

## Reader Recipes

We're looking for unusual, innovative, or just plain good-tasting recipes. If you have a favorite you'd like to share, send to: Reader Recipes, P.O. Box 1029, Lakeville, Minn. 55044

### Caster Oil Cookies

(This recipe is over 70 years old. Two of these cookies equals a dose of castor oil.)

1 cup sugar  
1/2 tsp salt  
1 tsp baking soda  
1 tsp ginger  
1 cup molasses  
1 cup milk  
1/2 cup castor oil  
Flour to make dough

Mix ingredients, using enough flour to make a dough that can be rolled. Roll out and cut. Bake in toaster oven until done.

Ruby Taylor,  
Magazine, Ark.

### Farmer's Soda

Fill drinking glass with 1 tsp lemon juice, 1tbsp powdered sugar, and 1 tsp baking soda. Fill with water and stir. Drink while bubbly. Marcie Leitzke in "Early 1900 Pantry Recipes"

### Mother Earth's Hand Lotion

2 oz. antiseptic green soap (also known as tincture of green soap)  
2 oz glycerin  
4 oz Bay rum (old-time aftershave lotion)

Just mix and rub on hands or feet.  
Mother Earth News

### Irish Soda Bread

2 cups flour  
1 tsp baking soda  
1 tsp salt

Sift together several times. Add enough buttermilk or soured milk to make a soft dough. Roll in a circle and cut into triangles. Bake on hot griddle -

(Continued on next page)

## Grow Your Own Mushrooms

Growing your own mushrooms is easy with these new ready-to-grow kits that take the hunt and the hassle out of finding wild mushrooms.

From shitaki to morel and almond portabello to oyster, Fungi Perfecti, LLC, offers more than 20 kits for indoor and outdoor mushroom production. Fungi Perfecti also sells tools and supplies for more serious mushroom growers who may prefer to inoculate and grow their own spawn.

Indoor kits are priced between \$20 and \$24, with some like the Turkey Tail and the Maitake, both suggested for their pharmaceutical properties, priced as high as \$29 for a kit. Some kits come complete with a growing medium like sawdust. Others are used outdoors to inoculate compost, wood chips or, in some cases, stumps or logs. In the case of the Espresso Oyster mushroom, buyers are encouraged to mix the spawn with newspapers and coffee grounds for in-home recycling.

The company Website offers comprehensive information about all their products. Fungi Perfecti also offers seminars for people interested in learning more about mushrooms and their many uses.

Contact: FARM SHOW Follow-up, Fungi Perfecti, Box 7634, Olympia, Wash. 98507 (ph 800 780 9126; fax 360 426 9377); E-mail: mycomedia@aol.com; Website: www.fungi.com).



Ready-to-grow kits take the hassle out of finding wild mushrooms.



Kits are available for both indoor and outdoor production.



Meat saw is powered by a 1/3-hp, 110-volt electric motor and comes in a 38-in. long box. It snaps together, requiring no tools for assembly.

## Portable Meat Saw For Home-Use

When Greg Novak, Honesdale, Pennsylvania, went looking for a meat saw he could use at home to cut up venison, the ones he found had three drawbacks.

"I wanted a meat saw I could assemble easily to set on a table or countertop and then put away when I was through. The saws I found were too heavy for one person to move easily and they took up a lot of space. They were also too expensive for occasional home use," he says.

Novak decided if he couldn't buy what he wanted, he'd make it. With parts available at most hardware stores, he assembled a meat saw that weighs just 65 lbs. and can be assembled and ready to use in just 15 minutes. He says it's 95 percent stainless steel and can be hosed off with a garden hose and then sanitized in a standard sized kitchen sink.

"I've used it for venison, pork and final cuts on beef," he says.

Novak's saw features a 1/3-hp 110-volt electric motor and comes in a box that's just 38 in. long, 11 in. high and 18 in. wide. It simply snaps together, requiring no tools for assembly.

"It has sealed bearings and all parts can be purchased at your local hardware store," he says. "And it uses a Vermont American standard bandsaw wood blade that's 3/8 in. by 80 in. long, with four teeth per inch. Blade speed is 1,800 ft. per minute."

Novak calls his meat saw "Pappy's Portable." It sells for \$625, plus tax and shipping.

Contact: FARM SHOW Followup, Gregory Novak, R.R. 2, Box 2213, Honesdale, Pa. 18431 (ph 570 937-4704; E-mail: pappysportable@hotmail.com).

# FARM SHOW®

New Products Especially For Women And The Farm, Ranch Home



Flag pole has a spring-loaded mechanism that rolls up flag like a window shade. You simply pull down on end of pole to activate spring.

## Spring-Loaded Flag Pole Rolls Up Flag

Ever since the 9/11 tragedy, there's been a nationwide wave of patriotism and renewed pride in the U.S. flag. A South Carolina inventor has come up with an instant flag roll-up system that makes it quick and easy to put the flag away.

Johnny Sheppard, of Easley, says the problem is that if you want to display the flag - usually sized 3 ft. wide by 5 ft. long - on your building's exterior wall, it can be mounted at only one angle. And you have to wrap or unwrap the flag manually.

His flag pole consists of a spring-loaded pole mechanism that rolls up the flag like a window shade. You simply pull down on the end of the pole to activate the roll-up spring. To roll the flag up completely, you just give the flag a slight pull and let it go. To stop the flag at any other length, you let the flag catch, and it will stay at that length.

Another unique feature is a mounting block that attaches to the wall. The block has a series of openings in it that can be used to hold the flag at four different angles. According to Sheppard, the 45-degree angle is best for flying the flag in fair weather. The 25-degree angle is best for flying the flag on a windy day. This angle helps prevent the flag from wrapping itself around the pole. The straight-up angle is best for flying the flag in gusty winds, and prevents it from wrapping around the pole under harsher conditions. The 90-degree angle - which extends horizontally - is the best angle to roll the flag up or out and put on the cover.

A cover protects the flag when not in use.

Sells for \$70 plus \$8.95 S&H. The pole is made of attractive natural wood, which can be finished with urethane or white paint for an additional \$5.

If you want to use a different flag with the flag roll-up system, let Sheppard know and he'll send instructions on how to mount it.

Contact: FARM SHOW Followup, Johnny Sheppard, 2960 Dacusville Highway, Easley, S.C. 29640 (ph 864 859-0066; E-mail: Jshepp1021@aol.com; Website: www.inventionconnection.com/BOOTH3/booth325.html).