

ILLINOISTM

COUNTRY LIVING

June 1997



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Advice from Baktu deLanders to a husband who says:

My wife is driving me batty!

Has she been brainwashed by a "simple living" fad?
Can she be brought back into the 20th century?

Dear Baktu deLanders: I desperately need your help. My wife is going nuts!

We have a nice home on the outskirts of a small town. We both have decent jobs, and she could have just about anything she wants, within reason, of course. But she doesn't want anything—except to "escape from the rat race," as she puts it. She has gone from being a normal middle-class woman to an organic gardening nut to something out of the pioneer days, and she's driving me batty!

It all started with recycling...

It all started when she read about how the world is going to be covered with rubbish if people don't conserve and recycle. I don't have anything against bundling newspapers or crushing cans, but she even started saving our kitchen garbage, in a compost bin in the backyard!

Pretty soon the bin was full. "Waste not, want not," she said, so to use the compost, she started a vegetable garden.

When she asked some gardening friends for advice she heard about "organically grown" food. After that she wouldn't grow—or eat or cook—anything else.

The Homestead Philosophy

It's not a single idea, but many ideas and attitudes, including a reverence for nature and a preference for country life; a desire for maximum personal self-reliance and creative leisure; a concern for family nurture and community cohesion; a certain wariness about excessive luxury; a belief that the primary reward of work should be well-being rather than money; a certain nostalgia for the supposed simplicities of the past and an anxiety about the technological and bureaucratic complexities of the present and the future; and a taste for the plain and functional.

COUNTRYSIDE reflects and supports the simple life, and calls its practitioners *homesteaders*.

This philosophy—the system of values by which homesteaders strive to live—appears in every issue of COUNTRYSIDE magazine. (Use the order form to see a copy.)

She started canning vegetables. She even bakes bread... the brown, whole wheat kind. I have to sneak off by myself to get a good greasy burger and fries on squishy white bread!

Chickens? In the backyard?

Then she decided chickens could eat the garden surplus and trimmings, and lay organic eggs besides. This resulted in more compost—and a bigger garden.

By then I knew we had trouble for sure, but little did I know that was only the tip of the iceberg.

She started saying "Use it up, wear it out, make it do or do without." (I feel like I'm married to my grandma!)

She quit shopping at the mall. She lost interest in tv and took up knitting and sewing. She said we should spend more "quality time" together, but I knew she just wanted me to help spade the garden and clean the chicken coop, and I was too smart to fall for that!

He draws the line at goats

It got worse. She decided that people are too dependent on government and business and don't do enough for themselves. She thinks there are too many new and useless gadgets in the stores, and she wants to live a "simple life." She even found other people who have the same crazy ideas. (Is this some kind of weird new fad?)

One of these new friends had goats.

"No!" I shouted immediately. I knew what was coming next, and I had to draw the line *somewhere!*

But the friend had extra milk, so my wife got some and made cheese. She also makes soap, and sausage. (Isn't this 1997!?)

What's wrong with this woman? I love her, but I don't want to live in the 19th century! How can I bring her back into the 20th?—*Pye O'Near, Kantakno, MO*

Baktu deLanders replies:

Dear Mr. Pye O'Near: Your wife isn't living in the 19th century. On the contrary,

COUNTRYSIDE—"America's Homestead Journal"—is available on newsstands or by mail. Six issues a year (that's 600 pages) are \$18. Use the coupon or, with MasterCard or Visa, call 1-800-551-5691. (8-4 Central time.)

she's preparing for the 21st century.

She is one of a large and growing group that thinks society has lost sight of what life is really all about. The world can't maintain its current pace and direction, and will soon come to its senses.

These pioneers of the 21st century are called *modern homesteaders*.

Reading "The Homestead Philosophy" (see box) might help you be more understanding of what she's going through. These aren't the ideas of a "cult", but of people who made our nation great... and of those who want to recapture that greatness. Besides that, modern homesteaders are living The Good Life, right now!

Where to find help

Both of you need professional help. You need a subscription to COUNTRYSIDE magazine. Read it together.

In COUNTRYSIDE you'll discover that there are thousands of people—of all ages, from all backgrounds and all parts of the country—who share your wife's outlook. They find comfort, satisfaction and pleasure in incorporating selected "old-fashioned" ideas, attitudes and values into modern life. You'll find out how, and why—and much, much more—in COUNTRYSIDE.

You'll also find many ideas on saving cash and labor—hers and yours.

P. S. If modern homesteading is an interesting way to have fun, save money, live better and make the world better, could she be the sane one?

Mail the coupon below and find out!



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COVER STORY

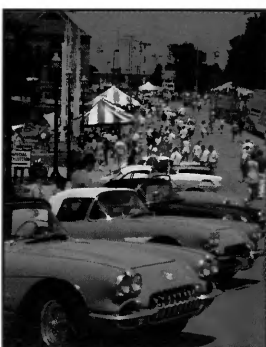
- 10 Cornerstone—Christian music and arts**
America's premier Christian music and arts festival, Cornerstone is for all ages but ideal for youth groups. The festival runs July 3-6 and features over 120 bands.

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COMMENTARY

The social glue that binds us together

Serious thinking about the recent Toulon Lions Club Pancake Brunch begins at the group's December meeting, with the blunt question from Tail Twister Ted Webster: "Should we do it again, men? It's lots of work and we had trouble covering the floor with help last year." There is audible squirming along the stiff pews of the Methodist Church.

"We have to," responded one squirmer. "It's a tradition and folks look forward to it. They'd be deeply disappointed if we didn't."



Jim Nowlan

And of course we have to go forward, if only because the club in rival Wyoming puts on a heckuva pancake feast just weeks before, and we can't let them top us. "I'd never hear the end of it from that pesky Pete Johnson."

Planning begins at the Jan. 23 meeting of the club executive committee, which they let newcomer me sit in on, as the latest sucker for work. Bob Mueller, the schoolman, presides. As club president, Bob is also head of the breakfast; fortunately, former leader Tom Milburn is there to keep us straight on the details, like how many hogs to buy. "Seven, not eight, darn it; we

Jim Nowlan, 54, a former Illinois legislator and state agency director, lives on small acreage south of Toulon in Stark County and pens musings for the Chicago Tribune, Crain's Chicago Business, and the Stark County Prairie Times. He is a senior fellow at the University of Illinois Institute of Governmental Affairs and an adjunct professor of public policy at Knox College, where he also studies Greek and Roman historians and Shakespeare's tragedies. His latest book, co-authored with Samuel K. Gove, is Illinois Politics and Government; The Expanding Metropolitan Frontier. His homepage, with links to other public policy sites, is at jim.nowlan.nidus.net.

had too much sausage left over last year."

Saturday afternoon we set up at the Toulon Grade School. "You think you're a writer, Nowlan," Frank Mannix harrumphs, so he appoints me to hand letter the poster board signs that will festoon the walls.

Ted Webster comes by and declares that we'll lose money at the prices they've set, and one wag retorts, "we'll make it up on volume." Duck Musselman and Jim Giesenhagen set up the three stainless steel, gas-fired pancake grills that have been pulled out of club storage. Tables go up. The kitchen is readied.

Sunday is the big day, and Lions begin arriving at 5:30 a.m. (I'm a novice Lion, so I sleep in.) Thirty or so residents from the local nursing home, most in wheel chairs, are the first to be served, another tradition.

I saunter in about 9:30, to join the second shift of pancake flippers. Larry Wang, Roger Shults and Leon Eskildsen all bark instructions at this apparently helpless neophyte on how to flip the cakes. "Wait 'til they bubble up," Roger counsels, as if he thinks this guy, single for 20 years, has never seen a kitchen.

A broken-down politician, I'm delighted to be in the high profile job of flipper, situated between Harold Ely and Gary Montooth, who keep up a steady banter with the line that files by. The ladies eye our skills skeptically. "Make sure they're done," admonishes one matron. "As soon as they're turned, it only takes a moment," instructs a younger lady, also dressed in Sunday go-to-meetin' finery.

I'm delighted to see Hayden Heaton, truly a golden Lion, and we harken to the days when Hayden, Dave Sharkey and my Dad, great friends all, would brag about their youthful exploits, highballs in hand. "A streak of scarlet, and it's another touchdown for H. Heaton."

The church crowd bunches up about 12:15, challenging our culinary efficiency, and our skill at small talk. As folks wait politely, I joke repeatedly that, "A watched pot never boils," as we all try to stare the cakes into faster cooking. The young folks who hear this ancient line are probably thinking I must have come straight from the bar scene in Star Wars. At 1 p.m. we turn the grills off.

I begin to loosen my apron strings when Larry
continued on page 5...

President's budget includes rural water

President Clinton's 1998 proposed budget includes a request for nearly \$1.35 billion in loans and grants to build, expand and improve safe drinking water and sanitary sewer systems in small towns and rural areas, said the state director of Rural Development.

Wally Furrow, director of Rural Development, a division of the U.S. Department of Agriculture, said the budget request was about 2.5 percent above the amount invested in 1997. It represents a commitment to a program begun in 1994, dubbed Water 2000, to bring or improve water service to about 2.5 million people, including a million rural Americans who have no running water in their homes at all.

SouthWater Inc., a regional wholesale and retail water supplier headquartered in Dongola, has begun its construction phase. SouthWater received a nearly \$3.8 million loan and a \$4 million grant from the USDA, and a \$2 million Community Development Assistance Grant, for initial development. A not-for-profit corporation created by Southern Illinois Electric Cooperative, SouthWater will provide water to residents in Alexander and Pulaski and portions of Union counties, and may expand into Johnson and Massac Counties.

Menard Electric gives wireless new meaning

Menard Electric Cooperative and the Internet provider FGINet are testing a program to provide Internet service to rural residents via a microwave system to allow subscribers to avoid long-distance charges.

"If we can provide another product that someone else doesn't want to be because it's not profitable, that's what we want to provide for rural residents," Dave Crosnoe, systems engineer for the Petersburg-based electric cooperative said.

Customers in the Havana area are testing the system for the same \$20 fee being charged customers in FGINet's 21-city service area. "We decided a long time ago that it's not fair to the people of Havana to charge them more because they're out in the boondocks," Tom Woodard, president and CEO of FGINet said. Other communities targeted for expansion include Greenview, Mason City, Virginia and Chandlerville.

Land, water expo

The first Midwest Land and Water Expo will be sponsored by the Association of Illinois Soil and Water Conservation Districts in Springfield on July 27-30.

The expo will showcase the conservation industry's top products and services and is expected to attract more than 2,000 attendees. For more information, call Aaron Kassing with Nessen Company Expositions at (217) 744-9350.

Illinois Commentary

continued from page 4...

Wang comes back and announces with devilish delight, cocking his eye at this new initiate: "Now, men, we have to clean our grills."

And we don't just clean. I probably developed carpal-tunnel syndrome from one afternoon of back-and-forth drudgery with the carbon abrasion bricks that did, amazingly, bring back the gleam of pure steel. We had to be fastidious, because Larry Maker and the Lafayette Methodist Church men

were at hand, waiting to pick up the grills for their pancake supper later in the week. (Doesn't anybody 'round here ever tire of hotcakes?) Can't have those Lafayette folks grouching that we turned over untidy cookware.

By 2:30, Larry West, Roger Shults, Sam Montooth and I take the rest of the equipment back to storage under the Toulon Grain office. I'm pooped.

I counted 42 fellows who took part, with lots of help from their ladies. Frank Mannix will tell us at the next meeting how

much we netted, which will go to good local and national causes. If it's in the \$1,000 range, that works out to two or three bucks an hour for all the labor that went into the event.

The value that can't be counted comes from the social glue generated by events like this, which keeps a community sticking together. The friendly banter gently nudges us for our foibles and shortcomings, and speaks of appreciation for having one-another around.

Financing to buy, repair homes

Illinois Guaranteed Rural Housing program ranks second in the nation with more than 530 guaranteed loans totaling more than \$24.7 million thus far in fiscal 1997. Illinois also ranks first in the nation in Section 504 home improvement and repair loans.

Rural Development, a division of the U.S. Department of Agriculture, provides guarantees to commercial lenders to enable eligible applicants to purchase homes of modest cost in eligible rural areas. The program provides up to 100 percent financing for moderate income applicants, eliminates the need for down payment and provides a 30-year loan with a fixed interest rate.

Home improvement and repair loans and grants enable very low-income rural homeowners to remove health and safety hazards from their homes and to make homes accessible for people with disabilities. Grants are available for people 62 years old and older who cannot afford to repay a loan. For additional information on any Rural Development activity or project, call (217) 398-5412.

Help for farmers with a beef

Illinois farmers wrangling with the federal government can settle their beefs through a new service offered by the Southern Illinois University School of Law. It's free, and the mediators will travel to the farmers.

The Illinois Agriculture Mediation Program provides trained mediators to help both sides talk through and solve problems. Such talks can take anywhere from a few hours to a few days, depending on how thorny the problem is. The service is free.

"If through this process they can reach a resolution, both parties save a lot of time and money—and they don't have to go through a lot of red tape," said Mary C. Rudasill, who directs the legal clinic in Carbondale.

"It's less adversarial, everything is confidential, and frankly, parties often make concessions in a private forum where they might not do so in a public case."

Legal clinic staff members and volunteers had been serving as mediators for farm-related disputes on a case-by-case basis. A \$195,000 U.S. Department of Agriculture grant has allowed them to create a more formal program.

Legal clinic staff and a trained mediator in Springfield will do most of the mediation under the direction of staff attorney, Alicia Hill Ruiz. Rudasill and Ruiz will look for outside mediators who can fill in service gaps in other parts of the state, because mediators go to the farmers, not the other way around.

"If they had to drive down to Carbondale, that would be the end of it for most of them," Rudasill said.

For more information, contact Ruiz at (618) 453-5181.

Cool free stuff for kids

Is your 5-to-13-year-old interested in preservation, protection and wise use of Illinois' natural resources? Kids for Conservation explores such topics as the need to set aside unique and endangered natural areas, to manage and preserve existing resources, to understand our place in nature and how to take individual responsibility for preserving and protecting nature.

A recent issue of the club's twice-a-year newsletter discusses biodiversity and offers an interview with a forester along with games and puzzles. Send your young conservationist's name to Kids for Conservation, Illinois Department of Natural Resources, 524 South Second Street, Springfield, 62701-1787.

The DNR's web site (www.dnr.state.il.us) also offers lots of links to pages about frogs, birds, elk, aquatics, trees and lots of other sites.

Student partnerships

Involving students in a downtown research project is a great way to draw young people into the community, residents of Flora have learned. A living environments class, in conjunction with the Main Street Flora program, studied the central portion of the downtown and a residential section in the older part of town. The Houses and Homes Research Project was conducted in conjunction with Main Street Flora. (See Illinois Country Living, May 1997, for

more information about the Main Street program.)

"The objective of the project is to get students involved in the community while becoming familiar with the past," said John Bry of Main Street Flora.

Participating students in the "Houses and Homes Research Project," learned about downtown revitalization, local and county government, critical thinking and research skills, architectural styles, and local history. Students used the same

organizational structure as Main Street Flora, which includes having a chairman, working committees, and a work plan with deadlines and a budget.

"The original portion of the city was founded in 1854 when the railroad was being constructed here. Many of the early buildings were wooden shacks or log structures," said Bry. The research is being compiled into a walking tour brochure of the central portion of downtown Flora.

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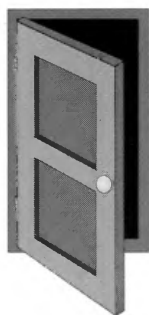
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Top 10 Energy Tips

by Doug Rye

Doug Rye, often known as the King of Caulk and Talk, is a national energy architect. He trains builders, contractors and others on how to build "the most comfortable homes in the neighborhood with the lowest utility bills." He was sponsored by Illinois Electric Cooperatives at several energy workshops.

1 The three most important things to remember for lowering your utility costs and creating a more comfortable house are: 1) air infiltration, 2) air infiltration and 3) you guessed it - air infiltration. If you add up all of the cracks, crevices and gaps that air can get into your home, it would be like having a door open all year long. Close the door!



2 When in doubt caulk it! Use high quality silicone caulk around doors, windows and other places where building materials are connected.



3 Eliminate moisture problems. If you have a crawl space under your home, roll-out thick sheets of plastic across the dirt. In your attic make sure there is adequate ventilation.

4 Duct leakage is a major problem in almost every home. All duct work should be sealed with a mastic paste and insulated. Duct tape does not permanently seal duct work.

5 In the summer, your attic can reach 140 degrees F, so get the duct work out of there! This may not be practical in an older home, but if you're building a new home insist that the duct work is placed in conditioned space, a basement or in the crawl space.

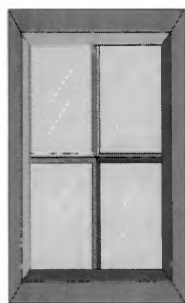


6 For insulation I prefer wet blown cellulose insulation. Cellulose forms an air tight barrier. It is sound proof and roach proof.

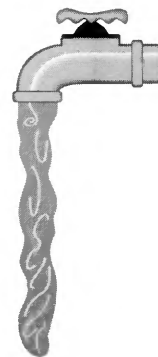
7 If you have an electric water heater, wrap it with a water heater jacket. If the water heater rests on a concrete slab, place a 2 inch thick insulation board underneath it.



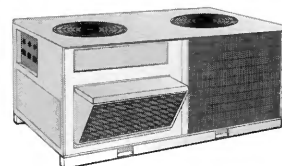
8 If you're building a new house or remodeling, choose insulated windows with low-e glass. The glassed area of your exterior should not exceed 10 to 15 percent of exterior walls.



9 Geothermal heat pumps are 400 percent more energy efficient than traditional furnaces or air conditioners and can save you up to 50 percent on your annual heating and cooling costs. Plus, geothermal systems can provide you with free hot water throughout the cooling season and for some of the heating months.

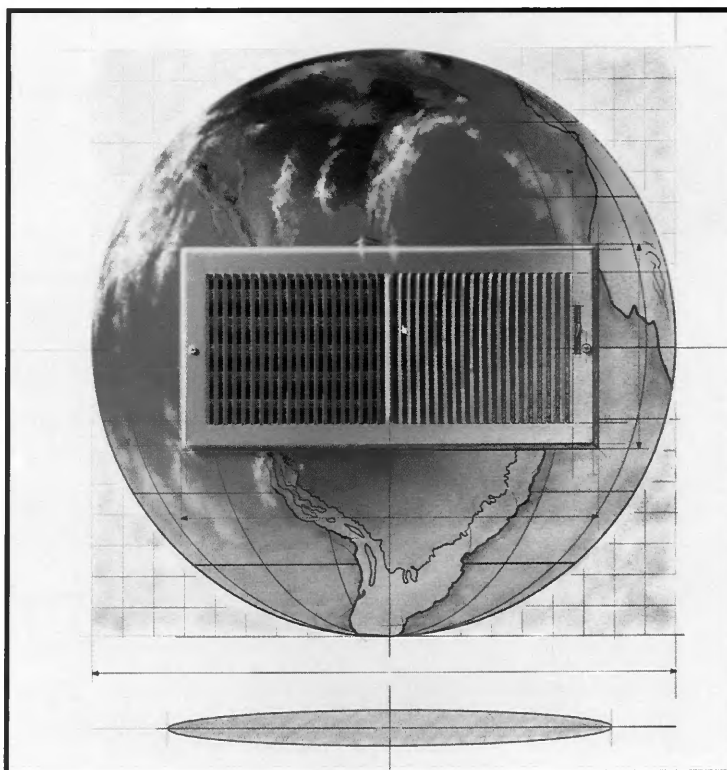
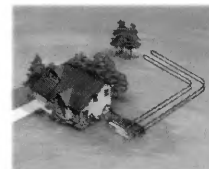


10 Most people, even new home owners, have the least efficient heating and air conditioning equipment allowed under federal law. What a shame! I recommend heat pumps since they are much more efficient than furnaces. At a minimum, buy heat pumps and air conditioners with a 12 SEER rating or above. SEER, or Seasonal Energy Efficiency Ratio, is like a miles per gallon efficiency rating for heat pumps and air conditioners.



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CORNERSTONE



The Art Rageous tent provides the opportunity for everyone to be creative. Here a young fest-goer stands at a bin of colored rice and fills one of the many containers.

America's premier Christian arts and music festival

Delight kindles in a young woman's heart as the gospel choir lifts up Jesus, higher and higher. A child laughs with pure joy as paint drips from his fingers. A young man kneels in a corner of a tent and cries out for Christ's love as a scholar holds the Word of God in his hands – the truth like diamonds in the hearers' eyes. Cornerstone Festival has begun.

Spoon River Electric Co-operative may supply the electricity for Cornerstone, but for the thousands who attend this annual summer festival God is the true power source.

Held annually for the last 13 years, Jesus People U.S.A. has hosted this Christian rock festival. Beginning in 1984 as a Christian response to Woodstock and other outdoor festivals, Cornerstone has grown tremendously. The attendance has gone from 8,000 the first year to almost 20,000.

Cornerstone attendees come from all walks of life, from across the country and around the world. The first festivals were held in Grayslake but in 1991 moved to the Cornerstone Farm, a 575-acre campground with its own 125-acre lake. Some people camp in tents or RVs while others stay with their families in nearby hotels or Western Illinois University dormitories. Festival goers can swim, bike, fish, hike and canoe.

Balance is the key word for the



festival. People of any age, background or interest have no problem finding ways to fill the time. With nine official venues, each having a character and ambiance of its own—from a big outdoor arena to an intimate café—four privately sponsored stages, and over 120 bands, Cornerstone legitimately provides a platform and a rallying point for every type of Christian music. Whether you like pop, or gospel, blues or jazz, folk, swing, alternative rock, ska, or hardcore, you will find a sound suited for you.

The mixture of many activities for all ages makes this an event for the whole family to enjoy. The Imaginarium, an exploration of faith and imagination, features movies, discussions, readings, and a variety of displays. Art Rageous is a celebration of the arts and features a gallery for serious artwork in a variety of themes and mediums, including poetry readings, seminars, workshops, and panel discussions.

A big part of Art Rageous is the children's programs. In a unique hands-on environment, the children are guided in their creative process in the same atmosphere as the older artists. It's a remarkable opportunity for allowing all people the experience of being an artist—not to mention having fun in a different way. For the littlest fest-goers there is the Creation Station,



A young man raises his hands in reverent worship to God during an impromptu performance by the Insyderz at their campsite.

Cornerstone's daily program of puppets, songs, and skits designed especially for kids.

The more athletic-minded individuals may fill their time with the Summer Games. Featured are tournaments and competitions in three-on-three basketball, five-person volleyball, 5K races, steeplechases, fun runs for the youngest runners, and the adventure challenge course.

If you are the type of person who likes to be intellectually active, Cornerstone features in-depth multisession seminars spread over the five days of the fest. The topics range from theological concerns to practical

matters of family life, from urban community development to art and faith. There are also workshops for artists, writers, musicians, and the media along with programs for youth groups and their leaders. For over a decade the festival has hosted nationally recognized speakers like John Perkins, Os Guinness, John Whitehead, Luci Shaw, Erwin Lutzer and Raleigh Washington. The classes are small in size and provide an opportunity to give time and attention to individual questions in an unhurried setting.

The diversity of Cornerstone is an ideal resource for youth groups. In every youth group there are teens with a variety of interests and varying degrees of maturity. Teen seminar topics include

such everyday issues as teenage sexuality, getting along with parents, and developing a heart for evangelism. Other challenging workshops cover topics from Christian apologetics and developing a Christian worldview to what foreign missions mean today. Where else would you be able to see and hear concerts by such noted artists as DC Talk, Steve Taylor, REZ, Petra, or Jars of Clay and still sample a large variety of lesser known artists and music styles. Add to all of this the recreational games, the spiritual honesty and intensity of a retreat, and you have the ingredients for a life-impacting experience.

Tips for Festival Goers

Things to know before you get there:

Hip can look a lot different than you think it should. Your open mind will be tested by some of your fellow Christians.

The water is safe, but stinky with sulphur. Everybody drinks bottled water.

Wear comfortable shoes. Walking is how you will get everywhere you want to go.

Take sunscreen. There will be many opportunities to get burned.

Conditions to prepare for:

100° weather	40° weather
Choking dust	Shoe-sucking mud
Blazing sun	Dark, moonless nights
Feeling dirty	LOUD music
Port-a-potties	

Bring plenty of:

Sleep- Always in short supply
 Cash- Everything is very reasonably priced, it is just that there is so much of it
 Clothes that can get ruined.
 A good attitude, and an open mind.

Preparation

Research the musicians as much as possible. You wouldn't want to miss great music just because your local radio station isn't playing them. Yet.

Take as many friends with you as possible. You don't want them to miss an event of a lifetime.

Practice looking for Jesus, opportunities to serve Him, and ways to enjoy His company. This is something that you will share with 20,000 other attendees.

Over the years, Cornerstone Festival has become known as America's premier Christian arts and music festival. It can best be described as an event having the diverse entertainment of an amusement park, the creativity of an art gallery, the recreational capacity of a summer camp, a focused program for young children, the energy and enthusiasm of a college campus, and the ambiance of a small-town street market on a sunny Saturday afternoon.

People come from every state, Canada, Japan, Russia, Norway, Hungary, Switzerland, South Africa,



At night your eyes are drawn to the lighted cross across the lake, as you round the corner and come down the hill.

Sweden, Belgium, South Korea, Germany and Mexico. Cornerstone is a labor of love, by and for people who are serious about their personal relationship

with Jesus, committed to nurturing a sense of community, passionate about music and the arts, and dedicated to imparting God's love to the culture around them. It is also a place where healing, conversion and recommitment take center stage.

If you would like more specific information about Cornerstone '97, July 3-6, please contact:

Cornerstone Festival
920 W. Wilson Ave.
Chicago, IL 60640
(312) 989-2087

Tues.-Sat. 9a.m. to 4:30 p.m.

Festival energizes community

The small community of Bushnell more than quadruples its size for about a month. When the festival started, Jesus People USA (JPUSA), the festival promoters, invited the town out for a tour to see what it was all about. More people than they expected showed up for the tour.

During the first part of June people arrive and begin preparing for Cornerstone. Hardware stores, lumber yards, service stations and restaurants experience a steady increase in business as the time grows closer. During the festival, many fast food restaurants bring in extra employees and supplies from nearby towns to meet the demand.

Hy-Vee, one of the local grocery stores, supplies a tent on the festival site with food, beverages, personal items and hardware. The store acts as a middle man for JPUSA. Orders start being faxed June 1 for supply people and vendors. It takes four or five days to set up the tent and one day to take it down. Merchandise begins selling out of the boxes right away.

Sandy Snow, a store employee, said last year five pallets stacked with product from her department alone were brought to the site. At the end of the festival the returned products filled only eight tote bags.

Water is hauled to the site by the pallet and ice by the semi-load. Last year on the final day of the festival they ran out of ice. The store is manned from 6 a.m. to 11 p.m. "It is hard to schedule employees for inside the store because everyone looks forward to

working at Cornerstone every year," said Stone.

In an article in *The Register-Mail*, Bushnell Mayor Jack Promission stressed that the town has never run into problems with the festival-goers.

"They've just been super people. They may look different, but I can't overstate how cordial and well-behaved they are. We don't beef up the police or do anything extra. I talked to the police chief about it, and he said he's only given two speeding tickets since the festival started."

Every one in Fulton County knows about the festival. There have been very few complaints from neighboring farmers since the festival started over a decade ago. County residents are amazed that people come from all over the United States and overseas to vacation in their county.

Mark Balbinot, system engineer at Spoon River Electric Co-operative, said the people at JPUSA were super nice and easy to work with. The first year of the festival nobody anticipated the attendance to be at the 8,000 mark and the additional electrical demands



Vendors serve a wide variety of food—everything from frozen juices and soda, to funnel cakes and ostrich burgers.

caught the co-op by surprise. To meet the energy demands of the festival, the co-op installed a beefed-up electrical system to service the entire festival site.

The Cornerstone farm is at the end of the line and the cooperative had people out there round-the-clock to help with the extra load. When the festival is running at full tilt, it can add about 2kw to the electrical load.

Since then, the co-op has added a few services to help balance things out. This year they are installing a new and larger pump to help solve a lot of the water problems. About a week before the festival begins, the co-op sends out a team to check the connections and hardware.

Everyone working together helps to make Cornerstone a success. That is what cooperatives are all about.

-Story and photos by Cheryl Howard

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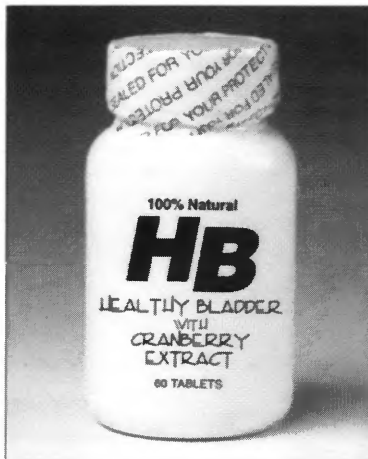
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The highest percentage of people with incontinence are over 50, but people of all ages experience this problem. 40% of all pregnant women experience incontinence and 10 to 15 percent continue to have it after giving birth. Prostate surgery can trigger incontinence. For older women, the loss of estrogen can weaken the pelvic muscle and reduce the efficacy at the bladder neck. **Herbs are effective because they address the problem without the side effects of prescription drugs.**



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AROUND YOUR HOME

Is water destroying your home?

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faded to distant memories. These heavy downpours and rising groundwater levels can seriously damage your house and your health as well. They are, however, not the only causes of excessive moisture in your home. Let's talk about the three ways water vapor enters your home, the effects it can have, and the methods you can use to control it.



Bill Campbell

The first, and most obvious, source of water is roof leaks. Though this can be a significant problem, the solution is also obvious. Repair your roof. My offer of information from the National Roofing Contractors' Association from last summer still stands. Their roofing guide is an excellent reference on proper roof repair and installation. If you have persistent trouble spots, you should contact a professional contractor, and don't hesitate to ask for a guarantee.

The next common source of water vapor in the home is the basement or crawl space. A wet crawl space or basement may add as much as 10 to 15 gallons of water as water vapor to your home each day. If this vapor stayed in the living spaces of your home in the winter this would be a wonderful humidifier. The problem is that it doesn't. It travels from areas of high concentration (inside the home) to areas of low concentration (outside). The vapor moves through your walls and ceilings until it encounters a cold surface, which causes it to condense back into its liquid form. This causes wet insulation, mold growth, peeling paint on exterior surfaces, and damage to roofing materials.

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

Many times the first sign of a problem is mold growth on the underside of roof sheathing, even though there are no signs of water in the basement or crawl space. Sounds like a real puzzler: the problem is in the basement; the result is in the attic.

Fixing this problem may be similarly confusing. Wet basements and crawl spaces may be the result of improper gutter and downspout installation. Make sure your downspouts carry water at least ten feet away from the foundation or basement wall. You may need to use fill dirt to maintain at least six inches of fall in the first ten feet around the perimeter of your home.

Even a dry looking crawl space can add water vapor to your home. You may need to cover the soil and foundation walls with plastic sheeting to prevent this moisture migration into your home.

The last source of moisture in your home comes from within. You, your heating devices, and appliances that add to your comfort can all be major sources of water vapor in your home. A family will add between two and four gallons of water vapor by cooking, cleaning, bathing, and breathing every day. These amounts can increase drastically if individuals are not careful to exhaust cooking and bathroom vapor. Additional water vapor can come from unvented clothes dryers, backdrafting gas water heaters and furnaces, unvented space heaters, and from improperly managed humidifiers. Proper maintenance of heating appliances, chimneys, and installing clothes dryer vents should help with these sources. Remember that every ounce of water that you release in your home can end up as water vapor moving into your walls and causing mold or ruining insulation. This includes the water used in plants and aquariums.

Additional solutions to moisture problems are covered in a set of booklets from the Building Research Council at the University of Illinois. Call them at (800) 336-0616 and ask that they send you *Set 6—Solving Moisture Problems*, which will cost you \$5.25 for the three booklets.

During April, my campus counterpart, Ted Funk, and I conducted training for the Consumer and Family Economics Educators of the Cooperative Extension Service. We were able to give this group information and materials that should help them deliver programs related to moisture control and indoor air quality. They can be contacted through your University of Illinois Cooperative Extension Service unit office.

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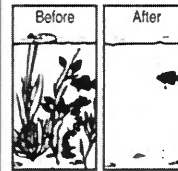
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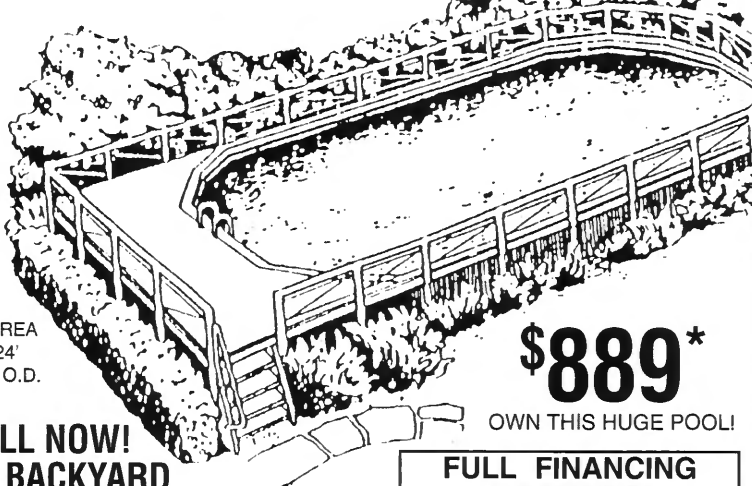
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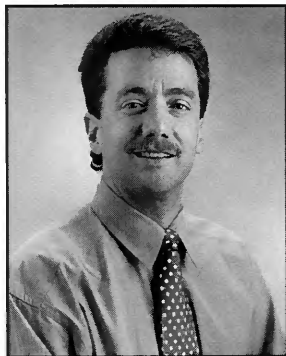
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Your YARD AND GARDEN

June is rose month



Dave Robson

June is National Rose month, set aside to honor everyone's favorite flower. Roses have a place in just about every landscape provided you follow some basic rules.

Time is the most important element you have to provide. Roses demand more attention than most flowers. Next to tomatoes, probably no other garden plant has as many insect or disease problems. Plants need constant watering, fertilizing and pruning to keep them flowering.

Site selection is the second most important aspect. Roses need at least six hours of direct sunshine each day. Plants grown in the shade will produce spindly growth and poor quality flowers.

Drainage is second only to sunlight in importance. Roses need a soil that is well drained and high in organic matter. Rose roots seldom grow beyond the planting hole into poorly drained or clay soil.

It may be necessary to build raised beds to provide adequate drainage in some areas. Beds should be at least 12 inches deep and filled with a loose garden soil and organic matter.

Select plants with thick canes which show no signs of shriveling, and choose only varieties recommended for your area. You can buy container or bare-root plants; check each plant carefully for signs of diseases or insects. A well balanced plant with three or more canes evenly spaced around the bush is ideal.

In Illinois, you want to dig the hole deep enough so the bud union is just at the soil level when planting is com-

pleted. This will help with winter protection. For bare root plants, mound a cone of soil in the bottom of the hole and spread the roots evenly over this cone.

Pruning properly ensures continued bloom for the bushes. Starting at the flower, examine the stem until you find a leaf with five leaflets on it. Above this five-leaflet leaf you will see leaves with three leaflets and possibly some single leaves. Fully developed leaves with five-leaflets are most likely to surround buds that are mature enough to develop into strong flower-bearing stems. Cut at an angle away from the bud.

Also, try to find a five-leaf leaflet on the outside of the bush. This will allow new growth to be directed toward the outside allowing more sunlight to the middle which encourages growth and reduces diseases. You may have to drop down one or two leaves in order to find an outside bud.

Taking too much stem when cutting can harm roses. A bloom cut with a long stem takes a large number of leaves and the reduction of foliage may slow growth, delaying further blooms.

Roses need feeding once a month through the first of September. Don't fertilize late in the year—that will only encourage growth when the plant should be trying to go dormant. Rose fertilizers are formulated to provide the correct nutrients.

Water is essential for growth and flowering. Roses need at least an inch of water every week throughout the growing season. When temperatures are above 90 degrees, plants may need 2 inches.

Finally, most roses need a regular preventative spray program to prevent black spot and powdery mildew diseases. Most rose growers spray plants weekly to keep diseases in check. Diseases can reduce the foliage which lowers the quality and quantity of the blooms.



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

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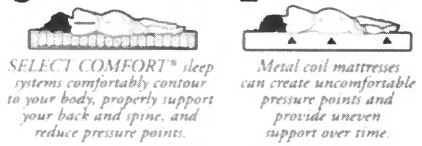
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Today's

TECHNOLOGY AND YOU

New doors keep energy in, intruders out

Q. My old wood front door is leaky and ugly. I want to replace it with one that is efficient, attractive, secure and maintenance-free. What is the overall best type of front door to install? - T. A.

A. One of the new designer insulated steel front doors is an excellent choice for most homes. The first thing I did when I moved into my house was replace the old wood front door with an insulated steel one with super-efficient etched and beveled glass. The reduction in energy-wasting, chilly drafts and outdoor noise was very noticeable.

With more advanced manufacturing processes to form and finish the steel skin, many insulated steel doors are difficult to distinguish from real wood doors. Crisper and deeper edge definition creates sharper shadows and relief for an authentic wood appearance. Steel doors are literally maintenance-free and secure against intruders.

For the most realistic wood appearance, select one of several types of stainable and grained steel doors. One designer series, Acclaim, has a 10-mil thick (about as thick as four pieces of paper) vinyl coating baked onto the steel. The surface is embossed with a pattern made from real wood grain. It can be stained like real wood or painted.

Another design, Signature series, has a real natural oak wood veneer permanently bonded to an efficient insulated steel door core. The basic core is a one-inch thick insulated steel door. It looks like a real solid wood door and it does not shrink or grow with the changes of the seasons.

Various glass options can make your door efficient, unique and attractive—leaded or brass caming, etched, beveled, frosted, glue chip, etc. For the best comfort, efficiency and noise reduction, choose double or triple pane, low-emissivity (low-e) glass with insulating inert argon gas in the gap. Weathershield offers triple pane glass with double low-e coatings and krypton gas in the gaps. This creates a center-of-glass insulation value as high as R-10.

An insulated steel door is one of the most secure de-

signs against intruders. The steel skin is difficult to break through. When evaluating the strength of the door, remember that a smaller steel gauge number indicates a thicker and stronger steel skin. Many doors use heavy wood or ABS plastic (used for golf club heads) lock blocks that are very rugged. For the best security, choose a pre-hung steel door in an adjustable easy-to-install steel frame.

Several new features can increase security even more.

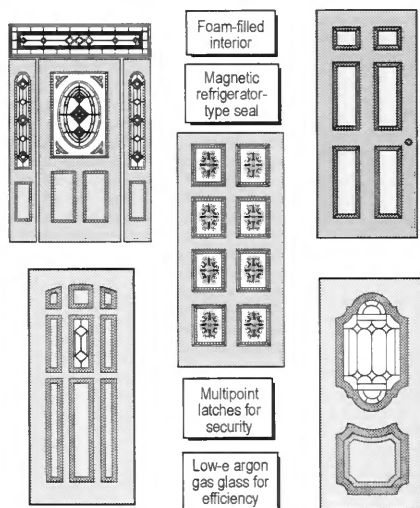
One, Alert Lock, has a built-in battery-operated burglar alarm. You can set the door so that when it is locked, the alarm is set. Any shaking of the door sets off a loud alarm for two minutes. Since it takes longer than this to break through a steel door, the burglar will run. The shaking sensitivity is adjustable to eliminate false alarms from pets or the wind.

Another security feature is a multipoint deadbolt lock. The deadbolt hooks into the frame in three locations spaced from top to bottom. It is operated by a durable metal rack-and-pinion system hidden inside the door. All of the parts of multipoint locks are made of heavy solid brass. With a steel frame too, it is virtually impossible to break in.

Steel skin construction makes these doors efficient and maintenance-free. Many steel doors have insulating foam injected into the hollow door providing an insulation value up to R-10.8. Other designs use a preformed rigid foam piece that is bonded inside the door during construction. Both are effective at blocking heat transfer and outdoor noise transmission.

Since steel does not grow or shrink with humidity changes, it remains airtight. Choose a steel door that uses magnetic (refrigerator-type) weatherstripping seals. On many models, the sill can easily be adjusted up and down with a screwdriver to compensate for settling of a house. In cold climates, a door with built-in thermal breaks between the indoor and outdoor skins is effective. Some use foam-filled or vinyl edge seals for the thermal break.

Write for Utility Bills Update No. 769 showing a buyer's guide of 13 insulated steel/wood finish front doors listing type of insulation and lock block, styles, glass options, security features, prices and installation instructions. Please include \$2 (checks payable to Jim Dulley) and a business-size SASE, and send to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.



Super-efficient steel doors are attractive and secure.

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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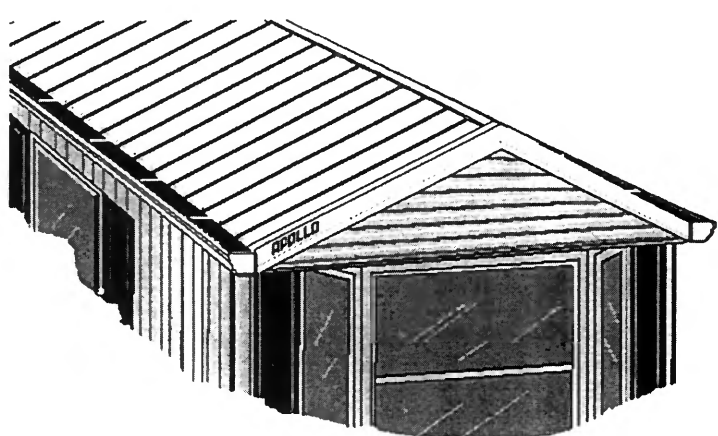
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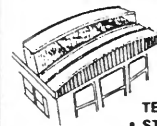
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Brilliant ideas

New electric gadgets will make your life easier

It's no wonder the symbol for a brilliant idea is the light bulb. Every day, electricity provides the energy for another new idea that will make your life easier, safer and more energy efficient.

Do you remember when microwave ovens first came out? Now you can't find a kitchen without one. Today, more than ever before, electricity is powering many new gee-whiz gadgets that will soon be as common as the microwave. You may not have heard about some new electric technologies, like the induction cooktop stove, but many are already available.

For instance cordless electric lawn mowers are now easy to find, cost \$200 to \$300 and offer many advantages over gas powered mowers. Don Van Houten, field services representative for the Association of Illinois Electric Cooperatives has used earlier electric mowers, the new cordless mower, and of course, gas powered mowers. "My gas mower at home takes 12 pulls to start every time. I don't get along with gas mowers," said Van Houten. The new Black & Decker cordless electric mower he uses at work will never be hard to start, never need a tune up or oil change and will not pollute the air or Van Houten's lungs as he walks behind it.

Van Houten says the Black & Decker cordless mower he uses will mow a quarter-acre yard on one charge. "It cuts well. The last time the grass was fairly thick and wet, but it went right through it just fine."

Cordless mowers are also quiet, safe and cost less to operate. Eliminating gasoline storage alone improves home safety year-round. A single lawn cutting uses less electricity than it takes to burn a 60-watt light bulb for a day. An entire year of mowing costs less than \$4. On the environmental side, the

typical gas mower emits eight times more nitrogen oxide, 3,300 times more hydrocarbons and 5,000 times more carbon monoxide per hour of operation than a cordless mower. The study accounted for power plant emissions produced while generating electricity to charge a typical electric mower.

The new induction cooktop stove is also becoming widely available. The technology is really not all that new and has been used for years to melt steel. The cooktop has high frequency induction coils just below an easy to clean ceramic surface. Don't worry, the cooktop never becomes hot like earlier ceramic cooktops. Clean up is a breeze.

So how does it work? Remember the microwave oven and how only the food becomes hot? With an induction cooktop only the metal pan becomes hot, not the stove. Induction coils create magnetic fields that cause electrons in metal pans to vibrate and produce heat.

The cooktop stays cool-to-the-

touch, reducing the possibility of burns. Spills don't bake on. Also, a side benefit in the summer is the stove doesn't heat up your kitchen and add to your air-conditioning bill. The induction cooktop stove uses 40 to 47 percent less energy than either gas or electric stoves. The cost of the stove is about \$1,000.

Another new appliance being developed is the horizontal-axis washing machine. A front loading washer, it uses 50 percent less energy and less water. Clothes, rather than being fully immersed, are lifted and tumbled through a shallow pool of water in the bottom of the washtub. Horizontal-axis washers dominate the European market, but vertical-axis washers account for 98 percent of the United States market. Several domestic manufacturers are producing, or intend to produce horizontal-axis washers. For drying clothes, what would you think about a microwave dryer? Researchers are working on that idea too.

Other new electric technologies will improve heating and air conditioning equipment, water purification, air quality in hospitals, grain and produce storage, electric cars, batteries, and yes, even the light bulb.

— Story and photo by John Lowrey



Don Van Houten likes Black & Decker's cordless electric mower because it is easy to start, needs very little maintenance and he doesn't have to store gasoline.

"Through leadership, I have found a part of myself that I never want to lose. Being a leader is more than an act—it's not a once-in-a-while thing, it is a way of life. It has become a part of who I am and what I always want to be."

Dawn Amrein,
18, of Princeton



photo by Fred Zwicky, Peoria Journal Star

Dawn Amrein, the daughter of Ron and Barbara Amrein, members of Illinois Valley Electric Cooperative, was selected by her peers to serve on the Youth Consulting Board, a year-long commitment that included representing Illinois at a national electric cooperative meeting. Dawn serves as class president, secretary/treasurer of the student council, president of the National Honor Society, Crimestoppers publicity chairwoman, secretary of the Varsity Club, co-captain of the basketball team and a member of the newspaper staff. She also has a part-time job. Dawn dreams of one day being a pilot, a journalist, an accountant, a doctor, or maybe a dietitian.

Investing in tomorrow's leaders today

The Illinois electric and telephone cooperatives invest in young, rural leaders because they believe in educating young people about democracy and want to develop young leaders.

Since the late 1950s the electric and telephone cooperatives of Illinois have introduced thousands of high school juniors and seniors to their state and national leaders during Illinois Electric and Telephone Cooperative Youth Day in Springfield and The

Youth to Washington tour.

On April 30, about 260 young Illinoisans converged on Springfield where they met their legislators, toured the state Capitol complex, Supreme Court, Governor's mansion, and Lincoln's Tomb.

In June, about 1,000 young people representing electric cooperatives nationwide will spend an unforgettable week exploring the nation's capital, in a tour inspired by then Sen. Lyndon Johnson. Addressing the annual meeting of the Na-

tional Rural Electric Cooperative Association (NRECA) in 1957, the senator noted that the cooperatives could assist in "sending youngsters to the nation's capital where they can actually see what the flag stands for and represents."

The senator's home state of Texas sent several young people to Washington to work in Johnson's office during that summer. Then, in 1958, several people with rural electric cooperatives in Iowa sent the first group of 34 young people for a week-long study tour. Later that year, a busload from Illinois arrived in Washington.

By 1964, NRECA began to coordinate the program and that year hosted some 400 young people from 12 states. Today, more than 1,000 young people and chaperones participate each year. Illinois

alumni of Youth Day and the Youth to Washington tour include state Representatives Art Tenhouse, who formerly was director of Adams Electrical Co-Operative, and Tom Ryder, who formerly was M.J.M. Electric Cooperative's attorney. Tenhouse and Ryder said the experiences of the Youth Tour helped to kindle their interest in the political process.

During the Washington tour the students spend an entire day on Capitol Hill, where they meet their two U.S. Senators and the downstate Congressional delegation. Members of many former Youth to Washington contingents have been fortunate enough to meet U.S. Presidents at The White House. The students also tour the many historic sites of Washington.

During the week in Washington each group selects a student leader to represent the state on the Youth Consulting Board (YCB). Dawn Amrein, 18, of Princeton, one of the participants of last year's Youth to Washington Tour, was elected to represent Illinois on YCB.

"I like to succeed and exceed," Amrein said. "The Youth Board has been a real confidence builder."

To help young rural leaders further their education the Illi-

nois Electric Cooperative Memorial Scholarship was recently started. The scholarship was established through the efforts of Thomas H. Moore, long-time executive vice president and general manager of the Association of Illinois Electric Cooperatives. Moore, who retired in January 1994, urged creation of the fund so individuals could donate in honor of deceased members of the electric cooperative family. The scholarships are based on grade point average, college entrance test scores, work and volunteer experience, participation in school and community activities and knowledge of electric cooperatives. Two \$1,000 scholarships are awarded, one to a child of an Illinois electric cooperative member and one to a child of an Illinois electric cooperative employee or director.

This year's recipients are Rebecca Dawn Swearingen of

Melvin, the daughter of Steven and Kathy Swearingen, members of Eastern Illini Electric Cooperative, and Ryan Joseph Cleland of Pinckneyville, the son of Brenda K. Cleland, administrative assistant at Egyptian Electric. Swearingen, a student at University Laboratory High School, plans to become a veterinarian, while Cleland, a student at Pinckneyville Community High School, plans to become a radiologist.

The fund is administered by Northern Illinois University and tax-deductible donations may be made to the NIU Foundation/IEC Memorial Scholarship Fund, P.O. Box 3787, Springfield, IL 62708. Memorial gifts should list the

person in whose memory the gift is given.

For more information and deadline dates for application to these programs, contact your local electric or telephone cooperative.



Rebecca D. Swearingen



Ryan Joseph Cleland

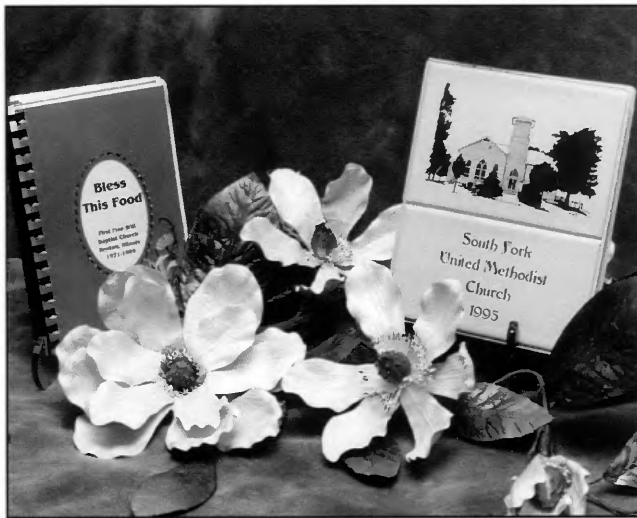


In Washington, students emerge after a tour of the Smithsonian Museum of Natural History



Students flank Gov. Jim Edgar outside his Capitol office during Youth Day 1995.

FINEST COOKING



First Free Will Baptist Church of Benton will be celebrating its 26th anniversary this month. The Woman's Auxiliary compiled its cookbook in 1995. It has over 300 recipes, is spiral-bound and costs \$6 plus \$2 S&H. You may order from Mae Sullivan, 1839 S. Thompsonville Road, Thompsonville, IL 62890.

The Study Club of South Fork United Methodist Church also compiled its cookbook in 1995. It features a three-ring binder and is made to stand up like an easel. The cookbook has 176 pages and sells for \$13.50 which includes postage. Place your order with Marilyn Bauman, 221 N. 1250 E. Road, Nokomis, IL 62075 or contact her at (217) 563-2160.

First Free Will Baptist Church, Benton

PREACHER'S CHILI

Gene Norris

- | | |
|-----------------------------|------------------------|
| 2 1/2 lb. beef cubes | 1 tsp. chili powder |
| 1 T. paprika | 3 T. shortening |
| 2 tsp. salt | 1 clove garlic, minced |
| 2 sliced onions | 1 1/2 T. chili powder |
| 28 oz. can tomatoes | 1 tsp. ground cloves |
| 1 T. cinnamon | 2 C. chopped potatoes |
| 1/4 tsp. crushed red pepper | 2 C. chopped carrots |
| 2 T. all-purpose flour | |

Coat beef in mixture of flour, paprika, 1 tsp. chili powder and salt. Brown in hot shortening in a large Dutch oven. Add onion and garlic and cook until soft. Add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook until vegetables are done, about 45 minutes. Makes 6 to 8 servings.

APPLE SALAD

Cindy Britton

- | | |
|--|--------------------------|
| 1 large can crushed or chunk pineapple | 2 C. mini marshmallows |
| 1/2 C. sugar | 1 T. flour |
| 1 beaten egg yolk | 1 1/2 T. vinegar |
| 2 C. diced apples | 10 oz. carton Cool Whip® |
| | 1/2 C. chopped pecans |

Drain pineapple, saving juice. Add marshmallows to pineapple. Cook juice from pineapple, flour, sugar, vinegar and egg yolk until thick. Cool; pour over marshmallow mixture and refrigerate overnight. Add Cool Whip, apples and pecans the next day.

HAWAIIAN CHICKEN

Pam (McCann) Tomer

- | | |
|-------------------------|------------------------|
| 4 chicken breasts | 1/2 C. flour |
| 1/3 C. oil | 1 tsp. salt |
| 1/4 tsp. pepper | 1 green pepper, sliced |
| Sauce: | |
| 1 can sliced pineapple | 1 C. sugar |
| 2 T. cornstarch | 3/4 C. vinegar |
| 1 T. soy sauce | 1/4 tsp. ginger |
| 1 chicken bouillon cube | |

Wash chicken and remove fat. Coat with flour. Heat oil in pan; add chicken and brown (do not fully cook). Add salt and pepper.

Sauce: Drain pineapple, pouring syrup in 2-cup measure. Add water to make 1 1/4 cups.

In pan, combine pineapple syrup, sugar, cornstarch, vinegar, soy sauce, ginger and bouillon cube. Bring to boiling. Stir and boil for 2 minutes. Pour over chicken. Bake, uncovered, 30 minutes. Add pineapple and green pepper. Bake 30 minutes longer at 350°.

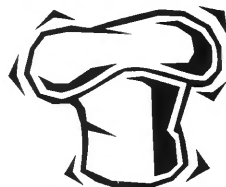
DR. PEPPER CONGEALED SALAD

Joy Settle

- | | |
|----------------------------|--|
| 2 bottles Dr. Pepper® soda | 1 c. chopped pecans |
| 2 boxes cherry Jell-O® | 1 small jar maraschino cherries, diced |
| 8 oz. cream cheese, diced | |

Combine 2 cups of soda and cherries in saucepan and bring to boil. Pour in jello, stirring until dissolved. Add 2 more cups of soda. Chill in refrigerator for 1 hour. Add cream cheese and pecans. Stir well and refrigerate.

Note: Can substitute Diet Coke for Dr. Pepper. Use 3 boxes of sugar-free jello and substitute fat-free cream cheese.



ROASTED GARLIC CROUTONS

Roberta Bain

4 slices French or sourdough bread
T. pureed roasted garlic

3 T. olive oil
salt to taste

Preheat oven to 350°. Cut the crust off the bread slices. Cut slices into 1/2-inch strips and cut the strips into 1/2-inch cubes. Combine oil, salt and roasted garlic in a mixing bowl. Add bread cubes to mixture and mix thoroughly so the croutons are well seasoned. Place croutons on cookie sheet and bake until they are golden brown, 5 to 7 minutes. Makes about 1 cup.

LOW CALORIE ANGEL FOOD CAKE

Norma Helton

1 angel food cake
1 large box sugar-free vanilla instant pudding
1 C. hot water

2 pkg. Dream Whip
1 pkg. strawberry Jell-O (sugar-free)

Prepare a little before, the strawberry jello and 1 cup hot water and let it begin to set. Break up angel food cake in bottom of 9x13-inch pan. Mix pudding as per the directions on the package, then mix jello with the pudding. Pour over cake. Prepare Dream Whip as per directions and put on top. Refrigerate.

South Fork United Methodist Church**PUNCH**

Janet Toberman

3 C. sugar
6 C. water
3 (3 oz.) pkg. Jell-O®
1 (46 oz.) can pineapple juice

1 (12 oz.) can frozen orange juice
1 (12 oz.) can frozen lemonade
1 gal. water
2 liters ginger ale

Boil 6 cups water and dissolve sugar and Jell-O. Add pineapple juice, lemonade and orange juice. Add 1 gallon water. Freeze. To serve, thaw slightly, break up with fork into slush and add ginger ale.

Variations: Can use yellow: peach, apricot, orange. Pink: cherry and strawberry Jell-O.

TAKE A BUNCH TO BRUNCH

Lori & Aleta Kettelkamp

16 slices bread, trim the crust
2 C. ham
2 C. shredded cheddar cheese
Butter

2 3/4 C. milk
1/2 tsp. salt
1/2 tsp. dry mustard
1 C. crushed corn flakes
6 eggs

Place 8 slices of bread in bottom of a large greased baking dish. Sprinkle ham and cheese over bread. Put remaining 8 slices of bread on top. Beat eggs and add milk, salt and dry mustard. Pour egg mixture over bread. Mix crushed corn flakes with some melted butter and sprinkle over top. Cover with foil. Refrigerate overnight. Bake at 325° for about 1 hour. Cool for 10 minutes and slice into squares.

BANANA SALAD

Lana Adcock

1 T. flour
2 T. sugar
Salt
Juice of 1/2 lemon

1 egg
Bananas
Ground peanuts
Maraschino cherries (opt.)

Mix flour, sugar and salt. Add beaten egg and juice of lemon. Then add 1 cup of water, bring to a boil, let cool. Slice layer of bananas in dish. Put layer of dressing, then a layer of ground peanuts. Alternate layers until dressing is used. Put maraschino cherries on top.

HONEY-MUSTARD DRESSING

Ann Spencer

1 C. mayonnaise (not Miracle Whip)
1 T. honey
1 T. prepared mustard

1 T. sugar
Salt & white pepper, to taste
Few drops Tabasco sauce
2 tsp. fresh lemon juice

Blend all ingredients with a wire whip for about 5 minutes. Chill overnight before using.

SPRING PEA SALAD

Doris Kottwitz

10 oz. fresh or frozen peas
1 C. diced celery
1 C. chopped fresh cauliflower flowerets
1/4 C. diced green onions
1/2 C. chopped cashews or salted sunflower seeds

1/4 C. cooked, crumbled bacon
1/2 C. sour cream
1 C. prepared Hidden Valley® ranch dressing

Rinse peas in hot water (or steam if fresh), drain. Combine vegetables, nuts and bacon with sour cream. Mix dressing, pour over salad mixture. Toss gently. Chill.

YUMMIE COFFEECAKE

Marion Stauder

1/2 C. oleo
1 C. sugar
2 eggs
2 C. sifted flour
1 tsp. baking soda

1 tsp. baking powder
1/2 tsp. salt
1 C. sour cream
1 tsp. vanilla

Cinnamon-nut topping and filling:

1/3 C. light brown sugar
1/4 C. white sugar

1 tsp. cinnamon
1 C. chopped nuts

Cream oleo and sugar until creamy. Add eggs 1 at a time. Sift all dry ingredients, then add 1/3 of dry ingredients to the batter, then 1/3 cup sour cream. Continue to add 1/3 portions, making the flour the last ingredient. Add the vanilla.

Topping: Mix the ingredients for the nut topping. Pour 1/2 the batter into an ungreased angel food cake pan. Then add 1/2 the cinnamon-nut topping. Add rest of the batter, then sprinkle remaining topping on top. Bake at 350° for 40 to 45 minutes. Let cool 20 minutes before you take it out of the pan. Run sharp knife around cake. Delicious warm or cold, and keeps moist for several days.

HOMEMADE ICE CREAM

Marilyn Bauman

2 ctn. Egg Beaters® (says 4 eggs to a ctn.)
3 1/2 C. sugar
3 tsp. vanilla

4 ctn. whipping cream
1 ctn. half & half
Milk

Beat Egg Beaters really well until light and fluffy. Add sugar; add very slowly, a little at a time. Beat well after all is in. Add vanilla, whipping cream and half & half. Mix as much as you can. Put the rest in ice cream freezer after you put the bowlful in. Finish filling to 2-1/2 inches from top with milk. Ready to freeze as soon as it is mixed. Makes 1-1/2 gallons.

There's hundreds of them

by Susan Wildemuth

If you have a vegetable garden you know that if you plow, plant, weed, and water your little piece of the earth, it will produce many wonderful edible things for you.

June in a garden means strawberries. We used to have a patch when we were first married. Transplanted from my sister's bed, they were huge and so abundant I used to sell the extras for a dollar a box to the neighbors, who, like us, just couldn't get enough of the tasty things.

Raspberries and July 4th just go hand in hand. This delicious fruit is perfect for pie, make unbelievable freezer jam, and can hold it's own with a little sugar. Unfortunately, these plants were only part of our garden for a short while because after the first year I really couldn't talk myself or

anyone else into walking between the thorns to get to them.

July brings on some more garden staples. By now you're usually on your second picking of radishes and onions. Cabbage has become cole slaw countless times, your broccoli has been frozen, and the beets have been picked, pickled, and packed away. Snow peas and

new potatoes are tucked

away in the freezer and basement

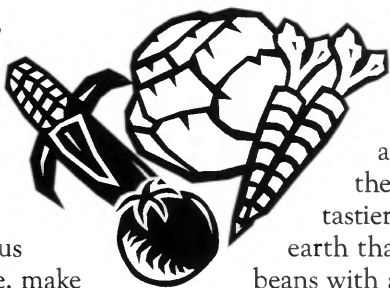
for future holidays. The green

and yellow beans are coming on and there is nothing

tastier on the face of the earth than pressure canned

beans with a slice of bacon in each Mason jar.

Sweet corn, cucumbers and tomatoes, my favorite garden produce, come in August. I steam the sweet corn, slice the tomatoes and make cucumber slices with vinegar



and onions. Add grilled meat and a slice of watermelon and that's as good as life can get.

September sends the kids back to school and green thumbs to the garden for their fall squash. Pumpkin, butternut and buttercup all make the best one-shell pie you'll ever want to taste and it would not be Thanksgiving without one. The last thing you do before you plow in the fall is to dig up the last of your potatoes and that's it my friends; your work is done.

Lest you think I've forgotten something, I haven't! We have planted zucchini, too. Those of you familiar with the growing patterns of this particular squash know that all you have to do is plant one plant an you will get 500 zucchini. One year we planted six plants. We had 3,000 of them. What to do? I deep and pan-fried them, made chocolate cake, spice cake, bar cookies and bread, froze some, layered them in vegetable lasagna, hid chunks in salads, made tuna boats, donated a truckload to a nearby

Illinois

FUNNYBONE

A man and his son were riding on a load of hay. The wagon hit a rough place in the road. All the hay fell off on to the ground.

The boy crawled off and was standing by, wondering what to do, when a kind neighbor man said to the boy, "Son, come on over here and get a cool drink of water." So the boy went. After he got a drink, a nice lady said, "Son, come in and eat dinner, 'cause I know you are tired and hungry." The boy went in and ate a full meal. Then he said, "Thanks, I must go 'cause my dad will be mad at me."

"Where is your dad?", they said.

"Oh, he is still under that load of hay."

Nell Mausey, *Creal Spring*

A man walked into a restaurant and was wearing a red sock and a green sock. A friend of his noticed the socks and mentioned to him that he was wearing a red sock and a green sock. The man answered, "That's nothing, I have another pair just like them at home."

Billie Lea Tanner, *Pittsburg*

At the end of my senior year in high school my gang of girl friends came out to spend the day at our farm. We decided to play hide-and-seek and left the doctor's daughter sitting on a pile of logs in the pasture while we all disappeared. Suddenly there were earsplitting shrieks. We all ran to see what was wrong. There was the doctor's daughter screaming, "They're trying to eat me!"

Our gentle herd of Guernsey cows had surrounded her and were licking the salty perspiration off her arms and legs. Everyone laughed, then pushed away the bossies and helped her down, while assuring her, she wasn't going to get eaten. She has never forgotten that day.

Marti Kelly, *Springfield*



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

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food pantry and tried to sneak some into Spud the Dog's food dish—Spud eats everything but them. I even used two of the bigger ones for door stops. I swear I did everything that year but make pickles. My family made me promise never to plant them again or I'd lose my happy home.

The other day I was downtown doing a little shopping and saw a woman, with a hopeless look on her face, pushing a shopping cart full of zucchini down the boulevard muttering, "There's hundreds of them I tell you, hundreds." Evidently she had been trying to give them away but wasn't having much luck. I tried to be good and remember my promise to my family but I couldn't help myself. I took a bushel.

Zucchini pickles are going to taste mighty good this winter with sweet corn in my new home. The new place is a little small, but Spud kind of likes the company.

Susan Wildemuth is a writer who lives in rural Illinois with her husband, son and Spud the Dog.

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Additional Words _____ (use separate sheet if needed)

Mail to Illinois Marketplace
Illinois Country Living, P.O. Box 3787 • Springfield, IL 62708

Deadline for August issue: June 15

Illinois DATEBOOK

Children's Art Festival, June 1, Springfield. (217) 753-3519.

114th Infantry Civil War Regiment Re-treat, June 3-Aug. 26, Springfield. A ceremony will be held at Lincoln's tomb at 7 p.m. on Tuesday evenings. (217) 782-2717.

Spring Valley Summer Fest, June 4-8, Kirby Park, Spring Valley. (815) 663-1108.

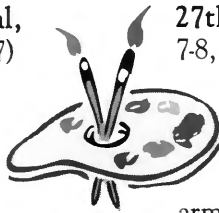
Free Fishing Days, June 6-9, State-wide. (217) 785-8955.

Elmwood Strawberry Festival, June 7, Elmwood. (309) 742-8643.

Annual Galena Triathlon, June 7, Apple Canyon Lake to Galena. It's the second run for this event. (800) 747-9377.

Schweizerfest, June 7-8, Highland Square, Highland. (800) 782-9587.

International Horseradish Festival, Woodland Park, Collinsville, (618) 344-2884.



27th Annual Rendezvous, June 7-8, Fort de Chartres State Historic Site, Prairie du Rocher. Enjoy a recreation of 18th & 19th century activities, including muzzle loading fire-arm competitions, period music, dancing, craft exhibitions and cannon firing. (618) 284-7230.

Rantoul Air Show, June 7-8, Rantoul. (217) 893-1613.

New Salem Quilt Show, June 7-8, Petersburg, Lincoln's New Salem Historic Site, Route 97. (217) 632-4000.

Logan County Antiques and Crafts Festival, June 7-8, Lincoln, Logan County Fairgrounds. (309) 263-0932.

Arts in the Park, June 8, Central Park, Rushville. (217) 322-6277.

Annual Miller Grand Prix of Karting, June 8-9, South Park, Quincy. (217) 228-2226.

Steamboat Days on the Riverfront, June 12-15, Eckwood Park, Peoria. (309) 342-7061.

19th Annual Superman Festival, June 12-15, Metropolis. (618) 524-2714.

The Return to Pimiteoui: An Intertribal Pow-wow, June 14-15, W.H. Sommer Park, Peoria. (309) 691-8423.

25th Anniversary Bloomington Gold/Corvettes USA, June 26-29, Illinois State Fairgrounds. When it began on nine acres in Bloomington it was a small swap meet with a few parts vendors and a Corvette show and it attracted about 1,000 people. It became so popular, organizers moved it to Springfield to accommodate the 45,000 people it attracts now, and to provide more than 20 events, including a youth workshop. The 'Vette fest begins on Thursday, but the official welcome begins with the Corvette Caravan—a parade that without trying won *Guinness Book of Records* honors with a parade of 2,223, and which now boasts a show of 7,500. (309) 662-6367, <http://www.bloomington-gold.com> or send e-mail to vette@bloomington-gold.com.

Grand Levee, Vandalia Statehouse State Historic Site, June 13-15, Vandalia. Enjoy a ham-and-bean dinner, ice cream social, and candlelight tour of Illinois' oldest statehouse, along with period craft demonstrations and music. (618) 283-1161.

Oldsmobile Balloon Classic Illinois, June 13-15, Danville, Vermilion County Airport. (800) 383-4386.

Comlara-Fest Pioneer Days, June 14-15, Comlara Park & Evergreen Lane, Hudson, I-39, exit 8. (309) 726-2022.

Tour of Historic Homes, June 14-15, Galena. It's the 30th annual tour. (815) 777-9129.

International Carillon Festival, June 15-21, Washington Park, Springfield. (217) 753-6219.

Illinois Special Olympics Summer Games, June 20-22, Illinois State University, Normal, (309) 888-2551.

Bluegrass Festival and Spring Citywide Garage Sales, June 21, Cumberland County Fairgrounds, Greenup. (217) 849-3803.

General Grierson Liberty Days, June 21-22, Community Park, Jacksonville. (800) 593-5678.



Stagecoach Trail Festival, June 21-22, Lena to Galena. (800) 747-9377 or (800) 369-2955.

Arts in the Park, June 21-22, Lincoln Park, Danville. (800) 383-4386.

Victorian Gardening at Clover Lawn, June 21-22, David Davis Mansion, Bloomington, (309) 828-1084.

Third Sunday Market, June 22, McLean County Fairgrounds, Bloomington, (309) 452-7926.

Bands of America, June 23-17, Illinois State University, Normal. (309) 452-7926.

Shawnee Trails Bike Trek, June 28 in southernmost Illinois. Sponsored by the American Lung Association. (800) 788-5864.

Million Dollar Hole-in-One Shootout, Amateur Golf Contest, June 27-29, Knights Action Park, Springfield. (217) 546-8881.

Celebrate America, June 27-29, Richland Community College, Decatur. (217) 877-1172.

Western Days, June 27-29, downtown Monticello. (800) 952-3396.

Heritage Days, June 27-29, downtown Macomb. (309) 833-1315.

Germanfest, June 27-29, South Park, Quincy. (217) 224-0037.

Railroad Days, June 28-29, Galesburg. (309) 343-1194.

Olde English Faire, June 28-29, Jubilee College State Historic Site, Brimfield. (309) 243-9489.



7th Annual Shakespeare Festival, 40 performances June 19 through August 9, Bloomington. Since 1978, actors from this and other nations have performed in an open-air Elizabethan-style theater (except when it rains) at Ewing Manor, a Channel Norman style mansion with formal Shakespearean and Japanese gardens. This year's offerings are *Hamlet*, and *All's Well That Ends Well*, both by Shakespeare and *Rosencrantz & Guildenstern are Dead* by Tom Stoppard. The festival's Family Green Show features picnics on the lawn serenaded by madrigal singers, plus demonstrations of stage combat, and three Shakespearean playlets designed to introduce youngsters to the Bard. During rain, the show goes on at ISU's Westhoff Theatre in Normal. Visit the web site at www.orat.ilstu.edu/shakespeare or call (309) 438-7314.

Hoops for Homes Basketball Tournament, June 28-29, downtown Bloomington. (309) 662-9333.

Quilt Celebration, June 28-July 13, Rockome Gardens, Arcola. (217) 268-4106.

The National Coal Museum at West Frankfort, is open from 9 a.m. to 5 p.m. year around, offering one-hour tours. Tour guides are experienced coal miners and visitors will travel 600 feet below ground in 90 seconds to experience coal where it's found. (618) 937-2625

Home and Yard: Material Culture of the Rural Elderly Living along the Mississippi River Valley in Southern Illinois, a pictorial study by photographer Mark Rabung's of rural river life, is on display through June 15 in the main gallery of the Mitchell Museum, Richview Road at Cedarhurst, Mt. Vernon. Most of Rabung's subjects were born during or before the Depression. Eight rural Southern Illinois communities provide the landscape, including Prairie Du Rocher, Evansville, Chester, Grand Tower, Ware, McClure, Thebes and Cairo. (618) 242-1236.

Illinois Country Living publishes event listings as space allows, giving preference to events of regional or statewide interest. Event listings are provided by the event sponsors and the Illinois Bureau of Tourism. The magazine assumes no responsibility for the accuracy of information submitted for publication and advises calling ahead to confirm dates and times. To be considered for inclusion, send listings and photographs to Illinois Datebook, Illinois Country Living, PO Box 3787, Springfield, IL 62708-3787.

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BONUS ITEMS
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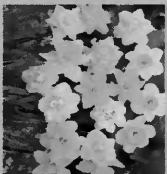
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This fantastically low-priced offer features healthy, hardy, planting stock bulbs (2-1/4" - 3" circ.) 50 for only \$2.99, 100 for \$5.88, or order 200 for \$11.48 and really save! You get a beautiful, flaming mix assortment of reds, whites, yellows, two tones, pinks and dark shades . . . guaranteed to please. Order now to take advantage of these low, low prices and we'll ship you your bulbs at the proper planting time this Fall.

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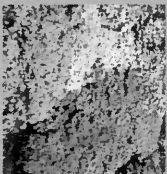
MORE LOW-PRICED PRE-SEASON PLANTING BARGAINS



DAFFODILS
You get a glorious mixture of yellows, whites and bicolors. U.S. grown Narcissus are easy to grow and return every year without lifting or replanting. Perfect in rock gardens or naturalized on a hillside - or under a tree.



RAINBOW IRIS
Tall and stately, versatile cutflower and beautiful beyond compare, you can enjoy these Irises in a rainbow of mixed colors for less than a dollar per plant best of all. Rainbow Irises multiply, so every year you'll be treated to more lovely blooms!



CREeping PHLOX
Covers the ground with dense green foliage and brilliant mixed-color blooms that choke out weeds and return every year without replanting. Year-old plants.



LILIES FOR NATURALIZING
Colorful, cutflower Hybrid lilies transform forgotten areas of your yard into a mass of carefree color that returns year after year—without lifting or replanting.

10 for \$2.99

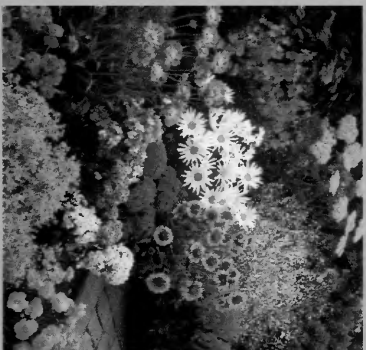
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12 for \$4.99

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150-PIECE BULB GARDEN
Imagine colors bursting into bloom at the hint of spring and blooming through the first days of summer! A dozen of the most beautiful spring bloomers - 150 bulbs in all - are available in this fantastic garden. Each bulb is guaranteed to bring spring after spring of glorious color to your yard. You'll get Tulips, Dutch Irises, Mixed Daffodils, Anemones, Hyacinths, and more! Plant now and enjoy a rainbow of color next spring! A \$25.00 value. **1 Garden \$9.95**



35-PIECE PERENNIAL GARDEN
Our experts have done the work for you! They've selected the best and brightest to give you a garden that blooms beautifully every season *without* replanting! This all-in-one garden boasts 5 each of 7 beautiful perennials. Our choice may include Anemone, Carnations, Veronica, Ayssoom, Coreopsis, Hollyhocks, Shasta Daisy, Dianthus, Galatardia and more! Year-old plants. **1 Garden \$12.95**

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	06601	Daffodils (10 for \$2.99 - 20 for \$5.78)	
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	05033	Lilies for Naturalizing (10/\$7.99 - 20/\$13.98)	
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