

ILLINOISTM

COUNTRY LIVING

July 1997



The land *before* Lincoln

■ **Utilities
brace
for possible
blackouts**
see page 22

■ **Sheds
relieve
storage
crunch**
see page 14

■ **Prolong
summer
blooms**
see page 16

■ **Home sick?
Get some
fresh air**
see page 18

Revolutionary • EASY TO USE!

NEW TRIMMER ON WHEELS!



So much easier to use than hand-held trimmers OR small-wheeled mowers!

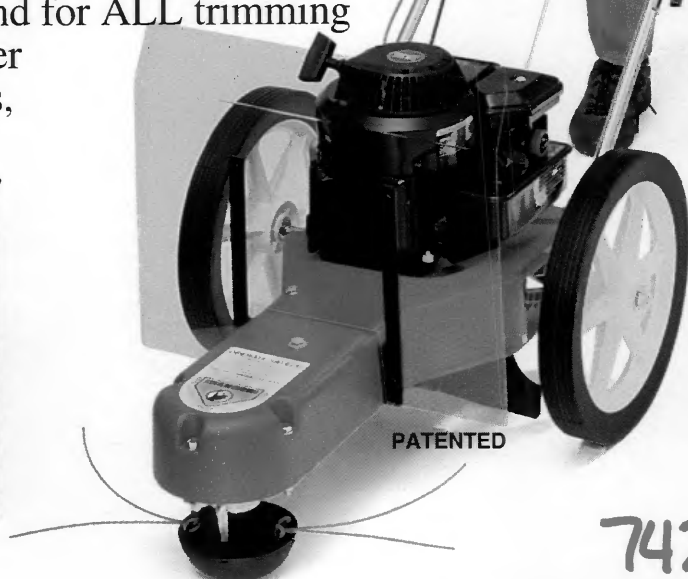


- The DR® TRIMMER/MOWER™ rolls *light as a feather* on two BIG WHEELS!
- TRIMS far easier, better, more precisely than hand-held trimmers.
- Plus MOWS everything from whole lawns (even wet, *without clogging!*) to tough, waist-high grass and weeds *with incredible ease!* Rocks, roots, stumps, etc., do it no harm because it has no steel blade to bend, break or dull.
- Perfect for use with riding mowers for finish-up trimming and mowing...and for ALL trimming and mowing around smaller properties, vacation homes, hunting camps, etc.
- *A delight for anyone to use!*



*"This is the first trimmer that I can honestly say I enjoy running. It is amazing how well it cleans up areas overgrown with weeds. I rate it AAA."
-- Elizabeth Hiller, Topeka, KS 66611*

So, WHY HASSLE with hand-held trimmers or with small-wheeled mowers? Please mail coupon TODAY for FREE DETAILS about the Revolutionary DR® TRIMMER/MOWER™!



CALL
TOLL
FREE
1(800)
742-9911

YES! Please rush complete FREE DETAILS of the Revolutionary DR® TRIMMER/MOWER™ including prices and specifications of Manual and Electric-Starting Models and "Off-Season" Savings now in effect.

Name _____

Address _____

City _____ State _____ Zip _____

To: **COUNTRY HOME PRODUCTS®**
Dept. 2776, Meigs Road, P.O. Box 25
Vergennes, Vermont 05491

© 1987 CHP, Inc.

ILLINOISTM

COUNTRY LIVING

July 1997
Volume 55
Number 3

Published by
Association of Illinois
Electric Cooperatives

John Lowrey
Editor

Jack D. Halstead
Senior Editor

Janeen Keener
Associate Editor

Sandy Wolske
Advertising Coordinator

Elayne Rhodes
Administrative Assistant

Cheryl Howard, Lisa Riddle
& Erin Weller

Graphic Designers

Angie Bingenheimer
Circulation Coordinator

Mike Thompson
Graphic Technician

Illinois Country Living is a monthly publication serving the communications needs of 20 locally owned, not-for-profit Illinois electric cooperatives. Over 145,000 families receive the magazine as part of their electric cooperative membership. Monthly columns and stories provide information about topics and issues that affect the quality of their lives.

Illinois Country Living (USPS number 258-420) is published monthly and is the official publication of the Association of Illinois Electric Cooperatives, 6460 South Sixth Frontage Road, Springfield, IL 62707. The cost is \$2.40 plus postage per year for members of subscribing cooperatives and \$5 per year for all others. Periodical postage paid at Springfield, Illinois, and additional mailing offices.

POSTMASTER: Send address changes to: Illinois Country Living, P.O. Box 3787, Springfield, Illinois 62708.

CO-OP MEMBERS: When requesting an address change, please include the name of your cooperative. Telephone: (217) 529-5561

Advertising and editorial inquiries should be directed to Illinois Country Living, P.O. Box 3787, Springfield, Illinois 62708. National advertising representative: The Weiss Group, 13751 Lake City Way NE, Suite 102, Seattle, Washington 98125. Acceptance of advertising by ICL does not imply endorsement by the publisher or the electric cooperatives of Illinois of the product or service advertised. Advertisers are screened by the publisher and every effort is made to protect the subscriber, but ICL is not responsible for the performance of the product or service advertised.

COVER STORY

- 9 The land before Lincoln**
Joliet, Marquette, LaSalle—Men whose contributions rival those of Lincoln, but how many of us know? Actors like those on the cover, who are portraying frontier soldiers at Fort De Chartres, bring the past to life in a new documentary.



FEATURES

- 7 Buying a new air conditioner**
Air conditioners are a major purchase, but can save you money in the long run.
- 22 Power supply shortages possible**
Several regional problems, including the fact that several power plants are down, could result in a power shortage if this summer proves to be unusually hot.
- 28 She's no Lassie, but we love her anyway**
Finally, Susan Wildemuth introduces us to Spud, the dog.

DEPARTMENTS

- 4 ILLINOIS COMMENTARY**
Barbara Hill Nowack, the executive director of the Illinois Sustainable Agricultural Society, discusses the need to balance profitability with sustainability.
- 5 ILLINOIS CURRENTS**
Channel Earth, Farm Progress Show, soy oil diesel fuel, and much more.
- 14 SAFETY AROUND YOUR HOME**
Storage sheds relieve overcrowding, but check siting requirements first.
- 16 YOUR YARD AND GARDEN**
Learn how to keep the bloom on your summer garden.
- 18 TODAY'S TECHNOLOGY AND YOU**
Do you have sick-house syndrome? Fresh air is the cure.
- 24 ILLINOIS' FINEST COOKING**
Immanuel Lutheran Church, Tuscola, and Pleasant Hill Village, in Girard, are featured.
- 26 MARKETPLACE**
- 28 FUNNYBONE**
- 29 DATEBOOK**
There will be fireworks galore in dozens of Illinois communities.



Illinois COMMENTARY

Striking a balance between profitability, sustainability

What occupation requires a good working knowledge of economics, chemistry, meteorology, physics, home economics, medicine and auto mechanics—just to name a few? Well, yes, you could answer “mother,” but a farmer must also meet these requirements. Add to this the stress of analyzing global markets, the corporate farming movement, and trying to



Barbara Hill Nowack

support a family and it's no wonder the “typical small to mid-size Illinois farmer” is moving toward the destination of buffalo herds and billowing tall prairie grasses.

Today, people are being inundated with a steady stream of innovations and new technologies. Many of the baby-

boomer generation, particularly those having a farm or rural background, have witnessed the transition from horse power to behemoth machine power; from oil lamps to electricity; from “chicken every Sunday” to every day, everywhere, and at anytime; from crank-handled telephones to cellular phones; from stub pencil and vest pocket notebook to electronic organizers and fax machines. You get the picture!

How can anyone stand in the way of a succession of mechanical, biological and chemical innovations

Barbara Hill Nowack is manager of marketing and economic development for Illinois Rural Electric Co. in Winchester. She is also owner/editor of the Ashland Sentinel, her weekly hometown newspaper, and has served as executive director of ISAS since 1991. She lives on the family farm with her husband, Richard, 26 cats and one very large dog. Inquiries regarding ISAS should be made by calling the ISAS office, (217) 476-3332 or writing P.O. Box 649, Ashland, IL 62612.

that have transformed agriculture into a powerful industrial machine for the sake of abundant food production? Why would anyone want to?

A segment of the Illinois population felt that these innovations also brought serious environmental impacts, including increased soil erosion, water pollution and depletion, disappearing wildlife, elevated environmental health risks for farmers, and food safety concerns for consumers. These individuals also felt that these same technological changes also fueled farm consolidation, depopulation of rural communities and shrinking rural business opportunities. As many farmers began to share the growing concern about the future of our food system, they also began to search for ways to farm that were not only profitable, but durable—some might even say “sustainable.”

Farmers in Illinois needed new practices and technologies which could be integrated into their current farming systems with minimum risk while addressing the much broader stewardship issues. As this segment began to emerge in 1988, a farmer-based, Illinois Sustainable Agricultural Society, or ISAS, was formed.

The mission of ISAS is to “encourage farmer practices that strike a balance between short-term profitability and long-term environmental quality and rural community vitality.” ISAS serves as the administrative umbrella organization which incorporates five regional, farmer-based sustainable agriculture organizations. These regional groups, divided by soil types, promote sustainable practices through on-farm research, workshops, field days, seminars and publications. On-farm research has empowered many of the member farmers to derive site-specific solutions which help to sustain their farms, their lifestyles and their communities.

Defining agricultural sustainability is probably the most frequently asked question. In reality, the term sustainable agriculture means something different to almost everyone. In general, a sustainable system is one that is capable of continuing indefinitely. A sustainable agricultural system should be no different. It should be able to produce food and fiber forever, regardless of changing social or economic conditions, without consuming itself. A simple and widely accepted definition

continued on page 19

And that's the way it is at Channel Earth

Channel Earth, which now beams its way to 2.8 million 18-inch satellite dishes around the country, appears to be a big hit. More than half of those are rural customers, with nearly 350,000 on farms, according to Channel Earth figures.

Farm broadcaster Orion Samuelson, the longtime farm director at WGN-AM in Chicago, helped create the channel at the urging of a cooperative.

Broadcasts began March 28 in studios in downtown Chicago on DIRECTV Channel 283, focusing on agricultural news and weather, market reports from the Chicago Board of Trade, interview shows and call-in programs.

Channel Earth grew out of a marketing deal between the National Rural Telecommunications Cooperative (NRTC) and DIRECTV. The NRTC, a non-profit service cooperative, sells direct satellite equipment and markets DIRECTV programming through its member rural electric and rural telephone cooperatives nationwide. In exchange, DIRECTV, which delivers programming to consumers via the DSS mini-dish satellite system, provided a channel for farm programming. NRTC members were instrumental in delivering DIRECTV service to rural residents about three years ago.

Samuelson, a farm broadcaster for 45 years, provides an authoritative voice so trusted he has been called the "Walter Cronkite of agricultural broadcasting."

For at least the first year, Channel Earth's programming can be seen only on DIRECTV, but growth is planned. Cable TV companies and other countries have expressed interest.



This is progress

The Farm Progress Show, the largest outdoor show in the nation with up to 200,000 patrons, is coming to the Sangamon County farm property of Menard Electric Cooperative member Wayne Heissinger—but not until 2000.

Heissinger's land east of Cantrall is one of two sites picked to host the show in late September. Land rented by Heissinger and an adjoining host farm rented by Kent Weatherby, nearly 1,300 acres, will be turned into a small city when major farm companies and exhibitors move in. Officials estimate a minimum of \$19 million will pour into the Central Illinois economy and that the show will draw worldwide visitors.

The show is sponsored by Farm Progress Companies, one of the nation's largest agricultural communications companies and publisher of 27 different farm magazines. The show is rotated each year between Illinois, Indiana and Iowa. This year's show will be held near Seneca in LaSalle County.

AIEC legislation sails through General Assembly

Legislation drafted by the Association of Illinois Electric Cooperatives revising the state's non-for-profit act awaits Gov. Jim Edgar's signature.

The law brings many electric cooperatives' procedures for nominating and electing board members into conformity.

Rep. Donald Moffitt, R-Golson, Sen. Vince Demuzio, D-Carlinville, Sen. John Maitland, R-Bloomington, and Rep. David Phelps, D-Eldorado, were the sponsors. The bill received unanimous approval in both chambers.

Get a clue

Tap the resources of 16 land-grant universities with "Put Knowledge to Work," a CD-ROM featuring more than 3,500 extension publications.

"Put Knowledge to Work" is marketed and distributed by IDEA (Information Development for Extension Audiences) part of the Cooperative Extension System to develop and market educational products nationwide. IDEA works with customers to produce and/or market products through the United States.

The CD-ROM is produced by Colorado State University Cooperative Extension and is available for \$28.95. Call IDEA at (515) 294-8802, or e-mail them at idea@iastate.edu.



Caution

Members may have received a questionnaire purporting to be a "survey" in the mail recently that appears to be from an organization calling itself Rural American Consumers and representing itself as a "National Association of Rural Cooperative" members.

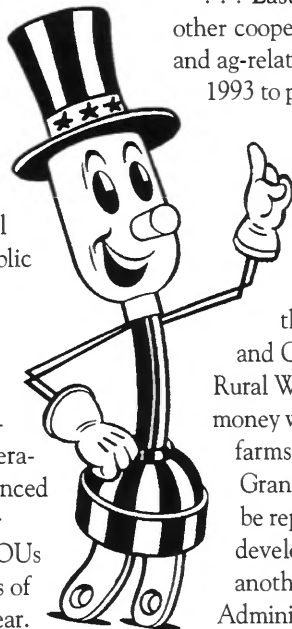
The return envelope reveals the questionnaire is to be returned to the Reserve National Insurance company, which is not affiliated in any way with an Illinois electric cooperative, the National Rural Electric Cooperatives Association or the Association of Illinois Electric Cooperatives. Many recipients may not have noticed a disclaimer printed on the survey.

Worth repeating:

... A recent issue of the *Kiplinger* agricultural trend-watching newsletter observed that while many co-ops are merging and growing larger, they will develop more member relations problems because they have less common interest and fewer shared objectives. The editors predict more equity and fairness issues will spring up in the bigs. However, the newsletter claims, small co-ops will survive because, well, they're local. . .

... A spring edition of the *EPRI Journal*, published by the Electric Power Research Institute, notes that deregulation provides an opportunity for utilities to pay closer attention to what customers want. Survival means catering to niche markets rather than marketing to the masses. And one option customers want, the magazine reports, is environmentally friendly technology for which they often are willing to pay more. The article notes that 13 utilities had "green" pricing programs in place at the first of the year, another five were planning to offer green rates this year, and another 15 were considering it. The article cites data from more than 700 polls between 1973 and 1996 indicating the public craves efficient and renewable energy. One consultant saw green pricing as a good place for utilities to test the waters of competition. . . .

... Consumer-owned power systems are more reliable than investor-owned ones, a study conducted by Resource Management International Inc. for the American Public Power Association and reported in a spring edition of the Tennessee Valley Authority's *TVPPA News*. From 1991-1994, municipal and cooperative utility systems experienced 77.5 minutes of outage per customer per year, while IOUs experienced 163.2 minutes of outage per customer per year.



Illinois farmers now may use a new fuel originating from their own farms. In June, the Geneseo and Assumption Farmland Industries Cooperatives began offering SoyGold, a lubricating additive in premium diesel fuel made from domestic soy oil.

"We have a unique opportunity to use a product that comes from our fields and one where we invested checkoff dollars to help promote and market," said Phil Corzine, a farmer in Assumption and a Soybean Board Checkoff director.

Illinois soybean farmers, through the Illinois Soybean Checkoff, have supported development of new markets for soybean oil-based biodiesel. Biodiesel has been tested and used in urban mass transit bus systems, on 100 Illinois farms, and in marine fleets as a means to reduce exhaust emissions.

The lubrication properties of biodiesel helps reduce engine wear, manufacturers say.

The low-blend biodiesel additive is being introduced in nine locations in Illinois, Nebraska, and South Dakota. SoyGold is produced by Ag Processing Inc. in Sergeant Bluff, Iowa.



Around the co-ops:

... Sixty-one representatives of Illinois electric cooperatives participated in the 1997 NRECA Legislative Conference in Washington, D.C., May 4-7, joining counterparts from across the nation. Illinois co-op delegates met with members of the Illinois Congressional Delegation, including Sen. Dick Durbin, and Representatives Phil Crane, Lane Evans, Tom Ewing, Jesse Jackson Jr., Ray LaHood, Donald Manzullo, Glenn Poshard, and John Shimkus. Deregulation of the electric utility industry was the primary issue of concern to co-op members. They told lawmakers competition was best implemented at the state level. . .

... Several organizations, including Adams Electrical Co-Operative, Camp Point, and Adams Telephone Co-Operative, Golden, sponsor the Western Illinois Leadership Academy. The academy helps participants build leadership skills, network and get the knowledge they need to assist in economic revitalization in the region. Others involved are the Rural Adams Development Corp., the Great River Economic Development Foundation, Adams County Farm Bureau, and the University of Illinois Cooperative extension Service. . .

... Eastern Illini Electric Cooperative, Paxton, earlier this year joined seven other cooperatives in a meeting to discuss the future role of cooperatives in farming and ag-related businesses. The East Central Illinois Cooperative Association began in 1993 to promote awareness of cooperatives and their business philosophy, as well as explore ways of working together to benefit their members. . .

... McDonough Telephone Cooperative has donated Internet access to the Colchester High School. . .

... Edgar Electric Cooperative Association of Paris was awarded a \$400,000 start-up grant to establish a low-interest revolving loan fund. Bud Walls, assistant manager of the co-op, said the grant was made through the U.S. Department of Agriculture's Rural Economic Development Loan and Grant Program. The first zero-interest loan will go to the new Clark Edgar Rural Water District, which will in turn loan money to Heartland Pork Corp. The money will pay to build a new water main to serve the Bell Ridge and Pleasant Hill farms and bring water district service to about 51 residential users in the Grandview and Dudley area who currently rely on wells. The water district will be repaid by Heartland Pork and the money will be available for other economic development activities in the co-op's service area. The cooperative chipped in another \$80,000, and additional funding was kicked in by the Farmers Home Administration and through a CDAP grant to Grandview Township.

Questions to ask before buying an air conditioner

A home air-conditioning system is a big purchase, in the thousands of dollars. If it is not energy efficient, it can also create a large summer electric bill.

There are many factors to consider and you need to make an informed purchase. For instance, many consumers are replacing old air conditioners with new heat pumps. Heat pumps provide both air-conditioning and heating in one simple package. Heat pumps are clean, safe, energy efficient and provide flexible installation in existing homes or additions. Check with your local electric cooperative for more information on heat pumps and heat pump rebates.

The Air-Conditioning & Refrigeration Institute (ARI) recommends you consider the following questions before purchasing an air conditioner.

If I'm buying a house, how can I make sure that the air-conditioning system is in good working order? Turn on the system and listen for unusual sounds while feeling how cool the air is and how strong the air flow is from the vents. Don't just listen inside the house, go outside and listen to the condensing unit, too. Consider hiring an expert to inspect the system.

How can I tell if the air-conditioning system in the house I am buying is suitable? First, determine if the system is correctly sized. Ask your local electric cooperative or heat-and-air contractor for help. For correct sizing also determine the energy efficiency of the house—insulation, weather-stripping, double-glazing, etc. Square footage of the home is not an accurate way to size air conditioners.

When do I know it's time to replace my system? When the system starts giving you more problems than seem cost-effective to fix. For example, when major components such as the compressor start making unusual noises, it may be time to replace the entire system with a new energy efficient one.

Is there one best type of system for my home? No. The best system depends on many variables, including family size, house location and design, and energy efficiency. For example, geothermal heat pumps are the most energy efficiency systems on the market for both heating and air conditioning, and may cost less over the life of the unit. However, an air-to-air heat pump will cost less up front, and could also be a good choice in some cases.

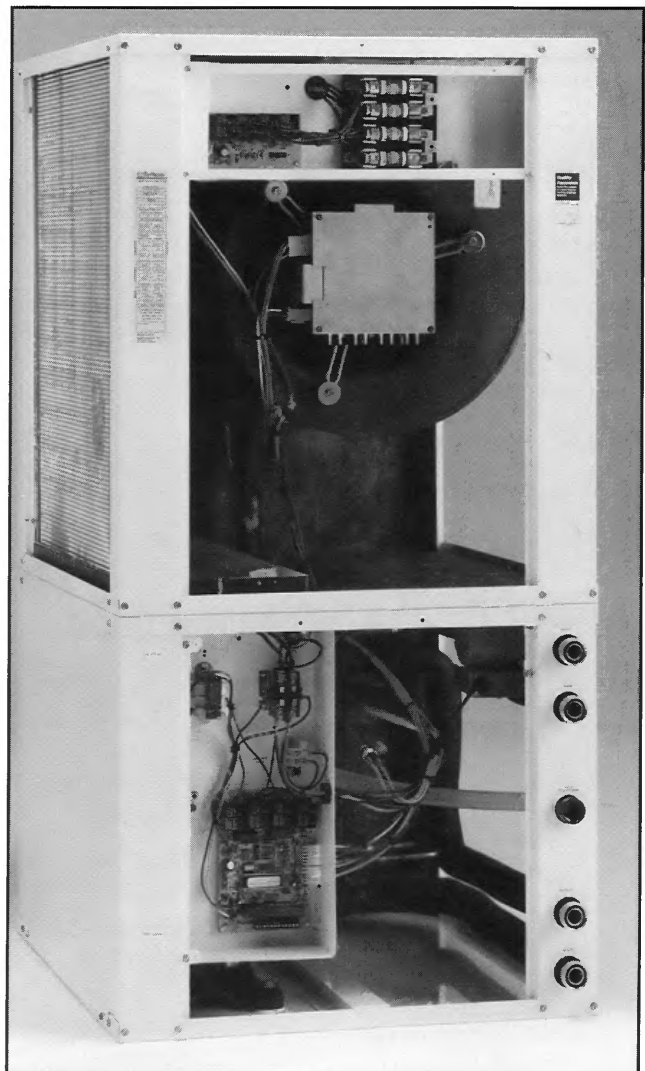
How easy is it to install central air conditioning in an older home? Often it is fairly simple, particularly if the older home has existing duct work or plenty of room for adding duct work. Home owners without air conditioning ducts can consider non-ducted systems like through-the-wall heat pumps or window air conditioners. An important consideration is how well the older home is sealed and insulated.

Are air conditioners efficiency rated? Yes.

Central systems are rated by the seasonal energy efficiency ratio (SEER). Many older systems now in use have SEERs of 6 or below. By 1994, the average SEER for all central air-conditioning units shipped by manufacturers in the United States had risen to 10.61. The higher the SEER rating the cheaper the unit will be to operate.

What else? Be sure to get bids for services and equipment in writing. Also, check out equipment warranties and maintenance services offered.

Do you have additional questions about air-conditioning systems? Please feel free to call your electric cooperative for more information. Your co-op can help you take the guesswork out of shopping for an air-conditioning unit.



Geothermal heat pumps have the highest energy efficiency ratings. No other air-conditioning or heating system comes close. Taking advantage of the earth's constant "geothermal" temperature they can also provide free hot water.

MOBILE HOME ROOF PROBLEMS?

Our New Insulated Roof System For Mobile Homes Is The Permanent Solution.
LIFETIME WARRANTY

- Eliminates Leaks
- Eliminates Roof Noise
- No More Roof Coating
- Lowers Utility Bills
- One Foot Overhang
- Super Strong White Steel Roofing
- 2" Thick Polystyrene Insulation



Call toll free for free information package and prices

SOUTHERN BUILDERS



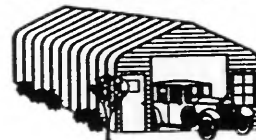
1-800-633-8969



"Installing Mobile Home Roofovers Since 1983"

Factory Direct Sale
Savings Up to 50%

FINANCING AVAILABLE Made in the U.S.A.



Sizes: 16 X 28, 20 X 28, 25 X 30, 30 X 38
40 X 60, 50 X 100

Call Now (800) 581-5843
American Steel Span

ATTENTION MOBILE HOME OWNER!
KEMCO ROOF-OVER System is the Ultimate Solution for a Problem Roof!



- REDUCES HEATING & COOLING COSTS.
- MAINTENANCE FREE.
- BUILT IN OVERHANG & GUTTERING ELIMINATES WATER STREAKS ON SIDE OF HOME.
- STRONG ENOUGH TO STAND ON.
- NO MORE ROOF COATING YEAR AFTER YEAR.
- QUIET! NO ROOF RUMBLE OR RATTLE
- ELIMINATES CONDENSATION & WATER PROBLEMS



Kemco Aluminum • 1-800-456-KEMCO (5362)

• STEEL BUILDINGS •

DISCOVER FACTORY DIRECT SAVINGS

FREE 16 PAGE COLOR BROCHURE



- Perfect Back-Yard Shop
- 100% Open & Usable Space
- Do-it-Yourself Construction

Save on Select Sizes:
25x36 • 30x48 • 45x82 • 50x120

Ask about our Factory specials and save even more!

Now it is easier than ever to own the building of your dreams. Call today to discover how much you can save by ordering **FACTORY DIRECT!**



Call Now for FREE Info

FACTORY DIRECT
FROM THE FACTORY TO YOU!

1 800 222-6335

ATT: CISTERN & WELL OWNERS

A dial gauge that mounts inside your home that shows how many inches of water you have at all times. 100 % guarantee. For more info. Hellborn Innovations-2, P.O. Box 352 Sparta, IL. 62286 Ph. 1-618-774-2500 Toll Free: 1-888-333-7194

DENTURES IN ONE-DAY SERVICE

Custom Upper and/or Lower Opposing Imp \$15 ADA Approved Materials Appointment Highly Advised **\$99 EA.**

GENERAL DENTISTRY AND OTHER DENTAL SERVICES AVAILABLE WHERE SEE MAP

ABC DENTAL OF ILLINOIS
DR. THOMAS J. ARNOLD

#2 SMITH ST.
(Corner of Walnut and Smith)

CARMI, IL 62821

Information or appointment Call

1 800 358 7717
or 618 382 3313

Also: Extractions and simple oral surgery at reduced fee with Dental appliance all at Dr.'s quote



MAY THE SOURCE BE WITH YOU

Don't let the dark forces of ignorance defeat you. Tap into the source of free or low-cost government publications—the free CONSUMER INFORMATION CATALOG. Call toll-free 1-888-8 PUEBLO. Or set your coordinates for our web site: www.pueblo.gsa.gov



"The white man and the red man struck hands and entertained each other during three days. Then, to the admiration of the savages, La Salle set up a cross with the arms of France on it, and took possession of the whole country for the king—the cool fashion of the time—while the priest piously consecrated the robbery with a hymn."

—Mark Twain in *Life on the Mississippi*

The land *before* Lincoln

Film maker and historian Gary Foreman doesn't have anything against Abe Lincoln. It's just that there were so many other fascinating personalities who lived in Illinois *before* the 16th president whose names, mentioned in history books, stir only vague memories of dates, explorations and skirmishes now forgotten.

"The state has been myopically focused on Lincoln, and I admire him as much as anyone," said Foreman, 47, who served as consultant, actor and stuntman on the movie *The Last of the Mohicans*. But there are many, many, many other personalities who contributed greatly not only to this state's history, but also on a national scale. And, Foreman said, nobody seems to know. "There's just no material out there for people. This state is relatively blind when it comes to its heritage."

Foreman hopes to change that with a documentary, CD-ROM, and educational guides he is producing. "It's a major reference material. It gives people a very dramatic presentation. It gives people a whole new perspective of a state that they thought was just boring, and didn't have any really interesting figures other than Lincoln. In a sense, we've almost Lincolned ourselves to death. We've overused his name and his legacy, not knowing who else we can bank on. Well, when you get to know these explorers and soldiers and pioneers, you'll be amazed," he said.

"We're talking about some major military engagements and exploration and some real intriguing activity that nobody in the state seems to know anything about," he lamented.

Among the personalities Illinoisans know little about are Father Jacques Marquette and Louis Joliet, who in 1673 led an expedition down the Mississippi River from Canada. On their way back, native Americans led them to a secret portage now called Chicago. (How many Illinoisans know that Chicago's first non-native settler, Jean Baptiste Point du Sable, was a French-speaking black man?)

And there was Robert Cavalier Sieur La Salle. In 1682, after discussing his explorations with Joliet, La Salle set out to see if the Mississippi was the long-sought passage to China and India. He was accompanied by Henry de Tonty, an officer in the French army who lost his right hand during a battle in Italy and wore an iron hook, which the Indians feared and respected as "big medicine."

La Salle and Tonty were accompanied by Franciscan Fathers Ribourdi, Membre and Hennepin. At Peoria they build Fort Crevecoeur, which later would be destroyed. After claiming the territory for Louis XIV as described above in 1682, and after reaching the mouth of the Mississippi, LaSalle returned to France to organize an expedition. After landing in Matagorda Bay, Texas, and after his ship was wrecked, LaSalle's men assassinated him as he attempted to reach Tonty. Meanwhile, Tonty built Fort St. Louis and rebuilt Fort Crevecoeur and defeated the Iroquois with a confederation of tribes.

"He was the one who held and maintained the control of France on Illinois through some of the most horrendous of conditions. Illinois was considered New France and this was a key spot because of the river systems. This was the highway into the interior of the continent, and also the fastest highway en route from the Great Lakes to the Gulf of Mexico."

It's Tonty who Foreman admires the most, in part, perhaps, because there

are parallels between the two men's struggle. Foreman, with more than 30 hours of film in the can, sought not a passage to the Orient, but a few hundred thousand dollars to complete his documentary, and to educate all Illinoisans about the land and history we forgot.

"He (Tonty) just seems to be a man who out of the middle of nowhere can sum up tremendous support, admiration, creativity, and persistent efforts

to hang on to an assignment with dogged determination. He was admired by both his men and

the Indians and dealt with the political corruptions of the time as best as he could where most people would give up," said Foreman.

"We've got tremendous volumes of material, but we need to keep moving on to finish up. It's a huge, huge story that nobody has told," he said.

Foreman's other works include *Reflections on San Antonio*, a special NBC affiliate series for the Texas Sesquicentennial; *Independence!* for PBS; *Houston: The Legend of Texas* for CBS; and several television commercials for the U.S. Army. He also has worked as a scholar for the A&E *Biography* series as well as producer and historical advisor for A&E's History Channel presentation of *The American Revolution*. In addition to *Illinois: The Land before Lincoln*, he's working on a series for the History Channel called *Frontier*.

The Land Before Lincoln, when completed, is to include an hour-long video narrated by Bill Kurtis, a Chicago producer, documenting the prehistoric and early development of Il-

"It's a huge, huge story that nobody has told."

linois, primarily from 1673 through 1833. Foreman expects the film to be used by PBS, A&E and the Discovery Channel, but it also will be made available to teachers and anyone else who wants it for about \$20. He also will produce a multimedia CD-ROM and educational guides, all designed to fill a void.

"When we first got into it we didn't realize how vast this assignment was going to be because we didn't realize how many people were crying for this type of material. We've had calls from school officials, teachers, communities throughout the state asking for this material."

The documentary blends authentic dramatic re-enactments with scenic and wildlife footage, and the story will be narrated through original eye-witness accounts. In fact, the entire project is not just a lesson in history, but also in geography and ecology as well. Given that early settlers transformed the land by replacing the state's prairie with corn fields, Foreman has worked hard to find the few locations in the state where native plants grow. He consulted with botanist and ecologist Gerould Wilhelm, who was instrumental in founding the Conservation Research Institute.

Supporting land planning and restoration studies and education programs like Foreman's, the institute trains professionals and the public to be responsible stewards of the land.

"Professionals like Gerry Wilhelm know where these little postage stamps exist—and where things are coming back, where people are really making an effort to really recreate and redevelop the real Illinois again," said

Foreman. "The thing is, the whole idea is to use these as examples so we can reclaim our own areas back to being na-



Jean Baptiste du Sable, portrayed here, was a successful trader in Peoria before establishing a trading post in what is now Chicago.



United States regular soldiers from the War of 1812 era recreate life as it may have been during the days of Fort Dearborn, now downtown Chicago.

tive Illinois again.”

One such place is Iroquois County preserve, just southeast of Kankakee, where native prairie stretches for miles and has never been tilled. “It’s original Illinois prairie. It’s one of the few parcels of prairie still left in the state. It’s so wonderful. When we filmed on this site, everybody felt like we were back in another world. Because you can tell this is not typical of the controlled landscapes we deal with today. This is real Illinois. It was spongy. The texture, the color, everything about it was so different,” Foreman said.

Like Tonti, Foreman has waged a battle not only to obtain funding, but also to open the eyes of politicians, policy makers, corporations, farmers and anyone who will listen to the importance of preserving the state’s natural heritage.

“Being a farmer is the most courageous assignment today. And I don’t think our country, because we take it for granted, realizes the disservice we are giving to ourselves and our agricultural neighbors because we are quickly gobbling up some of the richest heartland in the world through development,” he said.

“When you watch the video clip it will become very obvious that through the hundreds of years of documented history, you will hear the voices of the French, the British, Americans and others all saying the same thing about Illinois—how beautiful it is. How rich it is. And then you travel today between Chicago and Springfield and say “What were these people looking at? What were they thinking of?” While motorists today see mostly corn and soybean fields, grain elevators and railroad tracks, pioneers saw “a surreal landscape of texture and color and blowing, huge waves across the horizon. And then, in clumps here and there, were thousands of buffalo, elk, bear, timber wolves.” He said it is estimated that at least 1,500 species of wild flowers and grasses native to the Midwest, “some of the most luxurious specimens that you could ever imagine,” are virtually unknown to the region’s residents.

“There’s a lot of concern because our ignorance has gotten us into a lot of

trouble. We no longer know what our true heritage is,” said Foreman. “We cut our legs off when it comes to potential tourism development. We obviously are hurting ourselves from an educational standpoint and a conservation stand-



A typical wigwam of the woodland Indian culture. Native people east of the Mississippi didn't live in the teepees of the Plains cultures.

point. We don’t know our natural DNA, who we are, what’s supposed to really grow here.

“We are not renewing ourselves culturally, using the past to take advan-

tage of our treasures, and we are not renewing ourselves horticulturally. We’re not building up the soils. We’re not absorbing the water. We’re poisoning ourselves because we don’t realize the rich heritage of the land that’s ours. We’re not taking advantage of it to deal with these environmental problems.”

Take Cahokia Mounds for example. Located on a flood plain six miles east of the Mississippi River near what is now Collinsville, Cahokia Mounds is a United Nations World Heritage Site ranking with the city of Rome, the Pyramids of Egypt, the Great Wall of China and the Taj Mahal in India in cultural, educational and natural significance. Located on a 2,200-acre site, Cahokia was the largest prehistoric Indian city north of Mexico. Archaeologists believe the native culture there

developed an extensive agriculture and trade system off of the rich soil and abundant plant and animal life, peaking in population at about 20,000 residents around 1300 A.D.

THE SUPERIOR ONE-COAT PENETRATING TREATMENT

ISK BIOSCIENCES™

WOODguard

PRESERVATIVE OIL FINISH

Contains Copper 8-quinolinolate

WOODGUARD IS DESIGNED FOR LOG HOMES, WOOD SIDING, SHINGLE ROOF & FENCES

- Controls Mold, Decay and Rot
- Will Never Crack or Peel
- Vigorous Water Repellancy
- Controls Warping, Cupping and Splitting
- Toxic to Termites and Powder-post Beetles
- Detergent and Water Clean-up
- EPA REGISTERED

Woodguard can be tinted. We have developed special lighter woodtone colors for log homes. You can call or write for free samples and information.

ORDER BY MAIL

BLAIRSTOWN DISTRIBUTORS
2 SMITH ROAD • COLUMBIA, NJ 07832

CALL TOLL FREE
1-800-524-1093
VISA/MASTERCARD

PRESERVING AMERICA'S WOOD FOR MORE THAN HALF A CENTURY
VOC Compliant in all states

A few hundred years earlier, the Indians there, called Mississippians, built a wooden wall 12 to 15 feet high. Whether it served as protection or to separate social classes, it was so important, they rebuilt it three times, each time using an estimated 15,000 logs, depleting their wood supply. By 1500 A.D., Cahokia was abandoned. Archaeologists believe it was due to several factors, high among them depleted resources.

"They denuded the forest and they started having problems with erosion and flooding. It is believed that their crops and the vegetation that supported their existence started to fail because the root systems that held the water (now removed) was creating flooding and other problems," said Foreman.

"So there's a lesson here for everyone in what happened to Illinois in this whole process. Whether you're in tourism, whether you're a teacher, whether you're a corporate leader, or whether you're a developer, everyone should know this story of how we took some of the most powerful and nutritious land that exists on the North American continent and carved it up into what we

have today. Into a land that really doesn't renew itself. We basically have wiped out its memory for reproducing itself."

The Land Before Lincoln will just begin to fill a void in educational materials. "They give us an awareness and alternatives of what we can do. It shows us where we're making the mistakes and it shows us what we can do about it. It's really basic geography and environmental studies 101," said Foreman, who plans several spin-off projects.

"Kids find it extremely engaging, mostly because nobody ever told them these stories. Unfortunately history is taught as names, dates and places. That is not history. That's statistics. History is the story of survival. Politically, militarily, culturally, socially, emotionally, physically, it's the story of survival."

For more information about *The Land Before Lincoln*, which Foreman hopes to complete by the end of the year, call (630) 665-0808.

—Story by Janeen Keener,
Photos by Gary Foreman



The Leader in Quality and Price!
Don't pay more for less!

30 x 50 x 12.....	\$5,396
40 x 60 x 12.....	\$7,348
50 x 100 x 14.....	\$13,699
60 x 100 x 12.....	\$15,148
100x125x14 w/column.....	\$29,907

Free Estimates!

All 26 gauge, 20 yr finish warranty
1-800-531-6575



\$ Quality Steel Buildings \$
1-800-241-8339

30x40x10	\$ 5,320
40x60x12	\$ 8,772
50x75x10	\$10,457
60x100x12	\$17,589
60x75x12	\$13,368
50x100x12	\$13,934
100x100x12 w/column ...	\$23,987
100x150x14 w/column ...	\$36,535

All sizes available

We will match any deal with Quality Steel!

3300 Holcomb Bridge Rd., Suite 201
Norcross, Georgia 30092

UNSOLD ORDERS

SINGER SCHOOL MODEL/ Sew & Serge Sewing Machines

The Singer company ordered production of large quantities of their 1996 model school sewing machines, anticipating large orders. Due to current economic conditions, those orders were not received!

THEY MUST BE SOLD!

These Special Heavy Duty School Machines are Made with Metal Hooks for years of extended service. All Machines are New in Factory Sealed Cartons
Singer's 25 Year Limited Warranty Is Included.

What is A Sew And Serge Machine?

#1-IT IS A SOPHISTICATED SEWING MACHINE...That does buttonholes (any size), Invisible Blind Hems, Ladder Stitching, Monograms, Decorative Stitching, Corsetry Stitching, Ribbing, Double Seams, Zippers, Sews on buttons, Rolled Hems, Darning, Applique, Leather Glove Stitch, Zig-Zag, Basting, Blanket Stitch, Pin Tucking, Quilting, and much more. JUST TURN THE DIAL TO SEE MAGIC.

#2-IT HAS A PROFESSIONAL SERGING STITCH...it allows you to sew the Seam and Serge the Edge of the material in one operation. With an optional cutter you can trim the excess material.

#3-THEY ARE DESIGNED TO SEW ALL FABRICS...Without Adjustment, such as Levi's, Canvas, Upholstery, Nylon, Stretch Materials, Silk, Percale, Organdy And...

...THEY EVEN SEW LEATHER!

Now you have it all in one machine! THIS IS AN FACTORY AUTHORIZED SALE...

SINGER
Manufacturing
Quality Since
1851

YOUR PRICE
\$229

SUGG. RETAIL PRICE
\$569.00

COD, AMERICAN EXPRESS, MASTERCARD, VISA DISCOVER, LAYAWAY WELCOME

SINGER
Held By
**Branum's Sewing
& Vacuum Center**

To Order Call
Toll Free 1-800-462-1457

Presenting...

The DR® FIELD and BRUSH MOWER

-- the amazing walk-behind brush cutter that --

CLEAR & MAINTAINS meadows, pastures, woodlots, wooded and rough non-lawn areas with ease. **CUTS** tallgrass, weeds, brambles, tough brush and saplings up to 1" thick.

CHOPS/MULCHES most everything it cuts. Leaves **NO TANGLE** of brush to pick up like hand-held brushcutters and sicklebar mowers. Perfect for low-maintenance wildflower meadows, European-style woodlots, walking paths, or any area you only want to mow once a month or once a season!

Made in USA



Toll FREE (800) 742-9911

TRY FOR 30 DAYS RISK FREE!

Please mail this coupon TODAY for complete **FREE** DETAILS of the DR® FIELD and BRUSH MOWER including prices, specifications of Manual and ELECTRIC-STARTING Models, and "Off-Season" Savings now in effect. There is no obligation.

Name _____ WCG
Address _____
City _____ State _____ ZIP _____
To: **COUNTRY HOME PRODUCTS**, Dept. 2776F
Meigs Road, P.O. Box 25, Vergennes, VT 05491

AROUND YOUR HOME

Storage solutions anyone?

Is your garage getting as full as mine? Apparently, many of you have experienced this problem. How do I know this? A quick glance in your backyard can tell me. If you have a storage shed out there,



Bill Campbell

I know you have attempted to solve this problem. I notice that some of you have attempted to solve the problem two or three times, since there are that many sheds out back. My own storage shortage, as well as the popularity of these sheds, made me wonder about the requirements for putting one on my property.

My first step was to call the Department of Building and Zoning listed in the city of Springfield section of the phone book. They had some specific rules about building permit and siting requirements for storage sheds. If you are thinking about a shed, I would recommend that you give the zoning folks in your city or county a call to find out the requirements for your locale.

Let's talk about some of the specific requirements so you will know what to ask about when you call. The first requirement dealt with a minimum shed size for the building permits. For example, they may require a permit for any shed over a set number of square feet of floor space. Some localities set this minimum to limit the number of permit filings they will receive and process each year. If the shed is below 120 square feet, you may not need a permit.

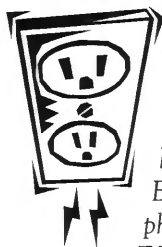
Another permitting requirement in some places is whether the building will be fastened to the ground. Is the shed on a foundation, anchored by poles sunk into the soil, or is it on runners? Sometimes these different structural options can determine if permits are required. I recommend that you check with your zoning office for the specific type and size of building you are considering.

There also were requirements across the board dealing with property lines, locations with respect to the house, and locating on easements. For example, the shed should be at least 3 feet from the property line (preferably on your side of the line) according to one of the governing groups I talked to. Your own requirement may be greater or less; please check.

One of the zoning departments required that all storage shed style buildings be located somewhere other than the front yard of the home. I'm sure some of you have seen houses that would look better if there were a shed in the front yard instead of the collection of treasures left for all to see.

Locating these, or any building, in a utility easement is not allowed from a building permit standpoint. This requirement makes sense for two reasons. First, if you put a building in an easement, you will be charged for moving it if the utility workers need to bring in their equipment to repair lines. Second, in the case of overhead power lines, if the lines break and fall on the shed, they could start a fire or energize the steel roofing and siding of the shed. Imagine your surprise when you grab the door handle of a shed energized with 7,200 volts. It also would be best if you could avoid putting your shed under the 240-volt insulated service-drop conductors running to your house.

After contacting the zoning and building people, I would recommend that you call your utility companies before locating any structure on your property to ensure that you will not damage pipes or wires while building, digging, or moving the shed. Sounds like a lot to do, but these calls, if made before you have a building full of treasures on your lot, may save you money and time.



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

KENTUCKY STEEL TRUSS BUILDINGS INC. YOUR SIZE AVAILABLE 1-606-745-0606

24' X 30' X 8'	\$ 3,697
30' X 40' X 10'	\$ 4,997
40' X 60' X 10'	\$ 7,587
50' X 80' X 12'	\$11,997
60' X 80' X 12'	\$14,597
75' X 80' X 14'	\$17,797

AMERICA'S BEST BUY



ALL STEEL FACTORY PICKUP PRICES *OPTIONS EXTRA*
FARM * COMMERCIAL * RECREATION

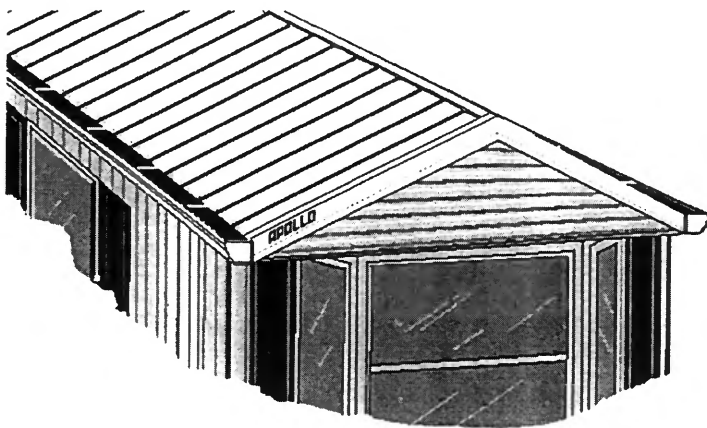
LIFETIME TANK COATINGS
Stop all leaks in steel and concrete
— Prevent rust forever. Roof coatings for tar paper, composition shingles, and metal buildings. Anyone can apply all coatings. Fix it once and forget it. Serving Farm & Ranch Since 1950. Let us send you complete information.

VIRDEN PERMA-BILT CO.
Box 7160IN Ph. 806-352-2761
2821 Mays St.
Amarillo, Texas 79114-7160

Mobile Home Owners: Roof King
Mobile Home Super Insulated
Roof Over Systems
40 Year Warranty
Factory Direct From Roof King
CALL NOW
1-800-748-0645

Would you go out in public wearing an ugly hat?....Don't put one on your mobile home.

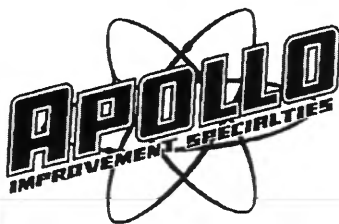
Finally...
A beautiful insulated roof-over.



The Apollo Super-Shield

- REDUCES ENERGY BILLS
- CHOICE OF COLORS
- MAINTENANCE FREE
- NO MORE COATING
- STOPS LEAKS & STAINS
- STORM PROTECTION
- QUIETS ROOF NOISE

Find out why our customers say they "love" their roof.



Any style mobile home.
Call for brochure.

1-800-333-9562

"I make more profit from a 1/4 acre greenhouse ...than from 100 acres of row crops!"

— Jeff Balduff, farmer and greenhouse vegetable grower

You Can Too! Begin a profitable alternative to conventional agriculture! Diversify your farm income! Enjoy a more dependable and consistent cash flow!

Farmers and land owners, just like yourself, are increasing their income dramatically growing high value specialty crops like tomatoes, cucumbers, lettuce, and herbs, year 'round, inside climate controlled, energy efficient greenhouses! With the use of soilless **PERLITE** growing methods, yields are increased and quality is superior, without the use of harmful pesticides and herbicides! You'll be producing out of season too, when prices are highest!



Request our **FREE Greenhouse Farming Information Pack** and you'll find out how to choose a properly designed greenhouse and growing system for controlled environment vegetable farming!

FREE VIDEO OFFER!

Call or write today and we'll show you how to get your **FREE * information packed video, "Your Future in Hydroponics"!**

**\$8.50 shipping/handling charge.*

In addition, you'll learn about our **Grower Technical Assistance Program, Grower Training Workshops, Training Videos, Grower's Manual, Newsletters, Annual Conference**, and other resources valuable to greenhouse farmers!

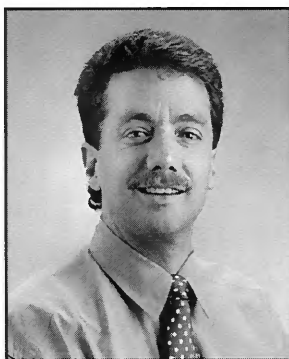
CropKing Inc. 5050 Greenwich Rd., Dept. WG/IL, Seville, OH 44273
Phone 330-769-2002 • Fax 330-769-2616

YES! Send me your **FREE** information on greenhouse farming and tell me how to get the **FREE** video!

Name _____
Street _____
City _____
State _____ Zip _____
Phone (_____) _____ WG/IL 797

Your YARD AND GARDEN

Keep your summer flowers blooming



Dave Robson

Okay, it's hot. It's summer. And you would rather be inside where it's cool, or cooling your heels in a pool of water. Fortunately, summer flowers such as marigolds and petunias thrive on summer's weather conditions. That doesn't mean, however, that you can neglect them and still expect flowers.

First, you need to realize the only reason plants produce flowers is to produce seeds. They don't think, "Hey, wouldn't it be nice to liven up this corner of the landscape?" Seeds are the plant's mechanism of making sure it survives year after year.

Once seeds start to form, or are allowed to form, new flower production slows. Plants essentially think—"Why waste energy if some seeds are already formed?" That's why it's important to remove old flowers.

The process of removing spent flowers is called deadheading. Unfortunately, a particular band's followers have a similar name. Guess it's all in the name of peace and understanding.

Simply pinch or snap the dead or dying flower down to the first leaf on most annuals. This process should be relatively easy on most annuals since their stems are succulent and not woody. You might get your fingers a little green, and they might smell like the flower, but it all washes off.

Removed flowers should be composted. Avoid laying spent or dead blooms near the plants as diseases such as botrytis can develop. This is especially important with geraniums. You might want to take a plastic

grocery sack around with you to throw the flowers in.

Dead rose flowers should be pruned to the first leaf containing five leaflets.

Small plants such as ageratum and alyssum are next to impossible to deadhead, unless you have nothing better to do with your life than squat and individually remove each tiny flower. French marigolds come close. Instead, pinch the entire plant back twice during the summer. This causes side shoots to develop and flower.

Petunias are the most fun. They tend to become leggy and scraggly by the first of August. Grab the plants carefully and lift the stems up. Take your pruners and cut these plants back by half. You'll stop the flowering for about a week, but the result is a bushy and continually blooming plant until frost.

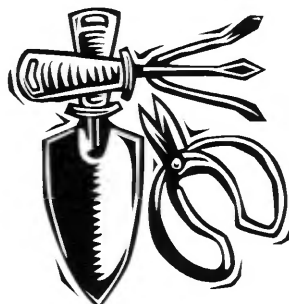
After pinching plants, fertilize to stimulate growth. A complete garden fertilizer such as 10-10-10 applied at the rate of a fourth to half pound per 100 square feet of flowers should be sufficient.

If flowers are scattered throughout the yard, a teaspoon of fertilizer per plant should be adequate. Lightly scratch the fertilizer into the soil. Water it in.

The old rule of thumb states that flowers need an inch of water per week in order to bloom. This holds true as long as temperatures are below 90 degrees Fahrenheit.

At higher temperatures, it may be necessary to supply two inches of water if rainfall is insufficient. Apply an inch of water each time you water.

Finally, a good organic mulch keeps the soil cool and moist, reduces weeds, and prevents many disease problems. Three to four inches of compost, peat moss or wood chips helps keep flowers blooming.



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

Prostate Problems are a Man's Disease-Right?

WRONG!

Prostate problems affect men physically but affect both men & women emotionally!

Most Men Lose Their Sexual Ability Due To Prostate Disorders!

If you suspect that your husband or male friend may be suffering from a prostate problem, then you have to help him. It is in your and his best interest for him to be healthy. Most men wait too long and endure pain too long before seeking help. Prostate problems may ultimately kill them or simply make them impotent for the rest of their lives. But, there is help for a prostate deficiency with our 100% natural, enriched nutritional supplement called: **Extra Strength PROSTAID** containing a full 100 mg. of **Pygeum Africanum per tablet.**

Pygeum Africanum: Therapy for Prostate Relief

In both France and Italy, extract of **Pygeum** is recognized for prostate therapy and is available by prescription. Throughout Europe, **Pygeum** is the preferred method for treating prostate disorders - ranking above surgery.

Younger men are more likely to suffer prostate infections than BPH. **Pygeum** is a natural antibiotic, and is ideal for treating the infection.

Older men who suffer prostate problems should know that in France, 81% of all prescriptions for BPH treatment contain **Pygeum**.

Extra Strength PROSTAID contains:

Glycine, L-Alanine & L-Glutamic Acid for a total of..... 406mg.
Saw Palmetto..... 200 mg.
Pygeum Africanum..... 200 mg.
Golden Rod..... 50 mg.
Pumpkin Seed Concentrate..... 30 mg.
Panox Ginseng..... 30 mg.
Zinc..... 20 mg./133% RDA
Flaxseed..... 3 mg.

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

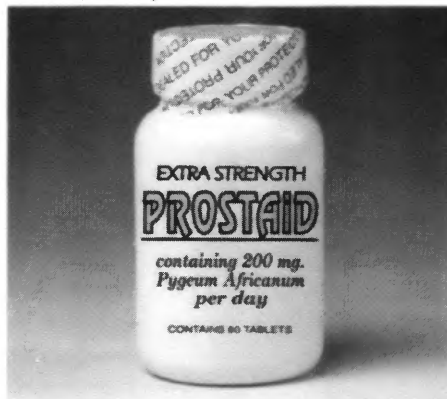
Zinc Deficiency in Men

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".

©1996. WGS

NOW AVAILABLE Only 2 Tablets Per Day GUARANTEED Natural Prostate Nutrition

With this enriched formula, you need only 2 tablets per day instead of the 3 per day that other companies sell. Our researchers have also increased the zinc content so that you receive 20 mg. per day and have added 30 mg. of Panon Ginseng as well as 200 mg. of Pygeum Africanum. Daily dosage contains 200 mg. of Saw Palmetto, 30 mg. of Pumpkin Seed Concentrate, 50 mg. Golden Rod and 3 mg. Flaxseed. **This is the most advanced and comprehensive formula available** - and it costs approximately half the price of the other products (that are not nearly as strong). The reason: 2 tablets per day and not 3 tablets per day. **COMPARE OUR INGREDIENTS and PRICES with OUR COMPETITORS FORMULA - CHOOSE FOR YOURSELF THE BETTER (more complete, comprehensive and better priced) PRODUCT.**



With **Extra Strength PROSTAID** your prostate receives safe, time tested nourishment. One bottle contains 60 tablets - one month's supply. *It is recommended that you try a two month supply since your body needs time to gradually and naturally let these ingredients work their way into your system.* Everyone is slightly different and the absorption time varies from person to person. Full results should occur within 45 to 60 days.

Do You...	Yes	No
...get up at night to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...often have sudden urges to urinate?	<input type="checkbox"/>	<input type="checkbox"/>
...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.

WILLOWS NUTRITION CENTER, Dept. ESP-714
179 Post Road West, Westport CT 06880

I Want Prostate Relief NOW!

- 1 Month** (60 tabs) only **\$19.95** plus \$3. postage & handling (\$22.95)
 2 Months (120 tabs) only **\$35.95** plus \$4. post & handl (\$39.95)
 4 Months (240 tabs) only **\$64.95** plus \$5. post & handl (\$69.95)
 6 Months (360 tabs) only **\$100.00** (includes postage & handling)
 Enclosed is check money order
Charge my: VISA MasterCard

Acct _____ Exp _____ Signature _____

Print Name _____

Address _____ Apt _____

City _____ Age _____

State _____ Zip _____

Telephone # () _____

CREDIT CARD ORDERS 1-800-770-1155

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

TECHNOLOGY AND YOU

Solving sick-house syndrome

Q. *I have made my house more efficient and airtight, but I'm concerned about "sick-house syndrome." The air does seem stale sometimes. What is the most efficient method to bring in fresh outdoor air without driving up my electric bills? - T. S.*

A. Your concern about sick-house syndrome is well taken and it can be a year-round problem. The Environmental Protection Agency has listed poor indoor air quality as one of the top five environmental issues. At a minimum, a house should have one complete air change every two to three hours.

A typical older house naturally had about one air change every hour. This was due to leaks, natural stack effect, and combustion air used for gas furnaces and water heaters. With the introduction of more electric heat and heat pumps, the latter air-change component was eliminated.

The problems of inadequate fresh air are many. If heated by gas, an airtight house can have carbon dioxide levels two to six times higher than outdoors. This can make one feel sluggish and sleepy. Other common pollutants come from household cleaners, gases from furniture and carpet, mold spores, cooking, even air fresheners. High indoor humidity levels in the summer increases mold and mildew and the cost of air-conditioning. High humidity forces you to set your thermostat lower to feel comfortable.

Installing a heat recovery ventilator (HRV) is the most efficient method to bring in fresh outdoor air year-round. There are many designs ranging from

ducted whole-house models to small portable window-mounted units. The small air-circulation fans use only about 100 watts of electricity — about as much as a light bulb. This is much more efficient and controlled than just opening windows or relying on the wind.

HRVs incorporate one of several designs of heat exchanger cores. In the winter, cold incoming fresh outdoor air picks up heat from warm outgoing stale indoor air. The stale indoor and fresh outdoor air paths are sealed from one another so no pollutants are transferred. HRVs save from 65 to 80 percent (efficiency) of the energy from the outgoing stale air.

In the summer, the air flows through the same heat exchanger, but the heat flows in the opposite direction. The cool outgoing stale air pre-cools the incoming fresh air. If you have allergies, select a model with a prefilter for the incoming air. Most filters are washable and reusable. Raydot offers an optional hospital-quality HEPA filter with a charcoal element.

In hot or humid climates, or to control mold and dust mites for year-round allergy relief, select a HRV with an enthalpy type of heat exchanger. Most enthalpy type units use a rotary honeycomb design, some with a desiccant coating for greater moisture removal. This rotating drum also picks up and transfers moisture along with the heat. Altech and Mitsubishi use an efficient fixed cross-flow heat exchanger made of special moisture permeable materials.

Small window units are the easiest to install. These lightweight units mount in windows just like an air conditioner and can be moved from room to room. Larger through-the-wall models also are easy to install. The fresh air gradually circulates throughout the entire house. These operate very quietly with many internal components attached by rubber mounts.



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

Whole-house models can be ducted into your existing heat pump or furnace ducts. They also have their own duct systems if you have baseboard electric or hot water heat. The indoor stale-air intakes often are located in the bathrooms, kitchen and laundry. The fresh-air outlets are located in the living room, dining room and bedrooms. The entire unit weighs only 70 pounds and is about 31 inches long.

A variable-speed HRV provides the most precise control so you can fine tune it to changing conditions. For example, if you have a party with guests who smoke, you can quickly set it to a higher speed. Most HRVs can also be set for timed operation. In humid areas or for allergy control, choose one with a humidistat control.

All HRVs have separate inlet and exhaust fans. The inlet fan should be set to a slightly higher speed than the outlet fan. This creates a very slight positive air pressure inside the house to block unfiltered outdoor air, dust, pollen, and other pollutants from naturally migrating indoors through cracks. In areas prone to high levels of radon gas, this is a great advantage.

Write for Update Bulletin No. 559 — a buyer's guide of 21 whole-house and window HRVs listing air-flow rates, heat exchanger types, efficiencies, warranties, prices and a size selector chart. Please include \$2 (checks payable to Jim Dulley) and a business-size SASE, to Jim Dulley, Illinois Country Living, P.O. Box 3787, Springfield, IL 62708. To read 150 previous columns: <http://www.dulley.com>.

Commentary *continued from page 4*

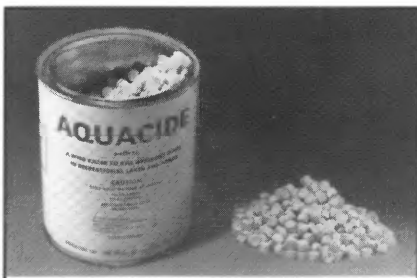
for sustainable agriculture is a system of farming that is practical for the producer to use, profitable for the individual operation and environmentally sound.

I feel that each citizen carries with him or her the individual responsibility of stewardship. With this responsibility comes the duty of caring for the land and employ-

ing those systems which are most sustainable. The 400-member association has tried to assemble information to educate farmers and consumers about sustainability, and to assist them in locating the people and practices they will need to become agriculturally sustainable.

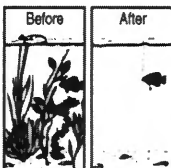
The University of Illinois and the Illinois Department of Agriculture have provided significant sup-

port in recent years in supporting ISAS on-farm research projects, field days and publications. Sustainable is not the ugly word it once was. What goes around comes around. The cooperation, sharing and support of all involved in agriculture certainly will help toward ensuring that our Illinois farmers do not become a fairy tale in children's history books.



KILL LAKE WEEDS

Proven Aquacide pellets destroy unwanted underwater weeds.



Spread marble sized pellets like grass seed. Effectively kills weeds at any depth.

Registered with Federal Environmental Protection Agency.

Certified and approved for use by state agencies. 10 lb. can treats 4,000 sq. ft. of lake bottom, \$60.95. 50 lb. carton treats 20,000 sq. ft. of lake bottom, \$230.00. Prices include delivery charges. State permit may be required. Delivery terms F.O.B. White Bear Lake, MN.

CALL TOLL FREE 1-800-328-9350
(Except Minnesota Call 612-429-6742)
Fax 612-429-0563

Or write for free information to:

AQUACIDE CO. Our 42nd year.

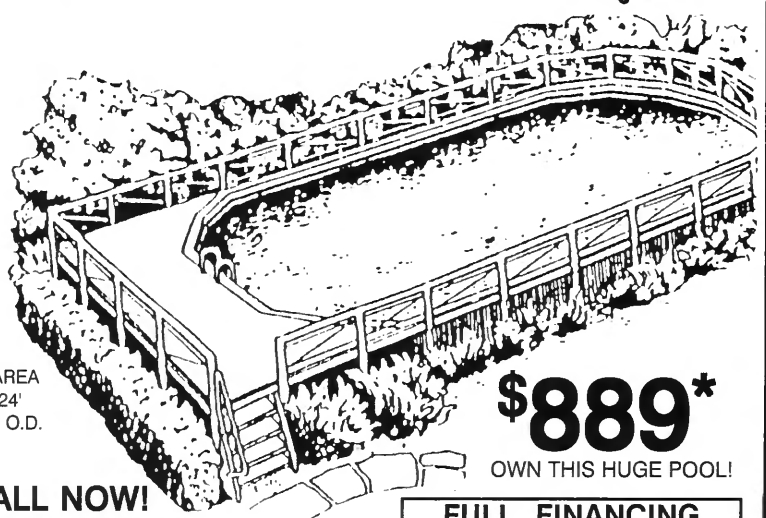
1627-9th Street
Dept. 737
Box 10748
White Bear Lake, MN 55110



BEAT THE HEAT!

ALL POOLS INCLUDE:

- Filter & Pump • Huge Sundeck
- Set in Vinyl Lining • Fence & Stairs
- Heavy Gauge Bracing • Pool Ladder



SWIM AREA
15' x 24'
31' x 19' O.D.

\$889*

OWN THIS HUGE POOL!

**CALL NOW!
FREE BACKYARD
SURVEY**

**FULL FINANCING
ARRANGED**

*Installation Optional & Extra

1-800-536-7555

Do you need a generator and double-throw switch?

Meteorologists tell us that there are some 2,000 thunderstorms taking place over the surface of the earth at any given moment, and it seems that we in Illinois get our fair share and then some. And they seem to be most prevalent this time of year.

While thunderstorms are scary, they often bring something even scarier with them—tornadoes. But whether one develops into a tornado or not, a thunderstorm can do a lot of damage. In short, they can flatten a large part of a cooperative's service area in minutes.

Throw in winter blizzards and ice storms, and many Illinoisans might be wise to invest in a standby electric generator. While you can easily cope with a two-hour summer outage with just a flashlight, some candles and maybe some bottled water, a long-term outage might cause serious disruption. Long winter outages can become life-threatening.

We encourage you to think how badly inconvenienced you'd be in the event of a two-day to two-week outage, and plan accordingly. Think about what you absolutely have to have operable, and plan from there. You may need just lights and a refrigerator, but most of us need more. Since everything doesn't need to run all the time, there are some things you can run alternately, reducing the need for generating capacity.

If you're thinking of getting a generator, now's the time to act. In the event of a widespread outage, generators become hard to find and the prices go up dramatically. During major storms in the past, hordes of fast-buck artists have descended on the afflicted area, selling generators out of the back of their trucks at greatly inflated prices. Some occasionally sell direct current generators, which are useless to run motors, unless you add a converter. Don't wait to buy

a generator until you absolutely have to have one.

It would be a good idea to decide now, and how much power you will need in the event of a prolonged outage. And be sure to list the things you can run alternately. Take your list to your local electric cooperative and ask for advice. The people there are your friends and neighbors. They'll be glad to help.

You can get a feel for how big a generator you'll need if you know that the average refrigerator uses about 600 watts, and the average freezer uses about 800. But since they have motors, it takes both of them some four to six times the amount of wattage to start them than it takes to actually run them. Naturally, you'll want to start one, let it get running, then start the other. Unless you have a huge generator, you'll need to manage your usage carefully. Light bulbs, of course, use the amount of wattage stamped on them. Generally, lights are going to be the least of your problems. Water heaters use from

1,000 to 5,000 watts, while water pumps use from 800 to 2,500.

You need to be careful with a generator, and put it where gas won't be a problem and where fumes won't endanger you. You need to position it as close as possible to the largest load, because long distance adds up to large conductors or extension cords. Locate it where you can protect it from the weather, and keep your spare fuel and oil in a safe place.

If you're going to run your generator and just plug a few things into the receptacles provided, you'll be okay without any other preparations. If you're going to have it wired into your home's electrical system, you'll need a double-throw switch to protect your co-op's personnel and equipment, as well as your own equipment. Remember that a double-throw switch is an absolute necessity, not something you just add on as an afterthought!

Remember—a generator is not just for emergencies. Portable generators can be used on camping trips, at construction sites, and in many other ways. While they're nice to have in the event of trouble, they are useful in other ways, too.



A portable generator like this one can be a big help during an outage, and can be useful around the home, too. Note the receptacles to plug appliances into. If you connect the unit into your house's wiring, you'll need a double-throw switch.

"An ounce
of prevention
is worth a pound
of cure"

FACT:

Septic Helper works

to prevent septic tank and cesspool problems and saves you \$\$\$\$!

FINALLY . . . SEPTIC MAINTENANCE MADE EASY

CUT DOWN: re-doing drain fields
pumpouts • wet spots
costly expenses • clogged drains • offensive odors

100%
GUARANTEED

Septic Tanks/Cesspools can eventually clog up, back up and become malodorous. Slow drainage can set in and become a constant problem. Now there is a product available that will help maintain your system and also help it reach maximum efficiency. SEPTIC-HELPER goes to work in your system, activates the bacteria and begins to change organic solids into liquids. Let SEPTIC-HELPER work to keep your septic system trouble free.

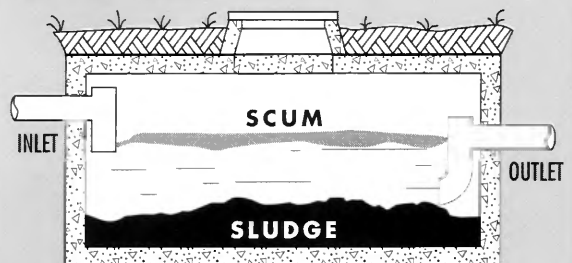
**A beneficial bacteria additive
that is safe and easy to use**

For More Information Call Toll Free
1-800-614-0066

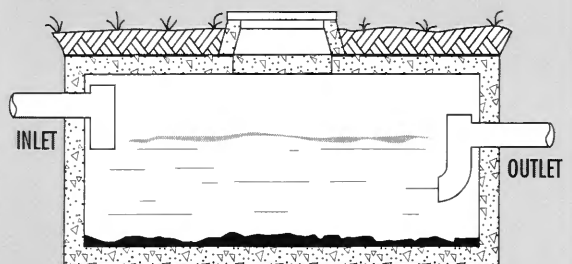
OR Fill Out Coupon

**Keep your septic tank and
cesspool in great shape.
Use SEPTIC HELPER!**

SEPTIC TANK BEFORE



SEPTIC TANK AFTER



DRAIN LINES BEFORE/AFTER



A drain pipe loses
part of its diameter
in 5 years due to
organic build-up.



SEPTIC HELPER helps
to restore the pipe to
original after a few
months of treatment.

I am interested in more information on
SEPTIC HELPER

Name _____

Address _____

Town _____ State _____

Zip _____ Tel. (____) _____

How many septic tanks/cesspools? _____

Mail in coupon to:
Krane Products

P.O. Box 310721 Boca Raton, FL 33431-0721

REC-IL



photo by Steven Smith

If the weather this summer is unusually hot for an extended period of time, rolling power blackouts may be necessary in Illinois and Wisconsin. Utilities throughout the region are working hard to prevent possible blackouts, but also warning customers so they can prepare for the possibility.

The potential power supply shortage is the result of several regional problems. In May one-third of the region's nuclear power plants in both Illinois and Wisconsin were down. Several coal-fired generating plants also were out of commission. Although several plants are expected to be back on line before the summer's peak demand season, there still will be less generating capacity than is normally available.

It is anticipated that Commonwealth Edison will have 4,160

.....
▲ *Southern Illinois Power Cooperative's coal-fired plant supplies 272 megawatts of electricity to three Southern Illinois cooperatives. It will be up and running this summer, but because several generating plants owned by other utilities may be down, potential problems with the MAIN transmission grid could affect all Illinois cooperatives and other utilities.*
.....

megawatts of nuclear capacity off line this summer out of a total capacity of approximately 22,000 megawatts. Three nuclear units, approximately 500 megawatts each, are off in Wisconsin, but two units are expected to be back on by mid-July. Illinois Power lost its 500 megawatt Wood River coal

unit in a fire last Christmas and its Clinton nuclear plant also was closed. A portion of Wood River and the Clinton plant should be back on line before the worst hot summer weather hits. Fuel oil and natural gas-fired "peaking" generation units, which are more expensive to run than nuclear or coal-fired units, also are being readied for service.

Utilities also are concerned about a lack of transmission line capacity. Transmission lines are like the interstate highway system for electricity. With limited transmission line capacity, it can be difficult or impossible to import power from one area to another to resolve supply shortages. This is an especially severe and long-term problem for Wisconsin.

The Mid-American Interconnected Network (MAIN), a re-

.....
"Utilities throughout the region are working hard to prevent possible blackouts, but also warning customers so they can prepare for the possibility."
.....

gional power supply reliability council, warns that between 4,700 and 6,500 megawatts of power will be unavailable this summer. Soyland Power Cooperative and Southern Illinois Power Cooperative are members of MAIN. MAIN is a member of the North American Electric Reliability Council (NERC). NERC was formed in 1968 after the November 9, 1965, blackout that affected the Northeastern United States and parts of Canada.

NERC and the regional councils help U.S. utilities work together to maintain the most reliable power supply in the world. NERC officials do this by reviewing past lessons learned, monitoring for compliance with policies, standards, principles and guides, and assessing reliability of the bulk electric power systems.

Even though one utility, like Southern Illinois Power Cooperative, may have plenty of its own generating capacity, the problems within the MAIN region could affect all utilities. Even utilities in Iowa are concerned that the problems outside their region could spill over.

For example, last July 2 two million people in 15 Western states and parts of Canada were

hit with a huge power outage. A similar outage on Aug. 10 left 4 million people in the dark. Power from the Northwest moving south to power air conditioners in California put an extremely heavy load on transmission lines. One transmission line under heavy load sagged into a tree and triggered the outage that dominoed, forcing power plants and transmission systems along the region's grid to shut down to protect themselves from damage and a longer outage. NERC found that bad planning and communication mistakes aggravated the situation.

Michehl Gent, president of NERC, believes that Illinois and Wisconsin are prepared to handle the summer's problems. But he warns, "Such shortages could require controlled interruption of electric service to customers in parts of the region."

Utilities throughout the MAIN region have taken precautionary measures. For example normal maintenance and testing of key components have been stepped up. Transmission right-of-way and lines have been double checked for potential problem areas. Communications systems and procedures have been tested with practice drills.

If a peak demand situation occurs there will be three levels of response. First a peak warning will be issued. Normal demand control procedures will go into effect. Peak demands can occur anytime between mid-June and mid-September, from noon to 8 p.m. Last year's peak was in early August for most utilities in the region. Utilities that have load control systems and agreements with consumers will begin cycling off water heaters and air conditioners with the cooperation of consumers who participate. Demand control practices vary for each utility. Local radio stations will make peak alert announcements and voluntary load reduction by consumers will also be urged.

The second level, in most cases, will be to require large com-

mmercial customers on interruptible rates to begin shutting down load. Voltage reductions also may be necessary at this stage.

Finally, if normal load control methods do not work, rolling blackouts may be necessary for individual generating companies that do not have enough generation to serve their loads. Individual substation circuits will be turned off for approximately two hours. This situation will be avoided if possible, but the priority will be to keep the network intact and keep all generating units online. Once generating plants start tripping off line, a massive multi-state outage could result. Under the worst case scenario there will be little warning and entire substations circuits could be shut down.

Although many utility executives have debated whether or not to issue these warnings, most have agreed it is better to risk alarming the public unnecessarily than to leave consumers unprepared. Avoiding a disaster will take a lot of cooperation between utilities and consumers to keep demand from overwhelming the system.

— Story by John Lowrey

.....
"Even though one utility, like Southern Illinois Power Cooperative, may have plenty of its own generating capacity, the problems within the MAIN region could affect all utilities."
.....

FINEST COOKING



Immanuel Lutheran Church in Tuscola provides us with one of our features this month. The cookbook is a 3-ring binder with 155 pages and has recipes from Illinois celebrities and former pastors' wives as additional sections. The cookbook sells for \$11 plus \$1.75 postage. To order, contact the church at 600 E. Northline Road, Tuscola, IL 61953 or call (217) 253-4341. Other contacts are Norma A. Rahn (217) 253-4286 or Mary Jane Jones at (217) 253-3159.

Our second feature comes from Pleasant Hill Village, Brethren Home of Girard, Illinois, Inc. Pleasant Hill Village provides housing for the aged. The cookbook is spiral-bound, has 300 pages and one of the sections features "Cooking with Soy." To purchase, send \$10 plus \$2 postage to Kathleen Smalley, Pleasant Hill Village, 1010 W. North Street, P.O. Box 48, Girard, IL 62640 or call (217) 627-2181.

Immanuel Lutheran Church, Tuscola

HAWAIIAN BREAD

Anne Koss

1 pkg. yellow cake mix
5 C. flour
4 pkg. yeast

1 1/4 C. pineapple juice
1 1/4 C. hot water

Mix flour, cake mix and yeast. Add warm pineapple juice and hot water. Mix and let rise. Knead slightly. Divide in 3 balls. Can be made into hot rolls or cinnamon rolls. Let rise. Bake at 350° for 20 minutes for hot rolls, 15 to 20 minutes longer for bread. Makes 3 loaves.

BOB'S FABULOUS BAKED BEANS

Ruth Rentschler

1 (31 oz.) can Bush's® baked beans
1 T. Worcestershire sauce
1 tsp. mustard
1/2 C. light brown sugar

1/2 C. Bull's Eye® honey-smoked barbecue sauce
1/4 C. chopped onion
3 slices bacon, cut into small pieces

Mix all ingredients together. Cook slowly for 2 hours in a crock-pot or slow-cooker.

TERIYAKI POTATOES

Joan Vukelich

1 1/2 lb. tiny, new potatoes, or 5 med. potatoes
1 T. teriyaki sauce
1/4 tsp. Italian seasoning
Dash of ground red pepper

1 T. butter or margarine, cut into pieces
1/4 tsp. garlic salt
Dash of ground black pepper

Cut potatoes into quarters. Put potatoes in 1 1/2-quart microwave casserole. Add butter or margarine, teriyaki sauce, garlic salt, Italian seasoning and both peppers. Toss to combine. Cover and microwave on high for 12 to 15 minutes, or until potatoes are tender. Stir twice during cooking time. Serves 4.

CAMPFIRE FOILED CHICKEN DINNER

Marcia Dietrich

6 chicken breasts, precooked
6 carrots, sliced lengthwise & parboiled
6 sm. potatoes, sliced lengthwise & parboiled

1 onion, sliced into 6 slices
1 to 2 cans cream of chicken soup
4 T. butter

Boil chicken breasts for 20 minutes. Place breast, carrots, potatoes, 1 onion slice, soup and pat of butter on 6 squares of heavy-duty aluminum foil, dull side out. Seal tightly and freeze until needed. At campfire or grill, bury packets in hot coals. Cook 30 minutes, turning once or twice, until potatoes are tender.

SKINNY SOUP

Mrs. Walter Rahn

About 8 stalks celery, chopped
About 1 head cabbage, shredded
Onion, chopped, to taste
About 1 1/2 qt. tomato juice

1 qt. canned green beans (about 2 cans)
A little shredded carrot & green pepper for color
2 lb. hamburger, or ground turkey, drained

Simmer vegetables until tender (sometimes I add canned, frozen or fresh tomatoes). Add seasonings to your taste and drained hamburger. Note: For variety, add a little pasta, but remember, this adds calories! This is a good low-fat, low-calorie, low-salt dish.

LOREN'S EASY CARAMEL ICING

Shirley Rahn

1/2 C. butter or oleo
1 C. brown sugar

1 3/4 to 2 C. powdered sugar
1/4 C. canned Milnot®

Melt butter; add sugar and cook over low heat for 2 minutes, stirring constantly. Add milk and continue to cook, and stir until mixture comes to boil. Remove from heat. Cool. Add sifted powdered sugar gradually until right consistency to spread. (Good on chocolate cake).



TOFFEE-TOPPED BARS

Violet "Bessie" Benson

2 C. firmly-packed brown sugar
 2 C. all-purpose flour
 1 stick butter
 1 tsp. baking powder
 1/2 tsp. salt
 1 tsp. vanilla

1 C. milk
 1 egg
 1 C. semi-sweet chocolate chips
 1/2 C. walnuts
 1/4 C. flaked coconut

Mix sugar and flour. Cut in butter to coarse crumbs. Remove 1 cup of mix; set aside for the topping. Add baking powder and salt. Use fork to beat in vanilla, milk and egg, beat until smooth. Pour into baking pan. In small bowl, combine chips and walnuts. Fold in coconut. Sprinkle reserved crumb mix over top of batter in pan. Sprinkle chips and walnuts. Using spatula, spread evenly over batter. Transfer after done to wire rack to cool, cut into bars. Store airtight up to 5 days

FAT-FREE CHOCOLATE THERAPY CAKE

Kay Carter

6 egg whites
 3/4 C. sugar
 1 T. vanilla
 3/4 C. flour

1/3 C. cocoa
 1/2 tsp. salt
 1 tsp. baking powder
 1 1/2 C. marshmallow creme

In medium bowl, add ingredients, one at a time, stirring well. After marshmallow creme, mix until lumps are gone. Pour into a 9x9-inch pan that has been lightly coated with cooking spray. Bake at 350° for 30 minutes. Makes 10 servings; less than 1 gm. fat each.

Pleasant Hill Village, Girard**PINWHEELS**

Debra Gerdanc

1 pkg. Buddig® wafer thin meat (ham or beef)
 8 oz. cream cheese, softened
 1 1/2 to 2 C. finely shredded mild cheddar cheese

Flour tortilla shells (approximately 4)
 Salsa for dipping (optional)
 3 T. green onion, cut up fine

Cut up Buddig meat into small pieces. Mix together the meat, onions and cream cheese. Spread this mixture onto the flour tortilla shells. Sprinkle cheddar cheese on each shell lightly. Roll up and refrigerate for 1 hour. Cut each roll into 8-10 pieces (pinwheels). Serve salsa on the side for dipping.

REUBEN SANDWICH SPREAD

Tammy Burtz

6 oz. Buddig® "lean" corned beef, cut in small pieces
 Catsup and pickle relish, to taste (1-2 T. each)

1 lb. can or jar sauerkraut, well drained
 1/2 lb. grated Swiss cheese
 1 C. mayonnaise

Mix all ingredients and heat in microwave until hot. Store in refrigerator. Serve on cocktail rye or pumpernickel bread. Can be made several days ahead.

BANANA MUFFINS

Helen Newcomer

1 lg. ripe banana
 1 tsp. soda
 1/2 C. low fat mayonnaise type salad dressing

1 C. flour
 1/2 C. sugar
 Nuts, fruit bits, chips, raisins, if desired

Mash 1 large ripe banana. Sprinkle over it 1 teaspoon soda. Let stand for 10 minutes. Add sugar, mix well. Mix in salad dressing. Mixture swells. Add 1 cup flour. Mix well. Add nuts, etc. if desired. Line muffin tins with paper liners. Spray with nonstick cooking spray for easy removal. Makes 10 full-sized muffins. Bake at 375° for 20 to 25 minutes.

SWISS STEAK

Susie Swigart

One to two packages of cubed steaks (come in 4 to 10 pieces). Fry after saturated with flour, in peanut oil or regular shortening or oil. Season to your taste. Put steaks into oblong cooking dish or cake pan. Cover with sliced (thick) onions. Pour 2 cans mushroom soup diluted with 2 cups milk over steaks. Bake 350° for 1 hour. A can of mushrooms can be added before baking (optional). Serve with rice or noodles as a side dish.

RHUBARB JAM

Peg Yordy

5 C. rhubarb
 3 C. sugar

Lg. box strawberry Jell-O®

Cook rhubarb and sugar 12 minutes. Stir in Jello. Cool and store in refrigerator or freezer.

SKEWERED GRILLED POTATOES

Leanne Bowman

2 lbs. red potatoes, quartered
 1/3 C. water
 1/2 C. Miracle Whip®
 1/4 C. chicken broth

2 tsp. dried oregano leaves
 1 tsp. garlic powder
 1/2 tsp. onion powder

Place potatoes and water in 2-quart microwave casserole. Cover, microwave on high 12 to 15 minutes or until tender, stirring after 8 minutes. Drain. Mix remaining ingredients. Stir in potatoes. Cover. Refrigerate 1 hour. Drain, reserve dressing. Arrange potatoes on skewers. Place on grill over hot coals. Grill covered 4 minutes. Rotate skewers; brush with reserved dressing mixture. Continue grilling 4 minutes until golden brown. 8 servings.

DIABETIC CAKE

Lee Rutger

1/2 C. cut up dates
 1/2 C. cut up prunes
 1/2 C. raisins
 1 C. water
 3/4 stick oleo
 1 egg

1 C. flour
 1/4 tsp. salt
 1 tsp. baking soda
 1/2 C. nuts, chopped
 1 tsp. vanilla

Bring the first 4 to a boil. Remove from heat, add oleo and cool. Add rest to the mix. Bake in 8x8-inch greased pan or in cupcake pans. Bake 25 minutes.

NUT AND FRUIT SNACK

Clareen Dooly

1 C. peanuts
 1 C. cashews
 1 C. sunflower seed kernels
 1 C. butterscotch chips
 1 C. semisweet chocolate chips

1 C. raisins
 10-12 pieces dried apricots, chopped
 4-6 pieces dried peaches, chopped

Mix all in a bowl.

WINDOW CLEANER

Helen Gregory

1/4 C. plain ammonia (not sudsy)
 1 tsp. Spic and Span® Powdered, without pine)

1 T. cornstarch
 1/2 C. alcohol

Mix into 1 quart warm water until the granules are dissolved. Works great and does not streak.

NOSTICK SPRAY

Charlot Cole

1/2 C. soybean lecithin (liquid form)
 1/2 C. soybean oil

Combine in a squeeze bottle and shake well, label and store at room temperature. Lecithin is available in most health food stores.

Illinois

MARKETPLACE

Used meat saws, slicers, grinders, tenderizers and other butchering equipment. 2615 South 1st, Springfield, Illinois. Phone (217) 522-3934.

TRENCHERS—New and Used—\$1,250 and up. Ditch Witch Sales, Inc., 107 Troy Road, Collinsville, IL 62234. Phone (618) 345-6262. Mo. (314) 436-2133.

INSULATION—4x8 sheets. Foil backed foam—factory seconds—easy to install. Contact Ken Nichols at (800) 424-1256.

POST FRAME BUILDINGS—Farm, commercial, residential. Bill Parkinson, Hardin, IL 62047, Phone (618) 576-2287 or (800) 225-8070.

Used and new restaurant and concession equipment. Ice machines, grills, fryers, sinks, poppers, ice cream machines, etc. Erio Sales, 2615 So. 1st, Springfield, IL (217) 522-3934.

WANTED: TO BUY standing timber of all species. Highest possible prices paid. Selective cutting optional. Minimal land disturbance. D&F Logging, Ava, IL (618) 426-3065, (618) 426-9001.

TRAILERS. All types for pickups, horse, stock, utility, cargo, grain, utility-dump. 75-100 in stock. Rawlings Trailer Sales, Hopedale, IL. (309) 449-3309.

WATER CONDITIONER with No Salt, No Maintenance, No Electricity, No Replacement Parts. Call (800) 500-3303. Tower Hill, Ill. Ask for Bob.

WORK CLOTHES

GOOD CLEAN Rental-type work clothes, 6 pants and 6 shirts to match \$29.95. Lined work jackets—\$9.95. Satisfaction Guaranteed! Send sizes with check or money order plus \$5-S&H to: WALT'S WHOLESALE, P.O. Box 208-E, Darlington, SC 29532. or MC/Visa orders (800) 233-1853.

POND WEEDS AND ALGAE interfering with your fishing, swimming, etc.? Cattails out of control? Enjoy a clean lake this year. Call the professionals for FREE estimate. Aquatic Control of Illinois. Phone: (217) 784-8808.

LLAMAS ARE VERSATILE! They will-guard livestock from predators, carry up to 100 pounds, pull carts, provide a soft, warm wool for spinning and crafts, walk in parades, and be wonderful companions! Come and experience llamas for yourself! Tranquility Llamas, Bloomington, Illinois. (309) 963-4553.

ASSEMBLY JOBS! CLERICAL JOBS! Mail processing jobs! Homeworkers needed immediately for good honest paying jobs! Send long SASE to: Charlin, Box 7158-P, Albuquerque, NM 87194.

MAGNETIC THERAPY is reported by many to give relief from: pain, migraine, headaches, allergies, arthritis, etc. (800) 500-3303, ask for Bob.

BASKETWEAVING, CHAIRSEATING SUPPLIES, OAK Baskets, Books, Kits. Quality. Prompt. Discounted. Catalog \$1.00. Ozark Basketry, Box 599-Ren, Fayetteville, ARK 72702-0599. (501) 442-9292.

20/20 WITHOUT GLASSES! Safe, rapid, nonsurgical, permanent restoration 6-8 weeks. Airline pilot developed, doctor approved. Free information by mail: (800) 422-7320 Ext. 124., (406) 961-5570, FAX (406) 961-5577, <http://www.visionfreedom.com>. SATISFACTION GUARANTEED.

PLANNING A FLORIDA VACATION? Fish Haven Lodge on beautiful Lake Juliana is the place for you. Located in central Florida, only 30 min. from Disney World. Lakefront housekeeping cottages, adult mobile home park and large R.V. lots are available. Some of Florida's most reasonable rates. Write Fish Haven Lodge, Box 1, Fish Haven Road, Auburndale, FL 33823. Phone (941) 984-1183.

LET THE GOVERNMENT FINANCE your new or existing small business. Grants/loans to \$800,000.00. Free recorded message: (707) 449-8600. (HX7).

SAVE 75% ON WORK CLOTHES! Uniform rental returns in excellent condition. Money back guarantee, free brochure. Suintex Recycling, toll free (800) 909-9025, 24 hours-7 days.

CUSTOM SAWMILLING with Portable Woodmizer. Your place or mine. Call Jim Virkler, (815) 692-2890.

Fiberglass corrugated, 26-inch wide. 8-10-12 foot long. 8 ft.-\$4. 12 ft.-\$6. Large supply, all colors. Dongola, IL. (618) 827-4737.

VISIT CAVE IN ROCK, IL. Stay at C.L.B. Motel. Couple daily \$32.90. Third day is half price. Phone: (618) 289-3296.

FISHING, CAMPING, relaxing on 200 acres of woods with 57 different lakes and canals. Full hookups, also permanent camp sites. Stock monthly all summer. Annual memberships. The FISHING CLUB, Gibson City, IL. (217) 784-8808.

JUKEBOX: WANTED OLD JUKEBOX, any condition. Phone John (217) 924-4566.

PLAY GOSPEL SONGS by EAR! Add Chords, Piano, Organ. 10 easy lessons \$7.50. Guaranteed. Davidsons, 6727R1 Metcalf, Shawnee Mission, Kansas 66204.

2 SEAT BIKE
Drives Like a Car!
 Multi-speed
 Street Legal
 Easy to Pedal
 1, 2 & 4 Seater
 Cargo Carrier



Free Literature
 615 822-2737 Ext 9986

NOT A "ROUND TOP"!
NOT A "POLE BARN"!
100% ALL STEEL

24x30x9 - \$3780	30x30x9 - \$4180
30x39x12 - \$4840	36x50x12 - \$6870



36x60 Shown
 Garage/Shop • Boats/RV
 Hobby Shop • Horse Barns

Simpson Steel Bldg. Co.
 P.O. Box 67
 Columbus, KS 66725

1-800-959-0220
 FAX 316-429-8412

DEALER INQUIRIES WELCOMED
 Ask About Our Complete Line
 of Industrial/Commercial
 Buildings and Mini-Storage!

FIELD BROS. HARDWOODS 3,000 bd. ft. drying capacity. Call for information about group drying. WHSL & RTL. Hardwoods, Effingham. (800) 515-KILN.

MIDWEST BIRD and ANIMAL SWAP and sale. June 29 and August 31 at Monroe County Fairgrounds, Waterloo, IL. (618) 939-6809.

SICK CAMPER REFRIGERATOR? Specializing in rebuilding cooling units. New and used units available. Camper repair. Crutchers RV, Cropsey, IL. (309) 377-3721.

ARE YOU RECEIVING PAYMENTS on property you've sold? Get cash now! We buy owner-financed mortgages, contracts for sale, trust deeds. Residential, commercial, multi-family, land. (800) 872-5686.

MAKE MONEY with the hottest weight loss product in America. Dynamic marketing plan. High income PT/FT. You don't want to miss this one! Call (618) 439-3883.

WEIGHT LOSS SECRET of the STARS! Now available to the general public. Miracle weight loss product of the 90's. For more information, call (618) 439-3883.

Now TAKING ORDERS for WHITETAIL FAWN. Brown and white genetics. S&P Game Farm. Call (815) 925-7525 after 6 p.m.

REGISTERED LLAMAS, \$175 and up. Registered miniature jack Donkey weaning, \$225. Registered miniature Donkey breeder pair, grey jenny, chocolate jack, \$1,900 for pair. Call (618) 783-2169.

GREAT EXTRA INCOME IDEA! Assemble craft products at home for Best companies—offering variety of work. Information Call: (800) 377-6000 Ext. 6250.

INDEPENDENT REAL ESTATE BROKERS—want to affiliate with a national franchise without a huge investment? According to the National Assn. of Realtors, joining a franchise increased both sales and profits for more than 2/3 of the brokers who joined a franchise. Now you can join the only company in America that sells real estate instead of franchises! National lead system and a small investment. For more information, write: P.O. Box 160, Golconda, IL 62938, or call (618) 683-4203.

BRONZE your MEMENTOS INTO PERMANENCY. Your baby shoes will be bronzed and mounted onto wooden plaque for \$59.95, includes return postage. M/C, Visa, check accepted. Allow 4 weeks delivery. Mail to: Tri-County Appliance, P.O. Box 247, Hardin, IL 62047.

ADVERTISE on the INTERNET, very reasonable. Also if interested in SELLING WEB pages, call (217) 324-5686 or 5398.

WATKINS QUALITY! Watkins has been providing quality food, health, home and personal care products since 1868. For a catalog, call or write Independent Representative: Heidi Nottmeier, 4113 Nottmeier Ln., Fults, IL 62244. (618) 458-6522.

FREE HEARING CATALOG!

• 45 DAY TRIAL
 • \$199 & UP
BETTER HEARING

DEPT B34, Brookport, IL 62910
 1-800-320-3300 EXT B34

TAN AT HOME! Home Delivery
 WOLFF Tanning Beds

Buy Direct & Save
 Units as low as \$20/mo.
FREE Catalog & more info.

1-800-842-1324

HERITAGE BUILDING SYSTEMS
 800-643-5555

BUILD IT YOURSELF AND SAVE

30 x 50 x 10	\$5,289
30 x 90 x 10	\$8,396
40 x 60 x 12	\$8,322
50 x 90 x 10	\$13,023
60 x 75 x 10	\$13,040
100 x 200 x 14M-1	\$50,082

Commercial steel buildings featuring easy bolt up assembly from America's largest distributor. We have over 10,000 standard sizes of shop, farm, industrial, commercial and mini-warehouse buildings. All are complete with engineer stamped permit drawings, 20 year roof and wall rust warranty. Call us today for a free information package and a quote on our top quality buildings or building component parts.

Mini Warehouse Sale
\$16,125
 38' x 150' with 38 units complete with partitions
www.metalbldg.com

Please publish my _____ word advertisement for _____ times starting with the _____ issue. For each month's insertion, I have enclosed \$8 for the first 20 words or less and 30 cents per word for each word beyond 20. Total payment enclosed is _____.

I am a member of _____ electric cooperative and my Illinois Country Living mailing label is attached.

1. You must be a member of an Illinois rural electric cooperative in order to qualify for the special rates. Non-members pay \$1.20 per word with a \$24 minimum for 20 words or less. Members must attach their mailing label to the order form.
2. Advertising copy must be in the Illinois Country Living office 45 days prior to month in which ad is to appear.
3. All ads must be in one paragraph form. No centered copy. Maximum of four all-capital words per ad.
4. Cash, check or money order must accompany ad order. No billing or charges. Make checks payable to Illinois Country Living.
5. Please type or print your ad neatly. Include your name, address and telephone number even if they are a part of the advertising copy you plan to run in the Illinois Marketplace.
6. The publisher reserves the right to reject any advertisement.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

Additional Words _____ (use separate sheet if needed)

Mail to Illinois Marketplace

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

Deadline for September issue: July 15

VACATION RETREAT. LAKE OZARKS, MO. Fish, golf, shop, etc. 3-bedroom home, 3 bath, 8 beds, on lake with private dock. Taking reservations now. Weekly rates available. Owner. (573) 893-5185 after 6 p.m.

TREES FOR SALE: walnut, oak, green ash, pecans. Mossy Mountain Nursery, RR 1 Box 250, Griggsville, IL 62340. Call after 6 p.m. (217) 645-3731.

BEST HOG BUTCHERING RECIPES. Send \$3 and LSASE to: Ellis Jones, P.O. Box 181, Harrisburg, IL 62946.

Make your next event spectacular...with the **MAGIC & ILLUSIONS of JEFF HARPRING.** Professional, affordable entertainment. (217) 496-2462.

REPLACEMENT ENGINE for mowers, tillers and fun carts. Briggs & Stratton, Tecumseh and Kohler Briscoe Surplus Sales, Flora, IL 62839. (618) 662-8816.

Registered purebred **NUBIAN** and **TOGGENBURG GOATS.** Buy, sell or trade. Brad Briscoe, Flora, IL (618) 662-6121.

FREE Catalog on Weight Management, Arthritis Relief and Stop Smoking Programs. All Herbal, All Natural Products. **SAFE, EFFECTIVE** and **AFFORDABLE.** Toll free (888) 462-3009.

RABBITS! Commercial New Zealand White M-70 series breeding stock. **SASE** for price list. Full Moon Rabbit Farm, RR 1 Box 281, Bluffs, IL 62621. (217) 754-3460.

BLEACHER RECLINERS: Portable bleacher seats for indoor or outdoor bleachers. **RECLINES,** excellent gift, impressive floor seat. www.swiftsite.com/brcorp (800) 621-2605.

FARMERS ATTENTION: Save 10% on prepaid fuel cards. Fuel Card, 9851 River Bend Rd., Benton, IL 62812. (618) 435-4210.

GOOD HEALTH is PRIME for everyone. Some **WEALTH** following makes life even better. No fees to join. No inventory required. No billing or collecting money. Leading nutritional health company lets you set your own pace from home or just become healthier. Call (800) 853-7918 for Health-Wealth information and enjoy the better life.

TRACTOR PARTS: New, used, rebuilt Ford, Massey, Allis, International tractor parts. Free Catalog. The Tractor Barn, Brookline, MO. (800) 383-3678.

AUTHENTIC 1870 LOG CABIN. Located 4 miles west of Neoga and 1 mile south. (Trowbridge, IL). Antiques and crafts in house next door. Open daily 12 noon to 5 p.m.

BIRD PROBLEMS: We have solutions! Rid-A-Bird products, Avitrol baits, repellents. Standish & Assoc. (800) 274-0105.

WANTED: 10 people to lose weight and make money! For **FREE** information, call toll free (888) 222-3181. Mention code **REIL.**

ATTENTION EARLY CHILDHOOD TEACHERS: Are your Learning Centers boring or your circle time dragging? My booklet has over 25 great ideas that have proven to be effective in the classroom. Send \$5 to: Creative Ideas, 5086 Old Marion Rd., Metropolis, IL 62960.

SWENEY'S LLAMAS: Registered, breedings, exhibits, sales. Llamas as golf-caddies, sheep guardians, 4-H projects, investments. Farm visits welcome. **AVON, IL.** (309) 465-3847.

SNAPPING ROLLS and **CONCAVES REBUILT.** Serving the Midwest farmer for over sixteen years. Call us for prices. Ask about our new patented stalk crushing rolls. **B & R Welding, Gilman, IL** (815) 265-7747.

LOT and **32' TRAILER** in RV park near Watseka. Stocked pond, trails, beach, playground, picnic area. \$15,000. (708) 479-1758 evenings.

WANTED: BEANIE BABIES. Mark Luedke, Box 7, Broadlands, IL 61816. (217) 834-3331 evenings.

LET THE GOVERNMENT PAY for your new or existing home. Over 100 different programs available. Free recorded message: (707) 448-3210. (8HX7).

TAYLOR SOFT SERVE MACHINES, single phase, double with twist, standby, guaranteed. Erio Sales, 2615 So. First, Springfield, IL 62704. (217) 522-3934.


STOP MONTHLY CRAMPS the natural way—no chemicals—no side effects—no kidding! Call (800) 500-3303, ask for Bob.

ATTN: CISTERN & WELL OWNERS. A dial gauge that mounts inside your home that shows how many inches of water you have at all times. 100% guarantee. For more info.: Helborn Innoventions-2, P.O. Box 352, Sparta, IL 62286. Phone (618) 774-2500. Toll Free: (888) 333-7194.

SAWMILL \$3795.
FREE INFORMATION
 Norwood Sawmills
 90 Curtwright Dr., Unit 3
 Amherst, N.Y. 14221
1-800-661-7746



FREE Poultry Catalog Showing All Kinds of Poultry in Color
 Over 70 Varieties. Baby Chicks, Exotic Rare Breeds, Fighting Games, Guineas, Turkeys, Bantams, Pheasants, Ducks. MasterCard, Visa & Discover... Write or call today for your copy of this years Big FREE Poultry Catalog in Color.
MARTI POULTRY CATALOG
 Box 27-7, Windsor, Missouri 65360
 Telephone — 816 647-3156



DENTURES
IN ONLY ONE DAY
\$99
NEW PATIENT SPECIAL
 • Cleaning
 • X-Rays
 • Exam
\$49
 By Appointment

SIMPLE EXTRACTIONS
 With Immediate Denture
\$19 ea
 Reg \$39

DENTURES \$99 to \$599 ea.
IMMEDIATE Denture \$209 to \$697 ea.
PARTIALS \$199 to \$599 ea.
 Includes Follow-Up Adjustment

EA.

Lee Wright, D.M.D.
GENERAL DENTISTRY
 4337 Butler Hill Rd • Schnuck's Butler Hill Plaza • St. Louis, Missouri
(314) 892-2000 or (800) 4-DENTURE

She's no Lassie, but we love her anyway

by Susan Wildemuth

Spud, our beagle mix, came into our life when our son, B.C., was 4 and she was a pup, rescued from the humane society by my husband as a present for the boy. Husband and I had been talking about getting another dog for weeks; it had been almost a year since our first dog had been hit by a car and taken to the special place on Grandpa and Grandma's farm just down the road from us.

It was a surprise, that summer back in 1987, that brought my husband home early. His familiar voice sounded funny coming through the screen of the dining room window during the middle of the afternoon, "Anybody home?"

"It's Daddy!" said our 4-year-old, who had spent most of the morning farming the kitchen linoleum, but was now excited at getting to see his dad at this busy and unexpected time of day.

It was haying time—July—and hotter than the dickens, but there stood my husband wearing one of his old work coats with an altar boy look on his face. That look didn't fool me for a moment, I know this man and what that expression means.

Our son, his eyes as large as saucers, tugged at my jeans, "Daddy's coat is wiggling!"

"That better not be a snake," I said, taking two steps away from the window.

Unable to hold back any longer, my husband cut loose with a belly laugh that is uniquely his and comes straight from the heart of this Teddy-bear man. Unzipping his jacket, he reached in and from the folds of cotton fabric produced a wiggling bundle of black and white fur. "The lady at the humane society said her name is Spud, but we can change it if you guys don't like it."



With a face only a mother could love, it didn't take long before we all grew attached to her, especially B.C.; she became his constant companion and self-appointed guardian angel. It wasn't unusual for me to look out my kitchen window while I was doing dishes and find them fighting imaginary mutants in the backyard. It's really something to see a

preschooler with a plastic red rake and a little spotted hound decked out in a dish towel cape taking on a pair of villainous brown coveralls on the clothes line. Or to see the same loyal little dog perched on top of the old tractor tire, surveying the surrounding area like a sentinel on guard duty, watching over her boy while he builds cities out of sand and old margarine tubs.

Spud is no Lassie; she's picked up some bad habits over the years. She likes to chase cars up our driveway scaring the bejeebers out of anybody who doesn't know her, occasionally dines out in the neighbor's garbage cans, thinks the window seat in the old blue pickup belongs to her and has a three-ear-a-day sweet corn addiction. She sometimes barks when nothing or no one is there just so someone will come to the back door, then wags her tail at us, and has this "it wasn't me" look on her face. Sometimes she leaves her catch of the day, usually something from the highway with tire treads on it, laying on the sidewalk for us, expecting praise for the meat that she has supplied us with.

Spud has been with us some nine years now. Her muzzle, like my husband's hair, is getting a little white in it, her once lean body is getting a little padding around the curves like mine, and like my teen-age son, her summers of chasing invisible mutants are over. She spends the majority of her time these days laying in the shade on the cool cement of the garage floor while her boy shoots baskets, still watching over him with a vigilance that would make Lassie proud and waiting, very patiently, for the next car to come up the driveway.

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

Illinois

FUNNYBONE

A barber nicked a customer badly while giving him a shave. Hoping to restore the man's feeling of well-being, he asked, "Do you want your head wrapped in a towel?"

No thanks," said the customer. "I'll carry it home under my arm."

Short Circuits,
Dairyland Power Cooperative,
La Crosse, WI

The teacher asked a little boy to use the words *defeat*, *defense* and *detail* in a sentence.

He thought about it for a couple of minutes and said, "Defeat of decow went over defense before detail."

Grace Chilton, *Carmi*

Is there a joke in YOUR family (that's proper for a family magazine)? Illinois Country Living pays \$5.00 for each joke chosen for Illinois Funnybone. Send your humorous story to Illinois

Funnybone, P.O. Box
3787, Springfield, IL
62708-3787.



Illinois DATEBOOK

Schuyler County Fair and Livestock Show, July 2-6, Schuyler County Fairgrounds, Rushville. (217) 322-6277.

Independence Day Fire Works Spectacular, July 3, Glen Oak Park, Peoria. (309) 682-1200.

Fireworks on the Mississippi, July 3, Riverfront Park, Alton, Riverfront Park. (800) 258-6645.

Findlay Walleye Festival, July 3-5, Findlay. Enjoy walleye sandwiches along with the parade, arts & crafts, petting zoo, car show, 3-on-3 basketball and lots of entertainment. Or, bike around nearby Lake Shelbyville, 3 miles away. (217) 756-3262.

Hanover Days, July 3-4, Hanover, White Park. (815) 777-1320.

Cornerstone Festival, July 3-6, Cornerstone Farm, Bushnell. See *Illinois Country Living*, June 1997, for details about this Christian music and arts festival, featuring more than 120 bands offering pop, gospel, blues, jazz, folk, swing, alternative rock, and even ska music. Lots of events for kids of all ages. (312) 989-2087.

Silvercreek and Stephenson Railroad Antique Steam Train Rides, July 4, Freeport. (800) 369-2955.

Ogle County Pilots Fly-in, Drive-in Breakfast, July 4, Ogle County Airport, Mt. Morris. (815) 734-7228.

Prophetstown Fourth of July Celebration, July 4, Prophetstown State Park. (815) 537-5130.

Fourth of July Celebration, July 4, Galena. (815) 777-2111 or (815) 777-0294.

Fourth of July Celebration, July 4, Stockton Memorial Park. (815) 492-2185.

Fourth of July Celebration, July 3-4, Pana, Kitchell Park. (217) 562-4240.

Annual 4th of July Celebration, July 3-4, downtown Raymond, (217) 229-4516.

Sibley Area 4th of July Celebration, July 4, downtown Sibley. (217) 745-2523.

Independence Day Celebration, July 4, Knight's Action Park, Springfield. (217) 546-8881.

Freedom Fest '97, July 4 (rain date July 5), Lake of the Woods Park, Mahomet. (217) 586-3360.

July Fourth Celebration, July 4, Lake Park, Hillsboro. (217) 532-5566.

Sky Concert '97, July 4, fireworks show with music, downtown Peoria & the Illinois River front. (309) 681-0696.

Freedom Celebration, July 4, Illinois Street to 4th Street and Peabody Drive, Champaign. (217) 344-6156.



Capital City Celebration Fireworks, July 4, Springfield, State Capitol Building, Springfield. (217) 789-2360.

Fourth of July at Fairview, July 4, Fairview Family Aquatic Center, Normal. (309) 454-9540.

July Fourth Celebration, July 4, Anna Fairgrounds, Anna. (618) 833-6311.

July Fourth Celebration, July 4, Cairo Airport, Cairo. (618) 734-2737.

July Fourth Celebration, July 4, Village Park, Tamms, Village Park. (618) 747-2809.

All-American Salute to Freedom, July 5, Mt. Vernon Airport, Mt. Vernon. (800) 252-5464 or (618) 242-3151

Fourth of July Celebration, July 4-5, Riverside Park, Murphysboro. (800) 406-8774.

Pride of the Prairie Country-Western Dance Festival, July 4-6, Holiday Inn Select Hotel, Decatur. (217) 243-3159.

Fourth of July Celebration, July 5, Stockton and Warren, Apple Canyon Lake. (815) 492-2185.

Independence Day, July 5, Lincoln Log Cabin State Historic Site, Lerna. (217) 345-6489.

19th Century Children's Festival, July 5, Old State Capitol, Springfield, (217) 785-7960.

Flora Train Depot 80th Birthday Party, July 5, Main Street Flora. Enjoy entertainment, tours, a memory wall, and an 80-foot cake.

Cobden Backyard BBQ, July 5, Cobden Downtown Park, Cobden. Smell the aroma of BBQ, as teams cook off for the right to be called "Backyard Grand Champion." Entertainment, crafts, flea market and a car show. (618) 893-2425.

Quad City Classic, July 7-13, Oakwood Country Club, Coal Valley. (800) 336-4655.

Fisher Community Fair, July 8-12, Fisher Community Fairgrounds. (217) 897-6299.

Heart of Illinois Fair, July 11-19, Exposition Gardens, Peoria. (309) 691-6332.

Arts and Crafts Show, July 11-13, Cross Country Mall, Mattoon. (217) 235-3432.

Titan Firecracker Classic, July 11-13, Quincy, Sheridan Swim Club. (217) 224-1051.

Historic Farm Days, July 11-13, Penfield (east of Rantoul). The I & I Antique Tractor and Gas Engine Club presents this 11th annual event featuring Ford and Fordson tractors, Ford cars, trucks, and other products, along with a children's tractor pull, steam and gas tractors, gas engines, an antique tractor pull, and other demonstrations. Lots of food and entertainment, too. (217) 863-2681 or (217) 765-3224.

Annual Summer Fest Antiques and Art Show, July 12, Main Street, Savanna, (815) 273-3754.

Sugar Creek Arts Festival, July 12-13, downtown Normal. (309) 454-2444.

Macomb Grand Prix Kart Race, Go-karts return in a second-annual spin around the courthouse for kids of all ages. July 12-13, Macomb. (309) 833-1827.

Summer Festival at New Salem, July 12-13, Lincoln's New Salem Historic Site, Petersburg. (217) 632-4000.

Shades of Blue, July 12-13, Crystal Lake Park, Urbana. (217) 367-1536

Massac County Youth Fair, July 12-19, Youth Fairgrounds, Metropolis. Special events include Western and gaited horse show, dog show, farm toy show, antique farm machinery exhibit, greased pig contest and volleyball tournament. (618) 524-2909.

Bishop Hill Antique Show, July 13, on the lawn of the historic Colony School. (309) 932-2831.



16th Annual Low Riders and Custom Car Show, July 18-20, Rock Falls Industrial Park. Sponsors, the Midwest Lowriders Car Club, the oldest in the Midwest, promise there are no "run of the mill" cars at this show. Drawing more than 400 contestants (815) 626-3393.

Illinois State Fair Grandstand tickets go on sale July 12 Tickets for Illinois State Fair Grandstand Acts, which range from \$13 to \$18, go on sale July 12 for reserved seating and on July 19 for general admission track tickets.

This year's lineup includes ZZ Top (Aug. 8), John M. Montgomery with James Bonamy (Aug. 9), Vince Gill with Bryan White (Aug. 12), Alabama with Kenny Chesney (Aug. 13), The Wallflowers with Dishwalla (Aug. 14), and Terry Clark and Clay Walker (Aug. 15). Acts for Aug. 11 and 16 were not yet announced at press time. A free performance by the Symphonic Pops Orchestra of Chicago will be Aug. 10.

Phone orders may be made at (217) 782-1979.

DuQuoin Magic Mile Motorcycle Race, July 13, DuQuoin, DuQuoin State Fairgrounds. (217) 753-8866.

175th Anniversary, Island Grove United Methodist Church, Berlin, July 13. The church was organized in 1920, two years after Illinois achieved statehood, and the present church building was built during the Civil War. Sharon Brown Christopher, bishop of the Illinois Great Rivers Conference, UMC, will participate in morning worship services. Historical Civil War reenactments, both Union and Confederate, will mark afternoon activities. (217) 793-5586.

St. Louis Rams Summer Training Camp, July 14-Aug. 15, Western Illinois University, Macomb. (309) 833-1315.

Elkhart Homecoming, July 17, Elkhart. (217) 732-8687.

Gus Macker 3-on-3 Basketball, July 18-20, West Side Park, Champaign. (217) 356-2597.

ASA Pro/Am Archery Tournament, July 18-20, Mermet Lake Conservation Area, north of Metropolis. Archery Shooters Association national 3-D tournament for men, women and children. (800) 248-4373.

German Valley Days, July 18-20, Ben Miller Park, German Valley. (800) 369-2955.

Riverside Blues Fest, July 19, Murphysboro, Riverside Park. (800) 526-1500.

Christmas in July Craft Show, July 19-20, Carbondale Civic Center. (800) 526-1500.

12th Annual Le-Win Jaycees Mud Volleyball, July 19, Lena, (800) 369-2955.

Art in the Park, July 19, Standish Park, Galesburg. (309) 342-7415.

Diesel Days, July 19-20, Illinois Railway Museum, Union, McHenry County. (815) 923-4391 or (312) 861-0009.

Galena Arts Festival, Galena, July 19-20, Grant City Park. (815) 777-0962.

Third Sunday Market, July 20, McLean County Fairgrounds, Bloomington. (309) 452-7926.



National Championship Outboard Boat Races, July 25-27, Lake DePue, DePue. (815) 447-2893 or (815) 447-2848.

Jacob Day, July 20, Jacob. (618) 763-4748.

More Than Bows & Arrows, July 20, Lewistown. This annual festival at Dickson Mounds Museum, an Illinois State Museum and a National Historic Site, offers demonstrations, hands-on traditional Indian crafts and skills, and opportunities to visit with Indians about their lives today and their tribal traditions. (309) 547-3721.

Southern Illinois Fair and Expo, July 22-26, Mt. Vernon, Welles by-pass off Rt. 15. (618) 242-0870.

NASCAR Busch Series/Grand National Division, July 24-26, Madison, Gateway International Raceway. (618) 482-5501.

28th Annual Steam Threshing Antique Show, July 25-27, Stephenson County Fairgrounds, Freeport. (800) 369-2955.

Adams County Fair, July 25-30, Mendon. (217) 936-2230.

Sweet Corn Festival, July 25-26, Community Park, Chatham. (800) 545-7300.

Elizabeth Community Fair, July 25-27, Elizabeth. (815) 858-3789.

Western Illinois Bluegrass Festival, July 25-27, Sherwood Forest Campground, Old Lake Hillsboro. (618) 539-5931.

Bishop Hill Antique Car Show, July 26, on the lawn of the historic Colony School. (309) 927-3345.

Morgan Horse Show, July 26, Lincoln's New Salem Historic Site, Petersburg. (217) 632-4000.

Stewardship Saturday, July 26, Cypress Creek National Wildlife Refuge and the Cache River Wetlands. Volunteer to work for a variety of conservation projects. (618) 634-2231.

Flintknapping Workshop, July 26-27, Dickson Mounds Museum, Lewistown. (309) 547-3721.

Hillsboro Olde Tyme Family Farm Equipment Show, July 26-27, Courthouse Square & Main Street, Hillsboro. (217) 532-5553.

Taste of Country Fair, July 26-27, Lexington, Main St. and City Park, Lexington. (309) 365-3061.

Civil War Reenactment, July 26-27, Comlara Park, Hudson. (309) 726-2022.

Living History Weekend, July 26-27, Fort Massac State Park, Metropolis. A historical visit with the "Massiac Marines," crafts and other activities. (618) 524-9321.

Kampsville Archaeology Day, July 27, Kampsville. (800) 258-6645.

Ongoing

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

The Illinois Shakespeare Festival, now in its 20th year, runs through Aug. 9, at Ewing Manor, Bloomington. (In case of rain, shows are performed at Illinois State University's Westhoff Theatre in Normal. Visit the web site at www.orat.ilstu.edu/shakespeare or call (309) 438-7314.

Artifacts, Artifacts, Artifacts, July 1-Aug 24, Steeple Building, Bishop Hill. Special educational exhibit using objects from the permanent collection of the Bishop Hill Heritage Association. Swedish immigrants seeking religious freedom founded Bishop Hill in 1846; it has earned designation as a National Historic Landmark and is listed as a historic district in the National Register of Historic Places. (309) 927-3899.

With a View to the Southwest: Dorothy Dunn and a Story of American Indian Painting, Dickson Mounds Museum, through Sept. 7. Two special exhibits organized by the Museum of Indian Arts and Culture, Museum of New Mexico. The 100-year history of the Santa Fe Indian School is documented, including 62 original paintings by students. Also at Dickson Mounds, Hickory Ridge Coffeehouse features noted folk musicians every third Saturday night and dulcimer workshops are ongoing. (309) 547-3721.

Third Sunday Market is held, yep!, every third Sunday through November at the new Interstate Center, Bloomington. Antiques, crafts and collectibles. Exit 160B from I55 & I74.

Illinois Country Living publishes event listings as space allows, giving preference to events of regional or state-wide 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.

BUY 1 GET 1 FREE

Our Best Values . . . All Products Guaranteed 100%!

This is one offer you won't want to miss! For a limited time only, you can order any of these garden products and get a second order of the same item FREE! So ... when you order 3 Easter Bonnet Daffodils for \$4.98, you get 3 additional Easter Bonnet Daffodils FREE. Order 10 Red Tulips for \$1.98 and get 10 more Red Tulips FREE! Try any of the products on this page and we'll double your order FREE!

Are we crazy? Not at all. We're so sure you'll be thrilled with your order and come back for more that we're willing to let our best-sellers go at rock bottom prices. Plus, everything you order is guaranteed for as long as you garden with no time limit! This offer is available only for a limited time . . . so HURRY!



Mixed Hybrid Lilies

Mixed Hybrid Lilies are surprisingly hardy and dependable. They return every year without lifting or replanting, producing bigger clumps and more flowers. They're great for naturalizing, too. Tall, elegant and easy to grow in full sun or partial shade. Bloom all summer long! 10-12 cm.



Creeping Phlox

Enjoy a rainbow of spring color with this gorgeous perennial ground cover. Creeping Phlox blankets your landscape with dense, evergreen foliage and bright red, pink, white or lavender blooms. Get 24 plants for the price of 12 when you order now!



Mixed Daffodils

This money-saving assortment brings you a glorious mix of yellows, whites and bicolors. Plant Daffodils on hillsides, under trees and in rock gardens - anywhere you need a dash of early spring color. Best of all, hardy Daffodils return every year without lifting and replanting! 10-12cm.



Hummingbird Vine

Hummingbirds everywhere find this flowering vine simply irresistible! Plant one along a fence, pole or wall, and watch these amazing birds darting in and out of the beautiful trumpet-shaped flowers. Fun for the whole family! Grows 25' tall and blooms in late summer. You get two for the price of one!



Red Tulips

Few flowers are as versatile and popular as the Tulip. Its beauty, hardy character and carefree nature make it a favorite of flower arrangers, landscapers and gardeners everywhere. Great for walkways, patios or indoor flower arrangements. Imported from Holland. 8-9cm.



Easter Bonnet Daffodils

Easter Bonnet will add spice to your garden with its unusual cream and pink color blooms. Enjoy it among other spring-flowering bulbs or plant several in a naturalized setting. Easter Bonnet is incredibly fragrant, too, so it's an excellent choice for indoor bouquets. 12-14cm.



Snow Crocus

You'll love colorful, early-blooming Snow Crocus along walkways, driveways and patios, around trees and shrubs... or anywhere you need a splash of bright spring color. Crocus are super hardy so they return every spring without replanting. 5+cm.

MICHIGAN BULB CO. 1950 Waldorf, N.W., Grand Rapids, MI 49550

YES! Please send me the products indicated below for planting this fall. I understand that for each item I order, I will receive a duplicate order FREE as explained in this special Buy-One-Get-One-Free offer. **TU 3137 C 4**

MR. _____
MISS _____
MRS. _____
MS. _____

PLEASE PRINT

ADDRESS _____
CITY _____

STATE _____ ZIP _____

Remember: For every product you order below, we'll send you a duplicate order FREE OF CHARGE! (No dealers please.)

QTY.	CAT.#	ITEM	COST
	02717	Creeping Phlox - 12 for \$4.98	
	06601	Mixed Daffodils - 10 for \$2.98	
	06585	Red Tulips - 10 for \$1.98	
	10660	Hummingbird Vine - 1 for \$2.98	
	08599	Easter Bonnet Daffs - 3 for \$4.98	
	09373	Snow Crocus - 15 for \$3.98	
	07443	Hybrid Lilies - 10 for \$7.98	

Payment enclosed. **SUBTOTAL** \$ _____

VISA **Postage & Handling** 1.90

MasterCard **SALES TAX:** MI add 6%

American Express **TX add 8.25% MO add 4.225%**

Discover/NOVUS **GRAND TOTAL** \$ _____

Credit Card # _____

Exp. Date: [] [] [] Thank you for your order!

FREE PLANTING GUIDE WITH EVERY ORDER