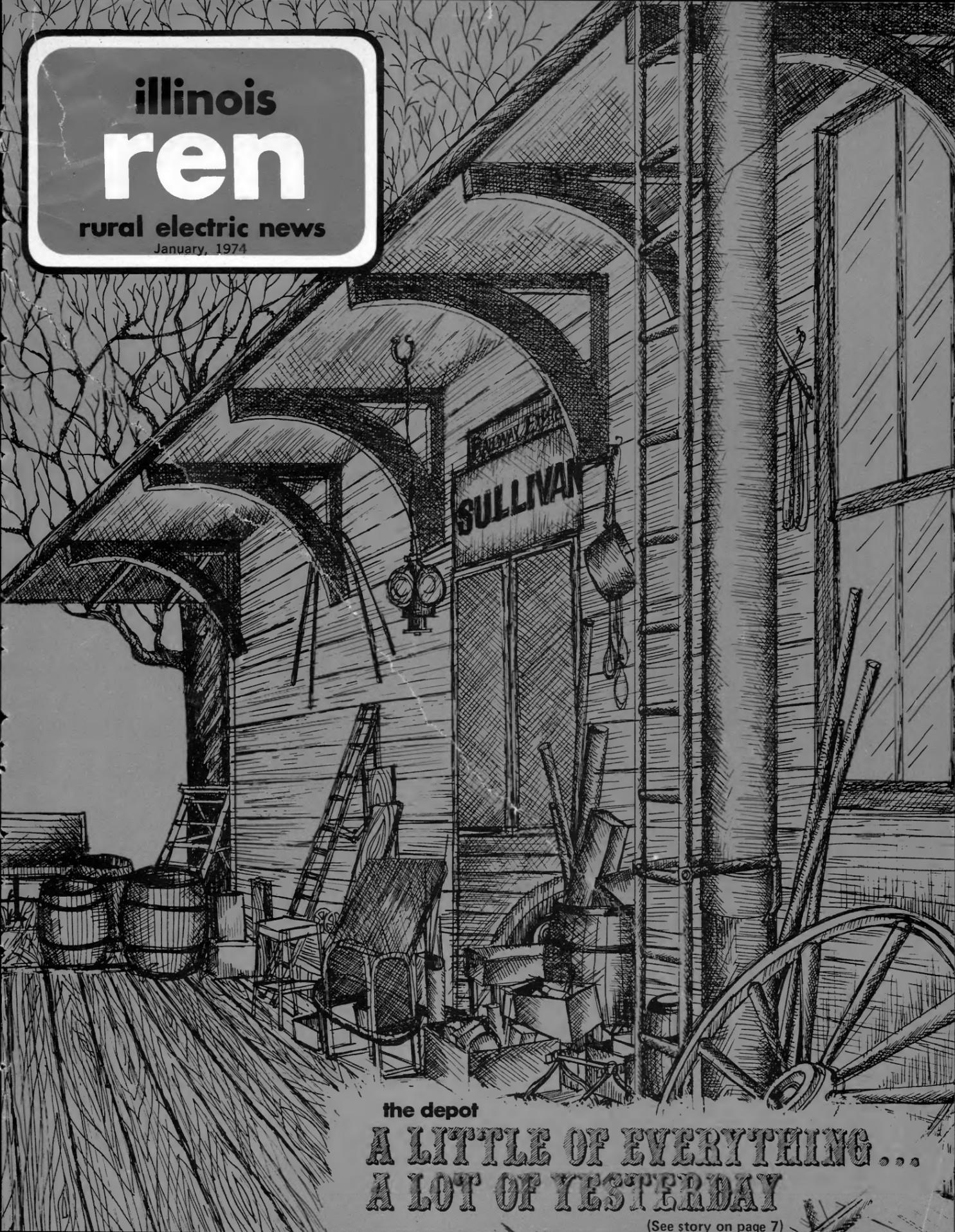


illinois
ren
rural electric news
January, 1974



the depot

**A LITTLE OF EVERYTHING ...
A LOT OF YESTERDAY**

(See story on page 7)

Farmers Use \$1-Billion From St. Louis Land Bank

Farm and rural families of Arkansas, Illinois and Missouri are now using their borrower-owned cooperative Land Bank System for a record breaking \$1-billion of long-term financing.

Glen E. Heitz, president, The Federal Land Bank of St. Louis, announced that the Bank became a \$1-billion lender December 11 when the 196,949th loan in the 56-year history of the Bank was made to a Streator, Illinois farmer.

The dramatic growth of the Bank's loan volume reflects the cooperative's ability to get large amounts of capital in the nation's money markets at reasonable costs and other attractive terms for use by American farmers, Heitz said.

"It took 50 years for the St. Louis Land Bank to reach \$500 million of loans outstanding," Heitz reported, "But the additional one-half billion loan volume came in less than seven years." He predicts that farmers will continue to use increasing amounts of capital in the form of credit as a substitute for other factors of production to expand their operations and to utilize the technology needed for optimum profit.

"It is especially important that farmers have adequate financing at a time when food production is of such crucial importance to the entire nation," he said.

The St. Louis Bank is one of 12 Land Banks serving farm and rural families in the U.S. with more than \$10.7 billion long-term credit, a 20 percent increase from a year earlier.

The Bank reports that it has \$485 million loaned to Illinois farmers, \$325 million to Missouri farmers and \$190 million of the \$1-billion loaned in Arkansas.

No Answer to Crisis Seen in Oil-Gas Price Rises

Letting the price of petroleum products and natural gas rise to exorbitant levels is not the answer to the energy crisis, says Robert D. Partridge, general manager of the National Rural Electric Cooperative Association.

"It would only shift more of the burden to those who are less able to pay," Partridge told a meeting of the Oregon Rural Electric Cooperative Association. He added:

"The highways of our country were not meant to be the exclusive domain of the rich. But I fear that we are being steadily pushed in the direction of accepting the principle of 'charging whatever the traffic will bear' for both petroleum and natural gas, without study or adequate justification to show that there would be any benefit other than to the industry involved."

Partridge said he didn't see how there could be equity to consumers and all elements of our society without some form of fuel rationing, "distasteful as it may be."

Partridge said that "no one is going to contest any industry or any corporation making a fair profit. But we as representatives of consumers and consumer entities must make certain that no segment of the energy industry uses the energy situation to pile higher and higher profits."

He noted that "the biggest oil and gasoline producers in our country have just reported third-quarter profits that are the biggest in their history—some of them almost double what they earned a year ago . . . I don't believe it is unfair to suggest that if the American people are going to have to tighten their belts, as they certainly will in this energy crisis, these corporations should be expected to do likewise," he added. (Rural Electric News Service)

JANUARY 1974

Vol. 31, No. 9

Published by
Association of Illinois Electric
Cooperatives

RON JENKINS, Editor

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Associate Editor

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COVER—Six miles west of Sullivan is The Depot. And for all you antique buffs, this is where it is at. Read more about this interesting shop starting on page 7. Cover art by Lynn Baumgartner, AIEC graphics artist.

ILLINOIS R.E.N. RURAL ELECTRIC NEWS is the official monthly publication of the Association of Illinois Electric Cooperatives, U.S. Route 66 & Hoehcheater Road, Springfield, Illinois 62708.

Subscription price \$2.00 per year. Advertising and editorial inquiries should be directed to the Illinois Rural Electric News, P.O. Box 3787, Springfield, Illinois 62708. National advertising representative: Southwest Dollies, 360 N. Michigan Ave., Chicago, Illinois. Member, Illinois Press Association.

POSTMASTER: in using Form 3579, address to Illinois Rural Electric News, P.O. Box 3787, Springfield, Illinois 62708.

Second Class postage paid at Springfield, Illinois and at additional mailing offices.

Illinois rural electric news

Our Hope For 1974

The theme of last year's National Rural Electric Cooperative Association's annual meeting in Dallas, Texas was "1973: A Year of Crisis." Few of us at that time realized how appropriate that theme was going to be.

We got an indication of what 1973 was going to be like when on December 29, 1972, the Nixon Administration terminated the direct-loan program established by Congress in 1936.

Immediately, electric cooperative leaders went to work. Thousands of letters of protest were sent to Congressmen. Hundred of rural leaders converged on Washington for legislative rallies.

Finally, on May 11, President Nixon signed his name to a bill that established a revolving fund for the making of insured rural electric and telephone loans. It removed all but a small part of the rural electrification program from under the federal budget—something critics of the program had demanded for years.

And although it will eventually cause an increase in the cost of electricity for consumer-members, the bill provides the needed funds for electric cooperatives to continue their main role in life—making rural America a better place to live.

But soon a new crisis emerged on the horizon. A crisis that electric cooperatives had been predicting for years—the energy crisis. Here was a beast that all Americans would have to deal with.

Eric Severeid with CBS News recently said it this way: "The ramification of the energy shortage involves the most radical readjustment of social thought and behavior since the big war. Energy is basic to the American economy. A cut-back in energy means cutbacks in production and sales and services and jobs and personal corporate income and tax collections with a rise in welfare payments, a rise in government deficits. The challenge will be relieved only to the extent the new laws and regulations are enforced and to the extent that every single citizen tightens his own belt."

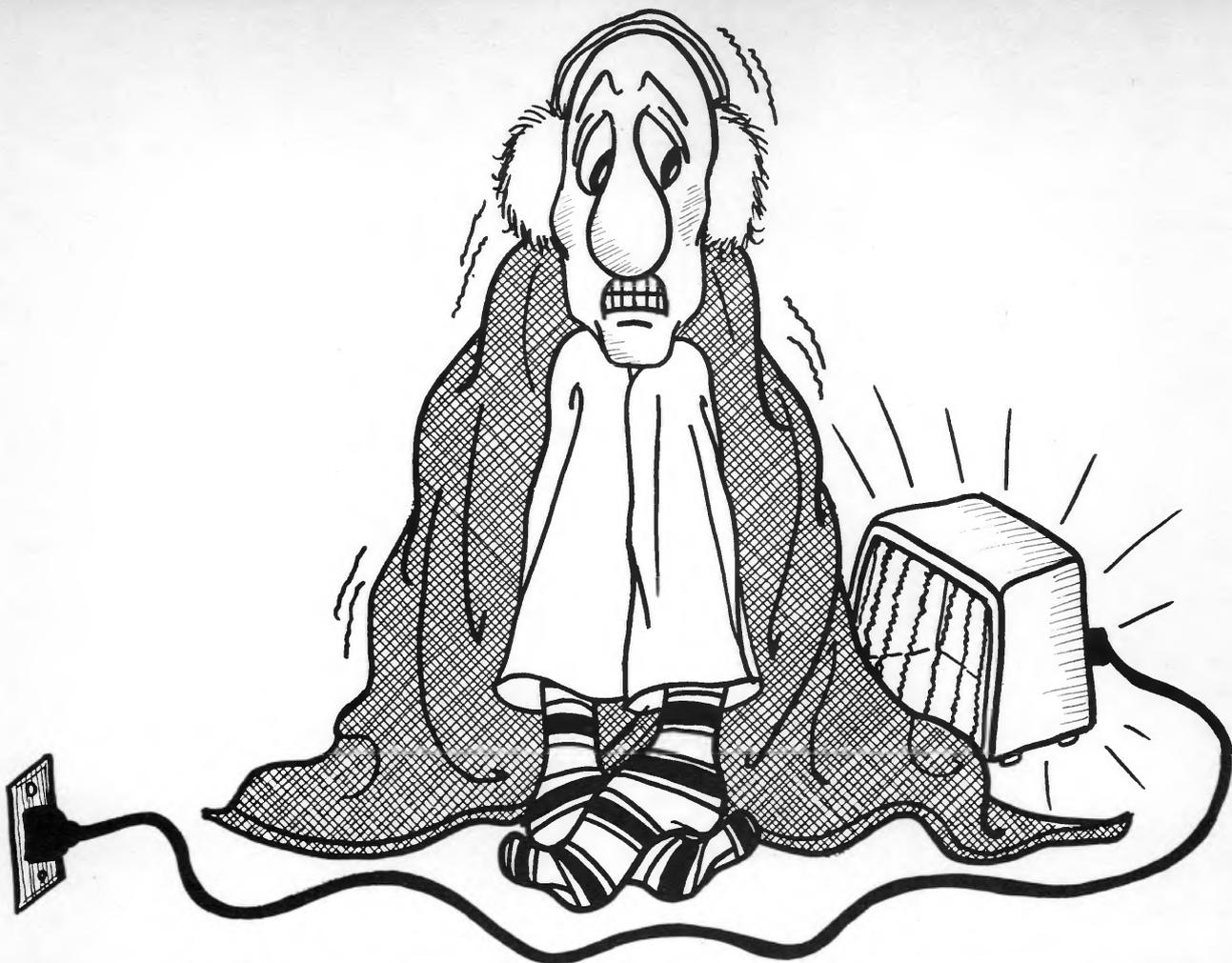
The same kind of effort and determination that was used to solve the power crisis in rural America in the 1930's must be applied to help solve our nation's energy problems. Nationally, millions of dollars have been pledged to research and development projects by electric cooperatives. Locally, cooperatives offer free assistance and advice on how you can make the most of the power that you now have.

There is little question that 1973 was indeed a year of crisis. Watergate, the Mideast War, the resignation of Vice President Agnew, a shaky peace in Vietnam and the energy crisis made us all feel a little hopeless and insecure.

But there is hope, especially with the energy crisis. Unlike many of our other national problems in which we have to take a "wait and see attitude," all of us can do our part in helping to ease the energy crisis. Call it energy conservation or just common sense, it will work and it must work.

With a cooperative spirit we can beat this monster called the energy crisis and get back to the job of making America what it is supposed to be—a land of opportunity, freedom and equality.

That is our hope for 1974. We hope that it's yours, too.



hey fella- check with your cooperative before adding that space heater!

Are you among the increasing number of persons thinking of using space heaters to alleviate the problem of keeping warm this winter?

If so, it may be well to think again.

Retailers in many parts of the country report a sharp increase in sales of space heaters following President Nixon's call for lowering thermostats several degrees to save scarce fuel supplies.

But extensive use of such heaters (thus substituting one form of energy for another) could pose additional problems for both suppliers and consumers. In fact, experts warn, it could be dangerous.

If you're contemplating use of electric space heaters, here are some important facts you should consider:

Homes need to be wired to carry the extra load. Overloaded circuits or poor wiring can cause serious fires, resulting in destruction of the house and its contents and possible loss of life. Even if there is no fire, fuses may blow out and low voltage may result, adversely affecting television and electric motors.

A house should be adequately insulated for the most efficient heating (with any type of fuel).

Service entrance and equipment wire must be of proper and adequate size. If not, a serious low voltage problem can result for the entire home.

Use of many heaters will add to the load of the electric system serving you.

Your electric power bill will likely be substantially higher. (For instance, one cooperative estimates a 1,000 watt heater—a small size unit—running 24 hours a day for 60 days in an uninsulated house would increase a customer's electric bill by \$18.72.)

Accordingly, you are urged to follow these recommendations from your local electric cooperative:

1. Use supplementary space heaters only in emergency situations.
2. Check your wiring and make sure it is sufficient to handle the extra load.
3. Contact the office of your electric cooperative so they can check their facilities in order to prevent service disruption.
4. Have your home properly insulated and install storm doors and windows.
5. Be prepared for a higher electric bill.

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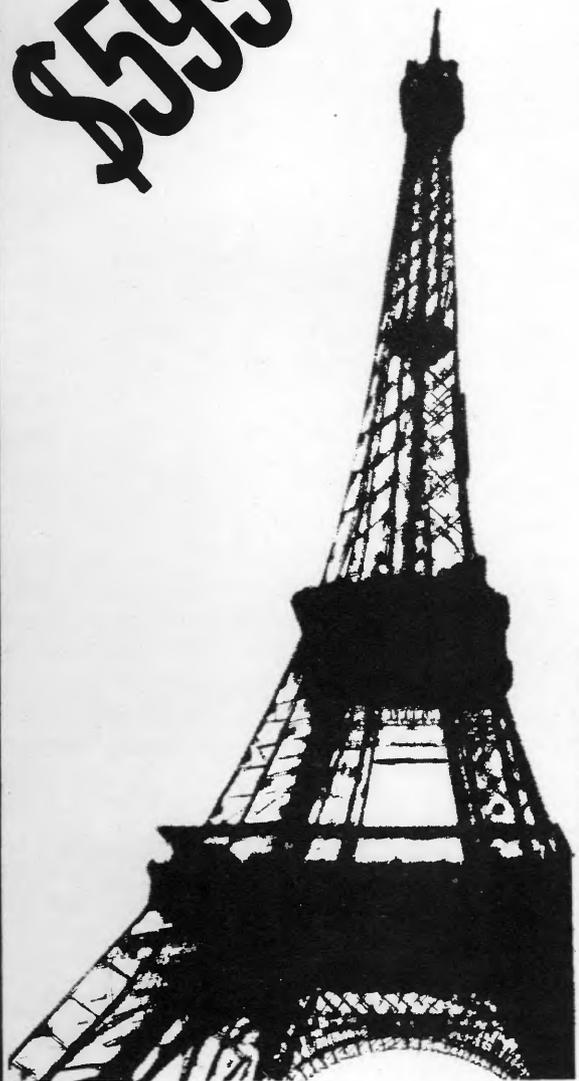
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illinois leaders plan for rural development

Rural development is more than the expansion of industrial and residential growth in rural areas. It's the establishment of a higher standard of living, a more favorable economic condition, the creation of new jobs and growth in non-farm rural income.

Recently, nearly 200 state and local leaders learned more about the new era of rural development at the second annual Illinois Rural Development Conference in Springfield.

"Local leaders are essential for successful progress in rural development and they must have self-confidence in meeting the challenges," commented Assistant Secretary of Agriculture William Erwin, Washington, D.C., during his keynote address.

Secretary Erwin noted that rural development didn't have the instant, glamorous response people expected to see soon after the passing of the so-called landmark legislation, the Rural Development Act of 1972. "Like any quality product," Erwin said, "rural development has to be sold."

Erwin pointed out that there is a movement of our cultural society from congested urban areas to the open spaces of rural America where 98 percent of our land only contains 26 percent of our population. Federal policies, he added, are shifting to help achieve balanced growth, a



Kenneth Decker, right, Eastern Illinois Power Cooperative, Paxton, and State Conservationist Howard Busch, Soil Conservation Service, Champaign, express their viewpoints on rural development.

major goal of the 1972 Act.

Erwin praised the rural electrification program as being a tremendous service and direct help to rural people. He added that the rural development program would create even additional benefits.

"Since 1950 non-farm rural income has increased from \$6.3-billion to \$17-billion last year,"

Erwin said. "Not only are families and business firms wanting to locate in rural areas, but farm families are looking to rural development as a means of keeping rural young people in their local communities as new jobs come into existence."

State officials, local leaders and cooperative representatives also emphasized the need for community leadership.

Frank Kirk, director, Illinois Department of Local Government Affairs, pointed out that citizens and developers seldom see local government as the viable resource and force that it is in development plans. He stressed the importance of inter-governmental cooperation and the placement of more local government offices in rural communities.

Howard Fricke, director, Illinois Department of Business and Economic Development, said rural communities have attractive traits which appeal to industrial firms.

"Rural communities," Fricke said, "are noted for their capacity for

hard work, a strong sense of community spirit and their self-help attitude. This community spirit must be focused in order to prepare for and attract industry."

Dean Whittaker, director of Salem's Department of Community Development, told of the economic growth derived from an active approach to commercial development.

Whittaker, who is also a member of Mt. Vernon-based Tri-County Electric Cooperative, pointed out that during the previous 20 years, Salem's population had increased by just 28 persons. But in the past two years, he added, with a commercial development program, Salem has acquired an increase of 172 in population, 18 new business firms and three new doctors. In addition, he said, retail sales have increased by 15 percent.

Kenneth Decker, public affairs director, Eastern Illinois Power Cooperative, Paxton, stressed the importance which cooperatives of various kinds have had in rural development.

"Cooperatives have worked, and are working, with local leaders," Decker said, "in encouraging them to make their needs known and to become aware of the procedures for obtaining and using available assistance from various agencies.

"Accomplishments by rural cooperatives are exemplary of the basic ingredients for rural development. Essentials such as supplies, services, electricity, telephone systems, housing, credit and many other necessities of life which were not available, too expensive, or not advantageous for the supplier to provide rural people."

These essentials, Decker commented, have been made possible through cooperatives and although cooperatives were initially intended as an asset to farmers, the entire nation has prospered through cooperatives' efforts.

"It seems that this kind of self-help activity is necessary," Decker asserted, "if the goals of rural development are to be met. Only by a cooperative effort involving the

(continued on page 23)

By Dennis Yocom

Wandering through the picturesque woodlands around northern Lake Shelbyville, a weary traveler is apt to see just about anything—except maybe an old railroad semaphore towering up through the trees. Or, of all things, a rustic railway depot surrounded by old tram cars and railroad hardware.

But that's exactly what you'll find if you have a mind to venture out six miles west of Sullivan.

The depot is the old Chicago and Eastern Illinois Railroad depot that once stood in Sullivan. The 85-year-old depot was moved to its present location

(Continued on page 8)

the depot

A LITTLE OF EVERYTHING... A LOT OF YESTERDAY



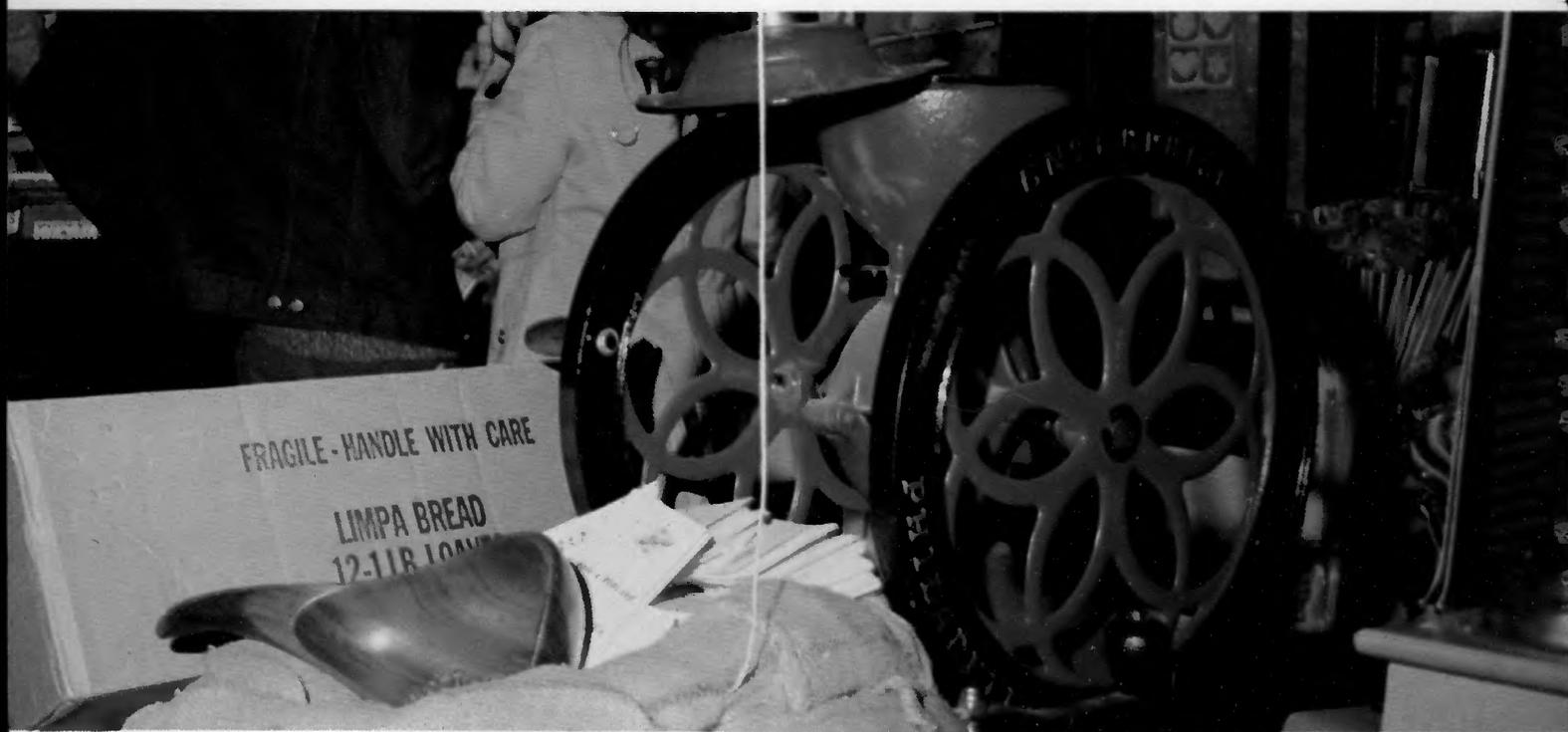
A LITTLE OF EVERYTHING...

through the efforts of Paul and Gladys Harshman of Sullivan who have turned the structure into an antique shop, gift boutique, art gallery and general store. Coles-Moultrie Electric Cooperative of Mattoon provides electric service to the store.

Proprietor Paul I. Harshman recalls that moving day in 1969 when a deluge of rain forced the movers to leave the building in the middle of a road for three days.

"At that time," Harshman said, "we had some mighty qualms about our brainstorm of moving the depot out to our son's property." The elder Harshmans and their son and daughter-in-law, Burnett and Vesta Harsh-

LEFT—The depot has a large quantity of antiques covering the walls, floor and ceiling of the shop. BELOW—Famous coffees from around the world are ground by hand in the general store. CENTER—Customer samples are part of the normal routine in the cheese chalet. Paul Harshman cuts into the specialty of the house, sharp cheddar cheese. RIGHT—This railroad semaphore always signals a nostalgic welcome to visitors at the Depot.



man, are the co-owners in the unique venture. The Depot opened on August 16, 1969, with over 200 visitors the first day.

Visitors get to the Depot by crossing an old iron bridge, formerly known as the Gustin Bridge, built in 1896 by the Sullivan Bridge and Iron Works. After moving an entire depot six miles across country, removal and reconstruction of the iron bridge was child's play for the Harshmans.

The antique store, which has primitives and collectibles from floor to ceiling, was developed from the old passenger waiting room. A light panel for the ceiling was made from etched painted glass windows from an old school in a nearby town. A mahogany back bar and serving bar, complete with bullet hole, was purchased from the old King's Palace Saloon in Effingham. The back bar serves as a display area for the antiques, while the serving bar is used as an ice cream counter in the former freight and baggage room—now the Whistle Stop general store.

The general store features the best brand names of ice cream, cheese and sausage, plus several va-

rieties of world famous coffee, tea, jams, jellies, crackers, salami, bratwurst, rye bread and gourmet items.

One of the enjoyments of buying cheese from the country store is that Paul Harshman will give out a sample with crackers for careful consideration before a purchase is made. A special cheese chalet has been added with sharp Canadian and Wisconsin cheeses in wedges cut to order and Usinger's sausages.

"Our cheese selection has brought many people to the Depot for the single purpose of buying cheese," Harshman said. "The sausage also sells well and sales are constantly growing. We buy our cheese primarily from Wisconsin, specializing in sharp Cheddar. However, two of our specialties are Herkimer County New York sharp cheddar cheese and Canadian sharp cheddar.

"People usually come to the Depot to buy antiques," Gladys Harshman said, "but many find special delight in buying food and gifts, too."

A modern gift shop occupies the center section of the depot—formerly the freight agent's room, housing the telegraph and ticket office.

The shop is stocked with many gift items, candles, jewelry, cosmetics, flowers and clothing appropriate for any season.

The area around the Depot looks like an old railroad yard—with farm and country overtones—of the 1800's. Old railway carts and signs are scattered around the yard and tools familiar to railroad men and farmers line the outer walls.

"We don't put any pressure to buy on the people who visit us at the Depot. We have no gimmicks or gadgets designed to get that extra dime from them. If they want to just come and look, fine. If they want to talk for a while, we've always got time for conversation," Harshman said.

"We like to talk to people, deal with them and we like to 'horse trade.' The nature of our business fits this very well," Mrs. Harshman added.

The Depot is a friendly place. Visitors express a reluctance to leave the yesterday atmosphere of this nostalgic structure. The next time you feel the urge to wander, set a course toward Sullivan and its landmark of bygone days—the Depot.



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J.B.M. Fredonia, N.Y.

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"This 289 Ford V-8 of mine has increased 4 miles to the gallon."
C.W.G. Dallas, Tex.

"(Owner) says he never saw a plug so good. In the last 5,000 miles it cost him \$68.00 for plugs (in a '65 Corvette with a 13-1

ratio engine). I told him about Jet-Fire Igniters and he bought a set and has run them 700 miles and says they are wonderful. He wants another set to have on hand."
F.L. Downey, Calif.

"Immediately performance, pick-up, and top speed (of '57 VW) were increased."
M.H. Cambridge, Mass.

*(Original letters in our files)

When you install JET-FIRE FUEL IGNITERS, you say "goodbye" forever to spark plug problems! They deliver sure-fire performance conventional spark plugs can't match—for more efficient, more economical performance... mile after mile... month after month... year after year—in any kind of driving! It's all a matter of design!

By their very design, conventional spark plugs must deteriorate in use. Each time your cylinders fire, they erode the electrode of your spark plug, and cake it with carbon. Because the spark then has to jump across a continuously wider gap, it weakens and becomes less efficient. So your cylinders often misfire, and foul the plug even more. Especially with today's "hot" high-compression engines, plugs often "conk out" in a few months of hard use.

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1. Run your car until the engine is fully warmed up.
2. Stop on a perfectly level stretch of road.
3. Put the car in Drive (1st gear with manual transmission) and see exactly what speed the car rolls at with your foot off the gas (idling speed).
4. Turn off your engine, remove the plugs, and screw Jet-Fire Fuel Igniters into the plug sockets, following the simple directions (a 10-minute job).

5. Start the engine, worm it for a minute, put the car in Drive again, with your foot off the gas. Now see how much faster it rolls off idling speed—probably 4 to 6 miles per hour faster without touching the gas pedal! In-use proof that Jet-Fire Fuel Igniters increase engine RPMs by 100 to 120 with no increase in gas consumption. (At high speeds, the increase will actually be 300 to 350 RPMs!)

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Want even greater efficiency and economy? Make your air-to-gas mixture leaner. With JET-FIRE FUEL IGNITERS, your engine can perform at full power and efficiency on a 15:1 ratio instead of the conventional 9:1. You or your mechanic can make this simple adjustment in a minute. Then watch how you can get 10... 20... 30... even 50 extra miles on a tankful of gas!

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most advanced engines with Fuel Igniters like these. But you needn't wait—because you can install a set in your car right now. Simply mail the coupon with the make and model of your car, and we'll rush you a set with full instructions.

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SHAWNEETOWN



a pioneer gateway

by Richard D. Haney

During its glory in the 1800s and early 1900s, Old Shawneetown in southeastern Illinois was the pioneering gateway to Illinois and the West, having the only stage coach route to St. Louis.

At that time, "Old Shawnee" was considered the most prosperous and most industrialist city west of Pittsburgh, Pennsylvania. Even a slaughterhouse processed hogs and beef for riverboat shipping down to New Orleans.

And early developers of Chicago came to Shawneetown for a \$10,000 loan only to be refused by the illustrious first bankers of Illinois who claimed that Illinois' northern swampland was a bad risk and would never amount to anything.

But today, when one casually looks at "Old Shawnee," even rose-colored glasses would not improve its nomadic appearance and evident destitution. And such an observer

would not come near to having the slightest sparkle of hope for the revitalization of this historic shrine.

But going beyond outward appearance and getting wrapped up in the history of Shawneetown's proud and glorious past, that same visitor could spend days and days marveling at the tales of the days of old.

It was at Shawneetown that famous events, famous people and leaders of our nation and many famous firsts helped set the pace for modern innovations, many which remain yet today.

Mark Twain's famous novel, "Tom Sawyer," was based on stories told to Twain by a Shawneetown youngster, Thomas Sawyer Spivey.

Spivey, who grew up to be an inventor, newspaperman, author of 18 books, philosopher and millionaire, invented the commonly-known "Yale" lock. He also manufactured fire and burglar-proof safes and pro-



This home is one of many of the historical homes found in Old Shawneetown which offer visitors a variety of architectural styles.

the city, was a good friend of Marshall's son, Samuel. Marshall sent 50 copies of his daughter's book to Lincoln in Springfield for distribution.

Lincoln sent a reply to Marshall in a letter dated February 8, 1854, reporting that he had placed 23 books at one store, 24 at another and had given a copy to the Register, the Journal and his wife.

Two other famous visitors to Shawneetown cannot be left unmentioned. General Marquis LaFayette and his son, George Washington LaFayette, were honored at a celebration in Shawneetown on May 14, 1825. A hundred years later on May 14, 1925, the citizens of Shawneetown reenacted LaFayette's visit to commemorate the occasion.

Ulysses S. Grant, the 18th president of the United States, spent his honeymoon in Shawneetown in 1848 after his marriage to Julie Bent in St. Louis. Years later, in a letter dated December 11, 1863, Grant, who was then a Major General during the Civil War, thanked the people of southeastern Illinois for their help in the war with their personal gift to him of a "very elegant" horse, which had been christened "Egypt" in honor of that part of Illinois known as "Little Egypt."

Shawneetown was the home of Congressman R. W. Townshend who introduced the first Interstate Commerce Commission bill in 1887. Townshend was the author and creator of the Pan American Union, the commercial agreement between North and South American countries, which is still in existence today. Townshend's son, General Orval Townshend was the first military governor of Puerto Rico and is buried at Westwood cemetery near Shawneetown.

Also buried at Westwood is General Thomas Posey who was the third and last Governor of the Indiana Territory. Posey died in 1818 while visiting his daughter, a resident of Shawneetown. Posey was also an aide-de-camp to George Washington

during the Revolutionary War, and became lieutenant governor of Kentucky after serving as a Kentucky senator.

Other political leaders and business leaders are entwined in the history of Shawneetown.

Leonard White, for whom White County was named, was a Shawneetown resident who was the first Judge of the Court of Common Pleas and who signed the First Constitution for the State of Illinois.

Robert Ingersoll, a noted atheist, moved to Shawneetown from New York with his minister father in 1845 at the age of 12. He was noted for his powers of oratory. His unquestioned ability as a lawyer and able colonel during the Civil War earned him respect. After delivering a speech at the Republican National Convention in 1878 he was in demand as a lecturer. The 19th century agnostic is buried among the nation's military and political champions in Arlington National Cemetery.

Thomas S. Ridgway, a Shawneetown resident for whom the city of Ridgway was named, was State Treasurer in 1875 and the first president of the Illinois and Southeastern Railroad. Being an organizer of the First National Bank of Shawneetown, he also served as the first president of the Illinois Bankers Association in 1865. In 1874, Ridgway became president of the Board of Trustees of Normal State University (now known as Southern Illinois University) at Carbondale.

Shawneetown, no doubt the political and financial center of the midwest, was the birthplace and home of many famous people. And ironically, its birth and destruction was both natural and manmade. It was born because of its location on the Ohio River and because of an Act of Congress in 1810 which gave it its surging impetus.

Shawneetown is only one of two cities in the nation to be created by an Act of Congress; the other being

(continued on page 14)

vided insurance for their coverage.

At the age of 80, Spivey returned to his family's home and 500-acre farm near Shawneetown after having traveled extensively throughout the world and becoming well known for his scientific articles.

A Shawneetown lawyer, George Pillow, established legal precedents in the 1850s: the right of a witness to remain silent on self-incriminating evidence, known as taking the Fifth Amendment, and the plea of "temporary insanity" on a murder charge.

Colonel William G. Bowman, another Shawneetown lawyer, was a member of the State Legislature in 1971 and a member of the 1869 Constitutional Convention. He left Shawneetown in 1887 to accept an appointment as Governor of the Utah Territory.

The first Illinois novelist—and a woman, too—was Shawneetown's Sarah Marshall, daughter of John Marshall, the first banker in Illinois. Sarah wrote "Early Engagements" under the pen name of Mary Frazer.

Abraham Lincoln, who once practiced law at Shawneetown's Gallatin County Courthouse and who owned 160 acres of land near

SHAWNEETOWN

Washington, D.C., the nation's capital.

And the pioneering spirit which over the years survived five earthquakes and six major floods was finally destroyed by the seventh flood of 1937 when the raging waters of the Ohio proved too much. And ironically, an Act of Congress in 1937 made Shawneetown a government project in order to use W.P.A funds for the city's removal to a new site three miles west. President Franklin D. Roosevelt signed the bill and the State of Illinois purchased the old site for a state memorial.

Old Shawneetown continues under its own charter with a handful of the few hundred who would not be moved and have maintained the traditional pioneering spirit. Other than the older homes, what few are left, all that stand are two historical buildings, empty and silent. The

first brick home and bank built by John Marshall in 1812 and the First State of Illinois bank building built in 1828 by the State of Illinois.

Ironical indeed that two such structures should remain a symbol of financial success amid a state of destitution.

Even yet today paper currency bearing the signature of John Marshall can be seen on display at the Chase Manhattan Bank in New York City. Marshall's bank, which was chartered in 1816 by the Illinois legislature, will be restored through the efforts of the Gallatin County Historical Society and the Illinois Bankers' Association.

But the colossal bank building of Greek Revival Architecture with five Doric columns, built in 1838, is another story. Liquidated in 1843, this gigantic structure is currently owned by the State of Illinois and is surrounded with barriers and "keep

out" signs because of the building's rapid deterioration.

Local citizenry and historians throughout Illinois believe that attempts should be made to renovate the famous Doric-columned structure rather than let so great a building decay into ruination. But the task of maintenance and upkeep would be too much for the few local citizens left in "Old Shawnee."

But someday, and someday, the people hope that someone will save "Old Shawnee's" lasting monument of the era of days gone by.

A monument which would stand in memory of the days when national heroes, political dignitaries and wealthy financiers intermingled with the growing success of so great a pioneering city.

And lastly, a monument which will brighten the rose-colored glasses of visitors who visit a famous historical shrine: "Old Shawneetown."

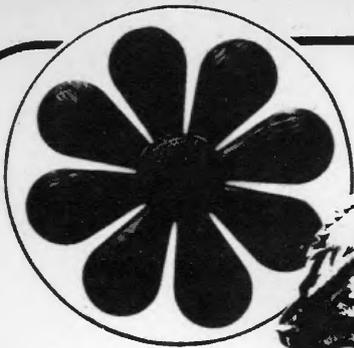


LEFT—School children still look in the old well for Lincoln's boot which Shawneetown's legend claims was lost one time when Lincoln visited his friend, Samuel Marshall.

BELOW CENTER—This colossal bank building, an historical landmark for Illinois is barricaded with "keep out" signs. Owned by the State of Illinois, citizens hope that some kind of restorative action will save it.

BELOW RIGHT—Mrs. Lucille Lawler, a retired Shawneetown teacher and a member of Eldorado-based Southeastern Illinois Electric Cooperative, of Ridgway, authored a book on the history of Gallatin County and Shawneetown.





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Lineman Donald Jones, left, Wayne-White Counties Electric Cooperative, Fairfield, and Evan Peterson, line foreman, Eastern Illinois Power Cooperative, Paxton, tackle a typical regulator breakdown.



REGULATOR WORKSHOP:

a hands and knees affair



Dick Dunworth, operating supervisor, McDonough Power Cooperative, Macomb, intently studies the inner-workings of a regulator.

Several employees of Illinois electric cooperatives were literally elbow to elbow and on their hands and knees during a recent two-day technical regulator workshop.

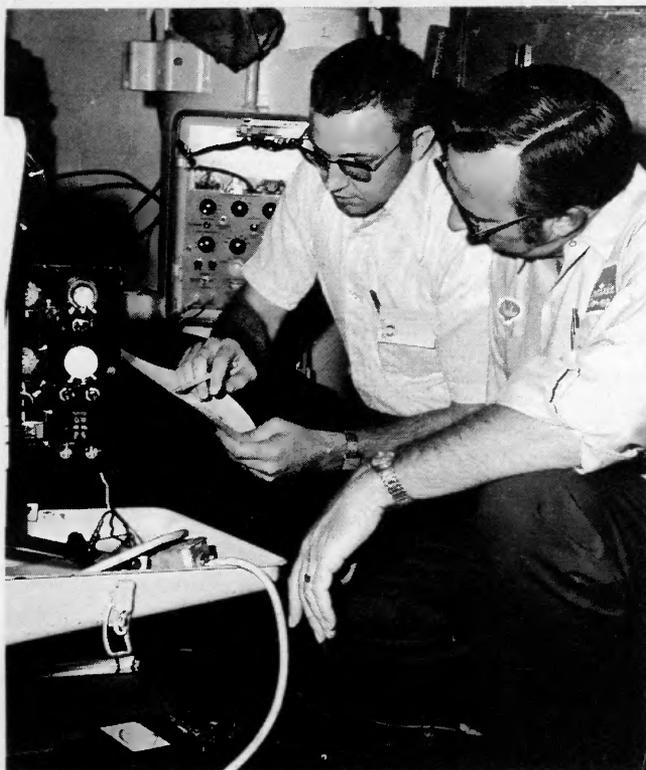
And work it was. Except for the ideal classrooms, the tasks were just like being out in the field. Only there were no adverse elements such as below freezing temperatures, cold lashing winds or icy weather which linemen oftentimes contend with during an outage.

The instruction was detailed and technical. Guidelines were given on the steps and procedures at each of the 15 different work stations. But there were no complete answers. That was the job of the teammates. They had to study the regulator, test the circuitry, review instructions, re-evaluate their findings, identify the malfunction and explain the steps for correcting the problem.

"We should have had something like this ten years ago. It sure would have made our work easier and saved time and money," said one of the "students" who has been in the business for years.

James M. Morse, left, system engineer, M. J. M. Electric Cooperative, Inc., Carlisle, confers with Lineman Charles Burkett, Clay Electric Co-operative, Inc., Flora.

With operating manual in hand, Lineman Michael DeBrock, Farmers Mutual Electric Company, Geneseo, faces enigmatic puzzle.



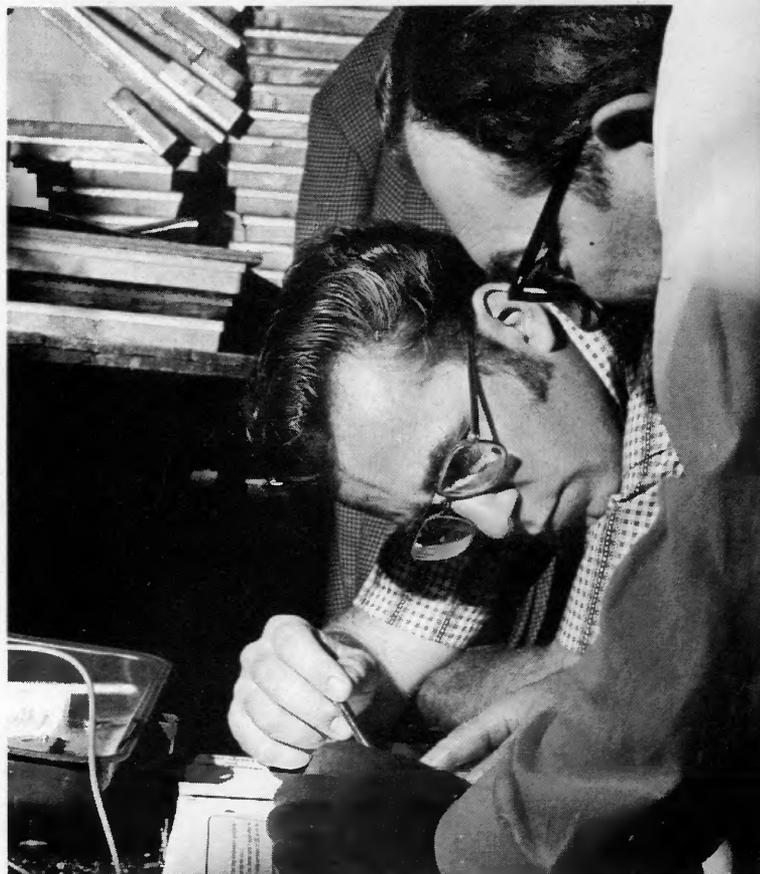
nd
air

How? Well, regulators are a different kind of equipment. They're sensitive. Complex circuitry maintains voltage at a predetermined value, or will vary voltage according to a predetermined plan. When a regulator breaks down, it usually is sent back to the company for repair or replacement, unless someone from the cooperative is trained to work with regulators.

The regulator workshop, sponsored by the Association of Illinois Electric Cooperatives' Job Training and Safety committee, was presented by instructors from Allis-Chalmers (AC), which manufactures regulators.

In the past, cooperatives have sent employees to AC's training in Alabama where the regulators are manufactured. But recently, the school and workshop has been coming to the students, providing there's enough participants to justify the expense.

The regulator workshop is just one of many ways in which electric cooperative personnel receive additional training to help provide dependable electric service to their member-owners.



Harry Kuhn, left, REA field engineer, and Karl Broy, district engineer, Village of Winnetka, follow diagrams to solve a circuitry problem.

what's new?

Vinyl-Clad Freezer

Kelvinator offers a wood grain vinyl-clad food freezer. The 8.27 cubic-foot unit is especially suitable for use in apartments, mobile homes, family rooms or in other areas where space is at a premium. The freezer features Trimwall construction, a foam insulation that takes up less space. The unit has a capacity of 289 pounds of frozen foods, and is only 35 inches by 23 13/16 inches deep, including handles and hinges.



Dial-A-Matic

The Hoover Automatic Power Drive Vacuum Cleaner is self-propelled by an "action grip." A light touch on the handle moves the unit forward or to the rear. Standard features include a lockout button for manual control, wide angle headlight, a power dial to regulate suction, a signal that lights up when the bag is full and the automatic floating rug adjustment adapts to shag, low pile or anything in between. The suggested retail price is \$169.95.

Price Controls Or Asked By

WASHINGTON, D.C. (CNS)—Three leaders of consumer groups asked in a press conference here for price controls on fuel supplies to prevent the poor from being left out and oil companies from getting excess profits.

Speaking in behalf of the consumer were Ralph Nader, the nation's best known consumer advocate; Lee White, chairman of the Energy Policy Task Force of the Consumer Federation of America, and the Rev. Jesse Jackson, director of the Chicago-based PUSH (People United to Save Humanity).

Nader said that industry, which uses 70 percent of the fuel in the nation, could trim consumption by 30 to 40 percent simply by not being wasteful. He mentioned General Motors, International Telephone and Telegraph and Radio Corporation of America as examples of large industries which might save from 10 to 25 percent on fuel without spending a cent.

"They simply apply thrift factors—so as to not use unnecessary amounts of fuel," said Nader. He listed these as cutting down boilers when not needed, trimming electrical use and shutting off machinery when not in use, among other things.

All three charged that oil companies withhold large amounts of oil reserves from the market. They said oil companies could obtain vast amounts of oil through secondary and tertiary recovery methods. They charged that oil firms take only about one-third of the oil from a field because it's cheaper to do so. They then move on to other fields, including overseas, where the drilling costs are much lower than in the U.S. One estimate is that the drilling cost per barrel in the U.S. is \$2.40 compared to 6¢ a barrel in some Mideast nations.

Nader said he will ask the nation's top 100 firms what they are doing to save fuel and will ask teams of

Fuels Consumer Leaders

students to conduct an "energy waste" research in commerce and industry. He urged that rationing be imposed on industry—instead of the consumer—as an incentive for them to save fuel.

White, Nader and Jackson urged that a government corporation be set up to tap reserves on government lands and to serve as a "yardstick" on oil firms such as TVA is a yardstick for investor-owned electric firms.

"It's astonishing," said White, "that we do not know what the true figures are in oil and gas. Independent geologists say that oil reserves are being underestimated by the major oil companies by 30 percent."

White's work on the energy problem is backed by 22 consumer and cooperative organizations including the Cooperative League of the USA, Consumers Union and NRECA.



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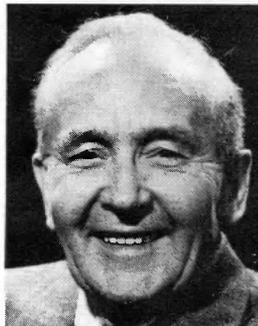
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By Bryan Auer

For 50 years the J. W. Gibson Company, makers of pharmaceuticals and household items, has been selling more than 275 different products. When I was fortunate enough to take charge of this company, I thought it wise to review all the things we had been selling. As a good manager I made an effort to economize and decided to eliminate more than 150 products. One that I eliminated was called ICY-HOT—a medicated cream that was really different...



that good, I'd like everybody in the United States who suffers from the minor aches and pains of arthritis and rheumatism to know about it. That's why you're reading this now.

Well friends—you can't imagine what happened! It was like the roof fell in—I got hundreds—literally hundreds—of letters from people who suffered from the minor aches and pains of arthritis and rheumatism pleading with me that ICY-HOT was their salvation, and that I'd be letting them down if I took it off the market.

What could I do? The same thing you'd have done, I started making ICY-HOT again. What's more, I felt that if ICY-HOT was

can only purchase ICY-HOT by mail. All you do is send only \$2.00 for a big 3½ ounce jar of ICY-HOT. If you are not completely satisfied don't bother sending back the unused portion of the jar—just send us a note and I will send you your \$2.00 by return mail.

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Big Help

A pretty young girl was walking down the street, carrying a heavy suitcase in one hand and dragging a soldier's kitbag on the ground with the other. A sailor saw her struggling along and realized she was having difficulty with all her luggage. So he walked up to her and said, "That's not the right way to carry a kitbag, you know." He picked it up and put it on her shoulder.

Long Walk

An Irishman, fresh in New York from County Cork, was taking the examination to become a policeman. "What is the distance between New York and California?" was one question. "If that'd be my beat," the Irishman answered, "you kin keep yer job!"

Language Lesson

The mother mouse and her little ones were suddenly confronted by a cat. The mother mouse braced herself and said, "Bow wow!" The cat turned tail and fled. Then the mother mouse turned to her children and said, "Now you see how important it is to know a second language."

Good Excuse

A local drunk was brought before the municipal magistrate.

"You are charged with habitual drunkenness. Is there anything you can offer in your defense?" asked the judge solemnly.

The man's reply . . . "Habitual thirst???"

Right This Way

"Yes sir, they was playin' the weddin' march and me an' the widdler had jist started up the aisle when the lights went out."

"What did you do then?"

"Shucks! We kept right on goin', the widdler knew the way."

School Daze

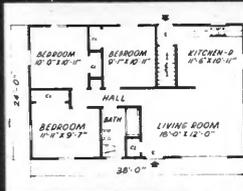
Filling out a number of reports at the end of the school year, one tired teacher came upon the question, "List three reasons for entering the teaching profession." Her answer: "June, July and August."

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Witch One?

A very trying customer had handled almost every article in the hardware store but nothing satisfied her. Wearying of her criticism the harried clerk suggested inspection of a new lot of brooms just received.

"They're not even first class ones," the customer grumbled. "Cheap straw, flimsily made, shoddy material—and the handle is rough, too. Not like the ones they used to make. This would fall apart after one good sweep. What is it good for, anyway?"

"Well," replied the clerk, "you might ride it."

Anti-Personnel

Two exasperated company executives were discussing a scatterbrained office boy who had a habit of fouling up important errands.

"How long has he been with us, anyway?" asked one of the executives.

"He's never been with us," replied the other. "He's been against us from the start."

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By Billie Ann Bender

You can find out for yourself without risking one penny! Here's what I did about my wrinkles . . . I always pampered my skin . . . Special creams, lotions, exotic balms . . . I used them faithfully. Yet nothing helped. I was ready to give up. You see unsightly premature wrinkles are caused by changes in climate, temperature, humidity, dryness, pollution even soaps and detergents.

Then something struck me—something I never would have known if my husband hadn't owned and managed a mink farm where we lived.

One day I was serving coffee to three of the men who handle the mink pelts. These men had worked for my husband for years. As I gave them their coffee, I couldn't help but notice their hands. How smooth and soft they were! I thought about them all that day. In my opinion it had to be something in the body or skin of the mink that made their hands so smooth and soft. And if it was good for hands, then it must be good for the face and throat. Could this be the answer to the signs that alarm every woman?

I told my husband what was on my mind and asked if he could possibly extract some of the oil from the mink pelts. At first he laughed at me, but then agreed I might have a point. He consulted a chemist friend and together they compounded the mink oil with a pure balm base. It was a costly process, but what it produced I believed was priceless.

After I'd used the mink oil my complexion looked fresher, clearer, smoother. There was no doubt about it. My formerly dull, dry skin now had a glowing, dewy look. I was really thrilled! The little lines had been eased away. Even my throat seemed petal-smooth and more firm looking. I could hardly believe it. My friends and relatives were astonished at the change in my appearance.

So I gave my precious mink oil a name and put it on the market. It's called Emlin® Mink Oil Essential Creme. It contains no hormones, estrogens or steroids—only the pure oil and balm. Already I've received hundreds of letters from delighted users. Many said the effects were beyond anything they had hoped for. These reports make me say "I believe that my mink oil will make your wrinkles vanish."

And mind you, there's nothing complicated about the application. (Who has time for elaborate beauty rituals? I'll bet you don't). Just apply Emlin® Mink Oil Essential Creme at bedtime and leave it on while you sleep. That's when it works its wonders, helping to penetrate below the surface of your skin replacing lost natural oils, restoring moisture balance, leaving a beautifully lovely skin you never dreamed possible.

I'm so confident my Mink Oil cream can do marvelous things for your skin. I offer it to you with an unconditional guarantee. Just try it. See for yourself, in your own mirror, how it helps ease away unwanted dreadful lines. Many women wrote of gratifying results after only two weeks. Some take longer. But I want you to understand this. If, for any reason, you are not pleased with Emlin® Mink Oil Essential Creme just return the unused portion to me, and I'll mail you a full refund, plus postage with no questions asked.

Now it's up to you. Here is your chance to have beautiful, attractive skin—at no risk. Fill out the coupon and mail today.

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Co-ops Announce Youth Tour Contest

Nearly 50 outstanding Illinois high school students are expected to participate in the 1974 "Youth to Washington" tour in Washington, D.C., during the week of June 8 through June 15.

Many of the 20 Illinois electric cooperatives participating in the Youth Tour Program are now in the process of planning their essay contest activities, which qualifies high school students in their area as possible winners.

Each of the participating cooperatives have their own rules for entering the contest. Some essays may be as short as a couple of pages, although most are generally closer to the 1,000 word variety.

The themes of the essays may vary with each cooperative. But, generally, the assignment will be to write on some aspect of the local electric cooperative program. Sound like fun? Writing the essay may not be fun, but being a winner of the week-long, all-expense paid trip to our nation's capital is fun.

This year's trip itinerary includes touring the U.S. Capitol, Gettysburg, Washington's home at Mt. Vernon, the Jefferson and Lincoln Memorials and the Smithsonian Institute, Arlington National Cemetery and other national shrines.

Not only will the group enjoy touring and visiting with their Senators and Congressmen, the group will also join nearly 1,000 young people from 26 states and 10 foreign countries for Rural Electric Youth Day on Wednesday, June 12. Activities during the day will include a police escorted motorcade to the White House and a VIP tour of the White House as guests of the President. That evening, there will be dancing, swimming, movies and games at "The Happening" held in the giant ballroom at the Marriott Motor Hotel. Other events during the week will also include a dance on board a sight-seeing cruise up the Potomac river.

Now, that sounds like fun! If you're interested, contact your local electric cooperative office for further information.



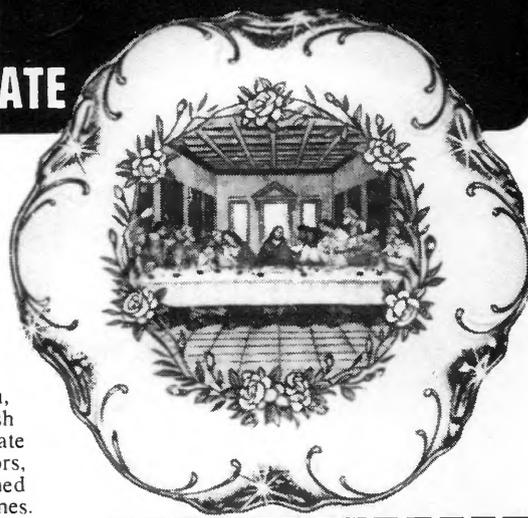
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LSP

ILLINOIS RURAL ELECTRIC NEWS

rural development

(continued from page 6)

grassroots of rural America will the right kind of rural development take place."

Robert Machtley, industrial director, Crawford County Opportunities, Inc., Robinson, pointed out that industrial growth takes local involvement and hard work.

"The progress, or regression, of development," Machtley said, "depends upon local efforts and is accomplished through the expansion of existing industry or the attraction of new industrial firms."

He urged communities, regardless of size, to invite prospective firms to look them over. Even Flat Rock with a population of 500, he said, has a firm which employs 50 people.

Robert J. Williams, director, Illinois Department of Agriculture, told the conferees that 40 percent of today's jobs are agriculturally-related.

"As you pursue industry," Williams said, "don't forget your agricultural community and its leaders."

Williams added that farmers contribute to the area's economy far greater than what industries would be attracted and that community leaders must work together to establish community working relationships which will encourage and inspire local leadership.

Roy Burton Melvin, president of M.A.T. Industries, Inc., Royalton, told of the importance of community support and banking in rural communities.

"When we started our firm in 1967," Melvin said, "we had only \$2,000 operating capital, myself and two part time employees. Today we have 18 full time employees, an annual payroll exceeding \$400,000 and are in the process of building a new plant.

Rural areas are good places for industry to locate. And it looks as though the era of rural development is beginning to get under way, thanks to the efforts of many dedicated leaders from throughout Illinois who believe in rural development.

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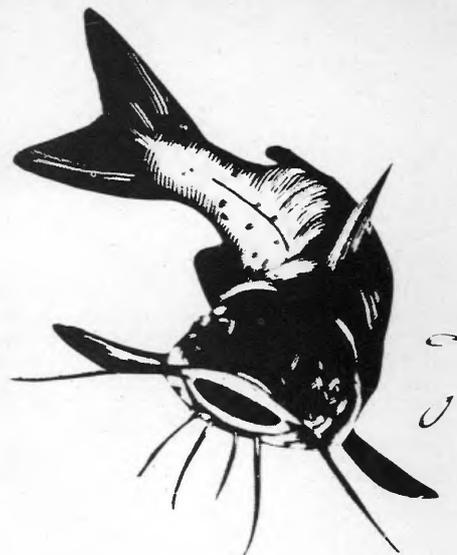
THYME

CINNAMON
GROUND

PAPRIKA

ROSEMA

Catfish capers--



■ If your "big-'un" got away, don't worry; buy your fish at the grocery store. Catfish, fresh and frozen, are becoming increasingly available in retail stores throughout the country. Not only are the rivers teeming with catfish, but nationwide, there are over 40,000 acres in production. High in food value, low in calories, and well fortified with unsaturated fatty acids, you are safeguarding your family's health when you serve fish. Fried catfish has long been a favorite, but the new pond-raised variety have a delicate flavor that can be treated like the more expensive seafood delicacies—thanks to their special diet and unpolluted habitat. Perhaps you'll find a favorite in our interesting reprints from "Fancy Catfish", issued by the Bureau of Commercial Fisheries.

CATFISH GUMBO

- | | |
|---|---|
| 1 lb. skinned catfish fillets or other fillets, fresh or frozen | 2 cups boiling water |
| 1/2 cup chopped celery | 1 can (1 lb.) tomatoes |
| 1/2 cup chopped green pepper | 1 package (10 ozs.) frozen okra, sliced |
| 1/2 cup chopped onion | 2 teaspoons salt |
| 1 clove garlic, finely chopped | 1/4 teaspoon pepper |
| 1/4 cup melted fat or oil | 1/4 teaspoon thyme |
| 2 beef bouillon cubes | 1 whole bay leaf |
| | Dash liquid hot pepper sauce |
| | 1 1/2 cups hot cooked rice |

Thaw frozen fillets. Cut into one-inch pieces. Cook celery, green pepper, onion, and garlic in fat until tender. Dissolve bouillon cubes in water. Add bouillon, tomatoes, okra, and seasonings. Cover and simmer for 30 minutes. Add fish. Cover and simmer for 15 minutes longer or until fish flakes easily when tested with a fork. Remove bay leaf. Place 1/4 cup rice in each of 6 soup bowls. Fill with gumbo. Serves 6.

PLANTAN CATFISH

- | | |
|--|---------------------------------|
| 6 pan-dressed catfish or other fish, fresh or frozen | Orange-rice stuffing |
| 2 teaspoons salt | 2 tablespoons melted fat or oil |
| | 2 tablespoons orange juice |

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish. Close opening with small skewers or toothpicks. Place fish in a well-greased baking pan, 14x11x1 inch. Combine fat and orange juice. Brush fish with fat mixture. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Baste occasionally with fat mixture. Remove skewers. Serves 6.

ORANGE-RICE STUFFING

- | | |
|----------------------------------|---|
| 1 cup chopped celery with leaves | 2 tablespoons lemon juice |
| 1/4 cup chopped onion | 1 tablespoon grated orange rind |
| 1/4 cup melted fat or oil | 3/4 teaspoon salt |
| 3/4 cup water | 1 cup precooked rice |
| 1/4 cup orange juice | 1/2 cup toasted, blanched, slivered almonds |

Cook celery and onion in fat until tender. Add water, juices, orange rind, and salt; bring to a boil. Add rice and stir to moisten. Cover and remove from heat. Let stand 5 minutes. Add almonds and mix thoroughly.

NEW ORLEANS CATFISH

- | | |
|---|-----------------------------|
| 2 lbs. catfish steaks or other fish steaks, fresh or frozen | 2 tablespoons grated onion |
| 1/2 teaspoon salt | 1/2 teaspoon curry powder |
| Dash pepper | 6 thin lemon slices |
| 2 cups cooked rice | 1/4 cup butter or margarine |
| | Chopped parsley |

Cut into serving-size portions and place in a well-greased baking dish, 13x9x2 inches. Sprinkle fish with salt and pepper. Combine rice, onion, and curry powder; spread over fish. Top with lemon slices and dot with butter. Cover. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Remove cover the last few minutes of cooking to allow for slight browning. Sprinkle with parsley. Serves 6.

CAJUN CATFISH

- | | |
|--------------------------------|--------------------------------------|
| 6 skinned, pan-dressed catfish | cheese-garlic salad dressing mix |
| 1/2 cup tomato sauce | 2 tablespoons melted fat or oil |
| 2 packages (3/4 ounce each) | 2 tablespoons chopped parsley |
| | 2 tablespoons grated Parmesan cheese |

Dry fish. Combine remaining ingredients except cheese. Brush fish inside and out with sauce. Place in a well-greased baking dish, 13x9x2 inches. Brush with remaining sauce and sprinkle with cheese. Let stand for 30 minutes. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Turn oven control to broil. Place fish about 3 inches from source of heat and broil for 1 to 2 minutes or until crisp and lightly browned.

BAYOU CATFISH

- | | |
|---|-------------------------------|
| 6 skinned, pan-dressed catfish | 2 tablespoons lemon juice |
| 1 cup dry white wine | 2 tablespoons chopped parsley |
| 1/2 cup melted fat or oil | 2 teaspoons salt |
| 1 can (4 ounces) mushroom stems and pieces, drained | 1/4 cup crushed bay leaves |
| 1/4 cup chopped green onions | 1/4 teaspoon pepper |
| | 1/4 teaspoon thyme |

Cut 6 squares of heavy-duty aluminum foil, 18 inches each. Grease lightly. Place each fish on one half of each square of foil. Combine remaining ingredients. Pour sauce over fish, using approximately 1/3 cup sauce for each fish. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish on a barbecue grill about 6 inches from moderately hot coals. Cook for 20 to 25 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in the top of each package and fold the foil back.

SMOKY BROILED CATFISH

- | | |
|---------------------------------|--------------------------------|
| 6 skinned, pan-dressed catfish | 1 clove garlic, finely chopped |
| 1/3 cup soy sauce | 1/2 teaspoon ginger |
| 3 tablespoons melted fat or oil | 1/2 teaspoon salt |
| 1 tablespoon liquid smoke | Lemon wedges |

Dry fish. Combine remaining ingredients except lemon wedges and mix thoroughly. Brush inside of fish with sauce. Place fish on a well-greased broiler pan; brush with sauce. Broil about 3 inches from source of heat for 4 to 6 minutes. Turn carefully and brush other side with sauce. Broil 4 to 6 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serve with lemon wedges.

COLORFUL CATFISH

- | | |
|---|---------------------------------|
| 2 pounds skinned catfish fillets | 1 lemon, thinly sliced |
| 1 teaspoon salt | 1/2 cup catsup |
| Dash pepper | 2 tablespoons melted fat or oil |
| 1/2 cup thinly sliced green onions and tops | 2 tablespoons dry white wine |

Cut into serving-size portions and place, skinned side down, in a well-greased baking dish, 12x7 1/2 x 2 inches. Sprinkle fish with salt and pepper. Spread onion over fish and top with lemon slices. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

SAUCY BROILED CATFISH

- | | |
|---|---------------------------------|
| 6 skinned, pan-dressed catfish or other fish, fresh or frozen | 2 tablespoons wine vinegar |
| 1 cup melted fat or oil | 2 cloves garlic, finely chopped |
| 1/4 cup chopped parsley | 2 teaspoons basil |
| 2 tablespoons catsup | 1 teaspoon salt |
| | 1/4 teaspoon pepper |

Place fish in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Brush with sauce. Broil about 3 inches from source of heat, 5 to 7 minutes or until lightly browned, basting twice. Turn carefully and brush other side with sauce. Broil 5 to 7 minutes longer, basting occasionally, until fish is brown and flakes easily when tested with a fork.

DIXIELAND CATFISH

- | | |
|--------------------------------|----------------------|
| 6 skinned, pan-dressed catfish | 12 thin lemon slices |
| 1/2 cup French dressing | Paprika |

Thaw frozen fish. Clean, wash, and dry fish. Brush inside and out with dressing. Cut 6 lemon slices in half. Place 2 halves in each body cavity. Place fish in a well-greased baking dish, 14x9x2 inches. Place a lemon slice on each fish. Brush top of fish with remaining dressing. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

SIZE LABELS FOR LINEN CLOSET CONVENIENCE

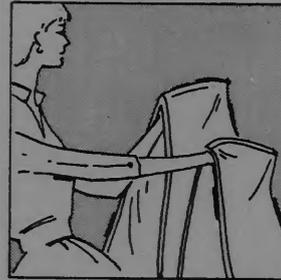
Many of the famous brands of sheets have size labels sewn at the lower hem, telling the width of the sheet, the bed it will fit. In a home with different size beds, these labels are a great convenience in locating the right size in a linen closet, without unfolding or disarranging the supply.

On fitted sheets, the most famous brand has the size printed every few inches on the inner binding. This makes it easy to select the sheets from the linen closet.

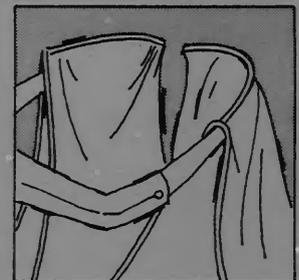
STORING TOWELS AND SHEETS

Towels and sheets should be stored flat, in a dry place—linen closet, a shelf, chest of drawers or any place free of dust and dampness. Keep from contact with medicines, polishes and disinfectants. Rotate in closet for longer wear. When you put towels and sheets back on the shelves after laundering, be sure the big fold is on the outside. This makes counting easier.

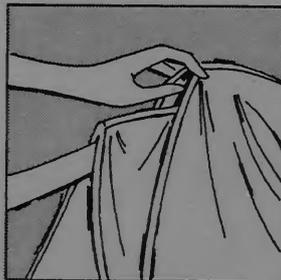
HOW TO FOLD A FITTED SHEET



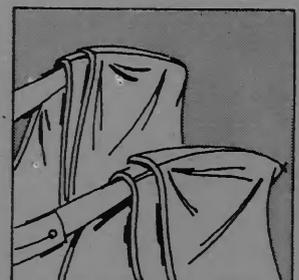
1. Start with the sheet inside out, held the long way. Place a hand in each of the upper corners.



2. Bring fingers in corners together. Turn left corner right side out and fit over right corner.



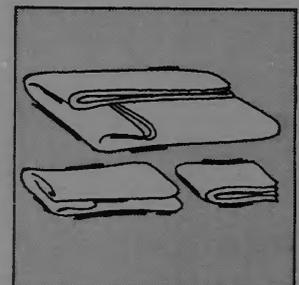
3. Now you have one corner over the other, as a tailor folds a coat, shoulder into shoulder.



4. Smooth out sheet's edges. Now fit the second set of corners—one into the other.



5. Repeat the same action, turning left doubled corner inside out, and fitting over right doubled corner. All four corners are now nested neatly into one corner of four thicknesses.



6. Smooth all edges and place sheets on a flat surface. Flatten pocket corner. Now your sheet is ready to fold neatly into any desired size to fit in your linen closet.

CATFISH CAPER

- | | |
|----------------------------------|----------------------------------|
| 2 pounds skinned catfish fillets | 1 tablespoon salt |
| 1/2 cup melted fat or oil | 2 teaspoons Worcestershire sauce |
| 1/3 cup lemon juice | 2 teaspoons sugar |
| 1/4 cup chopped onion | 4 bay leaves, crushed |
| 2 tablespoons capers and juice | 2 cloves garlic, finely chopped |
| 2 tablespoons catsup | 1/4 teaspoon pepper |

Thaw frozen fillets. Place in a single layer in a shallow baking dish. Combine remaining ingredients except paprika. Pour sauce over fillets and let stand for 30 minutes, turning once. Remove fillets, reserving sauce for basting. Place fillets in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

CRISPY CATFISH

- | | |
|--------------------------------|-------------------------|
| 6 skinned, pan-dressed catfish | 1 cup flour |
| 1/2 cup evaporated milk | 1/2 cup yellow cornmeal |
| 1 tablespoon salt | 2 teaspoons paprika |
| Dash pepper | 12 slices bacon |

Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Fry bacon in a heavy pan until crisp. Remove bacon, reserving fat for frying. Drain bacon on absorbent paper. Fry fish in hot fat for 4 minutes. Turn carefully and fry for 4 to 6 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with bacon.

PATIO CATFISH

- | | |
|---|---------------------|
| 6 skinned, pan-dressed catfish (3/4 pound each) | 1/2 cup lemon juice |
| 3/4 cup butter or margarine, melted | 2 teaspoons salt |
| | Paprika |

Combine butter, lemon juice, and salt. Cut 6 pieces of heavy-duty aluminum foil, 18x18 inches each. Grease lightly. Place 2 tablespoons of sauce on foil. Place fish in sauce. Top each fish with 2 tablespoons sauce and sprinkle with paprika. Bring the foil up over the fish and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 6 inches from moderately hot coals. Cook for 25 to 30 minutes or until fish flakes easily when tested with a fork.

ZIPPY BROILED CATFISH

- | | |
|--------------------------------|-----------------------------------|
| 6 skinned, pan-dressed catfish | 1 cup flour |
| 4 tablespoons lemon juice | 1 1/2 cups Italian salad dressing |
| 2 teaspoons salt | Lemon wedges |
| Dash pepper | Parsley |

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice; sprinkle with salt and pepper. Roll fish in flour. Shake off excess flour. Place fish on a well-greased broiler pan. Brush with salad dressing. Broil about 4 inches from source of heat for 4 to 6 minutes, basting occasionally. Turn carefully and brush with salad dressing. Broil 4 to 6 minutes longer or until fish flakes easily when tested with a fork. Garnish with lemon wedges and parsley.

TENNESSEE FRIED CATFISH

- | | |
|--------------------------------|--------------------|
| 6 skinned, pan-dressed catfish | 2 eggs |
| 2 teaspoons salt | 2 tablespoons milk |
| 1/4 teaspoon pepper | 2 cups cornmeal |

Sprinkle both sides fish with salt and pepper. Beat eggs slightly and blend in the milk. Dip fish in the eggs and roll in cornmeal. Place fish in a heavy fry pan which contains about 1/8 inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time is about 10 minutes, depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce.

CONTINENTAL CATFISH

- | | |
|---------------------------------------|---------------------------------|
| 6 skinned, pan-dressed catfish | 1 egg, beaten |
| 1 teaspoon salt | 1/4 cup milk |
| Dash pepper | 1 teaspoon salt |
| 1 cup chopped parsley | 3/4 cup dry bread crumbs |
| 1/4 cup butter or margarine, softened | 1/2 cup grated Swiss cheese |
| | 3 tablespoons melted fat or oil |

Sprinkle fish inside and out with salt and pepper. Add parsley to butter and mix thoroughly. Spread inside of each fish with approximately one tablespoon parsley butter. Combine egg, milk, and salt. Combine crumbs and cheese. Dip fish in egg mixture and roll in crumb mixture. Place on a well-greased cooky sheet, 15 1/2 x 12 inches. Sprinkle remaining crumb mixture over top of fish. Drizzle with fat. Bake in an extremely hot oven, 500° F., for 15 to 20 minutes or until fish flakes easily when tested with a fork.

SESAME CATFISH

- | | |
|--------------------------------|---------------------------|
| 6 skinned, pan-dressed catfish | 4 tablespoons lemon juice |
| 1/2 cup melted fat or oil | 1 teaspoon salt |
| 1/2 cup sesame seeds | Dash pepper |

Place fish in well-greased, hinged, wire grills. Combine remaining ingredients. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork.



A clean up center is a grouping of an automatic dishwasher, food waste disposer and trash compactor around the kitchen sink—

3-way clean-up center

■ How many times have you thought that cooking and entertaining would be more fun if it were not for the cleaning up? Yet today there are disposers to make food scraps virtually disappear, compactors to lessen the garbage detail, and automatic dishwashers to do everything from warming plates to scrubbing pots. Before purchasing any of these cleanup appliances, consider some hints on their “care and feeding.”

FOOD DISPOSERS fit in the kitchen sink drain to take the messiest job out of cooking—emptying food scraps. Look for models which can take most kinds of scraps, including stringy vegetables and small bones, and which can eliminate jams automatically. Some disposers require manual unclogging with a long wooden spoon, tongs or broom handle.

Safety features are very important in disposers. Some new models will

start only when a cover is placed over the drain—a good precaution against utensils slipping into the mechanism while it is grinding. The cover also eliminates splashback. If the disposer is operated by a wall switch, be sure it is out of the reach of children.

Food disposers must be used while the cold water is running to wash the scraps into the mechanism and to congeal and harden greasy substances for their mechanical breakup. Do not “store” food scraps in a disposer; unpleasant odors can develop. Since these appliances are largely self-cleaning, very little maintenance is ever required.

DISHWASHERS are in one out of every four American homes—a clue to the popularity of this work-saver. To get the best machine for your family’s needs, check the different types on the market. Built-ins fit right under the counter for easy load-

ing. Portable models roll up to the sink at wash time to be connected to the hot water faucet and plugged into an electrical outlet. Portables are ideal for homes or apartments without the room for a built-in washer. There are also portables that convert to under-the-counter use once you have a permanent place for them.

Look for dishwashers with features that allow you to “program” the machine for different loads the same way you do with a clothes washer. Some models have a “rinse and hold” cycle so you need not waste water on partial loads. Others have a long heavy duty or soak cycle for pots and pans. An added convenience with all dishwashers is that they can be used for warming plates by simply advancing the dial to the dry cycle.

When using any type of dishwasher, be sure to use dishwasher detergent only. The booklet that comes with the machine will tell you how much detergent is needed, as well as how to load the dishwasher racks so every piece gets washed and dried thoroughly. Also check the manufacturers recommendations on items that are best washed by hand—hand painted china, cast iron, or soft plastic, for instance.

TRASH COMPACTORS are the newest cleanup appliance. These work-savers can crush nearly any kind of garbage—from bottles to paper goods to bones—so that you only have to dispose of a neatly-sealed bag.

Compactors can be installed right under the counter in the kitchen or left free-standing. Some come with an optional cutting board top. There is a deodorant spray which automatically eliminates garbage odors on most models; some use special lined bags to fit the bin of the machine, while others use regular plastic garbage bags.

Compactors should be locked when not in use. For safety’s sake, highly flammable items like paint cans are best disposed of without the compactor.

To keep a compactor clean and sweet-smelling, it is a good idea to wash the bin, ram, and outside surfaces with hot soap or detergent suds. Some machines have removable bins and rams for this purpose. Be sure to wipe up food spills promptly, and do not use abrasive cleaning powders on exterior surfaces.

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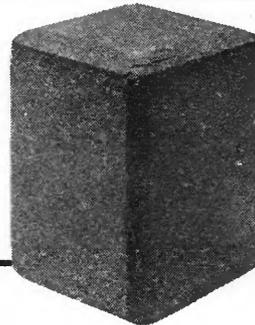


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6-14



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4505
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