



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

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 — A reader wants a used 3 pt. PTO potato digger suitable for using with a 25-30 horsepower tractor or information on a new digger.

QUESTION — Eleanor Heavner, Flintstone, Md., wants to know how to rid an old farmhouse of flies. They covered the house with siding and installed new windows, but continue having a problem with flies.

QUESTION — A Lancaster County resident has a collection of old Ideals publications to sell. Call (717) 336-5696.

QUESTION — M. David Watts, Geigertown, wants to know of a supplier for Revival Hemorrhoid Salve.

QUESTION — Richard A Matz, Galetown, would like to know the recipe for whitewash.

QUESTION — John Beiler, Waveland, Ind., is interested in buying a used manual cream separator in working condition for goat milk.

QUESTION — N.W. Shirk wants to buy a good used or new fuel shut-off valve for a Ford 601 tractor. Regarding an answer, N.W. Shirk should write to 263 Bootjack Road, Narvon, PA 17555. N.W.S. also has a Sauder loader for sale to fit a Ford 601 tractor.

QUESTION — Fred Appel, Paradise, has about 70 paper patterns for dresses (mostly size 12), skirts, slacks, and night wear of the 1950-1970 period. Appel also has about 50 books of crochet patterns. To make an offer, call (717) 442-8160.

QUESTION — Stephen Miller, Honesdale, would like to know where he could purchase the book, "Roughing it in the Bush," by Susannah Moodie, at a reasonable price. Contact him at HC 62 Box 660, Honesdale, PA 18431.

QUESTION — Isaac Stoltzfus would like to know where to get a copy of the coloring book called "Pennsylvania Deutsch Laese und Coloring Buch." It has a Dutch verse with every page and is very enjoyable for little children. Call (717) 933-5642 or write 751 Kutztown Road, Myerstown, PA 17067.

QUESTION — D. Gardiner, Troy, wants to know where to find parts for Bud-Air Pneumatic Pruning Equipment. Gardiner believes they went out of business at the same time as Friend Manufacturing sold out. They were both based in Pulaski, New York.

QUESTION — Rex Ringo, Nathalie, Va., would like to purchase a book for beginners to buy, raise and sell Black Angus cattle. Anyone have one to recommend?

QUESTION — A reader wants to know if anyone has had experience with operating a Hydra-drill to drill a well. And what were the results.

QUESTION — Barbara Degraw, Madison, N.J., is looking for a Squeez-O-Strainer model 400 T50180 manufactured by Bernarducci Brothers.

QUESTION — Kenton Lavy, 7432 DeLisle Fourman Rd., Arcanum, Ohio 45304, wants to know if anyone has a Ridgid Number 35 hex wrench to sell. He has been searching for one for several years and was told they are out of production.

QUESTION — A reader wants to know of a mailorder source for an Irish clothing catalog. Call Mike at (570) 544-6417.

QUESTION — B. Batterson, 416 Short Run Rd., Galeton, PA 16922 wants directions for roping an old rope bed. The pegs are on the top but slanted towards the right direction.

QUESTION — Steve Bucher, Harleysville, wants to hear from anyone who can provide information or literature pertaining to Bearcat garden tractors. Call (215)256-6239.

QUESTION — Helen Kalwasinski, 1479 Munster Rd., Portage, is searching for a small-sized Pitzer stove.

QUESTION — A new reader from Clarks Summit has eight bicycles (one junior and seven adult). She wants to know if there is a bicycle shop nearby that buys used bicycles.

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

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 — 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 — 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 Benolt'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 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 — 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 — A Shippensburg reader wanted a pattern and instructions to sew a winter hooded parka in either men's small or ladies' medium. Thanks to Anna Mae Newswanger, Newville, who writes parka patterns and every thing needed to make jackets and outdoorwear are available from Quest Outfitters, 619 Cattleman Rd., Sarasota, FL 34232.

ANSWER — W.V. Haagen, Bellefonte, requested the words to a poem which was sent in by E. Beiler, Quarryville.

*A woodpecker pecked out a little round hole
Made himself a nest in a telephone pole
One day, as I watched, he poked out his head
He had on a hood and a collar of red
When the streams of rain pour out of the sky
And the sparklers of lightning go flashing by
And the big, big wheels of thunder roll He can snuggle
back in the telephone pole.*

Read Supplement Claims Carefully

Do herbal supplements have to be proven effective before they're sold?

Not really. Any dietary supplement can be marketed unless the Food and Drug Administration can prove that it's harmful. Whether a product is effective or not isn't examined.

That wasn't always the case, though. In the early 1900s, all sorts of outlandish claims regarding supplements, extracts and tonics led the federal government to tighten restrictions. By the early 1960s, all substances marketed as drugs had to be proven safe and effective in the classic randomized, double-blind, placebo-controlled clinical trial — the most rigorous test available. Few herbal remedies could meet these standards.

However, 1994's Dietary Supplement Health and Education Act changed things drastically. After Congress passed it, dietary supplements could start making "struc-

ture and function" claims without prior FDA review as long as they had substantiation of the claim in their company files. Those are claims that indicate the products affect the structure or function of the body. They're not the same as claims that a product can prevent or treat a disease. Companies that want to make medical claims about their dietary supplements have to meet a much higher standard, and only a few have been approved since 1994.

Unfortunately, many people have trouble differentiating between "structure and function" claims and medical claims. For example, a structure and function claim can say "helps maintain a healthy circulatory system" but it can't say "helps prevent heart disease." Still, many people will think those two claims say pretty much the same thing.

Furthermore, no U.S. agency has the authority to check the quality of dietary supplements. Consumers

must trust that the potency and amount of active ingredients listed on a label is actually what's in the product. Some private organizations, such as Consumer Reports and the Los Angeles Times, have conducted random tests on dietary supplements and found some products severely lacking in active ingredient, compared to what was listed on the label.

Consumers with access to the Internet can find evaluations of many supplements at <http://consumerlab.com/>, a site run by ConsumerLab.com, a White Plains, N.Y., company that conducts independent tests to evaluate such products. Unfortunately, nutritionists say that "buyer beware" is the best guidance for anyone purchasing dietary supplements.

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