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November 1979

## Illinois Rural Electric News

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## The total human environment

When Susan Shepherd, deputy administrator, Rural Electrification Administration, talked about protection of the environment in a recent speech, she made a point well worth repeating. Speaking to representatives of electric cooperatives in Illinois, Iowa and Wisconsin, she said protection of the environment must be a primary consideration in all our activities. "But," Shepherd went on to say, "the total human environment also includes warm homes, a satisfied family, good food, rewarding employment, and many other necessities—all of which depend on energy."

Shepherd's point is one that cannot be overstated. No matter what so-called "environmentalists" say about energy growth, few can defend the "no-growth" position in the face of such a concise, to-the-point assessment of energy's crucial role in our lives and in our economy. And, no one can overlook the importance of a strong economy as a provider of that better environment. If there is one identifiable group which has championed environmental quality over the years, it is the rural dweller. They know the balance which must be struck to achieve the desirable environment to which Shepherd referred.

Shepherd's thoughts relate closely to those of a former REA Administrator, Norman Clapp, who served from 1961 until 1969.

Clapp says he "dismisses from serious consideration the position of some that we can dispense with any further

economic growth," as is the contention of many of those who call themselves environmentalists but who more descriptively are no-growth advocates.

Limiting, or stopping, further economic growth, Clapp says, "is a callous, elitist notion, which, if seriously intended, is totally insensitive to the needs and aspirations of the vast majority of American people. If seriously implemented, it would produce social stresses that in all likelihood would tear the political, economic and social fabric of this nation to shreds."

It requires little study of some of the no-growth advocates to see that many are bent on shredding the American fabric.

"If we are going to keep our economy healthy, if we are going to be able to maintain an acceptable standard of living for our people, if we are going to be able to provide in the future the opportunity for individual advancement and improvement which a growing economy affords, if we are going to be able to hold out to the poor and disadvantaged the hope and reality of upward mobility in our society, the heart and soul of the American dream, we will need substantial additions to our energy resources in the next five, 10, 15, 20 and 25 years," Clapp says.

Shepherd and Clapp combine to make a logical, rational statement about the total human environment and its relationship to energy and a strong economy.

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Cover: Hotline School students work as one of the school's instructors uses a little sign language to help communicate his instructions. (See story on pages 6, 7 and 8.)

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## New AIEC President

# Milo Thurston-- active,

**M**ilo Thurston is a man who likes to see things improve, and he knows things do not get better of their own accord. So he helps improvements happen.

Thurston, of Pulaski in the extreme southern area of Illinois, was elected president of the Board of Directors of the Association of Illinois Electric Cooperatives at the AIEC Annual Meeting in August at Springfield. He replaced Clement Ikins of Onarga, who stepped down after two years as president. One of the first things the new state president talked about was an improvement in the utilization of the coal used to generate electricity.

Even a very efficient coal-fired power plant such as the Southern Illinois Power Co-operative plant at Marion is only about 30-40 percent efficient, and any way to increase that efficiency could be a money-saver for Southern Illinoisans.

"I looked out at the Lake of Egypt

one day in the middle of winter," he relates, "and there was a place where it wasn't frozen, even though most of the lake was. I learned that it never froze there, even in the worst of winters, because of warm water discharged from the plant.

"I don't want the heat from the plant to go unused if I can help it, so I asked the board to look into the prospects of cogeneration. That means in this case that we'll try to find a way to put the heat to use. Since much of the energy needed to make methanol goes to provide heat for fermentation and distillation, it seems that the heat from our plant would be a natural. I talked to an agricultural group and the people at Southern Illinois University, and our board has gone on record as being in favor of it."

The idea of cogeneration is not his first idea regarding the SIPC power plant. He was one of the prime movers

in getting it built in the first place. Before the plant was built, Southern Illinois Electric Cooperative bought power from investor-owned utilities.

"We'd just come out of a power supply negotiating session," Thurston says, "and things weren't going well for us. "I suggested that since the Rural Electrification Administration had some money available for power plant construction, perhaps we should apply for a loan. They told me that Southern Illinois Electric Cooperative was too small to support a power plant.

"At that time the state association was divided into districts, and District 9 was made up of Southern Illinois Electric Cooperative, Southeastern and Egyptian, so I asked if District 9 would qualify, and found out that it would."

There was still some reluctance, but Thurston asked, "What do we have to lose? If the REA says 'no' we sign





# informed, innovative

with the power supplier. If they okay the loan, we build a power plant. It's as simple as that."

The application was on the administrator's desk in six months, and the plant became a reality.

Thurston, who attended Pulaski County high schools before being inducted into the military, wound up World War II as a bomber pilot, flying B-24s in the Southern Pacific. He and his wife, Virginia, moved onto the farm in 1945, and, as was the case with many Illinois farmers, they "enjoyed" the benefits of doing without electricity. They carried water, used lamps, and did without a refrigerator. "There isn't any one thing that we appreciate most," Thurston says, "we just appreciate the convenience of it all. Our house is total electric now."

The Thurstons have raised three children on the farm. A daughter, Gloria, recently passed her bar exam

and is being urged to run for the state's attorney's office, and Beverly is secretary to the guidance counselor in the Meridian School district. Son Robert farms with Milo on the 2,000-acre operation. Two of his nephews also work the farm. The farm is mostly in corn and soybeans, and they also finish out some 1,700 hogs a year.

As their children were growing up, Thurston got involved in school board activities, seeking to improve the quality of education in the area. He was on the board when the decision was made to consolidate, and as a result, a new school has been built and another is under construction now. He is somewhat proud that his name will be on the cornerstone of both buildings.

While his efforts to tap unused heat from the power plant is one of his latest efforts to improve things, you can pretty well bet it will not be the last.

*Milo Thurston, recently elected president of the Association of Illinois Electric Cooperatives, is shown driving around southern Illinois, an area he takes interest in. Aside from his rural electrification efforts, he is also involved in area schools, the Pulaski Christian Church and was, until recently, on the board of a local drainage district. Above, he stands in front of a 625-head hog finishing building, which is a part of his farming operation.*



## 'Hotline School' helps reemphasize relationship of training and safety

*Students attending the sessions of the Hotline School receive up-to-date training in a variety of practices. Above: Students work on the technique of removing conductor ties to enable them to move the conductor aside to allow changing of either the insulator or the crossarm. Top center: Instructor Dick Kincaid of Geneseo works with linemen who are practicing tie attachments to insulators. Top right: AIEC Job Training and Safety Director John Ball, with camera, talks with George Klaus of Winchester, an instructor. Ball supervises the two-week session and uses the camera to photograph students as they perform various training tasks. The resulting photos then are used to assist in the continuing training effort of the JT&S staff. Bottom right: JT&S Instructor Dick Roberts, right, talks with a student.*

The Job Training and Safety Department of the Association of Illinois Electric Cooperatives (AIEC) has a name that is just a little redundant—It could be just the Job Training Department, since job training is safety.

To make sure cooperative linemen from throughout the state are safe while on the job, the department holds a "Hotline School" once a year at the SIU-VTI campus near Carbondale. While it is the biggest single event of the year, it is only a part of the ongoing program designed to keep cooperative employees safe on the job.

Hotline work gets its name from the fact that there is electricity in the lines while the men are working on



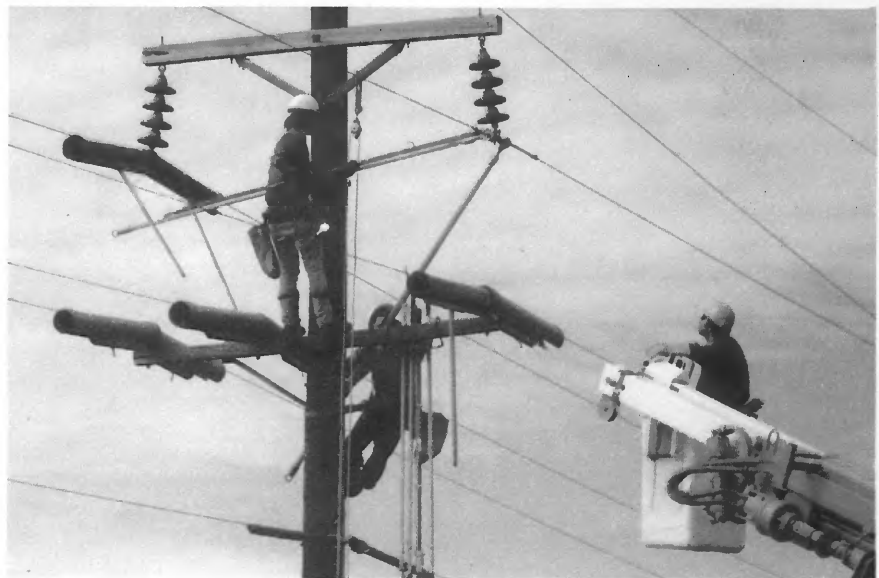
them, and they use a combination of rubber gloves, "coverup" materials and "hotsticks" to protect them from the high voltage. To further protect the workmen, the bucket trucks they work from have non-conductive booms—usually made of fiberglass—to insulate them from the ground.

Some 70 men attended one of the two one-week sessions of this year's school. About half of them were cooperative employees; the rest were from municipal utilities. While John J. Ball, director of the AIEC Job Safety and Training Department, and Dick Roberts, JT&S instructor, were in overall charge, several instructors from different cooperatives helped conduct the hands-on work sessions.

Larry Carter and Danny Mitchell came down from Illini Electric Cooperative in Champaign, and Norm Henze came from Adams Electrical Co-Operative in Camp Point to help out. George Claus came from Illinois Rural Electric Co. in Winchester, and Ken Nordmann and Gene Obrecht came from Wayne-White Electric Cooperative in Fairfield. Farmers Mutual Electric Company, Geneseo, sent Dick Kincaid, and Eastern Illinois Power Cooperative sent Mike Vedder. Chuck West of Corn Belt Electric Cooperative in Bloomington and George Butler of Southeastern Illinois Electric Cooperative, Eldorado, also



While the largest portion of the student work is done on distribution electric lines, they also have the opportunity to work with transmission equipment, too. Here students, aided by an instructor in the bucket, work to change an insulator on a transmission line.



lent their expertise. The A. B. Chance Company, a supplier of line maintenance equipment, sent Ray Keplar.

Ball, who came to the AIEC from Dade City, Florida, is a native of California and was graduated from the University of California at Berkeley in 1947 with a B.S. degree in electrical engineering. He retired from the U. S. Army as a Lieutenant Colonel in 1970. He spent three years as job training and safety coordinator for the Virginia Association of Electric Cooperatives, Richmond. For the past six years, John has been employed as director of job training and safety for the Withlacoochee Electric Cooperative in Dade City.

Dick Roberts also worked for the Withlacoochie River Electric Cooperative, from 1971 to 1979, when he went to work for the M.J.M. Electric Cooperative in Carlinville as a lineman.

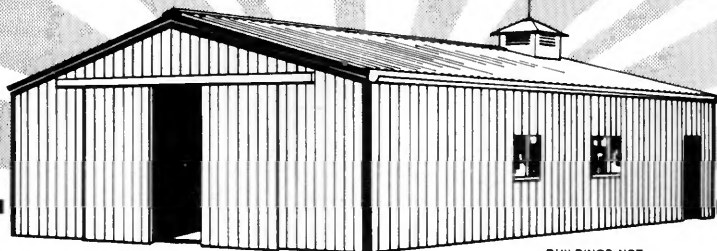
While both men put a lot of time and effort into the hotline school, much of their work involves traveling around the state checking equipment to make sure it is safe to use. One day, they may be at a cooperative headquarters teaching first aid, and halfway across the state the next, teaching lifesaving techniques and accident-prevention skills. Then, they may rush off to attend classes, so they can keep up on the latest information. One important skill they work hard to teach is Cardio-Pulmonary Resuscitation, a combination of mouth-to-mouth resuscitation and external heart massage. They also conduct field meetings and observe cooperative personnel at work to determine if they can help the employees do their jobs more safely.

All in all, it is an important job—and a busy one.

# Lane

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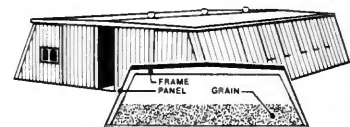
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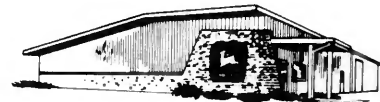
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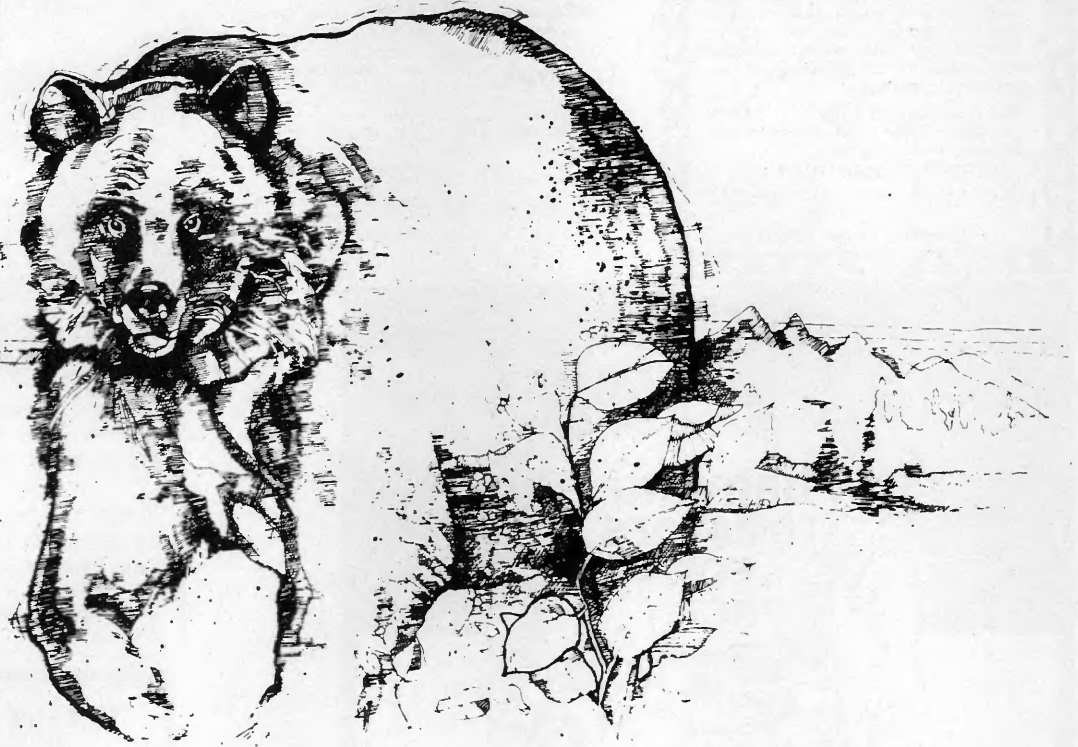
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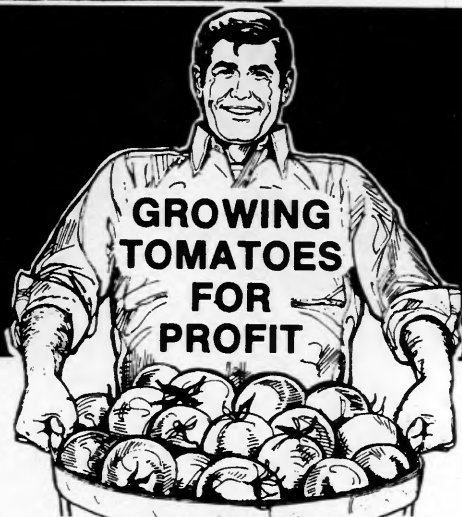


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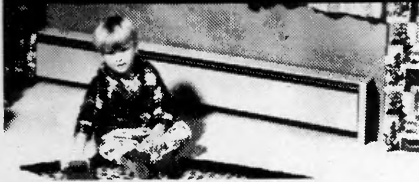
Minneapolis (Special)... A local woman recently found \$1,200 she never knew she had hidden in her china cabinet when she came across a porcelain plate she'd received as a gift a few years ago. She was planning to sell the plate at a garage sale for about \$10 until she checked a current Plate Price Trends listing and found out it was actually valued at \$1,200.

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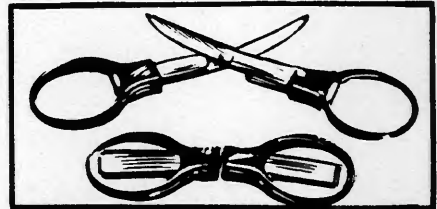


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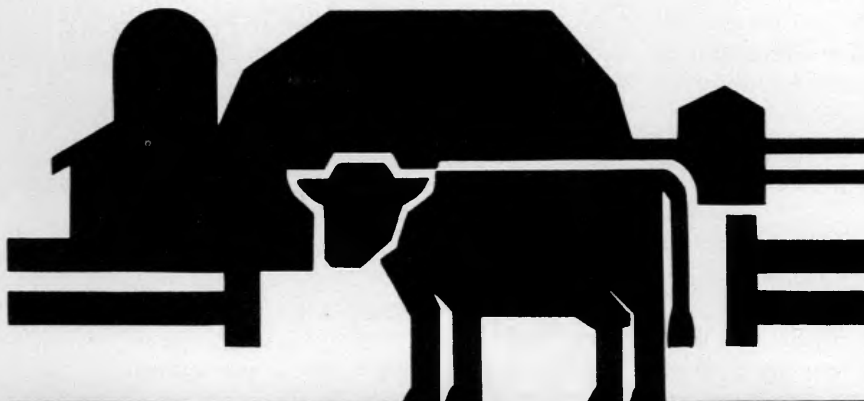
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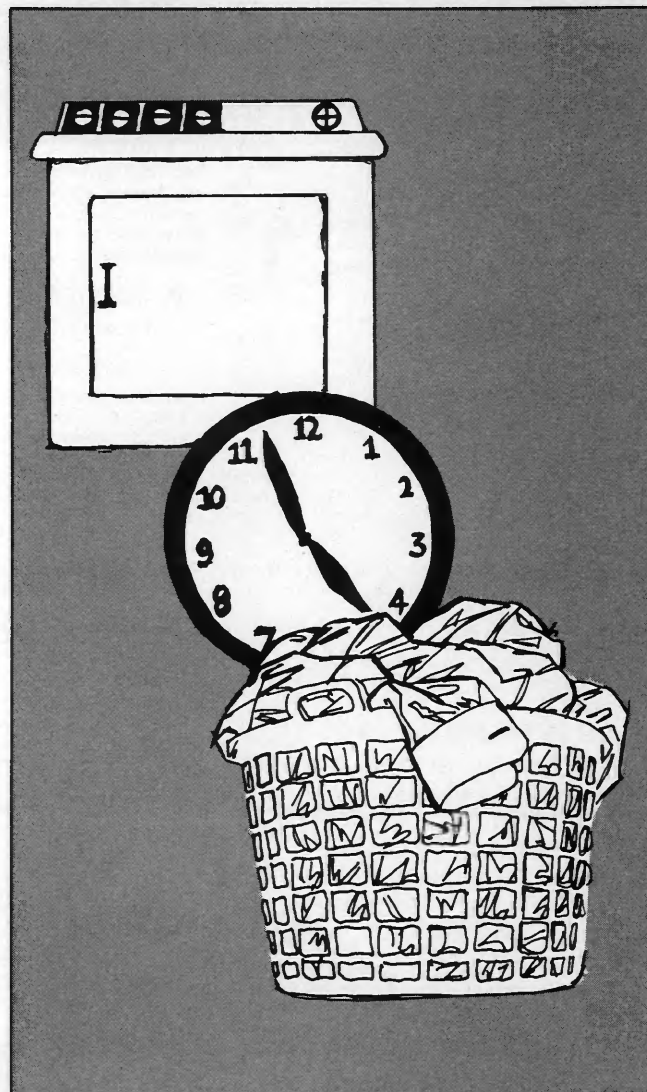
**E**nergy used for heating water consumes as much as 23 percent of the average household's total energy bill. For the nation as a whole, hot water laundering consumes as much energy as is contained in 110,000 barrels of oil each day.

The cost of home laundering and drying can be cut by up to one-half, if consumers adopt the following suggestions.

- Be sure to use as low a water temperature for the washing cycle as will give satisfactory cleaning. Always use cold water for the rinse cycle.
- Match the water level to the size of the load using special washing machine features which vary water levels.
- Try not to wash a load longer than necessary, use short cycles and presoaking. Pretreat stains and heavily soiled areas before washing.
- It's best to avoid overloading the machine. Place items loosely in the tub, not packed in, so they can move around freely – but don't underload either.
- Use the full spin cycle in the washer, to remove the maximum amount of water in the clothes, before using the dryer.

When purchasing a washer, look for these energy-saving features:

- Controls which select various water levels to allow you to match the amount of water to the size of the wash load.
- Controls which select water temperature. Warm and cold water options are important.
- Select the correct tub capacity for your needs. Tub capacity affects the amount of water used.
- Be sure to check the energy efficiency ratio (EER) and annual operating costs on the labels before you make a



purchase.

Cutting your drying costs can be accomplished by using these hints:

- Fill the clothes dryer, but do not overload.
- Keep the lint screen in the dryer clean. Remove lint after each load. Lint impedes the flow of air in the dryer and requires the machine to use more energy.
- Keep the outside exhaust of your clothes dryer clean. Check it regularly. A clogged exhaust lengthens the drying time and increases the amount of energy used.
- If your clothes dryer has an automatic cycle, use it. Overdrying merely wastes energy.
- Dry your clothes in consecutive loads. Stop-and-start drying uses more energy because a lot goes into warming the dryer up to the desired temperature each time you begin.
- Separate drying loads into heavy and lightweight items. Since the lighter ones take less drying time, the dryer doesn't have to be on as long for these loads.
- If drying the family wash takes more than one load, leave small, lightweight items until last. You may be able to dry them, at least partially, without power, by placing them in the still-warm dryer immediately following removal of the first load.





## 'Regulatory Costs— Now There's a REAL Threat to Our Health'

"A minority of self-appointed 'public interest' groups claim nuclear energy and burning Illinois coal present a potential threat to our health. Well that may be, but the increasingly high cost of environmental laws and regulations is making my electric energy bill a threat to my ability to heat our home."

"Many of us are down to choosing between a warm, healthy home and adequate food and medicine. Now that represents a real threat to our health."

"Let's use some common sense. Let's balance the high cost of environmental regulations against the costs imposed on those of us least able to pay. Energy costs are being pushed up needlessly by so-called 'consumer advocates.'"

"After all, the cost of all governmental regulations becomes part of our cost of living . . . and that cost is eating up our fixed income. Plain sense regulation can serve the public interest. Costly overregulation does not."

***Electric Cooperatives of Illinois***

***Energy: today and tomorrow***





McDonald

Former REA official

## McDonald selected new IVEC manager

Thomas R. McDonald, interim general manager of Illinois Valley Electric Cooperative since August 6, has been named general manager of the Princeton-based electric distribution cooperative.

McDonald replaces M. M. Jontz of Princeton, who retired effective August 10, after 21 years service as manager of Illinois Valley. Prior to his appointment in 1958, the Princeton native was general foreman for the cooperative.

McDonald retired on October 6, 1978, after a 28-year career with the Rural Electrification Administration. At the time of his retirement, he was the assistant administrator for the electric program, assisting the REA administrator in conducting the rural electric loan program on a national basis.

A native of Cedar Rapids, Iowa, McDonald graduated from Marquette University, Milwaukee, Wisconsin, in 1949 with a degree in electrical engineering. In 1955 he received a law degree from Blackstone College of Law in Chicago. He is a registered professional engineer. He joined the REA staff as an engineering trainee in January 1950, and served in various capacities throughout the nation, including 10 years in field positions. He was an assistant power supply officer for six years and in 1970 was appointed chief of the Engineering Branch, North Central Area—Electric. The North Central Area includes Illinois, Wisconsin, Ohio and Iowa.

Illinois Valley Electric Cooperative provides electric service to more than 5,500 member-owners residing in Knox, Bureau, Putnam, Stark, LaSalle, Marshall and Kendall counties.

ILLINOIS RURAL ELECTRIC NEWS

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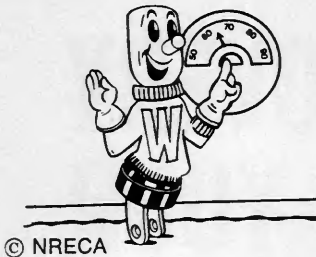
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NOW — a miracle of technological development in AEROSPACE INSULATION to protect astronauts from the incredible cold of outer space — MYLUMINUM HEAT SHEETS — defy bitter, all-winter, nighttime cold — let you sleep luxuriously in a cozy toasty-warm bed as if you had used an electric blanket!

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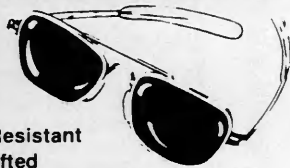
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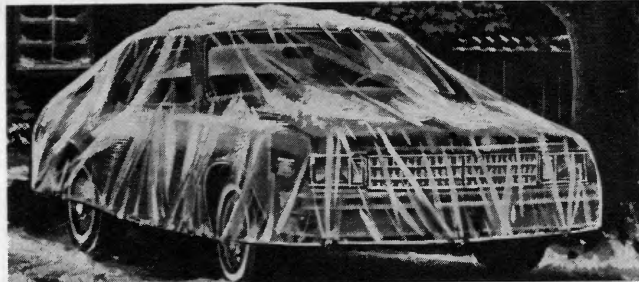
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Here's how this sensational Inflation-Fighter Saves You Energy Dollars, Provides Extra Heat in your Home or Apartment — All at NO EXTRA Fuel Cost to you

*Over 150,000 Units Now in Use*

Across the nation, even though the "MOR-HEAT" unit has just been introduced . . . the response to this energy saving device is enthusiastic! The fact that 150,000 are already in use is our most effective testimonial.

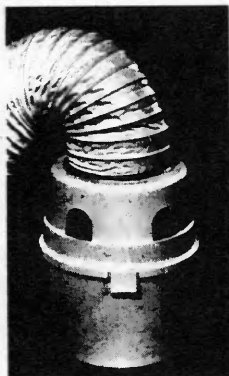
Every one of us is seriously affected by the nation's number one problem—Inflation! For two years the designer of this unit worked diligently with one thought in mind—How to help individuals beat inflation's biggest offender—Energy costs. The result is this fool-proof discovery that increases home-use of energy, provides EXTRA Heat, EXTRA Humidity and at the same time reduces home electric or gas bills.

"Mor-Heat" is his answer! It is not intended to solve the whole energy picture—but it's simple use in your home or apartment is guaranteed to reduce your Electric or Gas bills within the first 30 days. And within this 30 Day period you will have more heat and save more than the item costs—or return it for full refund. Fair enough?

**"MOR-HEAT" Pays for itself  
within 30 Days — or  
No cost to you.**

Here's how the "MOR-HEAT" unit works. Without tools and in less than 3 minutes you attach it to your Clothes Drier. That's right! Your clothes drier. Instead of the Electric or Gas Heat generated by the Drier going out of your home through a vent, as pure waste of energy, "MOR-HEAT" captures this heat, filters it, traps the lint—and FRESH HOT AIR is gently blown into your home or apartment. No Fuss! No Muss! No Bother! Through "MOR-HEAT" you reduce your heat bill by using the extra heat your Drier regularly produces. Simple? Wait till you see this "Little Genius" in action! It's almost unbelievable until you try it.

**ATTENTION:** If you live in an apartment, condo, mobile home, recreational vehicle, boat—any place where outdoor venting is not practical—Now, you can have the convenience of a Gas or Electric Drier, attaching your "MOR-HEAT" to trap the lint and provide extra fresh hot air. Same Guarantee applies.



Actual size of Unit: 9" high x 6" diameter, plus 5-foot accordion extension.

**The "MOR-HEAT" Unit is attractively and Scientifically Constructed to provide Years of Money-Saving Comfort.**

"MOR-HEAT" is engineered to work on a fool-proof, heat-producing basis. Every part manufactured is of top quality to provide maximum efficiency. For example, the lint-trap is made of high impact polypropylene. The sturdy, reinforced plastic case itself stands less than 9 inches high. Even the duct flexible hose pipe is metal reinforced. The 2 simple-to-use clamps are included. This Inflation-Fighter is indeed designed and fabricated to give you money-saving comfort for years to come.

**Supplies Are Limited—  
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We can only produce a limited quantity of "MOR-HEAT" units each week—so to take advantage of the "MOR-HEAT" money saving Free Extra Heat in your home at the very onset of cold weather . . . please mail the No-Risk Money Back Guarantee Coupon promptly.

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Unconditional 30-Day  
Money Back Guarantee**

During this nation-wide introduction "MOR-HEAT" is offered at the special price of \$14.95—and—if "MOR-HEAT" doesn't pay for itself within 30 Days, return for full refund.

**R S R Products**

*Martin Kastner*

President  
"MOR-HEAT"  
Post Office Box 4,  
Island Park, NY 11558

## Check All These Features

- ✓ Adds heat and needed humidity in your home.
- ✓ Cuts down electric or gas bills by effectively capturing heat and humidity already produced by your Clothes Drier.
- ✓ Eliminates need for outside vent. Filters out lint and other impurities.
- ✓ Fits any make gas or electric Drier.
- ✓ Simple 3-Minute installation. No Tools needed.
- ✓ No holes to drill. Simple attachment.
- ✓ Works great in homes and everywhere. Outside vent is eliminated. Especially effective, too, in apartments, condos, mobile homes, recreation vehicles, boats.

## MAIL THIS NO-RISK COUPON

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energy  
efficiency

### Before installing insulation

## Check attic carefully

Last month we discussed the do's and don'ts of installing several different kinds of attic insulation materials. Although the installation of insulation in the attic is a relatively simple chore, the following are some suggestions which should be followed prior to making the installation. Let's look at some of these areas in which the do-it-yourselfer can improve the quality of the installation.

The attic of most homes was not built to be a room for you to move around in. Therefore, movement in the attic usually is very awkward and difficult. Attics also collect a great deal of dust, spider webs and usually are very dark. With this in mind, then, the homeowner should plan to do the job as easily and as quickly as possible. Wear proper clothing, use dust masks, install planks or other boards on which one can stand and make provisions for temporary lighting.

Prior to any addition of insulation, make a trip to the attic with good lighting and make a visual inspection of the area to be insulated. There you would be looking for a number of things.

First of all, is there any unusual equipment in the attic which needs special care such as an air conditioning unit or ceiling attic fan?

Next, check to see if there are any open areas which would allow insulation material to settle to different levels such as, a hollow wall without a header or open area above stairs, closets or other ceiling offsets.

Then check the furnace flues or chimneys to (1) to make sure they are in good shape—no bad pipes or mortar

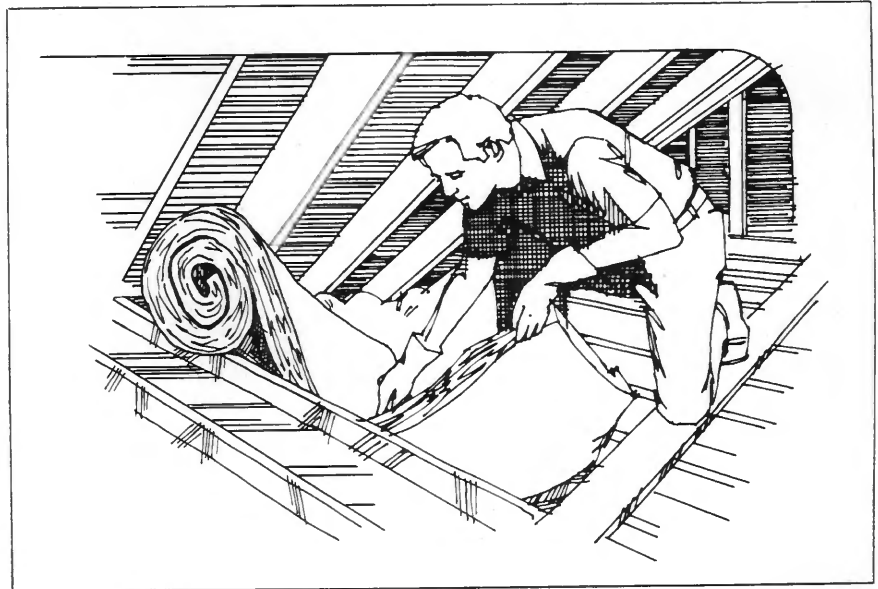
joints and (2) make a note so that you will come back with some type of wrapping such as asbestos paper to ensure that the insulation will stay away from these areas.

Be sure to check the wiring. Make sure the existing wiring still has a good outer covering, no bare wires. See to it that the junction boxes where connections have been made are covered

and all wire clamps are tight so wires are secured to boxes. Be sure to check for any recessed light fixtures. These will need special attention, be sure to follow manufacturer's recommendations. If the vents are located in such an area that it makes it difficult to be sure they are properly attended, then after the installation, go to the outside and remove these vents and free any material that might have collected there.

And last, be sure to examine the attic access opening to decide on how you wish to seal that opening, whether it be with rigid or fiberglass insulation or weather stripping or whatever. This initial trip will hopefully save you time in the long run, make the installation more effective, and will ensure a quality installation when completed.

The attic area is, as we said earlier, usually a simple installation for the do-it-yourselfer. By approaching the installation with a little forethought, as suggested above, you can keep the job simple.



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*Clockwise from photo at right: Chester Cooper shows off two of his first beefalo. Part of his spring calf crop. Cooper's herd of beefalo and domestic cattle cool in the summer heat.*



## **Beefalo still**

Chester Cooper says he always wanted to do something different. "Something different" for Cooper is his herd of "beefalo" cattle, a curious breed of domestic cattle and buffalo.

Cooper, whose original herd consisted of a cow and calf he bought at a sale near Paris, Illinois, in September 1977, talks neither overly optimistic or pessimistic about the future of the breed. He sees the beefalo as a chance for him to recall his youthful days on an Iowa cattle farm, he says, as he surveys his 40-acre "spread" in Clay County near Xenia. Cooper is a member of Clay Electric Cooperative, headquartered in Flora.

In the two years since Cooper made his venture into beefalo production, he has seen his herd grow by 11 since the cow and calf purchase. The first addition came in April 1978 when a young male was born. This past spring brought 10 calves, giving Cooper considerably more hope for the future





## just a hobby for Chester Cooper

of his beefalo herd and a better chance at "breaking even." Cooper, a retired Chicago electrician, says he doesn't "expect to make a living at this."

The Coopers, Chester and wife Phyllis, moved to their Clay County place about three years ago. For Chester Cooper, it was a return to a life he had known on the farm. The early farm years in Iowa were interrupted by the Great Depression. Now, after a 40-year absence, Cooper is back on the farm, enjoying not only raising cattle and breeding beefalo, but the other odd jobs such as cutting a neighbor's hay, or putting up a winter's supply of firewood for the fireplace in the home he built.

Drawing on a cigar from a whiskered face, Cooper nudges his western straw hat back on his head and explains more about the beefalo.

"They're three-eighths buffalo and five-eighths domestic," he says. That mixture is needed for registry with the American Beefalo Breeders

Association, he adds. Generally, male offspring of the buffalo-domestic cross are sterile. Thus the half-breed cows are bred to domestic bulls to achieve the breed mixture necessary for registry.

Cooper says cattlemen have been trying to breed buffalo with domestic cattle for quite some time, figuring the buffalo's hardiness, long life and feed conversion qualities would yield a worthwhile animal. Cooper says. "You have to teach them to eat grain."

Growing up on a farm and being around cattle did not instill any particular interest in making sure your bulls are first quality. "Then, a bull was a bull," Cooper laughs.

It is different now, Cooper says, explaining today's concept of top-quality bulls for the best herd, whether you raise beefalo or domestic cattle.

"I wanted to go into farming in 1937, but couldn't borrow the money," he says. I ended up in

Chicago as an electrician."

The hardiness of the breed is typified by its resistance to some of the diseases which afflict domestic cattle, including pinkeye, Cooper says. They gain weight faster than their pure-breed counterparts, he adds and they are tougher in the face of biting winds and driving snow. He says they sometimes prefer the weather to the barn. Cooper can make the comparisons because his non-beefalo herd includes Angus and Hereford-Angus and Charolais-Angus crosses.

For the most part, the beefalo isn't too much of an appearance departure from the domestic cattle. For sure, they do not have the look of a buffalo, except for the trimmer meat, with less marbling than regular beef.

This past spring's batch of calves gave Cooper hope for the future of his herd, but he remains cautious in drawing any conclusions about the future of the breed as a factor in the marketplace and on the table.



# Spirit of Tradition Marks Holiday Feast

## ROASTING DIRECTIONS FOR TURKEY

**TO THAW:** Place turkey in original bag on tray in refrigerator. Allow 2 days for 8 to 12 pound bird; 2 to 3 days for 12 to 16 pound bird; 3 to 4 days for 16 to 24 pound bird. Refreezing is not recommended.

### TO PREPARE:

1. Free legs and tail from tucked position. Do not cut band of skin. Remove neck and giblets from body cavity. Rinse and drain well.
2. Simmer giblets in salted water, about 1/2 hour for liver and 2 to 2 1/2 hours for neck, heart and gizzard. Chop meat and use in gravy or stuffing.
3. Set oven at 325 degrees.
4. Stuff neck and body cavities lightly (3/4 cup stuffing per pound purchased weight of turkey). Return tail and legs to tucked position. Skewer neck skin to back.
5. Place turkey breast side up on rack in shallow, open pan. Do not add water or cover.
6. Insert meat thermometer into center of thigh next to body not touching bone.
7. Brush skin with melted fat to prevent drying. Turkey may be basted occasionally during roasting if desired.
8. Place turkey in oven. See roasting time for uncovered pan.
9. When skin is golden brown, shield breast and neck with light weight aluminum foil to prevent overbrowning.

### APPROXIMATE ROASTING TIME—UNCOVERED PAN

Weight as Purchased	325 Degree Oven
8 to 12 lbs.	3 1/2 to 4 hours
12 to 16 lbs.	4 to 4 1/2 hours
16 to 20 lbs.	4 1/2 to 5 hours
20 to 24 lbs.	5 to 6 hours

### TO TEST FOR DONENESS

1. Before removing from oven, check to be sure meat thermometer is in original position. Thigh temperature should be 180 degrees to 185 degrees.
2. Prick skin at thigh. Juices should no longer be pink.

## SWEET POTATOES 'N PINEAPPLE

- |   |   |
|---|---|
| 4 cans (1 lb. and 1 oz. each) yams or sweet potato halves, drained  | 1 cup packed brown sugar                  |
| 1 lb. 4 oz. can pineapple chunks, drained (reserving 1/4 cup juice) | 1/2 teaspoon mace                         |
|   | 2 tablespoons butter or margarine, melted |

Layer sweet potatoes and pineapple chunks in a buttered 13 x 9 x 2 inch baking dish. Combine brown sugar, mace, pineapple syrup and butter. Pour over sweet potatoes and pineapple chunks. Bake at 325 degrees for 30 minutes. (10 to 12 servings)

## FRUIT SALAD

- |                                    |                      |
|------------------------------------|----------------------|
| 1 1/2 cups boiling water           | 1/4 cup orange juice |
| 2 cups raw cranberries             | 1 apple, chopped     |
| 1 cup sugar                        | 1/2 cup diced celery |
| 3 oz. pkg. orange flavored gelatin | 1/2 cup chopped nuts |
|                                    | Grated orange rind   |

Add water to cranberries; simmer 10 minutes. Add sugar and gelatin. Stir until dissolved. Remove from heat; partially cool. Add remaining ingredients. Pour into 1/2 quart mold. Chill

## PUMPKIN PIE

- |                         |                                     |
|-------------------------|-------------------------------------|
| 2 eggs, slightly beaten | 1/2 teaspoon salt                   |
| 3/4 cup sugar           | 1/2 teaspoon ginger                 |
| 1 teaspoon cinnamon     | 1 2/3 cups evaporated milk or cream |
| 1/4 teaspoon clove      | 1 nine-inch unbaked pie crust       |
| 1 can (16 oz.) pumpkin  |                                     |

Mix ingredients as listed. Pour into pie crust. Bake 15 minutes at 425 degrees. Reduce oven temperature to 350 degrees and bake for 45 minutes or until a knife inserted comes out clean.

## COCONUT CAKE

Bake one All-Butter cake mix according to directions in three layers at 350 degrees. Cool.

### ICING

Mix one 8 oz. carton sour cream, 2 pkgs. frozen coconut and 2 cups sugar. Ice cool layers. Keep in ice box.

## FUDGE PIE

1 stick butter melted with 2 squares chocolate. Remove, add 1 cup sugar and 2 unbeaten eggs one at a time. Beat them in and add 1/4 cup flour, pour in large Pyrex pie pan. Sprinkle nuts on top, bake 15 minutes at 325 degrees. Do not overcook. Take out of oven and serve with ice cream.





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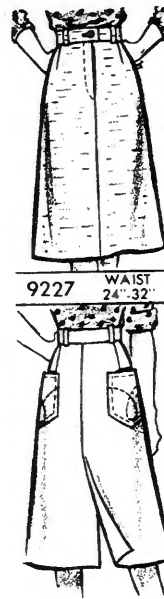
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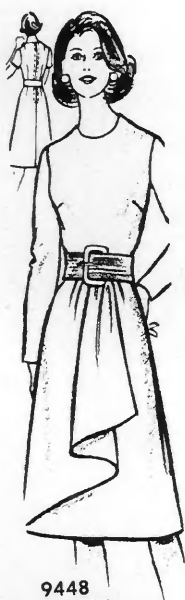


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34-48

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- No. 9298 is cut in sizes 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) coat, pants 3 3/8 yards 60-inch fabric.
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- No. 9292 is cut in sizes 10½, 12½, 14½, 16½, 18½, 18½, 20½, 22½. Size 14½ (bust 37) takes 2 5/8 yards 60-inch.
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- No. 9305 is cut in sizes 10½, 12½, 14½, 16½, 18½. Size 14½ (bust 37) jumper 2½ yards 45-inch; top 2 1/8 yards, 45-inch.
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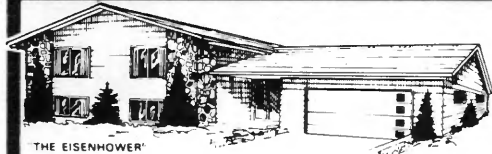
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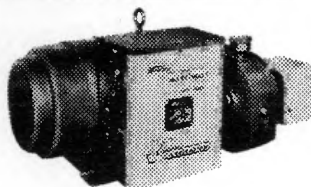


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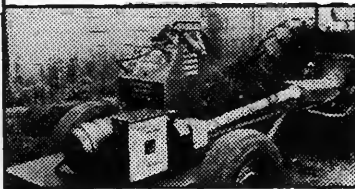
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