooking may reduce the vitamin or mineral content of some foods, it actually can boost the fiber content, an important component of the diet, says a Cornell University nutritionist.

Toasting, broiling, sauteing, and even frying foods such as vegetables, meat, and bread can increase fiber content because of the browning that occurs.

"The browning of foods is caused by a chemical reaction that destroys carbohydrates and essential amino acids," says Peter Van Soest, a professor of nutritional sciences and animal nutrition at Cornell University and one of the foremost fiber researchers in the country.

"Created in the process, however, are Maillard polymers, molecules which very closely resemble one of the fibers found naturally in some foods," says Van Soest.

As a result, bread crusts and toast, for example, have more fiber than the center of a loaf of untoasted bread.

Fibers in food are classified into five types: Cellulose and hemicellulose (which are prominent in bran), pectin (which home canners use), gums (used as thickeners in ice cream and salad dressing), and lignin (the substance that makes plants rigid).

The Maillard polymer is so similar to lignin that Van Soest calls it "artifact lignin."

In addition to cellulose and hemicellulose, lignin helps push food through the digestive tract more quickly, helping to prevent constipation, colon cancer, and diverticulosis, outpouchings in the gut. Lignin, as well as pectin and gums, binds with bile salts which may help keep cholesterol in check.

Although cooking may increase the lignin in foods, it can result in smaller amounts of pectin and gums, the water soluble fibers that help control cholesterol levels and modulate blood sugar. Pectin and gums also help promote the growth of bacteria that attack toxins and may help protect against hardening of the arteries, heart disease, and gallstones.

Sauteed and steamed

vegetables, for example, have more pectin and gums than boiled vegetables because more of the fibers leach out. Nevertheless, cooking vegetables actually increases the concentration of fiber because more of the other nutrients are destroyed in cooking.

Peeling fruits and vegetables also reduces fiber because much of the fiber is in the skin. And although pureeing doesn't matter, straining the puree reduces fiber because it removes the skin and seeds.

Van Soest points out that the size of certain food particles is important to maintain the beneficial effects of cellulose and hemicellulose. Coarse bran and wheat particles, for example, are much better for the body than finely ground flour because the physical structure of the cells have not been destroyed.

"One of the most beneficial effects of bran when it's coarse is its capacity to hold water and bulk the size of the stools," explains Van Soest. "Large particles may be thought of as rooms in a hotel if

you smash the hotel, you lose the space in the rooms. That's how it is with the cells in finely ground wheat particles."

Most Americans would benefit by at least doubling their fiber intake. One way to add fiber is to choose whole wheat bread in which the wheat particles are large.

"The breads that will do the most good for you are the ones where you actually can see the flakey bran particles," says the Cornell nutritionist.

Another way to increase fiber in the diet is to use grains such as buckwheat groats (kasha), brown rice, and bulghur because the grain is intact in these foods. Adding foods such as sesame or sunflower seeds to a recipe also can increase fiber.

Adding other high fiber foods to the diet, such as whole wheat products, cereals, grains, legumes, and fresh fruits and vegetables, would substantially increase the fiber intake and most probably take the place of highly refined and high fat foods.

### Saddle Cinches Horse and Pony Club

An old fashioned homemade ice cream social highlighted the July meeting of the Saddle Cinches 4-H Horse and Pony Club. Different members brought a variety of ice cream flavors to the meeting.

During July the club gave pony rides at charity functions, ran a food stand at local horse shows and got their horses ready for the county-wide roundup.

Eight members from the club qualified at the county roundup to continue to District competition. They were: Noel Benner, Heather Buller, Sandy Hall, Michelle Harris, Angie Heisey, Brian Miller, Bobbi Miller and Yvonne Peters.

The club is busily preparing for its Open Horse Show scheduled for September 1 in conjunction with the Elizabethtown Fair.

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