



**HELPING OUT** — Members of Clarkson College's service fraternity Alpha Phi Omega put a little muscle into their work recently as they assist the Early Learning Center (day care center) in Potsdam to renovate and expand its playground. (Betsy Baker photo)

from the  
**PAMPERED KITCHEN**  
By Elizabeth Isenberg, Home Economist

**Honey Wheat Bread**

Popular magazines and books have been extolling the virtues of fiber in recent months. What does this substance do to promote health? Should everyone be consuming high levels of this food factor?

Concern with the fiber or "roughage" in the diet is an age-old one. In the 5th century B.C. the Greek physician Hippocrates recommended that bread be made from unrefined flour. In 19th century America, Sylvester Graham traveled the country advocating the consumption of lots of bran. His bran-containing cracker, the Graham wafer, is a staple on all grocery shelves today.

Fiber is a component of plant foods only; it is totally absent in foods of animal origin such as dairy products, eggs, and meat. Fiber consists of the walls of plant cells. Food value tables often list both "crude" fiber and "dietary" fiber. Crude fiber is the substance remaining after foods have been chemically treated in a laboratory to measure fiber. Dietary fiber is a more valuable figure because this is the material remaining after digestion in the intestinal tract. Thus "crude" figures underestimate the amount of fiber present in a food.

The value of fiber has not been absolutely defined, although it does hold water and speed the passage of waste material through the intestinal tract. While it is statistically related to lessened problems with the intestine and with lowered blood cholesterol levels, there is still no proof that high fiber diets are the answer to the prevention of colon cancer and heart disease.

The present recommendation is for people to include adequate fruit, vegetables, and wheat in their diet. These are all sources of fiber. It is not recommended that one should "overdose" on fiber pills and bran because too much fiber can interfere with the absorption of nutrients, especially minerals.

The following recipe is for a truly delicious whole wheat bread, flavored with the nut-like taste of bulgar. There is nothing that can equal the aroma of homemade bread baking in your kitchen. This is whole grain at its best and it is a nutrient-dense high fiber food.

**HONEY WHEAT BREAD**  
1 cup bulgar  
3 tablespoons margarine  
one and one-half cups boiling water  
one and one-fourth cups cold water  
2 teaspoons salt  
one-half cup honey  
1 package dry yeast  
three-fourths cup warm water  
3 cups whole wheat flour  
3 cups all-purpose flour  
1. Combine bulgar, margarine, and boiling water. Let stand 30 minutes, and then stir in the cold water, salt, and honey.  
2. Combine the yeast and warm water and let stand 5 minutes before adding it to the bulgar mixture.  
3. Stir in the whole wheat flour and enough white flour to make a dough which can be kneaded. Knead it on a floured board until smooth and elastic.  
4. Place dough in a greased bowl and turn it to coat the surface. Cover the bowl with plastic wrap and let rise un-

**First Aid Classes**  
MASSENA — The adult education organization, AEIOU, Inc., will be offering a standard first aid course in 11 sessions beginning Nov. 10 and ending Dec. 17.  
They will be meeting every Tuesday and Thursday from 6:30 until 9:30 p.m. (excluding Nov. 26). It will be held at the Norwood-Norfolk High School, room 202. Textbook fee only.

**John Cook Gets Support From Fellow Highway Superintendents**

CANTON — The St. Lawrence County Highway Superintendents Association and Town Superintendents Association, in separate voice votes Thursday, supported the reappointment of John Cook as county highway superintendent.

**Canton Farmer Joins Committee**

New York Farm Bureau President Richard McGuire has announced the appointment of Jon Greenwood, Canton, to the organization's 1981 resolutions committee.

"The job that members of the resolutions committee have before them is one of the most important in farm bureau at the statewide level."

in the post expires next month, appears to be facing a 50-50 chance of being reappointed. The county legislature, meeting earlier this month, defeated a motion, 11-10, to declare Cook's position vacant when the term expires.

On Thursday, Massena Highway Superintendent John LaRue introduced a motion at the highway superintendents meeting to support Cook for reappointment. The motion was seconded by Don Jones of Potsdam.

Greenwood was elected to the St. Lawrence County board of directors last year.

He has been active on local affairs committee, dairy and ag promotion committee, Young Farmers Committee as well as State Young Farmers of which he is vice chairman. He is currently heading up the county membership drive for the coming year.

Superintendent John LaRue introduced a motion at the highway superintendents meeting to support Cook for reappointment. The motion was seconded by Don Jones of Potsdam.

John ("Jack") McCall of Madrid, who chairs the association, said he wanted a paper ballot, but the motion was introduced so quickly that the voice vote followed immediately.

McCall said that, despite the fact

that no opposition was voiced to the motion, "it was awful quiet for 27 men — there were very few ayes cast." The county Association of Town Supervisors met Thursday night and the topic of Cook's reappointment was also a focal point of the discussion.

Fowler Supervisor David Spillman, who chairs the organization, said approximately 16 town supervisors were in attendance "with the majority voting in favor of the reappointment."

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