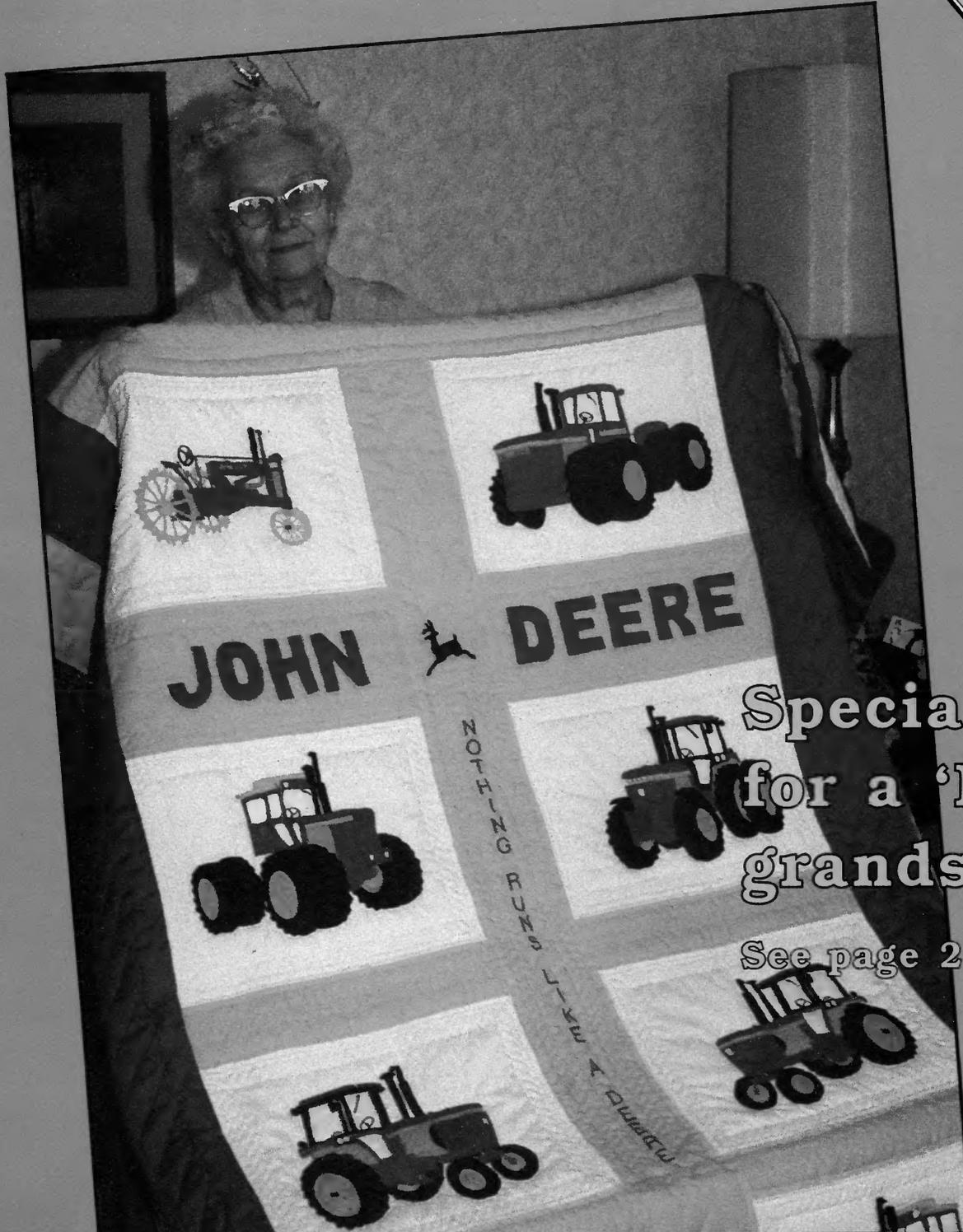


# REN

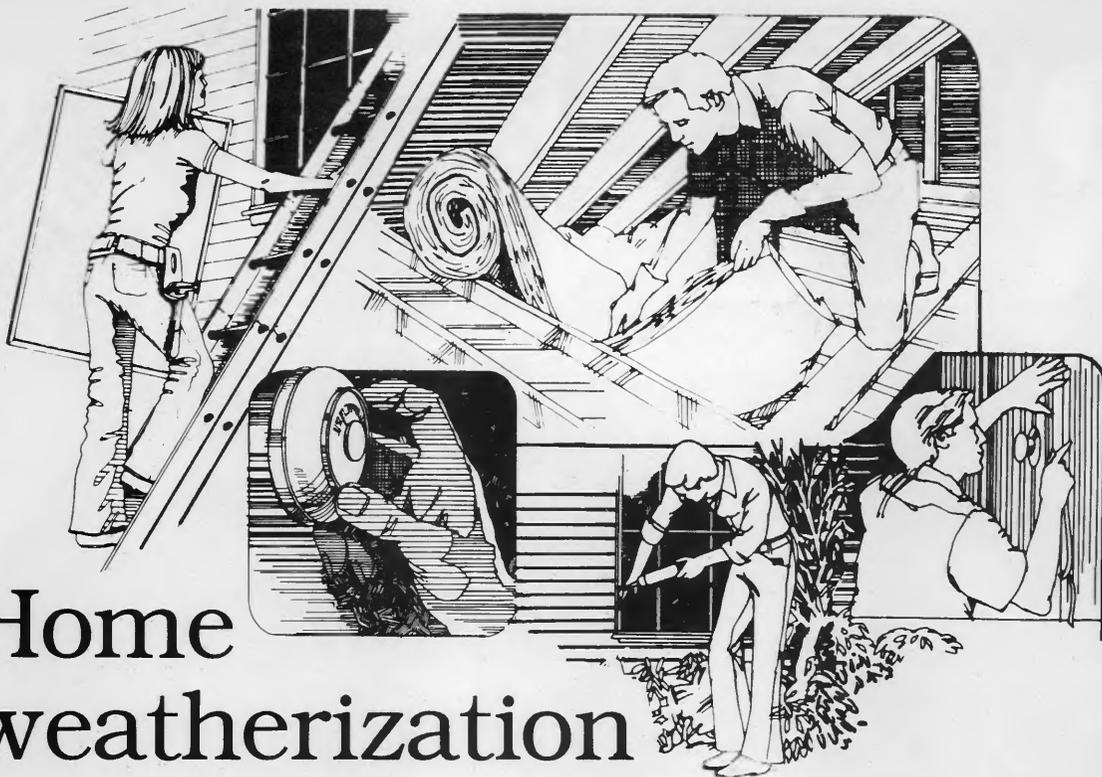
Illinois Rural Electric News  
October 1989

Dirty humidifiers  
pose health problems  
See page 14



Special quilt  
for a 'Deere'  
grandson

See page 22



# Home weatherization grants available

Efficient insulation, new storm doors and windows, caulking and weatherstripping . . . These and other home energy measures are available to eligible electric cooperative members through the Rural Home Energy Grant Program. These grants through the State of Illinois provide low- and moderate-income members with money for a variety of home energy conservation and weatherization projects.

All projects must demonstrate a 10-year payback in energy savings. Those covered by the program include high efficiency heat pumps, load management systems, replacement water heaters and furnaces, and high efficiency air conditioners needed for medical reasons.

Cooperative members whose income is 80 percent or less of the median income of the area may apply for a grant of up to \$1,500. Members whose income is between 80 and 120 percent of the area's median income may apply for a matching grant of up to \$1,000. Members qualifying in this category must fund one-half of the project's cost.

**Contact your local electric cooperative**

# Electric co-ops provide more than electricity

October is Cooperative Month and the perfect time to reflect on what the nation's 1,000 consumer-owned electric cooperatives are doing for the 25 million Americans who buy co-op electricity.

For 54 years, these nonprofit utilities have served as the centerpiece for hundreds of rural communities whose citizens have needed a place to conduct their Girl Scout or Weight Watchers meetings. Their conference rooms have housed seminars on everything from making wise investments to how to bring new factories to town.

Co-op bucket trucks have hoisted volunteers stringing colorful Christmas lights from utility pole to utility pole. Co-op employees have helped install the bright lights that allow local high school teams to carry their ballgames into dusty spring evenings.

Electric cooperatives have hosted political candidates with speeches to deliver; they have shared office space with staff and computer time with telephone and water co-ops that weren't quite on their feet yet. And their managers and directors have long been the leaders in the communities where they serve, from mayor to kid baseball coach.

These small utilities are an integral part of rural America, and they do far more than provide electric service to their members.

Because rural co-ops are owned by the people they supply with electricity, it is in the utilities' best interests to remain attentive to the needs of

their consumers.

And across the country, rural electric systems are helping those consumers improve their lifestyles by providing them with everything from satellite television dishes to cholesterol screening to new jobs.

Electric cooperatives have formed the National Rural Telecommunications Cooperative, which has negotiated with the big programmers of satellite television shows to form a package that gives rural dish owners access to the same quality programs that consumers of city-based cable TV services can buy. Some local co-ops even sell or lease satellite dishes to their consumers.

Rural electric leaders also support co-op-sponsored programs that help needy consumers pay their utility bills, promote fire safety and prevention, assist elderly consumers and teach reading to illiterate adults.

What does any of this have to do with supplying electricity? By bringing growth to the rural economy, rural electric systems are generating more than electricity; they are strengthening the nation's economic system.

And by doing that, rural electric cooperatives are keeping their communities—the ones where their member-owners live and work—healthy.

This kind of community action and leadership is what rural electrification is all about. The rural electric co-op is not, and never has been, merely a provider of electricity.

—Rural Electric News Service

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October 1989      Volume 47      Number 6

Published by the Association of Illinois Electric Cooperatives

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## In this issue

Larry F. Elledge  
*Editor*

Gordon M. Olsen  
*Managing Editor*

Jack D. Halstead  
*Associate Editor*

<b>Co-op Month . . . . .</b>	<b>4 &amp; 5</b>
<b>'Wib' Rueter . . . . .</b>	<b>6 &amp; 7</b>
<b>Beating the cold . . . . .</b>	<b>10 &amp; 11</b>
<b>Seasonal favorites . . . . .</b>	<b>16 &amp; 17</b>
<b>Sewing crafts . . . . .</b>	<b>21</b>
<b>Quilting's her game . . . . .</b>	<b>22</b>
<b>Grants continue . . . . .</b>	<b>23</b>
<b>Local effort vital . . . . .</b>	<b>25</b>
<b>Illinois Marketplace . . . . .</b>	<b>26 &amp; 27</b>

## REN

### Illinois Rural Electric News

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of Circulations**

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**Cover: Esther Padrick of rural Toledo, in Cumberland County, didn't have to ponder what kind of quilt to make for her grandson Todd. His interest in John Deere tractors was all the idea she needed. Mrs. Padrick is featured on page 22 this month.**

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# Co-ops major part of country's fabric

Every time you pour a glass of cold Welch's grape juice or garnish a ham with Dole pineapple slices, you're using the services of a cooperative. Whenever you rip open a package of Blue Diamond almonds, snack on Sun-Maid raisins, spread Land 'o Lakes butter on a piece of toast or squeeze the juice from a plump Sunkist orange, you can thank a cooperative. Ocean Spray cranberry juice, Sunsweet prunes, Blue Ribbon rice, Gold Kist red meats and thousands of other products you buy every week at the grocery store are brought to you from one of America's 40,000 cooperatives. In fact, the grocery store itself may be a cooperative.

Cooperatives affect our lives in hundreds of ways every day. Each time you flick on a light switch in your home, your local rural electric

cooperative is doing its job. The national news stories on the front page of your local newspaper are likely the product of the Associated Press, a cooperative. You can leave your children in a day-care co-op, get your bike fixed at a cooperative repair shop, hire a lawyer from a legal services co-op, or call a taxi that is driven by one of the owners of a cooperative cab service.

Any activity that can be made easier or less expensive by pooling together resources for a common goal likely has resulted in the formation of a cooperative.

More than 60 million people in the United States use the services of cooperatives each day. A consumer cooperative—such as your local rural electric or telephone co-op—is a business actually owned by the people who use its services. A worker cooperative may be a taxi service you use when you visit a large city; it is owned by the same people who work there—in this case, the cab drivers. An agricultural cooperative is owned by farmers who join together to market their produce or buy their supplies in bulk, as a group.

College students have formed cooperatives to bring down the price of books; communities have formed cooperatives to buy food in bulk and lower grocery prices for their members. The little community of Greenbelt, Maryland, is greatly influenced by cooperatives: Its 1,600 townhomes are part of a housing cooperative; its residents shop at a co-op grocery store and even buy their gas from a cooperative service station and their sofas from a co-op furniture store.

Credit unions are cooperatives. There are cooperative babysitting



services, medical services, tennis and sailing clubs, insurance companies and fuel-buying groups. Minnesota claims a 200-member nudists co-op, and Michigan is home to two Christmas tree cooperatives.

Cooperatives are businesses with a human side: Their consumers are called members, and the members own the business. So if you get your electricity from a rural electric cooperative, you are actually a part-owner of that utility, and so are your neighbors who are served by the electric co-op. And that means you have a say in what goes on at your utility and an important responsibility to understand how your cooperative business operates.

No matter how large or small the membership of a cooperative is (one rural electric cooperative in Florida has more than 100,000 consumer-members, while a newly formed food co-op in Washington, D.C., still has only a dozen) it must include its members in the business.

Co-op members are invited to an annual meeting, where they are welcome to run for the co-op's board of directors. The board is made up of co-op members, including you and your neighbors, and directors are elected by the co-op members. Generally, the board decides on policies and hires a manager, who chooses the co-op's staff and looks after its day-to-day operations. This way, control of the local cooperative business remains in the community with the people who actually use the co-op's services. Because most co-ops are formed as a way for members to save money by pooling their talents or buying necessities in bulk, they usually are not for profit.

Any money that remains after the cooperative has paid its business



expenses is refunded to the users of the co-op's service. The amount of the refund is based on the volume of business that each consumer has done with the co-op over a year's time. So co-ops have no investors or big-city stockholders, and no special interests—other than those of the member-owners—to satisfy.

Cooperatives, from rural utilities to credit unions to grocery stores, are in business to provide services to their members, the owners. They do not exist to produce profits; rather, they strive to deliver electricity, housing, child care, credit and other services or products at the lowest possible cost. The cooperative form of business enables people to work together for a result that none of them could achieve alone.



Joan Rueter chuckles when her husband, Wib, says he was somewhat bashful before he became a director of his local electric cooperative. She doesn't remember that much shyness 25 years ago. For Wib, officially Wilbert H. Rueter (rhymes with meter), it has been 25

really liked working with organizations."

Such work fit in nicely with Rueter's outgoing personality. Soon after his election to the Clinton County Electric Cooperative board in November 1964, he found himself getting increasingly involved in other community endeavors. His four-year term on the Clinton County Extension Council turned out to be four years as president of the organization. He later served on the county Farm Bureau board, was president of the Little Egypt Pork Producers for two years and was elected to the executive board of the Illinois Pork Producers. He also serves on the advisory board to the Clinton County Board of Assessments.

His church gets some of his time, too. He and Joan are members of the Bethlehem Lutheran Church of Ferrin, a community near their home east of Carlyle. Rueter is League Services Chairman of the Southern Illinois District Lutheran Layman's League, assisting 96 congregations with missions work.

Joan and Wib live on a 600-acre grain and livestock farm near Carlyle Lake. Son Curt does a lot of the farming now, with Wib spending much of his time working for Crump Wilson Shield Commission Company of National City, doing business development work across Southern Illinois and mid-eastern Missouri for the livestock company.

Rueter sees member support for cooperatives as the most critical factor in their success. "Without it, cooperatives cannot survive. That's what really counts," he says.

Rueter parallels his time on the CCEC board with the life of the cooperative's power supplier, Soyland Power Cooperative, which was begun in the early 1960s. "Being involved in the development of Soyland Power Cooperative as the cooperatives' power supplier has been a highlight of my time with electric cooperatives," he says.

President of the CCEC board from 1977 until 1988, he has been a director of the AIEC since 1980, serving as vice president from 1985 to 1989.



Joan and Wib Rueter

## 'Wib' Rueter: AIEC board president

years of growth in organizational work, reaching a high point with his election as president of the Association of Illinois Electric Cooperatives (AIEC) board of directors in August.

While Joan may not think her husband was so shy years ago, he puts what he calls such a change into perspective: His election to the board of Clinton County Electric Cooperative opened way to years of continued service to many organizations.

"It was kind of a hard decision for me to make at the time," Rueter says. "I guess they came to see me about three or four times before I said I'd run for the board. Once I made that decision, I found out I



Wib Rueter (left) talks with Jim Riddle, Clinton County Electric Cooperative manager, during a visit by Riddle to Rueter's home east of Carlyle in Clinton County. Rueter was elected president of the board of directors of the Association of Illinois Electric Cooperatives in August. Fritz and Max complete the foursome.

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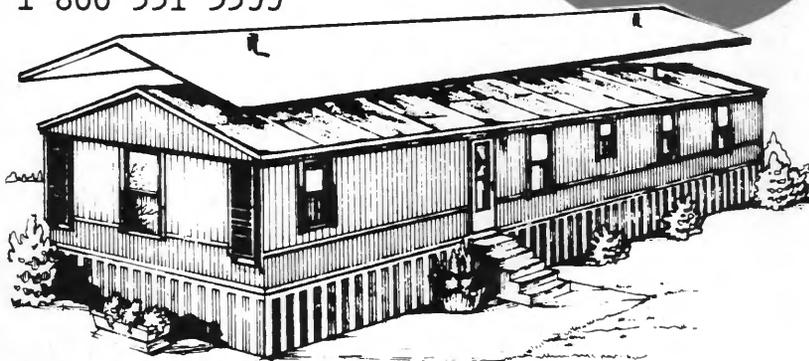
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**BRADLEY PATRICK CANNON**

LAST SEEN: 05/28/89 EYES: Hazel  
FROM: Savannah, GA HEIGHT: 4'10"  
DOB: 03/15/78 WEIGHT: 103  
WHITE MALE HAIR: Brown



**ANTHONY STEVEN MICHAEL MOYA**

LAST SEEN: 06/12/89 EYES: Brown  
FROM: Denver, CO HEIGHT: 2'5"  
DOB: 04/29/87 WEIGHT: 26  
WHITE (HISPANIC) MALE HAIR: Brown

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-

Make a mental note of the clothes your child wears EVERY DAY. Avoid putting your child's name on clothes or books. Children may respond to a stranger who calls them by name.

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

**1-800-222-1464**

# Beat the cold

**This is one in a series of consumer-oriented articles relating to home energy use. The articles are prepared in coordination with the Association of Illinois Electric Cooperatives Member Services/Power Use Section, which is made up of staff personnel of the state's electric cooperatives who are directly involved in consumer energy efficiency activities. This information was prepared by the Illinois Department of Energy and Natural Resources.**

As leaves fall and crisp autumn evenings return, we think of fall and winter holidays and activities—and home heating bills.

Nationwide, according to the U.S. Department of Energy, more energy is used to heat houses and apartments than for any other purpose. Space heating accounts for nearly 50 percent of energy consumed in a typical household, while water heating uses another 15 percent.

Most of this energy still comes, directly or indirectly, from fossil fuels: oil, natural gas or coal. These are non-renewable resources that could be exhausted someday unless we take measures to use them wisely while new energy sources are being developed.

Reducing our energy use can also cut our energy costs without affecting our home comfort levels. Many energy conservation steps are very simple and cost little if anything to implement.

Renters and homeowners alike can begin conserving energy by adjusting the temperature settings on their thermostats. During the day, set the thermostat at 65 F to 68 F and lower it to about 60 F at night. A 10-degree nighttime setback can save you 10 to 25 percent on your heating bill (5 to 15 percent if you

have a heat pump). Some older people or individuals caring for infants may want to consult with their doctors regarding their special heating requirements.

In cooler indoor temperatures, warm clothing can keep you comfortable by retaining your natural body heat. Closely woven fabrics add at least a half degree of warmth, and long-sleeved sweaters add two to four degrees of warmth, depending on their weight. Slacks are at least a degree warmer than skirts. Afghans and coverlets help, too.

While a glowing fire can warm your spirits, your fireplace may be an energy waster. A glass screen will reduce the loss of warmed air through the chimney. Be sure the damper is closed when the fireplace is not in use, and if there is still a gap between the fireplace and closed damper, stuff the gap with insulation or cover the opening with a board (remove before you use the fireplace!).

Be sure to change the filters regularly if you have a forced-air system and check the ductwork for leaks, which can be repaired with duct tape or caulking. If you have radiators, dust or vacuum them often. Dust and grime impede the flow of

heat. Close doors to unused rooms and shut their heating vents.

Doors and windows are notorious heat thieves. During the day, open the drapes and shades on windows that receive direct, warming sunlight, but be sure to close them at night. Keep north-facing drapes or blinds drawn at all times. Move a burning candle around the framing of your windows and doors. If the flame blows around, you should consider caulking or weatherstripping. Materials are available at your local hardware store. You will spend only about \$25 to \$30 to caulk and weatherstrip your entire house, but you could save up to 10 percent in your annual energy bill.

Doors and windows aren't the only places warmed air escapes and cold air enters. Nearly 80 percent of infiltration takes place at baseboards; through wall outlets; through holes around exhaust fans and dryer vents; and through holes where plumbing pipes, telephone wires and drain pipes enter or exit the house. These gaps should all be caulked or stuffed with insulation.

If you own your home, insulating the attic and perhaps the exterior walls may be a more expensive energy-conserving measure, but well worth the investment, and you can save as much as 20 to 30 percent on your utility bills if you have no insulation at present. Before purchasing insulation, consult with your hardware dealer or a reputable insulation dealer. Find out what R-value or number your home should have.

R-values are insulation efficiency ratings. The "R" stands for resistance to winter heat loss (or summer heat gain). The higher the R-number, the more effective the insulating ability. In Illinois, the Illinois Department of Energy and Natural Resources (ENR) recommends attic insulation with an R-value of 30 and sidewall insulation (this is usually a loose material blown into the space between exterior and interior walls in existing buildings) of at least R-11 to R-13.

If you would like more tips on saving energy in your home, ENR has several free publications that

**1 The Energy**

**2 Know Your House**

**more for your money... Home Energy Savings**

**ENR** Illinois Department of Energy and Natural Resources  
205 W. Adams Street, Room 300  
Springfield, IL 62704-1000

will be of interest. Low Cost No-Cost: Energy Savers offers several easy and inexpensive tips on saving energy throughout the year. More for Your Money . . . Home Energy Savings, written specifically for the Illinois homeowner, explains in detail how you can achieve energy savings around your home and how to purchase more energy-efficient appliances. These and several other conservation titles can be ordered from ENR's Information Clearinghouse by calling (800) 252-8955.

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Plate 1                      Plate 2

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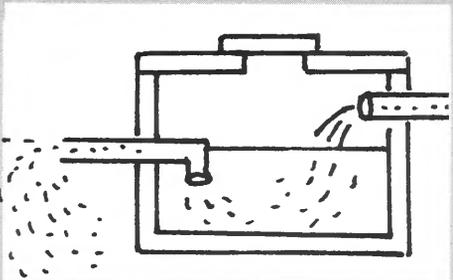
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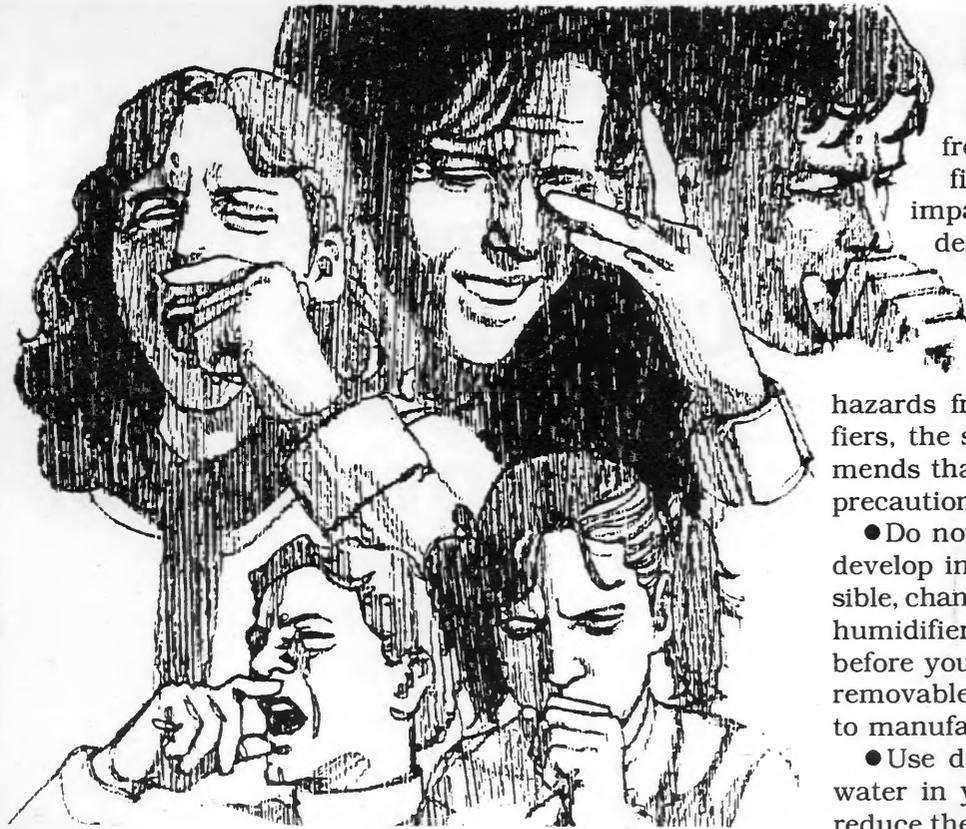
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## Dirty humidifiers may cause health problems

Consumers should be alert to possible health hazards resulting from dirty room humidifiers, according to the U.S. Consumer Product Safety Commission (CPSC). The CPSC has found that bacteria and fungi often grow in the tanks of portable and console room humidifiers and can be released in the mist. Breathing dirty mist may cause lung problems ranging from flue-like symptoms to serious infection. This information is of special concern to allergy or asthma sufferers whose symptoms may be increased.

Film or scum appearing on the water surface, on the sides or bottom of the tank, or on exposed motor parts may indicate that the humidifier tank contains bacteria or fungi. A crusty deposit or scale may also form with the tank or on parts in the water. This scale is composed of minerals that have settled out of the water creating a surface on which bacteria or fungi may grow.

Minerals can also be released in the mist and settle as fine white dust. This white dust may contain

particles that are small enough to enter the lungs. The health effects from inhaling this humidifier dust are not clear; any impact on human health will depend upon the types and amounts of minerals found in the water used. To reduce the possibility of health

hazards from dirty room humidifiers, the staff of the CPSC recommends that you take the following precautions:

- Do not allow film and scale to develop in your humidifier. If possible, change the water in your room humidifier daily. Empty the tank before you fill it. If the tank is not removable, clean it often according to manufacturer's instructions.

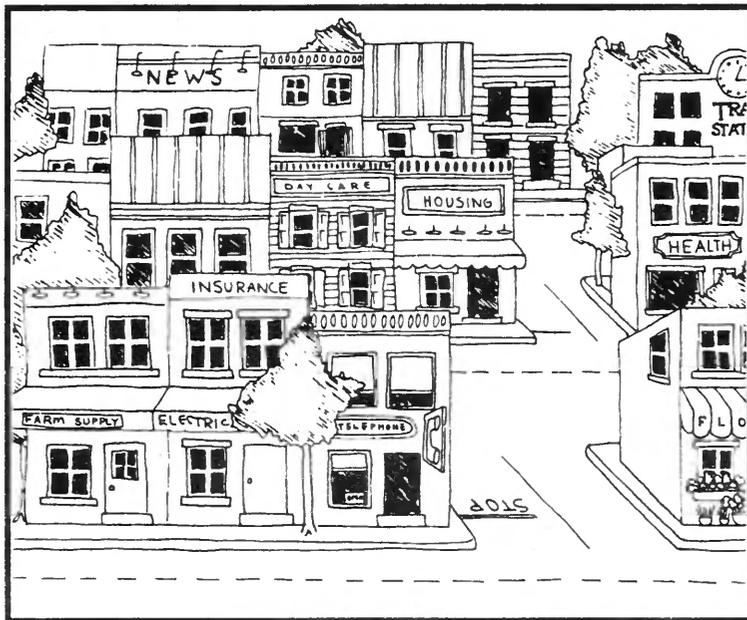
- Use distilled or demineralized water in your room humidifier to reduce the buildup of scale and the release of dust; tap water contains more minerals. Use demineralization cartridges or filters if supplied or recommended for use with your humidifier.

- Drain and clean the tank of your room humidifier before you store it. Clean it after summer storage. Remove dust on the outside of your unit.

- Clean your room humidifier well and often during the heating season. Be sure to unplug the humidifier before cleaning. Following the manufacturer's suggested cleaning methods. If chlorine bleach or other cleaning product or disinfectant is used, rinse the tank well to avoid breathing harmful chemicals. Use a brush or other scrubber to clean the tank. Be careful not to damage the motor or to scratch the inner surface. Clean or replace sponge filters or belts when needed.

- Maintain the relative humidity in your home between 30 and 50 percent if possible. Humidity levels above 60 percent may allow moisture to build up indoors and condense on surfaces, where bacteria and fungi can settle and grow. You can measure humidity with an instrument called a hygrometer, available at a hardware store.

# Cooperative Main Street



Downtown, uptown, across town—from county to county, state to state and all across the nation—cooperatives play an important role in helping their communities thrive.

In urban areas, suburbs, small towns and rural communities, more than 40,000 cooperative organizations serve 90 million people. These cooperatives, owned and operated by their members, provide a wide range of goods and services that benefit their friends, neighbors and communities.

There are cooperatives for electric and telephone service, credit unions, farm marketing and farm supply, insurance, health and day care, farm credit, housing, florists and news services. In fact, there could be a cooperative for anything and anywhere people need to get things done both economically and efficiently.

Look around your neighborhood and community—no doubt you'll find a cooperative or two working hard to provide important services that benefit everyone. Building communities the cooperative way benefits the entire nation!



## *Electric Cooperatives of Illinois*

Good for ALL Illinois

# Seasonal favorites

## ENCHILADAS

### TORTILLAS:

- 1 egg
- 1 cup sifted flour
- 1/2 cup yellow corn meal

Mix above ingredients to make batter. Pour a scant (1/2 cup) batter into a small frying pan to make a tortilla about 6 inches in diameter. Bake for 3 minutes, or until top appears dry and underside is golden. Turn and brown the other side. Repeat to make 8 tortillas.

### ENCHILADA FILLING:

- 1 lb. ground beef
- 1 teaspoon chili powder
- 1 clove garlic
- 2 tablespoons olive oil or salad oil
- 1 can (4 oz.) ripe olives, chopped

- 1/4 teaspoon salt
- 1 1/2 cups water

- 1 cup chopped green onion
- 1 1/2 cups (6 oz.) grated cheddar cheese
- Sliced stuffed green olives
- Sweet onion rings

In medium sized frying pan, saute ground beef with chili powder and garlic in oil, breaking up ground beef as it cooks. Remove from heat and add ripe olives and green onions. Save cheese, green olives and onion rings for last three steps. Brush one side of tortilla with sauce; spread with a scant 1/2 cup of filling, then sprinkle with one tablespoon grated cheese, roll up; place, spoke fashion, seam side down in pan with sauce (if the frying pan is too small, place in two layers). Brush tops with sauce and sprinkle generously with remaining cheese. Top each with sliced olives. Heat slowly just until enchiladas are heated through and cheese topping is melted slightly. Top with garnish of sweet onion rings.

### ENCHILADA SAUCE:

- 3 medium onions, chopped (1 1/4 cups)
- 1 tablespoon olive oil or salad oil
- 2 cans tomatoes (1 lb. cans)
- 2 cans tomato sauce (8 oz. cans)

- 2 teaspoons sugar
- 1 teaspoon oregano
- 1/4 teaspoon red pepper seasoning
- 1 clove garlic

Saute onions and chili powder in olive oil, until soft. Stir in remaining ingredients. (Stick garlic with wooden pick so it will be easy to remove before serving.) Simmer uncovered adding a little water as needed for 1 1/2 hours. Remove garlic.

## M & M COOKIES

- 1 cup shortening
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups plain M & M candies (either in dough or on top of cookies)

Combine ingredients and chill dough about 20 minutes before baking. Bake at 350 degrees for 10 minutes.

## CRANBERRY CHUTNEY SALAD

- 2 lbs. fresh cranberries, crushed in food processor
- 3 apples, diced
- 2 pears, diced
- 2 cups golden raisins
- 2 cups white sugar
- 1 1/4 cups fresh orange juice
- 3 lbs. grated orange rind
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 cup Cointreau liqueur

Combine all ingredients except liqueur in a large kettle; bring to a boil; then simmer uncovered for one hour, or until thickened. Stir in liqueur. Refrigerate covered overnight. Freezes well.

## MEXICAN CHICKEN

Cook 4 large chicken breasts (boil or steam). Cool; skin and remove from bone. Cut into chunks. Mix: 1 can of mushroom soup, 1 can cream of chicken soup, 1 can Rotel tomato chilies, and 1 lb. sharp cheddar cheese, grated. Grease casserole dish; line with taco-flavored Doritos. Put layer of chicken, layer of soup mixture, layer of grated cheese in casserole dish until all is used. Let stand 24 hours in refrigerator. Bake at 300 degrees for 1 hour.

## ASPARAGUS & ONION CASSEROLE

- 1 lb. can English peas, drained
- 1 (14 oz.) can asparagus, drained
- 1 (14 oz.) can small onions, drained and sliced
- 1 (10 1/2 oz.) can cream of mushroom soup
- 1 cup American cheese, grated

Make layers of peas, asparagus, onions and soup in a casserole dish. Top with grated cheese. Cover and bake for 40 minutes at 350 degrees.

advertisement

## A Will May Be Hazardous To Your Family's Financial Health

You can spend money for a will only to have an excessive part of your assets needlessly "given" to lawyers, courts, administrators, executors and the tax authorities through the probate process. Why should you avoid probate? Simple. It costs too much, lasts too long, and creates unwanted publicity.

Yes, there's a far better way to protect your estate than having just a will. A Living Trust is an inexpensive alternative to probating a will even for an average sized estate.

A recent Wall Street Journal article says "More and more Americans are putting their assets in Revocable Living Trusts... while the owner is still alive... can act as their own trustees, so there are no managerial fees or loss of control. They can change the trust at any time." You keep the bulk of your estate out of probate court with no public record or the usual nine months delay. You may reduce taxes and simplify the transfer of assets to your heirs.

"The advantages of living trusts over wills are considerable. Under a will, an estate must be settled in probate court. Lawyers' fees and court costs often are substantial; there may be exasperating delays, and the proceedings are a matter of

public record."

"In contrast, a living trust is settled without a court proceeding; a successor trustee simply distributes assets according to the trust's instructions, with an accountant, notary public or lawyer certifying any transfer of titles. The process is much quicker, cheaper and more private than settling a will, and it may save on estate taxes."

Lawyers charge an average of \$60 for writing a will — and then receive as much as 11 percent of the entire estate after the client dies and the will is probated. The Wall Street Journal says "the living trust business is booming." Your complete Living Trust kit, written in easy-to-understand, step-by-step simple language for the average sized American estate, can be obtained by sending a check or money order in the amount of \$19.95 plus \$2 postage and handling or charge to your VISA/Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., 708 - 12th Street N.W., Dept W471, Canton, Ohio 44703. For even faster service call toll free 1-800-321-0888, Ext. W471. A 90 day money back guarantee is naturally offered. Do it now... while there is still time to protect your loved ones. © 1989 DSA DW262-2



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### WICKEDLY DELICIOUS WITCH CAKE

1 package (18-1/2 ounces) any flavor cake mix  
 1 can (16 ounces) vanilla frosting  
 Red and yellow food coloring  
**Decorations:**  
 Black licorice (shoestring and wide)  
 Yellow corn candies  
 Pumpkin candies

Orange fruit slices  
 Black and orange jelly beans  
 Black licorice squares  
 Black and white twisted stick candy  
 Large and small candy corn  
 1/2 cup confectioners' sugar  
 1/2 teaspoon water

Prepare cake mix according to package directions; bake in a 13x9-inch pan. Remove from pan; cool completely on wire rack. Set cake on tray or board; brush away excess crumbs. Tint frosting with 1 drop red and 2 drops yellow food coloring. Frost top and sides of cake. Cut wide black licorice into strips; use to make a fence along bottom of cake, pressing licorice gently into frosting. Decorate

fence with yellow corn candy and pumpkins that have been cut in half. Make moon shape in top left corner with fruit slices and orange jelly beans. Make witch's dress with licorice squares. Cut peppermint stick into 2-inch pieces and one 3/4-inch piece. Use to make broom stick. Use small candy corn for hands holding broom stick, and for bottom of stick to resemble a broom. Mix confectioners' sugar with water to form a smooth ball. Pat out onto a smooth surface; cut out witch's face with sharp knife. Carefully lift with metal spatula and place on cake. Use black shoestring licorice for hair. Make brim of hat with black jelly beans; make a band on top of brim with black candies. Make peak of hat with jelly beans. Arrange pumpkins and large candy corn around bottom of cake. Yield: One 9x13-inch cake; 12 to 15 servings.

### OLD TIME CARAMEL FUDGE

5 cups sugar  
 2 cups cream  
 1/2 cup milk  
 1/2 stick butter

2 teaspoons vanilla  
 1 cup pecans  
 Dash salt

Combine 4 cups of sugar, the cream and butter in a saucepan and place over low heat. Put the other cup of sugar in an iron skillet over low heat and allow it to caramelize (melt). When the sugar is melted and the first mixture has come to a boil, add the melted sugar to first mixture, stirring constantly. Also add milk and stir well. Cook until a small amount dropped in a cup of cold water will form a firm soft ball (235°). Allow to cool and then add vanilla and beat until very thick. Pour into a buttered dish.

### TERRY'S CHICKEN

6 chicken breasts, deboned  
 1 jar dried beef  
 1 can cream of mushroom soup

6 slices of bacon  
 1 pint sour cream  
 8 drops of tabasco

Cover bottom of shallow 2-quart baking dish with dried beef. Wrap each breast with bacon and secure with toothpick. Place on beef in single layer, combine sour cream, mushroom soup and tabasco. Pour over chicken. Cook uncovered at 250 degrees for 4 hours.

### FRESH APPLE PIE

2 1/2 cups apples  
 1 1/2 cups sugar  
 1 teaspoon vanilla

1/4 cup flour  
 1/2 teaspoon salt  
 2 tablespoons butter

#### Crust:

2 cups flour  
 1 cup shortening

1/2 cup water  
 1/2 teaspoon salt

Peel, core and slice apples (very thin). Mix crust and line large pan. Mix 1/2 cup sugar and 1/4 cup flour, toss sliced apples in this mixture. Place apples in lined pan, cover with sugar, salt, vanilla and sliced butter. Cover with top crust and bake for 15 minutes at 450°; lower temperature to 325° and bake for 1 hour. Serve warm with a scoop of ice cream.

### BUTTERMILK POUND CAKE

1 cup butter  
 2 cups sugar  
 1/2 teaspoon salt  
 4 eggs  
 3 cups flour

1 cup buttermilk  
 1 teaspoon baking powder  
 1/2 teaspoon soda  
 1 teaspoon vanilla

Cream butter, sugar and salt. Add eggs, one at a time, beat well. Add flour and buttermilk with soda. Add vanilla. Bake in tube pan 45 minutes at 350 degrees.



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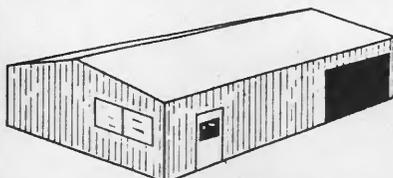
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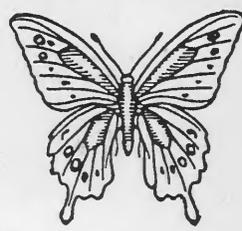


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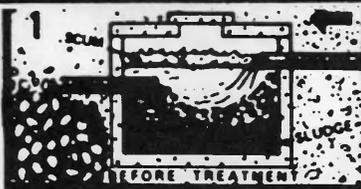
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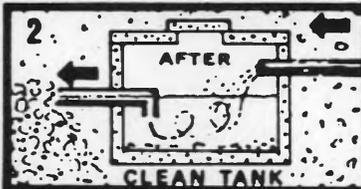
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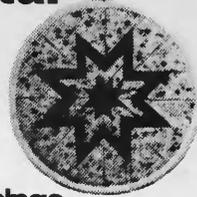
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# How to Make Your Arteries Cleanse Themselves Without Drugs or Surgery

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**Edwin  
Flatto, M.D.**



(SPECIAL FEATURE)-Good news for everyone who is health conscious! A remarkable new health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate arteries to cleanse themselves-the natural way-without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process

begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

- Reduce chest pain (angina)
- Reduce the risk of bypass surgery
- Lower the incidence of heart disease
- Reduce dizziness & loss of balance
- Improve a partial loss of hearing
- Help clear up ringing in the ears
- Help clear up leg pain, cramps or tiredness in the legs
- Stimulate your body to produce a natural substance that seems to protect against heart attack
- Make your body dispose of cholesterol
- Thin out sludgy, poor circulating blood
- Reduce blood triglyceride levels
- Lower high blood pressure naturally

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's a small sample of the useful and helpful information in this valuable aid to better health:

- When women run higher risks for heart attacks

- Which vitamins seem to offer protection against heart disease
- Which health foods may be dangerous
- The real truth on chelation therapy
- The real truth on Omega-3 fish oils
- The real truth on polyunsaturated fats
- How to calm your nerves naturally
- What simple food helps weight loss
- Relieve gas and constipation naturally

Right now, as part of a special introductory offer, you can receive a special press run of "Cleanse Your Arteries & Save Your Life" by Edwin Flatto, M.D. for only \$8.95 plus \$1 postage and handling. It is not available in any bookstore. It is only available through this special offer on a 30 day Money Back Guarantee.

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## Heirloom Quilt



5096: What better way to display the magical moments of your marriage than with our wedding quilt. Transfers, complete directions for 53" X 75" quilt included.  
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5628: Two part harmony. Simply stylish, peplum top and skirt have elastic waists. Misses' Sizes (adjustable for petites). State NN(10-12-14-16) when ordering.  
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## CRAFT CORNER



5081: Create this lovable 7" doll complete with an outfit for every occasion. Printed pattern, directions for doll and six piece wardrobe included.

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## Doll's of Nations



5097: Dolls of Nations quilt is fun and educational. 24 transfer motifs of adorable dolls in authentic costumes. Easy to embroider. Quilt measures 60" X 89".  
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## Bridal Boutique



5078: Handcrafted gifts express heart-felt sentiments! Heart ring pillow, money bag and picture frame along with garter belt and crocheted basket create keepsakes to treasure forever. Printed pattern, directions included.  
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## DESIGNER PATTERNS

Today and tomorrow coordinates add up to a very put-together look. Dolman sleeved jacket, shell and elastic waist pants are perfect company. Designer Pattern 5616 is available in Misses' Sizes 8 to 18. All are included in pattern.  
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5053: Add a touch of history to a child's toy collection. This 16" stuffed bear comes with two authentic costumes from yesterday. Directions, printed pattern included.  
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5630: Soft new elegance. Elastic waist, three quarter sleeved dress has slim or full skirt. Misses' Sizes (adjustable for petites). State NN(10-12-14-16) or VVV(18-20-22-24) when ordering.  
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## DESIGNER PATTERNS

Spanning your schedule from A.M. to P.M. in a marvelous dress that goes everywhere. Sash is stitched to side seam of this one piece dress. Designer Pattern 5625 is available in Misses' Sizes 8 to 18. All are included in pattern.  
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5629: Romance is in the air. Four Victorian inspired blouse choices: double or cape collar, lace or ruffled jabot. Misses' Sizes 8 to 18 are included in pattern.  
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# PATTERNS

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

I have enclosed \$ \_\_\_\_\_ (\$3.25 per pattern — cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

Print Name _____	Pattern No. _____	Size _____	Pattern No. _____	Size _____
Address _____	_____			
City _____	_____			
State _____	Zip _____	_____		



Esther Padrick enjoys quilting, including this Holly Hobby quilt, one of many she has made for grandchildren and great grandchildren.

## Quilting's her game

Deere me—did you hear about the quilt Esther Padrick made for her grandson, Todd Padrick? For Mrs. Padrick, a Norris Electric Cooperative member who lives near Toledo (Cumberland County), quilting is many things: a way to pass time, a creative outlet, a source of gifts, and who knows what else?

And the quilt she made for Todd would turn a John Deere dealer Deere Green with envy. Why a Deere quilt? "Todd has always been just crazy about John Deere equipment," Mrs. Padrick says, "and I've made a quilt for just about everybody in the family. When it came time to do his, I decided to see if I

could do it up right."

It turned out to be more of a chore than she'd expected. "We tried to find quilt blocks with tractors already on them," she says, "and we tried several places. We didn't have any success at all, so I decided to make them myself."

Finding good tractor pictures to work from was a problem, too. Esther and her daughter-in-law, Janet, got to working on the project. Janet is Todd's mother, and she put a lot of work into the research end of the task.

"We talked to our dealer about getting pictures," Janet says, "and he suggested that we buy a coloring book, but we didn't want a quilt that looked like it'd come out of a coloring book, so we kept looking. We wanted something with some detail."

They looked everywhere for photos of various models. One model proved elusive. "Then we went into the dealer's place in Newton," Esther says, "and we saw a poster on the wall. It was just what we needed. The dealer said he couldn't give us the poster, but that he'd be glad to copy it for us. We were on our way. It was a big help."

A Model A tractor is on the upper left, then an old four-wheel drive, a 4440, a front-wheel drive and the new four-wheel drive. They go up the right side in the reverse order, starting with the A at the bottom and working up to the new four-wheel drive.

Mrs. Padrick has had some offers for the quilt, she says, but since it was made specifically for Todd, it's not for sale. "I put about a year's work into it," she says with a smile, "and I'm not going to make another one."

However, she has made about 25-30 different quilts, all told. She farmed for years with her husband, who died suddenly when their fifth child was just a baby. "I went on farming," says Esther, who's 74, "taking care of the hogs and chickens. I got up every day at about 5 o'clock. When I sold off the livestock and quit farming, I kept getting up at the same time, and I used that time for quilting."



plete a number of other weatherization projects.

The Rural Home Energy Program was established by the Illinois General Assembly with funding from penalties assessed by the federal government against oil companies for overcharges to consumers. Illinois received about \$100 million as its share of the oil overcharge money returned to individual states. Last year, \$2.8 million was set aside by the Illinois General Assembly for the grant program. The Rural Revival Bill, introduced in 1986, included a provision for the Rural Home Energy Program. The legislation was supported by the Association of Illinois Electric Cooperatives. The program is limited to eligible consumer-members of an Illinois electric cooperative. Any cooperative member with a household income or 80 percent or less of the cooperative service area's median income is eligible for a grant of up to \$1,500. A member whose household income is 80 to 120 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; the consumer pays the other 50 percent of the improvement's cost.

All projects must show a proven 10-year payback in energy savings to the member. Members who have previously received the maximum grant amount under the program in the previous two years are not eligible for further grants.

Projects that qualify for state funding include caulking and weatherstripping; measures for improved furnace efficiency; insulation for walls, ceilings, floors, duct pipes and water heaters; replace central air conditioners and water heaters; heat pumps; electric load management systems; storm windows and doors; and thermal doors and windows.

Members should contact their electric cooperative for information about the Rural Home Energy Program.

# Grant program continues

**Eligible electric cooperative members may receive up to \$1,500**

For a third consecutive year, members of Illinois electric cooperatives may be eligible for grants of up to \$1,500 for home weatherization or energy conservation work. Through the Illinois Department of Energy and Natural Resources (ENR), grant money totaling \$1.6 million has already been allocated for 1989-90.

This money is to help qualified cooperative members upgrade or replace inefficient heating systems, install insulation, weatherstrip storm windows and doors, and com-

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If rural electric leaders have their way, things good for the rural economy will be happening soon. In a regional meeting of electric cooperative delegates September 12-14 in Green Bay, Wisconsin, they passed several resolutions urging a Rural Electrification Administration-like

a large amount of federal loan funds and even greater amounts of grassroots participation by those who stood to benefit from the program.

"That's the kind of effort we need now," he told his audience, "not a big handout. People are a little skeptical of the idea of some of the programs we're looking at, because many of the 1960s projects failed.

"The ones that failed were the ones where the local leadership didn't buy in. If it's going to work, local people have to make it happen. It starts at home," he emphasized, "or it doesn't start at all."

Bergland also spoke briefly on a topic of great importance to Midwesterners: acid rain legislation. "The present bill the administration is offering virtually rules out coal as an energy source for the future, and we have to make sure that provisions are made to keep coal in our energy picture for many years to come," he said.

Charles B. Gill, governor, National Rural Utilities Cooperative Finance Corporation (CFC), addressed the group, and noted that it was just 20 years ago that CFC was formed by the nation's electric cooperatives as a self-help bank to supplement the shrinking loan resources coming from Washington. He, too, stressed the need for electric cooperatives to diversify, by lending their expertise to rural development efforts.

Jack Van Mark, acting administrator of the REA, also noted that budget pressures are increasing. He said the Bush Administration is seeking ways to enable cooperatives to help in the recovery process. By the end of September, he said, "We'll begin making \$100 million in interest-free loans for rural development, and we're going to evaluate those we make partly on the basis of how well they're leveraged locally, because local leveraging indicates local support, and we believe a project has to have local support to succeed.

"We've seen money leveraged 16 times," he said, "so our \$100,000 loan generated \$1.6 million, and we'll be looking most favorably at those plans that do the most to stretch the dollars."

## Co-op leaders: Local effort vital

program to build and retain jobs in rural areas, seek ways to improve the rural infrastructure, and deliver health care to areas where hospitals are closing and family practitioners are scarce.

Among resolutions adopted was one that read, in part, "No activity, except for the providing of the best possible electric service at the lowest possible cost, is of greater importance to rural electric systems and their consumers than promoting community and economic development."

Bob Bergland, NRECA general manager, talked at length about the problems the rural areas face and the similarities to the problem of electrifying the countryside in the 1930s and 40s. "The big utilities didn't want to do it because it cost a lot of money to build lines," he said, "and there weren't many people per mile. The people who wanted to do the job found ways to build less expensively and overcame the problem of low population density."

Bergland noted that the rural electrification program had depended on

Just below: Jack Van Mark, acting administrator of the Rural Electrification Administration. Bottom: W. Dean Bame (left) of Ava and Douglas Darby of Geneseo express opinions during resolutions process of the regional meeting.



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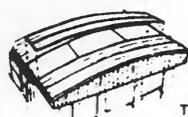
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