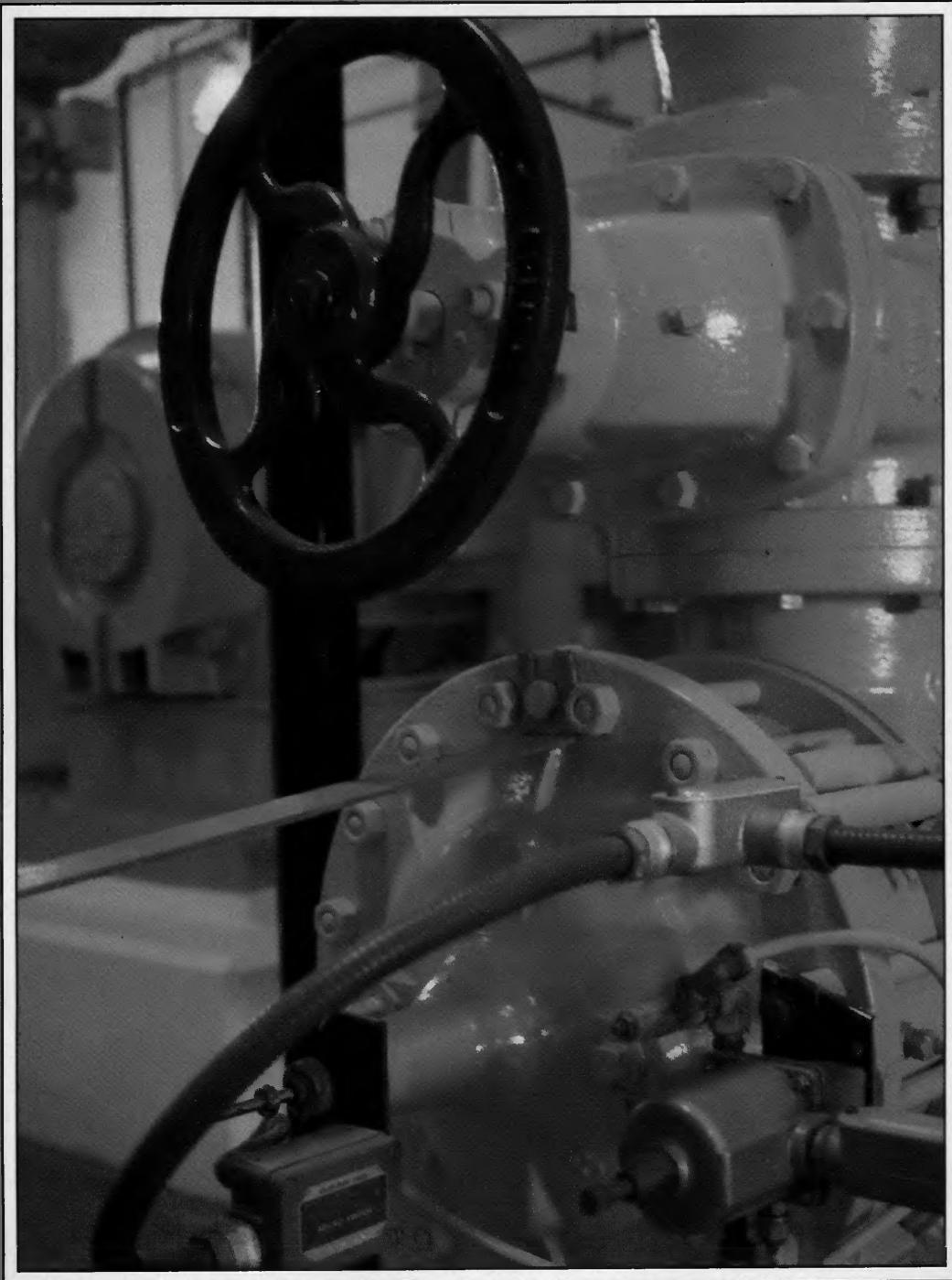


August 1987

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Illinois Rural Electric News



A PILLAR OF FLAMING TRUMPETS

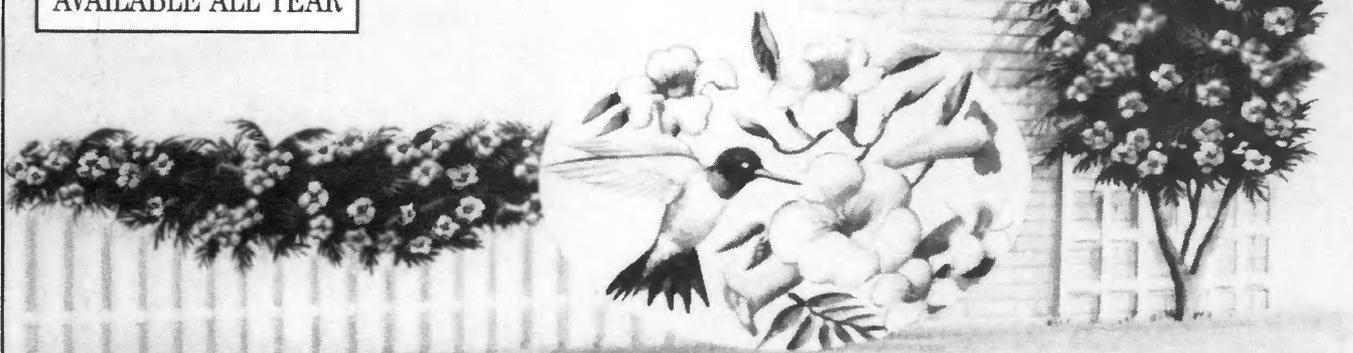
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# Co-ops don't move away

*(Editor's Note: The following remarks are from an address made by Bob Bergland, National Rural Electric Cooperative Association executive vice president, at the Southern Rural Development Center Conference in Atlanta in May.)*

Small communities that don't have access to technical assistance and federal money are usually the communities served by rural electric systems.

In these communities, the rural electric systems are an influential business with deep roots. They are not going to go away. They have a sincere and vested interest in improving the financial condition of the cooperative, the community's economy, and the quality of life of its citizens, their owners and members.

We think the rural electrification program exemplifies how other federal programs could work to bring about successful economic and community development programs in rural areas. The same cooperative, working partnership between the federal government and the local community is the key.

We also think the Rural Electrification Administration is a logical place to put these programs. There's already an effective network in place.

The federal agency already has a long-standing relationship with one of the major components of the rural community, and there is the commitment, certainly on the part of the rural electric cooperatives and most probably among the professionals at REA, to make these programs work and to produce the jobs and economic stimulation our rural areas so desperately need.

That's why we recommended that the Congress give serious consideration to expanding the role of the REA to include economic development activities and to expanding the mission of rural electric systems throughout the nation to include economic and community development. Frankly, I don't anticipate any

action in this direction during this Administration. The Administration's attitude towards REA is pretty much what it is toward other rural programs: If it doesn't pay, kill it, and if it does, sell it.

The Administration has actually proposed that rural electric systems that serve recreation areas like Hilton Head in South Carolina and Steamboat Springs in Colorado not be eligible for any further loans.

There seems to be in the Administration a reluctance, or worse, an outright bullheaded, nonsensical refusal to acknowledge that these recreational areas provide jobs and economic activity, and that the electric loads generated by these developments help subsidize the maintenance of its power lines to the predominantly sparser areas of its service territory.

The Administration's bias, which is not just against the rural electric program but against all of rural America, would ultimately lead to one thing. That is: This erosion and deterioration of the rural economy will lead to the creation of separate societies for rural and urban residents, societies with extremely different standards of living and qualities of life.

Maybe rural America won't be using kerosene lanterns again, but we certainly wouldn't be in tune with the standard or quality of life that citizens in the metropolitan areas of the nation would be enjoying. We'd be tossed back in time and once again relegated to the status of poor country kin.

There seems to be a convenient overlooking of the fact, too, that when a rural community develops its natural resources — like mountains and ocean shorelines — that resource doesn't up and move to the next county or overseas once it is successful. They're there to stay, like the co-ops, with deep roots and a vested interest in the well-being of its citizens. Just like the REA co-op.

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August 1987

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Larry F. Elledge  
Editor

Gordon M. Olsen  
Managing Editor

Jack D. Halstead  
Associate Editor

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Cover: Throughout the SLM water treatment plant, colorful paint shows off the spotless nature of the pumps and valves that move the water from the Kaskaskia River into the storage tanks in the towns served by the plant.

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# Solving rural water



**Top:** To enter the plant, the water is pumped out of the Kaskaskia, behind the treeline in the background, and into the settling pond, which covers five acres. From there, it is pumped into the clarifiers, one of which is visible here. Some of the filters can be seen below the surface of the water. Just above: Jerry Meier, manager of the SLM plant, monitors one of the many gauges in the plant, which is modern and highly automated.

Water, water, everywhere, but a lot of it's not fit to drink.

That problem is fairly common in Illinois, which is latticed with waterways that are usually — but not always — flowing fairly freely. But the water in them may or may not be potable.

The people in western Clinton County, eastern St. Clair County and a bit of Monroe County have taken care of that problem neatly. Some 15 years ago, they took matters into their own hands and built themselves a water treatment plant the envy of many an urban area. The SLM Water Commission's plant, which is served by Clinton County Electric Cooperative, Breese, draws its water from the Kaskaskia River, to the tune of an average of a million gallons a day, according to Jerry Meier, manager.

SLM, incidentally, stands for Summerfield-Lebanon-Mascoutah, but



acres and is about 10 feet deep, allows the river water, which has been pumped through a coarse filter just above the streambed, to settle out some of its solids, Meier says, and copper sulfate is added to control algae.

"How much water we pump out depends on the time of the year," Meier says, "and of course we use far more in the summer than during winter."



During the recent May-June rain shortfall, he noted, the plant was pumping out two million gallons a day, and the Kaskaskia, normally a respectable stream, had dwindled to a trickle.

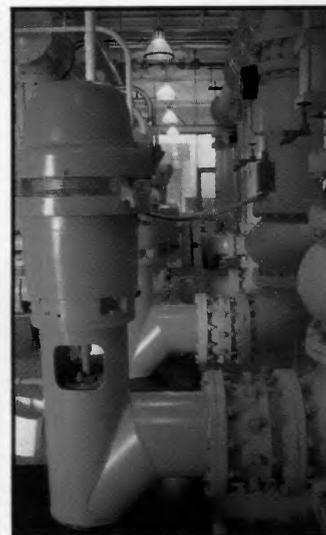
After the water settles, it goes into two large white tanks called clarifiers, which contain a series of filters and an aeration system that bubbles additional solids to the surface, where they're floated away. The sludge is stored on site. The clarifiers also have metering devices that allow the constant addition of chemicals.

Chlorine is added as needed to kill harmful bacteria, alum goes in to settle out heavier particles, potassium permanganate removes iron, and caustic soda is added to correct the pH balance and, as mandated by law, fluoride is added to prevent tooth decay.

As the water passes through the plant, Meier notes, it is tested frequently to make sure it's well within the tolerances for drinking water. "We test it for turbidity, which is essentially the amount of matter in it. We're always well below the acceptable limits.

"We're also careful," he says, "to keep the pH level acceptable. We test for iron, manganese, hardness, color, nitrates, aluminum and copper. When the water goes out of here and into the various towns' elevated or ground storage tanks, we want to be sure it's as good as it can possibly be."

**Above: Everything in the system is monitored with the help of instruments, and this lighted panel shows the level of the water in each of several tanks in the nine-town service area. Below: A complex system of pumps, such as these, move the water through the immaculate plant.**



# problem

the plant also serves New Baden, Trenton, New Memphis, Freeburg, Smithton and Hecker.

John Winter, member service representative/staking engineer for Clinton County Electric, visited with Meier recently to discuss ways of lowering electricity bills, possibly by doing much of the pumping during off-peak hours when electricity costs are dramatically lower than during on-peak times.

"Since SLM pumps water out of the river and into a five-acre settling pond," he noted, "perhaps it would be possible to do that during off-peak times to reduce demand and save money. Also, each town has at least one storage tank, and the district could perhaps save some money by changing the times when those tanks are filled."

The first pond, which covers five



Ray Jalbert, left, field representative for the Rural Electrification Administration, talks rural telephone business with Dennis Cornwell, center, 1986 president of ITCA and a director of Adams Telephone Co-operative, and Jack Douglas, manager of Adams Telephone.

message taxes by cooperatives. We've gotten some of the uncertainties taken care of, and I'm sure some co-ops will be applying for refunds soon.

"We know there's some legislation coming along that will force us — and other telephone companies as well — to set up some kind of system whereby people who don't pay their bills can't be prevented from making local calls, but their long-distance calls will be blocked.

"This will require expensive equipment and, since we're nonprofit and our revenue comes from our members, it'll cost all the other members more. It looks like the law will also provide for a certain 'zone' in which the calls are 'untimed,' rather than limited in length, and we think there's either legislation or a regulation coming along that will provide special services for the hearing-impaired. As far as we can tell, that's going to be expensive, too."

Jack Tharp, executive vice president of the Illinois Telephone Association, noted that such legislation had gone into effect in California at the beginning of 1986, and had proven to be far more popular than originally planned, and far more expensive, too.

Thomas H. Moore, general manager of the Association of Illinois Electric Cooperatives (AIEC), noted that there is a bright spot on the horizon, in the form of legislation requiring satellite TV programmers to negotiate in good faith with the National Rural Telecommunications Cooperative (NTCA), an organization formed to bring the benefits of satellite communications to rural areas.

"NTCA has already put together a good entertainment package," he said, "even though some programmers are dragging their heels when it comes to negotiating. What we're really excited about are the possibilities the changing technology will bring with it. We believe there'll be tremendous educational benefits, and tremendous opportunities to communicate. We think these will be very important to farmers and rural people, and we don't want them to be left out of all the benefits the new technology will bring."

The group elected six directors to the organization's board. They are: Dale Chenoweth of Table Grove, Mid Century Telephone Cooperative; Robert Willis of Mt. Sterling, Adams Telephone

# Telephone change

## Cooperatives deal with uncertain legislation, regulation

The telephone industry is in a state of flux all over America. Legislative bodies, regulatory agencies and consumer groups are busy with new laws, pronouncements and proposals, many of them contradictory. In the long run, most of them will cost the average residential telephone user more money and involve more paperwork for the small telephone companies.

That was the message delivered by various speakers at the annual meeting of the Illinois Telephone Cooperative Association (ITCA) last month in Springfield.

To make matters worse, the industry is in the middle of a federally mandated deregulation process confusing enough in its own right. The result is a witches' brew of conflicting decrees and laws, and things are going to get worse before they get better, the speakers agreed.

Clyde Eskridge, manager of Mid-Century Telephone Cooperative, Canton, and chairman of the ITCA Advisory Committee, noted that his group had identified several common problems the six telephone cooperatives in Illinois face, and had started working toward solutions.

"We met several times with representatives of AT&T and the Bell System," he reported, "to work out agreements on toll charges, and we have more meetings planned. We've helped set up steps and procedures to be followed to collect on the overpayment of state

Co-Operative; Kenneth Diers of Smithshire, McDonough Telephone Cooperative; Charles Atteberry of Cisne, Wabash Telephone Cooperative; Leland Luthy of Marissa, Egyptian Telephone Cooperative Association, and Bill Delap of Broughton, Hamilton

County Telephone Co-op.

After the election the board met to reorganize for the coming year and elected Luthy president; Chenoweth, vice president, and Diers, secretary-treasurer. Eskridge was reelected to head the ITCA Advisory Council.

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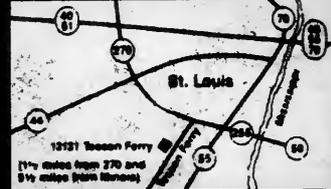


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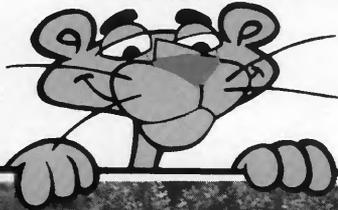
If you would like to go back to the time when trolleys rolled through the streets, you can do it in Eureka Springs. If a quiet walk through the splendor of an autumn day sounds good, you can take it in Eureka Springs. The weather starts turning cool in Eureka Springs around the first of October and it stays pleasant well into December. That's one of the charms of the Ozarks. Add to that the charming atmosphere of this quaint Ozark village and you've got the perfect spot for a great fall getaway.

For a free, color-filled Eureka Springs visitors guide, contact: Eureka Springs Chamber of Commerce, P.O. Box 551, Eureka Springs, Arkansas 72632  
**(501) 253-8737; Outside Arkansas, call toll-free 1-800-643-3546**



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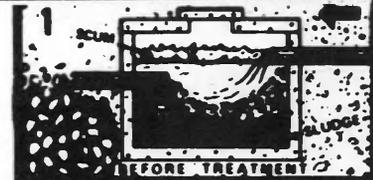
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# Energy



**Steve Smith (in trench), manager of WaterFurnace of Illinois, checks pipe while Stan Miller of Miller's Heating and Cooling, Centralia, makes the final inspection before the trench is filled in. Miller's firm is one of more than 40 state contractors who are dealers for the WaterFurnace heat pump, which is distributed statewide by a subsidiary of Soyland Power Cooperative.**

Workmen for a heating and cooling contractor carefully fuse sections of polybutylene pipe in a trench. Soon the trench will be filled, burying the pipe, which is connected to an increasingly popular home comfort system.

The pipe and trench are part of a "closed loop" WaterFurnace heat pump installation project. Such installations are becoming a relatively common occurrence across Illinois.

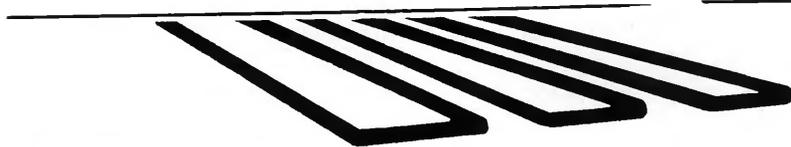
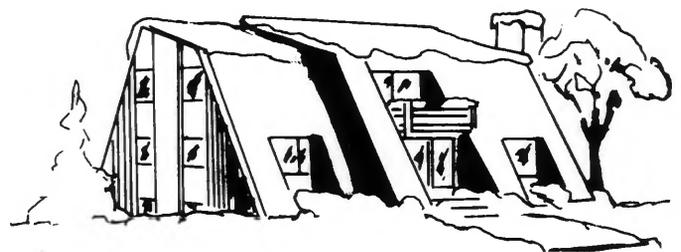
The contractor doing this work is one of more than 40 established businesses in the state now affiliated with WaterFurnace® of Illinois, a company organized by Soyland Power Cooperative to make high-efficiency heating and cooling systems available throughout the state. Soyland is a federation of 15 Illinois electric cooperatives. WaterFurnace of Illinois is the state distributor of the WaterFurnace brand of "ground-source" heat pumps, and the 40-plus contractors across Illinois are all dealers. The WaterFurnace system, which comes in sizes ranging from three-quarters of a ton up to 10 tons, is considered to be an industry leader among heat pumps. Sales of the WaterFurnace heat pump are not limited to consumer-members of the Soyland electric cooperatives. Members of all electric cooperatives may purchase the units through WaterFurnace of Illinois.

The newly organized business has found quite a lot of interest for the high-efficiency heating and cooling system it offers. In the business' first four months of operation, according to Steve Smith, manager, more than 70 systems were sold and installed, and a number of other units had been ordered and were awaiting installation.

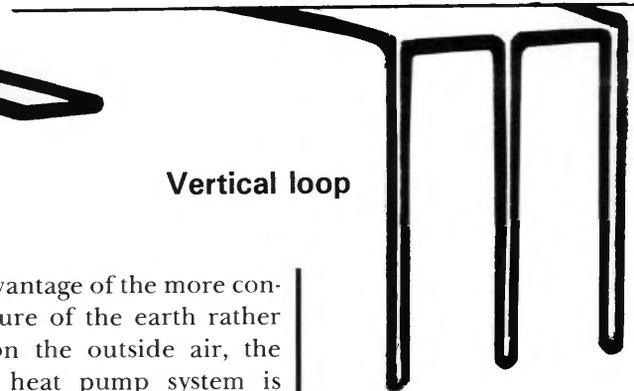
"We've been real pleased with the way people have responded to our early efforts to make this cost-effective heating and cooling system available," Smith says. "And, we have an excellent dealer network."

WaterFurnace of Illinois has its headquarters in Jacksonville. Consumers in-

# from the earth



Horizontal loop



Vertical loop

interested in learning more about the system or who the dealer in their area is should contact WaterFurnace by calling toll-free 1-800-367-4795 or check the company's ad on page 20 of this issue.

"Keep in mind that energy costs are not the only consideration when deciding on a system. Research has shown that today's consumer also wants a safe heating and cooling system that offers comfort, convenience and control. The WaterFurnace ground-source heat pump is proving that it can meet these criteria in homes and businesses throughout the Midwest," Smith says.

To understand how a ground-source heat pump works, think of the earth as a huge solar collector. In Illinois, the temperature at a depth of six feet will remain relatively constant, usually between 45-55 degrees Fahrenheit. The WaterFurnace heat pump makes efficient use of this natural heat storage capability to heat and cool your home or business. Using the principles of refrigeration, heat is drawn from the ground in the winter, intensified, and pumped into your home. In the summer, a reversing valve turns the process around, allowing you to cool your house and transfer heat to the cooler ground outside. The only energy used is electricity to run the compressor.

By taking advantage of the more constant temperature of the earth rather than relying on the outside air, the ground-source heat pump system is more efficient and more economical than conventional air-to-air heat pumps. For each unit of electricity going into the WaterFurnace heat pump, as much as 3½ units of heat will be delivered. And, as a bonus, the WaterFurnace system uses what is called a desuperheater to provide year-round hot water with no sacrifice of comfort. The desuperheater drastically reduces water heating costs, and during summer months may provide hot water virtually free by diverting heat to the water storage tank before transporting it to the ground outside.

The WaterFurnace system uses polybutylene pipe to circulate a water and antifreeze mixture through the ground in its closed loop. The pipe can be buried horizontally or vertically within the earth with the length of pipe in the loop carefully sized to each consumer's application so that enough heat is absorbed for winter heating and released for summer cooling. The polybutylene material provides a combination of good heat transferring capabilities with strength and should last 50 years.

**"We've really been pleased with the way people have responded to our early efforts to make this cost-effective heating and cooling system available."**

Electricity can start fires in four different ways: overcurrent, high resistance fault, arcing and hot surfaces.

Fuses and circuit breakers are intended primarily to protect the house wiring; they may not detect an overload in an extension cord or a fault in an appliance. A short circuit usually blows the fuse or trips the circuit breaker to shut off the power after a fault has occurred.

There is generally no built-in protection either for a high-resistance fault or for hot surface. Only vigilance and constant attention to properly maintaining electrical equipment prevent electrical fires.

Here are some ways to prevent electrical fires:

Don't overload the circuits. If the fuse keeps blowing or if the circuit breaker frequently trips, the circuit is probably being overloaded. Operate the ap-

pliance or equipment on a different circuit.

Never replace a fuse with one having a higher ampere rating. Circuits in most older homes should use 15-amp fuses; in newer homes, 20-amp fuses. Special heavy-duty circuits are required for electric stoves. Other appliances may utilize 25- or 30-amp or heavier fuses.

Keep appliance cords and extension cords in good condition. Replace rather than repair if the insulation is frayed or brittle. Don't tack extension cords to walls as substitutes for permanent wiring and don't lay them under rugs and carpets.

Don't use the ordinary extension cord for any appliance which uses a great deal of electricity (toaster, iron, heater, air conditioner, etc.) An appliance that uses more than 600 watts (5 amps) should be equipped with special, heavy-duty cords with 14- or 16-gauge wires.

**Caution:** Extension cords are sometimes labeled "heavy-duty" when only their insulation is thicker than normal. The wiring is only 18-gauge, which is dangerous when using high wattage appliances. Don't use an appliance which isn't working properly; get it repaired immediately.

Keep appliances with hot surfaces away from things that can be ignited. Check the undersides of coffee and hot water pots, deep fat fryers, and similar heating devices. They can become hot enough to set fire to the counter or table.

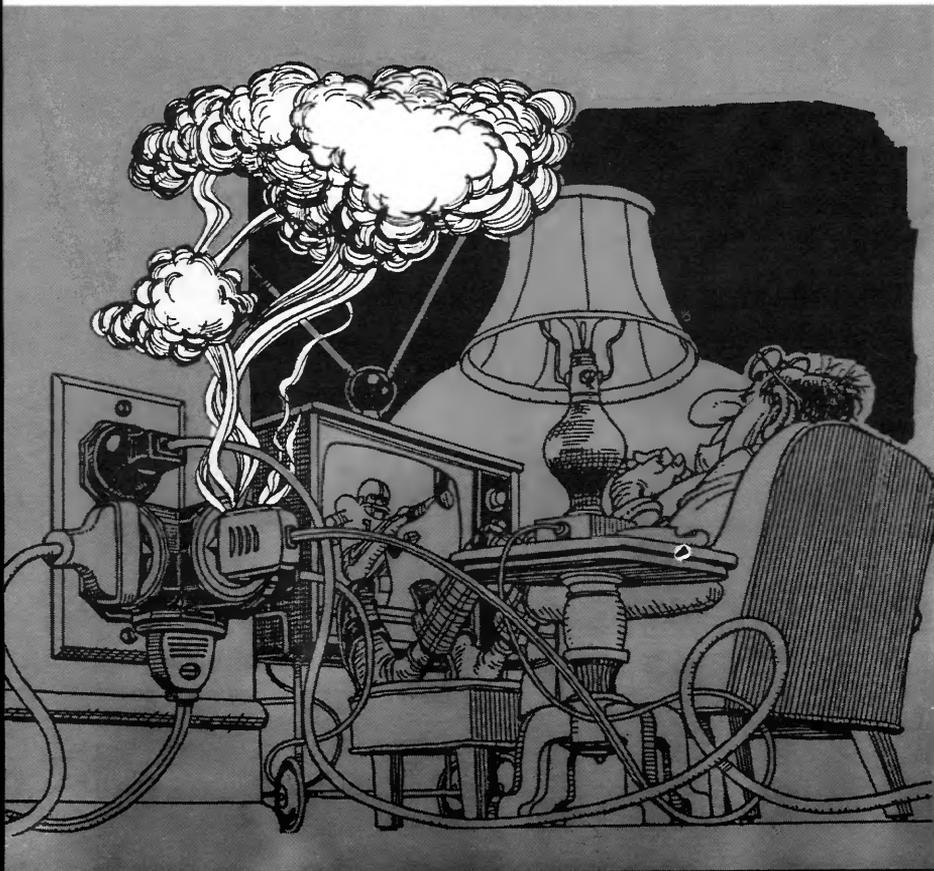
Keep paper and cloth away from light bulbs. Don't dry clothing by laying it over a lamp. Don't shield a light by covering it with a material that burns.

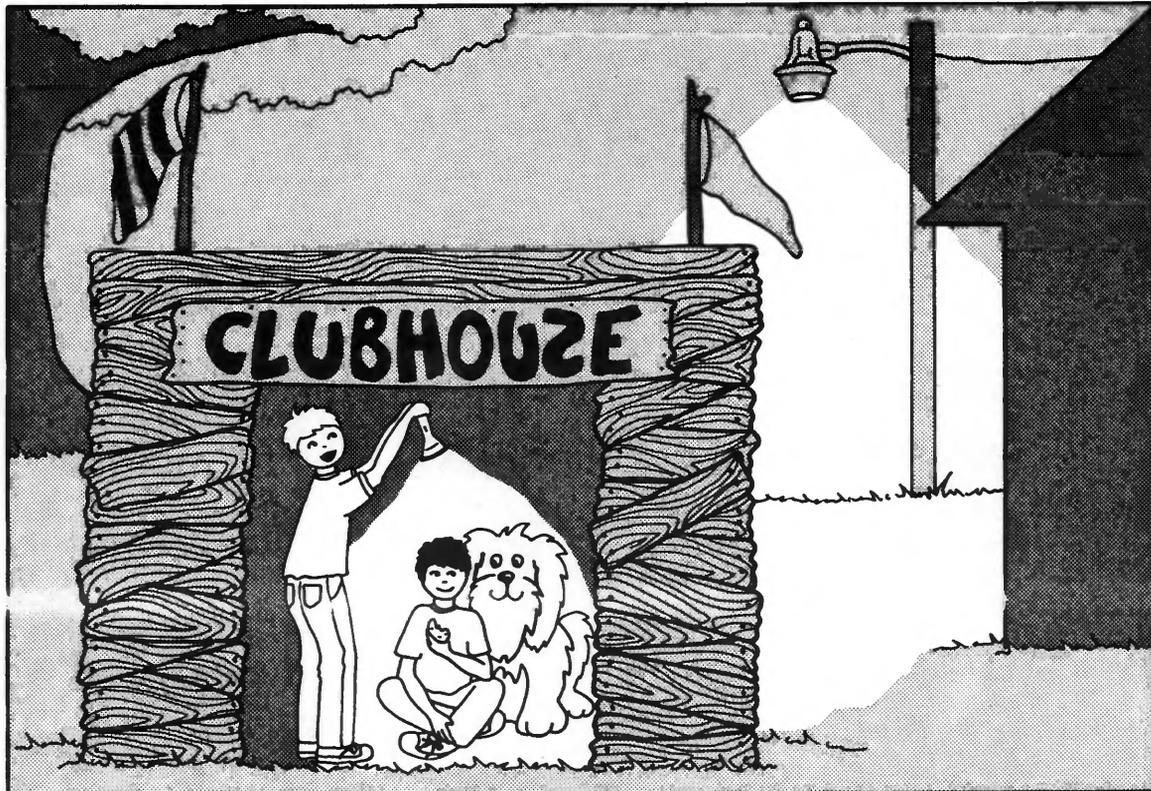
If an appliance starts smoking, or if it feels unusually hot, or if it is producing an odor, pull the plug or otherwise shut off the electricity. Don't use it again until it has been carefully checked and any fault corrected.

To avoid what could be a fatal shock, don't pour water on an appliance while it is plugged in. If the appliance is on fire, pull the plug or otherwise turn off the electricity. Use water only after the electricity is off, or better yet, a fire extinguisher is recommended.

Always treat electricity with the respect it deserves, and you and your family will live better and more safely electrically!

# Respect electricity





*“These late night meetings in the clubhouse would sure be easier if Dad would call the co-op and order a security light for us.”*

Rural electric members of all ages should have at least one security light from their electric cooperative. Today's security lights are brighter and more efficient than ever. And since the security light turns itself on at dusk and off at dawn, it never wastes electricity. So take the advice of Eddie and Mike today! Every clubhouse, home and farm needs at least one security light . . . so call your electric cooperative today for all the details.



***Electric Cooperatives of Illinois***

**Good for ALL Illinois**

# MISSING



**APRIL ANN COOPER**

LAST SEEN: 12/13/86 EYES: Blue  
 FROM: Rancho, CA HEIGHT: 4'6"  
 DOB: 5/13/79 WEIGHT: 60  
 WHITE FEMALE HAIR: Blonde



**COREY JAMES EDKIN**

LAST SEEN: 10/12/86 EYES: Blue  
 FROM: New Columbia, PA HEIGHT: 3'  
 DOB: 6/11/84 WEIGHT: 30  
 WHITE MALE HAIR: Blonde

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-

Check your child's route to and from school. Call attention to any dangerous spots such as vacant lots, alleyways, etc. Advise them what to do if a strange person follows or approaches them.

© National Child Safety Council 1985 • All Rights Reserved • UTHO USA

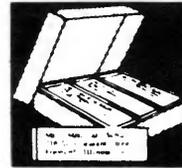
If you want to personally help end this national tragedy, or need additional information, please call:

**1-800-222-1464**

### DID YOU KNOW?

That old stock tank, water reservoirs, etc., coated with Virden Tank Coat, are better than new ones! Fix it and forget it! Let us send you complete information. Serving Farm & Ranch Since 1950. **VIRDEN PERMA-BILT CO.**, 2821 Mays St., P.O. Box 7160IN, Phone: 806/352-2761, Amarillo, Texas 79114-7160

## 1000 GOLD STRIPE ZIP CODE LABELS 75¢



**FREE LOVELY GIFT BOX**  
 1000 Gold Stripe, 2 Color, gummed, padded Labels, printed with ANY name, address & Zip Code. 75¢ + 10¢ pstg. & hdg. or 85¢ in all. Or, 3 sets, all the same or each set different, only \$2.40 ppd. Fund raisers write for quantity prices.

Money Back Guarantee. FREE GIFT BOX! Pls allow up to 6 wks. for delivery

**LABEL CENTER**  
 1602 Locust St.

Dept. GS-608  
 St. Louis, MO 63103

# Healthy, Wealthy and Wise!

It makes good sense to protect your assets, and your health is one of your most valuable assets of all. Your good health enables you to work and provide all the things you and your family need.



Now, while you're healthy, is the time to make sure that you're properly insured.

By planning ahead, you can help provide a financially secure future for your family, even when serious illness or injury strikes.

The following plans are available for electric cooperative and telephone cooperative members:

- Disability Income Protection • Major Medical Protection
- Cancer Cost Supplement • Mutual Care (for those 65 and over)
- Catastrophic Hospital Coverage • Life Insurance
- Basic Hospital Coverage with Maternity Coverage

These plans are underwritten by Mutual of Omaha and United of Omaha and available at Association Group rates.

If you'd like to know more, just fill out and mail this coupon.



Life Insurance Affiliate:  
 United of Omaha  
 Mutual of Omaha Insurance Company  
 Home Office:  
 Omaha, Nebraska

Illinois Rural Electric Cooperative Insurance Plan  
 Mutual of Omaha Insurance Company  
 Mutual of Omaha Plaza, Omaha, NE 68131

Please see that I receive full details on the plans available to me as an Illinois Electric Co-op member.

- Income Protection    Hospital    Life  
 Mutual Care    Cancer    Major Medical

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Name of Co-op \_\_\_\_\_



4084



4173:



4174:

- No. 4084 is cut in sizes 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2, 26 1/2. Size 14 1/2 takes 2-3/8 yds. 60".
- No. 4173 is cut in sizes 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2.
- No. 4174 is cut in sizes 12, 14, 16, 18, 20, 22.



4130:



4175



4172:

- No. 4130 is dress with crochet collar in sizes 12, 14, 16, 18, 20, 22, 24.
- No. 4175 is cut is sizes 12, 14, 16, 18, 20, 22. Has tummy-control pants.
- No. 4172 is cut in small (8-10), medium (12-14), large (16-18), extra large (20-22). One piece pattern.



7301—



4062—

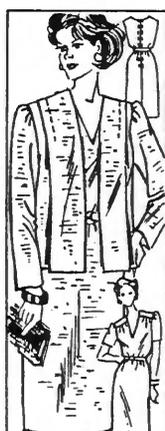


4047—

- No. 7301 is a petalled owl with scrap-happy ruffles accent. For pillow about 24" tall
- No. 4062 is cut in Women's Sizes small (34-36), Medium (38-40), large (42-44), extra large (46-48). Small takes 2-7/8 yds. 45".
- No. 4047 is cut in sizes 12, 14, 16, 18, 20, 22, 24.



586—



4171:



623—

- No. 586 is four 6-1/2x9-3/4" and four 3x6 motifs to embroider.
- No. 4171 is cut in sizes 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2.
- No. 623 is a braided duck rug with calico strips or rug yarn. 4 (15x20") panels make a 30x40" rug.

# 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
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# COLD, US? NEVER!

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.

Thanks to Damart we keep the thermostat way down without sacrificing comfort.

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!**



VISIT OUR STORES IN PORTSMOUTH, NH,  
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**DAMART®**

**THERMOLACTYL®**

Fill out and send to:  
**DAMART, Dept. 70022**  
1811 Woodbury Avenue  
Portsmouth, N.H. 03805

**YES!** Rush me your **FREE DAMART Catalog...**  
I want to enjoy the fantastic warmth of Thermolactyl Underwear, a **DAMART®** exclusive. (I understand there is no obligation.)

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

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# Light eating

## GRAHAM CRACKER COOKIES

- 24 graham crackers  
1 cup oleo  
1 cup brown sugar, packed  
1 cup pecans, chopped

Bring oleo and brown sugar to boil. Arrange graham crackers on greased cookie sheet, covering entire sheet. Pour syrup and nuts over crackers and bake for 10 minutes (don't over bake). Cool and cut into 48 bars.

## VEGETABLE DIP

- 1 cup mayonnaise  
1 pkg. Hidden Valley Ranch dressing  
1/2 cup sour cream  
1 teaspoon lemon juice

Mix together, serve with vegetables.

## STRAWBERRY CHIFFON PARFAIT

- 1 cup sliced fresh or thawed frozen strawberries, drained  
3/4 cup boiling water  
1 pkg. (4 oz. serving size) sugar free gelatin, strawberry flavor  
1 cup ice cubes and water\*  
1 cup thawed non-dairy whipped topping  
\*Or use 1 1/2 cups crushed ice

Spoon strawberries into 7 parfait glasses. Combine boiling water and gelatin in blender container. Cover and blend at low speed until completely dissolved, about 30 seconds. Add ice cubes and water; stir until ice is partially melted. Then add whipped topping and extract and blend at high speed until ice is melted, about 30 seconds. Pour into glasses. Chill until set, about 2 hours. Garnish with sliced strawberries, if desired. Makes 3 1/2 cups or 7 servings. 40 calories per serving.

## FRUIT AND COTTAGE CHEESE SALAD

- 3/4 cup boiling water  
1 pkg. (4-serving size) sugar free gelatin, any flavor  
1/2 cup cold water  
Ice cubes  
1 container (8 oz.) lowfat cottage cheese  
1 1/2 cups sliced or diced fresh fruit

Pour boiling water into blender. Add gelatin and blend until dissolved, about 1 minute. Combine cold water and ice cubes to make 1 cup. Add to gelatin and stir with a spoon until ice is almost melted. Then blend in cottage cheese. Pour into dessert glasses. Chill until set, at least 30 minutes. Top with fresh fruit. Makes 4 1/2 cups or 6 servings. 45 calories per serving.

## LIME-PEAR CHIFFON DESSERT

- 1/2 cup chocolate wafer crumbs  
1 tablespoon melted butter or margarine  
1 pkg. (4-serving size) sugar free gelatin, lime flavor  
1 cup cold water  
1 can (8 1/2 oz.) pear halves in real fruit juice, drained and thinly sliced  
1 container (4 oz.) non-dairy whipped topping

Combine crumbs and butter; set aside. Dissolve gelatin in boiling water. Add cold water. Chill until slightly thickened. Measure 1/2 cup and pour into 8-inch layer pan. Arrange pear slices in a ring on gelatin in pan. Chill until set, but not firm, about 10 minutes. Fold whipped topping into remaining gelatin. Spoon carefully into pan. Sprinkle crumb mixture evenly over top and chill until firm, about 4 hours. Unmold onto serving plate. Garnish with sliced pears. Makes 8 servings. 90 calories per serving.

## SPINACH AND EGG SALAD

- 1 pkg. (4-serving size) sugar free gelatin, lemon flavor  
1/4 teaspoon salt  
3/4 cup boiling water  
1 tablespoon vinegar  
1/2 cup cold water  
Ice cubes  
3/4 cup coarsely chopped fresh spinach  
1 diced hard-cooked egg  
1 tablespoon minced onion

Completely dissolve gelatin and salt in boiling water. Add vinegar. Combine cold water and ice cubes to make 1 1/4 cups. Add to gelatin and stir until slightly thickened. Remove any unmelted ice. Add spinach, egg and onion. Let stand or chill until thickened, about 5 minutes. Pour into individual dishes or a bowl. Chill until set, at least 30 minutes. Garnish with sliced hard-cooked egg and spinach leaves, if desired. Makes 2 cups or 4 servings. 30 calories per serving.

## VEGETABLE YOGURT SALAD

- 1 pkg. (4-serving size) sugar free gelatin  
1/2 teaspoon salt  
1 cup boiling water  
1 tablespoon vinegar  
1 container (8 oz.) plain yogurt\*  
1 cup grated carrots  
1/2 cup chopped green peppers  
1 tablespoon chopped chives  
\*Lowfat or whole milk yogurt

Dissolve gelatin and salt in boiling water. Add vinegar. Chill until slightly thickened. Blend in yogurt, then fold in carrots, green pepper and chives. Pour into 2 1/2 or 3 cup mold. Chill until firm, about 3 hours. Unmold. Makes 2 1/2 cups or 5 servings. 50 calories per serving. Photo not shown.

## LIME SALAD

- 1 pkg. lime jello  
1 cup small marshmallows  
1 small carton non-dairy whipped topping or 1/2 pint whipping cream  
1 small can crushed pineapple  
3 oz. pkg. cream cheese  
1 cup pecans, finely chopped  
1/4 cup sugar

Mix cream cheese with 1/4 cup sugar. Mix jello in 1 cup boiling water. Dissolve marshmallows in jello, add cheese and sugar mixture. Add pineapple, non-dairy whipped topping and nuts. Chill in refrigerator.



## CHEESE & HAM APPETIZER

- 3 oz. pkg. cream cheese  
2 tablespoons mayonnaise  
4 thin slices ham  
5-6 large green olives  
1/2 teaspoon mustard

Mix cream cheese, mayonnaise and mustard together. Fold in green olives. Spread on ham then roll ham up. Wrap in wax paper and refrigerate overnight. Slice and serve. Makes about 50.

## SLUSHY PUNCH

- 13 cups water (3 cups boiling; 10 cups cold)  
3 small pkgs. jello (any flavor)  
4 cups sugar

Dissolve jello and add sugar. Stir well.

ADD:

- 1 (12 oz.) can frozen lemonade  
2 (46 oz.) cans pineapple juice

Freeze all. Set out to thaw 4 hours before serving (until slushy).

ADD:

- 2 quarts gingerale

Mix well and serve. Makes 2 1/2 gallons.

## VANILLA WAFER CAKE

- 2 sticks oleo  
6 eggs  
1/2 cup milk  
1 cup chopped nuts  
2 cups sugar  
5 cups vanilla wafers, crushed  
1 small can flaked coconut, optional

Cream oleo and sugar. Add eggs, one at a time, beating after each. Fold wafers and milk into creamed mixture. Add coconut and nuts. Bake in tube or loaf pan (grease & flour), at 350 degrees for 1 hour. Serve with whipped cream.

## BANANA SPLIT CAKE

- 2 cups graham cracker crumbs  
2 cups powdered sugar  
1 egg  
3 sliced bananas (more if needed)  
Non-dairy whipped topping  
3 sticks margarine, slightly melted  
Pinch of salt  
2/3 cup chopped nuts  
1 large can crushed pineapple, drained

Mix 1 stick margarine with graham cracker crumbs and press in 9x13-inch pan (chill while you prepare filling). Beat remaining margarine, powdered sugar, egg and pinch of salt for 15 minutes. DO NOT UNDER BEAT. Spread filling over crust. Arrange bananas and pineapple over filling. Cover with non-dairy whipped topping. Sprinkle nuts over non-dairy whipped topping. Chill overnight.

# WaterFurnace<sup>™</sup>

## SYSTEMS

Now you can get maximum comfort, energy and cost savings from a system designed to use natural energy from the earth. Regardless of the temperature above ground, the WaterFurnace System provides a highly efficient comfort zone from the inexhaustible source below the ground!



HORIZONTAL CLOSED LOOP

### 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.

EARTH COUPLED  
HEATING AND COOLING

*The*  
**Natural Energy Source**

**Fisher Heating & Air Conditioning**  
Murphysboro (618) 684-3777 or  
(618) 565-2126 after 5 p.m.

**Hanks' Central Sales & Service**  
Heating & Air Conditioning  
Taylorville (217) 287-7014

**Toennies Service Company**  
Albers  
(618) 248-5130

**The Water Shop**  
Humboldt  
(217) 856-2243

**Zink's Plumbing & Heating**  
Robinson  
(618) 544-7015

**Basham Electric**  
Route 1, Humboldt  
(217) 234-9774

**Independent Refrig. and Heating**  
Monmouth  
(309) 734-3354

**Snell Plumbing & Heating**  
Virden  
(217) 965-3911

**Winters Energy Systems**  
Downtown Alton  
(618) 463-7799

**Henson Robinson, Inc.**  
Jacksonville  
(217) 243-6531

**Lawhead Plumbing, Inc.**  
Champaign  
(217) 352-5531

**Miller's Heating and Cooling**  
Route 2, Centralia  
(618) 533-4446

For dealer in your area:  
Contact WaterFurnace of Illinois,  
1-800-367-4795  
or your local electric cooperative

or complete and mail the coupon to:  
WaterFurnace of Illinois  
P.O. Box 609  
Jacksonville, IL 62651

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

I am interested in more information about  
the WaterFurnace system.

Experts Report... Once Established... Water Just Once A Week... Be Absolutely Amazed As All Growing Season Long—Week In, Week Out... Compared To Even The Majestic Black Spruce... **WONDER SHADE TREE**...

# ZOOMS TO THE SIZE OF A 15 YEAR OLD TREE IN JUST ONE SINGLE YEAR!

**YES, ROOF-HIGH IN JUST ONE YEAR!**  
and keeps on skyrocketing 30-40-50 EVEN UP TO 60 FEET HIGH OR MORE in less time than most trees nudge themselves a few feet off the ground.

IT'S ALMOST LIKE GROWING INSTANT SHADE

**Actually Soars into A Magnificent Tree IN JUST ONE YEAR!**

Yes! Based on amazing growth rates reported by plant scientists—it grows SO FAST... arches out SO WIDE... you can actually take a ruler and measure the incredible difference in height every 2 to 3 days! OR, to really leave your neighbors gasping in awe and wonder, give them a yardstick and let them measure the difference IN FEET every 2 to 3 weeks!

Yes, goes on to thrust itself so high, so fast that it actually towers over even a Japanese Red Maple, Cherry Tree or even the most graceful silky willow in such a ridiculously short time you will simply refuse to believe your eyes! Think of it!

**GROWS MORE IN JUST ONE MONTH THAN MOST TREES GROW IN AN ENTIRE YEAR!**

Because according to plant experts, Govt. scientists and Botanical Gardens who researched this wonder-hybrid... once established, you merely water it once-a-week, and be absolutely floored as, during its SUPER-SOARING growing season, it GROWS AS MUCH AS A FULL 1/2-FOOT WEEKLY AFTER EVERY TIME YOU WATER IT!

That's right! Grows higher than even a full grown Flowering Dogwood IN JUST ONE SINGLE SEASON! Grows higher than even a full-grown Star Magnolia IN JUST ONE SINGLE YEAR!

**PLANT NOW—REACH OUT AND TOUCH ITS LUSH, THICK BRANCHES FROM YOUR SECOND STORY BEDROOM WINDOW BY THE NEXT SUMMER!**

No doubt about it. There's just not another "instant" Shade Tree like it on this planet! Because thanks to this miracle of plant science, instead of spending a small fortune on a tree and then waiting half a lifetime for it to grow... get set for the garden-wonder of your life as this super-soaring hybrid rockets forth from a prize nursery-grown plant to a tower of roof-high beauty in less time than you ever dreamed possible.

**GROWS IN VIRTUALLY ANY SOIL—REQUIRES NO SPECIAL CARE—SOARS INTO A MASTERPIECE OF BEAUTY IN JUST A MATTER OF MONTHS!**

Best of all, unlike most trees that demand constant care, constant pampering... about the only thing you do after you plant this super-growing wonder-hybrid is water it and enjoy it! That's why leading botanical gardens... landscape artists... garden editors... can't stop raving about its indescribable beauty... its trouble-free care... its surging, towering growth.

Small wonder that leading experts hail it in the most glowing terms... recommended it again and again for homeowners who want a stunning display of beauty... both a wind and privacy screen and deep, cool shade... and with practically no more work than a thorough watering each week!

**VITAL STATISTICS FROM LEADING EXPERTS**

**MATURE GROWTH SIZE:** as much as 40 to 65 feet

**MATURE SPREAD:** as much as 30 to 35 feet

**ZONE OF HARDINESS:** Hardy from the deepest South to as far North as Vermont, Minn., Quebec, British Columbia. Winter Hardy in areas where temp. drops as low as 30 degrees below zero.

**LIGHT NEEDS:** Grows beautifully in Sunny location.

**DECORATIVE MERITS:** Highly recommended by landscape architects as beautiful decorative specimens for homes, parks, highways, etc., where exceptional fast growth and beauty are required. Perfect for fast screening and privacy.

**RAPID RATE OF GROWTH:** Experts report growth rates on specimen trees that measure up to 8 FEET THE VERY FIRST YEAR ALONE. That's more than most shade trees grow in 3... 4... 5... even 7 years. Yes, once established will grow ranch-house-roof high IN JUST ONE SINGLE YEAR, that's right!—The very next year after planting! Experts also report it soars an amazing 5 to 8 feet each year for YEARS thereafter. Naturally results are based on optimum growing conditions. Takes but 10 minutes to plant and normal care rewards you with a lifetime of beauty starting this very year.

**CARE:** Nothing special—just normal garden care. Water fully once weekly. Naturally resistant to most diseases, pests or insects.

**WE HAVE AT THIS MOMENT ONLY A LIMITED SUPPLY AVAILABLE FOR RELEASE TO THE PUBLIC—FULL SUPPLY WON'T BE READY UNTIL 1988 SO ACT NOW!**

Now the price of this super growing shade tree is not \$20 or \$30 as you might expect, but a mere \$3.95!

That's right, only \$3.95 for this magnificent Beauty that rewards you with such a glorious display of growth IN JUST ONE SINGLE YEAR. However, our supply is limited! Full supplies from the growing fields will not be ready until late 1987 or early 1988. Therefore, all orders must be shipped on a first-come, first-shipped basis. To make sure you don't miss out... ACT NOW!



Grows More in One Month Than Most Other Shade Trees Grow in An Entire Year—More in One Season Than Ordinary Shade Trees Grow in 2 Years, 3 Years or Even 5 Years! (Illustration shows magnificent size, spread and beauty of mature Populus hybrid-fam. Salicaceae.)

**SATISFACTION GUARANTEED OR MONEY BACK!**

Remember: Satisfaction is fully guaranteed. You must be thrilled in every way with this spectacular f-a-s-t growing shade tree or RETURN AT ANYTIME within 90 days for a full refund of purchase price... ANYTIME within 1 year for free replacement. Could anything be fairer? Now is the time to order and replant—so send no-risk coupon today!

**JUST MINUTES TO PLANT—REWARDS YOU WITH A LIFETIME OF BEAUTY!**



Here's a luxurious sight you don't have to wait half a lifetime growing—a matched pair of these towering show-pieces.



Picture your patio bathed in the cool beauty of this show-stopping miracle tree from early spring to the first snows of winter.



Just a few minutes planting time—a few seasons' growing time, rewards you with twin towers of beauty.

**MAIL NO-RISK COUPON TODAY**

Spring River Nurseries, Dept. IRE-887  
Spring River Road, Hartford, Michigan 49057

Yes, please send me for proper planting time in my area the SUPER GROWING HYBRID(S) indicated below:

- (#001) 1 for only \$3.95 plus 75¢ postage and handling.
- (#002) 2 for only \$6.95 (SAVE OVER \$1) plus \$1.00 postage and handling.
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Robert Hemingway, second from left, and John Hemingway, right, explain the concept of strip cropping to Wm. David Champion, Jr., left, manager of Illini Electric Cooperative, and Ed Ferguson, manager of Coles-Moultrie Electric Cooperative.

# Strip cropping

This is the third in a series of four farm enterprise articles, developed by the Midwest Technology Development Institute (MTDI) in cooperation with Soyland Power Cooperative. MTDI is a nine-state non-profit institute established to promote regional economic development, including innovative farming techniques. Soyland is a federation of 15 Illinois distribution electric cooperatives.

The drought of 1980 taught Dale Raup a valuable lesson.

"The best corn we got that year was on the outside rows. The centers of the field were a lot worse." That got the Thomasboro (Champaign County) farmer to thinking about what seemed almost impossible: how to get more outside rows.

That thinking, and a magazine article he read, put Raup onto an unusual cropping technique that has boosted his corn yield and has been a sort of insurance policy against heavy corn loss from extreme heat.

The technique is called strip cropping. Raup alternates six rows of corn, then six rows of soybeans all the way across the field. Thus, there are a lot more "outside rows" than in a field planted in solid corn. The advantage, according to Raup, other farmers and a crop researcher experimenting with strip cropping, is that the corn is not only exposed to more sunlight, but gets better air circulation. Corn is very susceptible to heat stress, and the im-

proved circulation gets the crop through periods of high heat.

The result? Boosts in corn yields of up to 20 bushels per acre. On the other hand, soybean yields in strip crop setup drop by two to up to 10 bushels per acre. But everyone working with strip cropping says the boosting corn yield offsets the loss in soybeans.

In fact, the gain in net profit is between \$20 and \$30 per acre, according to Kyle Wittler, director of the Land Laboratory at Parkland College in Champaign.

Wittler said he has just "penciled out" the yields from his 1986 experimental strips. Again, the strip crop corn outperformed corn planted in a solid field, averaging from 33 to 46 bushels more, depending on strip width. Strip cropped soybeans, on the other hand, came in around eight bushels less, on the average, than solid-field soybeans.

"My 1986 findings pretty much reinforce what I found the previous two years," Wittler said. "Corn yields increase quite a bit because of increased

light and air circulation, and soybeans suffer a bit" because of shading.

"What we've found after two years of strip cropping is consistent with Kyle's findings," said Robert Hemingway of Hindsboro (Douglas County). He and his father, John, farm around 2,000 acres, a third of which is in strips. Robert Hemingway is a member of Coles-Moultrie Electric Cooperative, while John has electric service by Coles-Moultrie and Illini Electric Cooperative.

Robert Hemingway's conversion to strip cropping came about much like Raup's did. 1983 was a bad heat year for him, and he was looking for options. Corn yields in a nearby farmer's strip-cropped fields were more than double the yields in his fields planted in solid corn. That was telling evidence for Robert Hemingway.

"Our main interest was in a more stable corn yield. The transition to strip cropping was easy because we're using a ridge tillage system. The two systems are very compatible," he explained.

Ridge tillage involves creating long rows of mounded soil, or ridges. Seeds are then planted in the ridges, and tractors and equipment pass in the trenches created between the ridges.

Ridge tillage, in combination with strip cropping, is compatible with another goal of the Hemingways: reducing soil compaction caused by heavy machinery. They're adjusting their equipment to "concentrate compaction on narrow areas," Robert Hemingway explained. Instead of driving all over the field, the Hemingways hope to run their equipment in every fourth row, which corresponds nicely to their eight-row strips.

Strip width is one of many variables to consider in strip cropping. For Raup, his twelve-row planter meant he could plant six rows of corn and six rows of beans at the same time. The Hemingways' equipment dictated that they would plant their corn and beans in eight-row strips.

Crop researcher Wittler has found that yield changes resulting from changes in strip width aren't significant enough to make one width better than another. Farmers should be able to try strip cropping with their existing equipment, he said.

The double-edged sword in strip cropping is that soybeans planted in

strips don't yield as high as those planted in solid field. But Dale Raup felt that loss can be minimized by picking the right soybean variety. And picking the right soybean variety is probably more important than the choice of corn variety in strip cropping, Raup found.

"We've gone to semi-dwarf soybean varieties because they stand up better," Raup said — an important factor when the soybeans aren't getting the sunlight they would get in a field of solid beans.

Row direction is yet another variable with which Wittler is experimenting. He's found that corn consistently does better in north/south rows, while soybeans do better in east/west rows. So, in effect, the two cancel each other out, and there is no advantage to any particular row direction in strip cropping.

While Wittler has proven that the gross income gain from strip cropping is higher than in from solidly planted fields, the question he wants to address next is: "What profit level is needed to make strip cropping feasible?"

"It depends if you figure in the market price of \$1.50 for a bushel of corn, or the \$3.03 government support price," Wittler said. "Obviously, the advantage of strips is reduced with \$1.50 corn."

Still, Wittler observed, with \$1.50 corn, he came out ahead in the year's

**"Our main interest was in a more stable corn yield."**



**These weeds show the contrast between roots sprayed in the Hemingway weed-control program and a healthy, unsprayed weed.**

# strip cropping

(Continued from page 23)

experiments. His average corn yield increase of about 39 bushels per acre economically offset the eight bushel per acre loss in the soybean strips. His 39 extra bushels of corn would have made him \$58.50, while the reduced soybean yield would have meant a loss of about \$40 per acre (at a per bushel price of \$5). Thus, his net profit would have been around \$18.50 per acre more because of strip cropping.

For Dale Raup, who has two-thirds of the 1,100 acres he farms in strips, the yield increases in corn have been enough to justify strip cropping. But there are other good reasons, too.

"We have a minimum till system here,

and I'm getting better erosion control because I have corn stalk cover every 15 feet," Raup said.

While Raup and the Hemingways get a jump on compaction and erosion problems in a strip crop situation, they have to rethink their herbicide applications. Both said they had to go to herbicides that were compatible with both corn and soybeans, because drift from a soybean-specific herbicide could damage corn in the neighboring strips.

Both Hemingway and Raup agreed that strip cropping might not be for everybody. But both of them have come to know the system — and enjoy it — and plan to stay with it indefinitely.

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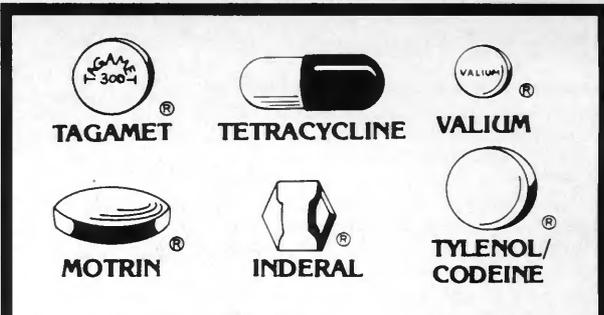
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