

Cook's Question

(Continued from Page B8)

ANSWER — Thanks to Bernard Seeko, Hackettstown, N.J., for sending a recipe he enjoys.

Spicy New England Pot Roast

3 tablespoons flour
2 teaspoons salt
¼ teaspoon freshly ground black pepper
4-pound boned, rolled beef arm or blade or bottom round pot roast of beef
3 tablespoons bacon drippings or oil
½ cup freshly grated horseradish or 4-ounce jar prepared drained horseradish (the horseradish loses its pungency as it cooks).

1 cup whole cranberry sauce
1 stick cinnamon, broken in two
4 whole cloves
1 cup beef broth
16 small white onions
1 bunch carrots, cut into 3-inch lengths

Mix the flour with the salt and pepper and dredge the meat in the mixture. Rub the mixture into all the surfaces.

Heat the bacon drippings or oil in a heavy Dutch oven or casserole and brown the meat in it on all sides very well over high heat. Pour off the drippings into a skillet and reserve.

Mix together horseradish, cranberry sauce, cinnamon, cloves, and broth and add to the meat.

Bring the mixture to a boil, cover tightly and simmer gently about two hours or until the meat is barely tender.

Meanwhile, brown the onions in the reserved drippings in the skillet. Add the carrots and cook two minutes longer. Drain from the fat and add to the meat broth. Cover and cook about 25 minutes longer, or until vegetables and meat are tender. Yields 8 servings. The gravy is delicious over noodles.

ANSWER — Here are some more apple pie recipes from Fran Westfall.

Fried Apple Pies

4½ cups flour
¾ cup shortening
2 teaspoons salt
1½ teaspoons baking powder
¾ cup sugar
1 cup milk
2 eggs, slightly beaten

Mix together dry ingredients; add milk and eggs. Mix until it is smooth and does not stick to hands. Roll dough and cut into 4-inch circles. Place 1 teaspoon apple filling in center. Fold over. Wet the edges and press edges with fork. Fry in deep fat until brown. Cool. Sprinkle with confectioners' sugar. Either canned or homemade pie fillings can be used in any flavor.

Batter-Fried Apple Rings

1 cup Bisquick
1 egg
½ cup milk
2 medium apples, pared and cored
Beat baking mix, egg, and milk with rotary beater until smooth. Grease griddle. Cut apples crosswise into ¼-inch slices. Dip slices into batter. Cook on hot griddle until golden brown, turning once. Serve hot and, if you wish, with syrup, jelly, or confectioners' sugar. Makes 2 dozen rings.

Apple Roll

2 cups flour
Little salt
2 teaspoons baking powder
2 tablespoons shortening

Crumbs for topping:

1 cup sugar
1 cup flour
2 tablespoons butter

Mix with hand and moisten with milk. Roll out a little thicker than pie crust. Spread with butter. Lay in an oblong pan. Sprinkle with sugar and cover with thin sliced apples. Add more butter and sugar and sprinkle with cinnamon. Roll up like a jelly roll.

To make crumbs, rub butter into flour and sugar. Sprinkle on top and sides. Pour boiling water on sides. Use apple, cherries, or any other kind of fruit. Bake for 30 to 35 minutes at 350 degrees. Serves 8 to 10.

Family Living Focus

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Diabetes

Diabetes mellitus is a chronic disease that affects approximately 13 million Americans. The disease is ancient one with notations of symptoms mentioned in classical Greek medical literature. However, it has only been during this century that medical research has been able to control diabetes and give those people with the disease a chance for a longer, healthier life.

The symptoms of diabetes include excessive thirst, frequent urination, increased hunger and food consumption, and loss of weight.

Diabetes affects the whole body and how it functions. Complications from diabetes include eye disease, severe nerve pain, kidney disease, and heart disease.

These complications develop because chronic increased blood sugar levels place an increased burden on all the body's systems. The circulating high blood sugar level reaches all areas of the body and causes a weakening of those parts.

Based on this description, it is easy to see why the condition of the toes, feet, and legs of people with diabetes is a strong concern of physicians. If blood cannot reach the extremities, an infection can arise from a simple bump on the toe.

The primary defect of diabetes is inadequate secretion of the hormone insulin from the pancreas. Persons with diabetes have bodies that do not produce or respond to insulin. Without effective insulin, the action or storage of body fuels, primarily glucose (sugar), is made useless. Sugar does not get into the cells of the body, but remains circulating in the bloodstream to cause the short-term and long-term complications mentioned above.

It is estimated that diabetes mellitus is undiagnosed in about 6.5 million Americans. Prevalence of diabetes increase with age, with about half of the cases in people older than 55. It is the fourth leading cause of death by disease in the United States and diabetes contributes to an increased cost of medical

care.

About 90 percent of known cases of diabetes are non-insulin dependent diabetes mellitus (NIDDM). Although approximately 80% of these people are obese or have a history of obesity, NIDDM can occur in the non-obese as well, especially in the elderly. A family history of diabetes also predisposes a person to this disease. Persons with this type of diabetes may or may not have the classic symptoms of uncontrolled diabetes (increased thirst, increased urination, increased hunger, weight loss), so regular screening for elevated blood sugar is recommended. This type of diabetes is usually controlled by dietary modifications, oral medications, and regular physical activity. Weight loss is associated with greater

Don't Get Burned By Pineapples

Why is it that when I eat raw pineapple, my lips start to burn? This doesn't happen when I eat canned pineapple.

It's not your imagination — there's a perfectly logical explanation for that lip-burning phenomenon.

Pineapple contains an enzyme that's partially responsible. It's a type of protease, or protein-digesting enzyme — called bromelain. Since this enzyme's job is to digest protein, it goes to work as soon as it finds some protein — and it finds some in your mouth. It certainly doesn't help that pineapple already has a relatively low pH, making it more of an acid than anything else. That combination packs a wallop on your mouth.

Canned pineapple also contains bromelain, of course, but the canning process is a pretty intense one. The heat can actually change the shape of the enzyme, and altering it even slightly inactivates bromelain

blood sugar control. Insulin injections may be initiated if the above treatment does not work.

Persons with insulin-dependent diabetes mellitus (IDDM) produce little or no insulin and are, therefore, dependent on insulin injections. Although this type may occur at any time, most cases are diagnosed in people younger than 30 years old.

What can you do? If you are 55 or older, overweight and inactive, or have a family history of diabetes, go to our physician for a blood glucose test. Many hospitals offer free glucose screenings on a regular basis.

Don't wait for the symptoms or complications to arise before seeking diagnosis and treatment.

If you are diagnosed with diabetes mellitus, follow our doctor's treatment plan that will include dietary changes, weight loss, if necessary, increased physical activity, and perhaps, medications.

Seek the referral to a registered dietitian who can give you individualized meal plans. Seek the resources of the American Diabetes Association who offer membership, a monthly magazine and a library of useful literature. Their number is 1-800-232-6733.

completely. So, it's not surprising that you don't get the same sensation from canned pineapple as you do fresh.

Bromelain is the same enzyme that prevents gelatin from setting, so avoid using fresh pineapple in your favorite gelatin salad. Canned pineapple shouldn't give you that problem.

But bromelain isn't all bad. Its protein-debilitating properties are one reason why pineapple juice makes a good marinade: "Breaking down muscle fibers" is akin to tenderizing meat. Plus, in one recent study, it prevented traveler's diarrhea in about half of 90 piglets infected with E. coli. Researchers think that the enzyme was sometimes able to interfere with the E. coli's ability to attach to the walls of the small intestine.

Chow Line is a service of The Ohio State University. Send questions to ChowLine, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.

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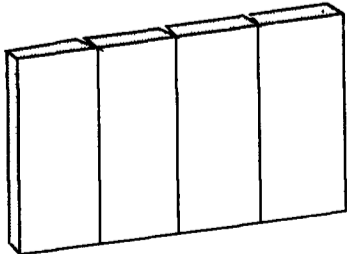
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