



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### SOLUBLE FIBER FACTS

Some of the nation's top health experts recently met to talk about an important component of many foods: soluble fiber. They agree that Americans are not eating enough of it. And that most consumers do not know about the health benefits of eating foods

high in soluble fiber. Research has revealed that soluble fiber can help control blood cholesterol levels when added to a low fat diet.

You have probably heard a great deal about soluble fiber without realizing it. It's the soluble fiber that gives oat bran its appeal.

The untold story is that soluble fiber is available from many sources and you should include more of it in your diet by choosing several different food sources every day.

One of the best sources of soluble fiber is psyllium (sil e um); the p is silent. Psyllium is a natural grain with a wholesome nutty taste. It is unique in that it is very high in soluble fiber, and also provides insoluble fiber. It contains eight times more soluble fiber than oat bran, and is one of the most concentrated sources of soluble fiber known.

Consumed in Asia for centuries, psyllium has been used in America primarily in popular bulk laxatives. People have been adding these products to their daily routines to increase their intake of fiber. But now psyllium can be

found in breakfast cereal, making it easier to include in our diet. And it certainly is more sensible to get the fiber we need from food.

Soluble fiber can be found in many foods, including grains like psyllium, barley and oats; legumes, including lentils, dried peas and beans; dried fruits like prunes, raisins and figs; and fresh fruits like apples and pears. To increase your intake of soluble fiber, try these simple hints:

- \* Add legumes or barley to soups and casseroles. \* Add dried fruits to desserts and salads.
- \* Grab an apple as a snack.
- \* Bake muffins with a cereal containing psyllium.

### SPICE MUFFINS

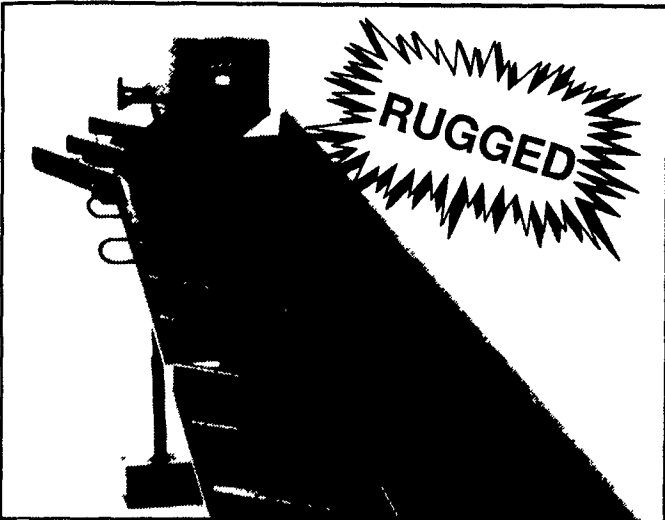
- 1-3/4 cups all-purpose flour
- 1/4 teaspoon salt (optional)

- 1 tablespoon baking powder
- 2 teaspoons pumpkin pie spice
- 2 cups Kellogg's Heartwise cereal
- 1/2 cup firmly packed brown sugar
- 1-1/4 cup skim milk
- 2 egg whites
- 1/4 cup vegetable oil

Stir together flour, salt, baking powder and pumpkin pie spice. Set aside.

In large mixing bowl, combine cereal, sugar and milk. Let stand 3 minutes or until cereal softens. Add egg whites and oil; mix well. Add flour mixture, stirring only until combined. Portion batter evenly into 12 lightly greased 2-1/2-inch muffin pans.

Bake in 400 degree F. oven about 20 minutes or until golden brown. Serve warm. Yield: 12 muffins.



## Patz® slide of COR-TEN® steel resists corrosion

COR-TEN steel provides atmospheric corrosion resistance for longer slide life.

Patz COR-TEN steel slides are painted to further protect against corrosion. COR-TEN steel holds paint longer than ordinary steel. If the paint is scratched, COR-TEN steel forms a tightly adherent oxide to "heal" itself.

COR-TEN steel is stronger than mild steel. The COR-TEN steel slide is welded to a 4 1/2 -inch by 6 1/2 -inch COR-TEN center box beam for extra rigidity.

The COR-TEN steel return slide lip is standard equipment. It helps keep the area clean.

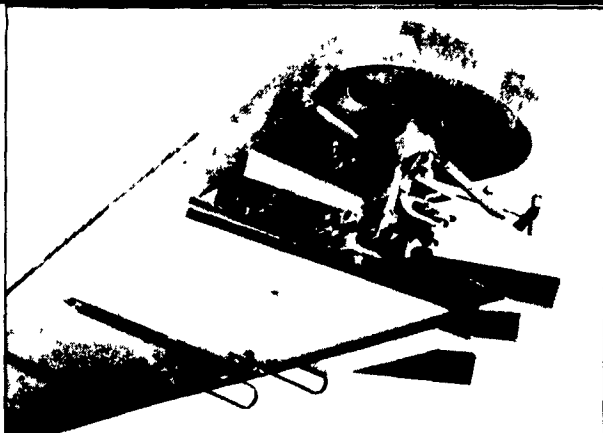
Patz can build slides to various widths and lengths. Ask your Patz dealer for details.

Ask your Patz dealer about the 10-year warranty on COR-TEN steel slides.

COR-TEN is a registered trademark of U.S. Steel Corp.



## OUR BREAD & BUTTER IS IN YOUR GUTTER! 3.9% Financing Limited Time



### Why Patz is No. 1

- Durable Patz hook-and-eye link chain Progression forging builds extra strength into hook-and-eye link contact points. Final heat treating increases hardness, strength and wear resistance.
- Four-tooth sprocket drives every link behind the hook—the link's thickest and strongest point.
- Chain flexibility for various layouts.
- Select 2" flites for solid manure or 4" high flites for slurry manure. 1/2-inch-thick flites are welded to Patz links. 1/2-inch-thick wear shoes extend flite life.
- Three drive unit sizes match your gutter length and allow expansion.
- Corner wheel top-and-bottom flanges guide the chain around the corner. Corner wheel assemblies remove easily for service without concrete breakout.
- Heavier XH link available for extremely long pulls.

### Why Patz Chain is Your Best Buy

- 42 years of hook-and-eye chain experience. Patz gives you proven performance and reliability.
- Special-formula steel plus forging and heat-treating techniques produce the wear resistance that gives you extra service life.
- 10-year extended warranty on chain backed by the reputable Patz name.
- Patz links are inspected to meet superior standards.
- 1/2 -inch thick flites for added strength.
- Two link sizes match gutter length.
- The 1/2 -inch thick wear shoe is made from the same steel as the link, so it lasts as long as the chain.
- The Patz link's enlarged eye area provides increased chain flexibility.
- Rounded bearing surface of link is forged for long life.
- Financing is available from participating dealers.
- Other gutter cleaners can be converted for Patz chain.

For more information on the genuine Patz link, contact us today.

# Patz



## SEE YOUR NEAREST PATZ DEALER

ALEXANDRIA  
MAX ISENBERG  
814-669-4027

BEDFORD  
BENCE'S FARM EQUIP.  
814-623-8601

HONESDALE AREA  
DEVRIEZE FARM  
EQUIP.  
717-729-7988

MILTON  
NORTH CENTRAL  
AG AUTOMATION  
717-437-2031

SOMERSET  
GROVE EQUIP.  
SALES  
Mark Krepper  
Cliff Lynn  
814-445-6306

LINEBORO, MD  
TRI-CO. DAIRY  
EQUIPMENT  
301-374-6616

BALLY  
LONGACRE  
ELECTRIC  
215-845-2261

CAMP HILL  
JOHN JONES  
717-737-5737

KINGSLEY  
POWERS  
EQUIPMENT  
717-434-2082

QUARRYVILLE  
UNICORN FARM  
SERVICE  
James E. Landis  
717-786-4158

HAGERSTOWN, MD  
TRI-STATE  
FARM AUTOMATION  
301-790-3698

WHITEFORD, MD  
ENDFIELD EQUIP.  
301-838-0480

BELLEVILLE  
LUCAS BARN EQ.  
814-383-2806

ELLIOTTSBURG  
CARL R. BAER  
717-582-2648

LEBANON  
CEDAR CREST  
EQUIPMENT  
717-270-8600

SHIPPENSBURG  
WITMER EQUIPMENT  
SERVICE  
717-532-6130

KENNEDYVILLE, MD  
PINDER SERVICE  
CO.  
301-348-5263

POUND, WI  
PATZ SALES, INC.  
414-897-2251

BELLEVILLE  
MILLER-LAKE Inc.  
717-935-2335

HAMBURG  
SHARTLESBURG  
FARM SERVICE  
215-488-1025

MIFELINTOWN  
ZUG FARM &  
DAIRY EQUIPMENT  
717-483-2606

DISTRICT MANAGERS  
Dennis Skibo  
717-664-2333  
Jim Biskl  
814-696-9447

**ASHLEY**  
WOOD & COAL STOVES  
NEW & USED FURNITURE  
**FISHER'S FURNITURE, INC.**

Bart, Pennsylvania 17503  
Rt. 896 at Georgetown - 6 Miles  
South of Strasburg  
Hours: Mon. - Thurs. 8-5, Fri. 8-8, Sat. 8-12

## Need Your Farm Buildings Painted?

Let us give you a price!  
Write: Daniel's Painting

637-A Georgetown Rd.  
Ronks, PA 17572  
(or leave message)

(717) 687-8262

Spray on and  
Brush in Painting

**FRANK A. FILLIPPO, INC.**  
**- WANTED -**  
**DISABLED & CRIPPLED COWS, BULLS & STEERS**  
Competitive Prices Paid  
Slaughtered under government inspection  
Call: Frank Fillippo -  
Residence - 215-666-0725  
Elam Ginder - 717-367-3824  
C.L. King - 717-786-7229