

SHE TOOK THE FAT OUT OF HER FAVORITE RECIPES

Farm Wife's Recipes Help Lower Cholesterol

When her husband had a stroke 12 years ago, caused in part by his high levels of cholesterol, Barbara Rohr of Dickinson, N. Dak., set out to reduce the fat in her family's favorite recipes.

A few years later, when other members of her family were told to lower cholesterol by doctors, they asked her to pull all her modified recipes together into a book so they could benefit from her experience. The result is "Control Your Cholesterol", a 110-page cookbook containing hundreds of low-fat recipes.

"I experimented with many recipes and we ate many flops. My daughters and sisters all helped in testing recipes and pulling together this book which we think is one of the best sources of healthy, good-tasting cooking available anywhere," says Rohr.

The cookbook includes a guide to cholesterol contents in common foods and everyday tips for keeping fat levels down, such as adding ice cubes to gravy. Fat cools and sticks to the cubes which you can then remove. You can repeat the process until the gravy is virtually fat-free.

Favorite recipes in the book include low-fat "Creamy Potato Salad" (white wine vinegar and milk are the key ingredients), "Cinnamon Rolls" (using margarine and egg whites), "Yokeless Egg Noodles" (made with eggwhites, flour and water), "French Dressing", "Raisin Caramel Pie", "Salmon Loaf", "Potato Dumpling Soup", and many



other tasty recipes.

FARM SHOW staff member Lois Casen tried out the book's low-cholesterol recipe for banana bread containing egg whites, skim milk and margarine. Her family and other FARM SHOW staff members all agreed it was delicious. "Everyone who tried it liked it," says Lois.

The book sells for \$7.50, including postage.

For more information, contact: FARM SHOW Followup, Barbara Rohr, Rt. 2, Box 201, Dickinson, N. Dak. 58601 (ph 701 225-3409).



The washer lets you clean out under the mower deck without getting off the tractor by simply driving over the water jets, turning on the water and starting up the mower.

SCRUBS DIRT AND GRASS FROM UNDER MOWER DECK

New Power Washer For Riding Mowers

If you thought you'd seen everything in lawn and garden equipment, take another look. An Iowa company is marketing the first power washer for the undersides of riding mower decks.

Inventor Arlyn Lund has patented and is already manufacturing units. "It eliminates the need to remove the deck for cleaning or reaching up under to do it by hand. Keeping the mower clean extends its life and it does a better job."

The free-standing washer connects up to a garden hose with normal household pres-

sure. You simply drive over the water jets (push mowers can also be used) and then turn on both the water and the mower blades. You don't have to get off the tractor to clean it. A hand nozzle on a short length of hose can be used to clean the outside of the mower, too.

Sells for \$169.95.

For more information, contact: FARM SHOW Followup, Lund's Welding, Rt. 1, Box 100, Anita, Iowa 50020 (ph 712 762-3612).

STOPS TUGGING AND CHOKING, CONTROLS BARKING

New Dog Collar Works Like A Horse Halter

A new dog collar that works like a horse halter to control with the head and mouth is available from Ameri-Pet, Inc., Minneapolis, Minn.

The "Gentle Leader" was invented by Dr. Robert Anderson, professor and director emeritus of the Animal Behavior Clinic at the University of Minnesota's College of Veterinarian Medicine, and Ruth Foster. The collar, similar to a horse halter, controls the whole head like the halter on a horse or cow so it's much more efficient than even a choke collar, says Anderson.

The "Gentle Leader" has one strap that wraps around the upper nose and jaw and another that goes behind the ears. The two straps join together under the jaw. The new-style harness pulls against the back of the dog's head and closes the jaw to control barking, jumping, and pulling away. "When you control the whole head, you control the body," says Anderson. "Dogs pull against pressure as a natural instinct. Gentle Leader uses this instinct by putting pressure at the back of the head on the strong muscles at the back of the neck. When you tighten or pull on a leash attached to the Gentle Leader, its straps pull forward from under the jaw, away from the front of the throat. At the same time, it puts pressure on the straps at the back of the head.

"Gentle Leader provides the 'power steering' you need to stop tugging and choking. It helps you stop unwanted barking - just pull on a leash or cord to close your dog's mouth. There's no need to shout or scold. And you can use it to encourage 'controlled sitting'. Simply pull the leash forward and up to raise the dog's nose skyward and say 'sit' - there's no need to push down over the hips and rear legs."

According to Anderson, the Gentle Leader is a humane alternative to the choke collar. "Most dog collars choke more than they control because of the way dogs pull against pressure. That's why dogs with choke collars pull on a leash and forge down the street ahead of people, even though pressure on



One strap wraps around the upper nose and jaw and the other goes behind the ears.

the front of the throat causes pain, choking, gasping and panting. The Gentle Leader works with a dog's behavior instead of against it. You're not fighting the dog, but going with him."

Anderson says the "Gentle Leader" isn't a muzzle because your dog is free to open its mouth to eat, drink, fetch, bark, and bite, except when you pull on the leash to close the dog's mouth.

Sells for \$12 to \$18.

For more information, contact: FARM SHOW Followup, Ameri-Pet, Inc., 511 11th Ave. S., Box 6, Suite 214B, Minneapolis, Minn. 55415 (ph 800 666-3647 or 612 333-7811).

"Sit Down Seat" For Ladders

"I've been doing electrical wiring for over 40 years and my legs and feet can't take standing for long periods of time on a ladder anymore. I came up with my own 'sit down seat' to take the pressure off my lower limbs," says Ralph Collmann, Hartley, Iowa.

"I removed the seat and part of the frame from a junked bicycle and welded a piece of electrical conduit to the bottom of it. I cut a slot out of the conduit so it would slip over a rung on the ladder. A chain attaches just below the seat and has a hook on its free end that flips over an upper rung. I adjust the length of the chain as needed to get the right distance from the ladder. The seat itself can be adjusted like when it's on a bicycle. I added some padding to the seat to make it more comfortable.

"The seat works great for me. I only



wish I had made it 25 years ago," says Collmann.

Contact: FARM SHOW Followup, Ralph Collmann, Rt. 2, Box 95, Hartley, Iowa 51346 (ph 712 728-2782).