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July 1983

**Illinois Rural Electric News**

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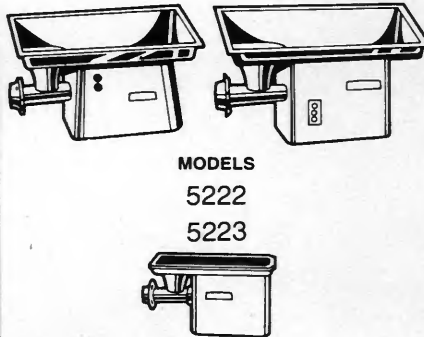
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MODELS  
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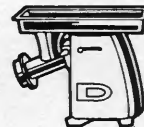
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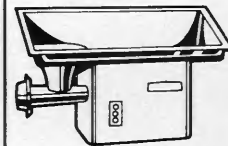


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**TOLEDO SCALE**   
RELIANCE ELECTRIC

ILLINOIS RURAL ELECTRIC NEWS

# Bush talks about electric cooperatives

Forty-nine outstanding high school students from Illinois joined with more than 1,000 others from across the nation in mid-June for special rural youth activities in Washington, D. C.

A memorable part of that trip was the visit to the White House and an appearance by Vice President George Bush. The Vice President paid tribute to the students, then gave the rural electrification program a pat on the back for its nearly 50 years of service to the country.

The following comments are excerpts from the Vice President's remarks to the students:

"It is an honor to be here before you today in this twenty-fifth year of the Rural Electric Youth Tours.

"You come here to Washington, vested in power and in trust from your own communities. Your parents and neighbors looked at each one of you and said: 'Let's send *you* to represent us in Washington.' They knew that you would make them proud. Just as the President and I, and the members of Congress, you're here in Washington as a special delegate — because those at home trusted all of us to be responsible, caring individuals, honestly and conscientiously representing our communities and our nation's needs.

"I'm convinced that this will be only the first of many great strides forward for you — perhaps some of you even returning to Washington in jobs to serve with the government someday. I hope you will. One of the success stories from this group is a young friend of mine, a former rural electric Washington delegate from Texas, Fred McClure, who now works as a legislative assistant — a very important job as a young man — to Senator Tower of Texas, my home state. This Washington tour will undoubtedly prove an

equally exciting springboard for many of you honored delegates.

"But I'll speak for all of us in Washington: it is we who have an awful lot to learn from delegates such as yourselves. Looking out at you, I know very clearly several things. I know if we're going to continue to move forward as a country, this country must not lose its firm hold on the land. If America is going to continue as a standard bearer to the world, it must keep its own center to the time-honored lessons the people of the land teach us of industry, patience, faith, resilience, and especially, the love of home and neighbor.

"Your people, stretched across generous spans of field and valley and mountain, have performed a sort of miracle. By reaching out with these cooperatives, in such a uniquely American way of brotherhood, with families staking out genuine interest in one another's lives, a new dimension of our nation was born.

"Once, 90 percent of rural America sat in total darkness, and your own grandmothers, scrubbing clothes on scrub boards by lamplight; women pumping water by hand, etc. And now, through the rural co-ops, not only are your own farms and communities vitally activated and relieved of these burdensome constraints, but more than 30 countries across the world have been inspired by our example. They're using the American cooperative system for their own lands, often with your local communities lending technical assistance to them.

"And so, the national rural electric cooperatives are American success stories, in which every single American can take pride."

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## July 1983 Volume 41 Number 3

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Cover: No trip to Washington, D. C., is complete without a photograph on the steps of the U. S. Capitol. Students and chaperones on the Illinois Youth to Washington Tour pose on the Senate side of the building. (See stories on pages 3, 4 and 5.)

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## Highlights are many for young tou

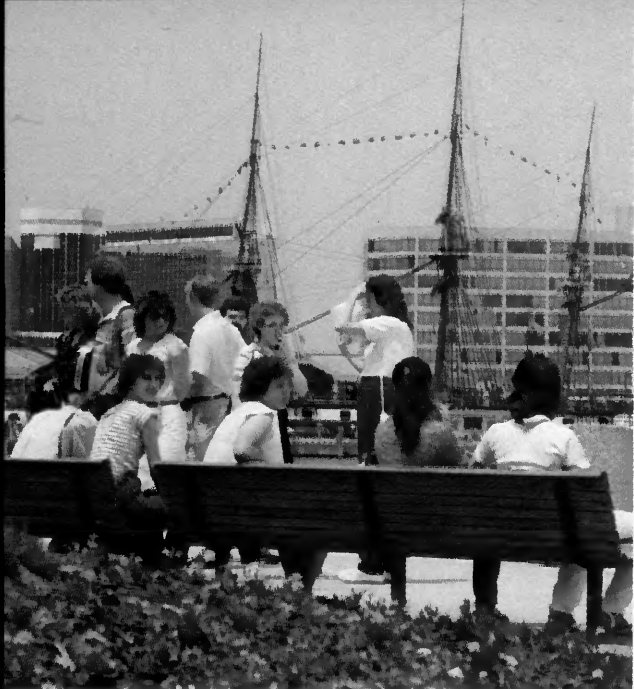
**A** White House lawn meeting with Vice President George Bush and a chance glimpse of President Ronald Reagan were among the many highlights for 49 Illinois high school students on the 1983 Youth to Washington Tour sponsored by 19 Illinois electric cooperatives.

During a week (June 10-17) of fast-paced touring that included bus transportation to and from Washington, the students and chaperones visited Gettysburg, Pa., Baltimore, Md., and scores of Washington, D.C., attractions.

The visit with Vice President Bush came during Rural Electric Youth Day in Washington. The Illinois group attended a general session for all of the more than 1,000 other high school students representing other states, then led a parade of buses to the White House. It was during the talk by Vice President Bush that President Reagan arrived unexpectedly by helicopter. The event was similar to an

also unexpected helicopter departure by the President during the White House visit in 1982. (Excerpts of Vice President's Bush's comments to the students are printed on page 3 of this issue.)

Among the first activities of the students upon arrival their Arlington, Va., hotel was the election during a monthly annual meeting of Illinois' representative on the Youth Consulting Board sponsored by the National Rural Electric Cooperative Association. Jim Allen of Norris City, a representative of Wayne-White Counties Electric Cooperative Fairfield, was chosen by fellow tourists. Allen will represent Illinois electric cooperatives at NRECA's annual meeting in February. During their week in Washington Illinois' rural electric youth visited with Senator Charles Percy on the steps of the Capitol, attended breakfast hosted by Representatives Paul Simon and Dan Crane and



*Opposite page, clockwise from upper left: The first activity on Sunday is church, with many of the students attending historic Christ Church in Alexandria, Va. Rest stops, like this one at the Lincoln Memorial, were welcome throughout the week. Many bought souvenirs from sidewalk vendors. Guided tour of the U.S. Capitol. This page, clockwise from below: Among the most popular attractions is the Smithsonian Air and Space Museum. Gettysburg is an impressive first stop on the tour. Baltimore Harbor, with the U.S.S. Constellation, provides a day of touring.*



## Participants

luncheons hosted by Senator Alan Dixon and Representative Bob Michel. Senator Dixon's luncheon was also attended by Senator Percy and Representative Dick Durbin, while Representative Michel's luncheon was attended by Representatives Tom Corcoran, Ed Madigan, Lynn Martin and George O'Brien.

At the invitation of Representative Lane Evans, the Illinois group attended a parade and pageant at the U. S. Marine Corps War Memorial at Arlington National Cemetery presented by the Marine Corps Marching Band and Silent Drill Team stationed in Washington. In addition to the spectacle of the Marine Band and Drill Team, several of Illinois' group were escorted to their seats by a Marine officer Congressman Evans had arranged to have assigned to Illinois' group for the evening.

*(Continued on page 11)*



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A DAY

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That's why the cash benefits you collect from the RE Group Hospital Plan can mean the difference between getting through a financial crisis or having to look elsewhere for help.

### Here's how your RE Group Hospital Plan helps you beat the rising cost of hospital care:

**Pays you \$1,500.00 a month—\$350.00 a week—\$50.00 a day cash!** You'll collect these cash benefits whenever you are hospitalized for covered sickness or accidents. In fact, you'll collect when your doctor places you in the hospital for any reason—even a simple check-up.

**Pays you \$2,250.00 a month—\$75.00 a day—for Cancer, Heart Attack.** Your daily benefits are increased 50% if you or any covered family member is hospitalized for cancer (including leukemia or Hodgkin's disease) or heart attack (acute myocardial infarction).

**Pays you double benefits; \$6,000.00 a month—\$200.00 a day for you and your spouse.** Under the Husband-Wife or All-Family Plans, you'll collect double your regular benefits during the time you and your spouse are both in the hospital—due to the same or different accidents.

**Pays full benefits for all ages from the very first day.** You'll collect \$50-a-day cash benefits from the VERY FIRST DAY and for EVERY DAY you're hospitalized for a covered sickness or accident—regardless of age.

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**You get lifetime coverage and benefits.** There is no limit to the number of days you can collect benefits. That means you'll be protected even if you're hospitalized for the rest of your life, so long as the Master Policy is in force.

You're covered in any hospital in the world, including federal and VA hospitals as well. However, nursing homes and convalescent, extended-care or self-care units of hospitals do not qualify.

**Up to \$10,000.00 cash benefits for Accidental Death or Dismemberment.** In addition to the hospital benefits provided, if you or a covered family member is killed or injured in an accident, we will pay benefits in the following amounts. Of course, this is for covered accidents that happen while your certificate is in force.

<b>Loss of life, both arms, both legs, one arm and one leg, or sight of both eyes:</b>	<u>Insured</u>	<u>Spouse</u>	<u>Child</u>
	\$10,000	\$10,000	\$2,000
<b>Loss of one arm, one leg or one eye:</b>	\$5,000	\$5,000	\$1,000

**Pays maternity benefits, too.** You're covered for normal childbirth when pregnancy occurs anytime after your certificate is issued. And there's no added cost for this coverage!

**We can't cancel your protection or raise your rates individually.** You cannot be singled out for cancellation—no matter how old you become or how many claims you have.

What's more, we can never raise your rates unless we do so for all certificates like yours issued under this group plan. And—your rate will not change when you move from one age group to another—even if your health changes.

**Please note these limitations.** Half benefits are paid for up to 30 days' confinement due to mental illness.

Old health problems (those that became evident or were treated before the effective date of your certificate) are not covered for the first year of your certificate. But once that year is up, these pre-existing conditions are covered!

**You can't be turned down!** We guarantee to issue your RE Group Hospital Plan regardless of your age, health or size of family. As soon as we receive your completed acceptance form, we will issue your certificate and put it in force. No salesman will call!

Your coverage begins immediately. There is no waiting period. Of course, we can issue only one certificate to you on a guaranteed issue basis.

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**One-Parent Family Plan**

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Offers protection for the entire family—father, mother and all eligible dependent children—with full benefits for all. Future additions to the family are covered automatically at no extra cost.



**Your certificate will come to you in this handsome vinyl document holder**

It's yours to keep even if you change your mind about your need for this extra protection.

Compliments of your  
**NRECA and  
Physicians Mutual  
Insurance Company**



**NOW choose the benefit OPTION you need . . .**

Both options pay you cash benefits beginning the very first day you're hospitalized for a covered sickness or accident.

For either option, your first month's coverage costs only \$1.00. Check Option A or Option B and the Plan you've chosen on the Acceptance Form below . . . then mail it to Physicians Mutual with your \$1.00 today.

**A \$1,500.00 a month  
\$50.00 a day**

Individual Plan  
Husband-Wife Plan  
All-Family Plan  
One-Parent Family Plan

**MONTHLY PREMIUMS  
Under 60 60 and Over**  
(use age of principal insured)

\$15.35	\$23.35
29.75	45.75
34.95	50.95
20.55	28.55

**B \$900.00 a month  
\$30.00 a day**

Individual Plan  
Husband-Wife Plan  
All-Family Plan  
One-Parent Family Plan

**MONTHLY PREMIUMS  
Under 60 60 and Over**  
(use age of principal insured)

\$ 9.95	\$14.95
18.75	28.75
21.95	31.95
13.15	18.15

**NOTE: Your renewal rate does not increase and your benefits do not decrease as you move from one age group to another.**

When your certificate arrives, you'll be given the opportunity to save 8 1/3% by paying your premiums once a year, instead of each month. If you choose to do so, you'll be getting 12 months for the price of 11!

**Questions?**

Call your NRECA  
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Robert D. Partridge,  
Executive Vice President  
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- Individual Plan<sup>1</sup>  All-Family Plan<sup>1</sup>  
 Husband-Wife Plan<sup>2</sup>  One-Parent Family Plan<sup>2</sup>

If you select the All-Family or Husband-Wife Plan, please list name, date of birth and sex of your spouse below.

**PLEASE CHECK OPTION PREFERRED:**

- OPTION A** 35657-404 Pays \$50.00 a day (\$1,500.00 a month) from the very first day for sickness or accident.  
 **OPTION B** 35657-403 Pays \$30.00 a day (\$900.00 a month) from the very first day for sickness or accident.

PLEASE PRINT			AGE	DATE OF BIRTH	SEX
First	Middle Initial	Last		Month Day Year	M F
INSURED'S NAME					
SPOUSE'S NAME					

ADDRESS \_\_\_\_\_ (Street) \_\_\_\_\_ (Apt. No.)

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

I enclose my first month's premium of \$1.00. I understand the certificate is not in force until issued and benefits will not be paid for old health problems unless confinement begins more than one year after the issue date.

DATE \_\_\_\_\_ SIGNED X \_\_\_\_\_  
Insured's Signature SIGN—DO NOT PRINT

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## Okawville student is Pork Industry Queen

# IPPA occupies new Springfield

*Above: Erval Borgic, right, of Nokomis, stands in front of the new IPPA headquarters at the south edge of Springfield. With Borgic is Ed Dunphy, acting executive vice president. Right: Julie Unverfehrt is the 1983 Pork Industry Queen.*



The Illinois Pork Producers Association is in the midst of a celebration this month, and for two reasons. The organization occupied its new headquarters in Springfield, and Julie Unverfehrt, the Illinois Pork Industry 1982 Queen, has been selected the 1983 National Pork Producers Council Pork Industry Queen.

Moving day followed careful planning. "We were leasing in an area that was difficult to get to from all the Interstates that join at Springfield," notes Erval Borgic, a Nokomis hog producer and president of the IPPA. "The prices were constantly escalating, too, so we started researching other possibilities. Naturally, owning our own building was an attractive thought, if we could manage it."

A building committee was set up, headed by Dave Wirsing of Sycamore, and the members went to work and came up with a set of guidelines for a building and the necessary funding. "We decided we'd like a contempor-

ILLINOIS RURAL ELECTRIC NEWS



ary-style building that would be energy efficient, attractive and visible. It would be accessible to farmers coming to Springfield from any part of the state," Wirsing says, "and we decided on about 3,000 square feet of space."

There were other important considerations, too. For one thing, no checkoff funds would be used to finance construction, but they could be used in the amount of rent equivalent once the building was occupied since some checkoff money was used for rent anyway. Another important factor was that half the money needed for construction would be on hand before work started.

The pork producers took to the idea of a new building, and used several fund-raising techniques, including a "hog donation" promotion.

"We bought a three-acre site just

College, the blond-haired, hazel-eyed beauty plans to enter the University of Illinois this fall, majoring in agriculture communications.

While Julie has spent many hours working on the family's 1,200-acre diversified farming operation, this summer she is working on the "communications" side of her major, working for WILY/WRXX Radio in Centralia. "I do a little of everything here," Julie says, "from programming to selling ads to doing commercial tapes to working ballgames and

copywriting. I get to do an occasional interview, too, but not all that often. Actually, I just kind of fill in as each person goes on vacation. I'm getting a lot of good experience."

A scheduled trip to Boston to promote pork will interrupt her media work a little this summer, and she is scheduled to visit California, Ohio and New York during her year-long reign.

"These trips will provide an excellent opportunity to do promotional work," she says enthusiastically, "and I'm really looking forward to going."

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off Interstate 55 at the Toronto Road exit," Borgic says, "and broke ground on October 14, 1982."

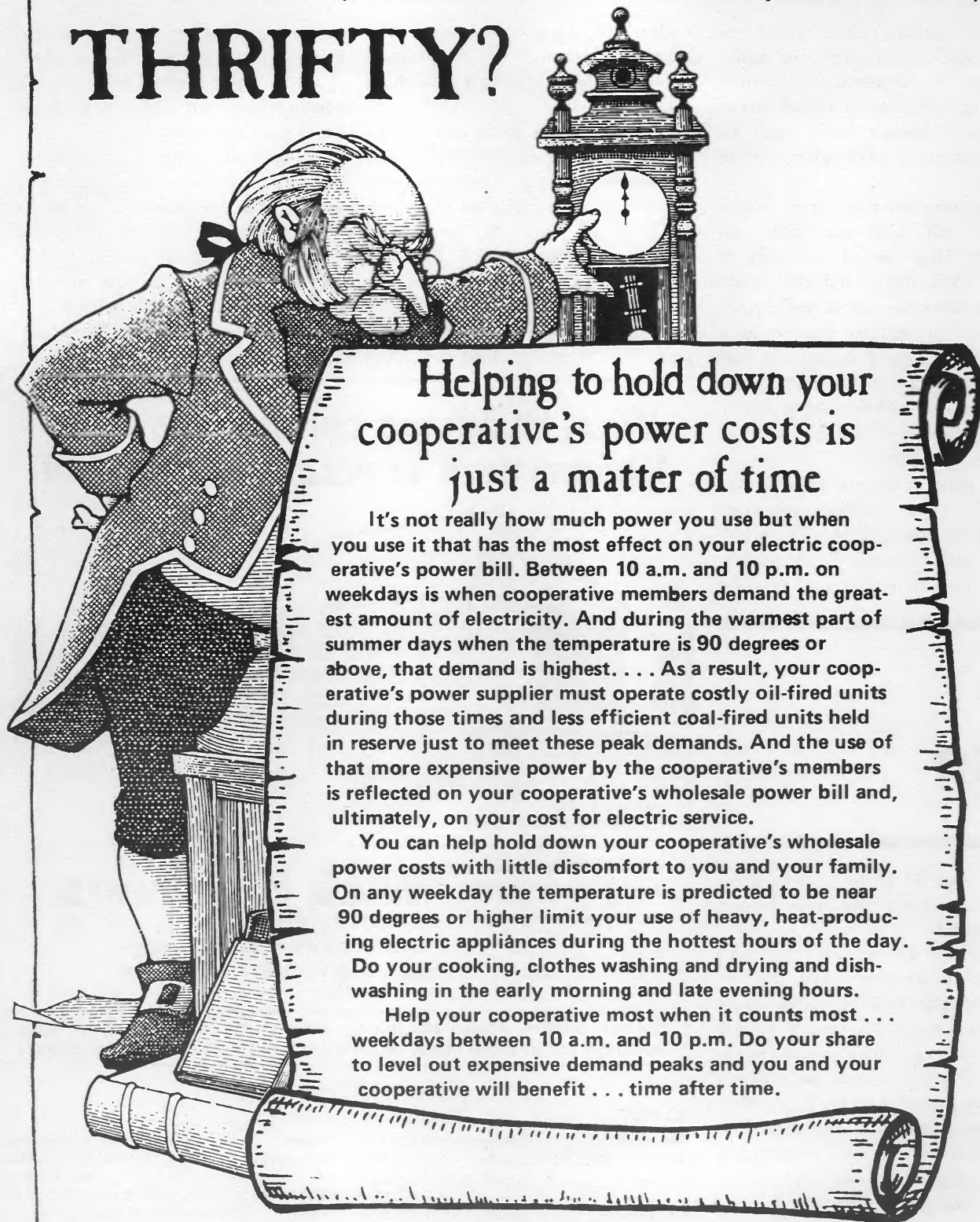
The winter was unusually mild, and construction went very well, and the brick and cedar building started taking shape surprisingly quickly. Featuring large, south-facing windows, the building is constructed with its northern wall snugly tucked into a large earthen mound, which slopes down the eastern and western walls to provide a measure of earth shelter.

"We started moving in in early June, while workmen were still putting on the finishing touches," Borgic says, adding, "The members can be very proud of their building. The timing was perfect, the location is ideal and the voluntary funding was outstanding."

Julie, the 20-year-old daughter of Mr. and Mrs. Alfred Unverfehrt of Okawville, competed against 15 other state queens to win the title.

A recent graduate of Kaskaskia July 1983

# THRIFTY?



## Helping to hold down your cooperative's power costs is just a matter of time

It's not really how much power you use but when you use it that has the most effect on your electric cooperative's power bill. Between 10 a.m. and 10 p.m. on weekdays is when cooperative members demand the greatest amount of electricity. And during the warmest part of summer days when the temperature is 90 degrees or above, that demand is highest. . . . As a result, your cooperative's power supplier must operate costly oil-fired units during those times and less efficient coal-fired units held in reserve just to meet these peak demands. And the use of that more expensive power by the cooperative's members is reflected on your cooperative's wholesale power bill and, ultimately, on your cost for electric service.

You can help hold down your cooperative's wholesale power costs with little discomfort to you and your family. On any weekday the temperature is predicted to be near 90 degrees or higher limit your use of heavy, heat-producing electric appliances during the hottest hours of the day. Do your cooking, clothes washing and drying and dish-washing in the early morning and late evening hours.

Help your cooperative most when it counts most . . . weekdays between 10 a.m. and 10 p.m. Do your share to level out expensive demand peaks and you and your cooperative will benefit . . . time after time.

## Electric Cooperatives of Illinois



### Good for ALL Illinois

## Highlights

(Continued from page 5)

Among the many notable experiences for Illinois youth participating in the 1983 Tour were visits to Gettysburg National Military Park, new National Aquarium at Baltimore, Air and Space Museum at the Smithsonian Institution, Library of Congress, Mt. Vernon, Arlington Cemetery, Lincoln Memorial, Washington Monument, Jefferson Memorial, Viet-

nam War Memorial and National Zoo. A large number of the students on the tour were winners of all-expense-paid trips as winners of their local cooperatives' essay contests. Others participated as "Willie Wiredhand" tourists, including students who did not win their cooperatives' contest and children and grandchildren of cooperative directors and employees, who are not eligible for the essay competition. "Willie" participants pay all their own expenses.

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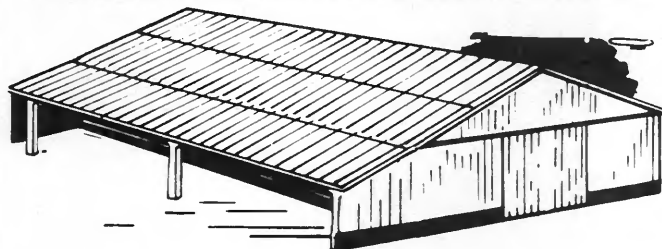
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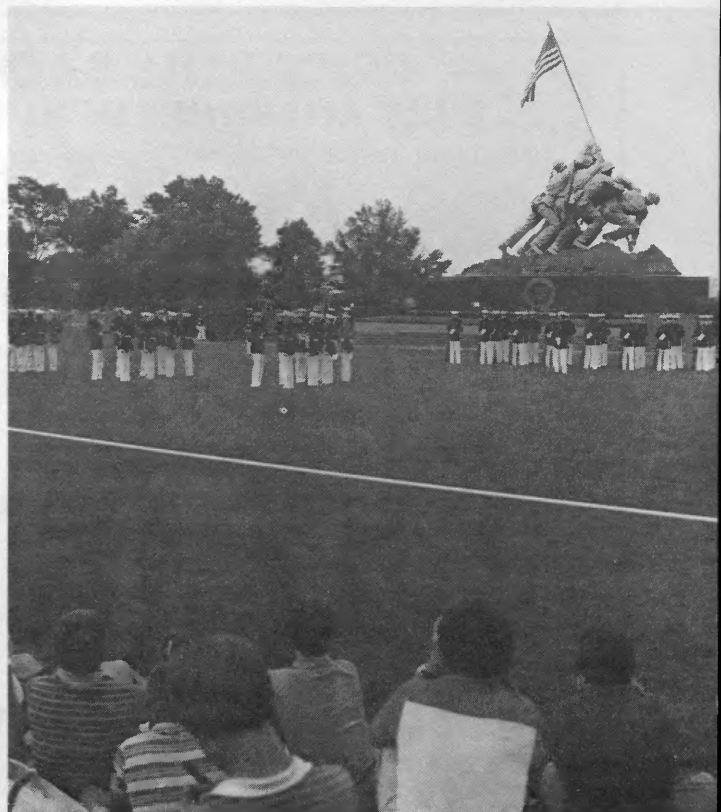
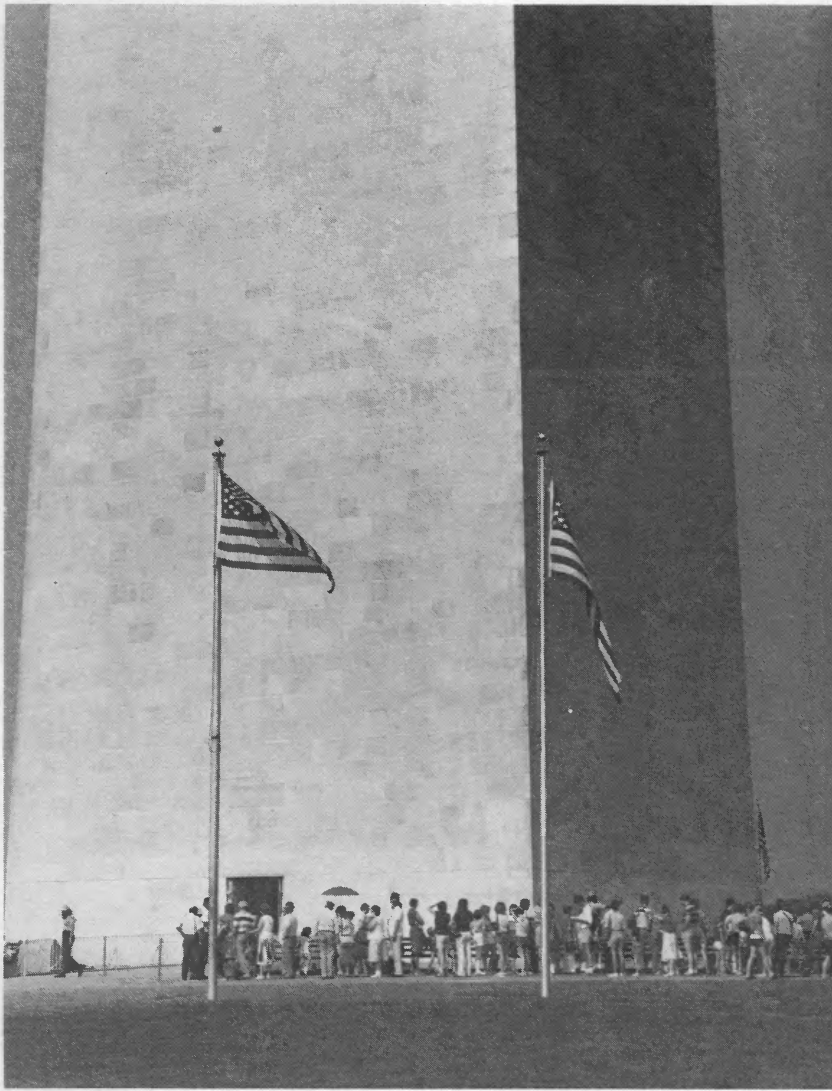
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# 1983 Youth

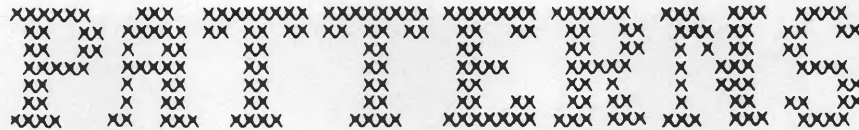


# o Washington Tour



Each year, returning participants on the Youth to Washington Tour sponsored by several Illinois electric cooperatives have the common statement: it was a week they will not forget. The week of June 10-17 was a period marked by days of full schedules, as the students kept up the pace of their well-planned itinerary. These photos illustrate some of the events and attractions of the tour. Clockwise from far upper left: The Washington Monument has a monolithic dominance over tourists awaiting a chance to catch the elevator to the top for a panoramic view of the city. After an all-night bus ride from Illinois, the participants visited Gettysburg National Military

Park. Highlighting the activities of Rural Youth Day in Washington was an appearance by Vice President George Bush. At Gettysburg, the students walked along paths used by soldiers during the critical Civil War battle. For the second year in a row, President Ronald Reagan made an unexpected appearance, as he returned to the White House by helicopter. The Marine Corps Band and Silent Drill Team provided an outstanding performance at the Marine Corps War Memorial. The stunning architecture of the National Aquarium in Baltimore is a backdrop for Illinois youth enjoying a break in the schedule.



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### COCONUT SOUR CREAM CAKE

- 1 white cake mix
- 1/4 cup oil
- 3 eggs

Mix all ingredients in large bowl with electric mixer. Bake at 350 degrees for 30 minutes and cover with the following frosting.

#### FROSTING:

- 8 oz. pkg. cream cheese
- 1 box powdered sugar (3 1/2 cups)
- 2 tablespoons milk

Blend powdered sugar with cream cheese and add milk and vanilla. Sprinkle coconut on top.

- 1 can (8 1/2-oz.) cream of coconut
- 1 small carton sour cream

- 1 teaspoon vanilla
- 1 can angel flake coconut

### ICE BOX CAKE

- 9 large graham crackers
- 1/4 cup soft margarine
- 1 cup powdered sugar
- 2 tablespoons condensed milk

Mix margarine with powdered sugar, adding sugar 1/4 cup at a time. Beat in condensed milk slowly. Place 1/2 of the crackers in pan and spread mixture on crackers. Cover with remaining crackers and let chill. Dissolve gelatin in boiling fruit juice. Cool and divide into two equal parts. Into one part stir in 1/2 cup condensed milk. Chill, then beat until fluffy. Let chill until firm. To remaining half of gelatin, add 1/2 cup water, 1 cup drained fruit cocktail and pour over firm layer of gelatin and chill again.

- 1 pkg. strawberry gelatin
- 1 cup fruit juice
- 1 cup fruit cocktail (drained)

### CUSTARD-BASE FROZEN FRUIT SALAD

- 5 bananas, sliced
- 1 large can pineapple chunks
- 1 bottle maraschino cherries

#### CUSTARD:

- 3 tablespoons sugar
- 1 teaspoon salt
- 1 1/2 tablespoons flour

Cook custard ingredients over low heat until thick. Add 1/4 to 1/2 the marshmallows. Stir until partially dissolved. When cool, mix with fruit and the remainder of marshmallows. Fold in whipped cream and freeze. Serves 10.

- 1/2 pint whipping cream (whipped)
- 1 pkg. miniature marshmallows
- 1 egg
- 4 tablespoons lemon juice
- 1/2 cup pineapple juice
- 1/4 cup orange juice

### FAIL SAFE ICE CREAM

(for one gallon freezer)

- 3 pkgs. instant pudding (vanilla)
- 3 large cans evaporated milk

Mix above ingredients in freezer container. Finish filling with homogenized milk or to save on calories use non-fat dry milk. For 1 1/2 gallon freezer, add another can of evaporated milk and 1/2 cup more sugar. Fruit may be used and flavored pudding such as strawberries and strawberry pudding.

- 1 tablespoon vanilla
- Dash of salt
- 3/4 to 1 cup sugar

### HAM LOAF

- 1 cup raisin bran
- 1/2 cup milk
- 2 eggs, slightly beaten
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped celery
- 1 tablespoon prepared mustard

Combine cereal, milk, eggs, chopped onion, chopped celery, and seasonings; mix thoroughly. Stir in ham; mix well. Pack ham mixture firmly into an 8x4-inch loaf pan. Bake at 350° about 50 minutes or until of desired doneness. Let stand in pan 10 minutes; then invert onto warm serving platter. Garnish with parsley and halved pineapple rings studded with whole cloves, if desired. Serve with Fluffy Mustard Sauce. Makes 6 servings.

- 1 teaspoon Worcestershire sauce
- Dash of cayenne
- 4 cups ground cooked ham (about 1 lb.)
- Fluffy Mustard Sauce (optional)

### FRANKFURTER BUDGET BAKE

- 1 1/2 cups uncooked macaroni
- 1 (11-oz.) can cheddar cheese soup
- 1/4 teaspoon oregano, crushed
- 1/4 teaspoon chili powder
- 1/4 cup water
- 4 frankfurters

Preheat oven to 375 degrees. Cook macaroni according to package directions; rinse and drain. In large bowl, combine soup, oregano, chili powder and water. Cut frankfurters in 1-inch diagonal slices; stir into soup mixture. Cut ripe olives into slices. Add corn, beans and olives. Spoon macaroni into a 1 1/2-quart casserole. Top with sauce-frankfurter mixture. Bake for 25 minutes. Serves 4.

- 1 cup canned pitted ripe olives
- 1 (12-oz.) can whole kernel corn, drained
- 1 (8 1/2-oz.) can diagonal-cut green beans, drained

### ANGEL CORN

- 2 cups cooked corn
- 1 cup cream
- 3 tablespoons melted butter
- 3 beaten egg yolks

Blend corn, cream, nutmeg, salt and pepper and beaten egg yolks. Fold in beaten egg whites and turn into buttered baking dish. Top with cheese and place in preheated oven at 300 degrees for 30 minutes. Increase oven to 375 degrees to brown top for about 10 minutes. Serves 4.

- 3 egg whites, beaten stiff
- Salt & pepper to taste
- 4 tablespoons grated Swiss cheese
- Dash of nutmeg

### CHEESE LOG

- 28-oz. pkgs. softened cream cheese
- 1 small carton cottage cheese (drained)
- 2 tablespoons ripe olives (chopped)
- 2 teaspoons fresh grated onion
- 2 teaspoons worcestershire sauce
- few dashes tabasco sauce
- 1 3-oz. jar dried beef

Mix ingredients together using only 1/3 of the chopped beef. (Cut it with scissors—much easier). Shape into two logs and chill overnight in waxed paper. Next day press remaining beef onto outside of logs.

### ICEBOX LEMON PIE

- 1/3 cup lemon juice
- 1 can condensed milk
- 1/3 cup crushed pineapple (drained)
- 1/3 cup maraschino cherries (halved)

Mix above ingredients together and fold in 1 cup cool whip. Pour into pie crust and refrigerate.

- 1/3 cup nuts
- 1 cup cool whip
- Graham cracker crust

### EGG CUSTARD PIE

- 3 eggs
- 2 cups milk scalded
- 3/4 cup sugar

Beat eggs, and add sugar, salt. Then add milk slowly along with vanilla. Pour into pie shell. Bake at 325 degrees for 25 to 30 minutes.

- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 unbaked pie shell

### BASIC CREAM PIE

- 1/3 cup sifted flour or 1/4 cup cornstarch
- 2/3 cup sugar
- 1/4 teaspoon salt
- 2 cups milk, scalded
- 3 slightly-beaten egg yolks

Mix flour, sugar and salt. Gradually add milk and cook over moderate heat, stirring constantly until mixture thickens and boils. Cook 2 minutes, and remove from heat. Add small amount to egg yolks and stir into remaining hot mixture. Cook one minute, stirring constantly. Add butter, vanilla and cool slightly. Pour into baked pie shell. Cook and cover with meringue made of egg whites and sugar. Bake at 350 degrees for 12 to 15 minutes.

- 2 tablespoons butter or margarine
- 1/2 teaspoon vanilla
- 1 baked 9" pastry shell
- 3 stiff-beaten egg whites
- 6 tablespoons sugar

- Chocolate—1 square
- Coconut—1 cup & 1/2 cup on top
- Pineapple—1/2 cup
- Bananas—3
- Caramel—caramelize 1/4 cup of the sugar and gradually add hot milk

- Butterscotch—substitute 1 cup brown sugar for white sugar and increase butter to 3 tablespoons

### LIME PICKLES

- 7 lbs. cucumber
- 2 cups lime
- 2 gallons water

Slice cucumbers crosswise. Mix lime with water. Soak cucumber slices 24 hours in lime water, then rinse in 3 different cold waters. Soak 3 hours in ice water. Then remove. Make syrup of vinegar, sugar and salt. Pour syrup over cucumbers and let set overnight. Add pickling spices to suit taste. (1/2 box). Then boil mixture 35 minutes and can. Large cucumbers quartered with the seed section sliced out are fine to slice and use.

- 2 quarts vinegar
- 4 1/2 lbs. sugar (10 1/8 cups)
- 1 tablespoon salt

### SPINACH DIP

- 1 pkg. frozen chopped spinach (drained well)
- 1/2 cup parsley flakes
- 2 tablespoons diced onion flakes

Blend above ingredients in blender.

- 2 cups mayonnaise
- 1 teaspoon Nature Seasoning salt
- 1 teaspoon garlic salt

### BEETS WITH SOUR CREAM

- 2 bunches small beets
- Salt and pepper

Scrub beets; cook in boiling water to barely cover for 45 minutes to 60 minutes, or until beets are tender, or cook in pressure cooker according to manufacturer's directions. Drain, and peel. Cut in halves or quarters, and put in hot serving dish. Season to taste. Spoon sour cream over top. Garnish with onion.

- 3/4 cup sour cream
- 2 tablespoons chopped green onion

### CLAUDIA'S PICKLED SQUASH

- 1 gallon thinly-sliced yellow squash
- 8 large onions, sliced
- 3 bell peppers, chopped
- 3/4 cup plain salt
- 5 cups vinegar

Combine squash, onions and bell peppers in large bowl. Pour salt over it. Put a tray of ice cubes over all and let soak for 3 hours and drain. Mix remaining ingredients and pour over drained squash. Heat to bubbling boil (not rolling boil) then put in jars and seal.

- 1 teaspoon clove
- 1 teaspoon celery seed
- 1 teaspoon dry mustard
- 1 teaspoon turmeric
- 5 cups sugar

### DEVILED GREEN BEANS

- 1 clove garlic, minced
- 1 medium onion, minced
- 1 small green pepper, chopped
- 2 canned pimientos, sliced
- 3 tablespoons butter or margarine

Cook garlic, onion, green pepper, and pimientos in butter or margarine until onions are limp. Stir in mustard, tomato sauce, and cheese. Drain green beans. Combine beans and sauce. Turn into a greased quart casserole. Bake at 350 degrees for 25 minutes.

- 2 teaspoons prepared mustard
- 1 (8-ounce) can tomato sauce
- 1 cup shredded cheddar cheese
- 1 (No. 2) can whole green beans

### GRAHAM CRACKER SANDWICH CAKE (Double everything but icing)

- 2 sticks margarine (melted)
- 1 cup sugar
- 1 egg
- Pinch of salt
- 1/2 cup condensed milk

Mix first five ingredients and let cook on slow heat until it comes to a good boil, stirring constantly. Take from heat and add remaining ingredients. Place whole graham crackers in 14x16 pan or cookie sheet and pour mixture over them while hot. Add another layer of graham crackers and mash down easily. Be sure crackers are close together.

- 1 cup graham cracker crumbs
- 1 cup coconut
- 1 cup chopped nuts
- 1 teaspoon vanilla

#### ICING:

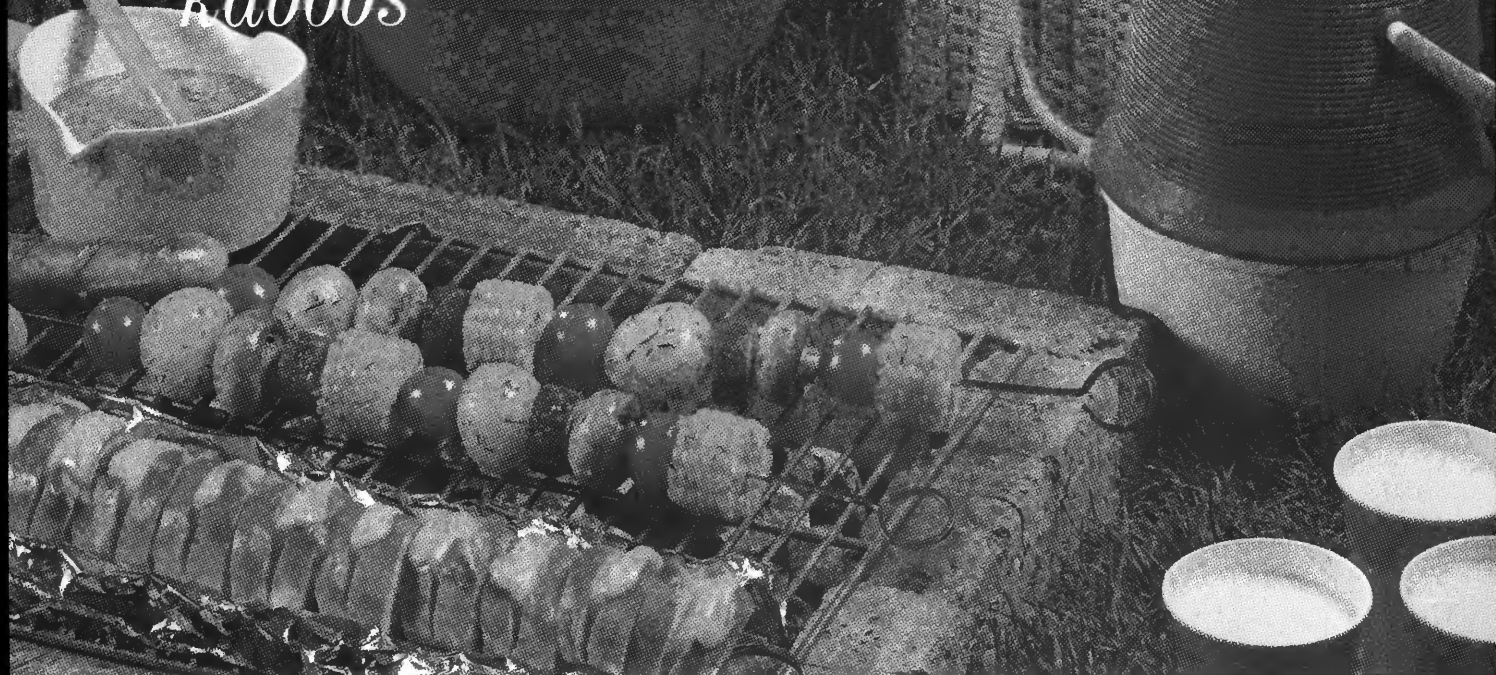
- 3 cups powdered sugar (unsifted)
- 1 stick melted butter or margarine

Add above ingredients together and add enough evaporated milk to make icing right consistency.

- Pinch of salt
- 1 teaspoon vanilla



# Let's barbecue with kabobs



## LEMON BUTTERED VEGETABLE KABOBS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1/2 cup (1 stick) butter          | Corn-on-the-cob                  |
| 1/4 cup fresh lemon juice         | Small new potatoes, peeled       |
| 2 tablespoons minced green onion  | Zucchini, cut in one-inch slices |
| 1 1/2 teaspoons rosemary, crushed | Mushrooms                        |
| 1/2 teaspoon salt                 | Cherry or plum tomatoes          |
| 1/8 teaspoon black pepper         | Paprika                          |

Melt butter; add lemon juice, onion, rosemary, salt and pepper. Keep warm for basting and serving. Cut corn into thirds. Precook corn and potatoes, just until tender. Alternate with zucchini, mushrooms and tomatoes on long metal skewers. Rub potatoes with paprika. Brush vegetables generously with lemon butter. Grill 4 to 6 inches from coals, brushing with lemon butter occasionally, until lightly browned and heated through, 7 to 10 minutes. Turn occasionally during cooking. Push vegetables off skewer onto serving platter or plates; drizzle on additional lemon butter. May be prepared as above and broiled in range. Place 4 to 6 inches from heat for 8 to 10 minutes or until lightly browned and thoroughly hot.

## CUCUMBER YOGURT DRESSING

- |   |                            |
|---|----------------------------|
| 1/2 cup pared shredded cucumber, well drained | 1/4 teaspoon salt          |
| 1 teaspoon grated onion                       | 1/4 teaspoon seasoned salt |
| 1 teaspoon vinegar                            | 1/8 teaspoon pepper        |
| 1/2 teaspoon sugar                            | 1 cup (8 oz.) plain yogurt |
|   | Torn salad greens          |

Combine first seven ingredients. Gently fold in yogurt. Refrigerate, covered several hours to allow flavors to blend. Place salad greens in a large bowl. Spoon dressing over salad.

## BARBECUED BRATWURST

Allow 30 to 45 minutes between lighting a charcoal fire and cooking. Cook on coals that are completely covered with gray ash. Coals that are spotted with black or are flaming are much more likely to flare and smoke, and the heat they produce is uneven. Have grill 4 to 6 inches above coals. Grill fully cooked bratwurst 7 to 10 minutes, depending on heat of coals and how brown meat is desired. Rotate with tongs as a fork will pierce the skin and let out the juices. As the bratwurst cooks the skin will split.

July 1983

## PECAN-CARROT CAKE

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 6 eggs                         | 2 cups ground pecans or hickory nuts |
| 2 cups flour                   | 1/2 teaspoon salt                    |
| 1 1/4 cups salad oil           | 2 teaspoons baking soda              |
| 1/4 cup honey                  | 1/2 teaspoon nutmeg                  |
| 2 cups shredded, pared carrots | Orange Butter Frosting (below)       |
| 2 cups sugar                   |                                      |

Separate 6 eggs, placing whites in a large bowl and yolks in another large bowl. (Have bowls warm or let separated eggs stand at room temperature at least 15 minutes.) Butter two 9-inch round layer-cake pans and line each with a circle of waxed paper. Butter paper. Sift together flour, baking soda and nutmeg. With mixer, beat egg yolks until thick and light. Gradually beat in sugar, and continue beating until fluffy. Then gradually beat in salad oil and honey and continue beating until light and fluffy. Fold in flour mixture, carrots and pecans. Beat egg whites with salt until stiff peaks form when beaters are raised. Add to egg yolk mixture and fold in until no egg white appears. Pour into prepared pans, dividing evenly. Bake at 350 degrees for 45-50 minutes or until top springs back when pressed with fingertip. Cool in pans for 5 minutes. Loosen around edges, then turn to cool completely. Spread 1 cooled layer with about 1/2 of the Orange Butter Frosting. Top with other layer, then spread remaining frosting on top layer. Decorate with pecan halves if you wish. Serves 8 to 10.

## ORANGE BUTTER FROSTING

- |                             |                            |
|-----------------------------|----------------------------|
| 1/2 cup butter or margarine | 2 tablespoons orange juice |
| 3 cups confectioners' sugar |                            |

Beat butter or margarine until smooth and gradually beat in sugar alternately with orange juice until smooth.

## HUMMINGBIRD CAKE

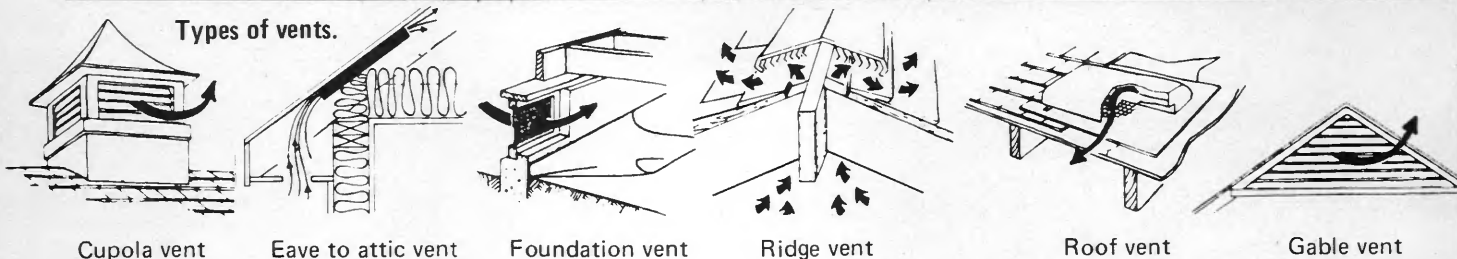
- |   |                                    |
|---|------------------------------------|
| 2 cups sugar                            | 1 teaspoon salt                    |
| 1 1/2 cups buttery flavor vegetable oil | 1 teaspoon cinnamon                |
| 3 eggs                                  | 1 8-oz. can crushed pineapple      |
| 3 cups flour                            | 3 small or 2 large bananas, mashed |
| 1 teaspoon soda                         | 1 cup pecans, chopped              |

Mix all ingredients in large bowl except bananas and nuts. Mix well by hand. Add bananas and nuts and mix. Bake at 350 degrees for about 1 hour. Let cool in pan 1 hour before removing.

energy  
efficiency

# VENTILATION

Types of vents.



Cupola vent

Eave to attic vent

Foundation vent

Ridge vent

Roof vent

Gable vent

As summer heats up, wise homeowners look for ways to cool their homes without using their air conditioners any more than necessary. Proper attic ventilation will help, and is necessary in winter time too, but for different reasons. For now, cooling gets priority.

In the summer, the temperature in a poorly ventilated attic can reach 130 degrees or even more. As this heat builds up, it radiates downward through insulation and ceiling materials, making the home hot and uncomfortable and increasing the cooling needs.

Gravity ventilation uses strategically placed vents to take advantage of natural convection currents, wind, and pressure differences to allow heated attic air to escape by natural means.

A typical gravity system combines intake vents in the soffit area and exhaust vents placed as high as possible towards the ridge, or peak, of the roof.

Many types of vents will do a good job and blend in with most styles of architecture. A system of either soffit

and gable vents or soffit and ridge vents will accomplish proper attic ventilation. Soffit or eave vents must be used in conjunction with gable and ridge vents.

The Federal Housing Administration (FHA) has established general guidelines for attic ventilation, recommending at least one square inch of weather-protected, unobstructed vent openings for every two square feet of attic area. Keep in mind that screen material and weather protectors normally installed with the vents will limit the area through which air can pass, and more attic ventilation may be needed than mentioned above, since these figures are minimums. You may need up to twice as much vent area, split between soffits and peaks, to get a good job of gravity ventilation.

If natural ventilation is difficult to achieve with the sizes and kinds of vents that should be sufficient, you may need a power attic ventilator, which is an automatic fan connected to a thermostat so the fan cycles on when the temperature in the attic

reaches a certain level. Studies at the University of Illinois have shown that such fans are unnecessary under normal conditions, and probably cost more to operate than they will save in cooling costs. You should consider them only if you cannot achieve sufficient ventilation with natural convection.

Power attic ventilators should not be confused with whole-house ventilating fans, which are sometimes called attic fans. They cool the house by pulling fresh air from the windows and pushing it out through the attic. Moving air causes evaporation of skin moisture, making occupants cool and dry. Air which is circulating at 85 degrees often feels like still air at 78 degrees. An attic fan, then, can be used instead of an air conditioner on days when the temperature is 85 degrees or less, depending on your tolerance to humidity.

In the summer, the attic fan may lower your utility bill. During winter time, though, it may add to your bill unless you seal it off carefully to prevent heat loss. You should seal it snugly, using enough insulation to attain a rating of R-30.

There are several places in the home where exhaust ventilation fans could save you money. A kitchen exhaust fan will remove hot, grease-laden air. This helps keep the home interior clean and odor free, as well as offering some cooling. A kitchen vent should lead to the outside or through the roof cap. Never vent exhaust into the attic, since there could be a grease buildup on the insulation, causing a fire hazard.

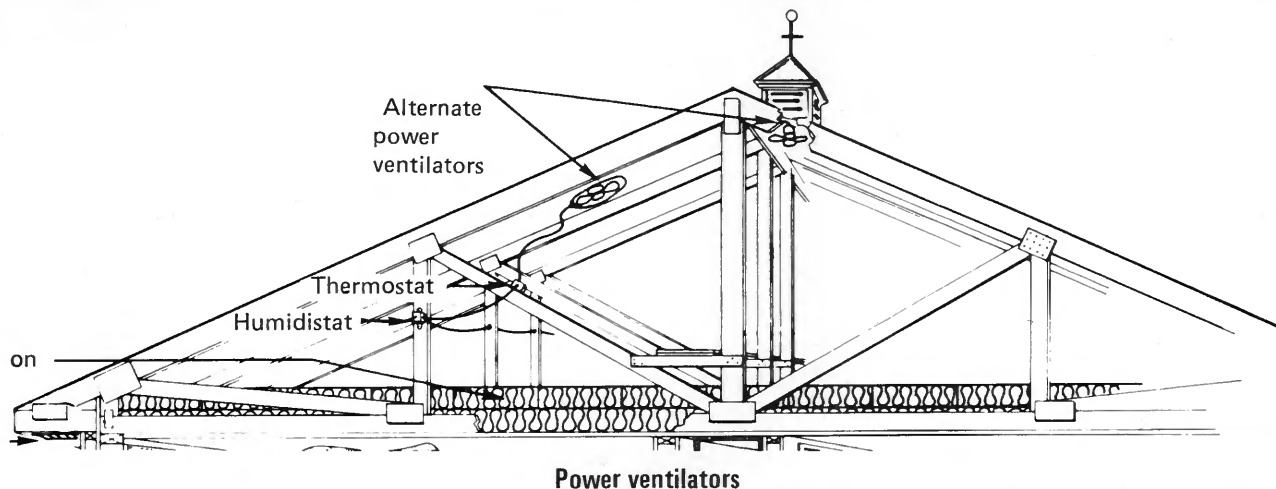
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Rooms that have plumbing fixtures and laundry equipment, and are not readily accessible to the free movement of air from an area ventilated by a fan, should be vented by an exhaust blower of 300 cubic feet per minute or better. This should be vented to the outside, too.

Bathrooms should also be ventilated with an exhaust fan to get rid of moisture that can result in excess humidity, and clothes dryers should

also be vented to the outside, at least during the summer. Exhaust fans should have back draft dampers.

Crawl spaces should also be vented to the outdoors. If the vents are located near each corner, they will permit good air movement through the crawl space. They should be open in the summer and closed in the winter, especially if the crawl space walls are insulated.

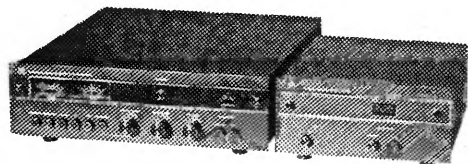
For crawl spaces where the ground

is covered with a good vapor barrier or vapor seal, provide at least one square foot of net free vent area for each 1,500 square feet of floor area. This should be provided by at least two foundation wall vents. If the ground in the crawl space is not covered with a vapor barrier, provide at least one square foot of vent area for each 150 square feet of floor space, and one vent at each corner.

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Jan Bellman, left, and her sister, Debbie Pyles, with some of the many trophies they have brought home; their brother, Steve, won several, too, before marrying and getting out of showing. Debbie shows off *Ridgelieu Act I*, the newest acquisition and the key to a new class—the Shetland harness pony class.



# Ponies provide family

**M**rs. Harold Bellman of rural Congerville showed cattle in show rings when she was a girl, and now her daughters show ponies. There is a reason for that. "I was in 4-H for years," the Corn Belt Electric Cooperative member says, "and I always wanted to show ponies. Dad was a cattle producer and he wanted me to show his cattle, so I did."

Still, her love for horses stayed with her, and when show time came for her daughters, she saw to it that they had an opportunity to show ponies. Son Steve showed ponies and hogs until he married, now his children are showing some interest.

"Our pony, Imperial Way, placed fourth in his class in the Illinois State Fair last year," she says, "and we expect him to do well there next month, too."

Daughter Debbie Pyles, a nurse, started showing ponies 15 years ago, about the time her sister, Jan, was born. Now Jan works the show rings too, guiding the 10-year-old pony from her seat in a lightweight two-wheeled roadster cart.

The young women have had nearly a dozen ponies over the years, buying upward to something a little better each time they could afford to.

"This is a very expensive hobby," Mrs. Bellman says, "and we don't really have a lot of money to put into it, so when we win prize money it really helps. That's an incentive to give it our best."

Debbie adds, "The horses are only a part of the expense. Boarding, entry fees, travel, vet bills and shoeing all

add up. We've traveled all over Illinois, and we show in Iowa, Ohio and Michigan, too."

The family is especially proud of the fact that the girls placed in the state fair last year, since many of the competitors boast much better funding. "Actually," Mrs. Bellman says, "it's a rich man's game, but we play it

## Illinois State

Horse-showing competition is but one of the hundreds of activities scheduled to take place during the Illinois State Fair August 11-21 in Springfield.

One of the nation's largest livestock shows will feature competition all week long. The Illinois Farm Expo will focus on the state's agriculture. Grandstand shows will feature some of the world's top entertainers.

In addition to all the activities, each day of the Fair will have a special designation:

**Thursday, August 11 — PHYSICAL FITNESS DAY** — Ribbon Cutting Ceremonies at noon following Opening Day Parade. Richard Simmons performs a free exercise concert at Grandstand.

**Friday, August 12 — COUNTY FAIR DAY** — A salute to the 102 County Fairs in Illinois, Miss Illinois County Fair, all county fair queens and County fair talent winners.

**Saturday, August 13 — LOCAL OFFICIALS DAY** — Hometown officials are honored guests. Old Fiddlers and Banjo Contest — Hog and Husband Calling Contest — Square Dancing Festival in evening.

**Sunday, August 14 — VETERANS' DAY** — Drum and Bugle Corps, drill teams, color guards and clown bands — in competition all day — Pork Cook-out — Baton Twirling Contest — Wool Style Show and Ladies' Lead are great attractions.

**Monday, August 15 — HORSE RACING DAY** — Harness Racing at its best



fun



enthusiastically on a shoestring." They got Imperial Way at an unbelievably low price by biding their time and engaging in some spirited haggling, she adds.

The Bellmans' blue and off-white colors have adorned only one pony at a time in the past, but that has changed now. They recently bought a

three-year-old to compete in the Shetland harness pony class, and they have high hopes for Ridgelieu Act I. His half brother and full sister were national champions and if high hopes, dedication and hard work have anything to do with it, he will be too.

Unlike the roadster pony, who pulls a tiny cart bearing a driver in "silks,"

the harness pony pulls a four-wheeler, called a Viceroy, and the driver dresses formally. "A woman wears a formal in her colors when showing harness ponies," Debbie says, "and we braid matching ribbons into the pony's mane. A man will wear a three-piece suit, or even a tux.

"I've always wanted to show harness ponies," she continues, "because they have more style and class to them. Last year was my first chance to get one, and I'm looking forward to showing in this class."

Debbie hopes, perhaps in the distant future, to have a small stable of her own, where she can train her own ponies and have a few other people bring theirs for boarding and training. For now they board Imperial Way and Ridgelieu Act I at Hinsdale Ltd., a stable near Pekin owned and operated by Mike Wiebler, who lifted the Hinsdale part of the name from the Chicago suburb.

While a stable is a long-term goal, this year's circuit is here now, and the short-term idea is to excel.

The medium-term aim? To do well someday — to win, really — in the prestigious American Royal in Kansas City. The odds seem to favor them on all three counts!

## Fair activities

begins a five-day meeting.

**Tuesday, August 16 — AGRICULTURE DAY** — Outstanding people in the Agriculture community will be honored. Agriculture Teacher of the Year to be announced. State Fair Rooster Crowing Jamboree Crow Off at 11:00 a.m.

**Wednesday, August 17 — GOVERNOR'S DAY** — Honors Governor James R. Thompson and all Republicans with special activities. Exciting Auction of Commodities and SALE OF CHAMPIONS — a new Auctioneers Bid Calling Contest.

**Thursday, August 18 — DEMOCRATIC DAY** — Prominent Democrats from across the Nation will join Illinois Democrats with special activities. The Champion Rose in Show and Dairy Livestock awards. Fruit Pie Day, a new one-day pie contest in Hobbies, Arts and Crafts Bldg.

**Friday, August 19 — YOUTH DAY** — Baby Picture winners honored — youth contests — special luncheon honoring foster children and parents — from Pony-tail-Pigtails to a baby derby contest — a great day for children.

**Saturday, August 20 — RACE DAY** — USAC Championship Dirt Car Race dominates the day. The Grand Bake Off and a Draft Horse Pull at Coliseum are featured — Square Dancing under the stars. Cheerleading and Pom Pon contests cause added sparkle.

**Sunday, August 21 — FAMILY DAY** — Abe's Amble 10,000 meter race begins day early. USAC traditional Stock Car Race commands Grandstand — a FREE evening grandstand show and fireworks extravaganza bring the Fair to a close.

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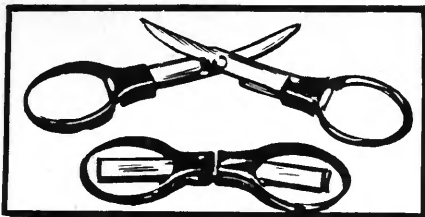
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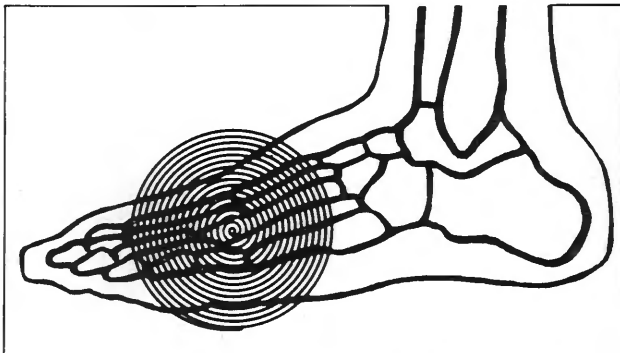
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