

# Consuming Thoughts

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Remember when we were told the evils of butter. Now newspaper articles are reporting that perhaps margarine isn't so terrific for us either. Whichever product you decide to use, here are a few things to keep in mind when choosing a fat for cooking or for eating as a spread according to Scott Murdoch, a nutritionist from Cornell.

• Saturated fat, which is associated with an increase in blood cholesterol, is the type of fat implicated in chronic illnesses, such as heart disease and cancer. Look for fats that are polyunsaturated or monounsaturated.

• Remember that no vegetable product contains cholesterol, which is found only in animal products.

• Here's a list of fats with the least saturated ones at the top, the most at the bottom. canola oil, for example, contains only 6 percent saturated fat, whereas butter is 66

percent saturated fat. Palm kernel and coconut oils, although derived from plants, are higher in saturated fats than fats from animal sources:

1. canola oil
2. safflower oil
3. sunflower oil
4. corn oil
5. olive oil
6. soybean oil
7. peanut oil
8. margarine (taken as an average of various brands)
9. sesame seed oil
10. cottonseed oil
11. vegetable shortening
12. chicken fat
13. lard, beef fat
14. butter
15. palm kernel oil
16. coconut oil

• This same list is a good reference for sources of alpha-linoleic and linoleic acids, the essential fatty acids needed for human

growth and development. Oils toward the top contain more of these than do fats toward the bottom. Canola oil contains 32 percent of the essential fatty acids, whereas butter contains 4 percent.

• We tend to think of mar-

garine as better for us than butter because it's made with vegetable oils. To make those oils into a spread, they are treated by a process called hydrogenation. Hydrogenation also turns an unsaturated fat into a saturated one. Not all margarines are alike. Some contain much more hydrogenated, that is saturated, fat than others. Read margarine labels carefully both for the types of oils used and for how many of them are hydrogenated.

• Hydrogenation isn't the only

way an unsaturated oil can become saturated. The use of heat or alcohol in extracting the oils from grains and seeds can also saturate the fat. Look for the words "expeller pressed," "naturally pressed," "cold pressed," or "naturally crushed" on the product labels. In the case of olive oil, look for "virgin" or "extra virgin." These extraction processes do not cause the oil to become saturated.

Just remember that there's no easy answer to finding the most heart-healthy fat.

## Hunters Beware Of Ticks

UNIVERSITY PARK (Centre Co.) — As hunters set off into the woods in November and hikers seek the wild trail, they must be aware that bullets, bears and deadfalls are not the only hazards in the forest. According to Dr. Charles Pitts, professor of entomology in Penn State's College of Agricultural Sciences, deer ticks (abodes scapularis) will continue to be active into early winter. These ticks can transmit Lyme disease.

"The biggest problem we have is diagnosis," says Pitts. "The symptoms of Lyme disease are so common that many infected people think they have the flu or a cold."

Symptoms include fever, headache, muscle pain, nausea

and swollen glands. About half of Lyme disease sufferers will develop a rash that begins as a red circular patch at the site of the bite.

If caught early, Lyme disease is easily cured with penicillin, tetracycline or erythromycin. Left untreated, the rash and primary symptoms will fade away.

Weeks or months later, secondary symptoms such as migraine headaches, arthritis, dizziness or an irregular heartbeat can surface. At this stage, Lyme disease is much more difficult to treat.

Pitts says a major obstacle to Lyme disease recovery is human nature. "When people take antibiotics for any kind of illness, they often quit taking the medication when they feel better," he says. "When the disease returns as the antibiotic levels decrease, the disease can be much more severe."

"Physicians often treat symptoms without knowing the exact diagnosis," Pitts says. "Lyme disease can be easily cured—if you take the entire prescription of antibiotics."

Lyme disease is transmitted almost solely by the deer tick. The deer tick has three stages: adult, nymph and larva. In most cases, humans are bitten by larval ticks,

which are roughly the size of the period ending this sentence.

In the adult stage, deer ticks are more likely to feed on white-tail deer, dogs, raccoons and foxes.

"Hunters should be particularly careful when handling game or dressing a deer," says Pitts. "Be careful not to cut yourself and make sure you have no open cuts because you could acquire infections from the deer."

There is not as much risk from adult ticks attaching to humans after the host deer has been shot. In most instances, hunters can dress or carry a deer without fear of ticks crawling onto them. "The tick's mouth parts anchor it to the skin," Pitts explains. "They also secrete a kind of cement that keeps them attached. They're usually on the deer pretty tight."

"Most experts believe the tick has to be on the body at least 24 hours to transmit the disease," Pitts says. "So it's really important to check your body carefully after being out in the woods."

To remove a tick, place tweezers close to the tick's head and pull straight back, taking care not to crush the tick. make sure all mouth parts are removed and wash and disinfect the bite area.

## Amish Quilts

Hershey (Dauphin Co.) — Amish quilts, internationally recognized for their distinctive colors and bold designs, are the subject of a Hershey Museum program given by Rachel Pellman at 3 P.M. on Sunday, November 20.

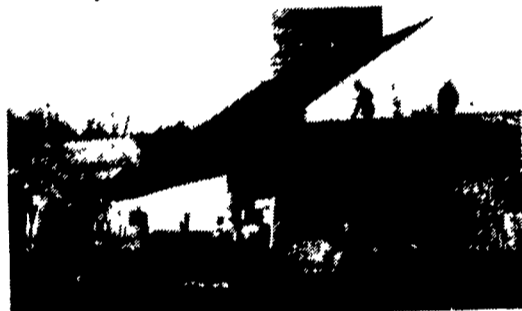
This program has been planned in conjunction with the museum's special exhibit "Quilt Family Album." The exhibit features a

collection of Pennsylvania German quilts dating from the 1860s through the 1930s which were made and treasured by one rural Lebanon County family. The quilts in the exhibit reflect Lancaster County and Lebanon County quilt tradition influences.

The program is free with museum admission. For more information call (717) 534-3439.

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