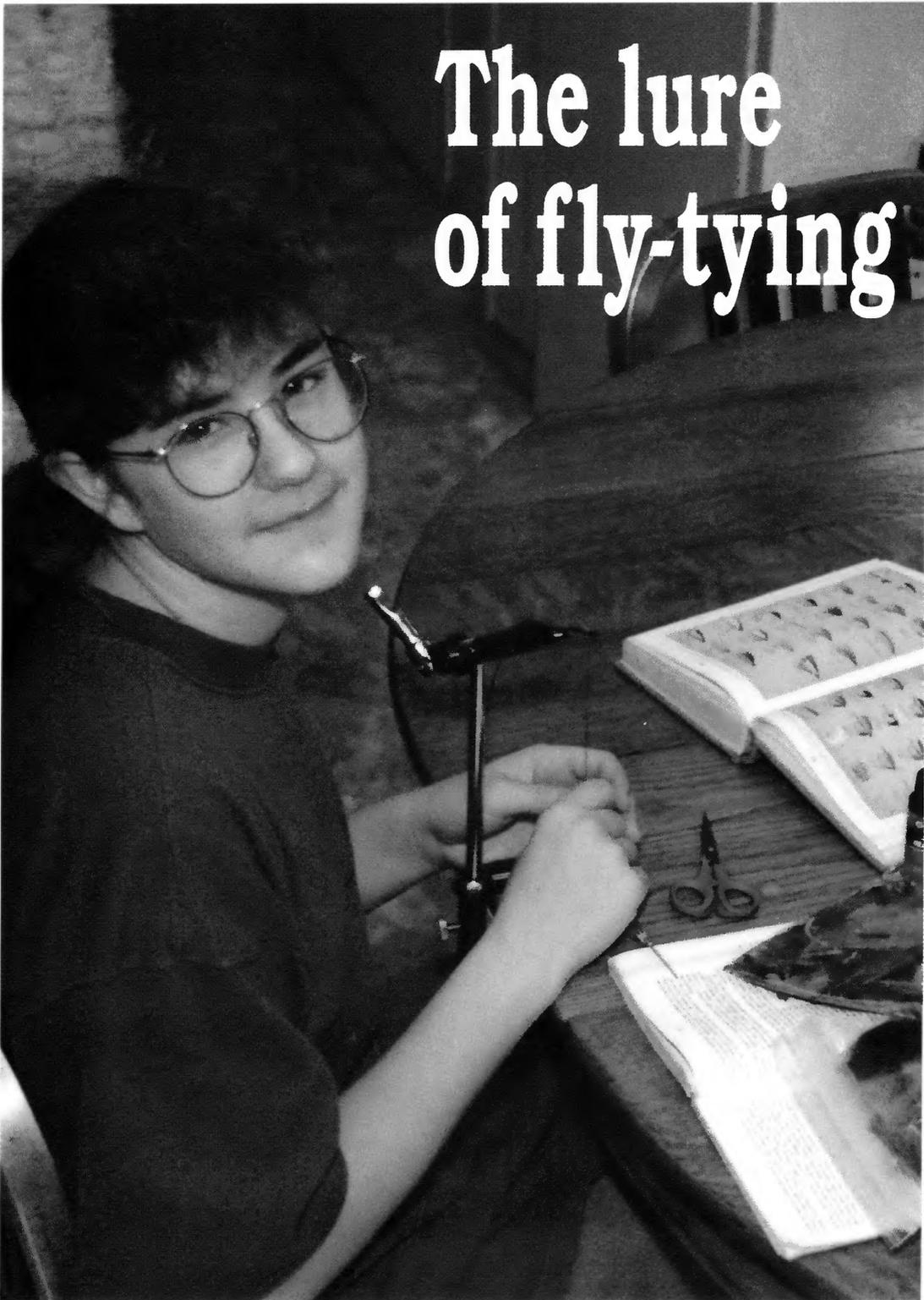


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## COUNTRY LIVING

May 1996



# The lure of fly-tying

■ **Security  
lighting**  
*see page 10*

■ **Shade  
planting**  
*see page 16*

■ **Illinois  
cooking**  
*see page 19*

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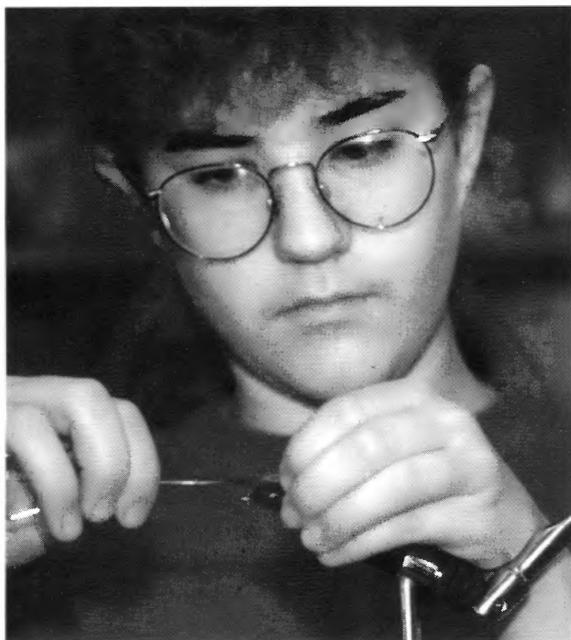
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# ILLINOIS COUNTRY LIVING



**About the cover:**

A career in marine biology may be in her future, but for now 12-year-old Stephanie Turkal is luring local fish with her homemade flies.

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# Illinois COMMENTARY

By Dr. Carl J. Getto, Dean and Provost, SIU School of Medicine

A patient suffering from severe foot ulcers appears in the office of a primary care physician in southern Illinois. The ulcerations and serious complications brought on by diabetes make this a case that probably needs the opinion of a specialist. That once required sending the patient off to a major



**Dr. Carl J. Getto**

medical center. But traveling hundreds of miles for a consultation, away from hometown medical and family support, may soon become the exception.

Working with Ameritech, SIU School of Medicine has initiated the

Ameritech-SIU Telemedicine Network, a project that uses advanced communication technology to enhance rural health care and medical education. The network connects medical and educational facilities in Springfield and Carbondale, providing real-time two-way communication with voice, image and data capabilities.

The program's primary focus is to develop a system for long-distance medical consultation and patient diagnosis. Rural Illinois physicians struggle with the distance that isolates them and their patients. But through telemedicine,

physicians and patients will have expanded access to specialized medical care.

SIU sites in both Springfield and Carbondale are equipped with television monitors to display local and remote images, including those from scanners, still and video cameras, X-ray viewers, and slide and video machines. There is also audio capability for biomedical sounds such as those from an electronic stethoscope. The faculty physicians who have tested the equipment are impressed with the exact and precise readings that are transmitted so, for example, they can see details of a suspicious skin lesion or hear a possible abnormality in a heartbeat.

The initial months of the program were spent dealing with many expected (and unexpected) technology hurdles. Our faculty has started using the equipment in less patient-sensitive situations such as teaching medical students, conducting medical grand rounds (a form of teaching discussion) for residents, and consulting on psychiatric treatment plans.

As an institution that has led the country in innovative approaches to medical education, SIU wanted to develop this exciting technology here in Illinois, both for patients and the students we teach. But because of the high cost and technological complexities, it took a business-education partnership to get things started. The network is implemented under Ameritech's Advantage Illinois infrastructure plan. The company provided equipment and expertise and is waiving telecommunications line charges for this first year, for a package valued at more than \$1 million. SIU is providing space, design expertise, and project management and administration.

In addition to finding the best ways for doctors to use this new technology, we must also find permanent funding for it, particularly as our state resources continue to shrink. When fully operational, the network will also help expand our continuing education program for

*(continued on page 18)*

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*Dr. Carl J. Getto was named dean and provost of Southern Illinois School of Medicine in 1993. He says that national leaders concerned about training enough primary care physicians for the future need only look to SIU, which has been consistently writing the right prescription for the problem.*

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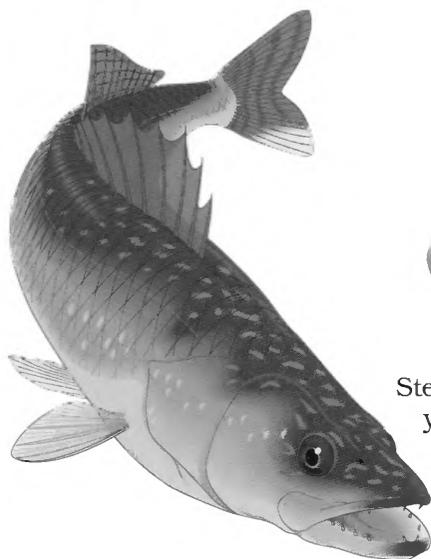
*"This is the first trimmer that I can honestly say I enjoy running."*  
*-- Elizabeth Hiller, Topeka, KS*



# The lure of fly-tying



*Stephanie works with her sister, Katie.*



Stephanie Tarkal is a lot like most 12-year-old girls in that she spends a good deal of time working away in her mother's kitchen. But unlike many girls her age, she's not putting all that time into learning to cook. Instead, she takes advantage of the lighting and space to tie fishing flies.

When she was just a little slip of a thing, her dad started teaching her to tie lures. Not too long after that, he passed away, but he left her with a solid grounding in the basics.

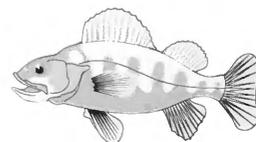
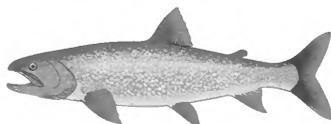
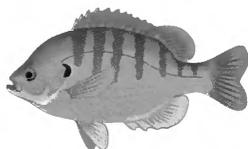
The Willow Hill girl has taken her fly-tying efforts to the Illinois State Fair twice, and has come home with "Superior" ribbons both times. Stephanie, who is a sixth grader at Yale Grade School, is a member of the Hunt City Country Kids 4-H Club, and competed under the auspices of that group. Before going to the state fair, she'd done well in the Jasper County

Fair, too.

"I was just 7 or 8 years old when Dad started teaching me," she says, "and I really took to it. It was something we enjoyed doing together, and he'd been doing it for a long time. He'd learned from a great-uncle in Michigan."

Her mother, Beth, and stepfather, Rick Nethery, both of whom are teachers in Oblong, have encouraged her to continue. Beth bought her a new vise not long ago, in fact. For the uninitiated, a vise is used to hold a hook, while the artisan does various things to it to change it from a plain hook to what, it is hoped, will look like a mouth-watering treat to a hungry fish.

"I've noticed that black, white, brown and yellow are attractive to fish," says Stephanie, who hopes to become a marine biologist someday. She has done much of her testing in



ponds near her home. "I do quite a bit of fishing," she says, "and I'd like to do a lot more."

While her parents are supportive, as are other family members. Her great-grandfather built her a cherrywood case to carry some of her equipment in, and it has a plexiglass top which enables it to double as a small display case. "I take it with me when I do demonstrations for friends and at schools," Stephanie says, "and there's room under the display space for some of my tools and supplies."

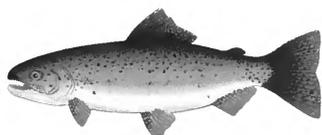
She uses all different kinds of things to make her flies attractive, ranging from bird feathers to chenille to floss to deer hair, and about anything else she thinks will work. After deciding that, the trick is to put something together that will look good to a fish and still stick together when wet.

"Some of my flies are really simple," she says, "and I can put them together in 10 to 15 minutes. Some of the more complicated ones take an hour or more. I'm thinking about trying a crawdad, and I expect to spend a day on it, because it's so complicated. I'm looking forward to it, though."

She notes that usually, the first step is to clamp a hook in the vise and wrap it with a winding of thread from the front down the length of the shank. "Then you decide whether or not to tie in a feather or two or three, and you wind back. You try to make it incline from front to back, and you want the front of the fly to look like a head. You put glue on it, tie in several knots so everything will hold together. Then you let the glue dry, and give it another coat of glue."

She notes that there are literally hundreds of existing fly designs that have been proven to work, and that there are books that tell how to make them in a step-by-step process. All the sportsman needs to add is dexterity, patience and practice.

"Dad had several books,"

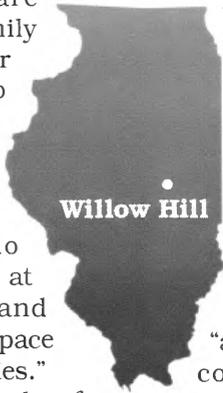


Stephanie says, "and I use them quite a bit. Of course, you can try different variations to see what might work best for you. You can use different colors of feathers, thread and so on."

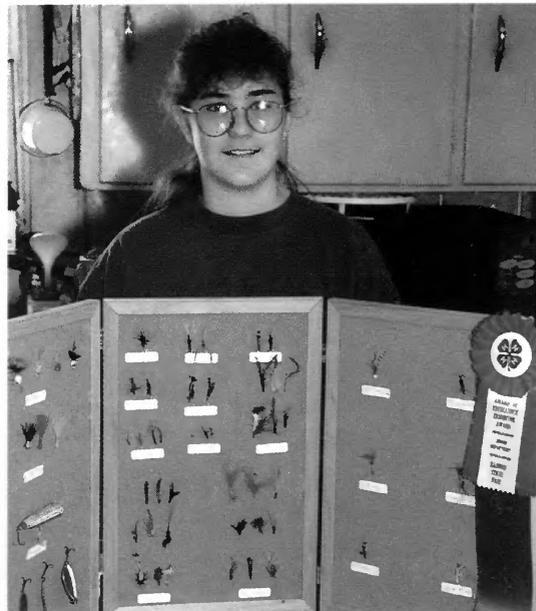
She notes that her dad had collected supplies over the years, and that she has "a ton" of stuff to use for making flies. "Dad had deer hair and feathers, which are good for dry flies, because they're supposed to float," she says, "and he'd bought a lot of different colors of threads and other things."

While Beth and Rick are not particularly interested in fly-tying, Stephanie's 10-year-old sister, Katie, is showing some interest. "I'm working with her," Stephanie says, "but she doesn't seem to have quite as much patience as I have."

Stephanie emphasizes that she's interested in more than just flies. "I make all kinds of lures," she says, "including jigs, poppers, spoons and just about anything that I think will catch fish. I use worms, too. If something will catch a fish for me, I'll use it."



*Stephanie, displays some of her winning flies*



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21	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
22	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
23	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
24	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
25	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
26	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
27	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
28	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
29	10.90	9.70	11.50	11.40	18.75	18.55	35.42	35.00
30	10.95	9.70	11.50	11.40	18.75	18.55	35.42	35.00
31	11.05	9.85	11.50	11.40	18.75	18.55	35.42	35.00
32	11.15	10.10	11.50	11.40	18.75	18.55	35.42	35.00
33	11.25	10.35	11.50	11.40	18.75	18.55	35.42	35.00
34	11.50	10.65	11.50	11.40	18.75	18.55	35.42	35.00
35	11.80	11.00	11.50	11.40	18.75	18.55	35.42	35.00
36	10.21	11.40	11.80	11.60	19.38	18.96	36.67	35.84
37	10.63	11.80	10.25	11.80	20.42	19.59	38.75	37.09
38	11.13	10.21	10.67	10.09	21.46	20.21	40.84	38.34
39	11.71	10.63	11.17	10.59	22.71	21.46	43.34	40.84
40	12.34	11.05	11.67	11.34	23.96	23.13	45.84	44.17
41	13.00	11.46	12.25	11.67	25.21	23.96	48.34	45.84
42	13.71	11.88	12.84	12.25	26.25	25.21	50.42	48.34
43	14.50	12.30	13.59	12.67	27.71	26.25	53.34	50.42
44	15.34	12.80	14.25	13.00	29.38	27.30	56.67	52.50
45	16.25	13.34	15.34	13.34	31.05	28.13	60.00	54.17
46	17.21	13.96	16.50	14.00	33.13	28.96	64.17	55.84
47	18.21	14.63	17.84	14.67	35.00	30.00	67.92	57.92

#### MONTHLY RATES

Issue Age	\$50,000		\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female	Male	Female
48	19.30	15.34	19.25	15.67	37.50	31.05	72.92	60.00
49	20.46	16.09	20.84	16.92	40.00	32.71	77.92	63.34
50	21.67	16.88	22.75	18.34	42.92	33.96	83.75	65.84
51	22.92	17.71	24.67	19.67	45.84	36.46	89.59	70.84
52	24.17	18.63	26.92	21.00	49.17	39.38	96.25	76.67
53	25.50	19.59	29.34	22.67	52.50	42.30	102.92	82.50
54	27.00	20.55	31.84	24.42	56.67	45.42	111.25	88.75
55	28.75	21.46	34.92	26.25	61.88	48.75	121.67	95.42
56	30.55	22.21	38.34	28.25	67.30	52.30	132.50	102.50
57	32.38	22.80	41.67	30.34	73.55	56.46	145.00	110.84
58	34.50	23.46	45.50	32.75	80.21	61.46	158.34	120.84
59	37.09	24.46	50.09	35.34	88.34	67.30	174.59	132.50
60	40.42	26.05	55.67	37.84	97.71	73.55	193.34	145.00
61	44.50	28.17	62.50	40.34	109.17	80.42	216.25	158.75
62	49.21	30.71	70.34	43.34	121.46	88.75	240.84	175.42
63	54.50	33.67	78.75	46.92	135.42	98.55	268.75	195.00
64	60.34	37.05	87.75	51.34	150.84	109.80	299.59	217.50
65	66.67	40.84	96.84	56.17	168.13	121.88	334.17	241.67
66	73.00	44.96	106.17	60.84	187.30	131.46	372.50	260.84
67	79.34	49.42	115.17	65.50	207.30	141.46	412.50	280.84
68	86.46	54.38	125.17	69.67	229.59	152.09	457.09	302.09
69	95.17	59.92	137.17	72.92	257.30	161.67	512.50	321.25
70	106.25	66.25	152.92	75.42	292.50	170.42	582.92	338.75
71	—	—	171.34	82.42	332.92	187.30	663.75	372.50
72	—	—	192.09	91.00	378.75	207.92	755.42	413.75
73	—	—	215.50	102.09	430.21	234.38	858.34	466.67
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- Vinegar is credited for saving the lives of thousands of soldiers during the U.S. Civil War?
- In 400 B.C. Hippocrates, considered the father of medicine, used vinegar to treat his patients?
- Vinegar was used as a healing dressing on wounds and sores in Biblical times?
- Those of the ancient world combined vinegar with plants for maximum medicinal value?
- Without vinegar, Hannibal's march over the Alps to Rome may not have been possible?

## Research Shows . . .

- Complex carbohydrates and dietary fiber have been recommended by the U.S. Surgeon General to help build resistance to cancer.
- 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.
- One third of the population uses some form of alternative medicine. The National Institute of Health has recently established, for the first time ever, an Office of Alternative Medicine. The new agency is almost entirely dedicated to exploring the value of old-time, traditional, low-tech health remedies.

## Vinegar And . . .

Apple cider vinegar may not solve the world's problems but, countless studies through the years have shown that many people believe this golden liquid is one of the most healthful, nutrient filled fluids known to mankind.

Good health begins with a body which is maintained every single day by good eating and health practices. Vinegar has been for many years a non-conventional therapy for pain relief as well as an age-old remedy with

a variety of uses, from cleaning and cooking to the fight against disease.

Here's just a sampling of the information you'll find in "The Vinegar Book" . . .

- Add this to vinegar to treat infections around the eyes and in the ears... pg. 9
- Try this remedy for stings of bees, wasps & jellyfish... pg. 61
- Remove water scale build-up on glass shower doors... pg. 37
- Prevent blemishes with this facial mask... pg. 4
- Vinegar and "this" will chase bugs from garden foods... pg. 26
- Want to make your own pickles? Great tips... pg. 49
- Stop the growth of mold. Absorb odors. Remove stains. Cut grease... pg. 35
- Vinegar and Memory... pg. 12
- A healthy salad dressing... pg. 3
- Help ease arthritis discomfort... pg. 15
- Why is organic vinegar important? ... pg. 57
- Make your own herb vinegars... pg. 26
- Need extra relief for sprained muscles?... pg. 6
- Kill dangerous bacteria such as salmonella and streptococcus with... pg. 22

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# TECHNOLOGY AND YOU

## Security lights and your home

**Q.** *I cannot afford a security system or the high electric bills from leaving outdoor lights on all night. How much does it cost to operate motion-sensing security lights and which ones are best? - T. A.*

**A.** Automatic motion-sensing outdoor lights are one of the best security options for any home. They are now available as decorative lanterns, post lights, standard two-bulb floodlights and extra bright halogen lights.

If you already have an outdoor light, just attach an inexpensive add-on motion-sensing control to it. The light can still be operated as a normal light. Just flip the switch twice and the light stays on as normal.

Motion-sensing lights use only a fraction as much electricity as leaving lights on all night. Installing them can easily save more than \$100 per year in electric bills and pay back their cost in several months.

Easy-to-install solar-powered motion-sensing lights operate for free and use no wiring. Once installed, they require no maintenance. These are ideal for remote areas, garages or storage sheds with no electricity available.

The sun charges the built-in battery during the day. One day's charge provides enough power to switch the light on and off more than 150 times. I use an extra

bright solar model with a fluorescent bulb on my tool shed.

In addition to saving electricity, outdoor motion-sensing lights make a would-be thief think he was seen. The ones that I use in my front yard have a transmitter to also switch on an indoor lamp (or alarm) for extra security.

Although many outdoor motion-sensing lights look similar, don't just buy the least expensive one. There are significant differences in the level of sensitivity, range of coverage, and convenience and security features.

The angle of coverage for floodlights and decorative lanterns ranges from a 110 to a 226-degree arc. A greater coverage arc reduces the chance that a burglar can sneak around it. Some decorative post lights provide 360 degree total coverage. The built-in sensor lens is tinted, so it is not obvious.

Adjustable distance sensitivity ranges from a maximum of 30 feet on cheaper ones to a maximum of 100 feet on the best motion-sensing lights. The on-time, after no motion is detected, is adjustable from one to 20 minutes.

A new feature is a two-level light. The outdoor light can be set to stay on from one hour to all night at a dim (20 percent full brightness) energy saving accent level. When motion is detected, it switches to full brightness for several minutes. This provides security and accent lighting in one fixture.

Write for Utility Bills Update No. 799 showing a buyer's guide of 10 motion-sensing electric and solar-powered security lights listing styles, sensitivity arc and distance, features, prices and a cost to operate chart. Please include \$2.00 (with checks payable  
*(Continued on page 18)*

---

*James Dulley is a mechanical engineer who writes on a wide variety of energy and utility topics. His column appears in a large number of daily newspapers.*

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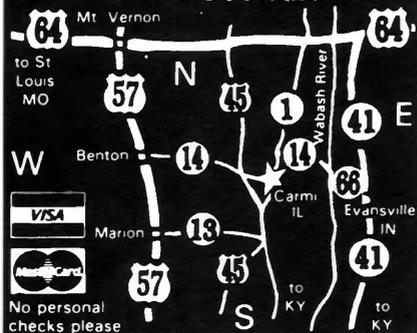
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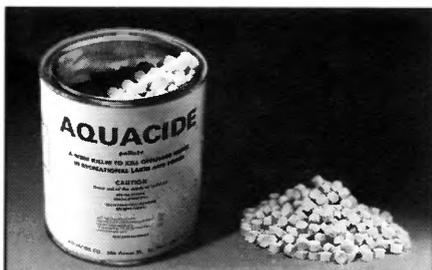
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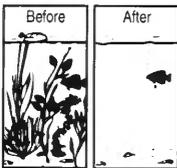
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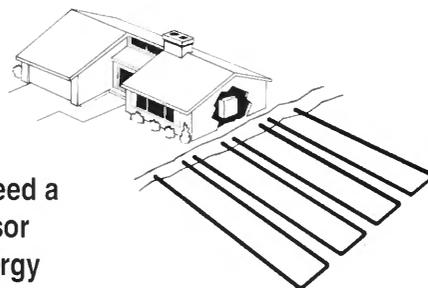
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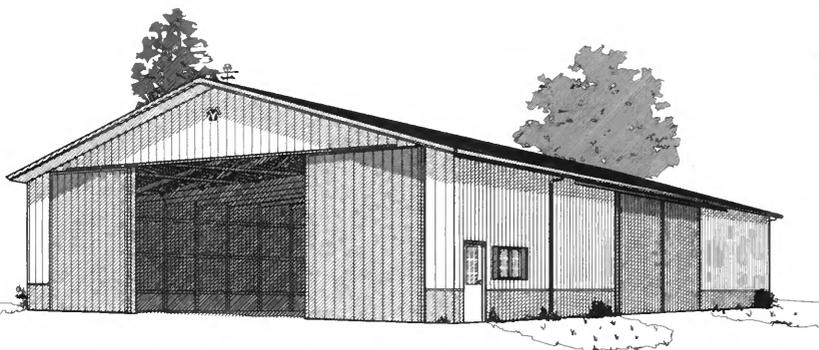
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# Safety

# AROUND YOUR HOME

Don't let  
earth-moving  
put you under



**Bill Campbell**

I was thinking the other day about some potential changes in my yard. You have probably considered some in yours. Most seem to require dirt work. The first couple of shovels-full are exhilarating, but it soon becomes *work*. If you are like me, your mind explores alternatives. I discovered several options as I passed an equipment rental lot last week. If you decide to rent equipment to save time, make sure to take time to read operating instructions or ask for an equipment demonstration.

One commonly rented piece of equipment is the skid-loader. These machines come in various sizes all the way down to those that fit through wide walk-in doors. They can be handy for handling dirt, sand, gravel and even fair-sized rocks. With proper instruction and a little practice, most people become good operators in a short amount of time. In many cases, the only requirement to rent these machines is a vehicle that can pull the transporting trailer from the rental lot to your location. Did you notice I did not say there was a requirement for operation instructions? You may need to ask for owner's manuals or instructions if you want to use the loader safely.

I would like to cover a few safety considerations when using skid-loaders. First, due to the short wheel-base and narrow tread, they should always be used with roll over protection (ROPS) and a seat belt to hold the operator in the seat in the

event of tips or severe rocking motion while in use. This is especially important as loads are lifted high off the ground, making the loader more likely to tip over. Always carry loads low when transporting with a loader. It is safest to raise the load after you arrive at the destination and the loader is sitting still. Passengers should **never** be allowed on skid-steer loaders, since there are no seats and seatbelts provided for their safety. The rule against passengers also applies to the loader bucket. Several people have been injured or killed in Illinois by falling from buckets and being run over by the machine's tires.

Second, never enter or exit the loader operator station unless the engine is turned off and the loader arms and bucket have been lowered to the ground. Entrance or exit with the engine on can result in inadvertent activation of controls and the possibility of being run over by the machine. If the loader arms are up, they can be lowered even when the engine is off if the control is bumped or a hydraulic hose breaks.

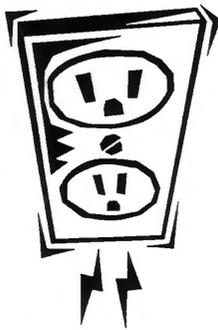
There are a variety of attachments for skid-steer loaders. You need to check on availability from the rental location you will use. Each of these will have their own set of safe operating procedures. Again, ask for operator manuals and request demonstrations to avoid safety problems.

Remember that digging trenches or leaving vertical walls on dirt piles can cause cave-ins. Use proper wall stabilization in trenches and cut off vertical piles to prevent possible burial or suffocation of workers or children in the area.

Rental equipment can make your yard-work jobs more manageable, but remember, the equipment you rent will not save you time if improper use results in an injury or death.

---

*Bill Campbell is an Extension Educator, Farm Systems, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to Campbell in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: 217-782-6515. E-Mail: campbellw@idea.ag.uiuc.edu*



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Your snoring keeps her up at night and she doesn't get a good night's sleep. How can she wake up rested and refreshed if all night long she is trying to sleep and your snoring is irritating her nerves.

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My wife told me: "If a Genie gave me 3 wishes, my first wish would be for you to stop snoring so I could get a good night's sleep without all that noise you make every night."

Now, understand, that I have never heard myself snore. My wife has threatened to tape record the "noise" many times - but she ends up leaving the bedroom and sleeps in another room in the house.

I don't like my wife sleeping in another room so I've tried many different ways to stop snoring. I wore a gadget that gave me an electrical shock every time it heard the noise of snoring (or any other noise). I wore a sport bandages across my nose, it allowed me to snore louder than ever according to my wife. I took antihistamine pills at night thinking that they would help. I tried nose drops, special stop-snoring pillows, elastic chin bands - **Nothing helped.**

I finally went to my doctor and asked him to help me stop snoring.

My doctor wanted to do lazer surgery to shorten the uvula in my throat. I don't want to have the uvula burned away over a period of weeks. Who knows what would happen to my throat later on, not to mention the pain and healing time needed between each lazer surgery procedure.

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When all else failed...I asked one of the leading vitamin laboratories in America to help me develop and formulate an all natural cure for snoring. Their researchers and product development people worked hard to perfect the correct mix of **100% Natural ingredients** to help your body build its own resistance to snoring.

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## 100% Natural Anti-Snoring Tablets

Thousands of couples across America may soon be getting a good night's sleep thanks to the 100% Natural **SNORE-BE-GONE** tablets. Imagine, no longer getting elbowed in the side, punched in the arm or shoulder, or just yelled at when you are snoring in the middle of the night.

Snoring is one of wife's biggest complaints when discussing their husbands. More couples sleep in separate rooms because of the snoring "noise" than anyone would suspect...and yet, up till now, there really wasn't an easy, healthy, practical way to overcome snoring and the annoying sounds associated with it.

It doesn't matter if you're a man or woman, if you sleep on your back, side or chest, if you breathe through your mouth, nose or both - **SNORE-BE-GONE** will significantly cut down on your snoring and most likely even stop your snoring completely. Why not try **SNORE-BE-GONE** tablets! Stop snoring and start sleeping with your wife again.

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MHH - Conn.

"Thank God! I can now sleep through the night without "snoring noises" waking me up. I am relaxed and ready-to-go in the morning. **SNORE-BE-GONE** is the greatest! It made our bedroom a wonderful place to be and made our married life more relaxed and fulfilling."

SSH - Conn.

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# Your YARD AND GARDEN

## Plants that are made in the shade



**Dave Robson**

The list of garden plants available to Illinois gardeners, including trees, shrubs and perennial, biennial and annual flowers, runs into the thousands. Of course, not all plants are hardy throughout the state. Those residents fortunate to live in the bottom third have a few hundred more plants from which to select.

When landscaping, the vast majority of plants thrive in full sun. Flowering trees and shrubs tend to peak when exposed to at least eight hours of sunlight per day during the growing season.

Growing plants in the shade is more difficult. The number of shade-loving plants is somewhat limited, though maybe not as low as most people think. Many plants will grow in the shade but fail to bloom adequately. Forsythia and lilac are examples; since neither of these plants are attractive without blooms, it doesn't make much sense to try to grow them in the shade.

Similarly, bearded iris won't bloom in the shade. Yet the flat, silvery green, fan-shaped foliage gives a nice contrast to many shade plants. You also won't have to divide the plants as often.

Few garden plants grow in deep shade, with the exception of some ferns and hostas. However, most homeowners do deal with 100 percent shade. Morning, evening, filtered or reflected sunlight provide enough light for so-called shade plants to grow.

Some shade plants won't thrive in the sun; like many fair-skinned people, they'll sunburn if exposed to

---

*David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, Cooperative Extension Service, University of Illinois. You can write to Robson in care of Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. Telephone: 217-782-6515. E-Mail: robsond@idea.ag.uiuc.edu*



too much sunlight. In some cases, shade plants prefer the root system to be shaded or kept cool. Redbuds and dogwoods fall into this category as understory, or forest-fringe trees.

Below is a list of shade loving woody ornamentals to provide some height in shady areas, or to underplant beneath large trees. The list isn't all-encompassing. Scientific names are included since common names may vary between locales. Remember when planting to avoid disturbing large masses of the root system.

### **Small deciduous trees**

Acer ginnala (Amur maple)  
Amelanchier laevis  
(Allegheny Serviceberry)  
Carpinus caroliniana (American Hornbeam - dense shade)  
Cercis canadensis (Redbud)  
Chionanthes virginicum  
(White Fringe Tree)  
Cornus alternifolia  
(Pagoda Dogwood)  
Cornus florida (Flowering Dogwood)  
Cornus kousa (Kousa Dogwood)  
Halesia carolina (Carolina silverbell)

### **Deciduous shrubs**

Aesculus parviflora  
(Bottlebrush buckeye)  
Aronia arbutifolia (Red Chokeberry)  
Aronia melanocarpa  
(Black Chokeberry)  
Calycanthus floridus  
(Common Sweetshrub)  
Clethra alnifolia  
(Summersweet Clethra)  
Fothergilla gardenii  
(Dwarf Fothergilla)  
Hamamelis vernalis  
(Vernal witchhazel)  
Hibiscus syriacus (Rose-of-Sharon)  
Hydrangea paniculata "Tardiva"  
(Tardiva hydrangea)  
Hydrangea quercifolia  
(Oakleaf Hydrangea)  
Hydrangea petiolaris  
(Climbing Hydrangea vine)

*(continued on page 18)*

# Illinois FUNNYBONE

• An elderly couple were sitting on the porch swing enjoying a lovely evening. The man said to his wife that he was going inside to get some ice cream and asked if she would like some.  
 "Yes, I would," she said, "but I'd like some chocolate syrup on it. You better write that down because you know how forgetful you are."  
 "I don't need to write it down," he said. "I've got it. One scoop and chocolate syrup."  
 "Yes," she said. "And put some nuts on it, too. Can you remember that?"  
 "Of course, I can remember that—one scoop, chocolate syrup and nuts." "And put a cherry on top of that. Now can you

remember all that—you know how forgetful you're getting."  
 "I've got it, Martha! I've got it!" For the next 10 minutes, she could hear him rummaging around in the kitchen, banging pots and pans and whatnot. Finally he showed up with two plates of scrambled eggs and bacon.  
 "See, what did I tell you?" she said, throwing up her hands. "You didn't write it down and now you forgot the toast!"  
**Mrs. Roland S. Pike**  
**Paris**

• I came from the city and married my farm sweetheart. While trying to make ends meet I raised baby chickens. One day seeing a skunk sneaking towards my chickens, I bravely grabbed a spade and delivered a killing blow.  
 No one had told me skunks spray from the rear.  
**Virginia Sturtz**  
**Mt. Carroll**



Is there a funny story in YOUR family (that's proper for a family magazine)? Illinois Country Living pays \$5.00 for each joke chosen for Illinois Funnybone. Send your humorous story to Illinois Funnybone, P.O. Box 3787, Springfield, IL 62708-3787.

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## Illinois Commentary

(Continued from page 4)

practicing physicians downstate.

Again this year, I'm pleased to report that the percent of graduating seniors nationally who selected primary care for their residency training

increased. I'm very proud that SIU continues to be one on the few schools ahead of the national curve with 65 percent of our class of 1996 choosing primary care.

But while more physicians are entering primary care, the challenge is distributing well-trained primary care providers

to areas where they're needed the most. SIU is working hard to train the state's next generation of physicians. Telemedicine may be a technology that can help us to provide quality health care for all of Illinois.

## Today's Technology

(Continued from page 10)

to: "Jim Dulley") and business-size SASE, and send to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

**Q.** I have added an insulating pad under my carpet and now I have

**to cut one inch off the bottom of my wooden bathroom door. What is the best way to saw it so it doesn't splinter? - J. S.**

**A.** If your house has inexpensive wood doors like mine, they splinter and leave a rough edge. First, plan to cut enough off to leave at least a 1/2 inch gap for

adequate air inlet area when the bath vent fan is running.

Using a sharp utility knife, score a deep groove along the cut line. This will keep the veneer edge from getting rough. Carefully saw along the bottom edge of the groove. Sand the edge.

## Your Yard and Garden

(Continued from page 16)

Kerria japonica  
(Japanese Kerria)  
Ilex verticillata  
(Common Winterberry holly)  
Myrica pennsylvanica  
(Bayberry)  
Philadelphus coronarius  
(Sweet Mockorange)  
Potentilla fruticosa  
(Potentilla, bush cinquefoil)  
Rhus aromatica "Grow Low"  
(“Grow Low” sumac)  
Viburnum dentatum  
(Arrowwood viburnum)

Viburnum lantana  
(Wayfaringtree)  
Viburnum prunifolium  
(Blackhaw viburnum)  
Viburnum trilobum  
(American Cranberrybush)

### Evergreens

Ilex crenata 'Border Gem'  
(Border Gem Holly)  
Mahonia aquifolium  
(Oregongrapeholly)  
Pieris japonica (Japanese Pieris)  
Pinus mugho mugho  
(Dwarf mugho pine)  
Taxus spp. (Yews)  
Tsuga canadensis  
(Canadian Hemlock)

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# FINEST COOKING



Our cookbooks this month are from the First Baptist Church of Mason City and the Christian County Youth Advocacy Coalition in Taylorville. The 84-page Mason City Baptist offering costs \$8.50, plus \$1.50 for shipping. It's available from Frances Eddy at 309 S. Logan St., Mason City, IL 62664-1353. Her phone number is (217) 482-3688.

The Christian County Youth Advocacy Coalition book has 66 pages of recipes plus various charts and tables, and costs \$5, plus \$2.50 for shipping. It's available from Linda Smith at the Christian County Cooperative Extension Service, 1320 N. Webster, Taylorville, IL 62568. The phone number there is (217) 287-7248.

As usual, if you notice style differences in the recipes we print, it's because we're trying to keep them as similar as possible to those in the books, so you can get an idea how easy or difficult the ingredient lists and instructions are.

## From First Baptist Church, Mason City

### Fresh tomato salsa

- |   |   |
|---|---|
| 2 tablespoons red wine vinegar                                      | 1 tablespoon minced Serrano Chilies or jalapeno |
| 2 tablespoons olive oil   | 1/4 cup green chilies, minced                   |
| 1 tablespoon brown sugar  | 1 tablespoon cilantro                           |
| 2 cloves garlic   | 1/2 teaspoon dried oregano                      |
| 1 tablespoon honey  | 1/2 teaspoon red pepper (cayenne)               |
| 6 to 8 large tomatoes, scalded, peeled, cored and chopped or mashed | 1/2 cup green pepper, chopped                   |
|   | 1/8 teaspoon ground cumin                       |

Bring first 4 ingredients to a boil. Cook until reduced to half. Add honey. Remove from heat and add the remaining ingredients, stirring well. Cover and chill overnight. Keep refrigerated when not in use.

### Sauerkraut

("Easy and the best")

- |                  |                    |
|------------------|--------------------|
| 1 teaspoon salt  | 1 teaspoon vinegar |
| 1 teaspoon sugar |                    |

Prepare cabbage and pack in quart jar. Add ingredients and cover with boiling water. Leave an inch at top of jar. Seal and store in cool place. Will be ready for use after 3 weeks.

### Horseshoes

Yvonne Cooper

#### Cheese Sauce:

- |                   |                       |
|-------------------|-----------------------|
| 2 Tbsp. margarine | 1 c. milk             |
| 2 Tbsp. flour     | 8 oz. Velveeta cheese |
| 1/4 tsp. salt     |                       |

**Note:** This works well in a double boiler. Prepare Cheese Sauce first. Melt margarine. Stir in the flour and salt. Add milk: stir until thickens. Add cheese; stir until melted. Makes enough for 4 to 5 shoes.

**Horseshoes:** Put toast on plate, then your choice of meat (sliced ham works well). Cover meat with Cheese Sauce and French fries on top of cheese.

### Texas Potatoes

Marie Robertson

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 11/2 lb. hash brown potatoes, thawed | 8 oz. sour cream               |
| 1 can cream of chicken soup          | 1/4 c. butter, melted          |
| 1/2 can milk                         | 6 to 8 oz. mild cheddar cheese |

Mix potatoes, butter, sour cream, milk, soup and 1/2 cheese. Save other half for top. Pour in 9 x 13-inch baking dish. Bake in 375° oven for 45 minutes.



## Christian County Youth Advocacy Coalition

### Italian spaghetti sauce

Bonita Brewer

#### Sauce:

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1 cup onion, finely chopped           | 2 tablespoons vinegar             |
| 1 green pepper, finely chopped        | 1 tablespoon sugar                |
| 1/2 teaspoon garlic powder            | 3 teaspoons salt                  |
| 3 large (15 ounces) cans tomato sauce | 1 teaspoon black pepper           |
| 1 can tomatoes (#2 size)              | 1 teaspoon celery salt            |
| 2 8-ounces mushroom pieces, drained   | 1 teaspoon crushed oregano leaves |
| 2 tablespoons Worcestershire sauce    | 1 teaspoon basil                  |

In a large skillet or pan, brown 3 pounds of ground chuck, drain. Add the sauce. Simmer slowly for 1 hour with no lid.

### Sherry Beef

Bonita Brewer

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 3 lbs. chuck (cubed)              | 2 cups cream of mushroom soup |
| 3/4 cup sherry wine (optional)    | 1/2 envelope dry onion soup   |
| 1 lb. mushrooms (fresh or canned) |                               |

Combine all ingredients in a crock pot and stir once. Cook 8 hours. This can be served over rice or noodles.

### Crab meltaways

Jan Huber

- |                              |                          |
|------------------------------|--------------------------|
| 6 English Muffins-split open | 6 1/2 ounces crab meat   |
| 1 stick margarine            | 2 tablespoons mayonnaise |
| 1 small jar Cheeze Whiz      | dash salt/pepper         |

Cut muffins in fourths. Mix mayonnaise, cheese and margarine. Add crab meat. Put one teaspoon on each muffin piece. Freeze. Bake at 350 degrees for 10 minutes or broil.

### Crock pot pizza

Cheryl Somers

- |  |                                      |
|--|--------------------------------------|
| 1/2 pound hamburger, turkey or sausage | 1 can spaghetti sauce                |
| 1 onion                                | 1 can pizza sauce                    |
| 1 green pepper                         | 1 bag "Kluskis" egg noodles          |
| 1 package pepperoni                    | grated mozzarella and cheddar cheese |
| 1 can mushrooms                        |                                      |

Brown hamburger, onion and green pepper. Add sauces and simmer. Cook noodles as per directions on bag. Layer in crock pot: ground beef mixture, noodles, cheese and pepperoni until full. Cook on low until cheese melts.

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Additional Words \_\_\_\_\_ (use separate sheet if needed)

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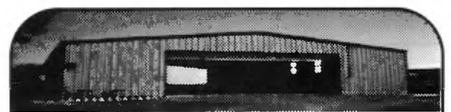
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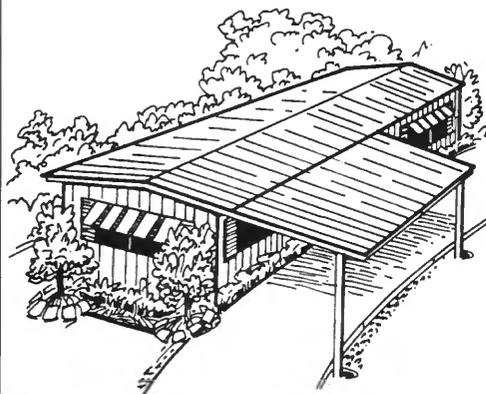
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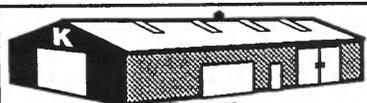


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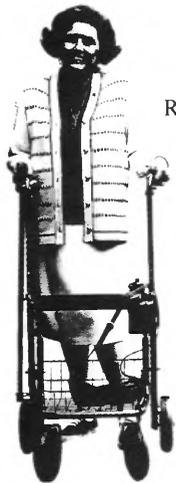
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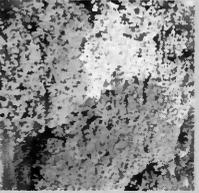
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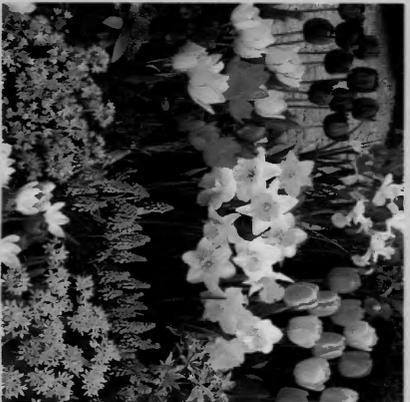
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