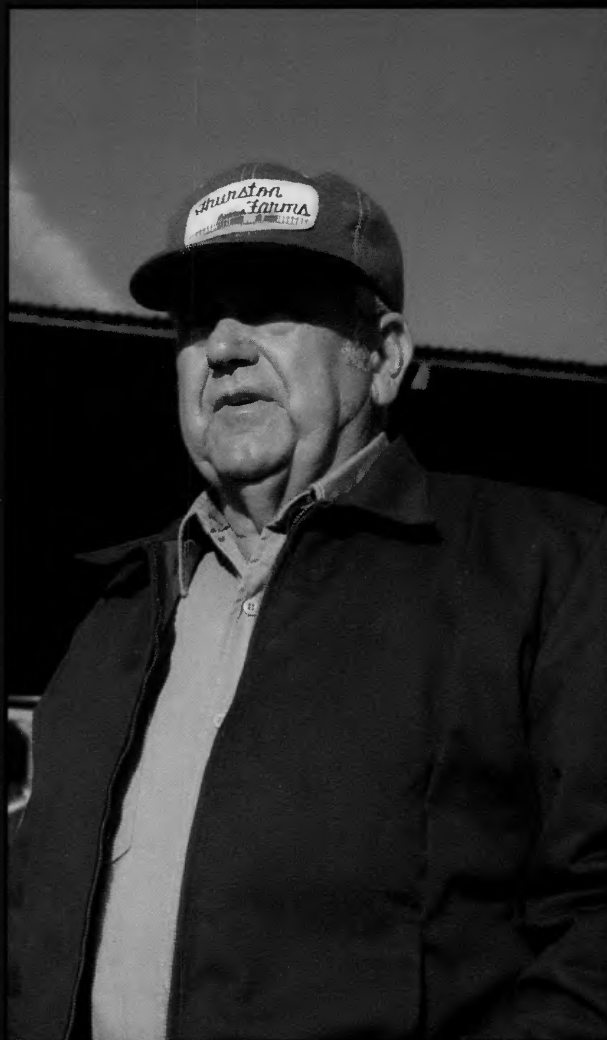


November 1987

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Illinois Rural Electric News

**Electric co-op
leaders earn
cooperatives'
highest honors**



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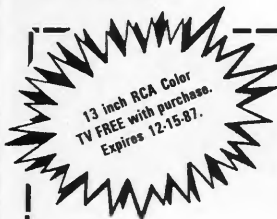
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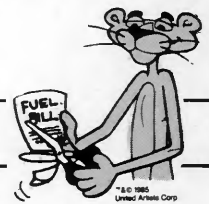
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REN



The rural development challenge

Later this month, rural electric leaders, Congressional staff members and representatives of other rural organizations plan to address a number of rural economic issues during a special conference hosted by electric cooperatives.

To be conducted in Washington, the conference is designed to focus on research of the Economic Research Service (ERS) of the U. S. Department of Agriculture. That research, requested by the Senate Appropriations Committee, indicates that serious problems continue to confront rural America and that policies of the past may not be sufficient to solve the problems. The research shows the following about key points of interest to rural Americans:

Population:

Rural population trends during the 1980s have returned to the generalized declines of the 1950s and 1960s. Almost half of all non-metro counties (1,160) lost population during 1983-85. During 1985-86 rural areas experienced a net outmigration of 632,000 people.

Job growth:

Since 1979 the number of urban jobs has increased by 13 percent while the growth in rural jobs has been only 4 percent. Employment declined by 9.5 percent in counties dependent on mining and energy extraction. Virtually no growth occurred in agricultural counties.

Manufacturing counties registered only 2.7 percent growth.

Unemployment:

Since 1980 rural areas have had a higher unemployment rate than urban areas. This is a major reversal of the historical pattern of lower rural unemployment. As of 1986 more than 1,000 rural counties had annual

average unemployment rates of 9 percent or higher. High rural unemployment is concentrated in the manufacturing counties of the south and east and the mining and energy counties of Appalachia, the Gulf Coast and scattered areas of the Northwest.

Rural Poverty:

Throughout the century, a disproportionate share of the nation's poor have resided in rural areas. In 1985 the rural poverty rate was 18.3 percent vs. 12.7 percent for metro areas. The metro poverty rate has been falling since the recovery from the recession of the early 1980s, but the non-metro rate has not.

Education:

Rural persons continue to lag behind urban persons in years of formal education. High school dropout rates are higher in rural areas. The gap in high school completion has persisted at about 10 percentage points since 1960 and the college gap has widened. A heavy loss of people with four or more years of college has occurred in many non-metro areas, in addition to non-metro's net loss of high school graduates.

These problems are not present in every rural community, but they tell a generalized story about development needs. It is not a rosy picture painted by the research findings. Neither was the picture painted in rural America of the 1920s and 30s, before rural electrification. But rural electrification became the greatest rural development program the country has ever known, fostered by the electric cooperatives. Those same electric cooperatives are working to play a key role in the stabilization and revitalization of rural areas over the next several years.

November 1987

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In this issue

Larry F. Elledge
Editor

Gordon M. Olsen
Managing Editor

Jack D. Halstead
Associate Editor

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Hot Line School	24 & 25

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Illinois Rural Electric News

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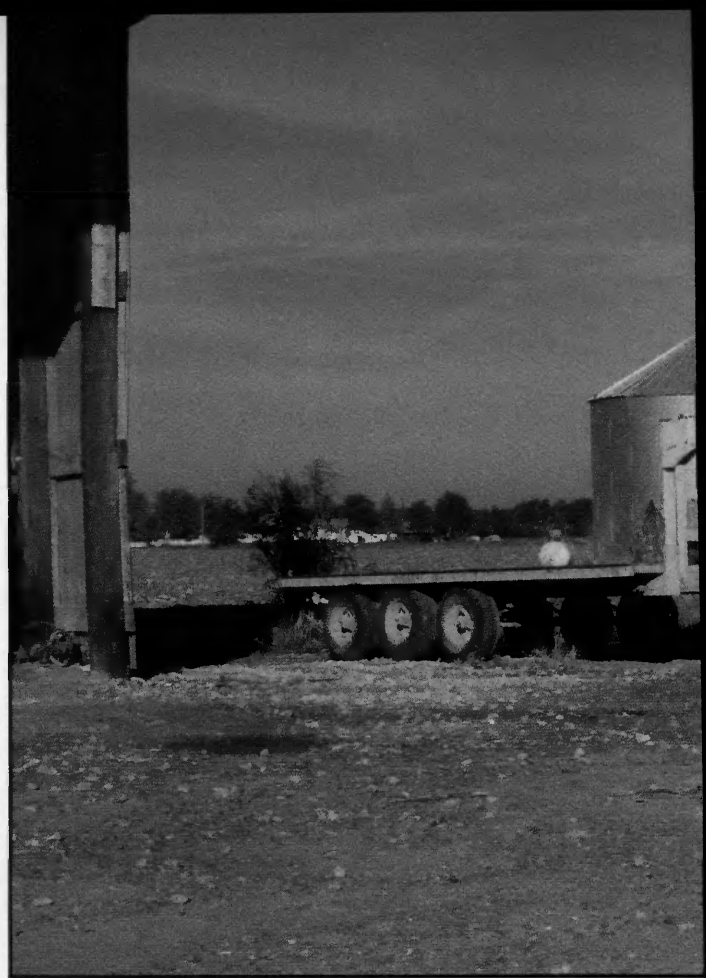
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Cover: Two electric cooperative leaders, Bob Vander Pluym (left) and Milo Thurston, have been selected for the highest honors Illinois cooperative leader can achieve. Cooperative managers and directors from supply, service and marketing cooperatives across the state are eligible. (See article beginning on page 4.)

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State cooperative organization picks electric co-op leaders for honors



Top director and

Milo Thurston and Bob Vander Pluym are quick to say that you have to care about people and want to help them to be a cooperative leader.

They ought to know. They have more than 75 years of combined service to their electric cooperatives, as well as any number of other cooperative organizations to which they belong.

Those years of service and their outstanding leadership over those years helped the two earn the highest honors a cooperative director and manager can achieve. Thurston, who farms near the Southern Illinois town of Pulaski in Pulaski County, was honored by the Illinois Cooperative Coordinating Committee (ICCC) as the Outstanding Cooperative Director for 1987. Vander Pluym, manager of Clinton County Electric Cooperative in Breese in Central Illinois, was selected by the ICCC as the Outstanding Cooperative Manager for

1987. They were honored during Cooperative Month activities in October. Directors and managers from service, marketing and supply cooperatives across Illinois are eligible for the annual awards.

For Thurston, defining what makes cooperatives so special is easy: "Cooperatives are the natural way to do things."

It was that "natural way to do things" that guided a group of Southern Illinois electric cooperative leaders, including Thurston, to band together almost 30 years ago to take control over their power supply. After years of buying power from private utilities, the electric distribution cooperatives in the area decided they were through with ever-increasing power costs. "Why don't we build our own plant?" Thurston asked a group of area electric cooperative leaders in the late 1950s. The idea was



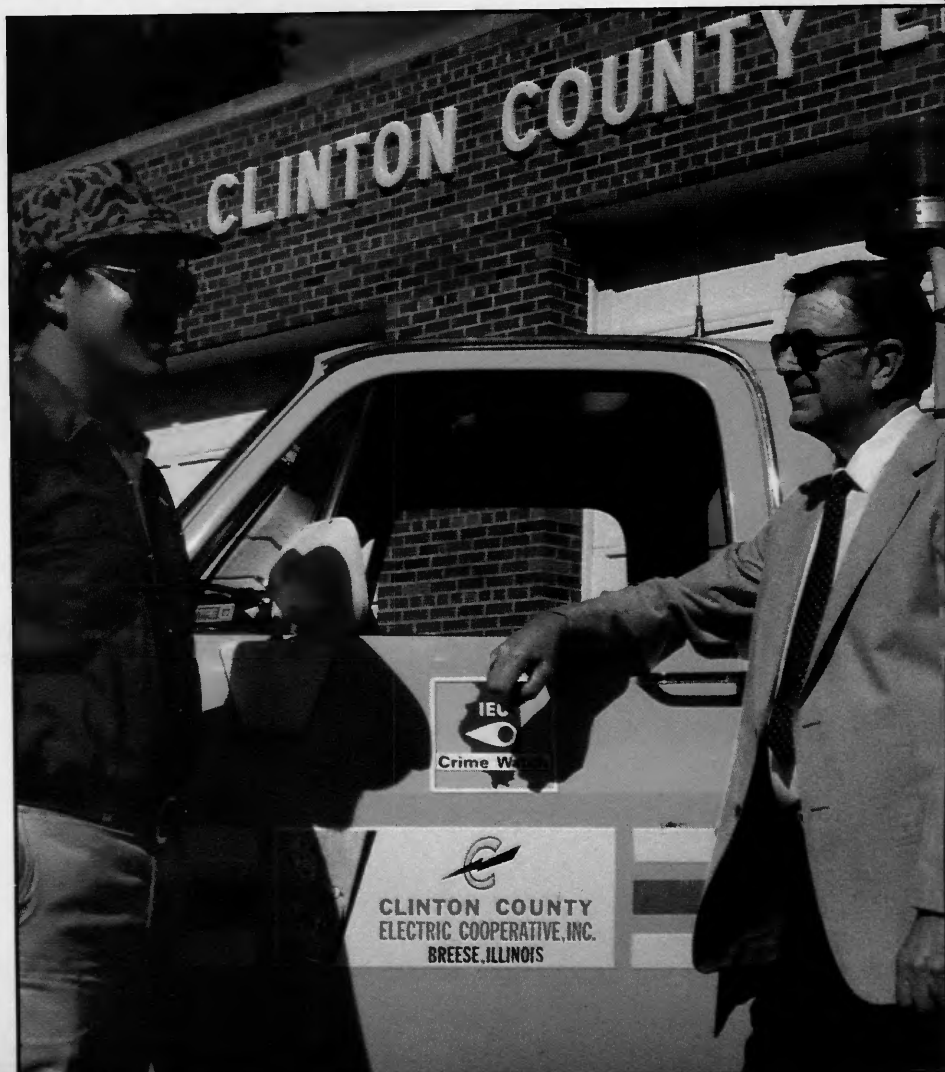
Milo Thurston (left photo) of Pulaski is retired from full-time farming, although he admits he helps his son and nephews because he really can't quit farming. Bob Vander Pluym, talking with lineman Mike Rainey, has been a cooperative employee for more than 41 years and plans to retire next year. He began as a lineman for the electric cooperative he now manages.

manager

valid, others agreed, and they began planning to build their own plant. Paperwork was completed, Thurston remembers, but the private utility gave the group one more push. The utility apparently attempted to intimidate the cooperatives by putting a deadline on signing a new contract. After the letter outlining the private utility's proposal, "There was no doubt. That was the fire that started the (power) cooperative," Thurston says. Southern Illinois Power Co-operative (SIPC) would build a power plant, they decided.

That combined effort of directors and managers left Thurston with a indelible thought about cooperative leaders. While he agrees that cooperatives should employ the best managers they can find, he says many cooperatives have what can be a fatal shortcoming: Many directors see to it that good

(Continued on page 8)



The funds are available through the Rural Home Energy Program, established by the Illinois General Assembly earlier this year.

Electric cooperatives across Illinois began taking applications in November from members seeking home weatherization or energy conservation grants of up to \$1,500 from the Illinois Department of Energy and Natural Resources (ENR). The state has earmarked \$1.5 million for qualified cooperative members to use in upgrading or replacing inefficient heating and cooling systems, adding insulation or storm windows and a variety of other weatherization projects.

The funds are available through the Rural Home Energy Program, established by the Illinois General Assembly earlier this year. Funding for the program comes from the state's Petroleum Violation Fund (PVF). This fund is made up of penalties assessed by the federal government against oil companies for overcharges to consumers. Illinois received about \$100 million from the federal government as its share of the money returned to states. The \$1.5 million was designated for weatherization and energy conservation in legislation sponsored by Sen. Glenn Poshard (D-Carterville), passed by the General Assembly in June and signed by Gov. James Thompson in July.

Poshard and several other legislators introduced the Rural Revival Bill in 1986 and included a provision for the program. Leaders of Illinois electric cooperatives worked closely with Poshard to develop the legislation and guide it through to final enactment. The program is available only to consumer-members of Illinois electric cooperatives. Any cooperative member with a household income of 80 percent or less of the cooperative service area's median income is eligible for a grant of up to \$1,500. A consumer-member whose household income is 80 to 120



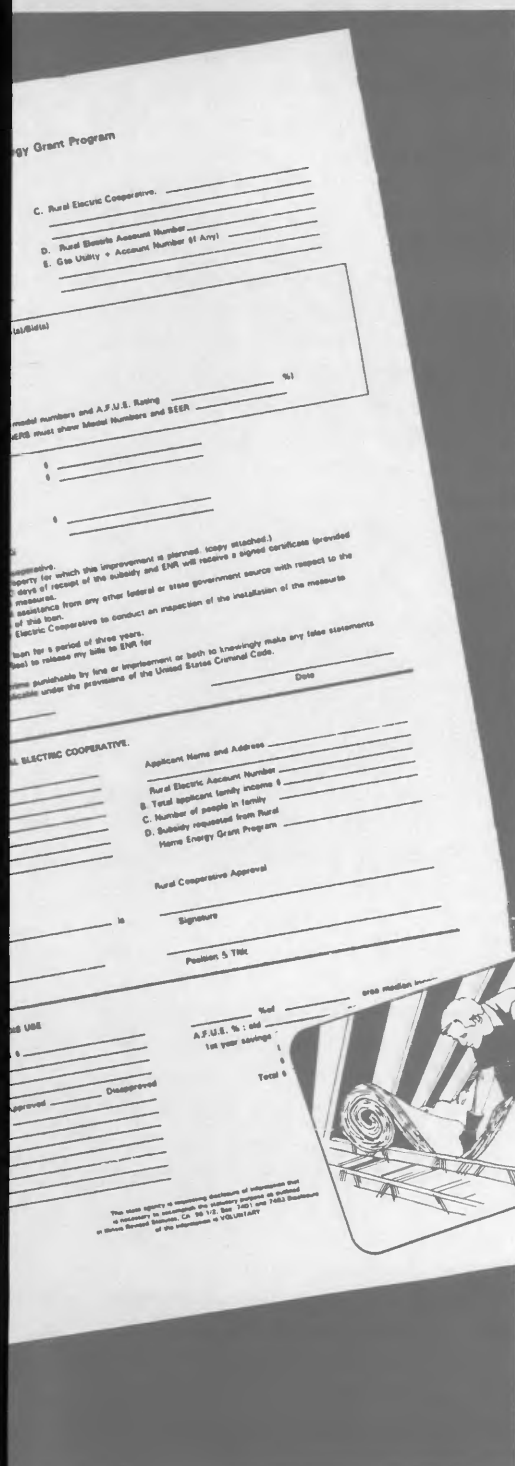
Rural home energy

percent of the area's median income is eligible for a matching grant of up to \$1,000. This is a 50 percent matching grant, with the consumer paying the other 50 percent of the improvement's cost.

The program will fund projects that

will result in long-term home energy savings. Any project that will improve energy efficiency in the home is eligible. Some examples include:

- Caulking and weather stripping
- Furnace efficiency modifications
- Replacement furnaces or boilers



grants

with annual fuel utilization efficiency (AFUE) greater than 90 percent

- Furnace replacement burner (oil)
- Intermittent pilot ignition devices
- Replacement air conditioner with a seasonal energy efficiency ratio (SEER) of greater than 8.6

- Wall, ceiling, floor, pipe, duct or water heater insulation
- Storm windows or doors, and thermal windows or doors
- Electric load management systems
- Solar domestic water heaters
- Replacement water heater that meets or exceeds current ASHRAE 90 efficiency standards.

Other energy conservation projects may be eligible for the state grant funds, but such projects must be approved by ENR.

To apply for a Rural Home Energy Program grant or for more information, contact your electric cooperative or ENR. Before being considered for the grant, participants must have an energy audit completed on their home and have a written bid from a contractor for proposed projects. These bids must contain model numbers and efficiency ratings for heating or cooling systems, along with cost estimates.

Applications must be submitted to the electric cooperative. After the application is reviewed by the cooperative, it will be forwarded to ENR for final review and approval. ENR has the final decision on all Rural Home Energy Program applications.

Once an application is approved, a check is prepared payable to the consumer-member and the cooperative. The cooperative will then endorse the check and present it to the member for payment. The cooperative may inspect the completed work and each approved applicant must also certify that the installation of materials or equipment funded through the grant program is complete.

For additional information, contact your electric cooperative or ENR toll-free at 1-800-252-8955.

Applications must be submitted to the electric cooperative.

Participants must have an energy audit completed on their home and have a written bid from a contractor for proposed projects.



Don Etchison (seated) is Director of the Illinois Department of Energy and Natural Resources (ENR), the state agency responsible for administering the Rural Home Energy Program. With Etchison is Henry Kurth, manager of the Consumer Assistance Department of ENR and project manager for the program.

“Communicating is a large part of managing well— you need to know your members, and if you don’t know them, you ought to get to know them.”

Top director, manager

(Continued from page 5)

management is hired but they do not take an active enough role in the affairs of their cooperative. Directors should do more than simply establish policy, he says.

Citing the fundamental role played by directors in the development of Southern Illinois Power Co-operative and the realization of the dream of a power plant, Thurston says directors must add to the strength of the cooperative system by helping. He says SIPC was not developed by policy, but by the encouragement of the cooperative directors. “I don’t mean they should be managing,” Thurston counters, “but they should be looking for ways to make the cooperative stronger,” he says. It takes vision, he adds.

Thurston says democracy is a cooperative: “Every voting American has an input into how our government is run and how it progresses.”

“You have to be a person who likes to help people to be an active member of a co-op,” Thurston says.

“Caring about people and letting it show” pretty well sums up Vander Pluym’s philosophy of doing business, and helps explain how he came to be co-op manager of the year.

“Communicating is a large part of managing well — you need to know your members, and if you don’t know them, you ought to get to know them. Nothing’s better than one-on-one communication; not all the columns I write, or the annual meeting reports I give, or whatever, although those activities help. Obviously, you can’t get to know everybody in a good-sized organization, but I try to keep at it,” he says.

“I believe you need to communicate with your members, not just talk to them. It involves listening, too, and that’s one of the reasons we try to schedule several area meetings during the year. I believe you can get to know your members by greeting as many of them as possible individually, as they come in, or after the meeting. I do as much visiting with them as I can during the annual meeting, too.

“I like to think the employees are pretty much a family,” he says, “and we work hard to get good employees and keep them. We have a lot of one-on-one.

I try to visit with our outside people every day before they go out on the job, and with the workers in the office, too. I like to think that the members of the board are also part of the family, and I deal with them about the way I deal with everybody else — on a friendly basis, in a caring sort of way. I think people respond well to being treated like that. But as a matter of fact, I’ve been extremely fortunate over the years to have had an incredibly good board to work with, and that makes it easy.”

Thurston has served on the Southern Illinois Electric Cooperative board of directors since 1953, and has served on the boards of Southern Illinois Power Co-operative and the Association of Illinois Electric Cooperatives. In addition to his work in rural electrification, he has been active in the Farm Credit program and various community organizations.

He has served on the boards of Pulaski School District No. 10, Meridian School District No. 101, Pulaski County Fair, Pulaski Volunteer Fire Department and the Pulaski and Alexander Counties Soil and Water Conservation District. He and his wife, Virginia, have three children.

Vander Pluym has been an employee of Clinton County Electric Cooperative for more than 41 years. He joined the cooperative as a lineman in 1946 and worked as a staking engineer and power use adviser prior to his promotion to manager in 1974. He currently serves on the Breese School District No. 12 board, the Breese Township board and is active in many civic organizations. He is a former member of the Clinton County board and St. Joseph’s Hospital board of directors. Vander Pluym is a former recipient of the Breese Jaycees’ “Citizen of the Year” award. Vander Pluym serves on the board of Soyland Power Cooperative and is the chairman of the Soyland Power Cooperative/Western Illinois Power Cooperative marketing committee. He also serves on the board of Applied Energy Systems of Illinois, Inc. He and his wife, Ardell, have three daughters.

The Illinois Cooperative Coordinating Committee represents most of the major marketing, supply and service cooperatives in the state, Illinois State University, Southern Illinois University and the University of Illinois.

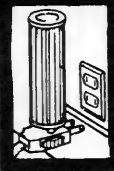
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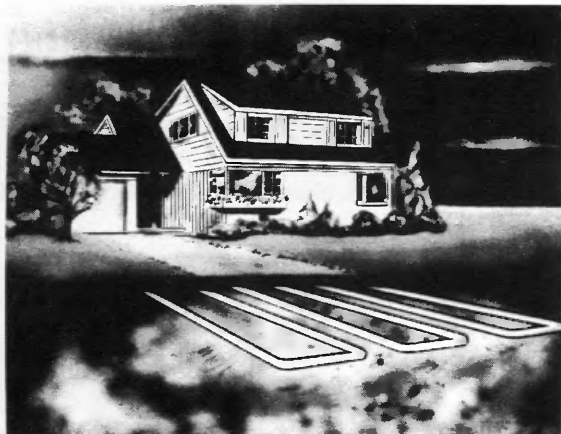
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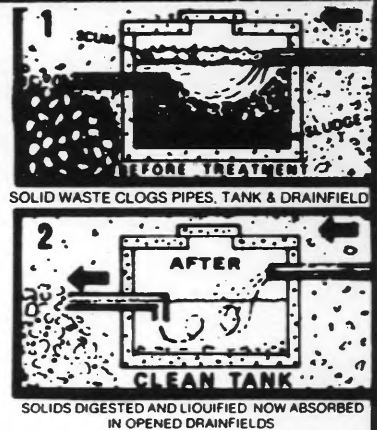
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Is your home adequately wired?

The remedy for an outdated wiring system is really not complicated.

All homeowners at one time or another wonder if their house wiring system is adequate to handle the load demanded of it. Here are some indications that would suggest immediate help is needed.

1. Blowing of fuses when certain appliances are used together. The inability to operate your appliances as needed indicates that too large a load is being imposed on the circuit.

2. Overheated wires, switches, fuse boxes and plug-ins suggest that the current flowing through these devices is excessive or that a loose connection may be present.

3. Lights that dim down and stay down while something is running is a strong indication that wire sizes are too small to handle the load demanded of it.

These are just some of the indications of inadequate wiring.

Time has made many wiring systems inadequate. The designers of the wiring systems that were installed when lights were first available were unable to visualize the tremendously increased number of uses of electric current. The old 60-amp fuse box was designed for loads of 35 to 40 years ago and the additional loads of the foreseeable

future.

Who could envision, 35 and 40 years ago, that the future would bring the electric air conditioning, electric clothes drying, electric water heating, electric clothes washing, electric garbage disposal, electric trash compacting, electric heating and the ever-increasing number of electric kitchen appliances and household power tools that we have come to know and trust.

The remedy for an outdated wiring system is really not complicated. It usually means an increase in size of the service entrance and fuse box, plus additional circuits to various parts of the house. Some appliances, such as the freezer, refrigerator, garbage disposal, dishwasher and furnace, should be placed on circuits by themselves. The kitchen should have at least two circuits to the receptacles, so that the small appliance loads in the kitchen can be split between the two circuits.

The actual work is complicated and should not be taken on by amateurs. A qualified electrician should be called.

If you have any questions concerning your wiring system, contact your electric cooperative for recommendations.

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If you're considering a portable heater, remember that there are many different types. Some electric models will heat an entire room, while the modern "people heaters" provide a radiant heat that warms just you!

For more details on portable electric heaters, or for help to determine the correct size heater for your room, contact your electric cooperative. We'll be glad to help . . . and you'll be glad you called.





Lucille Lawler with her husband of 55 years, James. Both are from St. Patrick, a small Irish community just east of Ridgway. With her are copies of the three books she was written. A fourth, an ambitious history, is in the works.

Mother of the Year

“It helps a lot to pick good, sturdy parents.”

Lucille Lawler, “1987 Illinois Mother of the Year,” is a woman whose pep equals her charm and that’s saying something, since she just turned 79.

“People ask me how I have so much pep at my age,” she quips, “and I tell ‘em that it helps a lot to pick good, sturdy parents. I also walk two miles a day and try to eat right.”

And it’s just as well, because she needs to have plenty of energy. Four years into her fourth quarter-century, she’s still writing histories, teaching, taking classes, serving on boards, writing newspaper columns — with her new word processor, no less — and painting, among other things.

The member of Southeastern Illinois Electric Cooperative notes that, generally, her life has been divided into 25-year segments. “I was born in St. Patrick, a

small Irish community a few miles east of Ridgway,” she says, “and I was one of a family of nine. I went to an old one-room school, where you could advance at your own pace. I started high school when I was 11, and was finished at 15.”

She was a little young to go into teaching, as young women often did then, but she did get started later.

She married 55 years ago, at 24. Jim Lawler, also of St. Patrick, became her husband. Her roots in the area date back to the potato famine in Ireland.

“My second 25 years was given over to raising my family,” she says, “and we had four boys and two girls. Besides giving them a good Christian upbringing, we wanted to be sure they all got to college, and they did. Their children, Father Joseph Lawler, Mary Ellen, Patrick, Raymond, William and Lucy, all

became successful professional people. Patrick died last year.

"The minimum age to be considered for Mother of the Year is 45, and there's a lot of emphasis on how well the children turn out," she says.

"The three criteria they judge you on," she explains, "are children, church work and community efforts. Most women score well on kids and church, but many fall short when it comes to community work."

She didn't have to worry about that. She spent her third 25 years in com-

reason — to teach.

During her life's third segment, she became founding president of the Gallatin County Historical Society and, later, first president of the Illinois State Historical Congress. She is past president of the Ridgway Woman's Club, past president of the Illinois League of American Penwomen and a 25-year 4-H leader.

During that time, she found time to author three books, all regional histories. She has written "Amazing Shawneetown," "Gallatin County" and "Ridgway, Our Town." A fourth is in the works. One of her proudest historical achievements was the successful effort she was involved in to save the first bank in Illinois, in Shawneetown.

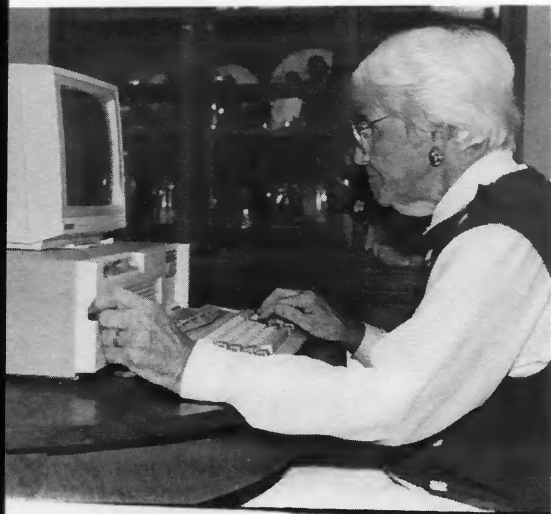
Even now, she's the secretary for three local organizations, one of which she has served for the entire 21 years of its existence.

Even with all that, she does have some spare time. She fills it by painting, and she has written three plays.

She was honored at an awards ceremony in Shawneetown last April. State Sen. Glenn Poshard and State Rep. David Phelps attended and congratulations were read from Gov. James R. Thompson and U.S. Sen. Paul Simon.

Mrs. Lawler was sponsored by the Ridgway Woman's Club and co-sponsored by the Gallatin County Historical Society; Cahokia Branch, National League of American Penwomen; and the Ridgway Circle, Daughters of Isabella.

"Most women score well on kids and church, but many fall short when it comes to community work."



Mrs. Lawler at her word processor

munity and church work, as well as upgrading her education. After many years out of school, she finally returned. With two years of college completed, she's still taking classes. And occasionally, she goes to college for a different



While she does enough to keep half a dozen people busy, Mrs. Lawler does find time to paint.

Illinois Marketplace

AKC Mini Dachshund Puppies, wormed, shots, Health Cert. Excellent house dogs. Sturdy enough to keep outside. Ideal companion for adults or children. (618) 658-8615.

Spice In Your Life Is Nice. Eight different seasonings to enhance many recipes. Send SASE for brochure. The Home Place, P.O. Box 524, Effingham, IL 62401.

For Sale: UKC Reg. English Coon Hound pups. (Bluetick and Redtick) Champion Bluetick Stud Servical Pups \$75 each. Calvin, IL (618) 375-7878.

SAVE Scanners, Radar Detectors, C.B.'s: Cobra RD3170 Retail \$249.95 Your Cost \$205.00, SR10 \$189.95 Your Cost \$137.90, Regency Bearcat, many others save. Call (815) 432-3553. Hi Pro, P.O. Box F, Watseka, IL 60970.

PEN-PALS — U.S. and FOREIGN! Send self-addressed, stamped envelope for free details to: Pen-pals, R #1, Box 105, LaPrairie, IL 62346.

ATTENTION SINGLES meet other Illinois singles who want to meet you. FREE confidential details. Matchmaker, Box 1542, Belleville, Ill. 62223.

120 ACRES FOR SALE, solid oak constructed home, garage, 36x42 insulated metal shop, barn, pond, tillable acres, woods, fenced pastures, Wayne County. 618-673-2450.

ASHLEY WOOD STOVES. Parlor, Furnace Add-ons, Fire Place Inserts. Full line Cass A pipe and parts. America's Favorite since 1905. Camiel Hier, Cambridge, IL 309-937-2314.

INSULATION — 4x8 SHEETS, Foil Backed Foam — Factory Seconds — Easy to install. Contact Ken Nichols, 217-728-4217.

Attention Seed and Feed salesmen supervisors, we've got a program to add to your business. Selling Welding supplies, hand and power tools and nuts and bolts to your existing customers. Commission plus override, no inventory investment, catalog sales only. Contact Mr. Underwood, T. & J. Distributors, California, Mo. 314-796-4808.

DRIVEWAY ANNOUNCER Know when someone comes on your place! Brinson Electronics, Box 1130, Laverne, OK 73848, 405-921-5187.

(Continued on page 26)

Illinois Marketplace

Please publish my _____ word advertisement for _____ times starting with the _____ issue. For each month's insertion, I have enclosed \$8 for the first 20 words or less and 30 cents per word for each word beyond 20. Total payment enclosed is _____. I am a member of _____ electric cooperative and my Illinois Rural Electric News mailing label is attached.

The policy:

1. You must be a member of an Illinois rural electric cooperative in order to qualify for the special rates. Non-members pay \$1.20 per word with a \$24 minimum for 20 words or less. Members must attach their mailing label to their order form.
2. Advertising copy must be in the Illinois Rural Electric News office no later than first of month preceding month of publication.
3. All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
4. Cash, check or money order must accompany ad order. No billing or charges. Make checks payable to Illinois Rural Electric News.
5. Please type or print your ad neatly. Include your name, address and telephone number even if they are not part of the advertising copy you plan to run in the Illinois Marketplace.
6. The publisher reserves the right to reject any advertisement not deemed to be suitable for the publication's readership.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Additional Words: _____ (use separate sheet if needed)

Mail to: Illinois Marketplace
 Illinois Rural Electric News
 P.O. Box 3787 • Springfield, IL 62708

Holiday fare

TOP OF THE STOVE MEAT LOAF

1 1/2 lbs. ground beef
1/2 cup dry bread crumbs
1 can (10 3/4 oz.) tomato soup
1/4 cup finely chopped onions
1 egg, slightly beaten
1 teaspoon salt
Generous dash of pepper
1 tablespoon shortening
1/4 cup water
1/2 teaspoon prepared mustard
2 slices processed cheese, cut in half

Thoroughly mix beef, crumbs, 1/4 cup soup, onion, egg and seasonings. Shape firmly into 2 loaves. Brown on both sides in skillet in shortening. Cover and cook over low heat for 25 minutes. Spoon off fat. Pour remaining soup mix with water and mustard on loaves; top with cheese. Cook 10 minutes uncovered. Makes 4 to 6 servings. Oven method: Bake at 350 degrees for 40 minutes. Spoon off fat. Pour remaining soup (not water), top with cheese and bake 5 minutes longer. This is a favorite recipe of Christy, David and Candy.

ALMOND CHICKEN

3 chicken breasts
1 can water chestnuts
2 green onions
1 bell pepper
2 celery stalks
1/2 cup blanched almonds
1/2 cup green peas
3 tablespoons cooking oil
Seasoned salt
Cooked rice

Remove bone from chicken and cut into bite sized pieces. Sprinkle with seasoned salt. Slice (very thin)—water chestnuts, onions, pepper, and celery. Heat oil to moderately hot and add chicken. Stir constantly. Cook 4 minutes. Add all vegetables and almonds. Stir constantly. Cook 3 minutes. DO NOT OVERCOOK. Serve over buttered rice.

SEVEN LAYER SALAD

1. Fill salad bowl 1/2 full of shredded or pinched lettuce.
 2. Add 1/2 cup of each of the following: celery, green pepper and Spanish or purple onion, chopped.
 3. Optional—add one package (10 oz.) frozen green peas, cooked and drained.
 4. Make topping out of 1 pint mayonnaise, 2 tablespoons sugar and 1/2 cup Parmesan cheese and spread on top.
 5. Sprinkle with 1/2 lb. chopped bacon or 1 jar bacon bits.
- Let stand 7 or 8 hours or overnight in refrigerator. Keeps well.

PICKLED SHRIMP

1/2 gallon apple cider vinegar
1/2 cup salt
3 oz. Mexican pepper
4 tablespoons black pepper
2 tablespoons dry powdered mustard
1/2 box celery seed

Mix together and boil 30 minutes. Add 5 lbs. prepared shrimp. Boil for 8 minutes, remove from heat. Let stand 30 minutes or until ready to eat. Dip in garlic butter.

FANTASTIC POTATOES

2 lbs. potatoes, washed and unpeeled
1 stick butter or margarine
Seasoned salt to taste
2 cups sour cream
1 pkg. ranch style dressing mix
1/2 lb. grated cheddar cheese

Dice potatoes into a 2-qt. covered casserole. Slice butter over potatoes and sprinkle generously with seasoned salt. Cover and bake for 1 hour at 350 degrees. Combine sour cream and dressing mix. Spread evenly over hot potatoes. Top with grated cheese. Return to oven until cheese melts.

FROZEN SLAW

1 tablespoon salt
1 large cabbage, chopped fine
Mix well and let stand for 1 hour. Squeeze cabbage dry.

Add:
1 or 2 bell peppers, chopped
2 carrots, chopped fine
Mix together:
1 1/2 cups vinegar
1/2 cup water
2 cups sugar
1 teaspoon celery seed
1 teaspoon whole mustard seed

Boil 5 minutes, stirring constantly. Let cool and pour over cabbage. Mix well. Package in freezer containers and freeze. This can be thawed and refrozen as many times as desired. If desired sweeter, use 1 cup vinegar and 3/4 cup water.

GREEN CHILI CASSEROLE

Boil 1 medium size onion in water for 5 minutes. Drain and add 1 can green chilies, 1 can cream of mushroom soup and 1 can of milk. Dip 1 dozen tortillas in hot bacon grease to soften. Layer in dish starting with tortillas, milk mixture and grated longhorn cheese. Top with cheese and bake 30 minutes at 350 degrees or until hot.

HEALTH CEREAL MIX

5 or 6 cups rolled oats, old fashioned
1 cup each of the following ingredients:
Sunflower seed, raw
Sesame seed, raw
Wheat germ, raw
Coconut
Sliced almonds
Soy flour
Milled bran
Powdered skim milk
Raw honey
Safflower oil

Mix well and bake 1 hour at 275 degrees. Stir every 15 minutes. Raisins, banana chips, pecans or roasted peanuts may be added the last 15 minutes of cooking.

PEANUT BUTTER PIE

1 cup powdered sugar
1/2 cup peanut butter, plain or crunchy
1/4 cup cornstarch
2/3 cup sugar
2 cups milk
1/4 teaspoon salt
1/4 teaspoon vanilla
3 egg yolks
2 tablespoons butter

Mix cornstarch, sugar, egg yolks, add milk and salt. Cook in double boiler until thick like a custard then add vanilla and butter. Mix powdered sugar and peanut butter to crumb stage and line a packed pie shell with mixture. Save some to sprinkle on top of meringue. Add custard to top of peanut butter mixture. Add meringue. Sprinkle rest of mixture on top and bake until brown.

LACE COOKIES

1 stick butter or oleo
1 cup brown sugar
2 cups quick cook oats

Mix butter, brown sugar and oats. Place far apart on ungreased cookie sheet with teaspoon. Bake at 350 degrees for 10 to 12 minutes depending on your oven. Remove with Teflon-coated spatula or egg turner when they won't bunch up (about 1 minute).

APPLE PIE

1 cup sugar
1/4 cup honey
1 stick butter
1 teaspoon cinnamon
Mix in a pan and cook until butter is melted. Set aside. Peel 2 or 3 apples. Place in crust. Add 1 egg to sugar mixture. Pour in crust and top with pie crust. Bake at 350 degrees for 45 minutes.

COCONUT PIE

1 cup sugar
1 tablespoon flour
2 eggs, beaten
1 cup milk
1 teaspoon vanilla
1 stick butter, melted
1 can Angel Flake coconut or 1 cup of other brands
Mix flour and sugar together. Mix all other ingredients together and put in unbaked pie shell. Bake at 350 degrees for 40 minutes.

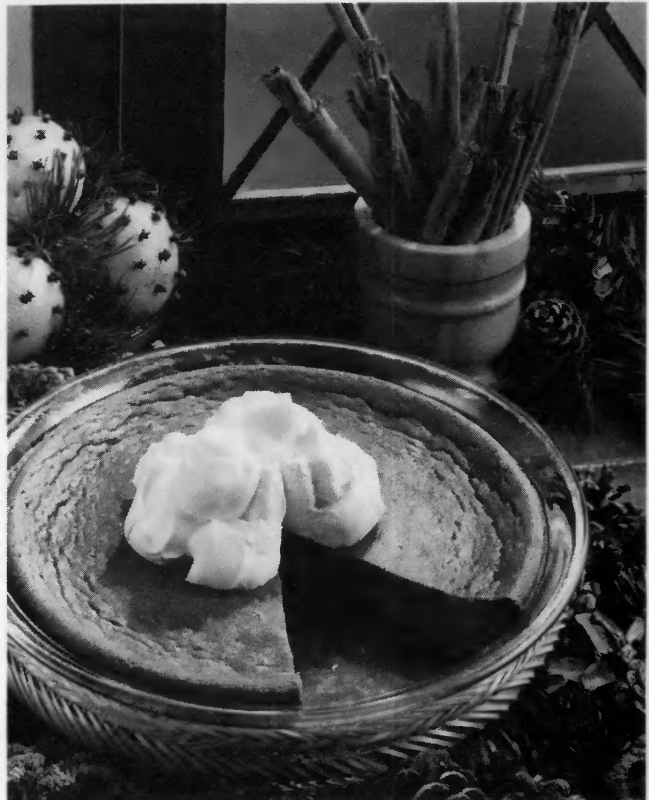
GRAHAM CRACKER BARS

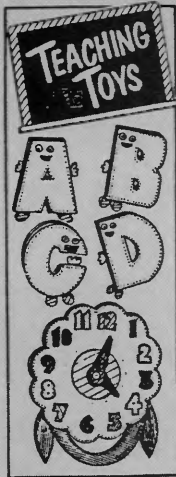
Place a layer of whole graham crackers in bottom of large 9 x 13-inch pan. Melt 1 cup butter, add 1 cup sugar, 1/2 cup milk, 1 egg slightly beaten. Cook, stirring constantly until mixture comes to a full boil. Add 1 cup flaked coconut, 1 cup chopped nuts, 1 cup graham cracker crumbs. Pour over graham cracker crust. Add another layer of whole crackers. Frost with powdered sugar frosting which has been made out of 2 cups powdered sugar, 1/4 cup butter, 3 tablespoons cream and vanilla. Refrigerate until cool and set. Then cut into squares. Keep cold until serving time. May vary flavor by using brown sugar.

IMPOSSIBLE PUMPKIN PIE

3/4 cup sugar
1/2 cup biscuit mix
2 tablespoons margarine or butter
1 can (13 oz.) evaporated milk
2 eggs
1 can (16 oz.) pumpkin
2 1/2 teaspoons pumpkin pie spice
2 teaspoons vanilla

Grease pie plate, 9x1 1/4 or 10x1 1/2 inches. Beat all ingredients until smooth, 1 minute in blender on high or 2 minutes with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes at 350 degrees. Garnish with whipped cream if desired.





6010:



4204:



4205:

- No. 6010 is directions for making 10 toys that teach.
- No. 4204 is cut in sizes 10, 12, 14, 16, 18, 20, 22. Size 12 takes 2-3/4 yards 60-inch.
- No. 4205 is cut in sizes 12, 14, 16, 18, 20, 22. Size 12 takes 3 yards of 60-inch.



4176:



4203:

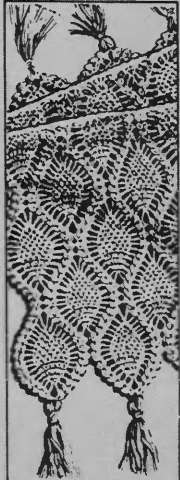


4184:

- No. 4176 is cut in small (30-32), medium (34-36), large (38-41), extra large (43-46 inches).
- No. 4203 is cut in sizes 12, 14, 16, 18, 20, 22. Size 14 takes 2-5/8 yards 60-inch.
- No. 4184 is cut in sizes 12, 14, 16, 18, 20.



4208:



551:



4207:

- No. 4208 is cut in sizes 12, 14, 16, 18, 20, 22. Crochet collar included.
- No. 551 is crocheted pineapple afghan 54x72 inches.
- No. 4207 is cut in sizes small (8-10), medium (12-14), large (16-18), extra large 20-22).



549:



4151:



405:

- No. 549 is 12 inch doll with dress included.
- No. 4151 is cut in sizes medium (12-14), large (16-18), extra large (20-22), skirt included.
- No. 405 is add-a-block envelope applique quilt in sunbonnet design.

PATTERNS

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

Print Name _____

Address _____

City _____

State _____ Zip _____

I have enclosed \$ _____ (\$3.00 per pattern - cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

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

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Some people love the cold and wind. Not us! We tried everything to stay warm—big coats, bulky sweaters, thermal underwear, the works. We waddled around like penguins but we were still cold—or worse, sweating one minute and freezing the next.



Then a friend told us about **Damart® Thermolactyl®** and we haven't been cold since. Whether we're indoors or outside, this soft, lightweight underwear is a real miracle for us.

Damart's secret is Thermolactyl, a knit that "climatizes" your body to stay cozy and comfortable. Thermolactyl retains and reflects natural body heat.

It also wicks perspiration away.

Thermolactyl keeps you warm and dry. (Tests at London's world-renowned Shirley

Institute for textiles show that Thermolactyl provides outstanding warmth retention compared to many other fabrics.)

Now we're saving big money on heating bills too.

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Damart is the best cold-weather wear there is! Whether it's for Mt. Everest climbing expeditions, the cold car or the chilly home, Damart Thermolactyl gives perfect warmth. No wonder many National Football League teams wear it, including Superbowl winners like the New York Giants and Chicago Bears. The popular U.S. National Luge team chooses Damart in its official uniform. Active outdoor people like gardeners, fishermen, golfers and those who work outside every day depend upon Damart underwear to enjoy comfortably dry warmth.

Send for your Damart free color catalog today. Learn about Thermolactyl, unique and available only from Damart. See all the Damart products, the variety of knits, styles and colors for men and women, including petite, tall and larger sizes. Fill out the coupon below and mail it now!

FREE CATALOG!



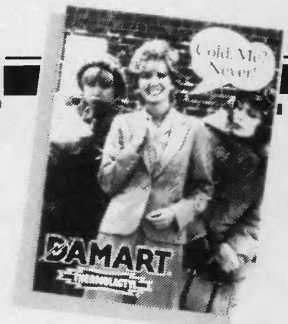
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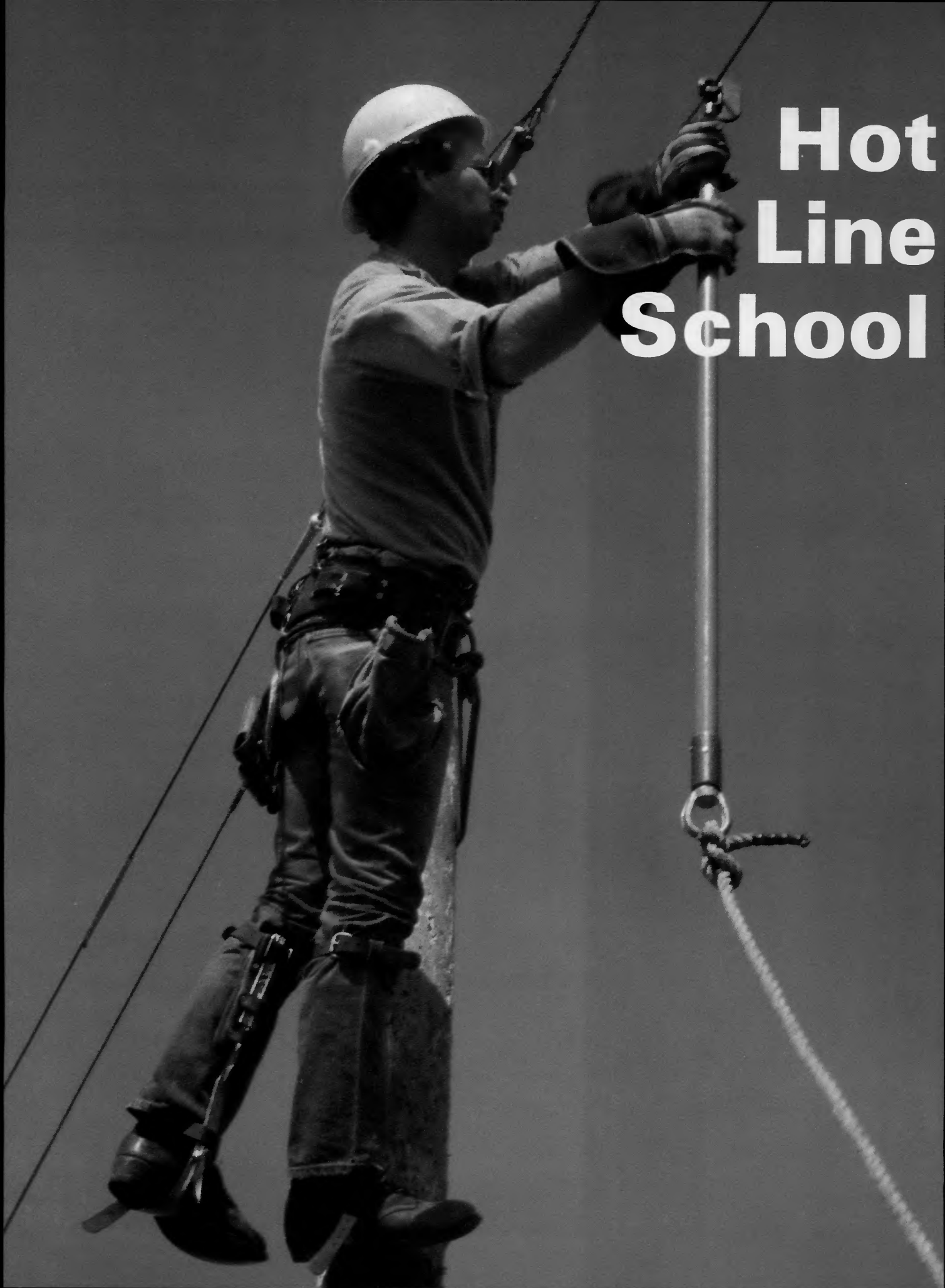
CITY _____

STATE _____

ZIP _____

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Hot Line School



You've probably seen a line crew from your electric cooperative working down your road or street. They change out a pole or replace a crossarm, then move on to the next job. Chances are, if you had not seen the crew, you would not have been aware of the fact that some sort of line work was going on. There was no period of time when you did not have electricity, not even a flicker of the lights.

It hasn't always been that way. For many years it was necessary to "kill" the line before such work could be done. Crews had to shut off electric power to homes, farms and businesses over a wide area in order to make the needed repairs or replacements. Today, modern training and technology combine to give line personnel the know-how to work on the lines even while they are energized. No longer is it always necessary to shut off the vital electricity.

Getting to the point where "hot line" work is used in most instances wasn't something done overnight. Electric cooperatives have conducted specialized training sessions for line personnel for a number years to provide employees with the latest in effective methods and techniques to minimize outage time for such repairs while at the same time keeping the safety of the employees foremost.

The 1987 Hotline School is completed, and some 100 Illinois cooperative and municipal utility employees are better, safer employees because they took part in it. The school was held in three week-long segments running from September 28 through October 16.

The school is designed to teach line crews to work on "live" electric lines so electric cooperative members will not have to be subjected to as many annoying planned outages as they had to endure in the past. And many times, when planned outages are absolutely necessary, they can be kept short. Newer employees gain good experience to help them during weather-caused outages, too.

To maintain a maximum amount of authenticity, the school is held in a rural-like setting at the edge of the campus of Lincoln Land Community Col-

lege near Springfield, where a cluster of utility structures has been set up with everything but the electricity.

Sponsored by the Association of Illinois Electric Cooperatives Job Training and Safety Committee, the school is coordinated by David A. Diederich, director of the AIEC Job Training and Safety Department, and James E. Nevel, JT&S instructor.

The school is staffed each year by instructors provided by equipment suppliers and participating electric cooperatives.

Training during the Hot Line School involves a wide variety of hands-on applications. On the opposite page, a student at the school seems to be skywalking while working atop a pole. Below, framed by the boom of a line truck, a trio of students puts the skills they are learning into practice.



Illinois Marketplace

(Continued from page 18)

WICK BUILDINGS — Horse barn, livestock, equipment, residential, commercial, Bill & Jim Parkinson, Hardin, IL 62047, Phone 1-618-576-2287

WHY DIE WITHOUT A WILL? Two Legal Will Forms, easy fill-in instructions. —\$4— Guaranteed! Fast Delivery. Ty-Company, Box 1022-RE, Pryor, OK 74362.

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

WORK CLOTHES — Oshkosh, Carhartt and more. Men's and boys'. Free catalog. Strauss' Country Ware, 100 George St., Alton, Illinois 62002.

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

DRIVEWAY ALARMS — Know when friends, strangers enter your driveway. Free Brochure. Paxton Enterprises, Rt. 1E, Fortville, In. 46040. 317-326-2838

TRENCHERS — New and Used—\$1,250 and up. Ditch Witch Sales, Inc., 107 Troy Road, Collinsville, IL 62234. Phone 618-345-6262. Mo. 314-436-2133

Top prices paid for ginseng and other roots. Warner Miller, RR #2, Clinton, Ill. Phone 217-935-2560.

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

GOVERNMENT JOBS \$16,040 — \$59,230/yr. Now Hiring. Call 805-687-6000 Ext. R-20126 for current federal list.

OIL, GAS, COAL, MINERALS on your farm?? Complete geological survey at low cost. Sigma Consultants, 118 17th, Mattoon. (217)235-1616.

FLAT DUMPLING RECIPE. Never fails. Send \$2.00. Williams, Rural Route 7, Box 526, Marion, IL 62959.

FOR SALE NEAR HARRISBURG, Illinois. Three bedroom home. Three and one-fourth acres \$49,500. Call 618-252-6653.

"WORK PANTS 3/\$8. Coveralls \$5. Lined work jackets \$5. Big and tall work clothing our specialty. Send \$1.00 (Refundable) for catalog. Workmen's Garment Co., 15205-IL Wyoming, Detroit, MI 48238.

BUYING BASEBALL CARDS, bats, autographed balls, or anything pertaining to baseball. Call Ronald Johnson, RR 3, Box 119, Sparta, IL 62286. (618) 443-3325.

10 WOODED ACRES, 4 miles east of Thompsonville — private, excellent building site. Taxes under \$50.00. \$6,500 terms — 618-932-6690.

500 GAL. PROPANE GAS TANK with over 100 gal. gas. Also regulator located Clearlake Farm, Beardstown, Ill. Call 309-663-4163.

LOG HOMES by HONEST ABE: Many Models, Build yourself or our dry-in service. Visit our model. Royal Alvey representative, RR #1, Box 301A, Millstadt, Ill. 62260. (618) 234-1615.

LARGE WOODED LOT, Oak Run, Dahinda, Illinois, for sale. Access to stocked lake, boat ramps, beaches, swimming pools, camping, gas, food. 309/734-2540 after 6:00 PM.

SHAWNEE FOREST GUIDE — Guidebook to Southeastern Illinois' Scenic and Historic Attractions. Send \$3.00 plus \$1.00 Handling. Shawnee Forest Guide, P.O. Box 268, Karbers Ridge, Illinois 62955.

For Sale: 100 acre cattle farm in Massac County, 3 bedroom brick house, good out-buildings, deep well and 3 ponds. 618-634-2488.

COMPUTERS — Turbo XT, 1 Floppy, 20MG HD, Monochrome Monitor, MP/NP-10 Printer, Printer Cable, 10pk diskettes, MS-DOS. Suggested Retail \$1995.00 YOUR COST \$1571.00 plus tax and shipping. Write BOB, RR #3, Box 187, Watseka, IL 60970.

FOR SALE NEAR BRUSSELS, Illinois. Three Bedroom Home with big living room, all Hardwood floors, downstairs kitchen and dining all panel, \$32,000.00. Call 618-877-3256.

TOKHEIM TWIN GAS PUMP — good condition \$415.00. Days 217-429-9216.

GINSENG SEEDS for planting. \$5,000 possible acre, easy grown. Free, how to, information, markets. Ginseng, Box 215, Weaubleau, Missouri 65774.

The **MAGAZINE** you may have heard about over **KMOX, ST. LOUIS**, is still \$10.50 for one year. It's filled to overflowing with the lore of the Illinois Ozarks. **SPRINGHOUSE**, Box 61, Herod, IL 62947.

MOBILE HOME LOTS For Sale. Castle Lake Park. Central water, wooded, security lights, 3 miles south of Inverness, Florida, Hwy. 41. 618-457-4348.

APPLES — Murphysboro, Illinois. \$6.00 bushel. Jonathan, Red and Golden Delicious, Sweet Cider. 3 miles out South 20th Street. **FRANK MILEUR ORCHARD**, 618-684-2460.

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- Economy Maul - Similar to imitations but priced much less. 15 lbs. 5 Yr. Guarantee. \$12.95 + \$4.00 shipping.
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MISSING



KENDOL B. KERNES

LAST SEEN: 6/18/87 EYES: Brown
FROM: Baltimore, MD HEIGHT: 17"
DOB: 6/16/87 WEIGHT: 8
BLACK MALE HAIR: Black



KIMBERLY JANISE BOYD

LAST SEEN: 4/3/87 EYES: Brown
FROM: Orangeburg County, SC HEIGHT: 3'4"
DOB: 10/30/84 WEIGHT: 25
BLACK FEMALE HAIR: Black

If you can identify these or any other missing children, call The National Center for Missing and Exploited Children at:

1-800-843-5678

(sightings only)

This message is brought to you as a public service by Association of Illinois Electric Cooperatives, in cooperation with National Child Safety Council.

-Safety Tip of the Month-

Keep an up-to-date file on your child, include a recent photograph and a physical description.

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If you want to personally help end this national tragedy, or need additional information, please call:

1-800-222-1464

IMPORTANT NOTICE for LOW and MODERATE INCOME COOPERATIVE MEMBERS

The State of Illinois is now offering grants to help cooperative members cut home energy costs.

The Rural Home Energy Program was authorized by the Illinois General Assembly to provide grants to low and moderate income members of Illinois Rural Electric Cooperatives for weatherization and energy conservation measures. These grants must be used to finance energy home improvements that will lower energy costs.

Who is Eligible?

Any Illinois Rural Electric Cooperative member, whose household income is less than 120% of the area median income, is eligible. To see if you qualify, contact your local electric cooperative.

There are two categories of assistance:

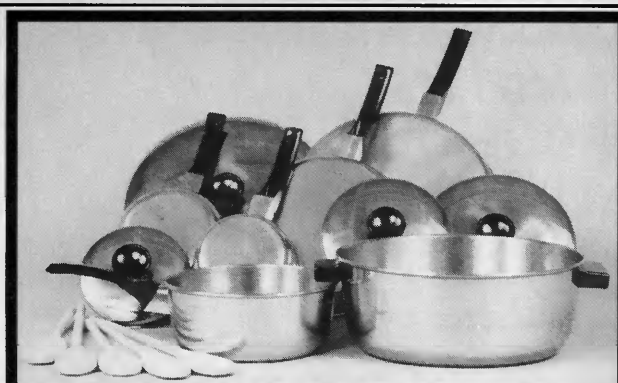
1. Members whose income is 80% or less of area median income may apply for a grant up to \$1,500 for energy conservation measures.
2. Members whose income is between 80% and 120% of area median income may apply for a matching grant of up to \$1,000 for energy conservation measures. Members in this category must fund one-half of the project.

Eligible Conservation Measures

- Caulking and weatherstripping
- Insulation
- Storm doors and windows
- Replacement thermal doors and windows
- Heat pumps for heating and cooling
- Replacement water heaters
- Electric load management systems
- Furnace efficiency modifications
- Furnace replacement burner (oil)
- Replacement air conditioner
- Replacement furnaces or boilers
- Intermittent pilot ignition devices

**For More Information and
How to Apply
Contact Your Local Electric Cooperative
or the
Illinois Department of Energy and Natural Resources
Toll-Free Number 1-800-252-8955**

IMPORTANT NOTICE



An Amazing Value for Genuine Copper Bottom Cookware, Hard to Believe, but True.

"Copper Bottom Cookware \$1 Per Piece"

(Atlanta, GA)

FC&A, a nearby Peachtree City, Georgia, company is "giving away" 16,200 ten-piece sets of famous copper bottom cookware in an advertising campaign to increase its customer list. The 5 small pieces are only \$1 per piece. The 5 large pieces are \$3 per piece.

These ten-piece sets are guaranteed to be available only to the first 16,200 people who write to the following address before midnight, Jan. 3, 1988.

To be eligible for your set you must cut out and return this publicity notice with your order. Copies will not be accepted!

The 10-piece copper bottom cookware sets being offered are similar to those sets sold elsewhere at much higher prices. All pieces are stainless steel with copper bottoms and heat resistant handles.

Copper on the outside is wonderful for cookware. It's prized the world over.

Stainless steel on the inside helps keep food from sticking to the bottoms of pots and pans. The brilliant, scratch resistant stainless steel interiors are easy to clean.

Each 10-piece set contains:

- large 5-1/2 quart dutch oven w/lid
- large 2 quart sauce pan w/lid
- large 10" skillet (uses oven lid)
- 1 quart sauce pan w/lid

5/8 quart sauce pan w/lid
8" skillet

Similar sets sell for over \$100. Don't wait to send in your order. You could miss this bargain of a lifetime!

Sorry, Only 1 Set Per Customer

Only 1 set may be purchased by each customer. Absolutely no exceptions will be permitted. Checks for more than 1 set will be returned to customers.

Not Sold in Stores

This widely advertised famous copper bottom cookware set will not be sold by us in stores. Order now!

Free With Order. Offer Expires Midnight, Jan. 3, 1988

Don't wait past the expiration date. Order now!

Cut out and return this publicity notice with your name and address and a check for \$19.95 plus \$6.00 heavyweight shipping and handling charge to our following address: **FC&A, Dept. LIL-11, 103 Clover Green, Peachtree City, GA 30269.**

We will give you a 5-piece wooden spoon set (\$5.00 value) free with your order, as a further inducement to get you to order and to be able to make use of your name for our customer list. It's yours to keep even if you return the cookware set.

Remember, satisfaction is guaranteed or your money back!

©FC&A 1987

"Prescription Drug Kills Doctor"

(Atlanta, GA)

A local Atlanta area doctor has died from a freak drug reaction on a trip overseas. An infection he had didn't clear up after taking a drug; so he took a different drug, too. The two drugs reacted with each other and caused crystallization in his kidneys. He had kidney failure and died a few days later.

What Your Doctor Doesn't Tell You about the Side Effects of Prescription Drugs

This tragedy points to the fact that most doctors don't tell their patients about the side effects of the drugs they prescribe. This was revealed recently in a U.S. Government survey.

The reaction that killed the doctor and many other prescription drug side effects are clearly described in a new book, "*Prescription Drug Encyclopedia*" that you can order by writing to the address below.

The Good Effects of Prescription Drugs

You take drugs prescribed by your doctor for their good effects, like relieving pain, fighting infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or lowering heartbeat and blood pressure.

Do You Have Any of These Bad Side Effects?

Prescription drugs can cause diarrhea, dizziness, dry mouth, depression, headache, upset stomach, constipation, stuffy nose, short breath, high blood pressure, fear and ringing sounds.

Do You Know the Answers to These Questions about Prescription Drugs?

When your busy doctor gives you a prescription, what do you, or even your doctor know about it? What's it for? Will you be allergic to it? What are its side effects and dangers? Will it affect other medicine you're taking?

One drug described on page 165 of the book can cause dangerous heart problems if you suddenly stop taking it. Page 31 warns that a drug you take routinely for shortness of breath



Do you know the intended good effects and bad side effects of 408 prescription drugs? Read this article for facts.

can actually cause breathing difficulties! Yes, the very thing it's supposed to prevent.

Latest Facts on Each Drug

The book describes more than 400 of the most-often-used drugs. Facts are given in easy-to-understand words instead of hard-to-understand medical terms.

Easy to Read

Drugs are listed in alphabetical order for quick, dictionary-style finding. The book lists brand names, money-saving generic names, good effects, side effects, warnings and interactions with other drugs.

It explains drug categories. (For example: a drug may be called an "analgesic"... analgesic means "pain reliever").

Free With Order. Offer Expires Midnight, January 3, 1988

Don't wait past the expiration date. Order this 30,000 word easy-to-understand book containing more than 400 drugs, edited by two pharmacists, right away.

You must cut out and return this notice with your order. Copies will not be accepted!

Order "*Prescription Drug Encyclopedia*" now! Return this notice with your name and address and a check for **\$3.99** plus \$2.00 shipping and handling to our following address: **FC&A, Dept. PIL-11, 103 Clover Green, Peachtree City, GA 30269.**

Save! Return this notice with **\$7.98** + \$2.00 for two books. (No extra shipping and handling charges.)

You get a free gift and a no-time-limit guarantee of satisfaction or your money back.

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