

## Reader Recipes



### Sweet Potato Waffles

2 cups flour  
1/4 cup packed dark brown sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1 1/2 cups milk  
1 cup mashed sweet potatoes  
1/4 cup vegetable oil  
2 eggs  
1 teaspoon vanilla extract  
Spray oil, as needed

In a large bowl, combine flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. In another bowl, whisk together milk, sweet potatoes, oil, eggs and vanilla until smooth. Pour wet mixture into dry and stir until completely incorporated and no dry bits remain. Preheat waffle maker. Once hot, spray cooking plates with oil if needed, then scoop batter onto plates, close and cook according to manufacturer's instructions. Keep waffles warm on a sheet pan in an oven set to low heat while you repeat with remaining batter.

### Butterscotch Bread

1 egg  
1 cup brown sugar  
1 1/2 tablespoons butter or margarine, melted  
2 cups flour  
1 teaspoon baking soda  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup sour milk or buttermilk  
1/2 cup chopped nuts

Preheat oven to 350 F. In medium mixing bowl, beat egg. Add brown sugar and melted butter or margarine. Add flour, baking soda, baking powder, and salt, mix well. Pour into bread baking pan. Bake for 45 mins.

## How To Remove Rust From Cast Iron Pans

Electrolysis works just as well to remove rust from cast iron cookware as tractor parts. It's one of many options to restore and preserve cast iron that Ashley L. Jones explains in her latest book, "Skilletheads: A Guide to Collecting and Restoring Cast-Iron Cookware."

Writing books about cast-iron cookware wasn't on her radar when she started using a pan by Birmingham Stove & Range that had been given to her by her mother-in-law several years ago. She wasn't sure how to care for cast iron but quickly learned after she threw out her non-stick pans due to health concerns.

"I found out how advantageous cast iron is; it gives you iron in food, and I've always been anemic. I felt excited, like I was cooking for the first time, and challenged myself to see if I could make everything in cast iron," Jones says.

When she attended a publisher/writer event in New York to pitch her faith-based writing, a conversation with a representative of Red Lightning Books (an imprint of Indiana University Press) about her passion for cast iron landed her first book assignment: "Modern Cast Iron: The Complete Guide to Selecting, Seasoning, Cooking, and More."

Between her own experience and interviewing collectors and restorers for "Skilletheads," she provides information about seasoning cast iron (the right blend of oil and heat) to cleaning it (yes, it's OK to wash with dish detergent) to removing rust.

"For anyone who has cast iron, rust can happen, like when you leave a wet lid on the pan. If it's minor you need to take care of it before the rust takes over," she says. A wool scouring pad, liquid dish detergent, and elbow grease may solve the problem.

When the rust is more severe, vinegar baths (no longer than an hour or two to prevent pitting the iron) or chemical-based products such as Easy Off oven cleaner can be used. Sanders and other tools also work but should never be used on valuable cast iron cookware.

For items with encrusted rust, electrolysis is often the best option. Jones explains how to make an E-Tank in her book using a garbage can, rebar, steel wire, wooden board, and a manual car battery charger.

"Make sure the container is big enough (for the pan) but small enough to be effective with the sacrificial anodes (rebar) near it without touching it," she says. Once it's been filled with water and the charger turned on between 2 and 10 amps, the red rust will usually fall off in 24 hrs. or less.

Since electrolysis is only a rust reduction process, the remaining black rust must be scrubbed off, down to the shiny metal, and the pan seasoned in the oven for at least an hour.

Proper seasoning is chemistry, Jones says, and it needs to be done correctly with the right amount of oil and heating the pan to temperatures 20 degrees less than the smoke point of the oil used. She includes a list of smoke points in her book "Modern Cast Iron." But for details on restoration, as well as recipes, check out "Skilletheads."

"Don't ever throw cast iron away. Give it to someone who can use it or send it to a restorer. Every piece of cast iron is a piece of history, especially when it was Grandma's," she says. "The nostalgia part about cast iron is big. It's part of gathering around the table. There's lots of interest, and I'm proud to be a small part of that."

Her books are available at Amazon, Barnes & Noble, and other bookstores and online.

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## New Products For The Farm, Ranch Home

### Dignity Lifts Help Keep People In Their Homes

Dignity Lifts offers a simple solution that allows many people to maintain their independence and dignity.

Similar to a lift chair that assists people in getting out of a chair, Dignity Lifts replaces the toilet seat and is secured over the toilet. It raises 14 in. in 20 seconds to help a person stand up by themselves.

Similar units are common in Asian countries, says Tom Nardone, a mechanical engineer who modified the lifts to meet American needs. His company, Dignity Lifts, is in its 4th year.

"I made it sleeker and easier to use (and clean) with a higher weight capacity," he explains.

Most models fit in the 24-in. minimum code space required for toilets. Legs can be adjusted for toilets from 14 to 18 in. tall.

The deluxe model, which weighs 50 lbs. and holds up to 300 lbs. (\$1,499), is the most popular as it has both rechargeable battery and plug-in options. The battery typically lasts for 150 to 200 lifts, about 30 days.

"It's popular because you usually don't have an outlet near the toilet," Nardone says, adding there's a basic plug-in model for \$999.

After listening to customers' requests, he added models to meet specific needs. The bidet lift has a bidet and blow dryer for even more hygiene help. The simple knob design also helps with dexterity issues for people with muscular dystrophy, multiple sclerosis, ALS, or other health issues.

A commercial model on wheels can be moved to different rooms in a rehab center or care facility. A wider, metal bariatric model holds up to 650 lbs. and helps keep both patients and workers safe.

Because they aren't medically necessary, Dignity Lifts are not covered by insurance or Medicare. But it's an economical option when choosing to stay home or move to assisted living, which averages \$4,500/month.

About 100 medical supply dealers throughout the U.S. and Canada sell the lifts and can be found on the dealer locator map on the website. Or they can be ordered directly from Dignity Lifts.

Contact: FARM SHOW Followup, Dignity Lifts, 352 Oliver Dr., Troy, Mich. 48084 (ph 248-457-6876; help@privcco.com; www.dignitylifts.com).



**Lift replaces toilet seat and raises to help a person stand by themselves.**

### Expandable Footwear Provides Perfect Fit

Pandere Shoes makes expandable footwear for women and men struggling with various conditions, such as swelling, bunions, hammertoes, lymphedema, and diabetes. Simply adjust as needed for comfort and the room to accommodate two feet that aren't always the same size.

Pandere uses a variety of materials and construction techniques to allow its shoes to adjust in width and volume. The patented design expands in the heel, mid-foot, and toe box. The broad base and removable insoles accommodate orthotics. They have an anti-slip, recycled rubber bottom.

Reviewer Ann M. says, "Best shoes ever! The fit is fantastic and accommodates my AFO with no blisters from day one. I receive so many compliments from friends and strangers."

The Alaska-based company ships from its St. Louis, Mo., warehouse. Pandere shoes are available on the company website. Prices range from \$41 (clearance) to \$179, plus S&H.

Contact: FARM SHOW Followup, Pandere Shoes (hello@pandereshoes.com; www.pandereshoes.com).



**Shoes expand in the heel, mid-foot and toe box and can be used with orthotics.**