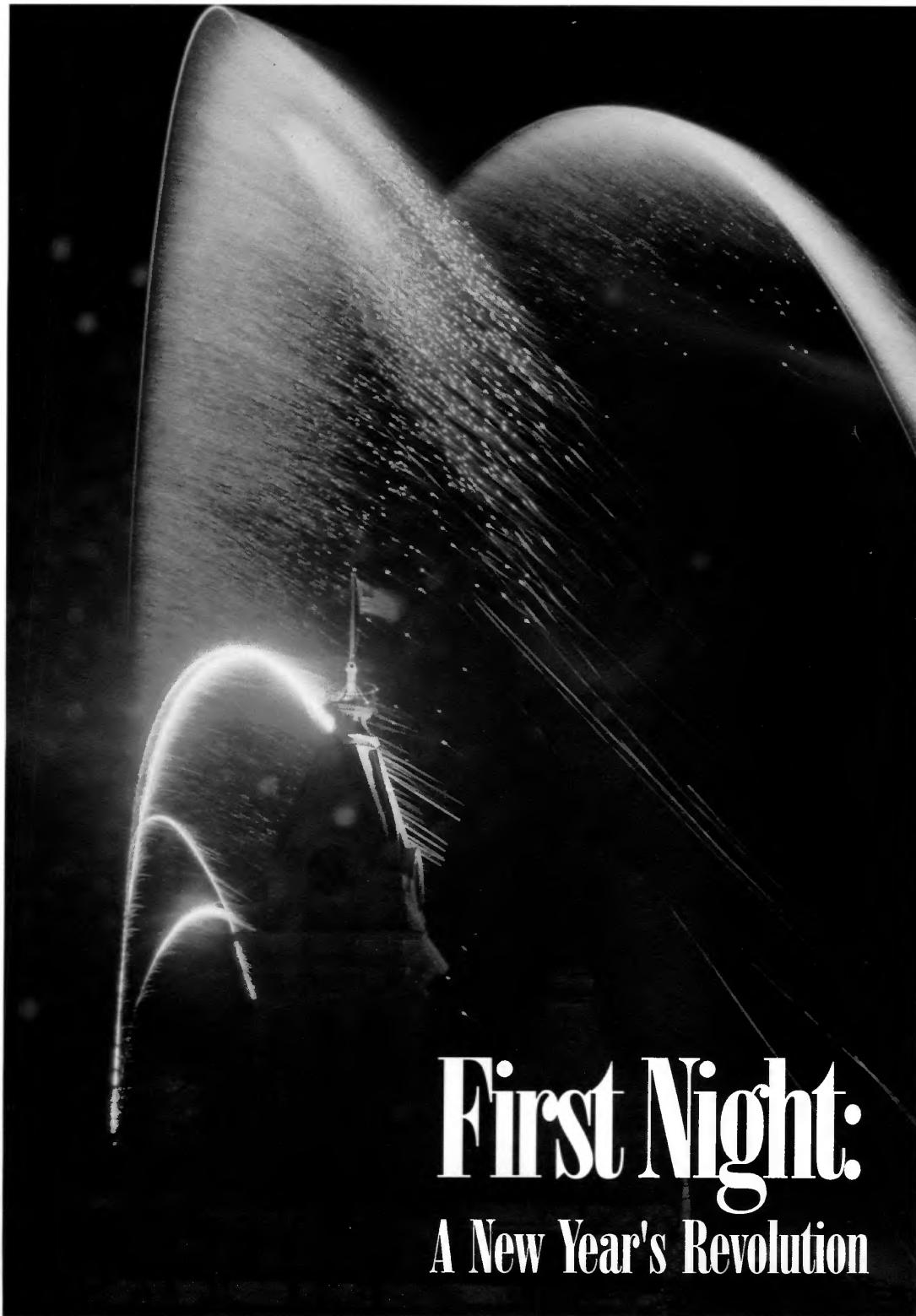


# ILLINOIS<sup>TM</sup>

## COUNTRY LIVING

January 1997



■ **A Hollywood  
love story**  
*see page 4*

■ **Window  
dressing**  
*see page 6*

■ **Turf  
wars**  
*see page 16*

**First Night:**  
A New Year's Revolution

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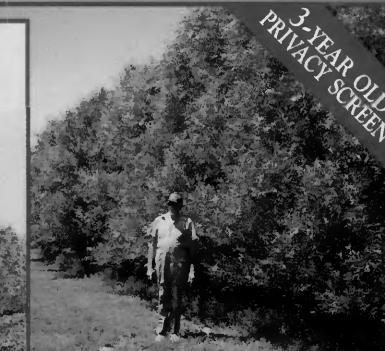
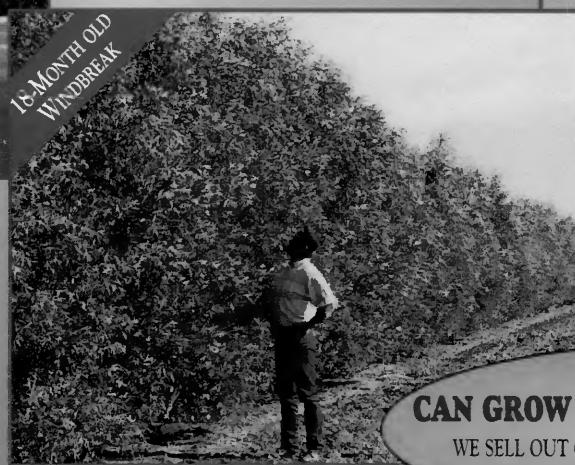
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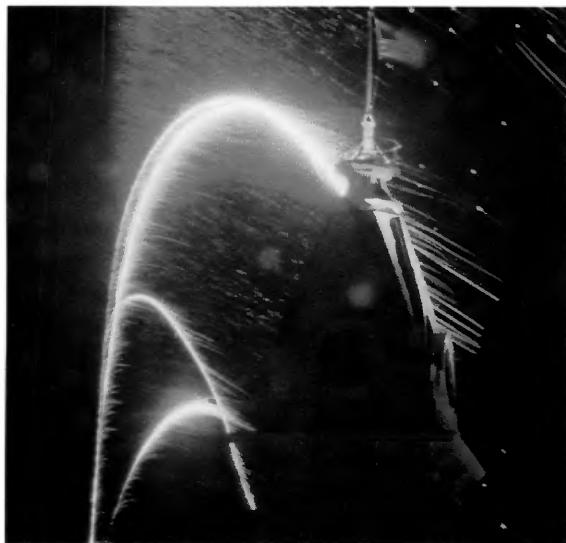
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#### About the cover:

Several Illinois communities, like Pontiac, already are ringing in the New Year with a First Night blast and are poised for the biggest wingding ever in 1999. Is an alcohol-free, family oriented celebration right for your community?

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# ILLINOIS<sup>TM</sup> COUNTRY LIVING

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# Illinois COMMENTARY

## Bringing Hollywood to the Heartland

The Illinois Film Office was established in 1976 to attract feature film, television, and commercial production to Illinois. Housed in the Illinois Department of Commerce and Community Affairs, and a division of the Bureau of Tourism, the Film Office has helped bring more than 550 feature film or television projects to our state. Illinois is now a top location state for filming, ranking consistently in the top 10 for the past 20 years. The benefit to

the state's economy is significant, with more than \$750 million in direct cash expenditure and 250,000 temporary local jobs created by these productions.

"Hollywood in the Heartland" was a slogan the Illinois Film Office developed a few years ago to bring film production to all of our state. When Hollywood comes knocking on Illinois'



Ron Ver Kuilen

door, too often there is a failure to realize the splendid geographic and cultural diversity that exists in the 101 counties outside the immediate Chicagoland area. Unfortunately, to the film industry Chicago is synonymous with Illinois. It is our job to teach our friends in the movie business that there is more to life than living under the "el" tracks.

This past summer, the film "A Thousand Acres" was shot in Rochelle, Creston, Mendota, Sycamore, and other rural areas of Lee and Ogle counties. Stars Jessica Lange,

Michelle Pfeiffer, Jason Robards, Jennifer Jason Leigh, Keith Carradine, and the hundred-odd crew ate at local restaurants, rented homes, and shopped in the area. Local hotels were filled to capacity by cast and crew members. The economic impact of the production extended from grocery stores to lumber yards to bakeries.

The summer also saw an independent film, "35 Miles from Normal," shot in Pontiac which just happens to be 35 miles from Normal! Over the years, films with such stars as Robert Conrad, Bill Murray, Andie Macdowell, Jamie Lee Curtis, Patrick Swayze, Richard Pryor, Kevin Costner, John Goodman, Joe Pesci, and Craig T. Nelson have been shot in Mount Carroll, Woodstock, Pontiac, Peoria, Galena, Danville, Champaign, and Springfield.

Typically, it all begins with a phone call. A production company will call and detail what its needs are—which could range from certain movie locations to necessary support services for on-location filming.

Thankfully, we can call upon this state to answer a challenge. We contact local chambers of commerce, convention and visitors' bureaus, the Illinois Bureau of Tourism, and local media.

The Film Office is committed to telling Hollywood about what downstate Illinois has to offer. Great town squares such as those in Highland, Metamora, Carlinville, and Lincoln. Terrific courthouses such as those in Paris, Jerseyville, Cambridge, Eureka, and Oregon. Wonderful Main-Street towns like Clinton, Geneseo, Quincy, Greenville, and Mt. Carroll. To us, rural small-town Illinois is the backbone and soul of our state. We have had to convince producers that a movie about life on a corn farm should be set in Illinois, and not in Iowa.

The Film Office believes in being pro-active. We scour trade magazines for possible leads, we travel to Los Angeles for sales calls and conventions. We will get into a car with a camera and shoot any and all interesting locations. We also are very aware that, despite all of our efforts, there is probably a gem of a place that we don't know about. If you have a special location or service that Hollywood should know about, please contact the Illinois Film Office at 312-814-3600 or fax 312-814-8874. When Hollywood calls, continue to welcome them with open arms. Hopefully, the filming experience will turn into a love story—and the happy ending is all dollars left behind!

---

Ron Ver Kuilen is the managing director of the Illinois Film Office, appointed by Governor Edgar in 1995. He has been with the Film Office since 1980, serving as assistant director from 1983 to 1995. He is a member of the board of directors of the Independent Feature Project, and the National Academy of Television Arts and Sciences.

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# Today's TECHNOLOGY AND YOU

## Cheap ways to fix old windows

**Q:** Help! I'm on a limited budget and cannot afford all new windows, but I have to do something about my old leaky double hung windows. Some don't even stay open without a stick. What can I do? - T. N.

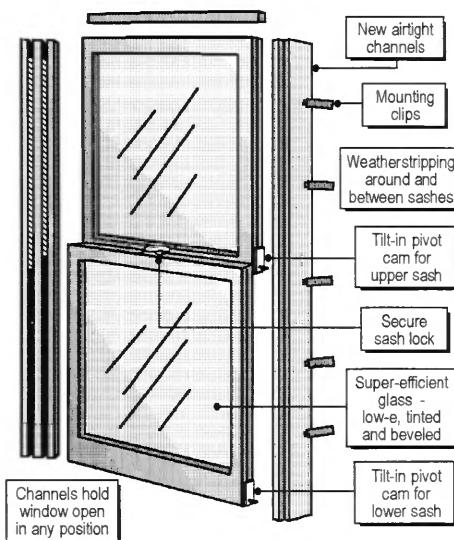
**A:** Old leaky windows are not only unattractive and inconvenient, but they can dramatically increase your utility bills year-round. In the winter, the air leaks cause heat loss and create drafts. These drafts result in a double loss because they make you feel chilly so you

often set the thermostat higher to feel comfortable.

There are many new do-it-yourself kits available to upgrade your old windows without the huge investment in new replacement windows. You just have to buy the sashes and some hardware, not an entire new window. Many major replacement window manufacturers offer various designs of kits.

These kits are easy to install yourself in an hour, so you can save the labor costs too. Simply remove the old sash and cut the counterweight cord. Mount brackets (cams) on the window frames and install the vinyl channels. Set the new sashes in place and close the window. There also are very low-cost easy-to-install channel/sealer replacement kits available.

Tilt-in replacement sash kits offer all the convenience and energy savings of complete super-efficient replacement



*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.*

Copyright 1996 James Dulley

windows at a lower cost. The windows will operate exactly like expensive new replacement windows. You can tilt them in for easy cleaning.

All of the new super-efficient types of glass options block furniture and carpet fading year-round and window condensation in cold climates in the winter. One of the most efficient glass options is Supersmart triple pane glass with two low-e (low emissivity) coatings inside.

Since only the sashes are changed when installing these kits, not the window frames in the walls, the windows still match the original ones. This is a real plus if your budget allows for upgrading only several windows at a time. It is also important in historical buildings which are required to maintain their original appearance.

Tilt-in sash kits usually include upper and lower efficient sashes, vinyl channels, balance springs (to make them stay open), clips, tilt-in pivot cams, parting stops and rubber spacer blocks. Some kits also have foam insulation sections to fill the old counterweight areas.

For the lowest maintenance, choose a kit with an aluminum-clad wood exterior. These never need painting. Options for the interior surface of the sashes are attractive natural wood, primed or pre-painted custom colors. Some use real oak or cherry on the interior, which you can finish by hand for a rich warm look.

The lowest cost (about \$20 to \$30) window repair option is installing only replacement channels and accessories. A power lifter kit includes springs to balance the sashes so they are easy to open and do not slide closed by themselves.

Write for Utility Bills Update No. 584 showing a buyer's guide of efficient do-it-yourself, tilt-in window sash kits and channels listing frame materials, glass options, colors, features, installation instructions and prices. Please include \$2 (with checks payable to Jim Dulley) and business-size SASE, and send to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

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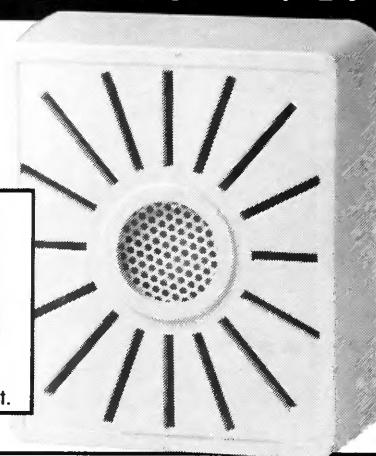
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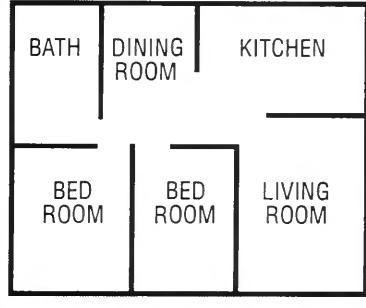
In the U.S. no scientific testing to substantiate product effectiveness is required. American consumers have no guarantee that the ultrasonic pest control device they purchase will perform according to the claims, unless the product model is registered by Agriculture Canada. Our unit is registered and guaranteed to perform or your purchase price will be refunded in full (less the P&H charge). Each unit includes a 3 year mfg. warranty. There are currently over 4,000,000 units in use protecting homes, offices, out buildings etc. ©1996. WGSI

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# We're gonna party like it's 1999...

Born of the enthusiasm that was the Bicentennial, First Night celebrations across the nation are flourishing—practicing and positioning for the biggest wingding ever, the Millennium.

But communities don't want you driving to Chicago or St. Louis for the annual New Year's Eve party, nor do they think alcohol is essential. Instead of reckless merrymaking, communities now are thinking a riotous good time can be had quite safely sans alcohol, thank you. Not only that, the label "family oriented fun" that once signaled a sure kiss of death now packs a significant community-redevelopment wallop.

Indeed, First Night celebrations, offering every kind of performance and visual art imaginable, have been spawned in Chicago and St.

Louis, and have migrated to some Chicago-area collar communities, including Evanston, Aurora, and Joliet and creeping over to Rockford. But they also have done very well downstate in communities such as Bloomington-Normal, Pontiac, Springfield and Godfrey.

Springfield claims to be the first community in the Midwest to launch a First Night celebration. First Night Springfield celebrates its 10th anniversary this year, said Mary Brock, executive director of the Springfield Area Arts Council. The event, budgeted at about \$80,000, drew 9,000 participants last year. Brock said early surveys showed nearly 30 percent of participants come from outside the Springfield area and that more than half of those stay in an area hotel or motel.

About two dozen sites offer an array of talent at sites around the state Capitol, as well as sites nearby at several churches, the Lincoln Library and the old state Capitol. With a shuttle bus service connecting those areas, nobody has to walk more than a half block to attend any of the offerings.

Participants consistently say that the variety of talent is the best thing about First Night Springfield. Survey respondents said they enjoyed being able to see the inside of the present Capitol and old Capitol of Lincoln's era and other state buildings, many with similarly rich histories. They also like the fact that First Night is non-alcoholic and family oriented.

What participants like least, Brock said, is walking between acts outside in bad weather. That's where First Night in Bloomington-Normal has an edge. The celebration there, which will be 3 years old this year, is centered at Illinois State University, where the Bone Student Center, located on the campus' north side, can accommodate several acts under one roof. Some performances and art displays are located on the south side of campus and at the nearby Normal Theater, a short stroll or shuttle-bus hop away. (The Normal Theater had been shuttered for years and recently was refurbished and given new life as part of a down-

## ...safely with the family

First Night was founded in Boston as an alcohol-free community celebration of the New Year, with "art, ritual and festivity" by artists as an alternative to traditional New Year's revelry. Its inaugural was in 1976 as a grand finale to the city's Bicentennial events.

The founders' objectives were "to recapture the symbolic significance of the passage from the old year to the new, to unite the community through a shared cultural celebration; (and) to deepen and broaden the public's appreciation of the visual and performing arts." On Dec. 31, 158 First Night celebrations are planned, 143 of them in the United States, and 15 in Canada. Fifteen will be first-time celebrations.

There are some residual objectives for their First Night celebrations, including increased sense of family and



town revitalization effort.)

First Night in Bloomington-Normal drew 6,000 participants last year. "It's a great thing for families because there's something for all ages," said Karen Zangerle. As volunteer coordinator, her task is to find 400 volunteers to help with everything from checking buttons (purchased in advance as an admission ticket) and managing stages to serving food and working loading docks. For a couple hours of work, volunteers are given free food, soft drinks, a commemorative hat, and free admission to the performances.

"I think the neat thing is that a lot of families volunteer together," said Zangerle. "So you have Mom and Dad and the two kids all working in coat checks, or taking care of one of the rooms for two hours. And, it's a great way for single people to meet new people. We have a lot of friends doing it together."

Peg Hundley, who co-chairs the Bloomington-Normal event, recalled the first meeting ever held to discuss the idea of a First Night. Those who put forth the idea of launching the event in Bloomington-Normal asked: "Okay, do we want to wait a year or can we get this done by December?" Hundley recalled. "We said we could get it done by December because we had enough people who believed in it and what it

is, because it's alcohol free and the whole family's involved in it. It's a real safe celebration for New Year's Eve."

More than location and great weather, the most important commodity to the success of a First Night, she said, is attitude. "I think you just have to have a positive attitude and say, 'Yeah! We've got to get going!'" The essence of a successful First Night is getting people involved and keeping them enthusiastic about it.

Among the difficulties First Night organizers say smaller communities would have in launching a First Night celebration is finding enough corporate sponsors willing to put forth several thousand dollars to underwrite the event. Thirteen merchants and businesses signed on Bloomington-Normal that first year, committing \$50,000 to assure a significant, and successful, first-year event. Enough money was generated to carry over to the second year and the budget there now is at \$100,000.



Photo by Lori Ann Cook, The Pantagraph

*Revelers at First Night in Pontiac view fireworks through 3-D glasses while Philip Colan of Marquette Heights creates ice sculptures at First Night in Bloomington-Normal.*

community. And, while the event provides an attractive opportunity for people to "Just Say 'No,'" to alcohol, it also gives a needed shot in the arm to downtown revitalization.

First Night International in Boston provides assistance to communities interested in beginning a First Night celebration primarily through an annual conference (in Monterey, Calif., March 16-18), technical assistance and consultancy. It can offer no financial support, however, and events using the First Night name must pay an initiation fee based on community population and annual membership dues, and comply with certain established standards.

A meeting is scheduled in Washington, D.C., on April 6 to launch plans for the big one—the Millennium—1,000 days before it arrives. More information is available from the international at (617) 357-0065.

Godfrey, where it's called First Night Riverbend, like Bloomington-Normal, enjoys the use of the local campus of Lewis and Clark Community College, where participants are mostly sheltered from the elements. Mary Gross, director of the event there, said the first event last year came close to breaking even, drawing about 2,000 participants on a budget of about \$30,000.

In Pontiac, First Night is in its eighth year and attracts 3,000-4,000 participants. "We have people that come from Michigan and Wisconsin that come down here just for our First Night," said Pat Wahls, administrative assistant for PROUD (Pontiac Redeveloping Our United Downtown), the sponsoring organization. "They are return people, they come every year."

Karen Grim, program manager for PROUD said Pontiac is fortunate in that a local trust provides about \$10,000 of the \$30,000 budget for First Night.

Another concern smaller communities would have is finding talent. On the small end of the scale, Pontiac offers about two dozen acts or performers in about 50 performances, while on the higher end, Springfield boasts about 50 or 60 performers in about 130 performances.

Some communities positioned close together find they can share talent — a

“ I think the neat thing is that a lot of families volunteer together...”

performer may perform early in Godfrey and then drive to St. Louis for a later performance.

Participants in Godfrey, for example, have told organizers that, although St. Louis offers a First Night celebration only about 45 minutes away, it's a pleasure not to have to drive so far.

While the talent might not be the same quality found in Chicago or St. Louis, it would be local talent—talent which doesn't often have any other venue by which to get started and talent which draws friends and family, and that's the point behind First Night.

But not all First Night celebrations have endured. Decatur offered a First Night celebration in 1990 and 1991, before scrapping it.

"Our board decided not to do it again because the weather was just too risky and it affected our success," said Louise Kidd, who at that time was executive director of the Decatur Area Arts Council, which sponsored First Night there. That event was held in a dozen different sites downtown and

fashioned after Springfield's, where programs designed especially for children are scheduled in the afternoon free of charge. Decatur's first year budget was about \$40,000, on top of the Art Council's annual budget of \$170,000, but heavy snow and ice conditions resulted in a loss in the first year. Weather was better the second year, but still very cold and the event broke even.

"The community really liked it. I still have people say to me, 'Oh, First Night was one of the best things Decatur ever had.' We just had a board that wanted to do other things, take on other priorities," said Kidd. "It was not that the program failed, we just decided to put our priorities somewhere else."

"It is a lot of work. A lot of volunteer hours. A lot of people need to be involved in it. You have to really believe in it and want to get it accomplished," said Bloomington-Normal's Hundley. "It's a pretty cheap evening, when you think about it, for five bucks and six hours of entertainment. I'm always amazed at that. I just think it's such a good buy."



During First Night in Bloomington-Normal, Pat Schley of Normal (far left) presents an historical portrayal of Sarah Davis, who was the wife of David Davis, an attorney nominated to the U.S. Supreme Court by President Lincoln. Also at First Night in Bloomington-Normal, Jim Gill of Chicago demonstrates "land surfing" to children of all ages.



Photos by Lori Ann Cook, The Pantagraph

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Flaxseed..... 3 mg.  
The daily dosage is only 2 tablets because of the extra strength formula.

## **Zinc Deficiency in Men**

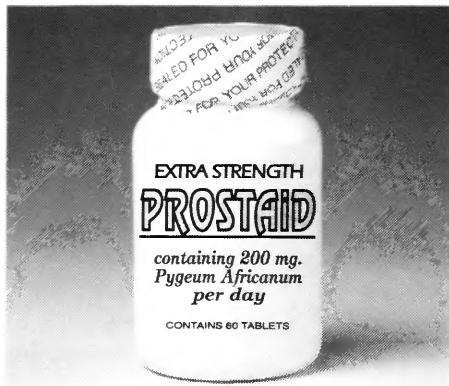
The prostate gland normally contains about ten times more zinc than any other organ in the body. Researchers point to the fact that one of the most common symptoms of zinc deficiency is prostate enlargement. Chronic prostatitis, where inflammation of the gland is combined with infection, has been found to respond to treatment with zinc. **Extra Strength PROSTAID** with **Pygeum Africanum** also contains 10 mg. of zinc per tablet. Some doctors have called zinc the "man's vitamin".

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| ...have a weak urine stream?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ...frequently need to urinate?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ...have the sensation that you have not emptied your bladder completely after urinating? | <input type="checkbox"/> | <input type="checkbox"/> |
| ...stop and start again several times when you urinate?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ...have to push or strain to begin to urinate?   | <input type="checkbox"/> | <input type="checkbox"/> |

**Extra Strength PROSTAID** is a nutritional supplement for a man's prostate gland. It is completely guaranteed. To receive a refund, simply return the unused tablets and container, a full refund of purchase price (less P&H) will be sent to you. All orders are shipped **FIRST CLASS MAIL** within 7 working days. To order, simply fill out the coupon and mail with your check or money order to the address below. We also accept VISA or MasterCard (1-800-770-1155). **Extra Strength PROSTAID** is a nutritional supplement. No medical claims are made or implied. Offer void in Mexico, Iowa, Conn., Europe and Australia. US funds only plus \$5. extra outside of USA.

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# Safety AROUND YOUR HOME

Let me introduce the air you breathe!



Bill Campbell

Over the next few months, I am planning to cover a series of topics related to indoor air quality. This is especially important since winter in Illinois means you will spend most of your time indoors. There already have been people killed in the United States this fall and winter due to poor indoor air quality. Legionnaires' disease and carbon monoxide imposed their immediate death sentences as early as November. Other indoor air contaminants offer longer lasting problems. One of these is lead.

Yes, lead is still a problem. The reason? There are still a large number of homes available that were built before 1978. That was the year the Consumer Product Safety Commission banned the use of lead-based paint in housing. Why would I include lead as an indoor air quality problem? Because many of you now are remodeling these older homes. Your actions could be causing lead dust to be released from old paint and carried throughout your house by your ventilation system to be breathed and ingested by you and your children. Simply sanding surfaces that were once coated with lead paint could release toxic dust into your home.

While the problems associated with ingestion of lead are relatively low for adults, the consequences to children are severe and long term. They include learning disabilities, decreased growth, and even brain damage. These effects are due to the tendency of lead to replace calcium and iron in your child's growing body.

The federal government responded to

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***While the problems associated with ingestion of lead are relatively low for adults, the consequences to children are severe and long term.***

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indoor lead problems by requiring the removal of lead in paint and gasoline in the 1970s. They acted further in 1992 by passing a law that requires notification of the hazards associated with lead-based paint before any house built before 1978 can be sold. Most of you probably never have heard of this requirement even if you bought an older house since 1992. That is because the law did not go into effect until Dec. 6 (just last month).

This notification is required for houses built before 1978 whether or not there is a confirmed lead problem in a home if you wish to sell or rent. Only housing that has no bedrooms, is leased for fewer than 100 days, or is inspected by a certified inspector and found to be free of lead-based paint is exempt.

If the requirements are confusing, I have

a brochure that provides common questions and answers for those selling or buying older homes. If you write and request it, I also will send you ordering information for other indoor air quality publications.

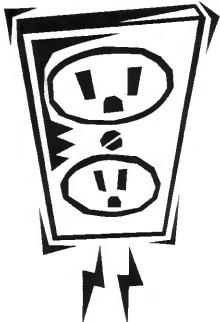
You also should remember that there are newer homes that were built in areas with high potential for environmental lead and with lead plumbing fixtures that can cause the same problems in children. Use caution any time you create dust in your home. Ventilation and removal of dust by wet washing can prevent poisoning. Children should be taught to wash their hands prior to eating whenever they are playing in soil or household dust. Lead tests for water and dishware are available.

In addition to removing lead from your environment, you can help your child resist the consequences of lead poisoning through proper nutrition. Foods high in iron and calcium can limit the uptake of lead by the digestive system and limit its effects on a child's development.

Additional information can be requested from the National Lead Information Clearinghouse by calling: 800-424-LEAD.

---

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  
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# Your YARD AND GARDEN

## Poor soil conditions may cause lawn woes



Dave Robson

Poor turf growth, thin lawns infested with weeds, thatch problems and disease infestations often are directly due to a soil problem.

Soil compaction frequently is the cause of lawn troubles. Compacted soils drain poorly, contain little air for roots and severely retard root growth.

Cultivating with machines can reduce compaction that creates openings into the soil. Coring machines or aerators which remove small cores of soil, are the most effective type of equipment for this job. The surrounding soil will collapse into the hole, providing a loose environment for the roots to grow. Any machine or tool that just punches a hole in the soil without removing a core may be doing more harm than good. While a hole is created, the soil around the hole has been compacted, essentially defeat the purpose of creating a loose soil.

Aerify the soil when it thaws in the spring. The soil should be moist, not soggy or dry. Aerify yearly in early September if the soil is heavy clay. It doesn't hurt to aerify the soil twice a year.

Another important way to prevent compaction is to keep heavy equipment off the lawn and avoid heavy foot traffic over the same area. Even dogs running in the same area can compact soil.

Extremely severe compaction may require total renovation of the lawn and a thorough tilling. Trying to grow lawn grasses on a heavy clay soil can be difficult. Before seeding or sodding, work the soil thoroughly and mix in 6 to 8 inches of organic matter, such as compost, rotted manure or leaf mold. If you use topsoil to solve a heavy clay

situation, be sure to mix it in with the existing soil on the site, rather than just laying it over the surface. If you don't, roots will grow only in the good soil, resulting in more weather related problems.

The best way to help improve heavy clay under an existing turf would be to aerify it with a coring machine and then topdress with organic matter or an organic soil. The organic matter or organic soil will filter down into the holes created by the aerifying.

Compaction and heavy clay usually cause poor drainage in the lawn, so adding organic matter can help that problem as well. If the drainage problem is not caused by compaction or heavy clay, and if it is serious enough, you may have to tile or regrade the area.

Soil pH will directly affect the availability of soil nutrients. Lawn grasses prefer pH values between 6 and 7, slightly acidic.

The only way to determine soil pH values is with a soil test. Once a soil pH value is known, sulfur will lower it (make it more acidic) and limestone will raise it (make it more alkaline). Nevertheless, don't add either without knowing the pH value.

The Illinois Specialty Growers Association is sponsoring a three-day conference on Jan. 9-11 in Springfield. In addition to the wide range of educational programming, the convention will feature a trade show with approximately 80 exhibits and popular cider judging contests. An added feature to this year's show is a direct marketing publications contest in which growers are asked to bring copies of their original promotional materials. Sessions will be offered on growing and marketing fruits, vegetables, irrigation, herbs, ginseng, Christmas trees, and labor issues.

For more details and fee information, call (309) 557-2107.



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.

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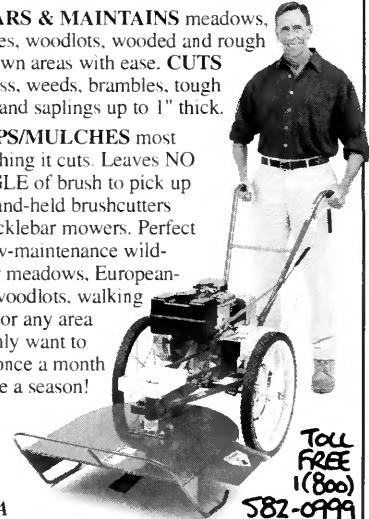
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# Illinois' FINEST COOKING



Our cookbooks this month are from the First United Methodist Church in Mt. Sterling, and the Homemakers Extension Unit/Literacy Initiative Volunteers, Harrisburg.

The Methodist book, "Heavenly Delights," is 5 1/2 x 8 1/2-inches, and has 100 pages, plus the usual charts and tables. It's available from Mrs. Sandra Smith, RR 4 Box 121, Mt. Sterling, IL 62353. Her phone number is (217) 289-3220. The \$8 price includes postage.

The "Country Friends" book is 8 1/2 x 11-inches, stapled, and has 90 pages. It's available from Louise McClusky, 2980 Willow Grove Rd., Harrisburg, IL 62946-4671. Her phone number is (618) 252-6291. The book's \$4.50 price includes postage.

## First United Methodist Church, Mt. Sterling

### GOOD DIP!

- 1 (8 oz.) pkg. cream cheese
- 1 C. sour cream
- 1/4 tsp. pepper
- 1 tsp. minced onion

Mix together and bake 20 minutes at 350° or heat in microwave 10-15 minutes.

### WATER CHESTNUT DIP

- 1 C. real mayonnaise
- 1 C. sour cream
- 1/4 C. chopped onion
- 1/4 C. minced parsley

Mix ingredients thoroughly. Chill for several hours. Serve with crisp vegetables.

### HOLIDAY PUNCH

- 4 C. cranberry juice
- 1 1/2 C. sugar
- 2 qts. ginger ale

Mix together all ingredients thoroughly. Chill. Place in a punch bowl with ice ring, decorated with red and green cherries.

### NEVER-FAIL ROLLS

- 1 pkg. rapid-rise yeast
- 2 C. flour
- 4 C. warm water

Mix the package of yeast with flour. Add 2 cups warm water. Let rise until bubbly. Add the other 2 cups warm water and the rest of the ingredients, flour to make a soft dough.

Knead and store in refrigerator. Will keep for 3 or 4 days. Keep worked down. May use dough the same day, only let dough rise once and then make into rolls. Bake in 350° oven for 25-30 minutes. Baked rolls freeze well.



Sharon Dixon

- 1/2 tsp. garlic salt
- 1 pkg. ham, chopped (packaged same as chipped beef, thin sliced)

Willa Dixon

- 1/4 tsp. salt
- 1/4 tsp. garlic powder
- 1 T. soy sauce
- 1 sm. can chopped water chestnuts

Donna Hills

- 4 C. pineapple juice
- 1 T. almond extract

Lydia Dixon

- 3/4 C. sugar
- 3/4 C. melted Crisco®
- 1 T. salt

### BARBECUED MEATBALLS

#### Meat Mixture:

- 1 1/2 lbs. ground beef
- 1 egg
- 1 tsp. salt
- Dash of pepper

#### Sauce:

- 1/2 can tomato soup
- 1/3 C. catsup
- 1/3 C. brown sugar

Mix meat mixture well. Form into balls. Place in single layer in baking dish. Bake 1/2 hour in 400° oven. Pour off grease. Pour sauce mixture over meatballs. Bake 1/2 hour more.

Susan Kenady

- 1 sm. minced onion
- 1/2 C. Minute Rice®
- 1/2 can tomato soup

- 1 tsp. mustard
- 1 tsp. Worcestershire sauce

### PEEWEE PEPPERONI CALZONES

Sarah Napp

- 1 1/4 C. part skim ricotta cheese
- 3/4 C. shredded part skim mozzarella cheese
- 2 pkgs. (10 oz. each) refrigerator buttermilk biscuits

Preheat oven to 375°. In a medium-sized bowl, mix cheeses and pepperoni; set aside. Using a rolling pin, flatten each biscuit into a 4-inch round. Place a tablespoon of filling on bottom half of each round, leaving a half-inch border. Fold top half of biscuit over filling, and press edges together with tines of fork. Pierce top of each calzone 3 times with a fork. Arrange calzones on 2 cookie sheets. (If making ahead of time, cover and refrigerate up to 3 hours.) Bake calzones 10-12 minutes until golden. Makes 20.

### SWEET SOUR PORK CHOPS

Vicki Sorrells

- 4-6 pork chops
- Flour
- 3/4 C. vinegar
- 1/3 C. granulated sugar
- 2/3 C. brown sugar
- 2 T. soy sauce
- 1/4 C. chopped green onions, green tops, too
- 1 C. coarsely shredded carrots

Flour chops; lightly brown in small amount of fat. Drain excess fat. Combine vinegar, sugars, and soy sauce and cook to thin syrup. Add green onions. Pour sauce over chops. Cover and cook slowly for 1 hour or until chops are tender. Stir in carrots just until hot. Serve chops on bed of rice. Pass extra sauce.

**APRICOT CHICKEN**

4 chicken breasts,  
halved or 8 thighs,  
or 1 whole chicken  
cut-up

Clean chicken. Remove fat (or skin if desired). Place in 8 x 12-inch baking pan. Sprinkle with onion soup mix; pour Thousand Island dressing over all pieces. Place a teaspoon of apricot preserves on top of each piece of chicken. Cover with foil. Bake at 350° for 1 hour.

**BLACKBERRY PIE**

1 baked pie shell	Sarah J. Rust
1 pt. blackberries	1 Lipton® onion soup mix pk.
1 (3-oz.) pkg. blackberry gelatin	8 oz. Thousand Island® dressing
3/4 C. boiling water	Apricot preserves
3 T. cornstarch	

Bake pie shell and set aside to cool. Mix blackberry gelatin with boiling water; set aside. Cook cornstarch, 1 cup water, and 1 cup sugar until clear. Mix with gelatin mixture; add blackberries. Refrigerate until chilled. Pour into pie shell. Top with whipped topping and refrigerate.

**LITTLE WEINERS**

1 pkg. little wieners	Dana Rice
1 pkg. bacon	1 can crushed pineapple
	brown sugar to taste

Wrap wieners with bacon and secure with a toothpick. Add other ingredients and let simmer or let them sit in a warm crockpot.

**BAKED FRENCH TOAST**

Georgia Murphy  
Melt 1/2 C. margarine in 9 x 13-inch pan. Stir in 1 C. light brown sugar and 1 tsp. cinnamon. Place 12 slices of bread on top of sugar mixture. Beat 4 eggs and 1 1/2 C. milk and pour over bread slices. Refrigerate over night. Bake 350° for 45 minutes.

**MIRACLE ROLLS**

3 pkg. active dry yeast	Alice Hunt
1/2 C. warm water (110-115°)	1 tsp. baking soda
5 C. self-rising flour	1 C. shortening or margarine
1/4 C. sugar	2 C. warm buttermilk (110-115°)

Dissolve yeast in warm water; set aside. Combine flour, sugar and baking soda. Cut in shortening with pastry blender until resembles coarse meal. Stir in yeast mixture and buttermilk. Mix well. Turn out onto lightly floured surface. Knead lightly a few times. Roll to 1/2-inch thickness, cut with 2 1/2-inch biscuit cutter. Place on lightly greased baking sheet. Cover and let rise in a warm place for about 45 minutes. Bake 10 minutes at 400° or until golden brown. (May be frozen and thawed as needed.) 4 dozen.

**CHICKEN CASSEROLE**

Lorene Calufetti  
Grease 9x13-inch pan. Cook, debone, and cut into pieces one whole chicken or 4 breasts.

**Mix with the following ingredients:**

1 box stovetop dressing (plus seasonings)	1 can cream of mushroom soup
1 8 oz. container sour cream	onion/celery if desired
1 can chicken broth	1 egg, beaten

Pour into casserole dish. Drizzle with 1/2 stick melted margarine. Bake 40-60 minutes at 350° until top is brown.

**ITALIAN BEEF**

1 beef roast	Kathy Morris
1 can Franco American® Mushroom Gravy	1/2-1 C. dehydrated mushrooms or 1 can mushrooms
	Water

Cook the above at 325-350° until done.

Skim fat or do so after refrigeration. Shred beef. Add shredded beef and juice to crock pot.

**Add to the above:**

Approximately 1/2 C. juice from pepperocini peppers  
1-2 packets of Good Seasons® Italian Dressing Mix (dry). Depends on how spicy you like it.

**MUSKRAT PIE**

1 pkg. Oreo® cookies	Hazel McMullin
1 stick oleo	1 bar Baker's® German
1/2 gal. vanilla ice cream	chocolate
Mint extract	1 stick oleo
Green food coloring	2/3 C. Pet® milk
	2/3 C. sugar
	1 tsp. vanilla

Crush Oreos and mix with melted oleo and press in pan for crust. Soften ice cream and mix with mint to taste. Add green food coloring and spread over crust. Freeze. Bring chocolate, sugar, milk, and oleo to boil. Remove from heat and add vanilla. Beat until cool and pour over frozen ice cream. Refreeze and serve frozen.

**Homemakers Extension Unit, Harrisburg**

Water as needed.

Cook until hot. Serve on hoagie buns.

**VIDALLIA ONION CASSEROLE**

1 stick margarine or less	Margaret Fisk
1 C. sour cream	1/4 C. water
	1 8oz. pkg. Pepperidge Farm®
	Stuffing Mix

4 cups onion, chopped  
1 can cream of chicken or mushroom soup

Mix all together and bake in a buttered 2-qt. casserole dish at 300° for one hour.

**CHANTILLY CREAM SQUARES**

2 C. sugar	Sharon L. Tanner
3/4 C. whipping cream	1/8 tsp. salt
1 C. milk	1 tsp. vanilla
2 T. light corn syrup	1/2 C. pecans, broken
	1/2 C. black walnuts, broken

Combine sugar, milk, cream, and syrup. Add salt. Place over low heat. Stir constantly to 238° on candy thermometer (soft ball). Cool. Add vanilla and beat until creamy. Add nuts and pour into a shallow (buttered) pan quickly. When the candy is cold, cut into squares. Keep in a tight container. Improves with age. Takes a long time to cool. (Double the recipe to fill a 9x13-inch pan.)

**CHERRY CHOCOLATE CAKE**

1 pkg. chocolate cake mix	Louise McClusky
3 eggs	
1 can cherry pie filling	

Combine cake mix, eggs, and cherry pie filling. Pour into greased and floured 9x13-inch pan. Bake at 350° for 35-40 minutes until cake tests done. When cool, frost with the following:

**Frosting:**

In small pan combine 1 C. sugar, 5 tsp. margarine, 1/3 C. milk. Bring to a boil, stirring constantly and cook 1 minute. Remove from heat. Stir in 16 oz. pkg. chocolate chips. Stir until melted and smooth.

**PINEAPPLE PARTY CAKE**

2 C. sugar	Hazel Duncan
2 C. flour	1 1/2 tsp. soda
1/3 cup oil	1/2 tsp. salt
2 eggs	1 #2 can crushed pineapple

Mix all ingredients together and place in a greased flat or shallow pan. Bake about 25 minutes at 350°.

**During this time heat together in pan on stove:**

1 small can evaporated milk	1 C. milk
1 stick margarine	1 C. sugar
1 C. coconut	

Stir constantly until well heated. Pour over cake while cake is hot.

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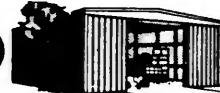


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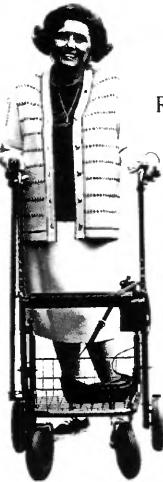
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## WALK THIS WAY TO TOTAL-BODY FITNESS.

#### 5 Reasons Why NordicTrack's WalkFit Makes Ordinary Treadmills Obsolete.

"The World's Best Walking Workout™" —NordicTrack's WalkFit® exerciser.

#### REASON 1: WALKFIT GIVES YOU A GREAT TOTAL-BODY WORKOUT.

WalkFit works both your upper and lower body so you get a workout that is better than ordinary treadmills that target only your lower body. WalkFit's total-body workout lets you set the pace. Its adjustable upper- and lower-body resistance gives you greater challenges as your fitness level progresses. You can also control your weight, tone your body, reduce stress, strengthen your cardiovascular system and feel more invigorated than ever before!

#### REASON 2: WALKFIT IS A SAFE WAY TO EXERCISE.

With WalkFit you power the exerciser, unlike motorized treadmills, so you set the pace. WalkFit is safer to use, because with no motor it stops when you stop. And there's no need for an electrical outlet to workout.

#### REASON 3: WALKFIT IS EASY AND CONVENIENT.

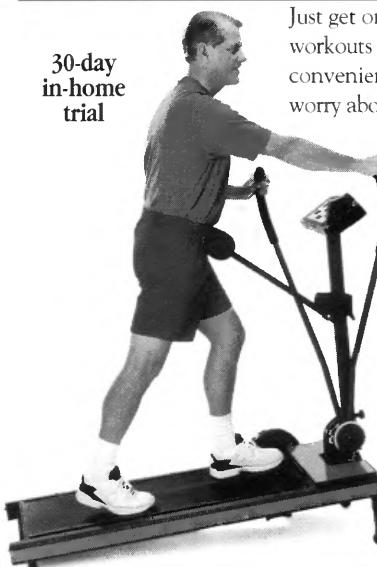
Just get on and walk. In as little as three, 20-minute workouts per week, you'll start seeing results — in the convenience of your own home. You'll never have to worry about the weather to exercise!

#### REASON 4: WALKFIT IS FROM A TRUSTED NAME — NORDICTRACK.

Nearly 4 million owners continue to trust NordicTrack as a fitness leader in total-body exercise. With WalkFit, NordicTrack now turns ordinary walking into a really enjoyable total-body exercise.

#### REASON 5: NORDICTRACK GIVES YOU A 30-DAY IN-HOME TRIAL.

We're so confident WalkFit can help you ultimately enjoy more of life, that NordicTrack offers a 30-day in-home trial so you can prove it to yourself.



NEW Improved '97 WalkFit® 5000 model shown

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**1. Weighs just 20 pounds!** The Mantis engine starts easily, turns on a dime, lifts nimbly over plants and fences. (That's three great reasons already!)

**2. Tills 10" deep.** Cuts through sod, churns tough soil into crumbly loam, prepares seedbeds in no time.

**3. Digs big planting holes** for trees and shrubs - as deep and as wide as you need - much faster and easier than hand tools.

**4. Has unique curvy tines.** The patented tines spin at up to 240 rpm-twice as fast as others. Cuts through hard soil and roots like a chain saw cuts wood.

**5. Weeds faster than hand tools.** Reverse its tines and power-weed an average-size garden in 20 minutes.

**6. Digs planting furrows** for corn seed, onion sets, and potato eyes with the optional Planter/Furrower attachment. Builds raised beds, too, and digs trenches to lay wires and pipes under your lawn.

**7. Cuts neat borders** with the optional Border Edger attachment along walkways, patios and flower beds.

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**9. Trims bushes and hedges.** Only Mantis has an optional 24" or 30" Trimmer to trim your shrubbery and small trees.

**10. One year risk-free home trial!** If you're not 100% satisfied, send it back to us within one year for a no-hassle refund.

**11. Great warranties.** The Mantis Tiller is warranted for two years. The tines are guaranteed forever against breakage.

**12. Fun to Use!** The Mantis Tiller is so much fun to use, gardeners everywhere love their Mantis tillers.

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