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November 1981

Illinois Rural Electric News

Deadly interest rates

(Editor's note: The following remarks by Representative Ed Jones (D-Tenn.), chairman of the Subcommittee on Conservation, Credit and Rural Development of the House Agriculture Committee, are reprinted from the Congressional Record of October 7, 1981.)

Mr. Chairman, I want to take a moment today to speak out on an issue that has been of growing concern to me over the past several months: the effect of outrageously high interest rates on our nation's agricultural sector.

During the past few months, I have traveled extensively throughout my West Tennessee district talking to farmers and small businessmen about the issues of most concern to them. With the possible exception of feared cuts in the Social Security program, the most talked about issue on the minds of my constituents was the stagnant and crippling effects of high interest rates now being felt in our rural farm areas.

This high interest rate policy imposed by the Federal Reserve Board, and being fostered and supported by the President and his economic advisers, is having a profoundly detrimental impact on any chance of a successful program for economic recovery.

In focusing on the effects of high interest rates on American farmers, I think it is helpful to look at a few cold facts.

According to figures released in August by USDA's Economic Research Service, farm foreclosures are expected to exceed 2,900 in this year alone. This figure represents an incredible 26 percent increase over last year. In large part, I believe the cause for this alarming projection can be

attributed to the deadly "one-two punch" of inflation and high interest rates.

In my own state of Tennessee, the rate of farm foreclosures has more than quadrupled over the past year, and now stands at nearly three times the national average.

The racing increase in the appreciation of land values that we have experienced in recent years seems to be breaking fast. Appreciation in land value is not keeping pace with inflation, and the equity which farmers have in their land is rapidly being eaten away by the high cost of repaying loans for farm production and real estate.

Not only are high interest rates having their devastating effect on the farmer, but the rural resident is not without escape from their effects either. Take the rural electric utility and cooperative sector for example: Interest as a percent of total costs can be in excess of 50 percent.

Contrary to the general impression that rural electrics borrow from the Rural Electrification Administration at very low interest rates, 85 percent of REA financing is loaned at rates currently in excess of 15 percent.

The effects of the high interest rates on the consumer of the rural electric cooperative are devastating. The average monthly interest cost of energy per rural consumer produced by a new plant constructed with the current 15 percent REA-Federal Financing Bank rate is almost \$50. This interest cost is for energy production alone and does not include the fuel, distribution, maintenance, administrative, depreciation, taxes, and other necessary costs.

Unless interest rates are brought under control, their effect will be to fuel the fire of inflation through higher electric energy rates and higher costs of food and other basic necessities to all Americans.

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Cover: Fall brings an array of bright colors to all parts of Illinois. This vivid scene is of the bluffs overlooking the Illinois River in Greene County in the west-central part of the state.

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Robert W. (Bob) Rippelmeyer of Valmeyer (Monroe County), newly elected president of the Association of Illinois Electric Cooperatives (AIEC) board of directors, says he was "born and raised co-op."

A strong belief in the cooperative way, fostered by his father's years of service to cooperative organizations in the Monroe County area a generation ago, is an important factor in Rippelmeyer's commitment to cooperation. His late father, Ray, spent a number of years on the Monroe County Farm Bureau board, and was among those Farm Bureau leaders across Illinois who helped build the strong marketing and supply cooperative system which serves Illinois agriculture so well.

Bob Rippelmeyer continues the tradition of cooperative leadership in rural electrification. A director of Monroe County Electric Co-Operative since April 1969, he has served as president of the Monroe board since 1972. This past August, fellow electric cooperative leaders from across Illinois honored Rippelmeyer by electing him as board president of AIEC, the statewide service organization for the state's electric cooperatives.

Being "born and raised co-op," Rippelmeyer has developed a concept of cooperatives that reflects his close ties. "Cooperatives are born out of a need," he says. "If there was no need, there is no cooperative." He remembers the days on the family farm before electricity and can compare yesterday's non-electrified farm with today's modern electrified farm. There was a need for rural electrification, he notes. That need produced the pioneering spirit of the 1930s which led to the establishment of rural electric cooperatives across the nation.

The cooperative tradition is not just on the Rippelmeyer side of the family,

Rippelmeyer's agriculture activities include preparation of tax returns for some 300 individuals, farmers and small businesses, as well as his corn, wheat and soybean grain farm and hog operation.

**AIEC
board president**

**Bob
Rippelmeyer**

co-op leadership based on strong foundation

either. Doris Rippelmeyer is the daughter of the late William H. Niebrugge, an incorporator and director of Monroe County Electric Co-Operative who was among those responsible for obtaining rights-of-way for extension of lines into the rural areas.

Electric cooperatives provided in the 1930s and 1940s something beyond electric service, Rippelmeyer points out. They made possible major

improvements in the social condition of rural America. Rural electrification opened new horizons for rural dwellers, and gave them a boost into the mainstream of modern American life.

Rippelmeyer says those contributions continue, although they are not measured the same as those directly related to electric service extension into rural America a few decades ago. And, he notes, it is the continuing





people talking about the \$3.50 monthly minimum charge. "The question was whether you had enough electric equipment to use up that much electricity. Most people had light bulbs, refrigerator and water pump," he adds. The kilowatt-hour rates in the early days of rural electrification were quite high, too. It was not uncommon for the charge to be in the seven-to-10-cent per kWh range, costs which spawned the electric cooperatives' long-time interest in energy efficiency, getting the most benefit from the least expense.

Rippelmeyer, along with his brother, Ray, and cousin, Russell, produces corn, wheat and soybeans on 1,600 acres and produces about 4,500 hogs per year for market. He laughs at the early days' low costs and low utilization when there was such a limited amount of equipment for farm electricity usage. Electric bills are much higher, he says, but the benefits are there.

At the hog operation, for example, the Rippelmeyers mill their own feed and move it to hog feeders in the confinement buildings with electricity. "Why, it would take six guys with No. 14 scoop shovels to move the feed, and the electricity costs much less than the labor costs for six men. There's just no way you could be without it," he says.

Rippelmeyer has been around the farm all his life. Born and raised in the Valmeyer area near the Mississippi River, he went into farming partnership with his father in 1948. Now he and brother Ray have incorporated the operation, and Ray runs the hog business while Bob takes care of the grain side of the business. Bob and wife Doris live in the Niebruegge home, which is about 100 years old.

Rippelmeyer's farming operation isn't the only thing to keep him busy. He is a tax practitioner who prepares income tax returns for approximately 300 farms, small businesses and individuals in the Monroe County area. In addition, he provides consulting services of estate planning and farm incorporation. And, he is a Pioneer Seed Corn dealer.

community contribution which makes electric cooperatives valuable well beyond the electric service they provide.

He uses Monroe County Electric Co-Operative as an example of how an electric cooperative can continue to meet the needs of growing rural and suburban communities, as well as the needs of towns and cities, even though the cooperative may not provide electric service in the area. Citing

long-time leadership of cooperative personnel for various local community activities, such as the county fair and the chamber of commerce, Rippelmeyer stresses that electric cooperatives lend a strong hand to rural development, offering their resources for the overall benefit of the community.

Rippelmeyer recalled those early days of rural electrification, especially the costs. He says he remembered

energy
efficiency

Caulking materials: a variety of quality and price



As we discussed last month, weather-stripping materials are used to reduce air infiltration around windows and doors. Caulking compounds are materials used to fill and cover cracks and holes in the house envelope where wind or water enters.

Do-it-yourselfers will find many caulking compounds in a wide range of prices. Most materials are packed in cartridges and can be applied easily with a caulking gun. For large jobs, five-gallon containers of caulking for guns are used. Manufacturers usually print on each cartridge a description of the material, its performance quality, and directions for application.

Caulking materials that adhere to wood, glass, metal, plastic, and masonry should be selected since these materials expand and contract. Resistance to weathering, cracking, shrinkage, water, and mildew are also important. Some manufacturers will state the life expectancy of their product if properly installed inside or outside the home.

High-quality caulking compounds with a long life expectancy are generally the most expensive. Assuming that the caulking material is used outside as directed by the manufacturer, the following years of useful life may be expected: Silicone, polysulfides, polyurethanes — 20;

acrylic-latex, butyl rubber, and synthetic caulking compounds — two to 10; cheaper caulking compounds — one to seven. This is only a partial list and is not meant to exclude any product.

Caulking should not be applied at temperatures below 40 degrees F. It should be installed when temperatures range between 45 and 55 degrees F. At these temperatures expansion and contraction at joints are at a midway point.

Surfaces to be caulked should be clean, dry, and grease-free. Remove dust, loose particles, and old caulking. A steel brush is a good tool for cleaning joints. Caulking large cracks may require special technique for best results. Check the caulking manufacturer's recommendations. Sealing cracks and seams — Sealing exterior cracks and seams is an important part of home maintenance. It reduces entry to air, dirt, and moisture into the house and contributes to lower heating and cooling costs.

Among the most important exterior areas of a house requiring attention are:

- Chimney flashing

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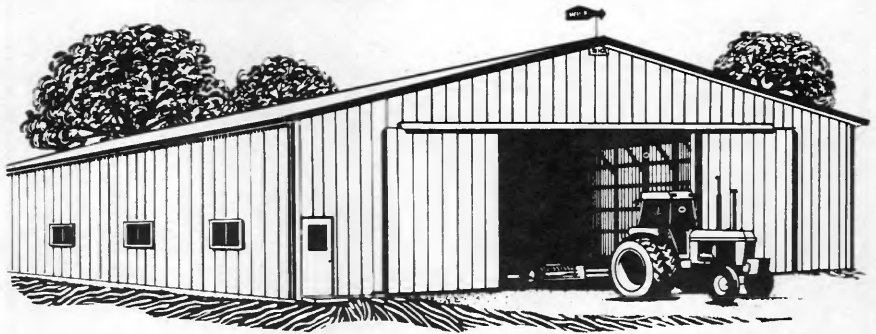
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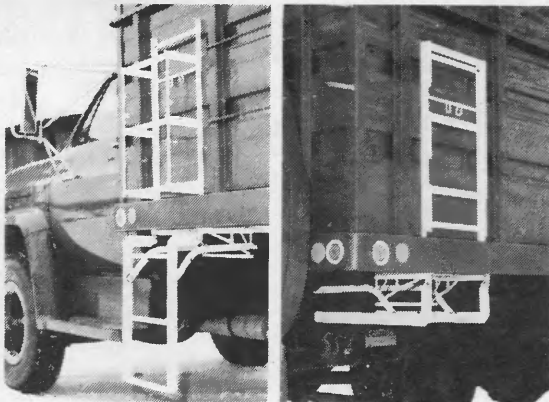
- Remove old, dried sealing materials. Clean area with a solvent to remove grease or other substances that would prevent a tight bond.
- Deposit sealing material at the bottom of the seam so it fills without bubbling
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- Prime before application.
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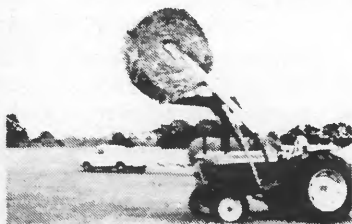


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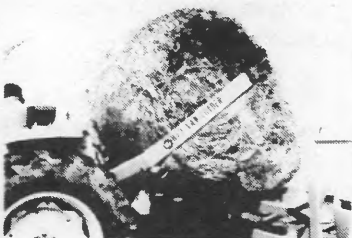
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Hotline school orientation session

Hotline work helps reduce power outages

Wind, ice and other weather elements may cause power outages from time to time, but periods of power interruption for line maintenance have been reduced to a minimum in the past several years. The principal reason for this decrease in system outage time is the technique of "hotline" maintenance, or the business of working on energized lines for necessary tasks such as pole, cross-arm or insulator changes.

There is a good chance that in the past several months, as you watched a television program, cooked a meal, or enjoyed the cool of your air conditioner, the electricity flowing into your home was coming across lines which were being worked on by cooperative employees. Thanks to the hotline methods, it isn't necessary to cut off power for many of the routine chores which are required to keep rural electric systems functioning. Using specially designed equipment and exacting procedures, electric linemen can change out a complete pole assembly without interfering with consumers' needs for electricity.

At the heart of this inconvenience-preventing work is the training program conducted by the Association of Illinois Electric Cooperatives (AIEC), the statewide service organization for the state's electric cooperatives. The focus of the training is the annual Hotline Training School conducted each fall for linemen of electric cooperatives, as well as

municipal utility systems in the states.

For the second straight year, the school has been held on the campus of Lincoln Land Community College (LLCC) in Springfield, near the headquarters of the AIEC. This year more than 150 people took part in the training exercises, which are spread out over a three-week period, and include two weeks of hotline training and one week of underground distribution line maintenance. The school was moved to Springfield in 1980, after many years at Southern Illinois University at Carbondale, due to expansion on the SIU campus, and the availability of a centrally located site such as Springfield.

Coordinated by the Job Training and Safety (JT&S) Department of the AIEC, the school is under the direction of John Ball, JT&S director, and Dick Roberts, JT&S instructor.

A typical week during the school includes a general orientation session, tool orientation, instruction in the rules for use of rubber gloves, and several days of hands-on learning.

The school's "faculty" is made up of the men who do the work. This year 10 employees of Illinois electric cooperatives served as instructors, complementing a similar number of instructors from various suppliers who provide equipment for use during the school. Cooperative employees serving

as instructors this fall included: Chuck West, Corn Belt Electric Cooperative, Bloomington; Wendell Letner, Coles-Moultrie Electric Cooperative, Mattoon; Terry Entwistle, Menard Electric Cooperative, Petersburg; Danny Mitchell, Illini Electric Cooperative, Champaign; Delbert Boston, Rural Electric Convenience Cooperative, Auburn; Dick Hilligoss, Eastern Illinois Power Cooperative, Paxton; Terry Killday, Western Illinois Power Cooperative, Jacksonville; Ken Nordmann, Wayne-White Counties Electric Cooperative, Fairfield; George Claus, Illinois Rural Electric Co., Winchester, and Don Long, also of Illinois Rural Electric Co.

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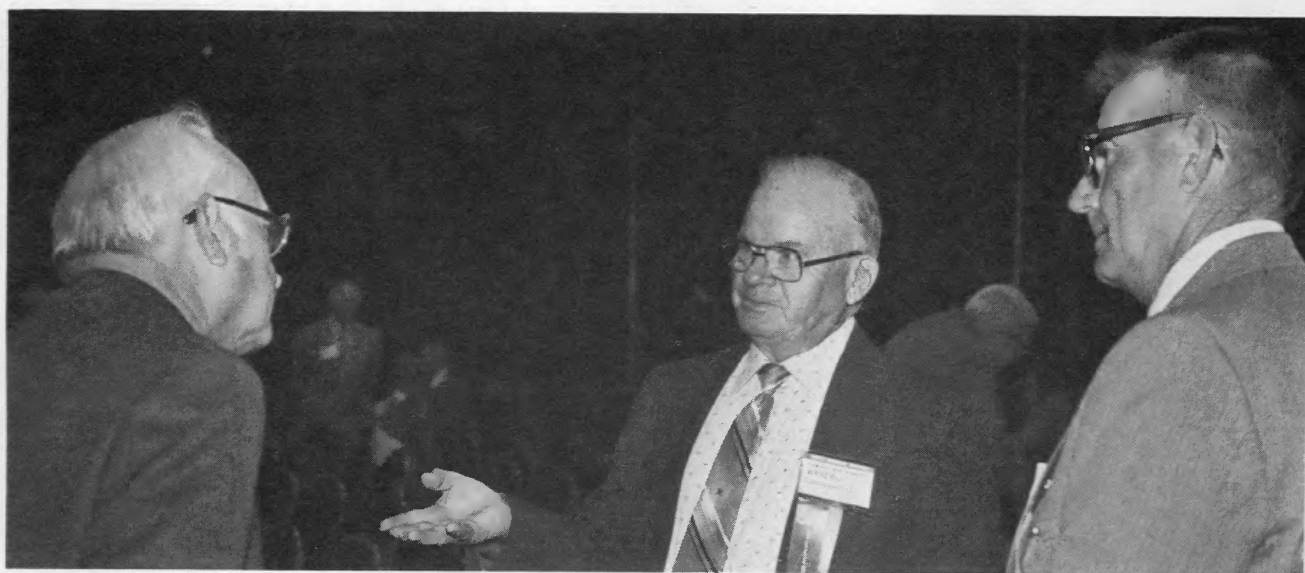
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At right: Thomas H. Moore, vice president and general manager of the Association of Illinois Electric Cooperatives, visits with members of the Illinois delegation at the Region V Annual Meeting October 6-8 in Des Moines. John Knueppel, center, and Joe Danielson are directors of Illinois Valley Electric Cooperative, Princeton. Below: William McCamey, manager of Spoon River Electric Cooperative, Canton, talks with Howard Montgomery, center, a director of Menard Electric Cooperative, Petersburg, and Donald Sill, a director of Spoon River Electric Co-operative, Canton.



NRECA manager warns:

Tough struggle lies ahead

“We’re delighted with our victory in the first round of the battle of the budget, but we’d better be prepared for a long, protracted struggle.” Those were the words of Robert D. Partridge, executive vice president and general manager of the National Rural Electric Cooperative Association (NRECA), speaking to some 400 delegates at the NRECA Region V Annual Meeting in October in Des Moines, Iowa. Partridge warned that only the easiest part of the fight was over.

Speaking to representatives of electric cooperatives in Illinois, Iowa

and Wisconsin, Partridge warned that, in spite of strong congressional support of the rural electrification program, the Reagan Administration is still determined to curtail the loan programs rural electric cooperatives depend on for investment capital. “We’re not spoiling for a fight,” he said, “but we’re ready if necessary. You in this room, and your members back home, have provided the strength that is necessary to do the job.”

Partridge noted that there should in fact be some budget cuts. “Behind every federal program,” he continued, “there’s a reason, whether you agree

with it or not. But budget cutting should be like thinning a row of corn. You keep the healthy, and weed out the ones that aren’t doing any good. The rural electrification program has proved to be healthy and viable. It’s doing a good job, accomplishing what it was supposed to do. There’s no reason to cut it.”

Partridge conceded that the electorate had mandated change, and NRECA agrees that some changes are necessary. “We didn’t mandate wholesale, indiscriminate cutting, though,” he added.

Partridge pointed out that investor-

owned, for-profit utilities were receiving good treatment from the administration. "There's a new bill to wipe out some of their debts, and to allow them to retain \$1-billion a year they were paying, in addition to \$3-billion they were already retaining. In contrast, the Office of Management and Budget (OMB) is asking you to take a whopping cut. We recognize that the investor-owned utilities need and deserve some consideration, and we're glad to see them get it, but where's the balance and fairness? For some reason, OMB says the rural electrics are destroying the economy, while the IOU's are part of the economic recovery."

Harold V. Hunter, an Oklahoma rancher recently appointed by President Reagan to head the Rural Electrification Administration (REA), told the delegates that the cooperatives should get used to the idea that federal money and loan guarantees will be drying up, and seek new sources of loans for needed capital. "There has been a gradual

trend in this direction," he said, "and it will have to be accelerated."

Hunter urged his listeners to communicate with their members, especially in regard to rates, which he expects to continue to escalate virtually indefinitely.

"Regardless of what happens, as we see the disappearance of some of

the cheaper imbedded interest rates and cheaper investments of yesterday, and when we see some of the newer higher costs being welded in, we know that rates are going to be raised in order to meet the costs of doing business, and the sooner you can warn your members, the better off you'll be," Hunter concluded.

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An essential part of farm operations

Electric energy is no longer a household luxury. Electricity has become an essential servant for farm and home — and it is no longer a minor inconvenience when the power goes off, especially if the outage lasts several hours or more.

For many, an outage means the discomfort of a furnace that does not run, or a refrigerator or freezer full of food that may spoil.

For others, a prolonged outage may mean that several hundred head of livestock in confinement buildings may die.

Whether electricity is a major convenience or an extreme necessity, you may be wise to look into the possibility of buying a standby generator for your farm or home. Electric cooperatives have built an admirable record for dependable service, but occasional, prolonged outages are unavoidable, usually due to severe weather such as tornadoes, lightning or ice storms.

Whether you buy a 35,000-watt generator or a 2,000-watt unit like many central Illinoisans did during the 1978 Easter ice storm outage, you should be absolutely sure your unit is isolated from the cooperative's lines any time it is generating current.

You can start up a generator any time and plug a few appliances into the outlets that are often built into such units. But any time you wire it into your home's fuse box or connect it at the meter pole, you will need a double-throw switch. Such switches protect the linemen working to restore service, and they protect your generator, too.

When you are using current from cooperative lines, the transformer at your location is stepping the voltage down from 7,200 to the 120 and 240 that you use in your home. When you run your generator and it is hooked

into the lines, the current flows the other way, and the 120-volt electricity you are making flows into the transformer and goes out the other side as 7,200-volt current, ready to give a lethal shock to a lineman who may have assumed that the line was dead.

And, the double-throw switch protects your generator, too. When the current from the normal source comes back on, it may ruin your generator unless it is isolated from the lines by a double-throw switch.

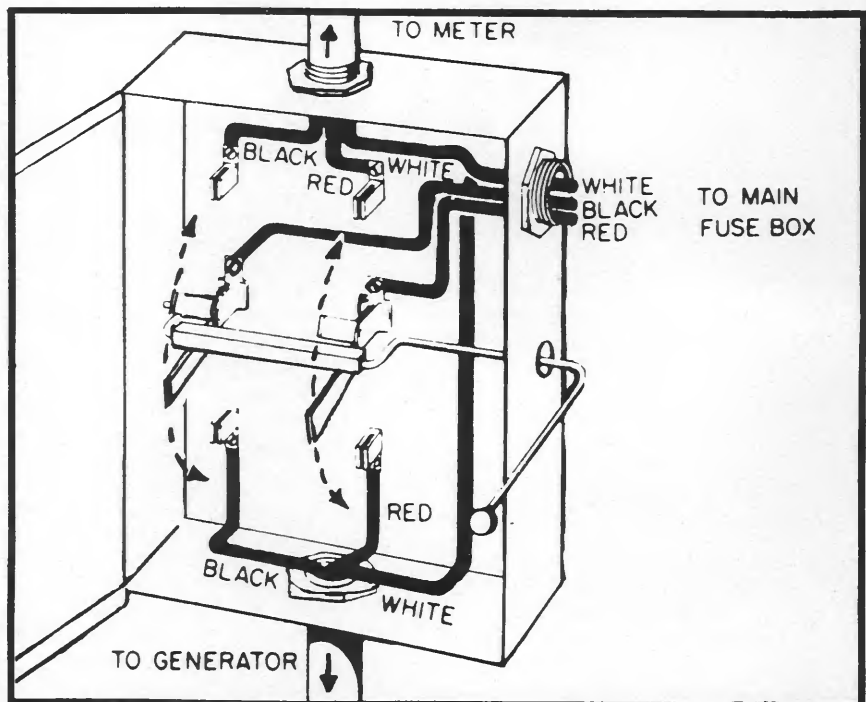
Determining the size of the generator you will need in the event of an outage may be a bit tricky, and may best be done with the help of your cooperative's power use advisor. Generally, though, the watt rating of the generator you purchase should be about equal to the total watts you might expect to need during an outage.

If the generator does not have

overload capacity, multiply the watt rating of your two largest motors by three, because a motor requires about three times as much current to start as it does to run.

A generator will be a help during an outage only if it is ready to use when an outage occurs. It should be stored in a dry, dustless place, but not covered too tightly (to prevent moisture condensation). And, it should be run briefly at least once every three months to ensure good running characteristics.

We hope you will not need to use a standby generator, but no electric distribution system that is exposed to wind and weather can hold up without occasional outages. If it is vital that you have electricity at all times, a source of standby power might be a good investment — but do not forget that double-throw switch.



Double-throw switches protect the linemen working to restore service and they protect your generator, too.

Fall is zooming right past us and it's time to get ready for winter. Although many heating systems are relatively maintenance free, others require a yearly routine of getting them ready for winter operation.

All Furnaces

Read the owner's manual as it will help in understanding your heating system. All belt-driven models should be checked for belt wear and proper belt tension. Oil the motor if it has cups or plugs over the bearings on each end of the motor. Caution! Do not over-oil. On belt models, oil the shaft bearings of the fan. Vacuum fan blades with care. The frames of furnaces and many other heating systems are grounded, therefore, a faulty vacuum cleaner could cause you to receive an electrical shock. On fossil fuel furnaces, check all flues and chimneys for leaves and bird nests. Check brick and rock chimneys for faulty mortar joints. Make sure ignitable items, such as clothing, cobwebs and paper are not too close to flues. Check all supply and return openings to be sure they are not blocked by furniture, drapes and other items.

Gas Furnace

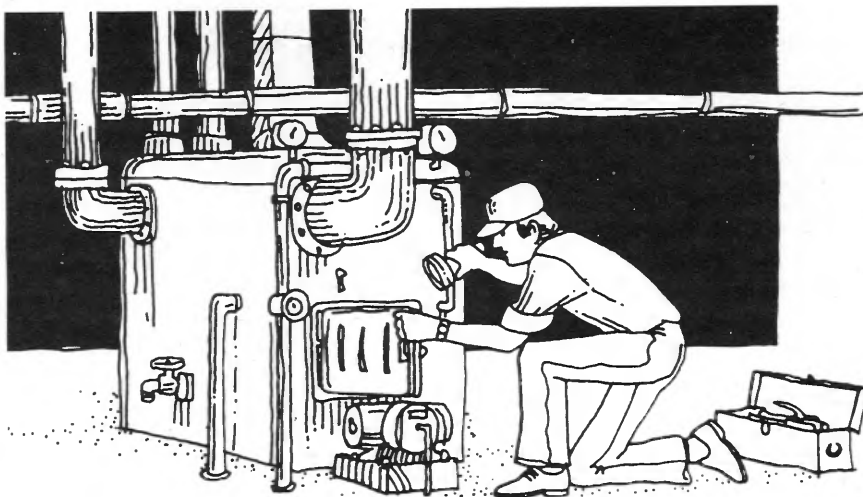
The air filter in the return air duct should be cleaned or changed. The pilot light nozzle should be turned off and cleaned by running a fine wire through the orifice of the nozzle. If you have trouble keeping the pilot on, the thermocouple may need changing.

To check the burners, turn up the thermostat and let the burners warm up for five minutes. Only blue flames should be showing. Adjust the combustion air intakes until the flame lifts off the burners — a sign of too much air — and then reduce air intake until the flame sets back down on the burners. You do not want yellow showing in the flame.

Heat Pump

Heat pump owners should make a special effort to understand the various stages and modes of heat the system goes through varying temperatures. The outdoor thermostats are set according to the heat loss of your home at various outdoor temperatures. If you have added insulation since these are installed, it is probable that the setting

Checking your heating system



should be changed. Cleaning the outdoor unit may be necessary several times a year, since the outdoor unit works year-round and leaves and grass accumulate in it.

A good serviceman should go over the entire system at least once a year.

Electric Furnace

The air filter in the return air duct should be cleaned or changed. Electric furnaces are normally installed using a heating thermostat that brings on all the elements in the furnace whenever the thermostat calls for heat. This causes the furnace to give a blast of hot air and later the house cools until it is almost uncomfortable before the blast of hot air comes rushing out again. A two-stage heating thermostat or two-stage heating — one-stage cooling thermostat, if you have central cooling, and the addition of one or two outdoor thermostats would make the heating much more even, giving greater comfort. This arrangement should add life to the furnace elements and fan motor, since the system would not need to cycle as often.

Oil Furnace

Drain off water that may have accumulated in the outdoor storage tank. This water comes from condensation due to changes in temperature of the weather. The fuel filter in the

oil line to the furnace should be changed, and the air filter in the return air duct should be cleaned or changed. The nozzle on gun-type furnaces should be changed before each heating season.

To check the flame, turn on and observe. If black smoke continues to be given off the tip of the flame, the furnace is out of adjustment. The proper oil-to-air ratio will give a clean burning flame. Even with a proper burning flame some soot will be given off during start-up. A soot buildup inside the firebox will act as insulation and rob the system of its heating efficiency.

Wood Or Coal Burning Equipment

These vary greatly in type and design, but a good inspection of grates, fireboxes and chimneys should turn up possible trouble spots. Acquaint yourself with the danger of creosote deposits, especially in the chimneys.

Word of Warning

If you attempt to service any heating system, be aware of the possible hazards. If you fail to get the proper flame color, or have doubts about your ability to service your equipment properly, call an experienced serviceman. Your cooperative will be able to advise you of qualified servicemen in your area.

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- ✓ Energy
- ✓ Money



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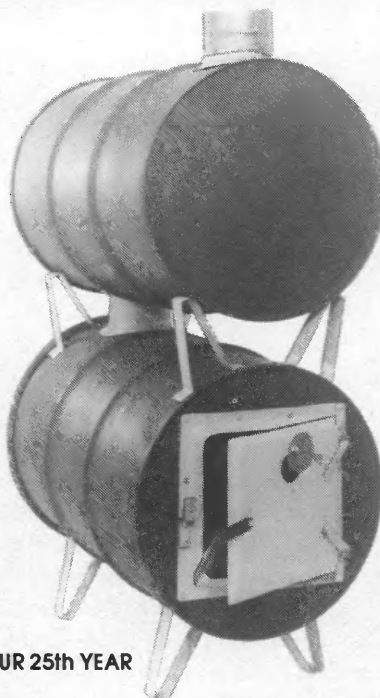
- **Heating Capacity:** 152,000 BTU/hr. bottom drum 243,000 BTU/hr. double drum.
- **Construction:** Door, door frame, flue collar, draft control, internal draft channel of 13 ga. steel legs, 1/8 in. steel hinges, latch, catch of 3/16 in. steel nuts and bolts. Top Drum: Connector flanges, pipe assembly, 4 nesting brackets, nuts and bolts.
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MELTS DOWN BODY FAT LIKE HOT WATER MELTS DOWN ICE!

London University "Crash-Loss" Wonder Diet . . .

BURNS AWAY MORE BODY FAT EACH DAY THAN 15-HOURS OF NON-STOP EXERCISE!

**Shrinks Down Your Waistline As Much As A FULL SIZE SMALLER IN JUST 24 HOURS
4 SIZES SMALLER IN JUST 14 DAYS!**

YOU ACTUALLY SHRINK YOUR BODY'S FAT CELLS STARTING IN JUST HOURS!

What you see on this page is news of a fantastic crash-loss program—the remarkable London University super slim-down diet—that speeds up your body's rate of fat burn-off so that, IN JUST A MATTER OF HOURS, you start to burn away clinging layers of fat . . . break down bulging pockets of flab . . . drain away excess puffy fluid, **just like hot water melts down ice** . . . so that, in just the first 48 hours, excess flab, fluid and fat gets melted away at such a staggering rate of speed you:

LOSE up to 1 lb. EVERY 8 to 12 HOURS

LOSE up to 1½ to 2 lbs. EACH DAY!

Yes, lose weight by the hour, carve away inches by the week and as stated above, and we feel compelled to repeat . . . shrink down as much as 4 sizes smaller IN JUST 14 DAYS!

GOVERNMENT OFFICIAL LOSES 10 POUNDS IN JUST 72 HOURS—

So effectively does this University wonder "crash-loss" diet step up your system's rate of fat burn-off, that:

■ When tested at one of medical science's foremost research centers on scores of grossly overweight men and women . . . they lost as much as 7 lbs. of excess fat, flab and fluid IN JUST THE FIRST 72 HOURS ALONE . . . and as much as another 3-5—even 7 POUNDS MORE the next 14 days!

■ Even more amazing . . . when tested not on ordinary overweight people but on the most extreme cases of obesity . . . it EVAPORATED up to 10 POUNDS OF FAT, FLUID AND FLAB IN JUST 3 DAYS TIME!

AS MUCH AS 50% OF ALL EXCESS WEIGHT GONE IN JUST 14 DAYS!

■ But most mind boggling of all . . . when tested on average overweight people . . . who for years lugged around a "spare tire" bulge of 10, 15 or even 20 extra sagging pounds . . . IT ACTUALLY MELTED AWAY AS MUCH AS 50% OF ALL EXCESS WEIGHT IN JUST 14 DAYS!

Yes, stepped up their body's rate of fat burn-off and melted away hard set fat with OVER 20 TIMES THE SPEED OF EVEN BRUTAL EXERCISE!

URNS YOUR ENTIRE BODY INTO A SUPER FAT-BURNING FURNACE!

In fact, based upon Calorie Burn-Off Research From California's Leading Medical School, the calorie-deficit created in your system by this "crash-loss" high-burn program (a staggering deficit of as much as 2,400 calories a day off required daily intake) works with such breathtaking speed you actually:

BURN AWAY MORE FAT EACH DAY than

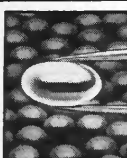
- Running 100 Miles A Week
- or—over 3,000 sit-ups and push-ups a day
- or—10 Solid Hours of Weight-lift workouts
- or—even 15 hours of non-stop Marine Corps calisthenics!

WAKE UP SLIMMER THE VERY FIRST MORNING!

What is this amazing fat-destroyer wonder program that helps to burn away fat by the hour—carve away inches by the week?

Briefly stated . . . it is London University's crash-burn diet, a remarkably simple way to take special combinations of high-burn foods and create what doctors call a "hypocaloric effect" to take place inside their bodies . . . that turns their system into a GIANT FAT BURNING MACHINE! Yes, actually reverses your body's fat build-up process as you COMPLETELY STOP EXCESS fat-builder calories from entering your system . . . or being absorbed by your body and turned into fat like in the past! So obviously, down go the calories, up goes the rate of fat-burn-off and off come the pounds and inches at a rate that absolutely staggers the imagination!

Yes, a TOTAL FAT-DESTROYER program that literally "ignites" a fat-burn chain-reaction inside your system . . . and ACTUALLY SHRINKS YOUR BODY'S FAT CELLS starting in just hours.



IF YOU READ NOTHING ELSE, READ THIS

This program involves a high-speed crash-loss diet that lowers caloric intake essential to the reduction of body weight. Such results cannot be achieved solely through the use of the tablets. The more overweight you are the higher caloric requirements, the more you have to lose, the faster you should lose it.

Because, quite obviously . . . since this London University ALL OUT ASSAULT ON FAT lowers your system's rate of calorie intake . . . raises the level of calorie burn-off . . . "revs-up" fat-burning metabolism . . . pounds and inches vanish at a rate that in plain simple talk is ABSOLUTELY MIND BLOWING!

AMAZING "INNER FURNACE EFFECT" HELPS TRIGGER THE MOST DYNAMITE FAT-BURN SPREE OF YOUR LIFE!

Now comes the most exciting news of all. Because, now from London, England comes the thrilling announcement and release to the American public of a wondrous reducing-aid formula that works before meals to reduce hunger, to help keep the program's "crash-loss" fat-burning chain-reaction going in your body non-stop all day long.

World's Leading Medical Authority on Obesity Reports:

' . . . as much as 50% of all excess fat gone in just 14 days.'

Called "MIRA-SLIM/100," these amazing tablets turn off your hunger drive . . . that maddening urge to eat just like you turn off a light switch. Makes it easier to lower calorie intake so you safely, surely TURN UP the level of your fat-burning metabolism after every time food enters your body on this London University wonder diet program.

Meaning the food you take in, the calories you enjoy are burned away even more quickly by your own stepped-up metabolic system. Yes, metabolized and oxidized in as little as 2 to 3 hours after eating!

THE FOOD YOU EAT NO LONGER TURNS TO FAT!

So, obviously, since it takes far less food to satisfy you, lowering calories is a lark. And since the calories you do take in on this "crash-loss" diet program are burned right out of your body after every time you eat . . . you start to TURN SLIMMER, not only the very first day . . . BUT—after the very first meal—and every meal thereafter! as excess fat and fluid start to disappear—GET OXIDIZED BY THE HOUR!

PROVE EVERY LOST OUNCE, EVERY LOST INCH —ENTIRELY AT OUR RISK

Right now, look at your figure in the mirror and ask yourself these questions—the solution to which is right now within your grasp.

How would I look one week from today as much as 5 to 10 pounds lighter?

How would I look in 2 weeks with my waistline 2 to 4 sizes smaller?

BUT DON'T STOP THERE—if you need to lose still more inches, then continue the London University "crash-loss" diet, continue to take "MIRA-SLIM/100" until you've reached the figure of your dreams.

6 INCHES CARVED OFF YOUR HIPS . . . UP TO ANOTHER 3 INCHES CARVED OFF YOUR THIGHS . . . ANOTHER 4 INCHES OFF YOUR BUTTOCKS . . . ANOTHER 6 INCHES OFF YOUR STOMACH . . . ANOTHER 6 INCHES OFF YOUR WAISTLINE!

Because NEXT TO COMPLETE STARVATION THERE IS SIMPLY NO OTHER MEDICALLY SOUND REDUCING PROGRAM THAT WORKS FASTER.

In fact, of all medically sound reducing programs
ONLY TOTAL STARVATION WORKS FASTER



as much as
4 SIZES SMALLER IN JUST 14 DAYS!

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Div. of London Diet Research, LTD.

Werries cites interest rates as 'devastating' to agriculture

Nearly 150 of the state's cooperative leaders and educators gathered at Illinois State University on October 1 for the banquet signaling the beginning of Cooperative Month activities in Illinois. This year's theme for the October observance was "Cooperatives — Building a Better America."

The Illinois Cooperative Coordinating Committee (ICCC) sponsors the annual kick-off dinner, which serves as a rallying point for cooperative leaders and staff members who participate in promoting public awareness of cooperatives. The ICCC, a clearinghouse on matters affecting the growth and development of Illinois cooperatives, has as its members representatives from most of the major marketing, supply and service groups in Illinois and Southern Illinois University and the University of Illinois.

Thomas H. Moore, executive vice president and general manager of the Association of Illinois Electric Cooperatives (AIEC), is ICCC chairman.

The featured speaker for the evening was Illinois Director of Agriculture Larry A. Werries. While paying tribute to the cooperatives for their roles in developing agriculture into a significant part of this country's economy, the Morgan County farmer tempered his praise with warnings of the challenges that lie ahead for cooperative member-owners.

"The high rates of interest have dealt a devastating blow to the agricultural industry," Werries said. "I know there are probably many Illinois farmers who will be forced to close

down their operations this fall. Unfortunately, many of those are young farmers whom we desperately need to protect in order to maintain the institution of the family farm."

There is uncertainty in the Reagan Administration about when the interest rates will come down, Werries told the audience. He pointed out that many of the President's advisors are talking about interest rates rising even farther, while "the very optimistic ones" are predicting that the rates will hover around 20 percent for the next year or two.

Despite the hardship rising interest rates have caused farmers, the Illinois ag director was encouraged about the economic picture by a letter President Reagan sent to Sen. Robert Dole of Kansas in mid-September. In the letter, a response to questions by Dole about the Administration's agricultural policies, the President reaffirmed his commitment that agriculture will never be singled out if trade embargoes are ever imposed by his administration.

Werries stressed the importance of cooperatives in helping those in agriculture to overcome future obstacles. "Now, more than ever, we need the cooperative spirit embodied in the nation's 7,000 purchasing, marketing and credit cooperatives," he said. "The pooling of individual effort for the common good is a spirit as necessary today as any time in the history of agriculture in this country."

The chairman of the ICCC pointed out that cooperatives have played a

key role in establishing Illinois as the leading farm commodity exporter in the nation. "The essential services cooperatives provide — electricity, farm supplies, marketing and credit — have helped make possible the agricultural production Illinois farmers achieve today," Moore said.

"That level of production would not be close to what it is if it were not for the active support of cooperative member-owners," he added. "Their participation is crucial to keeping their cooperatives strong and viable and, ultimately, to maintaining Illinois and our nation as the breadbasket of the world."

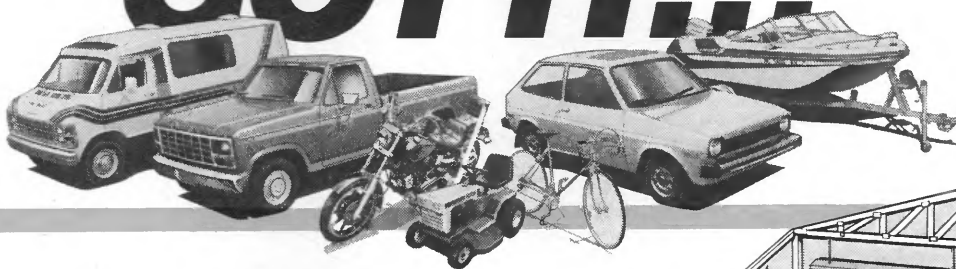
Banquet master of ceremonies Keith K. Kennedy, president of the Federal Intermediate Credit Bank, St. Louis, cited the ICCC's 1980 Cooperative Month Committee, under chairman John R. Campen, manager of the Illinois Milk Producers Association, for receiving a national award recognizing last year's Cooperative Month efforts.

Cooperative Month promotions developed by the 1981 committee, headed by Gordon M. Olsen, AIEC Director of Information and Printing, included production of television spots promoting cooperatives that were distributed on the Illinois Farm Bureau's programming network. Other publicity efforts involved preparation of a news release packet to Illinois newspapers, distribution of radio spots featuring interviews with prominent cooperative leaders, and the kick-off banquet.

*Illinois
Director
of Agriculture
Larry
Werries*



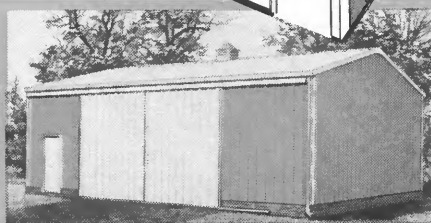
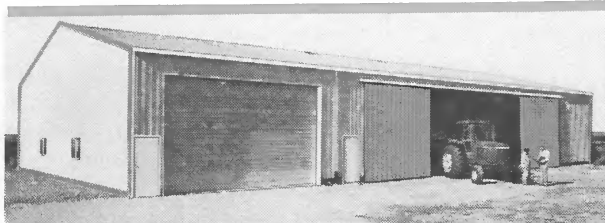
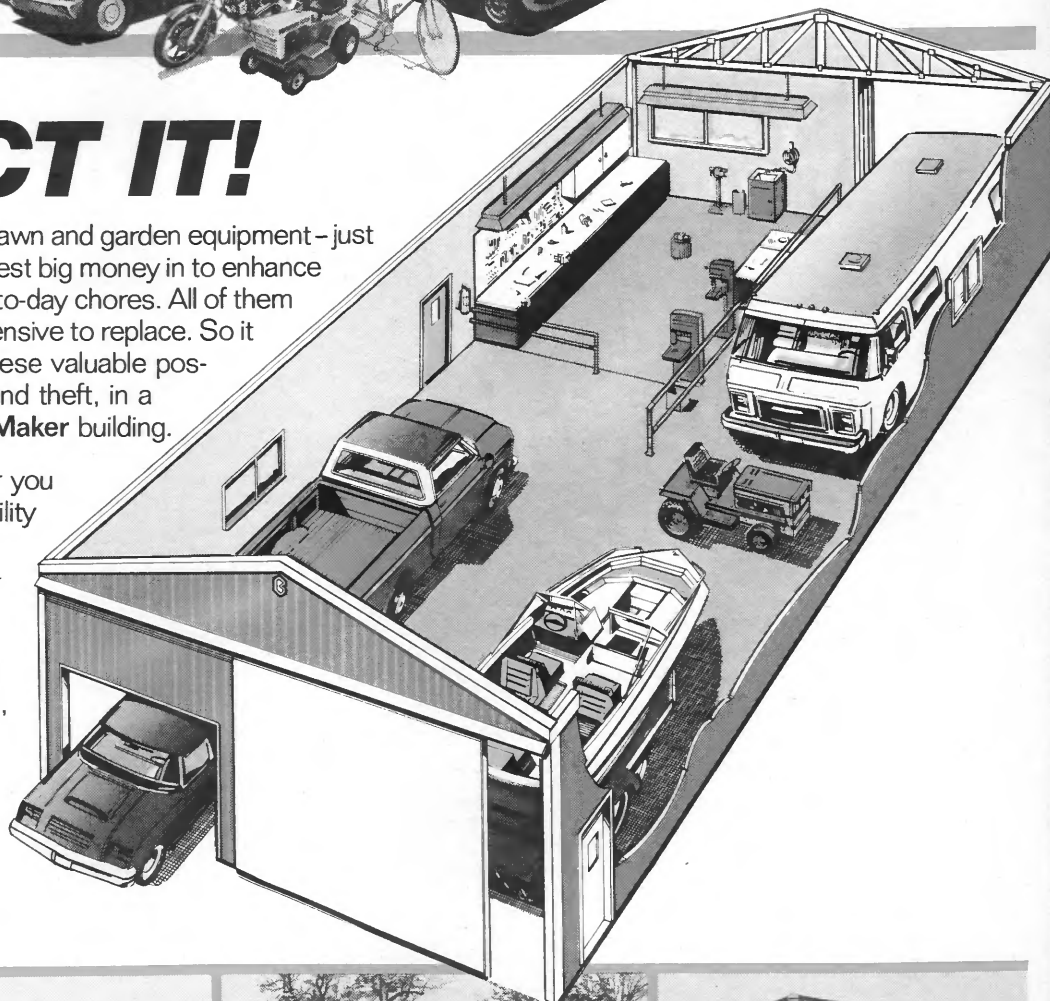
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November 1981

Bring on the Guests

TURKEY WITH CORN AND SAUSAGE STUFFING

- | | |
|---|--|
| 1 lb. bulk sausage | 1 pkg. (16 oz.) frozen whole kernel corn |
| 2 pkgs. (6 oz. pkg.) cornbread stuffing mix | 8 to 12 lb. turkey |
| 3 cups hot water | |

Break sausage into small pieces and brown well in skillet. Drain on absorbent paper; reserve drippings. Add butter or margarine to drippings, if necessary, to make $\frac{1}{2}$ cup. Place contents of Vegetable/Seasoning Packets and measured drippings in large bowl. Add hot water, stir to blend. Add Stuffing Crumbs; stir just to moisten. Stir in corn and the sausage. Do not stuff turkey until ready to roast. Rinse turkey with cold water. Sprinkle neck and body cavities with salt and stuff lightly with stuffing. Truss and roast at 325 degrees for about $3\frac{1}{2}$ to $4\frac{1}{2}$ hours. Makes 9 cups. Place any remaining stuffing in small baking dish; bake at 400 degrees for 15 minutes.

CRANBERRY AND ORANGE SALAD

- | | |
|--|-------------------------------|
| 2 pkgs. (3 oz. each) orange flavor gelatin | 1 small orange, unpeeled |
| 2 cups boiling water | 4 cups raw cranberries |
| 1 cup cold water | 2 medium apples, diced (opt.) |
| | $\frac{1}{3}$ cup sugar |

Dissolve gelatin in boiling water. Add cold water. Chill until thickened. Cut orange in wedges and remove seeds. Put orange and cranberries through food grinder; mix in apples and sugar. Fold into thickened gelatin. Pour into 9-cup fluted tube pan or two 4-cup molds. Chill until firm, about 4 hours. Unmold. Serve with crisp salad greens and mayonnaise, if desired. Makes 7 cups or 14 servings.

CRANBERRY APPLE SALAD

- | | |
|-----------------------------------|--|
| 1 pkg. lemon flavored gelatin | $\frac{1}{4}$ cup mayonnaise |
| 1 cup boiling water | 1 container (4 oz.) frozen whipped topping, thawed |
| $\frac{3}{4}$ cup cold water | 1 diced unpeeled apple |
| 1 can whole berry cranberry sauce | |
| 2 oranges | |

Dissolve gelatin in boiling water. Add cold water; measure $\frac{3}{4}$ cup and set aside. Chill remaining gelatin sauce; pour into 5 or 6 cup mold. Chill until set but not firm. Meanwhile, grate 1 teaspoon orange rind; then peel and dice oranges. Add rind to measured gelatin; chill until slightly thickened. Blend in mayonnaise and whipped topping. Add oranges and apple; spoon into mold. Chill until firm, at least 4 hours or overnight. Unmold. Makes about 5 cups or 10 servings.

PECAN-RAISIN STUFFING

- | | |
|--|---------------------------|
| 2 pkgs. (6 oz. each) cornbread stuffing mix | 3 cups hot water |
| $\frac{1}{2}$ cup (1 stick) butter or margarine, cut into pieces | 2 eggs, well beaten |
| | 2 cups chopped pecans |
| | $\frac{1}{2}$ cup raisins |

Place contents of Vegetable/Seasoning Packets and butter in a mixing bowl. Add hot water, stir just to blend and partially melt butter. Add Stuffing Crumbs and stir just to moisten. Mix in eggs, pecans and raisins. Makes 8 cups or enough for an 8 to 12 pound turkey. All the stuffing may be baked in a shallow 2-quart baking dish at 325 degrees for 30 minutes.

HOLIDAY YAMS

- | | |
|---|---|
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup melted butter or margarine |
| $\frac{1}{2}$ cup firmly packed brown sugar | Salt to taste |
| 2 tablespoons cornstarch | 4 or 5 medium yams or sweet potatoes, peeled and sliced |
| $\frac{1}{2}$ cup orange juice | |

Combine sugar and cornstarch; blend well. Stir in orange juice, butter and salt. Simmer over low heat stirring constantly until slightly thickened. Place yams in a lightly greased 2-quart casserole; add orange sauce, and bake at 350 degrees for 30 minutes.

REFRIGERATED ROLLS

- | | |
|--------------------------------|---|
| $\frac{3}{4}$ cup of margarine | $\frac{1}{2}$ cup of warm water |
| 1 cup of boiling water | 2 eggs, beaten |
| 2 teaspoons salt | $\frac{3}{4}$ cup of cold water |
| $\frac{1}{2}$ cup of sugar | $6\frac{1}{2}$ - $7\frac{1}{2}$ cups of flour |
| 2 pkgs. yeast | |

Mix margarine, boiling water, salt and sugar in large bowl until thoroughly blended. Let cool to warm. Soften yeast in warm water, blend in eggs and cold water. Beat into warm mixture in a large bowl. Add 3 cups of flour, $\frac{1}{2}$ cup at a time—beating vigorously after each addition until batter is smooth. Mix in enough remaining flour to make a soft dough that does not stick to the side of the bowl. Turn dough onto a lightly floured surface; let rest 5-10 minutes. Knead until satin and smooth. Form into a ball and put into a deep greased bowl; turn dough to bring greased surface to top. Cover tightly and refrigerate. Remove the dough you want to use and punch down and make into rolls. Brush tops with oil; cover and let rise in warm place until it doubles its size. Bake in 450 degree oven about 15 minutes. Dough will keep in refrigerator for 2 weeks if tightly covered.



CARROT SALAD

$1\frac{1}{2}$ to 2 lbs. carrots, chunked in 1-inch lengths and cooked until just tender. Drain and add 1 onion, sliced in rings (1 use the purple ones), and 1 green pepper sliced.

MARINADE

- | | |
|--------------------|---------------------------------|
| 1 cup sugar | $\frac{1}{4}$ cup vinegar |
| 1 can tomato sauce | 1 teaspoon Worcestershire sauce |
| 1 teaspoon salt | $\frac{1}{2}$ cup oil |
| 1 teaspoon pepper | 1 teaspoon dry mustard |

Bring to boil and pour over carrots, onions and pepper. Leave over night. Drain before serving. (Before serving, I have also added pitted ripe olives and cauliflower.)

AUNT LULA'S PIE

- | | |
|---------------------------|---------------------|
| 4 egg yolks | 1 cup raisins |
| 2 tablespoons butter | 3 teaspoons vinegar |
| $1\frac{1}{2}$ cups sugar | 1 teaspoon vanilla |
| 1 cup pecans | 4 egg whites |

Stir thoroughly together all ingredients except egg whites. Beat egg whites stiff, fold into mixture. Cook in unbaked pie shell at 325 degrees 50-60 minutes.

ORANGE DATE NUT CAKE

- | | |
|----------------------------------|--------------------------------|
| 2 sticks butter | 1 tablespoon orange juice |
| 4 eggs | 2 cups sugar |
| 1 tablespoon soda | $1\frac{1}{3}$ cups buttermilk |
| 2 tablespoons grated orange rind | 4 cups cake flour |
| 1 cup chopped nuts | 1 cup chopped dates |

Bake 350 degrees for 1- $\frac{1}{2}$ hours in tube pan.

ICING

- | | |
|--------------------------------|---------------------------|
| 1 cup orange juice | $1\frac{1}{2}$ cups sugar |
| 2 tablespoons rind grated fine | |

Pour over cake while it is hot and let stand until cake gets cold.

PEANUT BRITTLE

- | | |
|---------------|--------------------|
| 1 cup sugar | 2 teaspoons butter |
| 1 cup peanuts | Pinch of soda |

Cook sugar in an iron skillet, stirring constantly until it forms a syrup. Remove from stove and stir in peanuts that have been heated; add butter and soda. Pour onto greased cookie sheet to cool.

JAMCAKE

- | | |
|-------------------------|---------------------------------|
| 1 cup of butter or oleo | 1 teaspoon vanilla |
| 2 cups of sugar | $\frac{1}{4}$ teaspoon cinnamon |
| 3 cups of flour | $\frac{1}{4}$ teaspoon allspice |
| 4 eggs | $\frac{1}{4}$ teaspoon cloves |
| 1 cup of buttermilk | 1 cup of blackberry jam |
| 1 teaspoon soda | 1 cup of chopped nuts (opt.) |

Cream butter and sugar, then add eggs one at a time. Blend well. Dissolve soda in buttermilk. Add $\frac{1}{2}$ of flour and $\frac{1}{2}$ of buttermilk, mix well and then add remaining flour and buttermilk. Add remaining ingredients and bake at 350 degrees until inserted toothpick comes out clean.

ICING

- | | |
|-------------------------------|--|
| $\frac{1}{2}$ cup of oleo | $\frac{1}{4}$ cup of milk |
| 1 cup of brown sugar (packed) | $1\frac{1}{4}$ cups of confectioners sugar |

Melt oleo and add brown sugar. Boil over low heat for 2 minutes stirring constantly. Stir in milk. Stir until it comes to a boil. Cool to lukewarm—gradually add confectioners sugar and beat until spreading consistency. If icing becomes too stiff, add a little hot water—one drop or 2 at a time.

SWEET POTATO PIE

- | | |
|------------------------------|---------------------------------|
| 6 cups cooked sweet potatoes | 1 teaspoon cinnamon |
| 5 eggs (beaten) | $\frac{1}{2}$ teaspoon allspice |
| 1 can of Eagle Brand milk | |

Mix together and put into 2 unbaked pie crusts. Bake at 425 degrees 15 minutes—Reduce heat to 350 degrees and bake an additional 40 minutes or until knife inserted in center comes out clean.



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- No. 9390 is wardrobe for 11½ teen model doll. Use fabric scraps.
- No. 9436 is cut in sizes 10½, 12½, 14½, 16½, 18½, 20½. Size 14½ (bust 37) pantsuite 2 7/8 yards 60-inch.
- No. 9485 is cut in Women's sizes 34, 36, 38, 40, 42, 44, 46, 48. Yardages in pattern.
- No. 9015 is cut in sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) tunic 1½ yards 60-inch; belt, skirt 1 3/8 yards.
- No. 9052 is cut in waist sizes 33, 35, 37, 39, 41½, and 44 inches.
- No. 9467 is cut in sizes 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) takes 1 7/8 yards 60-inch fabric.
- No. 9420 is cut in sizes 10½, 12½, 14½, 16½, 18½, 20½, 22½. Size 14½ (bust 37) takes 3 yards 60-inch.
- No. 9438 is cut in sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) double collar 1 7/8 yards 60-inch; other 1 3/4.
- No. 9338 is cut in sizes 9, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) takes 3½ yards 60-inch fabric.
- No. 9473 is cut in Girls' sizes 6, 8, 10, 12, 14. Size 10 shirt, vest 1 5/8 yards 45-inch; skirt plus contrasts 1 7/8 yards.
- No. 9393 is cut in sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) takes 2¼ yards 60-inch fabric.
- No. 9181 is cut in sizes 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) takes 2 1/8 yards 60-inch fabric.

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A collection on the lighter side



Vernon McNear has a cigarette lighter that plays "Around the World I've Searched for You," and it would be hard to find a more appropriate song. McNear, a member of Adams Electrical Co-Operative, has a burning desire for the little machines people use to ignite their smoking materials, and he has amassed some 712 of them from, literally, around the world.

McNear, a long-time smoker, had

his interest sparked when a friend gave him a lighter as a gift. The hobby really caught fire when he went back into the Navy — he'd served a hitch during World War II — and the travel associated with Navy life opened up opportunities to find exotic additions to his collection.

"I have one from North Africa that's a poor man's lighter," McNear says, "and it's just a piece of rope attached to a striker setup. There's

no fuel, no fuel container, nothing extra. The user just flicks and flicks until the wick starts to smoulder and touches the tip of his cigarette to it. When he's done, he just pulls the wick back into the body and it dies out."

"I have another one," McNear says, "that's supposed to be one of a batch made especially for Al Capone. The guy who gave it to me said Capone wanted something to give to employees of his brewery as a gift, so

wall outlet and contained an automatic switch. When it sat in its receptacle on an ash tray or stand, it was cold. Once the user inverted it, a tiny heating element glowed, enabling an addict to fire up with minimum of exertion. Returning it, element downward, onto its "pad," automatically shuts it off again.

Some of McNear's lighters have a story behind them. One, a small sewing machine look-alike, is named "Sister." Mrs. McNear explains: "When Singer started making sewing machines for the Japanese market, they called them 'Brother.' This is a takeoff from that name. I think it's kind of clever."

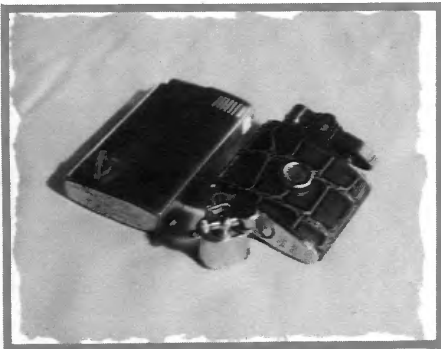
The McNear collection also offers a vest-pocket geography course. Apparently, maps were a popular topic for a time, and a clearly-outlined

map of the Middle East adorns one lighter, North Africa is pictured on another, and yet another sports a likeness of the Australian continent.

Still another of the lighters might be called "The smoker's fair weather friend." A solar-powered lighter, it requires a fair amount of sunlight to do its number.

Naturally, with so many lighters, the McNears decided to build a place for them. They keep their collection in a cabinet Vern made just for them, and they are displayed with the flints removed and with no fuel. "The flints oxidize in time," Mrs. McNear says, "and they set up like concrete. Aside from that, though, all our lighters will work, if we want them to. No two of our lighters are alike, and we think we have one of the best collections going."

At left, McNear displays his cigarette lighters and the special case he made to house them. Below is a sampling of the more exotic of the lighters in his collection.



he had these made on a special order. It's built on a beer can, which was a popular form of lighter in those days, but there were only 40 of these made, as far as I know."

While most of the lighters in the McNear collection are fueled by a liquid or gas and activated by flicking a sparking wheel, some are electric. A fairly common form of lighter in the 1930's, the McNears note, was an electric lighter that plugged into a

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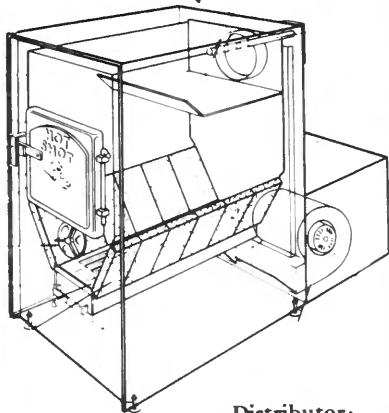
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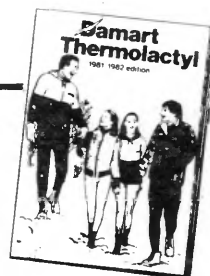
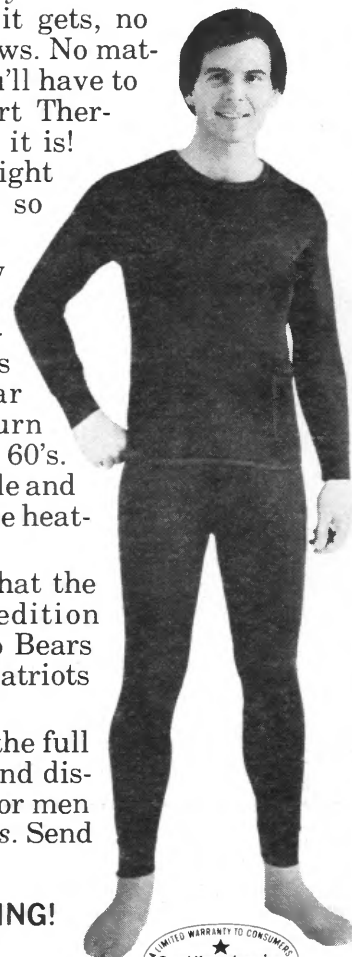
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