

# You Ask 'OU

This column is for readers who have questions but don't know who to ask for answers.

"You Ask—You Answer" is for non-cooking questions. When a reader sends in a question, it will be printed in the paper. Readers who know the answer are asked to respond by mailing the answer, which will then be printed in the paper.

Questions and Answers to this column should be addressed to You Ask—You Answer, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Attention: Lou Ann Good.

Or, you may e-mail questions and answers to [lgood.eph@lnpnews.com](mailto:lgood.eph@lnpnews.com)

Please clarify what question you are answering when responding.

Do not send a self-addressed, stamped envelope for a reply. If we receive the answer, we will publish it as soon as possible. Please include your phone number because we sometimes need to contact the person to clarify details. We will not publish your phone number unless you request it.

**QUESTION** — Mrs. LeRoy Hoover, Morgantown, writes that she has older magazines, National Geographic, Country Woman, Farm Wife News, Farm and Ranch, Young Companion, Black Board Bulletin, and Family Life, free to whoever can use them if they pay postage. Write to her at 247 Morview Blvd., Morgantown, PA 19543.

**QUESTION** — A Williamsport, Md. reader has used postage stamps to sell and some mint sets from 1973-1990. Call (301) 223-9644.

**QUESTION** — Raymond Zeiset, 319 Minnich Rd., Millersburg, PA 17061-9505, wants to find a set of computer program discs for Windows 3.1 version.

**QUESTION** — Robert Finke, R.1, Box 58, Seven Valleys, PA 17360, needs a belly-mount mower for his 1950's era Cub tractor.

**QUESTION** — Esther Kauffman, 190 September Rd., Honey Brook, PA 19344 wants to buy a used set in good condition of Bible Friends Books (not Bible stories).

**QUESTION** — Mrs. Thomas Maust, Berlin, writes that her son lives in Norway where he has a cabin without electricity. He would like to find a non-electric toaster. She would like one to give to him for Christmas. Anyone able to help her?

**QUESTION** — Thomas Stackhouse, Severn, Md., wants the name of a person or business that deals in antique cookstoves and parlor heaters. He also wants to know where to have items nickel plated in the Pennsylvania and Maryland area.

**QUESTION** — Garth Horlacher, Drums, wants to know where to find replacement parts for long wooden handled farm tools such as a three-prong hay fork and walk behind plows and cultivators. He also needs wood parts to repair a cradle-type scythe.

**QUESTION** — A Manheim reader needs a lid to the large green Tupperware canister set. Will buy the whole set of just the large green lid. Call (717) 665-4198.

**QUESTION** — L. Fisher, 7622 N. Moscow Rd., Parkesburg, PA 19365 wants to buy a copy of National Geographic Aug. 1965.

**QUESTION** — Jake Derstine, Mapleton Depot, wants to purchase a used tabletop cream separator in good working condition for a reasonable price. It can be either a manual or electric model.

**QUESTION** — If anyone is interested getting together with a group of people to share information on loom weaving, knitting, and quilting, send your name and address to Lisa Weaver, 529 W. Siddonsburg Rd., Dillsburg, PA 17019.

**QUESTION** — Kenton Lavy, Arcanum, Ohio, would like to purchase an out-of-print book, "Plow Peddler," by Walt Buescher. The book includes stories by Walt when he worked for

Allis-Chalmers Corp. Call Lavy at (937) 692-8215.

**QUESTION** — Roberta Goldsbough, York, is looking for an old type of mountain pie maker used in camping. The type wanted is round and the pies look tier shaped when cooked, not the smooth round ones. Call her at (717) 755-8865.

**QUESTION** Roberta Goldsbough, York, has old Golden books to sell. Call (717) 755-8865.

**QUESTION** — A reader wants a set of Flexi blocks to complete a set for her son. The blocks are similar to Lego bricks. Call (717) 656-8549.

**QUESTION** — Mary Ann Martin, Denver, writes that a school needs 12 copies of "New Songs of Inspiration," Vol. 11 Song Books. The book is deep red with gold lettering.

**QUESTION** — Mrs. Amos S. Kauffman wants to know if anyone has the pattern "Abundance" in Correlle dishes to sell. She would like to have four to eight cups and saucers plus some other pieces. Contact her at 1860 Cambridge Rd., Honey Brook, PA 19344.

**QUESTION** — A reader would like to buy used 2-quart canning jars. Call (717) 859-2802.

**QUESTION** — Art Burt wants a manual for a Mighty Mac tiller with a 7 horsepower engine.

**QUESTION** — Diane Morris wants to know if anyone has a quern or a hand-powered corn mill. Please call her at (610) 498-2271.

**QUESTION** — Bruce Middlekauff, Bel Aire, Md., is looking for a 1920s' or 1930s' cast iron bird bath approximately 3 or 5 feet in diameter. Bruce is willing to pay a good price. Call him collect at (410) 879-8039.

**QUESTION** — Mrs. Robert Lowe, Shermans Dale, wants the music and words to the song: "Eleven more months and 10 more days, I'll be out of this calaboose." She writes that this is a very old song that an older gentleman used to sing.

**QUESTION** — A reader wants to find a copy of Larry Benoit's book, "How To Bag The Biggest Buck of Your Life." He also would like to find wooden molding planes made by E.W. Carpenter, Lancaster.

**QUESTION** — A Shippensburg reader wants a pattern and instructions to sew a winter hooded parka in either men's small or ladies' medium.

**QUESTION** — A Schuylkill County reader wants to know if anyone knows the value of an antique dress form from the early 1900s. It is a press-and-shape to the form you want to fit. Any idea of a fair price?

**QUESTION** — I. Wenger wants to purchase the following three books, but he sent no address. The books are "More All-Of-A-Kind Family" and "All-Of-A-Kind Family Uptown" by Sydney Taylor; and "The Four-Story Mistake" by Elizabeth Enright.

**QUESTION** — E. Sheetz, Fleetwood, wants to know how to repair a burn mark on a leather table top or the name of a professional service that can fix it.

**QUESTION** — M. High wants to know if there's anything that will remove black spots off an iron spatula, which accidentally burned in a trash fire. The spatula was her mother's wedding present.

**QUESTION** — Robin Baummer needs someone to repair a braided rug with a 10x10-inch section missing. She prefers someone from the York or Adams County area.

**ANSWER** — Cathy Strine, Dover, wanted information and history on a Cambridge 4-harness loom made by Reed Loom Co., Springfield, Ohio. Thanks to Lisa Weaver, Dillsburg, who writes that a library of information on the loom is available from Weeffhuts Studio, 402 N. Main St., Gloversville, NY 12078. These included assembling and operating instructions. The woman who answers the phone is very helpful. Lisa also has many books and information on sources for loom weaving supplies. Contact her at 529 W. Siddonsburg Rd., Dillsburg, PA 17019.

**ANSWER** — Anna Bryan, Oxford, N.J., wanted to know where to find four No. 12 two-pointed knitting needles to knit socks. She was told no one knits socks anymore and asked for ideas or another way to knit the socks without

using four two-pointed needles? Thanks to several readers who wrote that people do knit socks and you can buy the two-pointed needles. Marla Martin writes that she purchased a set of four double-pointed knitting needles from The Yarn Basket, 150 Falling Spring Rd., Chambersburg, PA 17201. Phone (717) 263-3236. The shop also offers knitting classes on making socks.

Thanks to Toni Kellers, Bedminster, who writes that she doesn't know what planet the person came from who told her nobody knits socks anymore! Toni just returned from Rhinebeck, N.Y. Wool Fair where she got a catalog with a whole centerfold on needles. Although size 12 was not illustrated, there are available sizes in 11 and 13. The gauge can easily be adjusted to make the changes. The 88-page catalog, Patternworks, is free in bulk mailing or \$2 (refundable with first purchase) if you want immediate gratification. You can order the needles without a catalog by calling 1-800-438-5464.

**ANSWER** — Dale Burkhart wanted a lard can lid with the printing: Henry Burkhart Packing Co. Pure Lard 50 lb. Dayton, Ohio. Thanks to David Fisher who writes that he has one can and two lids. Call him at (856) 692-9383.

**ANSWER** Raymond Fisher, 531 Millheim Narrows, Rebersbrug, PA 16872, needs a coarse cutting plate for a New Triumph meat grinder. Plate size is 1/4x3-inches. Thanks to Aaron R. Martin, who writes that different plate sizes can be purchased from Martin's Sharpening, 502 Glenwood Dr., Ephrata, PA 17522.

## Food Sticks To Ribs Longer Than You Think

How long does it take for the body to digest food?

That depends on a lot of things. But sometimes it can take more than three days for the food that enters your mouth to be completely digested and the indigestible portion to go out the other end.

First, the food you eat moves from the mouth, through the esophagus and into the stomach. On average, the stomach holds about four cups of food and continues the digestive process that started in the mouth and that continues in the esophagus on the way down.

The stomach's secretions of acid and enzymes makes a sort of soupy substance, called chyme. The stomach starts digesting protein, and absorbs some fats and alcohol. Chyme that contains a lot of fat usually stays in the stomach longer than chyme that has a lot of carbohydrate. Generally, chyme leaves the stomach about two to four hours after food is first eaten.

But that's not the end of your dinner's travels. When chyme leaves the stomach, it enters the nearly 10-foot-long coil called the small intestine. This is actually where most digestion takes place, absorbing nutrients with the help of enzymes that are made by the intestine, the liver and the pancreas. It can take as few as three hours and as many as 10 hours for chyme to pass through the small intestine.

Next comes the large intestine, or colon. The large intestine absorbs water and minerals for the body to use, but by this point, almost all digestion has already taken place. Still, this is where the food you've eaten hours beforehand resides the longest. It takes about 24 to 72 hours for food to work its way through the 3.5-foot-long tube called the large intestine before your body excretes it.

Add up all the numbers and you'll find that the food you eat at breakfast one day can take as few as 29 hours, or until you're approaching lunchtime the following day, to work its way through your system. Sometimes, though, it can take as long as 86 hours, or more than three and a half days, for a meal to finally say good-bye to your gastrointestinal tract.

## Why Should We Compost?

Most of the garbage from our households is taken to landfills and buried.

Unfortunately, we produce so much garbage that even our landfills are overflowing.

Lucky for us, composting can help cut down on the amount of garbage we produce—a big help to the environment!

Composting can be used to dispose of things like grass clippings, leaves, brush, plant cuttings and kitchen scraps-leftover bits of food. By composting these items, we return organic matter to the soil, a very healthy thing. Organic matter improves plant growth by helping good microorganisms grow and loosening heavy soils so plant roots can grow deeper into the ground. It also helps sandy soils hold water and nutrients. Basically, healthy soils mean healthy plants. And healthy plants help clean the air, conserve soil, and make the landscape more beautiful.

When you make a compost pile, bacteria, fungi, insects, and even earthworms help break it down and return nutrients to the soil.