

Pumpkin desserts

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England honored

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REN

ILLINOIS RURAL ELECTRIC NEWS

DECEMBER 1994

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**The
Moving
Wall**

See page 18

CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

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Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

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And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

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- Condition problem skin
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- Soothe sprained muscles
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- And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild

laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

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It's official; it's RUS, not REA

The Rural Electrification Administration (REA) quietly became the Rural Utilities Service (RUS) in October under an order signed by Agriculture Secretary Mike Espy. The redesignation brings programs for rural water and sewer development under a combined agency that also has responsibility for the electric and telephone programs.

Rural electric systems supported the reorganization, especially in light of the interest by people in their areas to have the cooperatives play major roles in water and sewer development. Wally Beyer, a former North Dakota rural electric manager who took over REA last year, is the first RUS administrator. Espy's October 20 reorganization order capped a 13-month Clinton Administration effort to revamp the 130-year-old Agriculture Department. Department officials predicted the changes will cut USDA's payroll by 11,000 employees and save taxpayers \$3.6 billion over the next five years.

At RUS, meanwhile, the change will create further opportunities for rural electric systems in providing water and sewer services. Eileen McMahon of the RUS staff said co-ops are eligible for the \$900 million water and wastewater loan program, with some of the money available at 4.5 percent to serve low-income areas or to solve health and sanitary problems. Loans are also made at interest rates pegged to municipal bond rates and at intermediary rates halfway

between the two.

Rural electric systems that meet water and sewer service requirements can also seek grant funding under a \$500 million program, she said. Other water and wastewater offerings include technical assistance and training, emergency and waste management grants.

RUS will also run the Distance Learning and Medical Link grant program formerly handled by REA, but the rural development loan and grant programs that used to be offered through REA were shifted to the new Rural Business and Cooperative Development Service.

The Rural Electrification Administration was established on May 11, 1935, in an executive order by President Franklin D. Roosevelt. The agency originally was intended to provide funding for existing private power companies to extend power lines into the sparsely settled rural areas that had no central station electricity. Those companies did not show much interest, and rural electrification interests sought another way to electrify the rural countryside.

The Rural Electrification Act was approved by Congress in early 1936 and signed by Roosevelt on May 20 that year. The act established the REA as a lending agency for people who formed electric cooperatives. The law was amended in 1949 to provide for a telephone lending program.

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REN

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Cover: There is a half-scale, traveling replica of the Vietnam Veterans Memorial that moves from place to place. Employees of Wayne-White Counties Electric Cooperative were among a number of people in the Fairfield area who raised money and worked to bring the "Moving Wall" to their area. (See article beginning on page 18).

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Is your home ready for winter?

Last winter's frigid temperatures taught plenty of people that their homes don't stay cozy and warm during a cold snap. Before the thermostat dips too low for comfort this year, take a few steps to prepare your home. You don't have to let the cold — or high heating bills — snow you under when the mercury drops.

Most people can plug air leaks and seal windows themselves, at little cost. But it pays to get some professional help in some cases:

- Ask your electric cooperative for a home energy audit. Someone will scour your home for energy leaks and suggest simple ways to save energy.

- Add insulation. If you can't do it yourself, hire someone to help you; you'll still save money. Most people could save up to 40 percent on heating bills if they plugged the heat leaks in their homes. Adding insulation to attics and basements is a good place to start. You can slash heating costs by up to 25 percent with good ceiling insulation.

- Insulate heating ducts. Up to 25 percent of home heating loss occurs in ducts that carry heat from the furnace. Be sure your heating system's duct work is sealed with insulation and completely covered.

- Install a heat pump; it's one of the most efficient heating systems. Heat pumps warm the home evenly and usually use less power than conventional heating systems. In the summer, the pump acts as a central air conditioner.

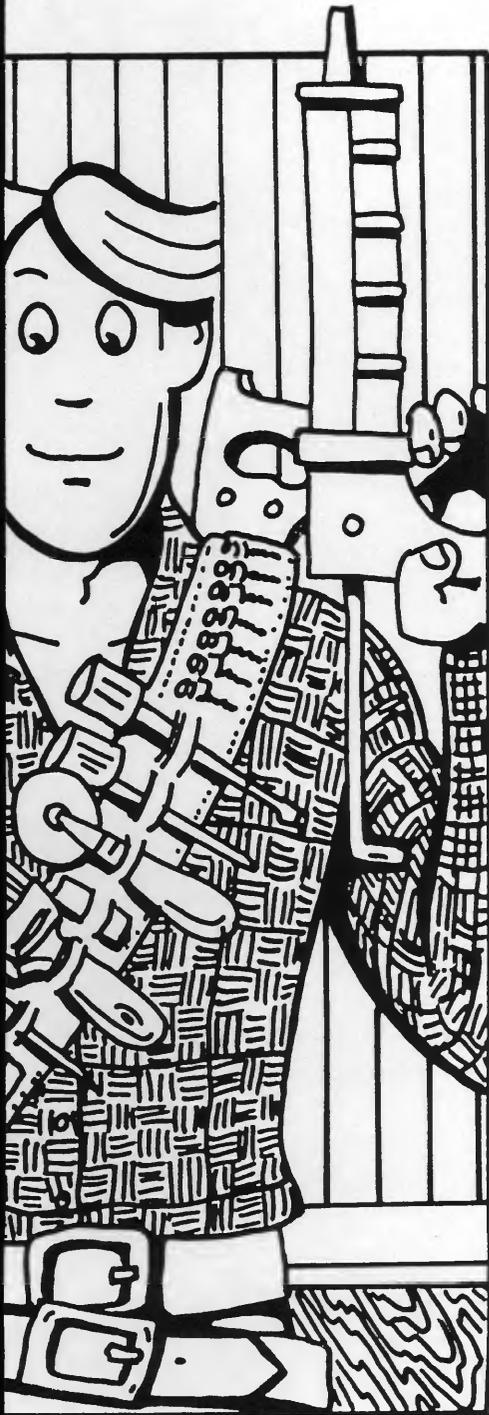
There are dozens of do-it-yourself home improvements that will help keep the heat indoors this winter — where it belongs:

- Install storm doors and windows; they can halve heat leakage by putting a double layer of glass protection between your warm living room and the outside wind and cold. Storm doors and windows, like other forms of insulation, quickly pay for themselves by saving lost energy.



- Seal windows that don't get opened in winter with clear plastic or vinyl — you can buy kits for as little as \$3.50 at hardware stores.

- Close the flue damper when you're not using the fireplace. Heat rises, and chimneys can suck warm air right out of the house. If a fireplace is never used, it's even more effective to seal it off; use a plywood panel backed by insulation board.



Then decorate the front of the panel to match your furniture.

- Seal small leaks. Use weatherstripping around doors and windows.

- Examine the outside of your house for pipes or cables that puncture the wall to bring electricity, telephone service or cable TV inside. Then caulk the gaps.

- Likewise, seal all electrical outlets with draft blockers or

insulating gaskets that fit behind the cover plates.

- Close heating vents in spare bedrooms and other little-used areas. Let in just enough heat to keep any plumbing pipes from freezing. And keep doors to unused rooms closed.

- Block drafts under doors. Use decorative wood or plastic door sweeps or make your own by stuffing socks with fabric remnants.

- Turn the thermostat down. Keep the setting at 68 degrees F or lower when you're home and turn it down to 55 at night or while you're at work. You cut costs by 3 percent for every degree you lower it. Installing an automatic thermostat can make this easy. If a room has an individually controlled thermostat, turn it off when you're not using the room. (A caution: babies and the elderly are more sensitive to the cold and may need warmer rooms.)

- Bundle up. If you wear sweaters and heavy fabrics indoors, you won't notice that the air is cooler when you turn down the thermostat.

- Give heaters a chance to work efficiently. Don't let draperies and furniture block heating registers or vents. And vacuum those vents regularly.

- Put the sun to work for you.

Open draperies on sunny days, but close them at night. Insulated draperies, shades or window quilts on picture windows and glass doors can cut heat loss dramatically. And wash your windows: having clean windows can increase the amount of warm sunlight that comes into your home by as much as 30 percent.

- Remove window air conditioners during the winter so heat can't escape through and around them. If you can't remove them, put insulated covers or even plastic over them.

- Wrap your water heater in an insulation jacket or fiberglass. You'll save enough on energy bills in one year to cover the costs.

- Pipes that carry water from the water heater to the rest of the house should also be insulated.

- Clean your furnace. First, turn off the power source, then vacuum away lint and dirt, and clean or replace filters.

- If your garage is attached to the house, make sure the garage doors are closed at night.

- Reverse the direction of the blades on your ceiling fans so they push warm air down into the room. Fans should turn clockwise in the summer and counter-clockwise in the winter.

— Rural Electric News Service

RECC's England honored by cooperatives

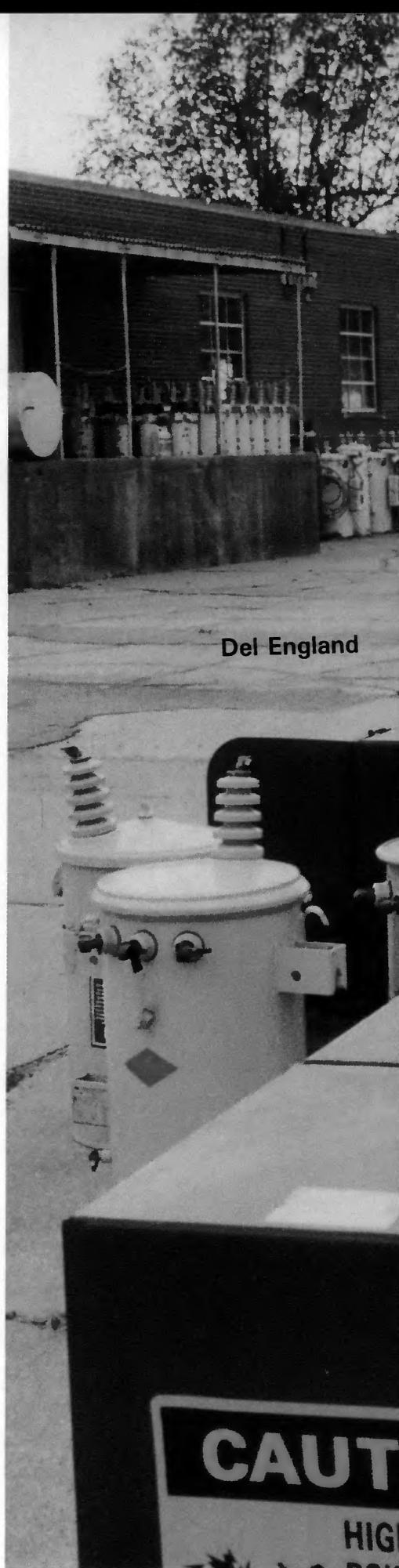
Del England was a youngster three or four years of age, he says, when his parents took a photograph of him standing squarely in front of the local electric cooperative headquarters. His father was a founding director of that cooperative in central Missouri, and England came to know how much the electric cooperative meant to his father and the members it served.

After growing up on a farm served by rural electrification, England went to college, served as an Army officer, and was a district sales manager for Kaiser Aluminum Company. He never forgot his personal experiences in rural Missouri and the benefits he saw rural electrification deliver. After seven years in sales, he knew he wanted to work in rural electrification. In 1972, he launched an electric cooperative career that would lead him into five states and halfway around the world. Since 1991, England has served as manager of Rural Electric Convenience Cooperative Co. (RECC), Auburn.

That career was a major factor in his selection by the Illinois Cooperative Coordinating Committee (ICCC) for its local cooperative management award. England was one of three Illinoisans who were honored in October by the committee.

Joseph H. Slaymaker of Prophetstown earned the cooperative director award, and Al Kemnitz of Bloomington was honored as a friend of cooperatives. Managers, directors and others involved in the activities of the hundreds of agricultural marketing, service and supply cooperatives in Illinois were eligible for nomination. Each year, the ICCC selects three individuals to be honored. The individuals chosen are recognized for their important contributions to cooperatives and the not-for-profit way of doing business. Individuals nominated are judged on the relative value of their contributions to their cooperatives and how their individual efforts have served to enhance the communities in which they do business.

England's career includes serving as manager of electric cooperatives in Alabama and Missouri before coming to Illinois. From 1986 until 1990, he was a management advisor and team leader with the International Programs Division of the National Rural Electric Cooperative Association, serving in Dhaka, Bangladesh. While in Bangladesh, England played a key role in organizing 20 electric cooperative systems to electrify the country's rural areas. During



Del England



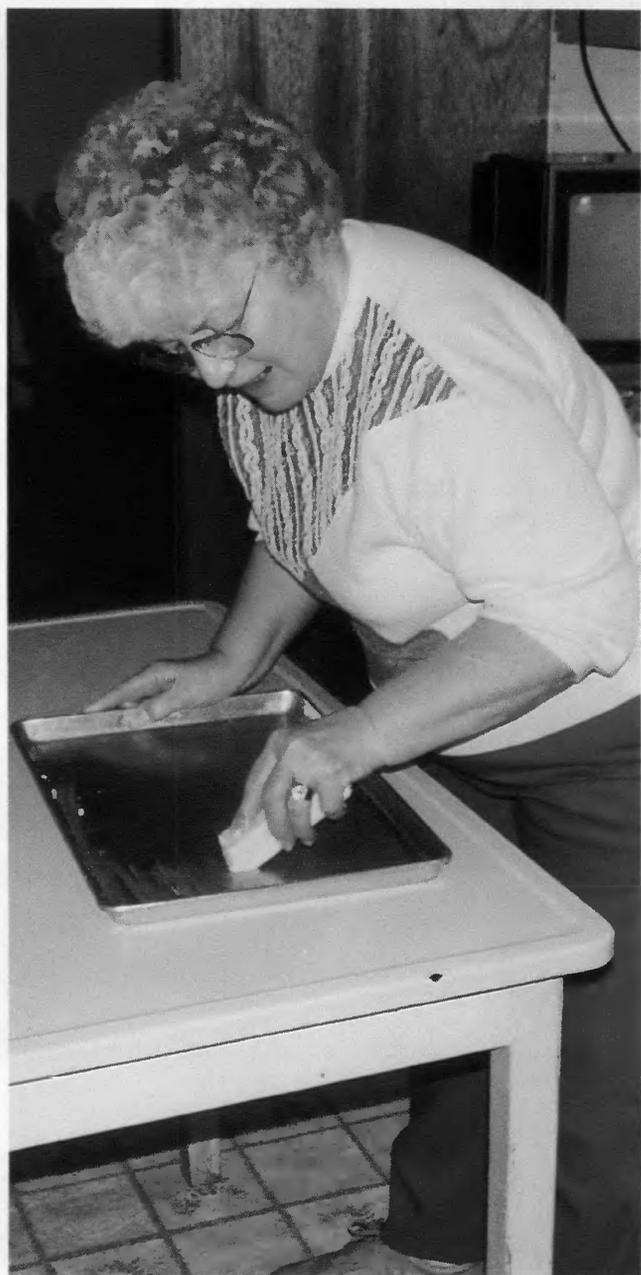
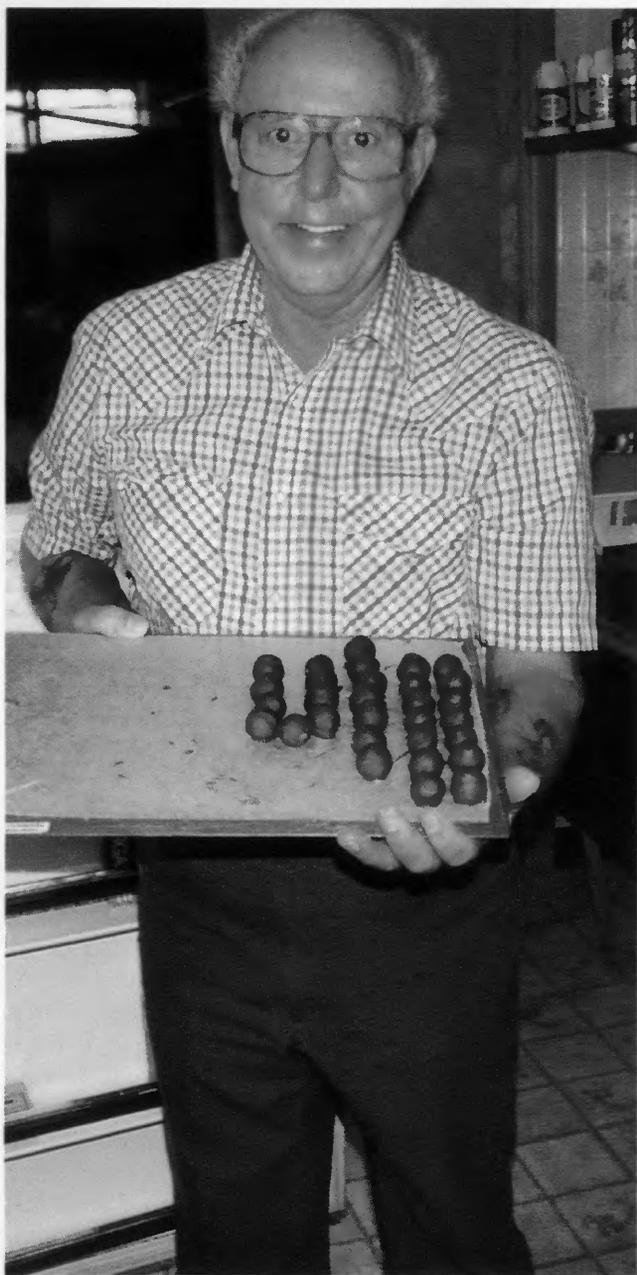
his years in this Asian country, he was cited by numerous government leaders for helping ordinary citizens of the nation understand how cooperatives can serve as models for democratic organization.

"My father was a charter member of a rural electric cooperative board in Missouri. I feel that I grew up with rural electrification and it took hold of me at a very early age," he adds.

He draws on his youth, his experience at cooperatives in this country, and his years in Bangladesh to explain the importance of rural electric cooperatives. "In the U.S. I always have felt ultra, ultra conscientious and serious about my responsibilities with a cooperative. And I mean that not just from a business standpoint, but also in behalf of the members out there at the end of the line.

"I felt an obligation to help people in a poor, poor nation, people who really needed help, find a way of meeting that need. I have a vivid remembrance of a visit I made to a mud hut in Bangladesh. A little old lady well on in years met me at the door and greeted me with tears running down her cheeks. She said how thrilled and honored she was about how the American who helped her get electricity into her home had come to see her. She was crying tears of happiness because she had a 40-watt light bulb hanging down on an electric cord in the one-room, mud-floor hut," he says.

England says the electric cooperative he serves has a continuing goal and responsibility to help in the basic infrastructure needs of the service area. He says, "RECC should be the focal point of activities to help them acquire what they might not be able to do on their own. I work with a fine group of employees, directors and members. There is nothing like a cooperative. It is the simplest form of democracy — one member, one vote."



Bob Verheye shows off samples of one of the chocolate-covered candies he makes, while his wife, Beverly, prepares a pan for another batch of Bob's fudge.

Geneseo candy man

Bob Verheye has been making candy for more than 25 years, but only in the last couple of years has he made a business of what had been a hobby. He is entering his second Christmas season, and there is plenty of demand for his homemade candy varieties, in and around Geneseo and for his mail-order market.

Verheye, a member of Farmers Mutual Electric Co., says he

always liked making candy. "Most of it was for giveaway, to relatives and friends. When I retired at the Rock Island Arsenal, my fellow workers said they would not get any more of my candy. That started me thinking about making it on a regular basis."

He and his wife, Beverly, established Geneseo Candy, utilizing a specially designed and equipped kitchen in the

basement of their Geneseo home. "I put the kitchen down there about four years ago," he says as he passes out samples in the home he and Beverly built in 1973.

"This business actually got started when I agreed to make and sell candy for the Timberbrook Crafts Show. People's interest in my candy just kept growing, little by little. At the beginning of 1993, I was

encouraged to start a business." His candy is sold in a number of locations in and around Geneseo and the nearby Quad Cities. He says he has a son in Arkansas who sells candy for him, and a friend in Indiana who sells it. "Most of my business is still around here," he says.

Verheye, "Uncle Bob," as he is known to many customers, says he likes to try different things with candy. "I'll try five or six recipes. I take something new out to the Deck (a restaurant/motel complex in Geneseo) and have people there try the candy."

For a long time, Verheye had to rely on others to help him decide if the candy was good. "I'm a diabetic, and I couldn't eat the candy," he points out. "That has changed. I've developed a line of candy for diabetics, and it's doing real well. We have chocolate coconut, chocolate nut and

Chinese noodles, and chocolate crisp," he says.

Verheye makes a variety of regular chocolate candies, including Chocolate Surprise with peanut butter, coconut, chocolate cream, vanilla cream and white cream centers. He also has Fantastic Fudge, Heavenly Crunch, Chinese Peanut Delight, Grandma's Perfect Peanut Brittle and Top Hat Toffee. Last Christmas he added two other types: chocolate-covered pecans with caramel and chocolate-covered caramels. Since then he has added chocolate-covered cherries.

"The peanut brittle was my mother's recipe," Verheye says, adding that it is one of his best sellers in the winter months. The chocolate-covered pecan and caramel candy, which he labels as "Tortoise on the half-shell," is a big item, too.

Verheye came by the name "Uncle Bob" when a niece who

designs his candy boxes added the nickname to the box. He is up and cooking early in the day, he adds. "I put in about six hours on average, getting candy made for orders. I want people to have the latest, freshest candy. I also have to allow plenty of time for the boxing, which is time consuming," he says.

This is not the type of business where just any kitchen will do. Verheye says his kitchen meets all of the state health inspection requirements, including a triple sink to "assure that we wash, rinse and sanitize the utensils we cook with. They must also be air dried, not cloth dried. The kitchen is inspected every six months."

While Verheye keeps quite busy in the Christmas season, he adds that Easter is another strong time of the year, too. For information about mail orders, contact Verheye at (309) 544-2658.

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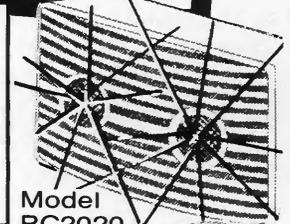
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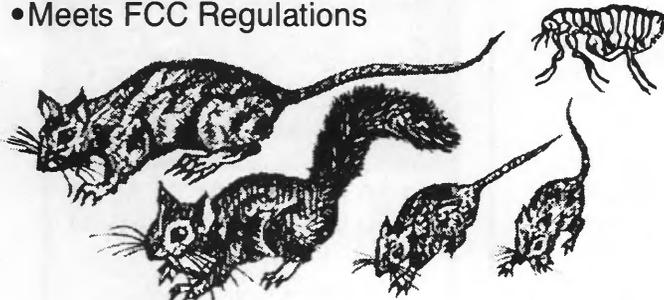
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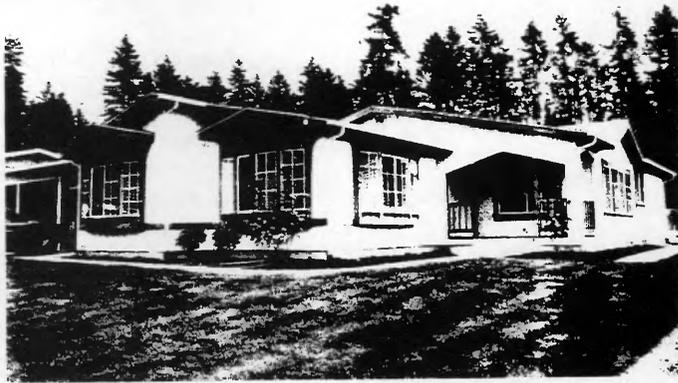
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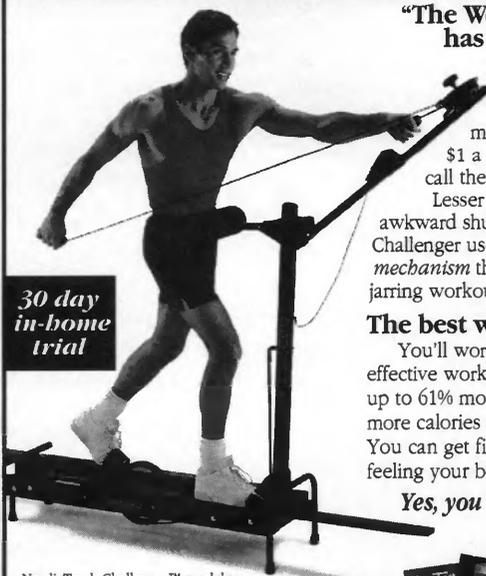
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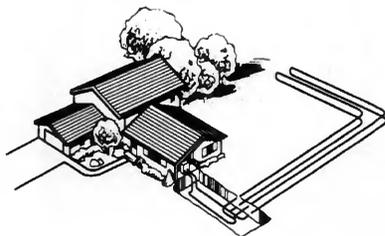
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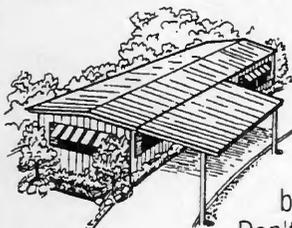
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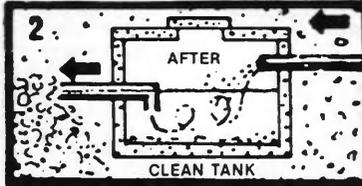
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Pumpkin desserts

PUMPKIN BUTTERSCOTCH MOUSSE PIE

Crust

1 $\frac{3}{4}$ cups shredded coconut
 $\frac{1}{2}$ cup graham cracker crumbs
 $\frac{1}{4}$ cup butter or margarine, melted

Filling

1 envelope unflavored gelatin
 $\frac{1}{3}$ cup apple juice or water
 1 pkg. (3 ozs.) cream cheese,
 softened
 $\frac{1}{3}$ cup sugar

2 cups (12 oz. pkg.) butterscotch
 flavored morsels, divided

1 $\frac{1}{4}$ cups pumpkin
 $\frac{1}{2}$ teaspoon pumpkin pie spice
 $\frac{3}{4}$ cup heavy whipping cream
 1 tablespoon sugar

For Crust:

Mix coconut and graham cracker crumbs in medium bowl; add butter and mix until moistened. Press onto bottom and sides of 9" pie plate. Bake in 300° oven for 20 to 25 minutes or until golden brown. Remove from oven. Melt $\frac{1}{2}$ cup morsels in small, heavy saucepan over low heat; carefully spread in bottom of crust; chill.

For Filling:

Soften gelatin in apple juice in small saucepan; stir over low heat until dissolved. Cool. Melt 1 cup morsels; cool. Beat cream cheese and $\frac{1}{3}$ sugar in large mixer bowl until fluffy. Gradually beat in gelatin mixture, pumpkin, melted morsels and pie spice. Chill until slightly thickened. Beat whipping cream with 1 tablespoon sugar in small mixer bowl until stiff peaks form; fold into pumpkin mixture. Spoon into pie crust. Chill for at least 3 hours or overnight.

For Garnish:

Melt remaining morsels; spoon into small plastic bag. Snip small corner from bag; drizzle over chilled pie.

PUMPKIN CHEESECAKE

Crust

1 $\frac{1}{2}$ cups graham cracker crumbs
 $\frac{1}{4}$ cup sugar

Cheesecake

3 packages (8 ozs. each) cream
 cheese, softened
 1 cup sugar
 $\frac{1}{4}$ cup packed light brown sugar
 1 $\frac{3}{4}$ cups (16 oz. can) pumpkin

Topping

2 cups (16 oz. carton) sour cream,
 at room temperature

$\frac{1}{3}$ cup butter or margarine, melted

2 eggs
 $\frac{2}{3}$ cup (5 oz. can) evaporated milk
 2 tablespoons cornstarch
 1 $\frac{1}{4}$ teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon ground nutmeg

$\frac{1}{4}$ to $\frac{1}{3}$ cup sugar
 1 teaspoon vanilla extract

For Crust

Combine graham cracker crumbs, sugar and butter in medium bowl. Press onto bottom and 1" up side of 9" springform pan. Bake in preheated 350° oven for 6 to 8 minutes. Do not allow to brown. Remove from oven; cool.

For Cheesecake:

Beat cream cheese, granulated sugar and brown sugar in large mixer bowl until fluffy. Beat in pumpkin, eggs, and evaporated milk. Add cornstarch, cinnamon and nutmeg; beat well. Pour into crust. Bake in preheated 350° oven for 55 to 60 minutes or until edge is set.

For Topping:

Combine sour cream, sugar and vanilla in small bowl. Spread over surface of warm cheese cake. Return to 350° oven and bake for 5 minutes. Cool on wire rack. Remove side of pan; chill several hours or overnight.

PUMPKIN PECAN PIE

Pumpkin Layer

1 egg, lightly beaten
1 cup pumpkin
1/3 cup sugar

Pecan Layer

2/3 cup light corn syrup
2 eggs, lightly beaten
1/2 cup sugar

1 teaspoon pumpkin pie spice
1 unbaked 9" pie shell

3 tablespoons butter or margarine,
melted
1/2 teaspoon vanilla extract
1 cup pecan halves

For Pumpkin Layer:

Combine egg, pumpkin, sugar and pie spice in medium bowl. Spread over bottom of pie shell.

For Pecan Layer:

Combine corn syrup, eggs, sugar, butter and vanilla in same bowl; stir in pecans. Spoon over pumpkin layer. Bake in preheated 350° oven for 50 minutes or until filling is set. Cool on wire rack.

PUMPKIN DUTCH APPLE PIE

Apple Layer

2 med. green apples, peeled, cored
and thinly sliced (about 2 cups)
1/4 cup sugar
2 teaspoons all-purpose flour

Pumpkin Layer

2 eggs, lightly beaten
1 1/2 cups pumpkin
1 cup evaporated milk
1/2 cup sugar

1 teaspoon lemon juice
1/4 teaspoon ground cinnamon
1 unbaked 9" pie shell with high
fluted edge

2 tablespoons butter or margarine,
melted
3/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/4 teaspoon salt

Crumble Topping (recipe follows)

For Apple Layer:

Toss apples with sugar, flour, lemon juice and cinnamon in medium bowl; place in pie shell.

For Pumpkin Layer:

Combine eggs, pumpkin, evaporated milk, sugar, butter, cinnamon, nutmeg and salt in medium bowl; pour over apples. Bake in preheated 375° oven for 30 minutes. Remove from oven; sprinkle with Crumble Topping. Return to oven; bake for 20 minutes or until custard is set. Cool on wire rack.

Crumble Topping:

Combine 1/2 cup flour, 5 tablespoons sugar, 3 tablespoons softened butter and 1/3 cup chopped walnuts in medium bowl, with pastry blender, until crumbly.

WALNUT CRUNCH PUMPKIN PIE

1 1/4 cups coarsely chopped walnuts
3/4 cup packed light brown sugar
1 unbaked 9" pie shell
2 eggs, lightly beaten
1 3/4 cups (16 oz. can) pumpkin
3/4 cup sugar

1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon salt
1 1/2 cups (12 oz. can) evaporated milk
3 tablespoons melted butter

Mix walnuts and brown sugar in small bowl; place 3/4 cup in bottom of pie shell. Reserve remaining mixture for topping. Combine eggs, pumpkin, sugar, cinnamon, ginger, cloves, salt and evaporated milk in bowl; mix well. Pour into pie shell. Bake in preheated 425° oven for 15 minutes. Reduce temperature to 350°; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack. Add butter to remaining nut-sugar mixture; stir until moistened. Sprinkle over cooled pie. Broil about 5 inches from heat for 2 to 3 minutes, or until bubbly. Cool before serving.

PUMPKIN VERMONT SPICE CAKE

Cake

1 1/2 cups sugar
3/4 cup butter, softened
3 eggs
1 1/2 cups pumpkin
1 1/2 teaspoons vanilla extract
1/2 cup evaporated milk
1/4 cup water
3 cups all-purpose flour

3 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
1/4 teaspoon each ground clove
and ginger
10 to 15 walnut or pecan halves

Maple Frosting

11 ozs. cream cheese, softened
1/3 cup butter, softened

3 1/2 cups sifted powdered sugar
2 to 3 teaspoons maple flavoring

For Cake:

Cream sugar and butter in mixer bowl. Add eggs; beat for 2 minutes. Add pumpkin and vanilla; mix well. Beat in evaporated milk and water. Combine flour, baking powder, baking soda, salt and spices. Gradually beat into pumpkin mixture. Spread evenly into 2 greased and floured 9" round cake pans. Bake in preheated 325° oven for 35 to 40 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire rack for 15 minutes. Remove from pans; cool completely.

For Frosting:

Beat cream cheese, butter and powdered sugar in mixer bowl until fluffy. Add maple flavoring; mix well. To assemble: cut each cake in half horizontally with long serrated knife. Frost between layers and on top of cake. Garnish with nuts. Note: To make 2 layer cake, frost between layers, over top and on sides of cake.

WILD RICE WITH MUSHROOMS AND CHEESE

2 cups wild rice
4 cups boiling water
1 teaspoon salt
1 cup mushrooms, sliced

3 tablespoons butter
2 tablespoons flour
2 cups light cream or top milk
1/2 pound cream cheese

Wash rice in several waters. Cook the wild rice in rapidly boiling salted water until done, about 20 minutes. Drain. Saute' the mushrooms in 1 tablespoon of butter for 5 minutes. Melt the remaining butter in a saucepan over a low heat and stir the flour smoothly into it. Gradually add the cream and stir until thickened. Add the cheese and stir until it melts. Then add the mushrooms. Butter a 2 1/2 quart casserole and place alternate layers of the rice and mushroom mixture in it. Bake at 325° for 1 hour. Note: This casserole is excellent served with duck.

CALIFORNIA SALAD

1 large clove garlic, chopped
1/2 cup salad oil
1 cup croutons
2 heads lettuce
1 bunch watercress or endive
2 tomatoes, cut in thin wedges
1/2 cucumber, sliced thin

1 tablespoon Worcestershire sauce
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup Roquefort or Blue cheese, grated
1 egg
1/4 cup lemon juice

Put chopped garlic in salad oil and let stand at room temperature for at least 3 hours. Prepare croutons by cutting thin slices of bread in small cubes and toast in a preheated oven at 325° for about 10 minutes. Just before serving tear lettuce and watercress or endive in large pieces into a large salad bowl. Add tomato wedges, cucumber slices, salad oil, Worcestershire sauce, salt, pepper and grated cheese. Toss lightly. Break the raw egg directly onto the green mixture; add lemon juice and toss lightly until no trace of egg can be seen. Add croutons and toss again lightly. Serve at once.

MASTER MIX

9 cups all-purpose flour, sifted
1 tablespoon salt

1/4 cup (4 tablespoons) baking powder
2 cups shortening

Combine sifted flour, salt and baking powder and sift 3 times. Add shortening, use finger tips or pastry blender to distribute shortening throughout dry ingredients until the mixture resembles coarse cornmeal. Store master mix in covered container.

DONUT MUFFINS

2 cups master mix (do not pack)
3 tablespoons sugar
1/3 cup milk
1 egg, beaten

1/4 cup melted butter
1/2 cup sugar
1 teaspoon cinnamon

Blend master mix and sugar, combine milk and beaten egg. Add to master mix and stir until well blended. Bake in small greased muffin tins in a preheated oven at 400° for 20 minutes. Dip one baked muffin at a time into melted butter. Remove quickly and shake in a sack containing the sugar and cinnamon. Serve hot.

HOSPITALITY CAKE

3 3/4 cups sifted cake flour
4 1/2 teaspoons double action baking
powder
1 1/2 teaspoons salt
2 cups minus 2 tablespoons sugar
1 cup shortening

2 teaspoons vanilla extract
1 1/2 cups milk
8 egg whites
Rum Filling
Seven Minute Frosting

Sift flour, baking powder, salt and 1 1/2 cups sugar together in mixing bowl. Add shortening, vanilla and milk. Beat 2 minutes with electric mixer or 150 strokes per minute hand mixing. Beat egg whites until they stand in peaks when the beater is lifted. Add remaining sugar slowly and beat until sugar is dissolved. Add egg white mixture to shortening mixture and beat 1 minute longer with electric mixer or 150 strokes of hand mixing. Pour batter into three greased 9" layer cake pans. Bake at 350° for about 27 to 30 minutes. Spread Rum Filling between layers and frost with Seven Minute Frosting. Note: This cake may be frosted immediately and decorated or it can be stored in cake box for several days. Frost the day it is to be served.

RUM FILLING

8 egg yolks
1 cup sugar
1/8 teaspoon salt
1/3 cup butter

1 cup white raisins
1 cup pecan meats, chopped
1/2 cup water
1 tablespoon rum extract

Beat egg yolks, add sugar, salt, butter, raisins and pecans. Mix. Heat in top of double boiler about 10 minutes, or until hot, stirring constantly. Add water and rum extract and continue to cook over boiling water until thick, stirring constantly. Remove from heat and cool.

SEVEN MINUTE FROSTING

2 egg whites, unbeaten
2 tablespoons white corn syrup
1/3 cup water

1/4 teaspoon salt
1 1/2 cups sugar
2 teaspoons vanilla

Put all ingredients except vanilla in the top section of a double boiler; mix thoroughly. Place over rapidly boiling water and beat with a rotary beater for about 7 minutes, or until mixture will hold in peaks. Remove from heat; add vanilla extract and beat with a spatula until cool and thick enough to spread.

PLAY DOUGH

1 cup water
1 cup flour
1/2 cup salt

2 teaspoons cream of tartar
1 tablespoon oil
Food coloring

Mix together in pan. Cook over medium heat, stirring constantly. When mixture forms a ball, pour onto wax paper. Cool slightly, knead well. Store in air tight container or Ziploc bag. Let children use their imagination and roll this, pound it, cut out shape with cookie cutters, etc.

BRIEFLY

PBS show features cooperatives

An hour-long documentary about how cooperatives — businesses that are owned by those who use their services — have helped the country is being shown on public television across the nation. "The Spirit of Cooperation" features successful cooperatives in many industries, including electric power, high technology and agriculture. The program features cooperatives such as the Arizona Electric Power Cooperative, the National Rural Telecommunications Cooperative, Sunkist Growers, the Associated Press and many more. The Southern Educational Communications Association is broadcasting the program by satellite to local public television stations, which will decide whether to show it. SECA transmitted the documentary to those local stations August 28 and plans another broadcast December 1. The documentary is narrated by actor James Earl Jones, who said he chose the assignment because he wanted to educate people about cooperatives. Jones said he remembers the day his family got electricity from a rural electric cooperative for the first time when he was a teenager.

Hot Line and Climbing schools draw 72 students

Seventy-two electric line personnel representing Illinois electric cooperatives and a number of municipal utilities participated in the 1995 Hot Line School training program and Climbing School

that concluded October 28. The hot line personnel trained in five different sessions — underground, rubber gloving, and first-year, second-year and third-year distribution. Instruction was provided by a corps that included volunteer cooperative linemen. This year's instructors representing Illinois electric cooperatives include: Rick Shurtz, Tri-County Electric Cooperative; Bill Shoaff, Shelby Electric Cooperative; Floyd Spahr, Shelby; Sonny Kirchner, Illinois Rural Electric Co.; Mark Scheiwe, Eastern Illini Electric Cooperative; Al Pinkstaff and Jim Nevel, Association of Illinois Electric Cooperatives; Maurice Kleyer, Monroe County Electric Co-Operative; Alan Schweighart, Eastern Illini; Rick Rainey, Tri-County; and Chuck West, Corn Belt Electric Cooperative. The Hot Line School is held on the campus of Lincoln Land Community College, located on Springfield's south side. The college also was the site of the Climbing School for new line personnel, a two-week school. Al Pinkstaff of the AIEC and Floyd Spahr of Shelby were instructors.

Low-cost power helps U.S. economy

Cheap electricity is essential for a healthy economy, according to an analyst for the Western Fuels Association, a coal cooperative. There is a correlation between increasing electricity use and economic growth, said analyst Mark Mills. "Cheap electricity . . . accelerates the economy, boosts manufacturing productivity, improves job prospects and in general helps the economy more than any other single commodity," Mills said in his report, "Does Price Matter?"

The Importance of Cheap Electricity.” Mills also said the price of electricity should be included in the group of commodities that is used to predict economic trends such as inflation. State and national regulatory agencies should make obtaining low-cost electricity one of their central economic goals, Mills said.

Education raises standard of living

Education and training will have the greatest impact on the standard of living in the future, according to Robert B. Reich, the Secretary of Labor. In a speech sponsored by the Center for National Policy, Reich said that different levels of education and training are causing the American middle class to divide. For example, in 1992, an average male college graduate earned 83 percent more money than an average high school graduate. Reich said the Clinton Administration is committed to creating a new, stronger middle class by supporting special education and job training programs. For example, this fall, 20,000 young people will enter the National Service, where they will earn money for college. Also, 15 million working class families will get relief by using the Earned Income Tax Credit. “The skill-based divisions of today’s workforce are in some ways more readily overcome than the divisions based on race or gender that have haunted Americans throughout our history,” Reich said. “Virtually every willing worker can expand his or her skills.” The use of computers has divided the American workforce, Reich said. Two-thirds of college graduates use computers on the job, but only one-third of high school graduates and only one in 10 high school dropouts use computers on the job, according to the Bureau of Labor Statistics. Reich said work-related training has positive benefits and works as

well as traditional schooling. He said businesses have this crucial role in building the new middle class. “If we pledge our common efforts — business, labor, government at all levels — we can clear the path to opportunity to today’s working men and women and their children,” Reich said.

Rural states to be health care labs

In the near future, rural states will serve as laboratories for innovative new health care services. For example, rural areas will create new health care networks and begin unique community outreach programs to help rural residents with health care issues. The Public Health Service’s Agency for Health Care Policy and Research has awarded \$9.7 million in grants to several states for the development of new rural health care services. Participating states include Oklahoma, Nebraska, Iowa and Arizona, among others. “Many of the innovations, such as managed care, are of proven value and available in metropolitan areas, but are frequently unavailable to rural populations,” said Philip R. Lee, M.D., director of the Public Health Service. The new rural health care systems would lay the foundation for future statewide or regional managed care systems, according to Clifton R. Gaus, Sc.D., the AHCPR administrator. Rural populations are in poorer health than urban populations because of limited public transportation, higher unemployment rates and a shortage of health care professionals. The new systems would make primary care and preventive services more available to rural residents. The new rural health care systems will provide valuable data about health care costs and other issues, in addition to providing innovative health services. The data will help health care administrators improve the quality of rural health care.

Community effort brings 'Wall' to Fairfield

It's not widely known, but there is a scaled-down version of the Vietnam Veterans Memorial that travels from place to place, enabling people who can't go to Washington, D.C., to see the inspiring display.

The "Moving Wall," as it's called, was in Fairfield in September. Wayne-White Counties Electric Cooperative personnel were among those helping to get the wall brought to their area. Dale Kanady, office manager at the cooperative, was an active member of the "Moving Wall Committee," as it came to be known. Most employees contributed money to the effort, since it costs about \$3,000 to have the moving memorial brought to a town. David Cunningham, a foreman at Wayne-White, has a brother, Kenneth, who's still listed as "Missing In Action" and whose name is engraved on the wall.

The Vietnam Veterans Memorial in Washington, D.C., is an impressive monument, and a visit there is an experience to remember. But a trip there can

be time consuming and costly. Recognizing that fact, John Devitt, Gerry Haver and Norris Shears, Vietnam veterans from California, came up with the idea of building a half-scale wall on the West Coast.

But that didn't solve the real problem. Either memorial would still be some thousand miles away from America's heartland, which was home to so many of those who are memorialized.

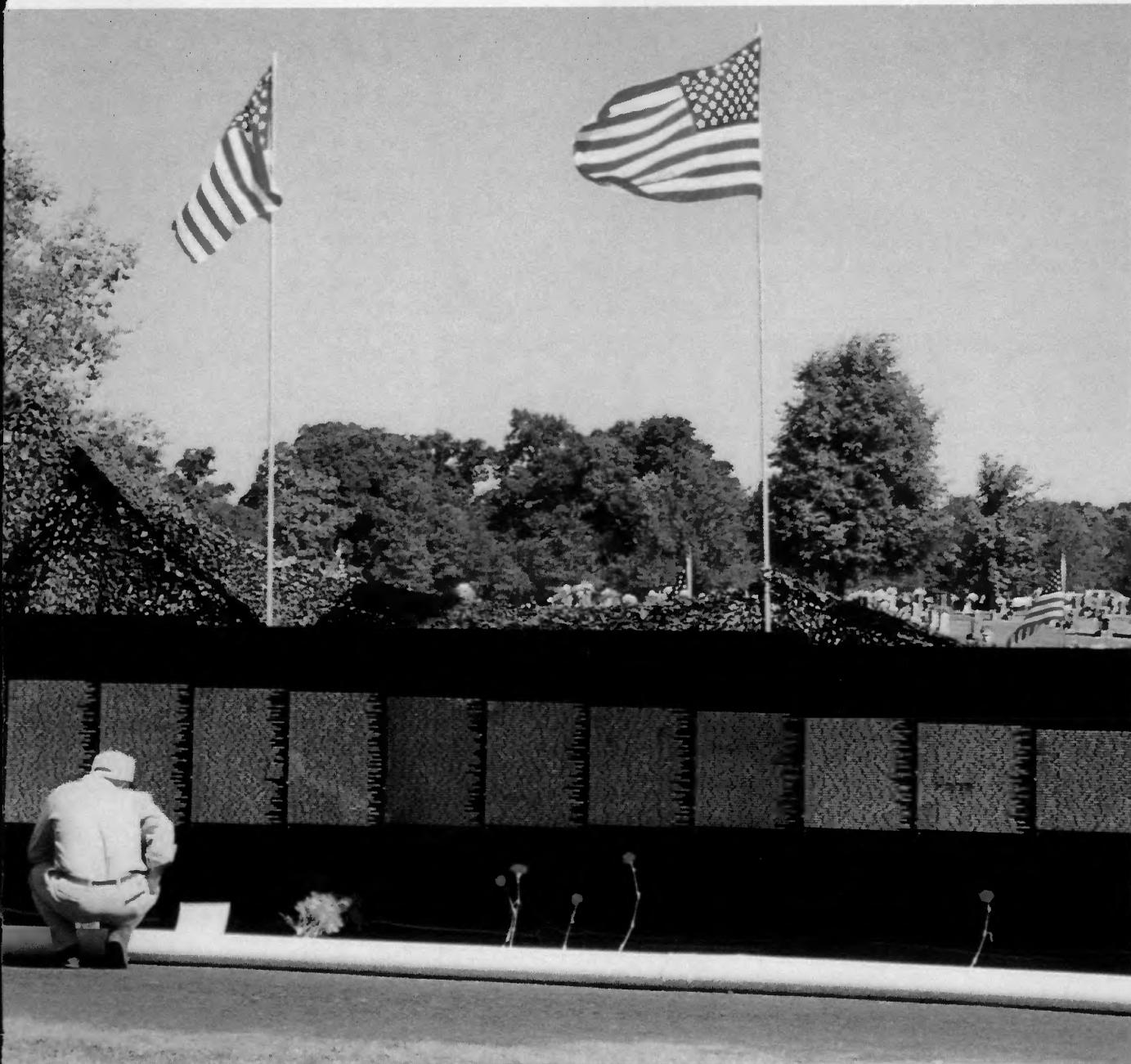
Still another vet suggested a movable wall that could be hauled from place to place, so all the people of America would have the opportunity to see it.

That was the form the "mini wall" was to take. And the first version was made of black plastic panels mounted to a plywood-and-lumber framework. The rigors of packing, unpacking and travel were too much for that combination, so another wall was built, this time using laminated panels with a surface similar to a kitchen counter top. It too failed to withstand the test of time. The third version is made from aluminum



panels, with a surface treated to give a gloss black, mirror-like finish that closely resembles that of the black granite slabs on the original. The entire wall was built using public contributions, and its shipping, handling and the like are all financed by public contributions, too.

Mike Pottorff and Aaron Ridenour of Fairfield were especially determined that the wall should come to town. Ridenour notes that he got the idea when the display was in Mt. Vernon a couple of years ago.



Aluminum panels bear more than 58,000 names.

"I thought that since there were a lot of people from this area who had been in the war, or who had relatives there, there should have been enough interest to bring it here. In addition to raising the necessary money, the host city also provides staffers to do all the things that go to making the visit a success," he says.

While the two men are recognized as prime movers in getting the wall to Fairfield, they emphasize that there were many others involved in the effort.

"My wife, Roma, put in every bit as much work and time as I did," Pottorff says, and Aaron's wife, Carolyn, did an awful lot, too. In fact, the entire committee put in a lot of work. All in all, some 300 people did something to help. We had World War II and Korean War vets helping at the wall and lots of people tending the directories and computers.

"Bob Marcy of Murphysboro provided the lighting system. Since by far the greatest number of casualties took place at

night, the lighting has a special significance. The wall is never in the dark — neither here nor in Washington. The Patriots Marching Color Guard, Bravo Company, served."

They call it the "Moving Wall" because it's portable, but a visit to it is moving in every sense of the word. Many who come sign the guest register, go to the wall and read names randomly, then go back to the directories and find a special panel. Then they'll go back, trace down the

(Continued on page 23)



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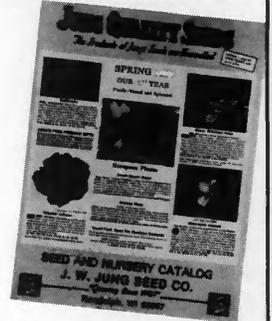
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Deadline for February issue: December 15

(Continued from page 19)
rows to that special one, and stand sadly and silently for a long time.

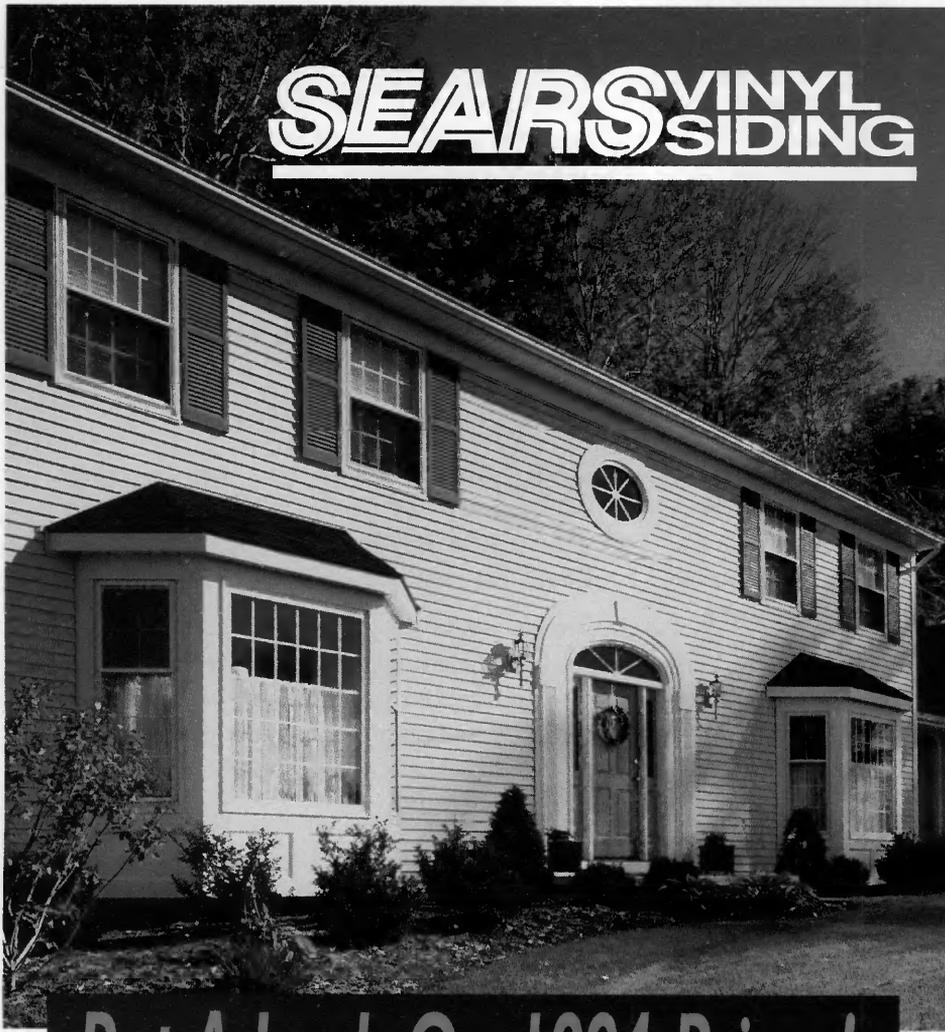
Many leave something in tribute. Carnations are popular, and some leave photos. When the wall was in Fairfield, a one-by-four-foot replica of the Vietnam Campaign Ribbon was

placed on a stand in front. A small tag read: "The Granite City Senior High School Class of '66 still remembers."

There are more than 58,000 names on the wall, Pottorff says, and the veterans are listed in chronological order, based on the day they became casualties, rather than being in alphabetical

order. Each panel is numbered, and there are specific numbers of lines on each one. If a person asks one of those minding the directories to find a certain name, they look in it much like they would go through a telephone directory. There are volunteers with computers who do the same job.

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