

ren

July 1984

Illinois Rural Electric News

**LIFETIME
TANK COATINGS**

Stop all leaks in steel and concrete — Prevent rust forever. Roof coatings for tar paper, composition shingles, and metal buildings. Anyone can apply all coatings. Fix it once and forget it. This is our 34th year. Let us send you complete information.

VIRDEN PERMA-BILT CO.
Box 7160IN Ph. 806-352-2761
2821 Mays St.
Amarillo, Texas 79114-7160

**40 BRAND NEW
TOWELS \$1.75!**

UNWOVEN COTTON OR RAYON — Assorted beautiful Pastel Colors. BRAND NEW — NOT Seconds — 40 Towels for \$1.75 or 80 for only \$3.35. 120 just \$4.95. Super Quality. Pls. include 50¢ extra for pstg. and hding. with EACH set of 40 Towels you buy. We know Towels — we've sold 70,000,000 already. Fund Raisers write for quantity prices. Money-Back Guarantee. No C.O.O.'s. Pls. allow up to 6 wks. for delivery.

40 TOWEL CO. Dept. C-718
1602 Locust St. St. Louis, MO 63103

**GREATEST SHOW
ON EARTH**

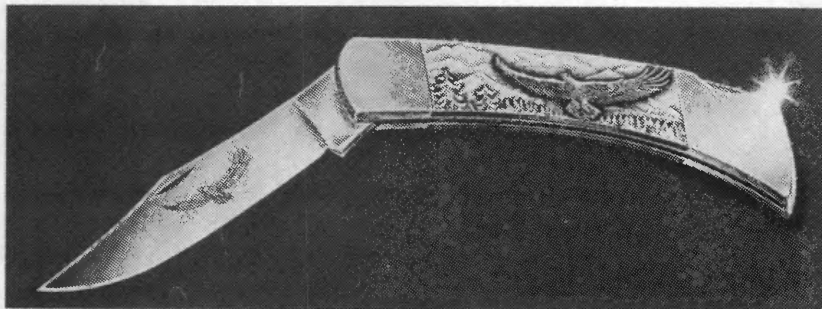
**If You Like
Exotic Animals
and Rare Birds**

... and who doesn't ... you will love "Exotic Animal Paradise." Over 3000 wild animals and rare birds from around the world roaming free in this beautiful 400-acre park and you see and feed them from the safety of your car. Take the family, spend the day. All ages LOVE it. "Don't forget your camera."

Send \$3.00 for your 40-page, full-color Exotic Animal Paradise Park Book, containing pictures and information about our rare and unusual animals ... as well as what to see and do in beautiful Ozark Mountain Country to:

EXOTIC ANIMAL PARADISE
Rt. 1, Box 270
Strafford, MO 65757
417-468-2016 / 417-468-2159

**200TH Anniversary
American Eagle
Commemorative Folding Knife
only \$19⁹⁵**



As part of an advertising program commissioned by **American Eagle Knife Sales**, and as a continuing celebration of the American Eagle's 200th Anniversary as our national symbol, we will send to each reader of this publication who sees and responds to this notice before midnight August 31, 1984, a 200th Anniversary American Eagle Folding Pocket Knife. The Eagle is plated with Solid Silver and layered with pure 24-karat Gold. Each American Eagle Commemorative Folding Knife is individually numbered on the blade to indicate a collector's edition. Individually numbered knives will be released as orders are received. Thus, to obtain the lowest numbers many collectors seek, prompt ordering is a must. To qualify call Pam Baker toll

free at **1-800-345-8500 Dept. AKSS-120**, and charge your purchase to any major credit card, or send your name and address plus \$19.95 for each knife (limit 5) to **American Eagle Knife Sales, Dept. AKSS-120, 5933 Corvette St., Commerce, CA 90040**. Please add \$1 each to cover postage and handling. **Save on quantity orders** — Two for \$35.00 plus \$2.00 postage & handling, Three for \$50.00 (we pay all shipping), Five for \$75.00 (we pay all shipping). You save **\$29.75**. There is no further financial obligation. We cannot guarantee any orders postmarked after August 31, 1984. If not completely satisfied, you may return your knife within 30 days for a prompt refund of the full purchase price (except postage and handling, of course).

Dentures

\$195

**Total Cost For Both
Upper & Lower Dentures**

- High Quality
- Low Prices
- 1 Day Service
- Licensed Dentists
- General Dentistry
- Processing of Ins. Forms

**Complete Dental Services
plus Ozark Hospitality**

WE WANT YOU SATISFIED!

We'll meet your bus, make your hotel reservations, or give you free hookup for your recreational vehicle.

*Please call for
an appointment or
WRITE FOR FREE DETAILS*

**Frederick C. Lauer DDS
Mid-America
Denture Clinic**

Hayward Drive Rt. 3, box 19C
Mt. Vernon, Mo. 65712
(417) 466-7196

**Patients now number in the
thousands ... from the
Atlantic to the Pacific
from Alaska to the Southern
most tip of South America.**

Tough test ahead for S. 1300

A bill to preserve a major source of financing for rural electric cooperatives cleared a difficult obstacle June 7 when the U.S. Senate Agriculture Committee completed work on the measure and sent it to the full Senate.

The proposal, however, faced an even tougher test with Senate Majority Leader Howard Baker, who indicated reluctance to schedule the bill for floor action in this campaign-shortened legislative year. The House passed a similar bill March 1.

While rural electric cooperatives support the measure to maintain the Rural Electrification Administration's Revolving Fund, the Reagan Administration adamantly opposes the legislation. As a result, strong challenges were expected in the Republican-controlled Senate committee. But after a day of considering amendments, the bill remained essentially intact.

Only Sen. Richard Lugar voted against the measure, charging it would be too costly and adding that co-ops should be paying higher interest rates on their loans. He said he had hoped a compromise would have been worked out before the committee meeting.

But Sen. Mark Andrews said the bill, which was introduced just over one year ago, "is indeed a compromise. The rural electricians are coming in and telling us they will go along with legislation that increases their interest rates. This bill has been delayed too long. The gutting amendments to placate those who would deep-six this bill are not acceptable."

Committee chairman Jesse Helms agreed that the bill faces considerable opposition on the Senate floor, but he rejected attempts to further delay the bill in order to search for a compromise. Helms said, "Sometimes you come to

the pushing and shoving point and I think we are there."

The Rural Electrification and Telephone Revolving Fund Self-Sufficiency Act is intended to preserve the self-sustaining nature of the fund, and to keep it from running out of money sometime after the turn of the century. The bill would allow interest rates on loans from the fund to rise enough to match interest income with interest expense, thus keeping the fund in balance. The second major provision would retain the \$7.9 billion worth of assets in the fund, rather than transferring them to the general fund of the U.S. Treasury beginning in 1993, as called for under current law.

The REA Revolving Fund is a government account that is used to make loans at 5 percent interest to rural electric and telephone co-ops so they can expand and improve power lines and related projects. The Self-Sufficiency Act would raise those rates to between 6.5 percent and 8 percent. When the fund was created 11 years ago, it was intended to be essentially self-contained, replenishing itself through loan repayments. But the high interest rates and unprecedented growth of rural areas during the 1970s put unexpected strains on the fund.

Without the fund, co-ops would be forced to pay much higher interest rates to private lenders, sharply increasing rural utility bills. Currently the REA approves \$850 million a year in Revolving Fund loans.

"If Congress does not enact some legislation, either we are going to have to shut down the REA program or provide direct appropriations every year for many years to come," said Sen. Walter Huddleston, the chief Senate sponsor of the act.

Rural Electric News Service

July 1984 Volume 42 Number 3

Published by Association of Illinois Electric Cooperatives

Larry F. Elledge
Editor

Gordon M. Olsen
Managing Editor

Jack D. Halstead
Associate Editor

In this issue

Warm Youth Tour	4 and 5
Rural economy6 and 7
Mamer scholarship8 and 9
Trading Post	14
Sewing crafts	15
Unique heat pump	16 and 17
Summer variety recipes	19

ren Illinois Rural Electric News

(USPS number 258-420) is published monthly for \$3.00 per year and is the official publication of the Association of Illinois Electric Cooperatives, 6460 South Sixth Frontage Road, Springfield, Illinois 62707. Second class postage paid at Springfield, Illinois and at additional mailing offices.

POSTMASTER: Send address changes to Illinois Rural Electric News, P. O. Box 3787, Springfield, Illinois 62708.

The annual "Youth to Washington" Tour takes Illinois young people to a number of impressive capital attractions, including the Supreme Court. (See pages 4 and 5 for additional photos.)

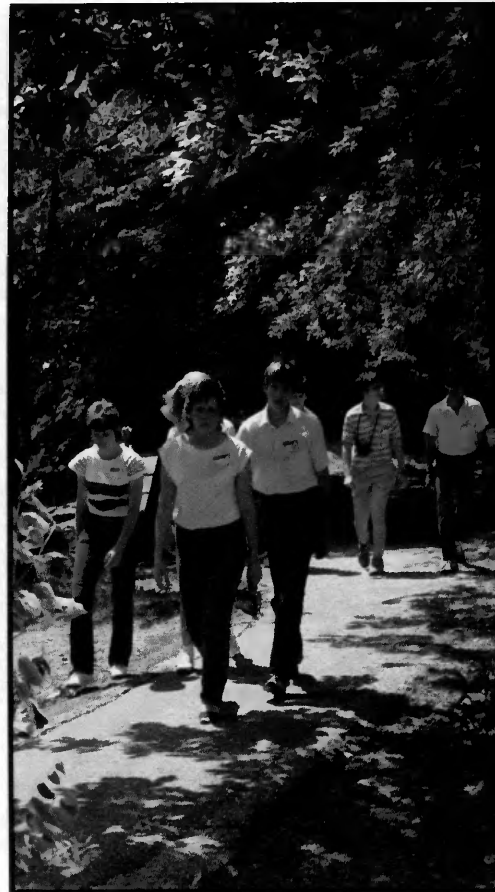
Record east coast heat didn't have much effect on Illinois young people on this year's "Youth to Washington" Tour. Baltimore, Md., and Gettysburg, Pa., all were in the grips of a scorching heat wave, but the outstanding attractions and the pace of the trip helped make the 25th anniversary Youth Tour one of the best. The youngsters, many winners of local cooperative essay writing contest, spent the biggest part of six days touring the historic and government sites of the nation's capital. Clockwise from right:

Among the most impressive attractions is the Iwo Jima Parade and Pageant at the Marine Corps War Memorial. A walk through a shady area of Gettysburg's Civil War Battlefield helps beat the heat. Young tourists participate in Flag Day ceremonies at Fort McHenry. Ford's theatre is a special place for Illinoisans. A view across the Gettysburg battlefield. The modern design of the Kennedy Center is a contrast with most of the Washington architecture. Accompanied by six chaperones, the young people also visited with Illinois Representatives and Senators and joined with nearly 900 other students from across the nation for "Rural Electric Youth Day" activities.



Heat doesn't dampen





Youth Tour spirit



William H. McCamey, second from left, and Kenneth Diers, far right, represented electric and telephone cooperatives during the hearing. McCamey is manager of Spoon River Electric Co-Operative, Canton, while Diers is president of the board of directors of McDonough Telephone Cooperative, Colchester. At the left is W. A. Nelson of Ophiem, past president of the Illinois Retail Farm Equipment Association. Between McCamey and Diers is Gary Morton of Wyanet, representing the National Fertilizer Association.



RURAL ECONOMY

Electric, telephone leaders stress healthy rural utilities are vital

Dependable, adequate and affordable electric and telephone services are major factors in rural economic development and stability, rural electric and telephone leaders told members of the U.S. House of Representatives Agriculture Committee in June during a special field hearing.

William H. McCamey, manager of Spoon River Electric Co-Operative, Canton, and Kenneth Diers of Smithshire (Warren County), president of the board of McDonough Telephone Cooperative, Colchester, were among 14 rural leaders who presented testi-

mony and statements during the hearing held the morning of June 8 at Woodhull, near Galesburg. A similar number of agricultural leader presented statements during a hearing in Springfield in the afternoon. Those giving testimony at Woodhull made up panels on four subjects: grain and livestock, finance, rural development, and urban-rural interdependence.

Three members of the House Agriculture Committee attending the hearings: Committee chairman Rep. E. (Kika) de la Garza of Texas, Rep. Dick Durbin of Illinois' 20th Congressional District and Rep. Lane Evans of the

state's 17th District. The Committee, de la Garza said, plans similar hearings in all 50 states. Comments from the hearings will be used by the Committee in reviewing long-term legislation prior to drafting an omnibus farm bill in 1985.

"We are considering the 1985 multi-year farm bill which will set the tone of farm programs for several years. That is why we wanted to bring the hearing to the district," Rep. Evans told several hundred attending the Woodhull meeting. "We can't really represent you in Washington unless we know what your problems are and know what your thinking is about those problems, so we are very pleased to see this kind of turnout," he added.

"Nearly all business and industry in this district revolves around agriculture. When farmers don't earn an adequate price for their hogs or grain that they produce, we see the consequences at International Harvester, Caterpillar, John Deere and the small businesses throughout the district as well," Evans said.

Durbin stressed the state's representation on the Committee. "Illinois has been well represented on the House Agriculture Committee. Congressman Ed Madigan of Lincoln (15th



Rep. Evans

District) is the minority spokesman on the Committee. When both Lane Evans and I came to Washington early last year, we both requested the Agriculture Committee and now for probably the first time in modern memory, Illinois has three members on the Committee. It's fitting that we should, considering how important agriculture is to Illinois," he said.



Rep. de la Garza

McCamey told the Committee members, "No effort of the federal government is more important to this region than assisting in the establishment and maintenance of an effective rural development program to assist and supplement our productive agriculture economy."

He used part of the area served by Spoon River as an example of a region in need of economic development. "We have seen major plants and numerous mining operations close in recent times," he said, citing unemployment rates ranging as high as 17 percent.

"A dependable and adequate supply of electric energy is a major part of the infrastructure of any community and plays a major role in any business or industrial development or relocation decision. The electric cooperatives have been in the forefront in meeting the energy supply needs of their member citizens, communities, small businesses and industrial developments in the rural areas throughout Illinois.

"Rural area development has been premised on the obvious fact that the economic well-being of rural area citizens is directly affected by the economic health of the communities and surrounding areas where they live. The overall economic well-being is measured not only in terms of personal income, but also in the cost of doing business, which includes government regulation, services and taxes. Illinois is known as an industrial state with vast urban areas; but Illinois is also one of our major agricultural states.

"We believe that electric cooperatives must continue to make a positive

contribution to the overall economic well-being and livelihood of the communities in their service areas by not only supplying an affordable source of electric energy, but in working together with community, county, state and national governments in a comprehensive development program that will enhance all rural areas of the state."

McCamey told the Committee members that an adequate federal financing commitment to the rural electrification program is vital. Citing The Rural Electrification and Telephone Revolving Fund Self-Sufficiency Act of 1983 (which was approved by the House in March 283-111 and awaits full Senate action), McCamey said, "such support is needed now more than ever in order to allow cooperatives to maintain their operations and continue to provide reliable electric service to the non-urban areas of our country."

Diers urged the Committee to "extend your total efforts in behalf of



Rep. Durbin

rural communications and the effects of deregulation."

He presented six major points for the Committee's consideration:

- There is considerable concern through the district that the upward trend in phone rates will threaten universal, affordable telephone service.
- Rural customers should not be regulated to pay much more for local telephone service or toll access than other Americans and there must be a rural support mechanism to ensure against excessive charges for telephone service in a high-cost, low-density area.
- The cost of connecting customers

(Continued on page 18)

Mamer family funds scholarship for home equipment, energy study

Some 50 years ago a young graduate of the home economics program at the University of Illinois at Urbana-Champaign left her teaching job in DeKalb and headed for Washington, D.C., to work for the Rural Electrification Administration.

Now, Louisan Mamer is back, in a way. She and three other members of the Mamer family — all U of I home economics graduates or spouses — have funded a scholarship to help students in their junior or senior year. The scholarship is funded jointly by

Louisan, Lyle and Donna Jordan Mamer, and June Mamer Edwards.

"It's intended as a merit scholarship," Louisan says, "with priority given to those students who show a special interest in the field of household equipment or energy. We also tried to build in a slight 'edge' in favor of someone who has participated in Illinois electric cooperative activities, such as the Youth to Washington Essay Contest. The University may apply other criteria too," she adds.

The specific purpose of the scholar-



Craftsmanship that Endures

Build higher quality into your farm home investment

95% of the homes we build are for farm and ranch families. We know the quality successful farmers expect in a home and we deliver it, very competitively. For example, we use nothing but kiln-dried Western Fir for framing. Every board is straight, square, and true. Our

experienced crews build on your site the old-fashioned way ... no pre-fab or pre-cut. Our insulated windows are the finest made in the U.S. today, and our cabinets are custom-crafted. For a quality home we'll both be proud of, send this coupon today.

North Country Homes

P.O. BOX 392 BLUE EARTH, MN 56013
PHONE: (507) 526-7311 DEPT. #196
Model Home open daily, Sundays 1-5

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____

I plan to build: 6 Mos. 1 Yr. More than 1 yr.
 Please have your representative contact me.

WEEKEND WELL DRILLER



Now you can drill a water well or a free-flowing spring in your backyard. Have all the pure, fresh water you want **FREE!**

OVER 35,000 SOLD!

Easy to operate as your power lawn mower!

© 1984 DeepRock

CALL TOLL FREE
1-800-821-7700
(ASK FOR EXTENSION 5616)

or write to:
DeepRock

5616 ANDERSON ROAD
OPELIKA, ALABAMA 36802

ship is to promote student interest in household equipment and energy consumption in preparation for careers in general home economics, consumer economics, home economics education and Cooperative Extension.

Undergraduates at the University enrolled in the School of Human Resources and Family Studies who have at least 60 hours of credit and who have a professional interest in the area of studies stipulated by the Mamer family are eligible to receive the scholarship. Marilyn M. Dunsing, acting head, Department of Family and Consumer Activities, says that second-year students at the University are encouraged to apply, and that transfer students from junior and community college or other four-year institutions are eligible to apply.

Selection is based on three principal criteria: academic aptitude, potential for contribution to the home economics profession, and enrollment in or completion of specified courses or participation in the activities of the Association of Illinois Electric Cooperatives.

Persons interested in applying for the scholarship should write to: Director, School of Human Resources and Family Studies, 274 Bevier Hall, 905 South Goodwin Avenue, University of Illinois at Urbana-Champaign, Urbana, Illinois 61801.

Louisan Mamer eventually took on the job of showing rural homemakers how to get the most out of the new electrical appliances that were going out into the countryside behind the crews who were stringing line and wiring houses. She spent 45 years at REA, and retired in April 1981.

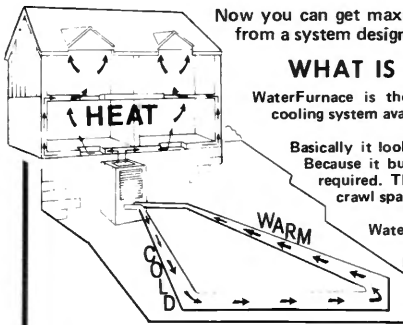
During her career with REA, thousands of people from throughout the Midwest learned about the efficient use of electricity at "REA circuses."

The "circuses," which were more properly known by the less colorful term "REA Farm Show," consisted of a traveling appliance and farm equipment show carried in a 28-foot trailer and a truck. Louisan pulled the trailer across Iowa, Illinois and Nebraska with her dark blue 1936 Ford convertible, convoying along with the truck, which carried the farm equipment side of the "circus."

WaterFurnaceTM

SYSTEMS

Trade Mark of WaterFurnace International, Inc.



Now you can get maximum comfort, energy and cost savings from a system designed to use natural energy from the earth.

WHAT IS A WATERFURNACE SYSTEM?

WaterFurnace is the safest, most energy efficient, pollution free heating and cooling system available.

Basically it looks like a normal furnace, but that's where the similarity ends. Because it burns no fossil fuel, it emits no pollutants, thus, no chimney is required. Therefore it can be installed almost anywhere, in a basement, crawl space, attic or closet.

WaterFurnace is a complete home heating system.

In the summer, select the cooling mode on the thermostat and the WaterFurnace System is your complete home cooling center. WaterFurnace can also supply most of your domestic hot water requirements. Customers report savings up to 60% heating their homes. Cooling cost reductions of 50% are not uncommon.

HORIZONTAL OR
VERTICAL CLOSED LOOP

The Natural Energy Source
EARTH COUPLED HEATING AND COOLING

ComTec Corporation

Route 1, Box 191A
Perrysville, Ind. 47974
317/793-2510

Dealer inquiries also invited

MAIL TO: ComTec Corporation
Route 1, Box 191A
Perrysville, Ind. 47974

I am interested in learning more about the WaterFurnace systems.

Name _____
Address _____
City _____ State _____ Zip _____
Phone AC() _____

WE BUILD OLD-FASHIONED CRAFTSMANSHIP INTO YOUR NEW HOME.

Over 35 years of quality building and knowledge goes into each stick-built NORDAAS AMERICAN HOME.

No pre-fab or pre-cut with Nordaas American Homes. We build your home the old fashioned way, board-by-board, with expert crews to do the construction. What's more we'll build to your plan or any of the 1001 plans you select from our files. Free plan service, free delivery of materials within 1000 miles. Send coupon or phone collect for color brochure and list of quality standards. Model home open daily 8-5 & Sunday 1-5

You're always welcome at our office and plant.

NORDAAS AMERICAN HOMES

Minnesota Lake, MN 56068, Dept. #40-0

Phone: (507) 462-3331



5% OPEN HOUSE DISCOUNT



Name _____
(Please Print)
Address _____
City _____ State _____ Zip _____
Phone _____

Now when you purchase a Nordaas American Home you'll receive a special credit towards light fixtures, NuTone electrical products, carpet, draperies, and furniture. Limited time offer!!!

Save this ad for future discount!

Make your air conditioner work for you

It is summer, with hot, steamy afternoons, after very severe winter weather. Last summer's record heat made us even more aware of the comforts an air-conditioning system could produce. The comfort we enjoy is produced by an appliance that if properly maintained can give us the satisfaction of comfort for many summers.

The maintenance begins with having a qualified air conditioner service person inspect your air conditioning system once a year. He will check the refrigerant, inspect and oil the fan, and make sure the unit is operating properly. This annual inspection could save you a trouble call on a hot, steamy afternoon.

Although your air conditioning system needs the annual check, there

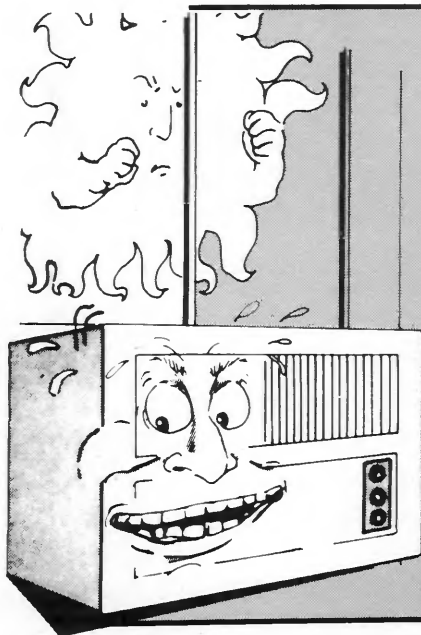
are numerous things you as the homeowner can do to insure the system's maximum performance:

1. Clean or replace filters once a month. When the filter is dirty the fan must run longer to move the same amount of air, and this uses more electricity.
2. A thermostat setting of 78 F. degrees or higher is recommended. Each degree cooler than 78 degrees costs you about 3 percent more. If you plan to be out of the house most of the day, it is advisable to raise the setting considerably higher or turn the unit off completely.
3. Ducts in your air conditioning system should be properly insulated, especially those that pass through attics or other uncooled areas. Return

ducts should be insulated.

4. Keep doors and windows closed when cooling system is operating.
5. Keep the outside unit clear of shrubbery and grass.
6. The coils on the units should be vacuumed or washed with a mild detergent and flushed with fresh running water. Keeping coils dust free allows proper air flow across the coils for maximum efficiency.
7. Keep heat out of the house. Use drapes, blinds and curtains to shield out the sun. Plant trees and shrubs that will shade glass area from the sun.
8. Schedule the use of heat-producing appliances during the early morning or late evenings. Washing and drying clothes and cooking during cooler periods can reduce the air conditioning load.
9. Don't place lamps or TV sets near your air conditioning thermostat. Heat from these appliances is sensed by the thermostat and could cause the air conditioner to run longer.
10. Have your system serviced at least once a year.

Obviously, there are many factors that affect air conditioning, but its greatest influence is you, the member. Air conditioners create electrical demands that amount to millions of dollars annually. If we can prevent that demand from becoming critically high, we can help control future bills.



Help lighten our load

Your electric cooperative must provide adequate electrical capacity to meet energy demands when electric use hits a peak. As peaks get higher, more power plants are needed to generate enough electricity to meet this expensive peak demand required by consumers. On the hottest days when everyone turns on their air conditioners, you can help your electric cooperative control its peak demand by turning your thermostat to a warmer setting.

Shifting electric energy use to off-peak periods helps make the most efficient use of existing generating capacity, delays the need for more power plants and helps limit future rate increases. Help your electric cooperative control summer peaks — and save money on your electric bill, too.

You can do something about higher costs by limiting the use of your air conditioner on hot summer days. It will help your electric cooperative reduce its peak load at times when electricity use is highest (generally 10 a.m. till 10 p.m. weekdays) and save you money on your electric bill.

*35 cents to move
1,000 bushels
of grain?*

Who works for that kind of money?

Reliable, efficient electricity does. Using about 4 kilowatt-hours of electricity . . . or about 35 cents* worth . . . a grain elevator can move 1,000 bushels. Four kilowatt-hours can also milk about 48 cows. Or grind one ton of grain for livestock. Or pump anywhere from 2,600 to 4,000 gallons of water . . . depending upon the depth of the well.

Grain, livestock or poultry operations . . . electricity is there to efficiently shoulder much of the work load. From air compressors and automatic stock waterers to ventilation systems and welders, electricity is at work . . . increasing production and reducing time and labor needed.

Rural electrification hastened the modernization of the American farm. Member-owned electric cooperatives helped the farm evolve from a muscle-powered operation with its many time-consuming chores into what it is today . . . a virtual food factory that contributes to this nation's role as the breadbasket of the world.

**Based on 8.75 cents/kilowatt-hour.*



Electric Cooperatives of Illinois

Good for ALL Illinois

See one of these participating Butler Agri-Builders® today.

ARCOLA

Humboldt Bin Company
217/268-4864

ATHENS

Muller Agri-Service
217/636-7186

ATLANTA

J.P. Harvest Systems
217/648-2913

BENSON

Benson Builders & Lumber, Inc.
309/394-2418

CAMBRIDGE

Nelson Farm Service
309/937-5779

CENTRALIA

Gus Unverfehrt Farm Supply
618/493-7357

CHAPIN

Kolberer Agri Services
217/472-8411

DAKOTA

Yeoman Equipment Sales
815/449-2572

DALLAS CITY

Ron Sutton Construction
217/852-3457

DEER GROVE

Cady Grain Company, Inc.
815/438-5561

DIXON

Melzer Bins & Buildings
815/288-5242

ELLIOTT

B & H Construction, Inc.
217/749-2552

FARINA

Blomberg Brothers, Inc.
618/245-6321

FLANAGAN

Reinhardt Sales Company
815/796-2296

GIFFORD

Huls Electric
217/568-7174

GORHAM

Martin Twenhafel Sales
618/763-4448

INGRAHAM

Tri-County Milling
618/752-5151

MANTENO

Fredricks Construction Systems
815/468-3557

METROPOLIS

Stratemeyer Farm Service
618/564-2171

MINIER

Huffman Farm Supply
309/392-2454

MONMOUTH

S & B Construction
309/734-4278

MORRIS

C.W. Lamping Construction, Inc.
815/942-4474

MT. MORRIS

Holley's Agri-System
815/734-4119

OBLONG

Musgrave Bin Company
618/592-3507

OLNEY

York Building Company
618/395-3093

OTTAWA

Grieves Construction Co.
815/433-0744

PITTSFIELD

O.B. Dell & Son, Inc.
217/285-5555

RIDGE FARM

Yard Storage
217/247-2790

ROCKBRIDGE

Wagner Seed & Supply
618/753-3535

ST. JACOB

Bergmann-Taylor Seed
618/644-5522

STRASBERG

York Bin Company
217/644-2270

TOULON

Musselman Builders
309/286-3982

URSA

Duane Shaffer Builders
217/964-2337

VARNA

Garlin Agri-Service, Inc.
309/463-2310

WATERLOO

Monroe Service Company
618/939-7191

WEST UNION

Larry Lindley Construction
217/826-2280

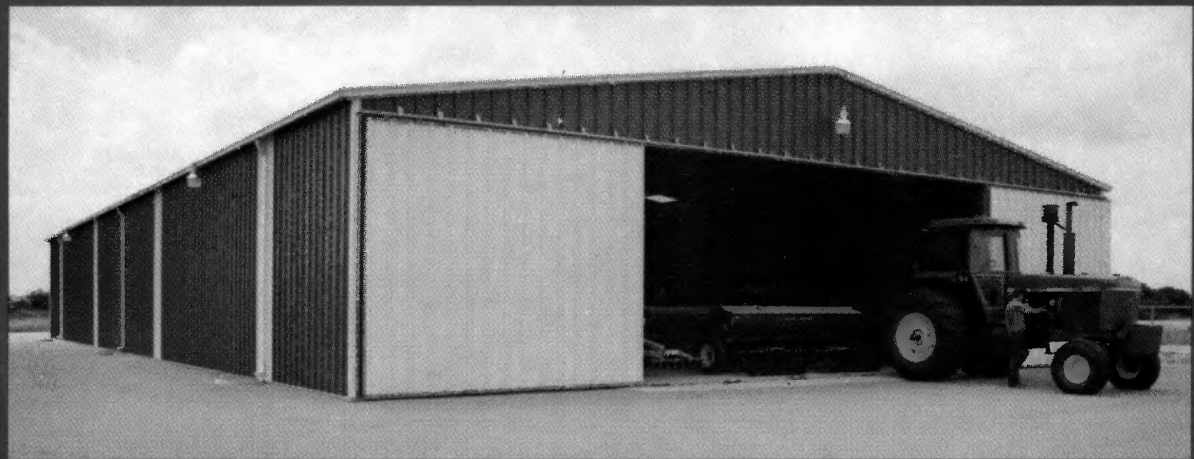
His and Hers

Buy a Butler Building. Choose a Butler Gift.

There's something in it for everybody when you buy a Butler building between now and August 31, 1984.

Microwave ovens, computers, shotguns, freezers, television sets and 3-wheelers. All told, you'll be able to choose from over 1,800 items in a full-color catalog. The more building you buy, the more choosy you can be.

See these participating Agri-Builders® for all the details today.



Choose from over 1,800 exciting gifts.

PEARL NECKLACE • LOVE SEAT • SHOTGUN MAGNUM • COLOR TV • X-700 OUTFIT • SCULPTURE • WA
 COLOR TV • X-700 OUTFIT • SCULPTURE • WALL CLOCK • STEREO SYSTEM • RECLINER • DISHWASHER
 STEREO SYSTEM • RECLINER • DISHWASHER • WATCH • VIDEO MONITOR • CABINET • ELECTRIC RAN
 VIDEO MONITOR • CABINET • ELECTRIC RANGE • RANGE • FLOTATION SET • WING CHAIR • 5-PC DINE
 FLOTATION SET • WING CHAIR • 5-PC DINETTE • ELECTRONIC TYPEWRITER • QUEEN ENSEMBLE • GA
 ELECTRONIC TYPEWRITER • QUEEN ENSEMBLE • DRYER • WASHER • DISHWASHER • RIFLE • CARPET
 GAS DRYER • WASHER • DISHWASHER • RIFLE • CARPET • DINING TABLE • CABOOSE • NECKLACE •
 RING • DINING TABLE • CABOOSE • NECKLACE • MIRROR • REEL MOWER • CHART RECORDER • 5-PC
 DRESSER/MIRROR • REEL MOWER • CHART RECORDER • SET • CORNER UNIT • BRACELET • SOFA • I

TRADING POST

WHY DIE WITHOUT A WILL? Two "Will Forms" Written by Attorney — \$4 — Guaranteed Fast Delivery. TYCO, Box 1022-RE, Pryor, OK 74362

PLAY GOSPEL SONGS BY EAR! Add Chords, Piano, Organ. 10 easy lessons \$6.98. Guaranteed. Davidson's, 6727X Metcalf, Shawnee Mission, Kansas 66204.

Guaranteed Heavy Breeds — \$18.95 — 100. Pullets \$29.95. Super Savings on popular breeds. Free Catalog. Atlas Chicks, 2651 Chouteau, St. Louis, MO. 63103.

WHOLESALE SPICES: For Co-ops, farm markets, businesses and homemakers. Free catalog: SASE: THE SPICERY, Box 25007, Fort Wayne, IN. 46825-0007.

Used meat saws, slicers, grinders, tenderizers and other butchering equipment. 2615 South 1st, Springfield, Illinois. Phone (217) 522-3934.

SPECIAL — 110, 126 & 35mm Kodacolor Film Developed with Borderless Prints. 12-\$1.69. 20 & 24-\$3.49. 36-\$4.99. 15 Exposure New Kodak Disc — \$1.98. Reprints 10 for \$2.19. Enclose this advertisement with order. All orders returned 1st Class Mail. American Studios, Dept. IREC, LaCrosse, Wisconsin 54601.

"CENTRAL ILLINOIS — INDIANA AREA — Save on Hardware Cloth, Poultry Netting, Wire Fabric for Cages or Enclosures — Free Price List. Custom Cage, Route 1, Box 132, Mattoon, Ill. 61938 or Phone (217) 234-0327"

BEAUTIFUL HAWAII — Vacation apartments. Free brochures. Paradise Management, Reservations, 50 South Beretania C207, Honolulu 96813. Toll Free to Hawaii 1(800) 367-5205.

"SATELLITE ANTENNA DEALERS NEEDED — NO EXPERIENCE REQUIRED — BUY DIRECT FROM DISTRIBUTOR — BYPASS MIDDLEMEN — WHOLESALE \$599.00 — RETAIL \$1,195.00. Call day or night: 303-636-0663 or write: ANTENNAS, Box 16035, Colorado Springs, Colorado 80935."

TRENCHERS
New and Used — \$750 and up
OZARK TRENCHER SALES
107 Troy Road, Collinsville,
Illinois 62234. Phone 618-345-6262

WINCO STANDBY GENERATORS
In stock PTO units and Automatic Standby Units. Brochure available. For information call: Tom Bauer, R.R. 2, Gillespie 62033 (618) 362-6441.

Used and new restaurant and concession equipment. Ice machines, grills, fryers, sinks, poppers, ice cream machines, etc. Erio Sales, 2615 So. 1st., Springfield (217) 522-3934.

WORK CLOTHES by Oshkosh B'gosh. Send for free mail-order catalog — Men's and boys'. Strauss', 100 George St., Alton, Illinois 62002.

FREE — Five Chicks with each order. Raise chickens (also Bantams and Ducks) for meat and eggs. We ship parcel post all 50 states. 100% live arrival guaranteed. Send for big, free picture catalog. Shows over 35 Rare and Fancy chicks (including the colored Easter egg layer) plus standard breeds. 25 chicks as low as \$6.95, 50 for \$8.95. 100 for \$13.95 — fob. Clinton Hatchery, Inc., Box 548-R16, Clinton Missouri 64735. Phone 816-885-8500.

BUY IT WHOLESALE. Jeans, shirts, jackets and buckles. Name brand merchandise, first quality. Free colored catalog. Rio Grande, Leasburg, MO 65535.

Zucchini Caviar, Zucchini Lasagna, Plus 55 other zucchini recipes. Send S.A.S.E. plus \$2.00, to Zucchini, P.O. Box 15, Moro, IL 62067.

DRIVEWAY ALARMS with hidden vehicle detector (optional wireless buzzers) FREE brochure. Faxton Enterprises, R.R. 1, Box 313 E, Fortville, In. 46040, 317-326-2838.

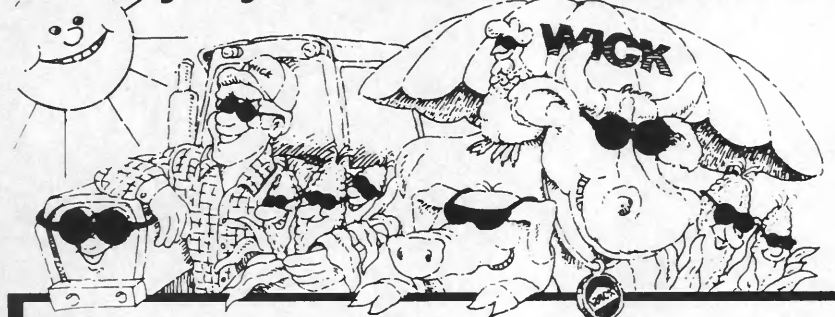
BIG MEN'S WORK CLOTHING AND ASSESSORIES!! Work pants 44"-66"! Work shirts XL-XL! Coveralls 50-60 chest sizes! Don't buy before you check our prices! Send 25¢ for complete information. "Big Sizes", 15205-IL Wyoming, Detroit, Mi. 48238 313-834-7236

WATKINS PRODUCTS
Send \$1.00 for Watkins catalog featuring our famous double strength vanilla and other quality products for 115 years. \$1.00 refunded with first order. Mail to Watkins Distributor, Dave Bier, R. 2, Bloomington, IL 61701.

BABY Chicks. Over 40 varieties of rare and fancy breeds, old-time favorites, Bantams, plus nation's best popular laying breeds. Chicks for every requirement, large poultryman, small raiser, hobbyist and 4-H boy and girl. Poultry show winners from coast-to-coast. 100% live arrival guaranteed. Send for Free Colorful Catalog. Marti Poultry Farm, Box 27-7, Windsor, Missouri 65360.

Central Illinois oldest dealer in **ASHLEY WOOD STOVES.** Send 30¢ for Brochure or Call 618-423-2667, Treva Durbin, RR 2, Ramsey, IL 62080.

Everyday's a Sunny Day With Wick



WICK BUILDINGS CAPTURE THE SUN

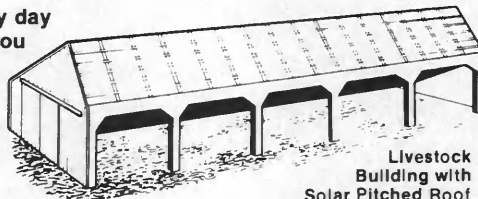
Let the sun shine in! With a livestock building featuring the exclusive Wick Solar Advantage, you'll profit in every season.

In the winter, that supply of natural heat means your animals will be more comfortable. They won't waste energy keeping warm... using it instead to improve performance.

In the summer, that same flow of sunshine helps keep things dry. And that means a healthier herd.

But that's not all. The Wick Solar Advantage works just as well for workshops and grain drying, too!

It's a fact! Everyday's a sunny day with Wick. Because Wick has you covered -- your crops, your equipment, your livestock... and you!



Livestock Building with Solar Pitched Roof

For additional information, call your nearest Wick Buildings dealer or phone toll free 1-800-356-9682, weekdays. (In Wisconsin call 1-800-362-5457.)

- ILLINOIS**
- ARTHUR Enos Helmuth & Sons • 217-543-2298
 - ASHTON Consol Builders & Supply • 815-453-2442
 - BLOOMINGTON Terry Ellis • 309-963-4918
 - CARLINVILLE Donald Bacon • 217-627-2297
 - CARROLLTON Jim Parkinson • 618-576-2287
 - DANVILLE Carl Wise • 217-776-2462
 - EFFINGHAM Curtis-Jansen • 217-342-2159
 - EUREKA Dan Wiegand, Jr. • 309-467-4527
 - FLORA Phil Henson • 618-622-4789
 - HARDIN Bill Parkinson • 618-576-2287
 - HIGHLAND Curtis-Jansen • 618-654-9807
 - LENA Freeport Builders • 815-563-4211
 - LINDENHURST Don Jackson • 312-346-1004
 - LYNDON Dale Woodworth • 815-778-4469
 - MAZON J.R. Enterprises • 815-448-2406
 - METROPOLIS Koch Brothers Builders • 618-524-4565
 - MONMOUTH Phil Britt • 309-734-6458
 - NEW HOLLAND Ken Harnacke • 217-445-2481 or 217-445-2400

- NORRIS CITY Mike Phillips • 618-378-3622
- PARIS Wilson Contracting • 217-275-3411
- PRINCEVILLE Paul Steimatter • 309-385-4848
- ROYALTON Robert Smith • 618-984-4470
- SPRING VALLEY Malooley Brothers • 815-664-2353
- TAYLORVILLE R&D Sales & Service • 217-824-6114
- VIRGINIA Carl Stiltz • 217-452-3642
- WATAGA Harold Bramlett • 309-375-6470
- WATERMAN Little Enterprises • 815-264-3302
- WEST SALEM George's Farm Supply • 618-456-8461

- WISCONSIN**
- GENOA CITY Chuck Schuren • 414-279-5424 or 312-426-5040

Wick Buildings®
A product of Wick Building Systems, Inc.
... offering the solar advantage!
Mazomanie, WI 53560 — Adair, IA 50002

GENERATE 3-PHASE POWER from SINGLE-PHASE!

Arco ROTO-PHASE is proven dependability to operate any type of 3-phase equipment on a single-phase line. Field experience since 1963 has proven ROTO-PHASE to dependably operate nearly any 3-phase application imaginable, and at 100% HP ratings. Only one ROTO-PHASE is required for multi-motor installations.

For complete information and specifications, request Arco Catalog 7310

•As advertised in National Trade Publications•



CALL OUR TOLL FREE NO. 800-428-4370
IN INDIANA CALL 317-398-9713
KENNY HEIM 217-787-6340

Miss Lovable!

- No. 4981 is cut in sizes 10½, 12½, 14½, 16½, 18½, 20½, 22½, 24½, 26½. Size 14½ (bust 37) takes 2-7/8 yards 45-inch.
- No. 9198 is cut in sizes (10½, 12½, 14½), (16½, 18½, 20½), (22½, 24½, 26½). Yardages given in pattern.
- No. 7349 is 25" tall doll. Tissue Pattern pieces, easy directions.

- No. 4676 is cut in Child's sizes 2, 4, 6, 8. Size 6 takes 1¼ yards 45-inch; 5/8 yard contrast.
- No. 9102 is cut in Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48. See pattern for yardages.
- No. 9119 is cut in sizes 8, 10, 12, 14, 16, 18, 20. See pattern for yardages.

Handy Holders!

- No. 4867 is cut in sizes (6, 8, 10, 12), (14, 16, 18, 20). Order your regular size.
- No. 7333 are oval potholders about 8"x11". Directions, pattern pieces. Edge with binding.
- No. 9327 is cut in Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48, 50. See pattern for yardages.

State Flower Quilt

- No. 9436 is cut in sizes 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) takes 2-3/8 yards 60-inch fabric.
- No. 7317 is 50-state flower quilt, transfers, color guide, yardages, diagrams included.
- No. 9425 is cut in sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) suspender jumper 2-1/8 yards 45-inch; top 1-1/8 yards.

PATTERNS

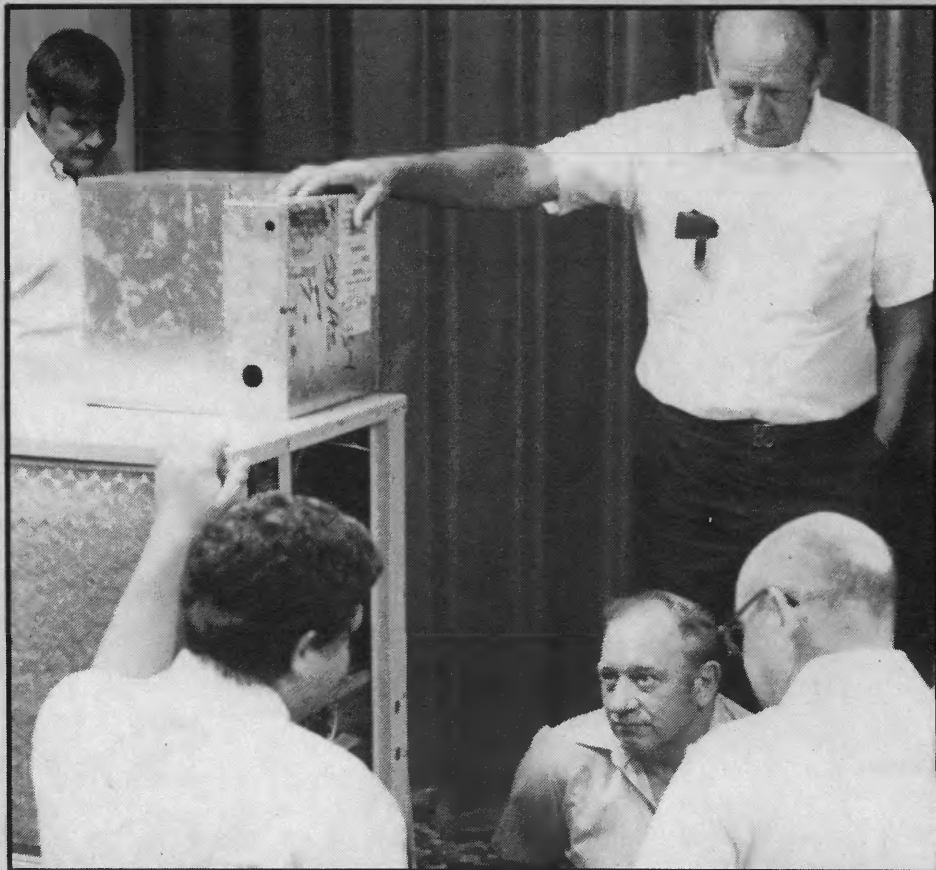
TO: PATTERNS
 Illinois Rural Electric News
 P.O. Box 3787
 Springfield, Ill. 62708

I have enclosed \$ _____ (\$2.50 per pattern — cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

Pattern No.	Size	Pattern No.	Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Print Name _____
 Address _____
 City _____
 State _____ Zip _____

Near photo: Dave Ealy, kneeling, left, president of ComTec Corporation, a firm that sells and installs closed-loop systems, points out some of the features of his firm's furnace/air conditioner. Cooperative representatives are, from left, Don Pinkston, Shelby Electric Cooperative; Dwayne Marlow, Adams Electrical Co-Operative; Randall Beasley, Coles-Moultrie Electric Cooperative, and, sitting, Wayne Fuchs, Rural Electric Convenience Cooperative Co. Far right photo: Those attending the seminar listened attentively to the several well-qualified speakers. Pictured from left are: Steve Smith, Southwestern Electric Cooperative; David Stuva and Dwayne Marlow, Adams Electrical Co-Operative; Charles W. Witt, M.J.M. Electric Cooperative, and Tom Kahl, a heating and air conditioning supplier.



Unique heat pump draws attention

Many people have taken advantage of direct solar heat to warm their homes in the winter, and others have "gone underground" to take advantage of the earth's thermal mass for year round comfort conditioning.

Power use-member service representatives from Illinois electric cooperatives met in Champaign last month to learn of the techniques of "going underground" indirectly, to help members heat and cool their homes with solar energy stored in the earth.

They were discussing the closed-loop, earth-coupled heat pump concept, an energy-saving method attracting considerable attention. Once you get past the long name of the system, it is fairly simple. Instead of building great banks of solar collectors on top of your house or building underground, you simply bury several hundred feet of plastic pipe in the ground, where the temperature is fairly constant, and pump a liquid mixture through it. The liquid carries heat in or out of the house, depending on whether you are heating or cooling.

"The earth acts as a heat sink in the summer, when you're pumping heat out of your house, and it acts as a heat source in the winter, when you're heating it," says Larry Eitelman, a representative of McElroy Manufacturing, a Tulsa, Okla., plastic piping firm.

While air-to-air heat pumps are fairly common and do a good job, they lose efficiency at about zero degrees F., when you are just beginning maximum heating demands. Your backup unit kicks in with its expensive fossil-fuel or resistance heat, and your energy consumption is drastically increased, he pointed out.

A closed-loop unit takes care of that problem by providing a built-in supply of fluid that is at a fairly constant temperature — usually about 50 degrees. Add to that the fact that water is a more efficient heat transfer medium, and you have a real winning combination, he added.

"Actually," Eitelman said, "while we're talking primarily about closed-loop systems here, an open loop may be the most economical way to go, if

your member already has a well. He can pump water out of his well, through the heat pump, and get rid of it any way he can, perhaps by letting it run into a creek or pond, or by injecting it into the ground with another well. You need three things, though, and you have to be careful of them. You need a good quantity of water, good quality, and a place to get rid of it. If one of those elements is missing, it may be a good idea to go to the closed loop."

In a closed-loop system, Eitelman explained, water is placed in a long loop of buried pipe and circulated through the system again and again, picking up or giving off heat as it goes through the earth field, while an open loop system uses the water only once.

"If there is no existing well," he said, "the closed loop would most likely be the best bet, and there are two options there, too. You can either lay a large grid out in the yard, in trenches maybe six feet deep, or you can drill a hole straight down. The



biggest advantage to the vertical system is that you can install it with a minimum of disruption to the surface, such as might be required if the member has a small yard, or a heavily landscaped yard you don't want to damage."

Naturally, as with any emerging technology, there is some disagreement as to which method is "best," and that is certainly true of the liquid-coupled heat pump. While Eitelman recommends a trencher to bury a pipe or two in a narrow trench, Dave Ealy, president of ComTec Corporation, a Perrysville, Ind., firm that sells and installs closed-loop systems, recommends a big trench with half a dozen or so pipes installed. Both agree, how-

ever, that careful installation is a must, and that quality materials are important, too. "We tried polyvinyl chloride piping, or PVC," Eitelman says, "and it just won't hold up. It has no resistance to stress cracking, and its heat transfer properties aren't all that good, either."

Both prefer heat-welded joints, too, rather than screw or glue fittings. Both agreed that a horizontal pipe loop should be buried below the frost line for maximum efficiency.

Both noted that there should be an anti-freeze in the system, because pumps are more efficient at temperatures where water might freeze. Eitelman prefers calcium chloride, while Ealy believes ethanol to be best. They

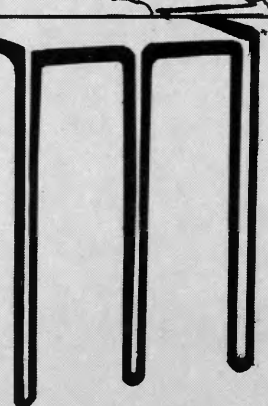
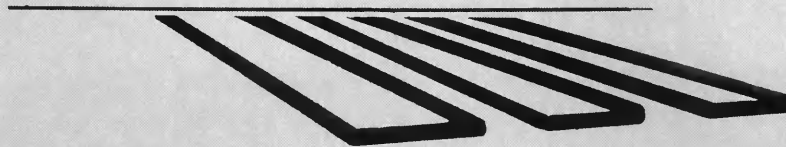
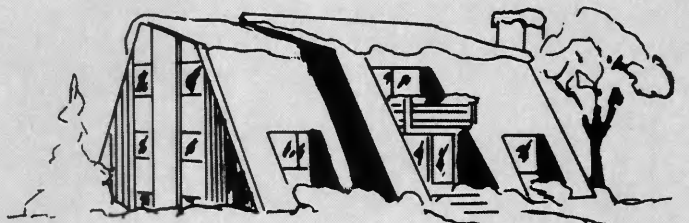
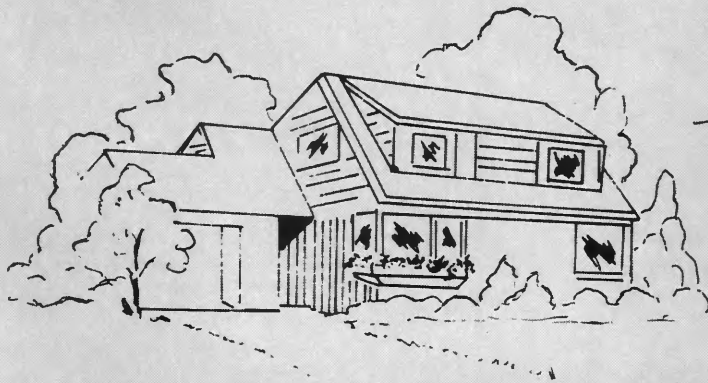
believe that a careful purging of any system is necessary to get rid of trapped air. "What you keep getting back to is careful installation of quality materials, in a well-engineered layout," Eitelman said.

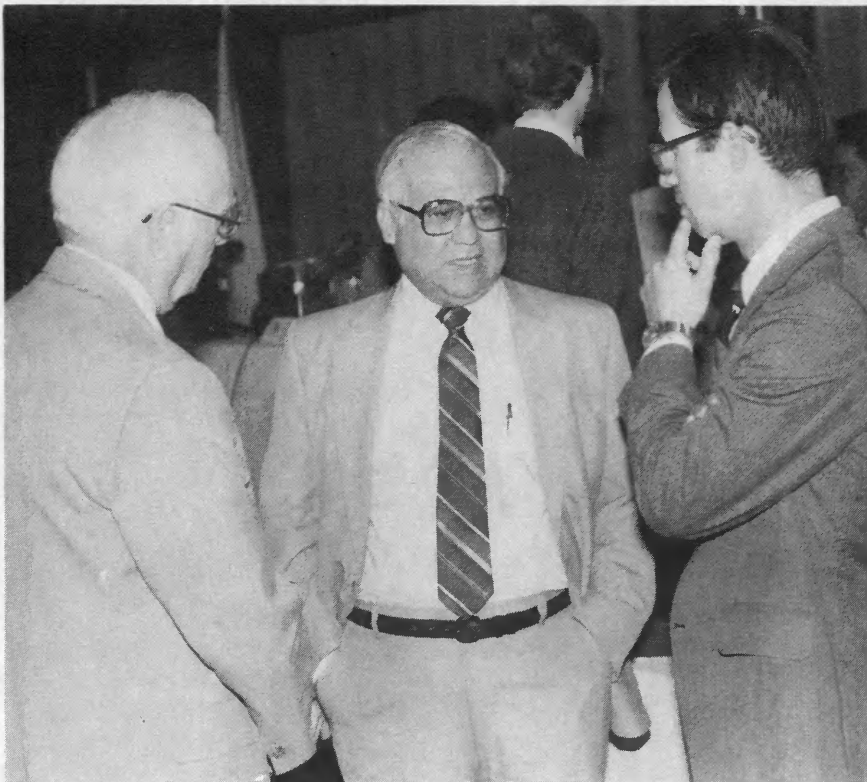
Al Evans, energy services consultant for Central Illinois Light Company, noted that that utility is observing various heat pump installations for several reasons. Interestingly, CILCO, a gas and electric utility, is looking at closed loop heat pumps as a way to balance electrical loads that presently suffer from some fairly high peaks and low valleys, a situation facing many utilities — including cooperatives.

"We want to provide the best possible service to our customers," he said, "and we want to hold plant costs to the minimum while we're doing it. Since a closed-loop earth-coupled heat pump can produce three times as much heat as the same amount of electricity in a resistance heater, they will enable us to reduce additional generation needs. We're trying to balance loads for that purpose, and in the long run, it'll save money for us and the customer, too."

Evans noted that such installations are cheaper to operate than active solar systems, even when federal solar subsidies are included in calculations. "And the consumer and the utility both benefit, while saving energy resources," he added.

Horizontal loop (below) and vertical loop (right)





William H. McCamey, left, of Canton, who was among those presenting statements during the U.S. House Agriculture Committee special field hearing June 8 in Woodhull, talks with Rep. E. (Kika) de la Garza, chairman of the committee. At the right is Mark L. Kramp, staff attorney for the Association of the Illinois Electric Cooperatives.

Rural economy

(Continued from page 7)

to the telephone network should be calculated so as to avoid distorting the result of providing universal and affordable service.

- Current service should not be adversely affected by Federal Communications Commission action.
- Economic and social advantages of affordable rates benefit all parts of the country and should not be forsaken in the name of abstract economic principles.
- The FCC should be made aware that recent decisions will have a major negative effect on the small, but otherwise diverse telephone systems.

"The future of rural America is tied directly to the quality and cost of telecommunications. I hope this testimony to the House Agriculture Committee will instill a goal to assure that rural Americans receive communications services on a par with those available to urban residents at a reasonable cost," Diers concluded.

BUILT ANYWHERE IN ILLINOIS

TOTAL LABOR AND MATERIAL

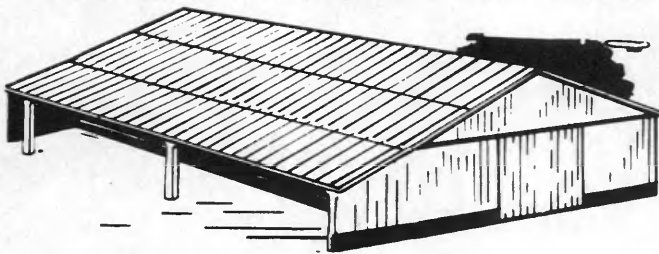
30' x 50' x 10'

HAY BARN

CALL TODAY TOLL FREE 1-800-331-2276

\$3495

OTHER SIZES AND STYLES AS BELOW AT SIMILAR SAVINGS!



CUSTOM
BUILD
ANY SIZE!

Colors Available
At Additional
Cost.

Makes Ideal Storage for Boats, Machinery, Grains and Feeds.

FARM STRUCTURES, OIL EQUIPMENT WAREHOUSES

SAVE WITH OUR PRICE NOW!

TURN KEY . . . SEE ME . . .

Al Burris General Contractor, Inc.

1429 E. 41st. Street . . . Phone (918) 743-9232 or 743-2814
TULSA, OKLAHOMA 74105 - WORKMEN FULLY INSURED

Now...

Save 20%
on a famous
TROY-BILT®
Tiller!

Just
ONE
HAND!

"Off-Season" Savings now in effect! Right now is the best time ever to learn about the amazing TROY-BILT Roto Tiller-Power Composter...the machine that allows anyone — of any age — with any soil — to easily have a fabulously fertile, productive garden! For free complete details, prices, write today to:

TROY-BILT 102nd St. & 9th Ave., Troy, NY 12180

TROY-BILT Roto Tiller-Power Composters
Dept. A2198
102nd St. & 9th Ave., Troy, N.Y. 12180

Please send the whole wonderful story of TROY-BILT® Roto Tillers including prices and OFF-SEASON-SAVINGS now in effect for a limited time.

Name _____

Address _____

City _____

State _____ Zip _____

ILLINOIS RURAL ELECTRIC NEWS

SUMMER VARIETY

DUMP CAKE

- 2 cups flour
- 2 cups sugar
- 2 eggs
- 1/2 cup butter
- 1/2 teaspoon salt
- 1 teaspoon soda
- 1 tablespoon cinnamon
- 1 teaspoon vanilla
- 1 cup nuts
- 1 can comstock pie filling

Just dump it all in a pan and stir. Put in oblong greased and floured pan. Bake at 350 degrees for 1 hour or until done. You can serve with whipped topping.

ICING FOR DUMP CAKE

- 3/4 box of powdered sugar
- 3 oz. softened cream cheese
- 1 cube oleo, softened
- 1 teaspoon vanilla

Combine together. Spread on Dump Cake.

APPLE CRISP

- 4 cups sliced apples
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/3 cup butter
- 1/4 cup water
- 1/2 cup sifted flour
- 1 cup sugar

Place apples in buttered baking dish (10" x 6" x 2"). Sprinkle with cinnamon, salt and water. Mix flour and sugar and rub in butter. Drop mixture over apples. Bake in gas range oven at 350 degrees for 40 minutes. Serve warm with cream or with ice cream.

BROWNIES

- 2 eggs, beaten
- 1 cup sugar
- 3 tablespoons cocoa
- 3/4 cup butter, melted
- Pinch of salt
- 1 cup flour
- Nuts, coconut or oats, if desired

Bake in oiled pyrex dish at 350 degrees for 20 minutes. Do not overbeat or overbake.

APPLE PUDDING

- 1 cup sugar
- 2 cups chopped apples
- 1 stick butter, melted
- 1 cup flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- A pinch of salt
- 1 egg
- 1 teaspoon vanilla

Pour sugar over apples. Add melted butter. Mix together flour, soda, cinnamon, nutmeg and salt. Add this mixture to apples. Then add egg and vanilla. Bake in greased, floured pan at 350 degrees.

FIVE MINUTE FUDGE

(Makes about 2 pounds)

- 2/3 cup evaporated milk, undiluted
- 1 1/2 cups marshmallows (16 medium), diced
- 1/2 cup sugar
- 1/2 cup semi-sweet chocolate pieces
- 1/2 teaspoon salt
- 1/2 cup nuts, chopped
- 1 teaspoon vanilla

Mix milk, sugar and salt in saucepan over low heat. Heat to boiling, then cook 5 minutes stirring constantly. Remove from heat. Add marshmallows, chocolate pieces, vanilla and nuts. Stir 1-2 minutes (until marshmallows melt). Pour into buttered 9-inch square pan.

TUNA PIZZA

- 2 cups biscuit mix
- 1/2 cup cold water
- 2 cans (6 1/2 ozs. each) tuna, drained
- 1/2 cup mayonnaise or salad dressing
- 1/4 cup chopped onion
- 1/4 cup chopped dill pickle
- 3 hard-cooked eggs, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon prepared mustard
- 1/2 cup shredded Cheddar cheese

Heat oven to 425 degrees. Mix baking mix and water until soft dough forms. Roll or pat dough into 12-inch circle on ungreased cookie sheet; pinch edge of circle, forming 1/2-inch rim. Mix remaining ingredients except cheese; spread over crust. Sprinkle with cheese. Bake until crust is golden brown, 20 to 25 minutes.



SPICED POT ROAST

- 2 tablespoons fat or cooking oil
- 4 or 5 lbs. beef, (wild meat) boned rump or sirloin tip
- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 2 tablespoons sugar
- 1 tablespoon vinegar
- 2 cups tomato juice
- 1 cup onion, chopped
- 1 large bay leaf
- 1 1/2 teaspoons salt
- 1/8 teaspoon black pepper
- 1/2 cup cold water
- 1/4 cup flour

Heat fat in a dutch oven or covered skillet over high heat. Add meat and brown on all sides. Combine cinnamon and next 8 ingredients. Pour over meat. Bring mixture to boiling; reduce heat to low and simmer. Cover for about 3 hours or until meat is tender. Place meat on a platter and keep warm. Lift out bay leaf. Measure the liquid in the pan; add water. Add more water if necessary to make 2 cups. Return liquid to pan. Mix cold water with the flour and make a smooth paste. Slowly stir into liquid. Bring to a boil and cook until thickened, stirring constantly. Serves 10-12. This is a good recipe for wild meat.

CHEESE, CHILI, AND RICE BAKE

- 1 pkg. sliced Monterey Jack cheese
- 16 oz. sour cream
- 1 can green chili peppers, chopped and seeded
- 4 cups cooked long grain rice
- 4 oz. shredded cheddar cheese
- 1/8 teaspoon pepper

Cut the Monterey Jack cheese into squares. Combine with sour cream, chilies, rice and pepper. Cover with grated cheddar cheese and bake at 350 degrees for one hour. This is a good dish to serve with Mexican food. But is also good as a main dish or with meat and vegetables.

EGGPLANT AND BULGAR WHEAT

- 2 cups water
- 2 envelopes instant onion broth
- 1 cup bulgar wheat
- 2 small eggplants
- 3 tablespoons butter
- 3 tablespoons flour
- 3 1/2 cups milk
- 1/2 teaspoon salt & pepper
- 4 large eggs
- 3/4 lb. cheese

Stir bulgar in boiling onion broth. Reduce to low, cover and cook 15 minutes until tender. Cut eggplant into 1/2-inch pieces and arrange on baking sheet. Broil 4 minutes on each side. Melt butter and stir in flour, add milk, salt and pepper; remove from heat and add eggs one at a time. Butter a dish about 9x13x2. Arrange half the eggplant in bottom. Sprinkle with 1 cup cheese then add 1/2 bulgar; repeat. Pour sauce over all. Sprinkle with remaining cheese. Bake at 350 degrees for 35-55 minutes. Only 563 calories. You may use fresh or frozen eggplant.

RANCH STYLE COOKIES

- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 cups flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- 2 cups oatmeal
- 2 cups Rice Krispies
- 1 cup shredded coconut

Combine shortening, sugar, flour, soda, baking powder and salt. Blend until consistency of corn meal. Mix in eggs, vanilla. Add cereal and coconut. Stir only until mixed. Roll out dough into small balls with hands. Place on ungreased cookie sheet. With fork dipped into water spread dough to thickness of 1/4 inch. Bake at 350 degrees for 10 minutes. Makes 5 dozen.

SHRIMP CREOLE

- 3 tablespoons butter
- 1/3 cup chopped celery
- 1/3 cup chopped green pepper
- 2 tablespoons flour
- 2 cans shrimp
- 1 teaspoon seasoned salt
- 1 17 oz. can stewed tomatoes
- 3 or 4 cups hot fluffy rice

In medium skillet, saute celery and green pepper in butter until soft; stir in flour. When well blended, add tomatoes, seasoned salt, sugar and 1/2 cup water. Cook 10 minutes, stirring occasionally. Add shrimp and cook a few minutes longer. Serve over rice.

CHOCOLATE COOKIE CAKE

- 2 cups flour
- 2 cups sugar
- 1/2 teaspoon salt
- 1 stick butter
- 1 cup water
- 1/2 cup shortening
- 6 tablespoons cocoa

Mix flour, sugar and salt in large mixing bowl. In a sauce pan melt butter, water and shortening. Bring to a boil. Pour over dry mixture. Mix well while still hot. Pour in a 15 1/2"x10 1/2"x1" sheet pan. Bake at 350 degrees for 20-30 minutes. DO NOT REMOVE FROM PAN.

ICING

- 1 stick butter
- 6 tablespoons cocoa
- 7 tablespoons milk
- 1 box powdered sugar
- 1 teaspoon vanilla
- 1 cut chopped nuts

Start making icing the last 5 minutes of baking time. In a sauce pan melt butter, cocoa and milk. DO NOT BRING TO A BOIL. Remove from heat and add sugar, vanilla and nuts. Mix well and ice as soon as cake is taken from the oven.

Serving Rural Electric Cooperative Members for over 15 Years

As these folks will tell you...

For many years, Co-op Insurance has provided reliable and dependable service to policyholders across the country. Some have taken the time to write and thank us.



Mrs. Joseph B. Smith
Lowland, North Carolina

"I was very pleased with the prompt response I received from C.I.F. last year after my stay in the hospital. Thank you very much. It really helped a lot."



Joe D. Dwyer
Reeds Spring, Missouri

"I have dealt with other insurance companies, but never have I received such good service. The \$3,250 you sent me came at a very needy time. I will be very happy to recommend your company to anyone."



Vera Lene Tickle
Bland, Virginia

"I want to thank you for the checks you sent me for the amount of \$1,350 for my hospital stays. I'm real proud to be a member of Co-op Insurance Fund. I don't know how I could do without it."

The Co-op Insurance Fund's HOSPITAL INCOME PLAN pays you cash for each and every day you're hospitalized.

The Co-op Insurance Fund's Hospital Income Plan pays \$50 a day, \$1,500 a month – directly to you – beginning with your first day in the hospital for all covered illnesses and accidents. Your acceptance is guaranteed. And, in most cases, the Co-op Insurance Fund plan has rates lower than those for other similar plans that may be advertised in this magazine.

One out of three families will have a family member hospitalized this year* and will face expensive hospital bills. Learn how the Co-op Insurance Fund can help your family pay these bills. You will be under no obligation and no salesman will call.

Get the whole story. Send in this coupon today.

*Source: American Hospital Association

This plan is underwritten by North American Life and Casualty Company of Minneapolis, Minnesota, which is independent of and not affiliated with Rural Electric Cooperatives in this state. It is licensed in 49 states and Canada.

No Agent
Will Call You

**OPEN ENROLLMENT FOR
ILLINOIS RURAL ELECTRIC MEMBERS**

No Risk
No Obligation

MAIL TO:

CO-OP INSURANCE FUND

2015 Peachtree Road, N.E. / Atlanta, GA 30309

Please Print Name _____
Street Address (or RFD) _____
City/Town _____ State _____ Zip _____