

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.

Pepsi Roast Beef

3 1/2 to 4 1/2-lb. arm roast

1 can cream of mushroom soup

1 pkg. onion soup mix
1 (20 oz.) bottle Pepsi
1 tsp. garlic salt

Sprinkle roast with garlic salt. Pour soup over roast. Top with onion soup mix. Pat down, slowly pour Pepsi over all. Bake 4 1/2 to 5 hrs. covered at 350°. Uncover for 30 to 45 min.

Tomato Butter

2 lbs. tomatoes
2 medium lemons
3 cups sugar
1 cup white corn syrup

Peel tomatoes and quarter them; place in kettle. Slice lemons thin (don't peel), add to tomatoes. Carefully stir in sugar and syrup. Bring mixture to boil slowly. Boil rapidly 15 min. stirring continually until syrup thickens. Pour into sterilized jars and seal. Makes 2 pints.

Potato Chip Cookies

1 cup powdered sugar
1 cup margarine or butter

1 egg yolk
1 tsp. vanilla
1 1/2 cups flour
1 cup crushed potato chips
1/2 cup finely chopped walnuts

Cream powdered sugar and margarine together. Add egg yolk, vanilla and flour. Stir in potato chips and walnuts. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake at 350°F for 15 min. Sprinkle with additional powdered sugar while warm.

Speedy Barbecue Sauce

1 cup cider vinegar
3/4 cup canned crushed tomatoes
3 tbsp. packed brown sugar
1 tbsp. Worcestershire sauce
2 tsp. hot pepper sauce
2 tbsp. chopped garlic

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A 5-ft. dia. rake wheel forms patio table's surface, while a metal packer wheel off an old press drill forms a "lazy susan" about 1 ft. above it.

Patio Table Made Out Of Old Rake Wheel

"I used an old steel rake wheel and a metal packer wheel off an old press drill to make a very attractive patio table," says David McKenzie, Delisle, Sask., who uses the table on the pool deck behind his house.

The 5-ft. dia. rake wheel has expanded metal laid inside the rim and over the spokes. The packer wheel forms a 2-ft. dia. "lazy susan" about 1 ft. above the table. An umbrella provides shade over the patio table. The umbrella's pole goes through the rake wheel hub and down to a weighted anchor block on the deck floor. He made table legs out of steel tubing.

Contact: FARM SHOW Followup, David McKenzie, P.O. Box 614, Delisle, Sask., Canada S0L 0P0 (ph 306 493-8127).



Solar-powered attic fan can reduce your air-conditioning costs by as much as 30 percent, says Bill Keith.

Sun-Powered Fan Keeps Attic Cool

A solar-powered attic fan from SunRise Solar can lower attic temperatures by as much as 50 degrees, according to the company, reducing your air-conditioning costs by as much as 30 percent. In addition, using the fan in winter can lower the risk of ice dams and reduce moisture buildup by equalizing the temperatures of attic and outside air.

"Our SunRise solar-powered attic fans are tough," says Bill Keith, owner SunRise Solar, Inc. "They have survived baseball-sized hail in Texas and 135 mph hurricane winds in Florida. A dealer in Calgary, Alberta set one outside the shop in 25 below zero weather, and it worked just fine."

After more than 20 years roofing and remodeling, Keith knew what he wanted in an attic ventilator. He couldn't find one so he decided to design it himself. His intent was to build a ventilator that would last for 20 years.

"We designed it with the steel and plastic thicker than it needed to be and with the best solar panel available," says Keith. "Even the motor is oversized." Installation takes less than an hour. It fits between 16-in. on-center rafters. If passive attic ventilators are already in place, Keith suggests removing the center one and widening the opening to accommodate his active solar fan. Best of all, because it is solar powered, it requires no wiring. The fan and power source are completely self-contained.

One fan is sized to handle the ventilation needs of a 1,200 sq. ft. attic space. In full sunlight, the 11-watt solar panel and 12-in. aluminum fan will move 850 CFM. The Tefzel-coated, non-breakable solar panel collects energy even in reduced light and poor weather.

"The best location is on a southern or western roof slope, though east will work as well," says Keith.

The SunRise retails for \$399, but Keith says he will discount it by \$20 for anyone who says they read about it in FARM SHOW.

Contact: FARM SHOW Followup, Bill Keith, SunRise Solar, Inc., P.O. Box 53, St. John, Ind. 46373 (ph 219 558-2211; www.sunrisesolar.net).

FARM SHOW®

New Products Especially For Women And The Farm, Ranch Home

Home-Brewed First Aid Remedies

Harry Scott of Walsenburg, Colo., recently emailed FARM SHOW with some unique but practical home remedies.

"No matter how safety conscious we are, accidents do happen and we should always have first aid materials within easy reach," he says. "Anyone who works with machinery will suffer some sort of injury, whether it's a burn, cut, or heavy bruise. My grandparents showed me how to do quick fixes on such injuries using stuff right out of the kitchen."

For cuts and abrasions, he just applies pure honey and an appropriate protective bandage. "I try to leave the bandage on for at least four days. The injury will never scab over and the honey acts as an antibiotic. The worst injury I've ever treated this way was when an 8-in. grinder touched my left knee. It cut a groove about 1/4 in. deep and 2 3/4 in. long. It never bled much, which helped. (Had it bled a lot, cayenne pepper would have been used to stop the bleeding). I didn't even have to stop what I was doing. I use this honey application on all my injuries, even if the injury is only bandaid size."

For burns, he uses plain old Arm and Hammer baking soda and vinegar. "Where I can use some sort of pan or dish to put under the burn, I apply the baking powder directly on the burn. Then I pour or spray the vinegar on the baking soda. I keep applying vinegar until the fizzing subsides. Then I apply more baking soda and then more vinegar again. I keep this up until the pain subsides. When I apply this method soon enough after the burn, it never forms a blister. If it's a deep burn, then after the soda and vinegar treatment I apply the honey bandage."

For bruises and muscle stiffness, he just gives the sore area a squirt of WD-40 penetrating oil. "It usually relieves the problem in less than a minute. And for my aching back, I take up to four brewers yeast tablets three or four times a day whenever my work requires a lot of back work."

Contact: FARM SHOW Followup, Harry Scott, P.O. Box 1265, Walsenburg, Colo. 81089 (ph 719 738-3847; rockworm80@msn.com).

How To Build A Low-Cost House Or Barn

Interested in building with straw? How about adobe, papercrete, fly ash or rice hulls? Just about every kind of building material imaginable has been used to build houses, and information on much of it can be found on the internet at Owen Geiger's website for the Geiger Research Institute of Sustainable Building.

A consultant and author in the area of using renewable resources in housing, Geiger has developed a website with a search engine that is easy to access and is loaded with information.

Hundreds of articles in dozens of categories make it easy to find informative articles as well as other websites on housing. A photo gallery and links to other galleries show houses built with recycled and renewable materials, such as the house seen in the accompanying picture. It's being built using straw bales, recycled wood and owner-milled logs salvaged from power line cuts. The foundation is owner-laid local stone, and all gravel and sand was dug, screened and washed on site.

The research institute also offers workshops, certification and training programs. Much of Geiger's activities center around building with straw bales. He has authored several books in this area, has consulted on the subject with Habitat for Humanity, and is now partnering with the U. S. Military Academy at West Point on a sustainable building project.

Contact: FARM SHOW Followup, Owen Geiger, Geiger Research Institute of Sustainable Building, Crestone, Colo. 81131 (strawhouses@yahoo.com; www.grisb.org/directory/index.htm).



This house is being built with recycled materials.