

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 or email: Recipes@farmshow.com

Taco Salad

20 heads lettuce
10 lbs. hamburger
12 cups shredded cheddar cheese
10 packs taco seasoning
10 bags Doritos

Dressing:

2 gal. Miracle Whip
1 cup vinegar
Sugar and salt to taste...or you can use Thousand Island dressing.
Serves 400.

The Wedding Planner Cookbook

Oreo Pudding

8 sticks butter
16 - 8 oz. cream cheese
16 cups powdered sugar
24 cups whip cream
16 lg. pkg. instant vanilla pudding
48 cups milk, scalded and cooled
16 - 12 oz. pkg. Oreo cookies (crushed)

Mix together:

Butter, cream cheese, sugar, & Rich's topping (whipped). Set aside. Mix pudding and milk together, then add to first ingredients.

Put in bowls in layers of crushed cookies and pudding mixture. Serves 350 to 400.

The Wedding Planner Cookbook

Onion Pie

Pastry enough for one pie.
6 - 7 med. onions
3 eggs
1/3 cup flour
1 tsp salt
1 tsp caraway seed
Salt & pepper
2 cups milk

Slice and saute the onions until cooked but not brown. Combine all the other ingredients, then add the onions. Bake in a plain pie shell at 350 °F for 1 hour.

Fried Squirrel

2 squirrels, cut up
2 cups water
1 tsp salt, divided
1/2 cup flour
1/8 tsp pepper
1/3 cup shortening or oil

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Portable Lift Cushion

Here's an "uplifting" product for anyone who needs a little help getting on their feet but can't justify the cost of an expensive lift chair.

Uplift Technologies makes both electric and manual versions of its portable lift cushions. The seats weigh about 12 lbs. and will lift people up to about 300 lbs.

"It's portable, affordable and it works," is the product motto.

The Uplift SeatAssist comes with foam-hugging memory foam with a black waterproof cover. For those eligible, it may be covered by Medicare. Otherwise it sells for about \$299.99.

The UPEASY Lifting Cushion comes with standard foam, is water resistant and comes with a blue fabric cover. It sells for \$109.99 plus shipping.

They're both easy to use. Simply put it on the chair and sit down on the raised cushion. To get up, simply use the armrest to start rising and the hydraulic cylinder will gently lift you. The electric version of either model lifts your weight with the flick of a lever.

The company offers separate water-resistant covers in five colors for \$13.50 apiece and Navy Blue carry bags for \$20 plus S&H.

Contact: FARM SHOW Followup, Uplift Technologies, Incorporated, 11 Morris Dr., Suite 125, Dartmouth, Nova Scotia, Canada B3B 1M2 (ph 800 387-0896 or 902 422-0804; email: info@up-lift.com; website: www.up-lift.com).



Portable lift cushion helps anyone who needs help getting on their feet but can't justify the cost of an expensive lift chair.



Both electric and manual versions are available. Manual version is shown above.

Spring-Loaded Shoes

Spring suspension works great on cars and trucks so why wouldn't it work just as well on shoes?

That's what an Albuquerque, New Mexico footwear company asked before finding success with its new "Z-Coil," shoes that have a spring on each shoe.

The shoe was first patented by Al Gallegos in 1995 but it has taken 10 years to reach the point where it's now becoming widely available.

The shoes have a 3-in. wide coil steel spring that compresses down to about 1/4 in.

"Excessive impact is a major cause of foot, leg, and back pain. Each step is a collision that sends shockwaves up your body," he says.

Z-Coil footwear reduces this impact by providing four times more cushioning than any regular shoe. They also have a built-in orthotic for re-aligning the foot to a healthier posture and equal pressure distribution.

The company says users have found immediate and long-term relief from arthritis, joint pain, back pain, sciatica and foot pain. The coils also provide an energy boost, fighting body fatigue.

Because the coil is adjustable, the shoes can be custom-fitted for specific problems such as over-pronation (feet roll inward) and supination (feet roll outward). Adjustments of the built-in orthotic can also be made for flat feet, low arches, narrow feet, bony prominences and minor leg length differences.

"If you wear your Z-Coils every day, you can generally expect them to last about one year, depending on the surface you walk on. Often, it is only the heel pad that needs replacing after one year. In that case, we recommend replacing both heels," the company says. "Rocks and debris getting caught in the coil does not happen very often, however you should always use caution around cords, hoses, and other tripping hazards."

There are currently seven styles of Z-Coil footwear including running shoes, hiking boots, hikers, sandals, clogs and one style of work boot. The work boot comes with an enclosed heel, which is also available as an option on other shoes.

Prices start at \$179 per pair.

Contact: FARM SHOW Followup, Z-Coil Footwear, 501 Eubank Blvd. SE, Albuquerque, N.M. 87123 (ph 505 345-2222 or 800 268-6239; email: info@zcoil.com; website: www.zcoil.com).



"Z-Coil" shoe has a 3-in. wide coil steel spring that compresses down to 1/4 in.

FARM SHOW®

New Products Especially For Women And The Farm, Ranch Home

Stroller Handle Extender

If you're tired of bending over your toddler's stroller when pushing it around, you might need a Stroller Stretcher.

It's a fully adjustable foam-covered aluminum bar that extends 10 in. up and 7 in. back toward the stroller's center. It clamps to either stroller handle for right or left-handed users.

"The real problem that people have with strollers is kicking the back wheels. It doesn't matter how high the handle is," says Erik Monrad, inventor. "People stoop so they can get their feet back from the rear wheels. That's what this takes care of."

Sells for \$14.95 plus S&H.

Contact: FARM SHOW Followup, Berkeley Baby Products, 1919 Berkeley Way, Berkeley, Calif. 94704 (ph 510 845-5730; email: info@strollerstretcher.com; website: www.strollerstretcher.com).



Handle eliminates need to bend over your toddler's stroller while pushing it around.

Wedding Cookbook Helps Feed Large Groups

Have you ever wanted to cook "home made" food for a large group but didn't know how? If so, you might be interested in "The Wedding Planner" cookbook that has recipes to feed about 400 people at a time.

"Whenever we, as Amish, have a wedding there are probably anywhere from 400 to 600 people invited," says Mrs. Samuel Yoder, co-author of the book. "If the wedding is the first one for a household, then the mother has to ask her mom, aunts, and friends how much food it took them when they had a wedding."

The 32-page cookbook offers recipes for coleslaw, potluck potatoes, deep fried chicken and chocolate pie among other foods.

Sells for \$8.25 including S&H.

Contact: FARM SHOW Followup, Mrs. Samuel Yoder, 16818 Tavern Rd., Burton, Ohio 44021.

Cake Cutters Make Even Pieces

Nobody likes cutting cakes or pies because getting nice "even" pieces for everyone is a challenge.

Not so with Andrea's PerfectKut, pie and cake cutters that work like Christmas cookie cutters.

They come in three sizes. The 9-in. sq. cutter slices up 12 small bars. The 9 by 13-in. rectangle cuts 16 pieces and can be used on larger sheet cakes by making multiple cuts. The 9-in. round cutter cuts 12 slices of a round cake.

The stainless steel cutters sell for between \$19.97 and \$27.97 plus shipping through the Home Shopping Network. They each come with a non-stick pan.

At this time, the cutters aren't available without the pans.

Contact: FARM SHOW Followup, Andrea's PerfectKut, 114 Riverwalk Lane, Port Barrington, Ill. 60010 (email: info@PerfectKut.com; website: www.perfectkut.com).



You can cut 9 identically-sized pieces of cake at a time with cake cutter.