

REN

ILLINOIS RURAL ELECTRIC NEWS

July 1995



**Fifth graders
turn out model
power system
See page 18**

Vinegar Can Be Used For WHAT?

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.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

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.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.

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:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

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.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of \$12.95 plus \$3 shipping and handling simply do this:

Write "Vinegar Preview" on a piece of paper and mail it along with your check or money order payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F3549, Canton, Ohio 44703.

You can charge to your VISA/MasterCard by mail. Be sure to include your card number and its expiration date. And for even faster service -- credit card orders only -- phone Toll Free 1-800-772-7285, Ext. F3549.

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Remember: It's not available in book stores at this time. And you're protected by the publisher's 90-Day Money Back Guarantee.

SPECIAL BONUS - Act promptly and you'll also receive Brain & Health Power Foods booklet absolutely FREE. It's yours to keep just for previewing "*The Vinegar Book.*" Supplies are limited. Order today.

Emergencies call for cooperative plan

May wasn't particularly kind to a number of Illinois electric cooperatives. Heavy rain, high winds, thunderstorms, tornadoes and flooding made May something other than the month of flowers. Weather-related problems were common throughout the month for a large portion of Illinois. By the end of the month, a number of counties had been declared disaster areas.

In several instances, storms blew through the same area more than once. That sort of thing takes a heavy toll on those who live in the path of severe weather and on electric power distribution systems. Your cooperative's line crews are faced with the immediate task of restoring power as quickly as possible and the longer-term job of returning the system to its original condition.

During major storm conditions such as those that occurred in May, it often takes more help than is available at the affected cooperative. This is when an important part of the Illinois electric cooperative program comes into play. It is the Illinois Electric Cooperative Emergency Work Plan.

The plan, EWP for short, was developed through the Illinois electric cooperatives' training and safety program and implementation is coordinated

by the Association of Illinois Electric Cooperatives. A cooperative in need contacts the plan coordinator and requests the personnel, equipment and materials it needs. Getting the EWP into action serves to reduce outage time and allows the affected cooperative to utilize available personnel and equipment and more effectively repair the system.

In May, crews from a number of cooperatives moved in to help in disaster areas. Often, the crews were from cooperatives that had sustained damage in a previous storm.

If there was anything good about the May storms, it was the temperature. It is difficult enough to sustain the power restoration effort during heavy rain and winds, but bring on a January ice storm followed by below-zero temperatures, a heavy snowfall and driving winds and you have the worst conditions possible. It doesn't matter, though. The cooperative crews respond just as quickly to the call for help.

The EWP has been in service to cooperative members for decades, and it will continue to be there for those emergencies that require assistance beyond what an individual electric cooperative can do to handle a major outage problem.

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Cover: Jennifer Coan and Leighton Taylor pulled together a variety of household items to build their model power system for a science fair. The project was on display in the office of Norris Electric Cooperative this past spring. (See article beginning on page 18.)

Advertising and editorial inquiries should be directed to the Illinois Rural Electric News, P.O. Box 3787, Springfield, Illinois 62708. National advertising representatives: Fox Associates, Inc., 116 West Kinzie Street, Chicago, Illinois 60610; The Papert Companies, 800 Hartford Building, Dallas, Texas 75201; and The Weiss Group, 13751 Lake City Way NE, Suite 102, Seattle, Washington

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BRIEFLY

Illinois Valley Woodlands Expo is August 26

Woodland stewardship is the focus of the Illinois Valley Woodland Expo scheduled for August 26 at the Marshall-Putnam Counties Fairgrounds in Henry. The theme of the Expo is "The Pleasure, Profit, and Products of Good Woodland Stewardship." There will be a number of activities. Scheduled seminars include: Recreation Opportunities, Alternative Forest Products, Agro-Forestry: Helping to Pay the Bills While the Trees Grow, Wildlife Management, Riparian Management to Protect Your Property, Growing Blue Ribbon Trees, Restoration of Native Plants and Animals, Urban Forestry: Construction in Natural Settings, and Federal Income Tax as it Relates to Forest Production. Live demonstrations will include woodworking, sawmilling, chainsaw safety, wood carving, and many others. There will be a natural/wood crafts marketplace with crafters and artisans displaying, demonstrating, and selling their work. Featured attractions include: Scheer's Lumberjack Show, chainsaw carving, University of Illinois Conclave Team demonstration, and musical entertainment. For the younger generation, there will be a birdhouse building workshop, and special activities with a storyteller and frontiersmen. Admission is \$1. If you are a natural crafter or woodworker and would like to demonstrate, display or sell or would like more information, call Prairie Rivers RC&D at 309-364-3979. The Illinois Valley Woodland Expo is being coordinated by Prairie Rivers Resource Conservation and Development

in partnership with the U.S. Forest Service, Illinois Department of Conservation, area Soil and Water Conservation districts, Cooperative Extension Service, Natural Resources Conservation Service, Illinois Forestry Consulting, and Illinois Forestry Development Council.

How Wall Street met Main Street

To celebrate 25 years of business, the National Rural Utilities Cooperative Finance Corporation (CFC), has published a book entitled The CFC Story — How America's Rural Electric Cooperatives Introduced Wall Street to Main Street. CFC, a nonprofit cooperative finance corporation, provides financial services to its more than 1,000 member systems and affiliates. The 340-page paperback gives a comprehensive history of CFC from its birth in the late 1960s through 1994. For a free copy of the book contact Mona Shumaker at 800-424-2954.

National Weather Service measuring ultraviolet rays

In its mission to provide "forecasts that make a difference in the health and safety of Americans," the National Weather Service will provide a second summer of solar ultraviolet forecasts, announced Elbert W. Friday, Weather Service director. This forecasting service has been praised by skin cancer experts for

raising public consciousness about the dangers of exposure to the sun. The ultraviolet (UV) index estimates the intensity of the sun expected about noon the next day — a forecast that should help people decide whether to risk exposure to the sun, use sunscreen and hats or take other actions. The index uses a scale of one to 10-plus, with higher values denoting increasing hazard.

Most officials on local level

A ccording to the 1992 Census of Governments, the number of elected officials in the United States has topped the half-million mark — 511,039. While the concern about big government has focused on Washington, D.C., only 4 percent of the officeholders were in federal and state jobs while 96 percent held local offices. “The growth is from electing more members to the judiciary, and electing officials to the increasing number of special district governments,” said Census statistician Marshall Moore. More than two-thirds of elected officials were members of legislative bodies such as Congress, state legislatures, county and municipal councils, school boards and independent district boards. Overall, the federal government has 542 elected officials. The 50 states governments have 18,828 elected positions and there were 491,669 elected jobs in the 84,955 local governments.

No way to deliver free vaccine

D ue to a problem in logistics, the government has dropped plans to distribute free vaccine to private doctors who treat children in 14 states, meaning some won't be able to offer patients free shots until next year.

Under the Vaccines for Children program, the federal government buys vaccine at specially discounted prices for clinics and participating private doctors to give free to any impoverished, uninsured or Indian or Eskimo child. The Centers for Disease Control and Prevention spent seven months negotiating to pay the nation's childhood vaccine manufacturers to make those deliveries. It reached agreement with only one company, wrote CDC director David Satcher to state health officers. Ten states expect private doctors to offer free vaccine before January: Arizona, California, Indiana, Iowa, Missouri, New Jersey, Oregon, Tennessee, Utah and Virginia. Four others won't participate until 1996: Colorado, Louisiana, Nebraska and Pennsylvania.

Super vegetables fight disease

R esearchers have successfully manipulated plant genes enabling them to produce antibodies to fight diseases like hepatitis B and cholera. Experimenters at Texas A&M University and the Roswell Park Cancer Institute in Buffalo, N.Y., report they have transferred a protein gene to potato plants that can create in mice the antibodies needed to protect against hepatitis B. They say it may be possible to do the same for other diseases. A gene that makes an antigen against hepatitis B was transferred from yeast to tobacco to potato and has been successfully tested in mice, said Hugh S. Mason, a Texas A&M co-author of a study published in the Proceedings of the National Academy of Sciences. Genes transferred into the plants are incorporated into the normal chromosomes of each cell and are passed to new generations of the plants, said Mason. Vaccine fruits or vegetables would have to be eaten raw to be effective, because cooking causes the antigen to be degraded, Mason said.

Washington Tour 'a turning point'

Youth Consulting Board member encourages Youth Day participants

"A year ago I was sitting out there, just as you are now, and I can't believe how much things have changed for me since then," Mark Guzzardo told his audience at the Illinois Electric and Telephone Youth Day luncheon May 10 in Springfield.

Guzzardo, of Kewanee, was speaking to more than 250 students and their chaperones, representing 20 electric and telephone cooperatives, who converged on the capital for the annual tour and glance at state government.

"Like many of you," he continued, "I didn't yet know whether I'd won the Youth to Washington trip that I'd hoped for, and I was touring Springfield, listening to speakers and keeping my fingers crossed.

"I learned later that I had won, and it turned out to be a turning point in my life. I went on to Washington, and submitted my entry to become the Illinois consultant on the National Rural Electric Cooperative Association's (NRECA) Youth Consulting Board, or YCB. I won that, too, and it's hard to tell you the doors that have opened for me."

Guzzardo noted that he had visited with several legislators from Illinois in his travels and that he had done far more

traveling than he had ever done before.

"I went to Washington, of course, and I've gone back a couple of times since. I got to go to NRECA's annual meeting in Orlando, Fla., and I went to the Region V annual meeting in Springfield. I'll go to Washington to help with this year's Youth to Washington activities. It has been a hectic, fast-paced year, and a year I'd only dreamed of when I was sitting out there."

Guzzardo, already scholastically excellent, noted that the year had motivated him to work and study even harder, and he urged those who go to Washington to try out for the YCB. "If you win," he concluded, "it'll get you started on a year that you'll find interesting and exciting. If you don't, you're still winners, because just winning the Washington trip proves that. I think you all have an opportunity to excel. Go for it!"

The group spent the morning at the State Capitol for tours, meetings and other activities. During the morning the various groups met with their area Senators and Representatives, toured the Capitol and the Illinois Attorney General's office and headquarters.

Some met with Attorney General Jim Ryan, while others met with Karen Steele, assistant attorney general. She is the daughter of John Steele, a director of Egyptian Electric Cooperative Association.

During the two-hour visit to the Capitol, most participants marveled at the crowded halls and chambers during an extremely busy day late in the legislative session. Several labor and church groups sponsored major rallies during the day, and "Tech 2000," a demonstration of high-tech school programs, particularly involving distance learning technology, added to the crowding in the rotunda. Despite the crowded, frantic atmosphere, some eight senators and more than 15 representatives took time to meet with the young constituents from back home. Several legislators visited with the youths in the legislative chambers, explaining how the system works.

Following the Youth Day luncheon — and Guzzardo's remarks — the groups toured the Lincoln Tomb, Illinois Vietnam Veterans Memorial and Old State Capitol.

The Youth Tour participants left for Washington on Friday, June 16, and returned June 23.



(Left) State Representative Terry Deering of Du Bois was one the many state legislators who visited with the students; he is with a group representing Monroe County Electric Co-Operative. **(Below)** Students braved intermittent rain showers to visit the Lincoln Tomb.





Senator Carol Moseley Braun meets with the Illinois representatives.

Washington meetings focus on rural issues

Representatives of Illinois electric cooperatives discussed a range of rural issues affecting consumer-owned utilities with national lawmakers during the 1995 NRECA Legislative Conference May 1-3 in Washington, D.C. The Illinoisans were among some 3,000 rural electric leaders from across the nation who participated in the grassroots effort.

The Illinois delegation, primarily electric cooperative members and managers, met with Senator Carol Moseley-Braun and Representatives Phil Crane, Dick Durbin, Lane Evans, Thomas Ewing, Michael Flanagan, Ray LaHood, William Lipinski, Donald Manzullo, Glenn Poshard, and Gerald Weller. They also held meetings with staff members of Senator Paul Simon and Representatives Jerry Costello, Luis Gutierrez, Harris Fawell, Dennis Hastert, Henry Hyde, John Porter, Bobby Rush, and Sidney Yates.

Discussions focused on several topics: rural electric financing, rural electric systems' participation in rural water and

wastewater services, Low Income Home Energy Assistance Program, rural development, power marketing administrations, pole attachment agreements, telecommunications services, and the nation's environmental agenda.

They asked their Senators and Representatives to:

- Support the 1993 agreement on rural electric financing and the Administration's rural electric loan levels for FY96.
- Support the recommendations of the Rural Water-

Wastewater Task Force that facilitate rural electric systems' participation in rural water-wastewater disposal services

- Support a loan level of \$14 million for the Rural Development Loan Program
- Oppose any cuts to the Low Income Home Energy Assistance Program (LIHEAP)
- Oppose any federal power marketing administration proposal that would increase electric rates
- Oppose the Administration's proposal to sell the federal power marketing administrations
- Oppose legislation to privatize the federal power marketing administrations and the Tennessee Valley Authority.



Representative Thomas Ewing (seated) and Jeffrey Reeves of Bloomington.



Representative Ray LaHood (right) and Robert E. Gant of Winchester.



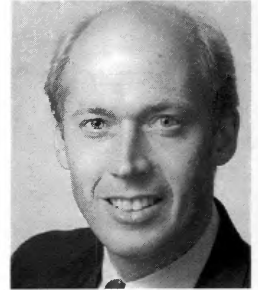
Representative Lane Evans (left) with Bob Delp (center) and Robert Kuhns, both of Geneseo.



Representative Glenn Poshard talks to co-op leaders.



Representative Phil Crane



Representative Gerald Weller



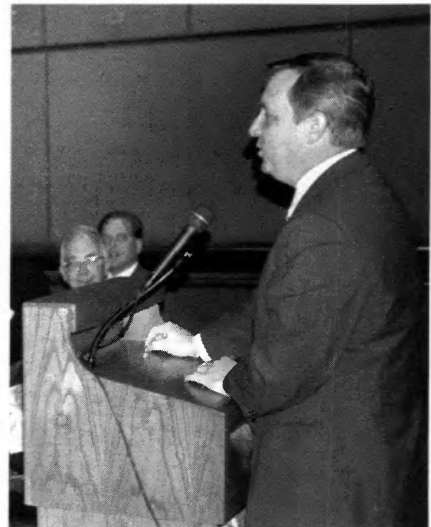
Representative William Lipinski (seated) with, from left, Cathleen Belcher of Dongola, Mike Peters of Springfield and Ron Medlin of Dongola.



Representative Donald Manzullo and Don Crawford of Hanover.



Representative Michael Flanagan (left) with Mike Peters of Springfield (center) and Dorland Smith of Petersburg.



Representative Dick Durbin

MISSING



MELISSA ANN ESPINOZA

LAST SEEN: 12/02/93 EYES: Brown
 FROM: Roncho Cordova, CA HEIGHT: 5'11"
 DOB: 09/23/81 WEIGHT: 125
 WHITE HISP FEMALE HAIR: Brown



CHERIE NICOLE BARNES

LAST SEEN: 01/07/87 EYES: Brown
 FROM: Kansos City, MO HEIGHT: 4'0"
 DOB: 07/30/84 WEIGHT: 80
 WHITE FEMALE 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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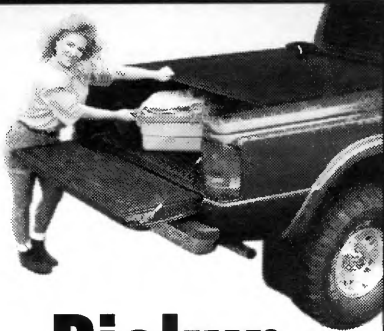
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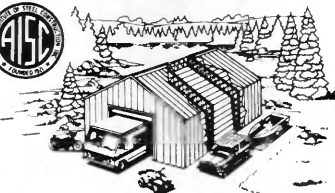
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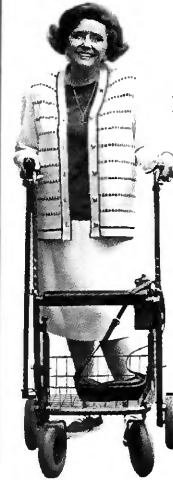
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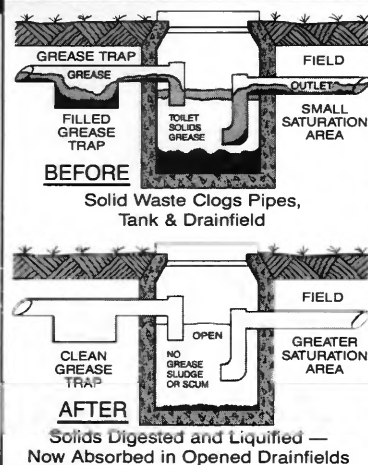
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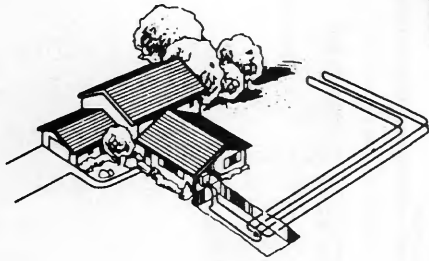
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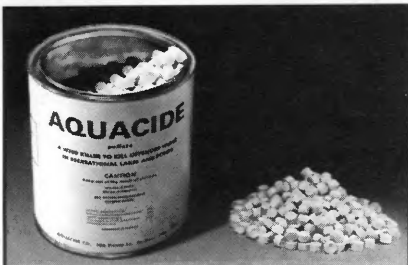
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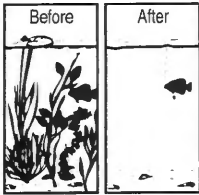
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 1 teaspoon sugar
 1 1/2 teaspoons salt
 2 tablespoons shortening
 2 tablespoons sugar
 2 cups milk, scalded
 6 cups flour (approx.)

Add yeast to lukewarm water and 1 teaspoon sugar. Heat the 2 cups of milk until scalded, add shortening, sugar and salt. Cool to lukewarm, add yeast mixture, then flour. Let rise until double, then work down and let rise again. Make into buns or loaves and let rise again. Bake at 350° until done.

HOMEMADE VEGETABLE SOUP

4 medium carrots, sliced
 4 medium potatoes, cubed
 1 1/2 cups chopped cabbage
 1 onion, chopped
 1 bell pepper, chopped
 1 small hot pepper, optional
 1 small can whole kernel corn or 1/2 cup fresh corn
 3 tablespoons shortening
 1 quart tomatoes
 1 cup okra, chopped (optional)
 1/2 teaspoon Accent
 1 teaspoon salt
 Black pepper to taste

Put carrots in large pot with 3 or 4 cups of water. Bring to a boil and cook until they are starting to get tender. Add potatoes, cabbage and onion. Cook a few minutes more. Then add rest of ingredients and seasonings. Simmer about 20 or 30 minutes.

OLD SOUTH DUMPLING RECIPE

1 1/2 cups flour
 3 tablespoons shortening
 1 egg
 5 tablespoons water
 1/2 teaspoon salt

Mix flour, salt and shortening, add water and egg, making a soft dough. Divide into two parts. Roll out into very thin sheets and let dry 15 minutes. Cut into small strips and drop into broth. Cook until tender.

BAKED PORK CHOPS

1 medium onion, sliced
 1/4 cup celery, chopped
 2 tablespoons brown sugar
 1 (6 oz.) can tomato sauce
 1 cup regular rice, uncooked
 2 tablespoons oil
 1/2 teaspoon salt
 1/4 teaspoon pepper
 4 pork chops
 2 cups water

Cook onions and celery in oil. Sprinkle salt and pepper on chops, brown on both sides. Remove from pan, add water, sugar and half the tomato sauce and stir, then add rice and stir. Return chops to pan, cover and simmer about 30 or 35 minutes. Pour in remaining tomato sauce and cook 15 or 20 minutes longer.

MEXICAN SUPPER PIE

1 lb. ground beef
 2 tablespoons onion, chopped
 1 teaspoon salt
 1 can Rotel tomatoes
 1 can water
 1 can ranch-style beans
 1/2 cup milk or more
 1 egg
 2 tablespoons oil
 1 cup cornmeal
 1 cup flour
 2 teaspoons baking powder
 1 teaspoon salt

Brown meat and onion, add other ingredients and pour into large dish, cover with following:

Mix and cover bean-and-meat mixture. Bake 350 or 400° until bread is done. Cover with cheese slices if you wish.

LEMON CHIFFON CAKE

2 cups all-purpose flour or 2 1/4 cups cake flour
 1 1/2 cups sugar
 3 teaspoons baking powder
 1 teaspoon salt
 3/4 cup cold water
 1/2 cup vegetable oil
 2 teaspoons vanilla
 2 teaspoons grated lemon peel
 7 egg yolks (with all purpose flour) or 5 egg yolks (with cake flour)
 1 cup egg whites (about 8)
 1/2 teaspoon cream of tartar

Move oven rack to lowest position. Heat oven to 325°. Mix flour, sugar, baking powder and salt. Beat in water, oil, vanilla, lemon peel and egg yolks with spoon until smooth. Beat egg whites and cream of tartar in large bowl until stiff peaks form. Gradually pour egg yolk mixture over beaten egg whites, folding with rubber spatula just until blended. Pour into ungreased tube pan, 10" x 14". Bake about 1 1/4 hours or until top springs back when touched lightly. Immediately turn pan upside down onto glass bottle or metal funnel. Let hang about 2 hours or until cake is completely cool. Remove from pan. Glaze with Lemon Glaze below if desired.

LEMON GLAZE

1/3 cup margarine or butter
 1/2 teaspoon grated lemon peel
 2 cups powdered sugar
 2 to 4 tablespoons lemon juice

Heat margarine in 1 1/2-quart saucepan until melted. Stir in lemon peel and powdered sugar. Stir in lemon juice, 1 tablespoon at a time, until smooth and consistency of thick syrup.

BELINDA'S CHOCOLATE CHIP COOKIES

1 cup flour
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1/2 cup shortening
 6 tablespoons granulated sugar
 6 tablespoons light brown sugar
 1/2 teaspoon vanilla
 1/4 teaspoon water
 1 egg
 1/2 cup nuts
 1 cup chocolate chips

Sift flour, baking soda and salt. Combine shortening, sugars, vanilla, egg and water. Beat until creamy then add flour to mixture. Mix well. Add chocolate chips and nuts. For soft chewy cookies barely let them brown then remove from oven and let them cool. Bake at 375 degrees for 10 to 12 minutes.

CHICKEN BREASTS IN MUSTARD SAUCE

2 tablespoons margarine or butter
 4 skinless boneless chicken breast halves (about 1 lb.)
 1/4 cup finely chopped onion
 2 tablespoons apple brandy or apple juice
 1 cup whipping (heavy) cream
 2 tablespoons chopped fresh parsley
 2 tablespoons Dijon mustard
 1/4 cup finely chopped walnuts

Heat margarine in 1" skillet over medium heat. Add chicken breasts. Cook 12 to 14 minutes, turning after 6 minutes, until juices run clear. Remove chicken and reserve. Add onion and brandy to skillet. Heat to boiling; reduce heat. Stir in whipping cream, parsley and mustard. Cook and stir over medium heat 5 minutes. Add chicken and walnuts. Heat until hot.

BUTTERSCOTCH DELIGHT

- 1st layer —
1 cup flour
1 stick oleo
- 1/4 cup chopped nuts

Cut together and put in 9 x 12 inch pan. Bake at 325 degrees for 15 minutes and cool or use a basic graham cracker crust.

- 2nd layer —
1 pkg. Dream Whip prepared as pkg. directions
1 cup powdered sugar
- 1 large pkg. cream cheese
1 teaspoon vanilla

Mix well and add to first layer.

- 3rd layer —
2 pkgs. butterscotch instant pudding
3 cups milk instead of 4

Add to 2nd layer.

- 4th layer —
1 small container of Cool Whip
- Spread on top and sprinkle with pecans.

BECKY'S DEVIL'S FOOD CAKE

- 3 cups flour
2 cups sugar
2 teaspoons soda
1 teaspoon salt
2 cups lukewarm water
- 6 tablespoons cocoa
3/4 cup salad oil
2 tablespoons white vinegar
2 tablespoons vanilla

Mix all ingredients thoroughly. Pour batter into greased and floured 9 x 12 pan and bake in pre-heated oven at 375 degrees for 30 to 40 minutes. Batter will be thin.

Glaze for Devil's Food Cake:

- 1 square (1 oz.) unsweetened chocolate
2 tablespoons butter
- 1/2 teaspoon vanilla
2 tablespoons milk
1 cup powdered sugar

Combine chocolate, butter and milk in saucepan. Heat until chocolate melts. Add sifted powdered sugar and vanilla. Beat until smooth.

NEW METHOD CUSTARD PIE

- 4 eggs
3 cups milk
3/4 cup sugar
- 1 teaspoon vanilla
1/8 teaspoon salt

Beat eggs slightly. Add sugar, milk, vanilla and salt. Place over low heat, stirring constantly. When steam shows remove from heat and pour into 9-inch unbaked pie shell. Sprinkle with nutmeg. Bake at 450 degrees for 10 minutes, then at 350 degrees for 15 minutes or until firm. (This custard pie never gets watery or soaked crust.)

CHOCOLATE CHIP COOKIES

- 2 1/4 cups unsifted flour
1 teaspoon baking soda
1 teaspoon salt
1 cup margarine, softened
3/4 cup sugar
3/4 cup firmly packed brown sugar
- 1 teaspoon vanilla
2 eggs
1 (12 oz.) pkg. semi-sweet real chocolate morsels
1 cup chopped nuts

Preheat oven to 375°. In small bowl combine flour, baking soda and salt; set aside. In large bowl combine margarine, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture, mix well. Stir in chocolate morsels and nuts. Drop by rounded teaspoonfuls onto greased cookie sheet. Cook 8-10 minutes—do not overcook.

RAISIN PIE

- 1 box seedless raisins
1 tablespoon vinegar
1 cup sugar
- 1/2 cup water
3 tablespoons flour
1/4 stick margarine

Cover raisins with water and cook until tender. Add vinegar, sugar and flour and cook until thickened. Place filling in pie pan lined with uncooked pastry. Dot with margarine. Roll out second pie crust and cut in strips. Lace over top of pie in lattice form. Sprinkle with sugar. Place strips of foil around top of pie pan so that they fold over rim of crust. Bake at 400 degrees until crust is brown.

BANANA PUDDING

- 1 cup sugar
3 tablespoons flour
2 tablespoons cornstarch
1/2 teaspoon salt
1 cup evaporated milk
- 1 cup water
3 egg yolks
4 tablespoons margarine
Vanilla wafers, Bananas
1 teaspoon vanilla

Combine sugar, salt, flour and cornstarch on low heat. Add beaten egg yolks and milk. Cook until thickened. Add margarine and vanilla. Use one or more recipes of the filling depending on size of pudding. Place a layer of vanilla wafers in bowl or pan. Alternate layers of wafers, filling, bananas, filling, wafers, etc. until bowl is filled or filling is all used. Top with meringue and brown.

PEANUT PATTIES

- 2 cups sugar
1/2 cup water
1/2 cup light corn syrup
2 cups roasted peanuts
- 2 tablespoons margarine
1/2 teaspoon soda
Few drops of red food coloring
1 teaspoon vanilla

Mix sugar, water and corn syrup in sauce pan. Cook over medium heat (without stirring) until mixture boils. Cook until mixture will spin a short thread. Remove from heat. Add remaining ingredients. Beat until creamy. Drop quickly by tablespoonfuls onto waxed paper or onto lightly greased cookie sheet. Do not beat. Cool. Store in a covered container.

CHERRY CHEESE PIE

- 1 (9") Graham cracked crumb crust or baked pastry shell
1 (8 oz.) pkg. cream cheese, softened
1 (14 oz.) can sweetened condensed milk
- 1/3 cup lemon juice from concentrate
1 teaspoon vanilla extract
1 (21 oz.) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.

MOM'S SUGAR COOKIES

- 3 1/2 cups sifted all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
3/4 cup butter or shortening
1 cup sugar
- 1 egg, well beaten
1 teaspoon vanilla
1/2 cup milk
2 tablespoons sugar for sprinkling

Sift together first 3 ingredients. Cream butter, blend in sugar and add egg. Beat until light and fluffy. Stir in vanilla. Add flour mixture and milk alternately in several portions, beating well after each addition. Divide dough into 4 sections and chill. Roll out one section at a time on a floured surface to 1/4" thickness. Cut with 2 1/2" cookie cutter and transfer to greased cookie sheets. Sprinkle with sugar and bake in moderate oven (375°) for 12 to 15 minutes. Makes about 5 dozen cookies.

ZUCCHINI PIE

- 1 (9") double crust, unbaked
4 cups sliced zucchini
3/4 cup sugar
2 tablespoons minute tapioca
4 tablespoons lemon juice
- 1/2 teaspoon salt
2 teaspoons cinnamon
1 teaspoon nutmeg
2 teaspoons cornstarch
2 teaspoons oleo or butter

Line pie pan with pastry, combine remaining ingredients except butter. Pour into pie shell and dot with butter or oleo. Put on top pie crust. Brush with milk and sprinkle with sugar. Bake at 400° for 55 minutes, then reduce to 350° for 10 minutes more.

BUTTERED PECAN ICE CREAM

- 1 cup sugar
6 tablespoons flour
1/2 teaspoon salt
3 cups milk
4 eggs
- 2 cups brown sugar
1/4 cup margarine
1 cup pecans, finely chopped
2 pints half & half
2 teaspoons vanilla

Mix sugar, flour and salt. Add milk and eggs; whip with wire whip. Cook over medium heat until like a thin pudding; let cool. Chill in refrigerator for 2 to 3 hours. Meanwhile, thoroughly work brown sugar into melted margarine. Also, toast pecans lightly in a little margarine. Add brown sugar, nuts, half and half and vanilla to first mixture and freeze in ice cream freezer.

PEPPERMINT PINWHEELS

- 3/4 cup (1 1/2 sticks) butter, cut-up
3/4 cup sugar
1/2 teaspoon peppermint extract
1 1/2 cups sifted all-purpose flour
- 1/4 teaspoon baking powder
1/4 teaspoon salt
Red food coloring
Green food coloring

In small bowl of mixer, beat butter until creamy. Gradually add sugar and peppermint extract; beat until fluffy. Sift together flour, baking powder and salt; gradually add to creamed mixture, mixing well. Remove half of dough to another bowl (about 1 cup) stir in a few drops red food coloring. Tint dough remaining in mixer bowl with a few drops green food coloring, stirring until color is even. Roll green dough between sheets of waxed paper to form a 16 x 6-inch rectangle. Repeat with red dough. Invert red dough on green dough and peel off paper. Press gently with rolling pin. Roll dough up as for jelly roll from long side. Wrap in waxed paper and chill overnight. Slice 1/4-inch thick and place on buttered baking sheets. Bake at 350 degrees 10 to 12 minutes. Cool on wire racks. Store in airtight containers. Makes 64 cookies.

SWEDISH DELIGHTS

- 2 1/2 cups sifted all-purpose flour
1/4 cup sugar
1/2 teaspoon salt
1 teaspoon grated lemon peel
1 cup (2 sticks) cold butter
- 1 cup dairy sour cream
1 cup flaked or shredded coconut
1 cup chopped pecans
1/2 cup sweet orange marmalade

For dough, sift together flour, sugar and salt. Stir in lemon peel. Cut in butter with a pastry blender or two knives until mixture resembles coarse crumbs. Stir in sour cream with a fork until mixture begins to hold together. Knead with hands to combine and form into a ball. Refrigerate several hours or overnight. Combine coconut, pecans and marmalade for filling. Remove half of dough from refrigerator. Roll out on a well-floured board to form an 18 x 16-inch rectangle. Cut lengthwise into 4 strips (18 x 4-inches). Spoon about 1/4 cup filling down center of each strip, spreading gently to make a continuous line. Roll up each strip from long side as for a jelly roll. Seal edge. Cut each strip crosswise into 6 pieces. Cut 4 slits, 1/2-inch deep in sealed edge of each piece. Place on buttered cookie sheets, curving to open slit edge. Bake at 375 degrees for 15 to 17 minutes or until light golden brown. Cool on wire racks. Repeat with remaining half of dough. Sprinkle with confectioners sugar, if desired. Store in an airtight container. Makes 4 dozen.

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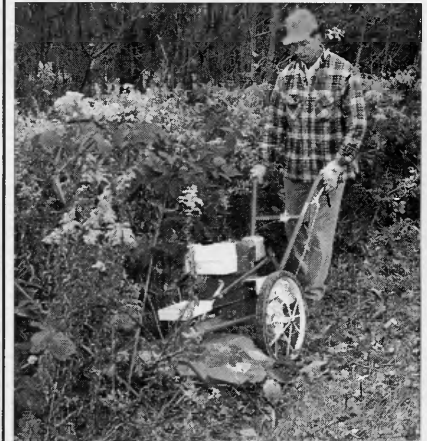
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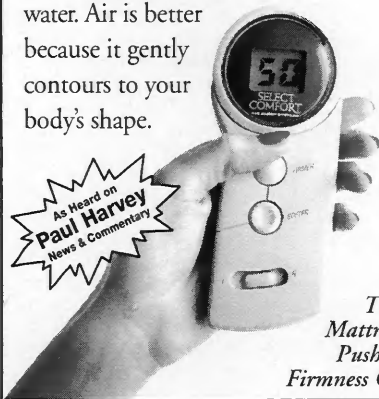
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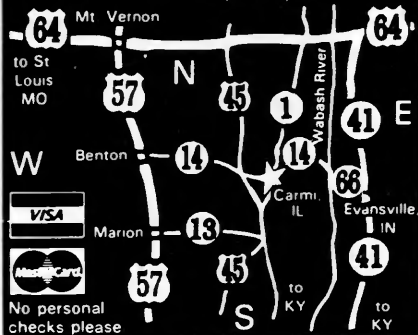
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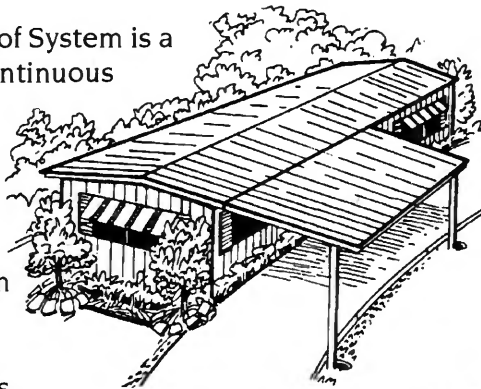
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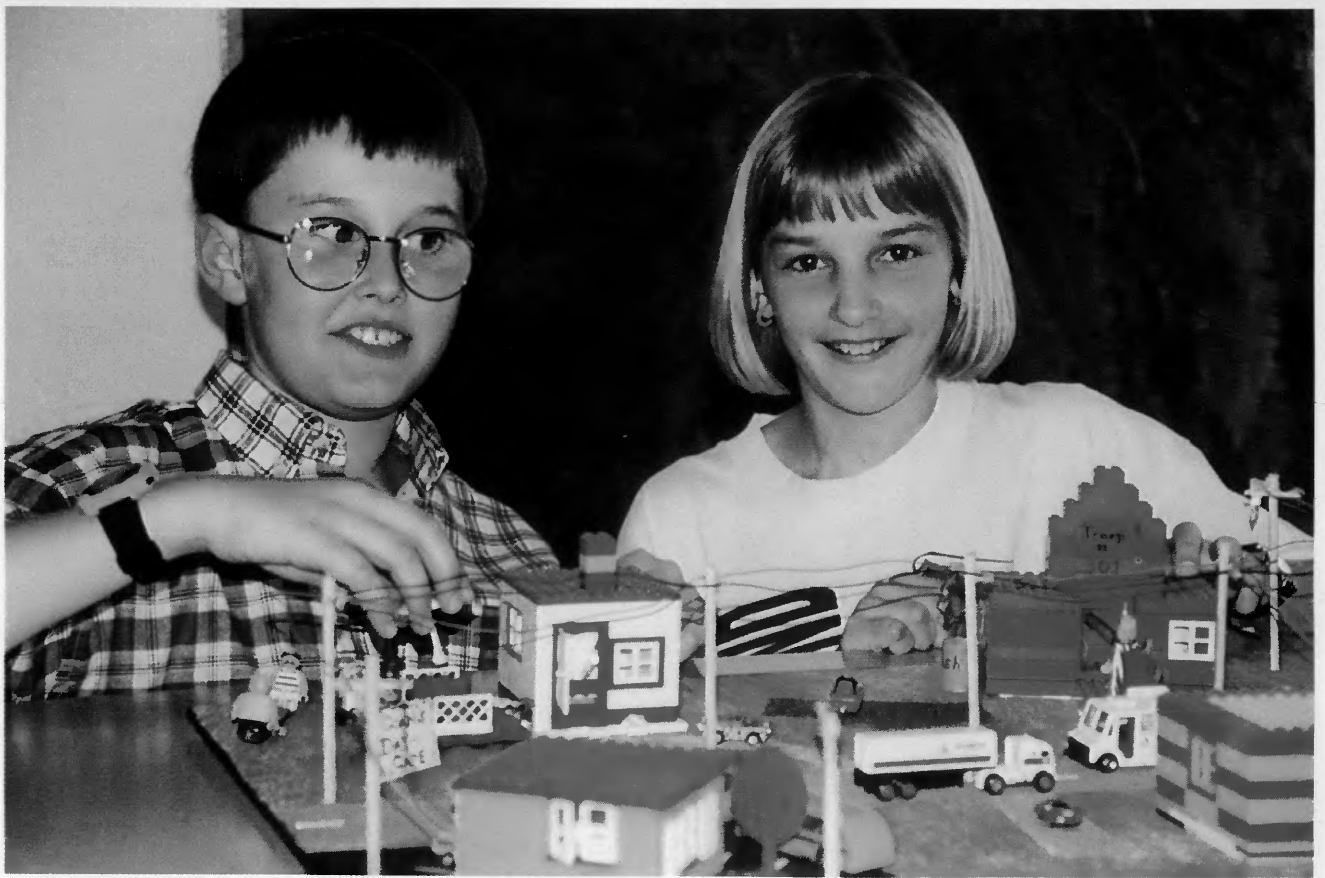
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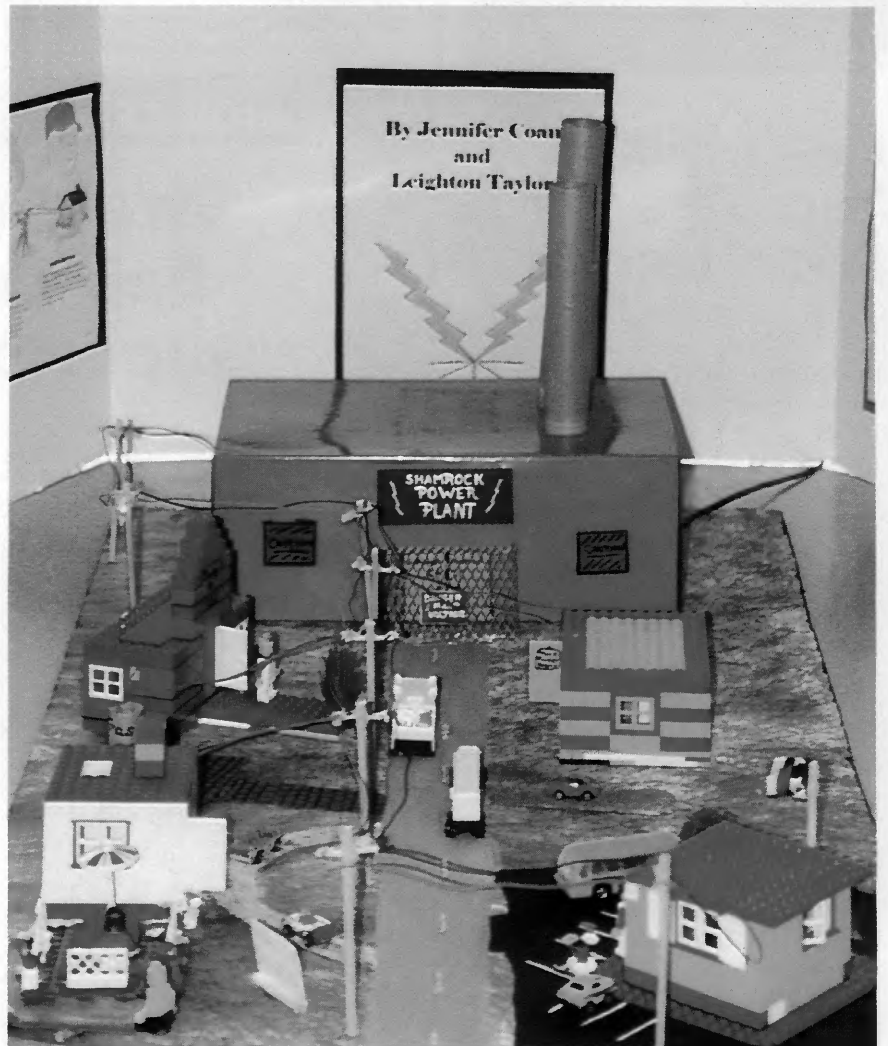
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Jennifer Coan and Leighton Taylor show off their power generation and distribution display. They put it together as a school science project, and it wound up on exhibit in the office of Norris Electric Cooperative.



School project gets co-op attention

Students' science display is model power system

The power plant that hummed away in the lobby of Norris Electric Cooperative's office for a while this spring was not really generating power. Instead, it showed how power is generated and sent through lines to homes and businesses.

The display is the handiwork of Jennifer Coan and Leighton Taylor, both of rural Newton. The two youngsters built the finely detailed setup as part of a fifth grade science project at East Junior High, at Ste. Marie. Jennifer is the daughter of Charlie and Mary Beth Coan, and Leighton is the son of Tom and Sue Taylor. Both families are Norris Electric members.

Jennifer and Leighton were assigned to do a project for school, and there were three alternatives: space, rocks or electricity. They had the opportunity to choose partners, too. Jennifer and Leighton paired off and decided they wanted to build an electrical project.

"They got the assignment on March 1," Mrs. Coan says, "and they worked together at least a couple of times a week for the entire month to get the job done. We were really pleased at how well they worked together and how ingenious they were at getting the project built. In addition to building the model,

they had to write a 500-word essay, too."

Their work kept them busy. The students did some research by asking for literature from the people with the nearest power plant — Central Illinois Public Service Co. — and by looking in the encyclopedia. And they set out to build a diorama. A shoe box made up the main part of the power plant, and a couple of pieces of plastic tubing became the "stacks." They installed a motor to simulate the hum of a power plant, and they built wires from the plant to the neighboring homes and businesses, which were made largely from a Lego set.

"The motor we have in it now is our second one," Leighton says, "and we got it and the first one from school. The first one died. We gave some thought to powering it with batteries, but by the time we figured out how many we'd need, we decided to try something else."

That "something else" turned out to be a power unit from a small household appliance, and his dad showed him how to install it.

Mrs. Taylor notes that the kids utilized just about anything that would work, using pieces of dowel rod for power poles and cutting the mesh off the outside of an automobile air cleaner for a

plant fence. The plastic core of a roll of adding machine tape became a trash can. "If it looked like it would work," she chuckles, "they took it, and we were sometimes a little nervous about leaving home while they were working, for fear of what they might 'appropriate.'"

As the project progressed, things got more creative. The kids wanted several different textured driveways, much like you would find in any neighborhood. They put a base of glue down in one yard and added some local sand to give it some texture. Another was built in much the same way, but with souvenir Florida beach sand, which had a little different color and feel. Yet another was painted to resemble brick.

The final product for Jennifer and Leighton was an interesting and impressive display. They received a participation ribbon at the science fair, which was not a competitive event. They also received an A+ on the project, which makes up a big part of their science grade.

Ernest Weber, Norris Electric manager, said, "We were impressed enough with the display — and the young people who built it — that we put it on display in our lobby. We believe those who came in and saw it were impressed, too."

SouthWater, Inc., begins Phase 1 of water system

SouthWater, Inc., a not-for-profit corporation created by Southern Illinois Electric Cooperative, Dongola, has acquired funding to begin the \$8.1 million Phase 1 of a water distribution system in southernmost Illinois. Phase 1 plans call for 45 miles of transmission pipe that will serve the areas of Pulaski, Mill Creek, the McClure-East Cape Water District and the Central Alexander Public Water District. A water treatment facility is also part of the project, as are wells that will tap into the system's water source, an underground aquifer where thousands of years ago the Ohio River joined the Mississippi. Government and cooperative officials officially launched the project in late April ceremonies at Shawnee Community College near Ullin.

Bids for the work are expected to be taken in the spring of 1996. Officials hope that water will be reaching SouthWater customers by the end of that year or the beginning of 1997. Planners are now working on securing rights-of-way and satisfying loan criteria.

They are also signing up customers. Before construction begins, said Larry Lovell, general manager of Southern Illinois Electric Cooperative, tap-on fees will be \$150. Those who decide to hook up later will find the fee is \$350. "After the line construction goes past your house, you will no longer be eligible for the \$150 fee,"

Lovell said. "It is important that we sign up as many people as possible now, so we can offer them that lower tap-on fee."

"Response has been very good," the manager added. "People have shown a lot of enthusiasm for the project."

Phase 1 is part of an estimated \$20 million system. For this first stage, SouthWater will receive \$3.177 million in grants and \$3 million in loans from the Rural Economic and Community Development Service, formerly known as the Farmers Home Administration. The Illinois Department of Commerce and Community Affairs (DCCA) has announced a commitment of \$1.6 million for the project.

"Response has been very good. People have shown a lot of enthusiasm for the project."

Lovell said, "Many of these communities have older, inefficient water treatment facilities, and increasing federal and state regulations make it harder for them to comply." A number of other meetings and an engineer's feasibility study

resulted as organizers sought funding.

"From the beginning it was obvious that to keep rates affordable a large amount of grant money would be necessary," Lovell said. "We immediately contacted Congressman Glenn Poshard (D-Carterville) and Congressman Jerry Costello (D-Belleville) for their endorsement. They were instrumental in setting up a series of meetings with federal and state officials to gather support for the project."

Speaking before the groundbreaking, Congressman Costello said, "Had it not been for the community leaders at the local level making the decision at the very first meeting, the application to DCCA and to the USDA would not have been submitted. I will continue to work with Mr. Poshard and with you on this important project to make sure we complete not only Phase 1 but the entire project."

Congressman Poshard stated, "This project is about understanding the importance of rural development in our communities. The U.S. Department of Agriculture is making an investment in the people of southern Illinois through its investment in this project. I truly believe the economic benefits of building this water distribution system will be experienced by those who live and work in this region for years to come."

SouthWater, Inc. is an entity separate from Southern Illinois Electric Cooperative. Each is designed to exist and operate on its own. SouthWater will sell water wholesale to existing communities and water districts that want to become a part of the system. It will also sell water retail to customers in unserved rural areas.

Exploratory wells will be drilled west of Sandusky in Alexander County to find the best site for source wells. The water treatment facility will be located near those wells.

**CRAFTS
to SEW**



5127: Accent your kitchen with this novelty potholder set. Sunbonnet girl hanger with adorable, ruffled skirt that transform into the perfect potholder. Directions, transfers.

ITEMS SUBJECT TO AVAILABILITY.

**PATTERNS
to SEW**
FASHIONS & CRAFTS

5572: Free and easy... clothes that move with you through the busiest times of your life. Dress, top, elastic waist pants and skirt are easy to sew and comfortable to wear. Misses' Sizes 8 to 18 are included in pattern.
5610: Wardrobe favorites you can rely on for unbeatable comfort: jacket, pull-on pants and skirt for knits. Misses' Sizes: State HH(6-8-10-12) or OO(12-14-16-18) when ordering.



ITEMS SUBJECT TO AVAILABILITY



5755: This top-stitched pullover dress or tunic has three quarter length dolman sleeves and a round neckline with front slit or button flap and optional patch pockets. Pull on skirt has circular flounce with elasticized waistline. Misses' Sizes State KK(8-14) or UU(16-22) when ordering.

ITEMS SUBJECT TO AVAILABILITY.

5759: Separates to sew in just 2 hours. Pull-on elastic cropped flared pants, shorts & full skirt all have side seam pockets.
Pullover top. Misses' sizes: State HH(6-12), NN(10-16) or WW(18-24) when ordering.
5761: Easy elegance for week-days. Dress with slim or full skirt, elasticized waist, button front bodice and short sleeves. Optional tie belt with contrasting scallop collar included. Misses' sizes 8-18 are included in pattern.



ITEMS SUBJECT TO AVAILABILITY

**PATTERNS
to SEW**
FASHIONS & CRAFTS

5651: Simply charming. Dress options: sleeveless or short sleeves, collar or collarless and with or without flounce. Sizes 2-8 years included in pattern.
5597: Three different looks for free spirited fun. Eight sizes are included in pattern, from 3 to 10 years.



ITEMS SUBJECT TO AVAILABILITY



5769: Wardrobe for the larger size woman. Included is unlined shoulder pleated jacket, elasticized ankle or knee length skirt and pants. Plus long sleeved tunic top with side slits and optional side seam pockets. Women's sizes FF(18W - 24W), GG(26W - 32W).

ITEMS SUBJECT TO AVAILABILITY.

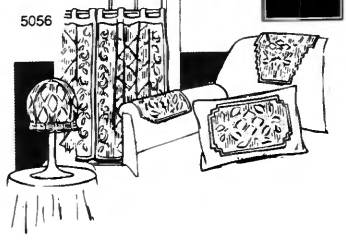


5045: Our dashing, smashing well-dressed bear is ready when your are! Tissue pattern for bear about 15" tall, includes Western, Sports & outdoor clothes.

ITEMS SUBJECT TO AVAILABILITY.

**CRAFTS
to SEW**

405: Sunbonnet quilt is easy to make. NO frame required. Use scraps. Pattern pieces, directions, yardages, details are included.
5056: Add warmth to the family room with the personal touch of crocheted home decorations. Directions for lampshade, curtains, pillow insert & three piece chair set. Use any fine weight cotton.



ITEMS SUBJECT TO AVAILABILITY

PATTERNS

TO: PATTERNS
Illinois Rural Electric News
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Springfield, Ill. 62708

I have enclosed \$ _____ (\$4.50 per pattern — cash, check or money order accepted) for the following patterns (please allow four weeks for delivery):

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State _____ Zip _____

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