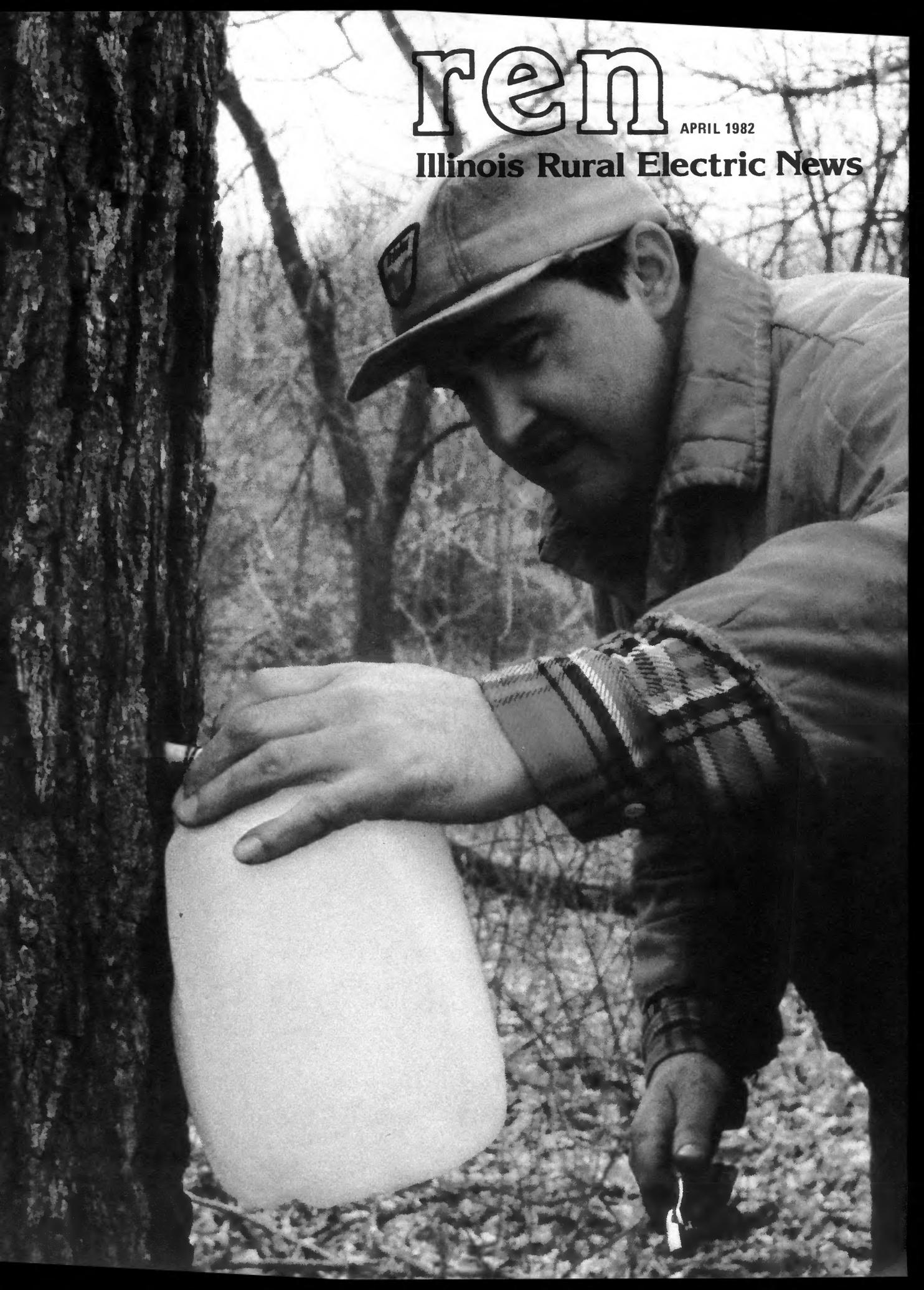


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Illinois Rural Electric News

Agriculture and America

Each year the National Agriculture Day observance picks up a little more steam as segments of American agriculture work to call attention to the achievements of the United States agriculture economy, the world's largest commercial industry with assets exceeding \$1-trillion.

This past March 18 hundreds of events ranging from shopping-center displays to parades to school activities helped bring the importance of our agriculture economy to Americans' attention. Observances across Illinois marked the special day, and the state had a special place in the organization and implementation of the activities. An Illinois man, Robert Lanphier, who is chairman of the Board of DICKEY-John Corp. in Auburn, served as president of the Agriculture Day Foundation, which coordinates the nationwide celebration. Secretary of Agriculture John Block, another Illinoisan, served as honorary chairman of the event.

Some facts and figures put together by the United States Department of Agriculture and the Agriculture Council of America Education Foundation illustrate agriculture's crucial place in our economy.

- One person working on a U.S. farm produces food and fiber for 78 other persons, 51 in the United States and 27 abroad.
- We spend less than 17 percent (16.6 percent) of our disposable income on food today, compared with as much as 60 to 70 percent in some countries. In 1970, we spent

17.2 percent; in 1960, 20 percent.

- One farmer or farmworker creates jobs for more than five nonfarm men and women, who produce the items farmers need and who process, transport and merchandise the crops that farmers harvest for sale.
- American agriculture is the world's largest commercial industry, with assets exceeding \$1-trillion. This industry employs nearly 23 million people, a full 22 percent of America's total labor force. The agricultural industry encompasses manufacturing, farming, transportation, processing and merchandising.
- In the last 20 years, agricultural productivity per hour has increased more than three times as fast as the non-agricultural productivity rate.
- Twenty years ago, the farmer's share of the consumer's retail food dollar (for food grown on U.S. farms) was 38 cents. Today, the farmer's share is 37 cents.
- Today, one hour of farm labor produces 14 times as much food and crops as it did 60 years ago.
- Farmers pay about \$3.5-billion in farm real estate taxes annually, \$606-million in personal property taxes, \$3.8-billion in federal and state income taxes, and about \$344-million in sales taxes.
- Annually, farmers spend about \$131-billion for goods and services to produce crops and livestock. In addition, they spend up to \$46-billion for personal taxes, investments, and for consumer things that city people buy.

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Cover: Tom Ayers finds himself in a sticky situation each Spring. It's a welcome condition, though — he harvests maple syrup from sap drained from trees near his Edgar County home. (See story on pages 4 and 5.)

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Tom and Treva Ayers are in a sticky situation and they are happy about it. Every spring, when the nights are crisply cold and the days sunny and warm, the Edgar Electric Cooperative members take a brace and bit, a few yards of baling wire, some short lengths of plastic piping and about 50 plastic jugs and head for the nearest hard maple grove. There, they use the assorted paraphernalia to tap maple trees for the sap they need to boil down into maple syrup.

First, they drill a hole half an inch in diameter and a little more than an inch deep in the tree. A short length of PVC pipe goes into that to form a spout. They use a baling wire to fasten the plastic jugs to the spouts.

"The best time to collect the sap is on a warm day after a good hard freeze," Tom says, "because that's when the sap's moving. There are times when you have to really keep at it to keep up with the flow, then, and you have to cook it about as fast as you get it, because it'll spoil if you don't. It makes for some long, busy days."

On a good day, they will get enough of the slightly greenish, almost

Spring is maple syrup time

clear liquid to fill their 100-gallon cooker tank, which sits atop a firebox. About eight hours later—if everything goes right—they will quickly remove the cooker tank from the firebox and set it on the pair of sawhorses. This prevents scorching. Then, they will tap some two gallons of thick, tawny-colored syrup from a spigot in the cooker tank.



"We need to have cooperation from the wind," Treva says, "because if it's blowing real hard the fire doesn't burn well and the sap takes a long time to cook down."

Tom, who farms about 250 acres near Chrisman, also builds high quality wood stoves. He sets aside his welding rig to make syrup and the three Ayers children help, too. Tammy, Tina and Teresa all pitch in as much as they can. "It's a fun family activity," Tom says, explaining why the family makes the sticky stuff, "and it's something to do in the spring. It's something that used to be fairly common and it was dying out. I hated to see that and I knew a couple of guys in town who used to make syrup a lot. Bert Coonce and George Frazier are both men who made a lot of syrup in their day, so I talked to them and asked questions and just kind of picked up the skills as I went along. It's really not too hard. The main thing is to not let it get too hot when it's cooking."

A lifelong woodburning enthusiast, Tom naturally uses wood to cook down the sap. "There's nothing special about the wood," he laughs, adding, "we'll use about anything that's good and dry."

While they use more modern materials than you see in the old woodcuts, the results are the same. Tim, Treva and their girls are keeping alive a tradition that dates back to colonial times—and enjoying some delicious syrup, too!



Improvised pails gather sap in top left photo, while Tom and Treva, above, cook a batch over the wood burning cooker. At right, from top to bottom: Ladle helps determine how far the cooking process has progressed — sap thickens as it cooks. A droplet of syrup is suspended from the spigot used to draw off the finished product. The end result — a jar is filled with thick, tawny syrup.



Kenneth Marlow, front center, of Huntsville receives congratulations from Donald B. Bringman, Western Illinois Power Cooperative (WIPCO) manager, following Marlow's election as president of the Jacksonville-based generation and transmission cooperative. Robert E. Gant, left, of Winchester was elected vice president. Gene H. Burton, back left, of Browning was reelected secretary-treasurer, and Stanley Otten of Modesto was elected assistant secretary-treasurer.

WIPCO

Weather contributes to reduced usage; Marlow elected president

Mild weather during 1981 is reflected in reduced energy consumption by consumers of its member cooperatives, the annual report of Western Illinois Electric Cooperative (WIPCO) indicates. Reports of officers and management delivered during WIPCO's Annual Meeting Tuesday, March 9, in Jacksonville, said total consumption declined for the third consecutive year, while peak demand dropped for the second time in three years.

WIPCO, headquartered in Jacksonville, is a federation of seven western Illinois electric cooperatives: Adams Electrical Co-Operative, Camp Point; Illinois Rural Electric Co., Winchester; M.J.M. Electric Cooperative, Carlinville; Menard Electric Cooperative, Petersburg; Rural Electric Convenience Cooperative Co., Auburn; Spoon River Electric Co-operative, Canton; and Western Illinois Electrical Coop., Carthage.

Despite this decline in usage and demand from 1980 to 1981, WIPCO Manager Donald B. Bringman said, wholesale power costs increased for the same period. Wholesale power

accounted for 74.3 percent of all WIPCO expenses in 1981. "Purchased power costs in 1981 were up about three percent from 1980," Bringman said, "even with kilowatt-hour purchases being five percent below the year before."

"Total cost of purchased power and production expense represented 90.8 percent of all expenses in 1981," Bringman added. WIPCO owns a generating station at Pearl (Calhoun County) on the Illinois River and purchases additional power from Illinois Power Company and Central Illinois Public Service Company.

Fourteen persons representing the seven member cooperatives were reelected to the board of directors. They are: Kenneth Marlow of Huntsville and Roger Mohrman of Camp Point (Adams); Virgil T. Parks of Milton and Robert E. Gant of Winchester, (Illinois Rural); Wayne Harms of Carlinville and Charles Witt of Carlinville (M.J.M); Robert F. Zook of Athens and John Root of Petersburg (Menard); Stanley Otten of Modesto and Roy D. Goode of Auburn (Rural Electric); Gene H.

Burton of Browning and William C. McCamey of Canton (Spoon River); and Harold Massie of Carthage and Lester W. Aeilts of Carthage (Western).

Aeilts, in his president's report, cited the work of two former WIPCO directors, retired Adams Manager Dean Searls of Camp Point and the late Charles Melvin of Carthage. Searls was an incorporator of WIPCO. Melvin not only served on the board of WIPCO but was president of the Western Illinois Electric Coop. board at the time of his death.

He said, "Nineteen eighty-one will be remembered as a year of very mild weather, contributing to another reduction on kilowatt-hour usage," as he called delegates' attention to declining usage throughout the seven systems.

Burton's report showed total electric revenue of \$22,823,050, up somewhat from 1980, but the increase is offset by higher purchased power, supplies and insurance costs. Total electric sales to member-cooperatives were 551,505,000 kilowatt-hours, down 21-million from 1980. The load factor, the cooperative's average electric load as a percentage of its peak, was 44.7 percent, the same as in 1980. Both 1980 and 1981 were down sharply from the 1979 factor of 50.9 percent.

Following the members' meeting, the board met and elected Marlow as president; Gant, vice president; and Otten, assistant secretary-treasurer. Burton was reelected secretary-treasurer.

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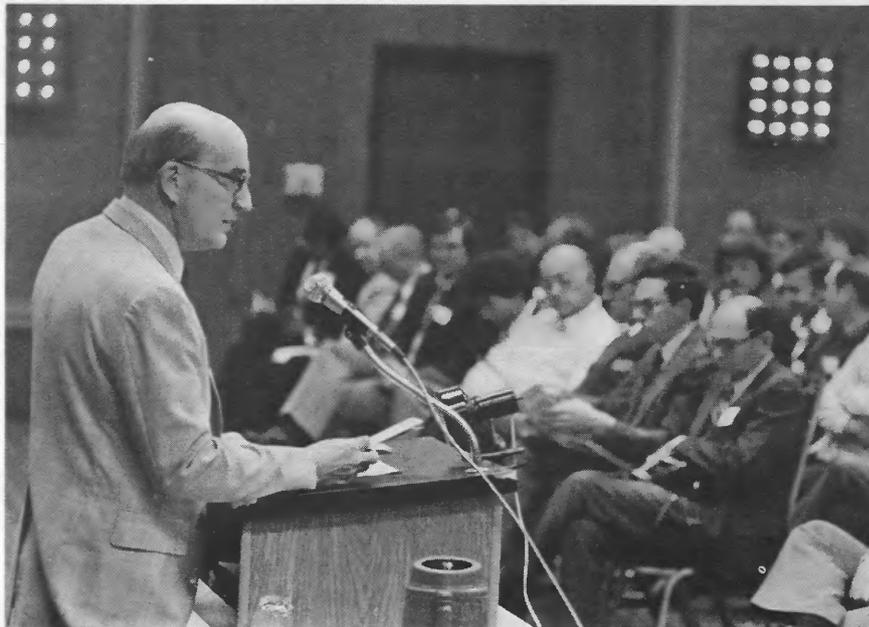
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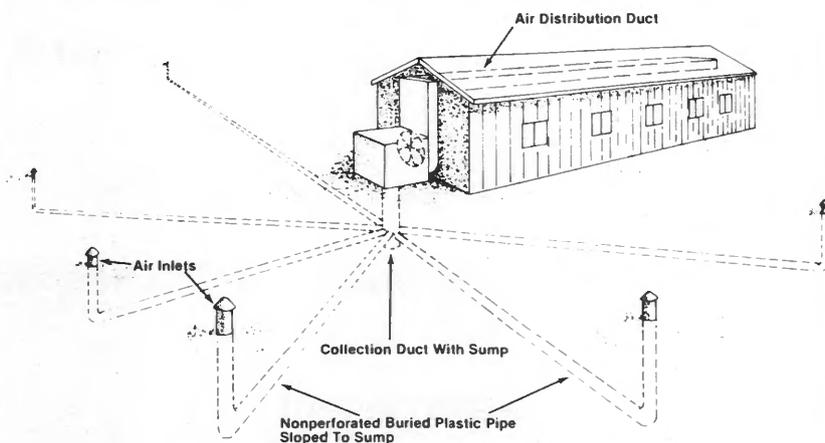
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At right, Professor Don Jedele of the University of Illinois speaks to the 150 persons who attended the Farm Structures Day meeting March 17 in Champaign. The one-day meeting was designed to acquaint builders and farmers with the latest building and energy conservation technology.



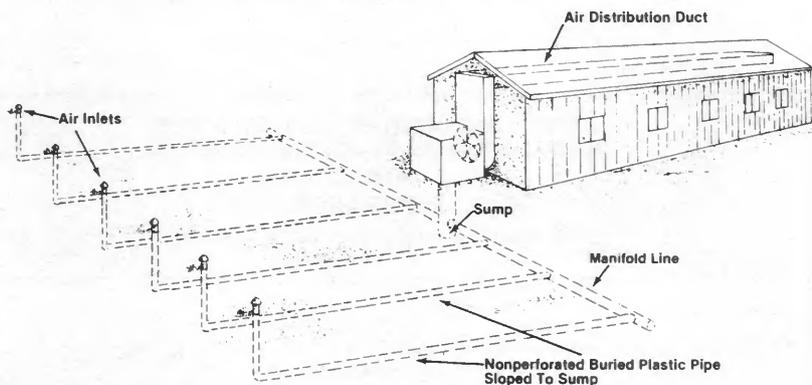
Energy efficiency top building priority

Earth-Tube Heat Exchanger-Radial System



System layout using the wagon wheel (radial) pattern.

Earth-Tube Heat Exchanger-Lateral System



System layout using the lateral tubing pattern.

As energy costs escalate, farmers need more energy-efficient buildings and the people who build farm structures need to know how to increase their efficiency. That was the thrust of the "Farm Structures Day," a workshop and mini-trade show held March 17 in Champaign.

The show, sponsored by the University of Illinois Agricultural Engineering Department, drew some 150 farmers, farm building contractors and suppliers. Speakers talked about subjects ranging from recovering body heat from pigs to mouse control (best method to date — keep a cat in the building).

A. J. (Art) Muehling, U of I professor of agricultural engineering, noted that when energy costs were relatively low, hog farmers were willing to heat farrowing and nursery buildings to 80 degrees Fahrenheit, and some even went to 90 degrees.

"But with today's increased energy costs," he said, "many are looking for ways to reduce energy loss while still maintaining maximum pig comfort."

Solar heating, he suggested, offers one alternative, and there are several heat exchangers on the market that are designed to recover heat from confined hogs while still providing the ventilation necessary. "The thing to look for in these exchangers," Muehling says, "is that they should be

easy to clean, because they're going to get dirty."

"Earth tube heat exchangers use soil as a heat sink or source for tempering the ventilating air and, depending on the season, air is heated or cooled as it is drawn through a buried tube. This seems to offer some real energy conservation possibilities." That was the message offered by Warren Goetsch, area adviser, agricultural engineering, Cooperative Extension Service, Springfield. "At this point," he continued, "design criteria are limited, but some early, basic work has been done in Europe and the Midwest, including Illinois."

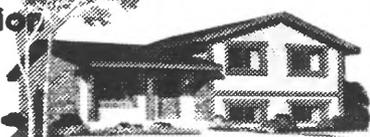
The tests have shown that characteristics of both soil and air-tubes affect the performance of a system, and sandy soils seem to offer less ability to store and conduct heat than clay or silty soils.

Howard Cox, of Cox Building Systems, discussed the possibility of using a solar-assisted heat pump to warm farm buildings. "I think the solar-assisted heat pump is the way to go in many cases," he said, adding, "the idea of using solar is to preheat the air coming to the heat pump. Actually, you're trying to make the heat pump think it's warmer outside than it really is. And it works."

Roland F. Espenschied, also a U. of I. Agricultural engineering professor, talked about "Wiring for Agriculture's Hostile Environments," or places where dust, vapors or vermin, or combinations of them, might present problems. "While they give trouble for farmers," Espenschied told the builders in the audience, "probably the biggest problem in farm structures is the failure to provide for adequate current in the first place. I don't think I've ever talked to a farmer who didn't wish he had more electrical capacity in his buildings. Whether you're a builder or a farmer who's doing his own work, when it comes time to set up the electrical load, leave plenty of capacity for the future."

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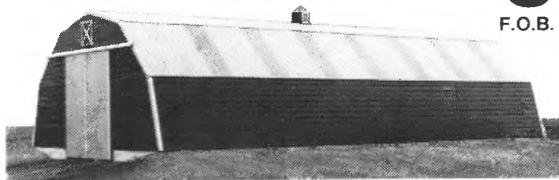
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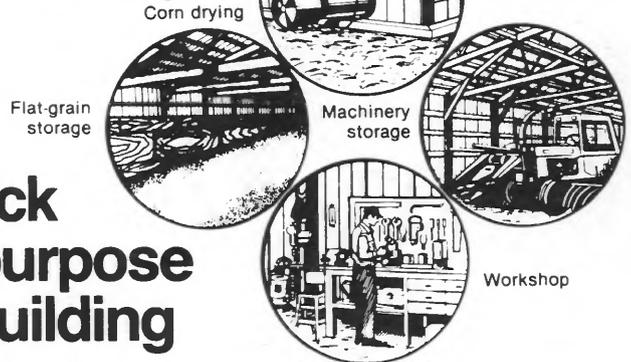
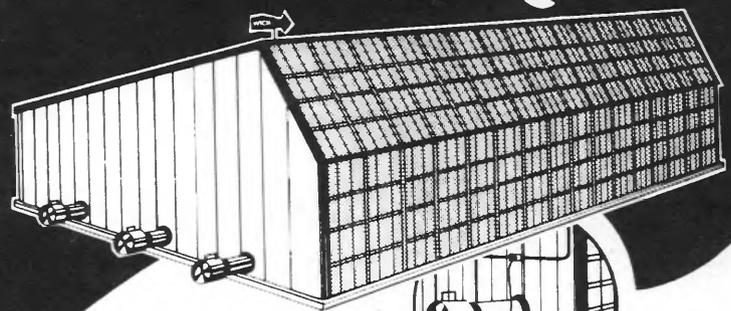
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Two of the estimated 7,000 who attended the show are pictured above. Exhibits ranged from animal health care products to large tractors.

Good weather boosts farm show attendance

The weather was fair, the ground was dry and the sun peeked occasionally from behind the thin cloud layer. In short, the weather cooperated with efforts to make the 23rd Annual Farm Materials Handling Show a success. The show, held March 2-4 at the Washington County Fairgrounds in Nashville, enjoyed better-than-average weather. So did those attending.

The turnout was fairly good, notes Willard P. Wiggers, general show chairman and director of member services for Monroe County Electric Co-Operative. Wiggers says the good attendance was, along with the weather, only part of the good news. "I heard several exhibitors say that the people, at the show this year were really in a buying mood," he says, "and we estimate that about 7,000 people turned out to see the variety of items that filled the 120 indoor exhibit spaces. That's 15 percent more spaces than we had last year. There were also several outdoor spaces for heavy equipment.

"One noticeable difference this year," Wiggers says, "was that there weren't any solar displays, and there were fewer wood stove exhibits, too. They seemed to be replaced by TV

satellite dish antennas. There were two of them here this year, and they were a 'first' for this show."

Even as the numbers for this year's show are being tallied, plans are being made to make it bigger and better next year. The show's planning committee is working with the Washington

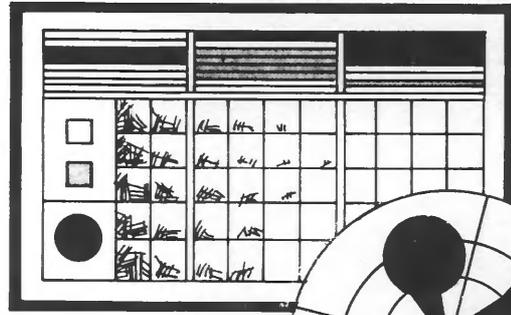


A farmer watches a product demonstration.

County Fair Board — from which the committee leases show space — seeking additional indoor space, especially with high overhead clearance to accommodate large exhibits.

The Washington County Vocational Workshop again served meals during the event, and sold some 375 full meals, plus many sandwiches and side orders. Those attending the event also drank 65 gallons of coffee and 13 gallons of milk. The Workshop also sold 600 doughnuts and 30 pies.

Sponsors of the show include the Illinois Farm Electrification Council, Cooperative Extension Service, University of Illinois, Southern Illinois University-Carbondale College of Agriculture and the electric suppliers in the region, Illinois Power Company and nine electric cooperatives: Clay Electric Cooperative Association, Clinton County Electric Cooperative, Egyptian Electric Cooperative Association, Monroe County Electric Co-Operative, Southeastern Illinois Electric Cooperative, Southern Illinois Electric Cooperative, Southwestern Electric Cooperative, Tri-County Electric Cooperative and Wayne-White Counties Electric Cooperative. The Nashville Chamber of Commerce assists with local arrangements.



Keeping your house cool in warm weather

There are many ways to cool and save

Overcooling is expensive and wastes energy. Don't use or buy more cooling equipment than you actually need.

If you need central air-conditioning, select the smallest and least powerful system that will cool your home adequately. A larger unit than you need not only cost more to run but probably won't remove enough moisture from the air.

Ask your dealer to help you determine how much cooling power you need for the space you have to cool and for the climate in which you live. (For further information, see the story at the right.)

Make sure the ducts in your air-conditioning system are properly insulated, especially those that pass through the attic or other uncooled spaces. This could save you almost nine percent in cooling costs.

If you don't need central air-conditioning, consider using individual window or through-the-wall units in rooms that need cooling from time to time. Select the smallest and least powerful units for the rooms you need to cool. As a rule, these will cost less to buy and less to operate.

Install a whole-house ventilating fan in your attic or in an upstairs window to cool the house when it's cool outside, even if you have central air-conditioning.

It will pay to use the fan rather

than air-conditioning when the outside temperature is below 82 degrees. When windows in the house are open, the fan pulls cool air through the house and exhausts warm air through the attic.

When you use air-conditioning set your thermostat at 78 degrees,

example), you should save between 12 and 47 percent in cooling costs, depending on where you live.

Don't set your thermostat at a colder setting than normal when you turn your air-conditioner on. It will not cool faster. It will cool to a lower temperature than you need and

Check the EER

If you're in the market for a room air-conditioner before the new labels are in place, you should be aware of the Energy Efficiency Ratio numbers that were developed for these appliances during an earlier voluntary appliance labeling program. They still may be in use in your community.

The Energy Efficiency Ratio (EER) is a number that rates the energy efficiency of similar appliances. The higher the EER number, the more efficient the appliance. The EER numbers are approved by the U.S. Department of Commerce's National Bureau of Standards before they can be used.

Example: EER's for room air-conditioners can be as low as 5.4 and as high as 11.5. The 11.5-rated room air-conditioner is more than twice as efficient as the 5.4 unit and uses less than half the electrical energy.

Manufacturer and dealers display the EER numbers in different ways. If you cannot find the EER number of the models you are considering, you should be able to get the information from the dealer.

a reasonably comfortable and energy-efficient indoor temperature.

The higher the setting and the less difference between indoor and outdoor temperature, the less outdoor hot air will flow into the building.

If the 78 degrees Fahrenheit setting raises your home temperature six degrees (from 72 to 78 for

use more energy.

Set the fan speed on high except in very humid weather. When it's humid, set the fan speed at low; you'll get less cooling but more moisture will be removed from the air.

Clean or replace air-conditioning filters at least once a month. When

the filter is dirty, the fan has to run longer to move the same amount of air, and this takes more electricity.

Turn off your window air-conditioners when you leave a room for several hours. You'll use less energy cooling the room down later than if you had left the unit running.

Consider using a fan with your window air-conditioner to spread the cooled air farther without greatly increasing your power use. But be sure the air-conditioner is strong enough to help cool the additional space.

Don't place lamps or TV sets near your air-conditioning thermostat. Heat from these appliances is sensed by the thermostat and could cause the air-conditioner to run longer than necessary.

With or without air-conditioning keep out daytime sun with vertical louvers or awnings on the outside of your windows, or draw draperies, blinds, and shades indoors. You can reduce heat gain from the sun by as much as 80 percent this easy way.

Keep lights low or off. Electric lights generate heat and add to the load on your air-conditioner.

Do your cooking and use other heat-generating appliances in the early morning and late evening hours whenever possible.

Open the windows instead of using your air-conditioner or electric fan on cooler days and during cooler hours.

Turn off the furnace pilot light in summer, but be sure it's reignited before you turn the furnace on again.

Dress for the warmer indoor temperatures. Neat but casual clothes of lightweight open-weave fabrics are most comfortable.

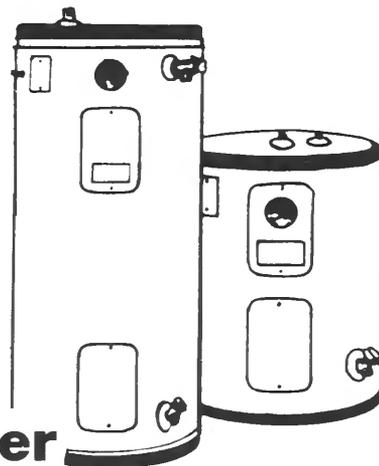
A woman will feel cooler in a lightweight skirt instead of slacks. A man will feel cooler in a short-sleeved shirt than in a long-sleeved shirt of the same weight fabric.

Without air-conditioning be sure to keep windows and outside doors closed during the hottest hours of the day.

Use window or whole-house ventilating fans to cool the house when it's cool outside.

Use vents and exhaust fans to pull heat and moisture from the attic, kitchen, and laundry directly to the outside.

Saving with your water heater



Heating water accounts for about 20 percent of all the energy we use in our homes. Don't waste it.

Repair leaky faucets promptly. One drop a second can waste as much as 60 gallons of hot or cold water in a week.

Do as much household cleaning as possible with cold water. Insulate your hot water storage tank and piping.

Watch the peak

During late afternoon and early evening hours the load on your cooperative's electrical systems usually reaches its peak. To meet the heavy demand, electric utilities often must use back-up generating equipment that is not energy efficient.

Try to use energy-intensive appliances such as dishwashers, clothes washers and dryers, and electric ovens in the early morning or late evening hours to help reduce that peakload.

Energy-efficient water heaters may cost a little more initially, but reduced operating costs over a period of time can more than make up for the higher outlay.

Buy a water heater with thick insulation on the shell. While the initial cost may be more than one without this conservation feature, the savings in energy costs over the years will more than repay you.

Add insulation around the water heater you now have if it's inadequately insulated, but be sure not to block off needed air vents. That would create a safety hazard, especially with oil and gas water heaters. When in doubt, get

professional help. When properly done, you should save about \$15 a year in energy costs.

Check the temperature on your water heater. Most water heaters are set for 140 degrees Fahrenheit or higher, but you may not need water that hot unless you have a dishwasher. A setting of 120 degrees can provide adequate hot water for most families.

If you reduce the temperature from 140 degrees (medium) to 120 degrees (low), you could save over 18 percent of the energy you use at the higher setting. Even reducing the setting 10 degrees will save you more than six percent in water heating energy.

If you are uncertain about the tank water temperature, draw some water from the heater through the faucet near the bottom and test it with a thermostat.

Don't let sediment build up in the bottom of your hot water heater, it lowers the heater's efficiency and wastes energy. About once a month, flush the sediment out by drawing several buckets of water from the tank through the faucet.

Use cold water rather than hot to operate your food disposer. This saves the energy needed to heat the water, is recommended for the appliance, and aids in getting rid of grease. Grease solidifies in cold water and can be ground up and washed away.

Install an aerator in your kitchen sink faucet. By reducing the amount of water in the flow, you use less hot water and save the energy that would have been required to heat it. The lower flow pressure is hardly noticeable.

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As part of an advertising program commissioned by International Collection Finders, we will send a Norman Rockwell Collector's Edition Plate to any reader of this publication who responds to this notice by midnight May 15, for the sum of \$4 plus \$1 shipping and handling. There is no further financial obligation. These plates feature Norman Rockwell's famed family's four seasons scenes in glowing colors on a background of highest quality pure white porcelain. Each 6½" plate is highlighted with 22-karat gold trim. Please indicate choice of design from: Spring's Young Love, Summer Carnival, Fall School Days or Winter Morning when you make your request. Or, you may purchase the complete edition of all four for a special price of \$13 plus \$1 shipping and handling. You save \$6 over the individual price. There will be a strict limit of two sets (or 8 collector

edition plates) per address, at a cost of only \$25 postage paid. That's a savings of \$15 over the individual price. These collector's plates make a beautiful display and make valued gifts. This program is being conducted simultaneously in other publications. If you see it in more than one, please let us know as this information is important to us. Should you wish to return your Norman Rockwell plates, refunds will be promptly made. No requests will be accepted past midnight May 15. Any checks postmarked later will be returned uncashed. We will also accept credit card orders. Just give us the name of the card, account number and expiration date. Or, send appropriate sum together with your name and address to: **International Collection Finders, Dept. #NPL-4032, 390 Pike Road, Huntingdon Valley, Pennsylvania 19006.**

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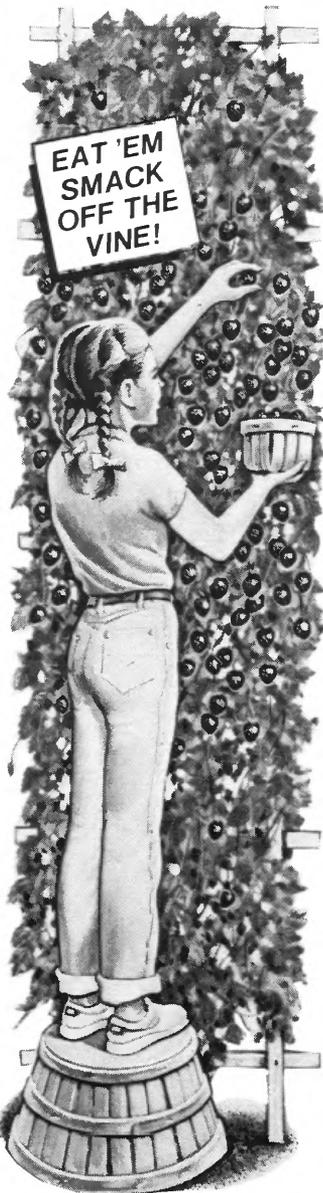
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Yes, it's true! Recently released by Calif. University Plant Scientists... An Incredible wonder-hybrid that you simply grow on a trellis, pole, fence or side of your house... and be absolutely amazed as you train it to 'polevault' high as a man... loaded down with teeming clusters of fruit... THIS VERY SEASON!

WHO EVER HEARD OF PICKING STRAWBERRIES BY REACHING OUT YOUR WINDOW

Here's one of the most spectacular sights in all of nature. Guaranteed to bring traffic to a screeching halt in front of your house this very season! As these wondrous "GIANT RED ROCKET" strawberries... roar forth into a man-high 'berry-factory', simply loaded with teeming bowlfuls of the most meaty, sugar-packed taste-treats you've ever sunk a tooth into. Why you'll pick 'em by the pintful this very summer—thanks to the most outrageous outpouring of fruit imaginable.

A LIVING STRAWBERRY WATERFALL! SIMPLY PLANT THEM—STAKE THEM—TRAIN THEM—TIE THEM—SEE 'EM ZOOM HIGH AS A MAN IN A SINGLE SEASON!

Yes, unlike regular strawberries that you grow on the ground... you simply plant these wonder plants smack in the middle of any garden fence—trellis—side of your house or garage—why even a drainpipe or a plain old clothesline pole and thrill to see them erupt in massive cascading sprays of fruit like a whole 'strawberry farm' marching up and down in waves of luscious fruit!

Can't you just see the looks of amazement on your neighbors' faces when you invite them to dinner... and tell them to reach out of your dining room window to pick their own luscious strawberry dessert right off the vine! And not some skimpy little berries... but sugar-packed giants SO HUGE AND MEATY, they're virtually impossible to circle with the finger of one hand... YOU ACTUALLY NEED TWO!

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Yes, these "GIANT RED ROCKET" Strawberries are so eager to grow—so desperate to produce... you'll drape your walls, trellises, fences in cascading fountains of fruit... as these man-high beauties reward you with the most incredible parade of "MAN-HIGH" fruit, flowers and foliage you've ever seen in your life. Yes, teeming bowlfuls of sugar-packed beauties:

SO BIG & JUICY—
Just one berry makes a spoonful!

SO HUGE & MEATY—
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ACT NOW! THE SOONER YOU PLANT THEM, THE SOONER YOU'LL ENJOY THESE MAN-HIGH STRAWBERRIES!
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But one word of caution—with an incredible wonder-fruit release like this, demand is bound to be overwhelming. To avoid disappointment, act now!

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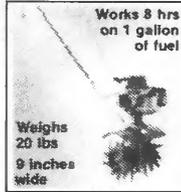
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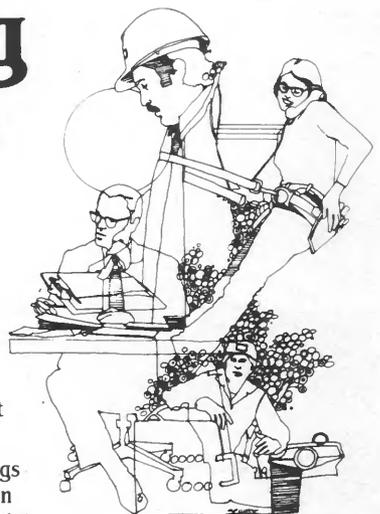
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MEAT LOAF

- 2 lbs. hamburger (ground chuck)
- 3/4 cup oats
- 1 cup carrots, grated
- 1/2 cup onion, chopped
- 1/2 cup pepper, chopped
- 1/2 cup catsup
- 2 tablespoons mustard
- 2 eggs
- 2 teaspoons salt
- 1/2 cup milk

Mix all ingredients and shape into loaves. Bake at 350 degrees for 1 hour and 15 minutes.

PASTRY FOR CHICKEN PIE

- 1 cup flour
- 1/3 cup shortening
- 1/2 teaspoon salt
- 2 tablespoons water

Mix and roll out 1/4 inch thick. Cut in triangles and bake on cookie sheet at 475 degrees for 10 to 12 minutes.

CHICKEN PIE

Boil a fryer in water that is seasoned with salt, pepper and onion. Save broth for filling and take meat from bone. Use all the meat in the pie.

Filling:

- 6 tablespoons oleo
- 1/2 teaspoon salt
- 6 tablespoons flour
- 1/4 teaspoon pepper
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 1/4 cup chopped pimento

Mix and cook until it boils—cook one minute longer. Add cut up chicken pieces and the pimento. You can also add some cooked vegetables at this point—I usually add some potatoes, peas and carrots. Pour into casserole, top with baked pastry and bake at 350 degrees for ten minutes.

SPANISH EGGPLANT

- 1 cup onion, diced
- 1 stick margarine
- 2 tablespoons flour
- 3 cups tomatoes, fresh or canned (peeled and chopped if fresh)
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 large eggplant
- 1 1/2 cups cheese, grated
- 1/2 cup cornbread crumbs

Saute onions in 1/2 stick margarine until tender. Blend in flour, add tomatoes, salt and sugar. Simmer until thickened. Set aside. Peel and dice eggplant and cook in covered skillet with remaining margarine until tender. Line shallow casserole with half the tomato mixture and spread eggplant on top. Add cheese and remaining tomato mixture. Sprinkle top with cornbread crumbs. Bake at 250 degrees for 30 to 40 minutes. (May be frozen before baking.)

MEXICAN SALAD

- 1/2 head lettuce, chopped
- 3 or 4 tomatoes
- 1 bunch green onions
- 1/3 bottle Seven Seas Creamy Italian Dressing
- 1 cup cheddar cheese, grated
- 1/2 medium pkg. Fritos, crushed
- 1 can "Ranch Style" beans, drained and rinsed

Marinate beans in dressing, the longer the better. Mix all ingredients and add marinated beans. Add Fritos just before serving.

BROCCOLI AND RICE

- 1 large onion (chopped)
- 1/4 cup green bell pepper (chopped)
- 1/2 cup celery (chopped)
- 1/2 teaspoon oleo
- 1 (10 oz.) can cream of mushroom soup
- 1 (10 oz.) can cream of chicken soup
- 1 (8 oz.) roll Jalapeno cheese
- 1 (10 oz.) pkg. frozen broccoli, cooked and drained
- 3 cups rice, cooked
- Salt to taste
- Pepper to taste

Saute onion, green pepper and celery in margarine. Add soups and cheese. Cook over low heat until cheese melts. Fold in broccoli and rice. Add salt and pepper to taste. Put into greased casserole dish. Sprinkle with paprika on top with grated cheese. Bake at 350 degrees for 25 to 30 minutes.

CABBAGE SLAW

- 3 cups chopped cabbage
- 1/3 cup salad dressing
- 1 tablespoon vinegar
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon celery seed

Mix well above ingredients and serve. (Bits of cheese can be added if desired.)

POTATO CHEESE CASSEROLE

- 6 red potatoes
- 2 cups sour cream
- 1 cup cheddar, grated
- 1 stick margarine
- 1 bunch green onions
- 2 teaspoons salt and pepper

Boil potatoes with jackets on. Let cool, peel and grate. Mix melted butter, sour cream and onions. Add this to potatoes. Add salt, pepper and cheese. Mix well. Pour into baking dish. Sprinkle about 1/2 cup additional cheese on top. Let set overnight or at least six hours. When ready to serve, bake 45 minutes at 350 degrees.

ORANGE SALAD

- 1 carton sour cream
- 1 large box orange jello
- 1 large carton Kool Whip
- 1 can mandarin oranges, drained
- 1 cup miniature marshmallows
- 1 can fruit cocktail, drained

Mix sour cream and jello until the jello is thoroughly dissolved. Stir in other ingredients. Mix lightly but thoroughly. You can add more fruit and marshmallows if desired.



CHOCOLATE-COCONUT POUND CAKE

- 2 cups unsifted cake flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vinegar
- 1/4 cup milk
- 1 cup butter or margarine
- Sweet Chocolate Glaze
- 1 1/4 cups sugar
- 1 1/4 teaspoons vanilla
- 4 eggs
- 1 pkg. (4 oz.) German sweet chocolate, chopped
- 2/3 cup flake coconut
- 1/4 cup raisins

Mix flour with baking powder and salt. Add vinegar to milk; set aside. Cream butter until light and fluffy. Gradually add sugar, beating thoroughly; add vanilla. Add eggs, one at a time, beating well after each. Add flour mixture alternately with milk; beat after each addition until smooth. Stir in chocolate, coconut and raisins. Pour into 9-inch tube pan, lined on bottom with paper. Bake at 325 degrees for 1 hour and 15 minutes or until cake tester inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan; finish cooling on rack. Top with Sweet Chocolate Glaze; sprinkle with additional coconut, if desired.

SWEET CHOCOLATE GLAZE

- 1 pkg. (4 oz.) German sweet chocolate
- 1 tablespoon butter or margarine
- 3 tablespoons water
- 1 cup confectioners sugar, sifted
- dash of salt
- 1/2 teaspoon vanilla

Melt chocolate and butter in water in saucepan over very low heat. Combine confectioners sugar and salt in a bowl. Gradually blend in chocolate mixture. Add vanilla.

LEMON BARS

- 1 cup flour
- 1/2 cup butter
- 1/4 cup powdered sugar
- 2 eggs, slightly beaten
- 1 cup sugar
- 1/4 teaspoon salt
- 3 tablespoons lemon juice (or 2 tablespoons juice & 1 T. peel)
- 2 tablespoons flour
- 1/2 teaspoon baking powder

Cream together flour, butter and powdered sugar. Press into 8" or 9" square pan. Bake 20 minutes at 350 degrees, cool. Mix rest of ingredients well. Pour over cool crust. Bake at 350 degrees for 25 minutes longer. Sprinkle sifted powdered sugar on top as soon as removed from oven. Cool before cutting.

PECAN PUFFS

Blend 1 cup shortening with 1 teaspoon salt and 2 teaspoons vanilla. Add 1/2 cup confectioners' sugar gradually. Cream well. Sift in 2 cups sifted flour. Add 2 cups finely chopped pecans. Shape the stiff dough into little balls, slightly larger than a marble. Place on greased cookie sheet and bake about 15 minutes at 350 degrees. Remove from pan and quickly roll in sifted powdered sugar. Cool, then roll again in powdered sugar. Store in air-tight container.

WALNUT PIE

- 1 cup sugar
- 1/2 cup corn syrup
- 1/4 cup butter, melted
- 3 eggs, well beaten
- 1 cup English walnuts

Mix sugar, syrup and butter. Add eggs and walnuts. Fill unbaked pie shell with mixture and bake in 400 degree oven 10 minutes. Reduce heat to 350 degrees and continue baking for 30-35 minutes.

RAISIN PIE

- 3 cups sugar
- 3 cups milk
- 3/4 cup flour
- 1/2 stick butter
- 1/2 teaspoon salt
- 3 cups raisins

Mix well. Cook very slowly. Pour into crust. Top crust may be used if desired.

Humidity in the home

There are a number of ways to control

In the February issue, we discussed moisture control in the home, focusing on recommended humidity levels and construction techniques that enhance your ability to control moisture. There are other methods to control moisture, and this information, prepared by the University of Illinois Cooperative Extension Service and the Small Homes Council-Building Research Council, should be helpful as you seek to achieve the optimum humidity in your home.

Other moisture control features to include in your homes are: a clothes dryer vent to the outdoors and bathroom and kitchen exhaust fans to remove excess moisture as it is produced. The water vapor that is created from a hot shower could be used to raise the humidity in a dry house, however, because the vapor is confined to a small room and produced over a short period of time, it does not add much humidity to the house. Therefore, it is better to exhaust the vapor to protect the bathroom woodwork and walls.

You can buy a clothes dryer attachment that releases the warm moisture from the dryer into the house. This is a good way to add humidity to the house in the winter. However, only consider buying this if your dryer is located in an open

area of the basement. If the dryer is in a small room, you may get excessive condensation on the room walls, windows, and doors before the vapor dissipates into the rest of the house. This device is not recommended for gas dryers.

above the insulation in flat or single-slope roofs, removes moisture in the winter and heat in the summer. As mentioned previously, vapor retarders do protect against major moisture migration, but they can not always stop all the moisture vapor.

RECOMMENDED RELATIVE HUMIDITY AT VARIOUS TEMPERATURES

Inside air temp	Outside air temperature, °F							
	-15	-10	-5	0	+5	+10	+15	+20
70°	18%	20%	24%	30%	35%	40%	45%	50%
75°	15%	17%	20%	25%	30%	35%	40%	45%

In the February issue we inadvertently transposed the temperature readings used in this chart to indicate recommended relative humidity. Rather than increase as outside temperature decreases, relative humidity indoors should decrease as outside temperatures drop.

Vapor retarders are recommended in walls and ceilings to keep moisture in the house. Ground covers are recommended in crawl spaces to keep moisture out of the house. Humidifiers add moisture and ventilation fans take it out. Why use all of these? It is a matter of controlling humidity. The relative humidity in your house needs to be kept at a desirable level to protect the structure and to keep you comfortable.

ATTIC VENTILATION

Ventilating attics, or the space

Therefore, the moisture that gets through the building materials must be removed by ventilation to prevent condensation on rafters and roof sheathing.

It is recommended that one square foot of ventilator be installed for each 150 square feet of ceiling if there is no vapor retarder in the ceiling, and one square foot for each 300 square feet of ceiling if a vapor retarder is installed. These ventilation area requirements are based on the net free area of the opening, which is normally stamped on any ventilation grille. The use of an insect screen on a ventilation opening reduces its effectiveness by half.

For maximum effectiveness, half of the ventilation area should be located in the attic space, and the other half near the top of the space.

For most efficient system for attic ventilation is continuous soffit vents installed on the bottom side of the overhang in combination with a continuous ridge vent installed at the peak of a gable roof. If a continuous

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Golconda's 'Bonnet Lady' stitches old-timers

An old memory and the need for eye protection "put a bee in the bonnet" of a Golconda woman who now has a booming minibusiness going. Lillian Sistler, a member of Southeastern Illinois Electric Cooperative, makes bonnets for people from miles around. She has become so well-known that a letter addressed to "The Bonnet Lady" arrived with no difficulty.

"I used to wear bonnets all the time when I was a girl," she says, explaining how she happened to get into the bonnet-making business, "and no self-respecting girl would be seen out in the sun without one. Back then, you didn't want to get freckles, and you certainly didn't want to tan, so you wore a bonnet, to keep the peaches and cream complexion.

"When I was little, I lived on a farm near Waltersburg. Every time I'd start to go outside, my mother would say, 'Lillian, don't forget your

sun bonnet,' and I wore 'em all the time. I got away from them for years, then I had to have an eye operation in 1961. The doctor told me my eyes were sensitive and would need to be protected, and suggested that I wear a hat. Well, I thought about the old bonnets I'd worn as a girl, and decided to make one."

Mrs. Sistler promptly stitched together a bonnet to keep the sun from her eyes, and a woman stopped her on the street and asked her where she had bought it. "She liked it so much and wanted it so badly," Lillian says, "that I sold it to her right off my head."

Bonnet making, Lillian says, is a slow process. That is why she uses a 1920 Sears Franklin sewing machine. "I've got two electric sewing machines," she says with a chuckle, "but I don't use them to make bonnets. They just go too fast for me! We had five children, though, and

I made a lot of their clothes on the electrics, and all of mine, too, even coats."

Lillian makes her headgear from remnants and castoff clothing, mostly dresses or men's shirts. "I usually buy them at rummage sales," she says "but some people give me material too. I like to use cotton duck from men's summer work pants for the brim, because it needs to be stiff."

The 83-year-old Lillian has sold nearly 200 bonnets since getting seriously into stitching about two years ago and they've gone to several different states. "I've sold them to people from New Jersey, Alabama, Tennessee, Florida, Oklahoma, Arizona, as well as Illinois," she relates, "and one went to Sicily, too. I made 30 for a daughter's club, 13 went to a Church in Elgin, and I've given away about 40 to relatives and kids in the kindergarten Sunday school class."



adgear

Lillian is pictured above from left; modeling one of her creations, doing some of the fine detail work and sitting with several of her bonnets on the wall behind her.

Mrs. Sistler passes out cards with her address and a list of prices, which range from \$2.00 for a child's bonnet to \$5.00 or less for women's. "I take them to the local Golden Circle senior citizens' center," she says, "and they're really popular there. People like to have them for old time's sake and they're practical, too."

For those who might like a practical, inexpensive and nostalgic piece of headgear, but who don't want to run afoul of the Postal Service, Mrs. Sistler's address is R. 3, Bond Street, Golconda, IL 62938

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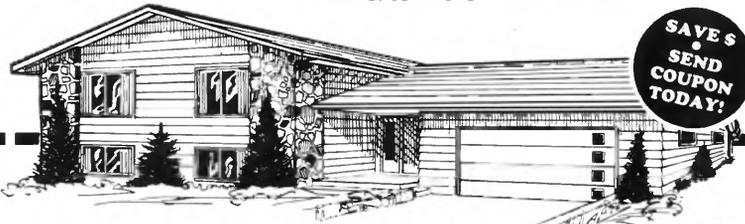
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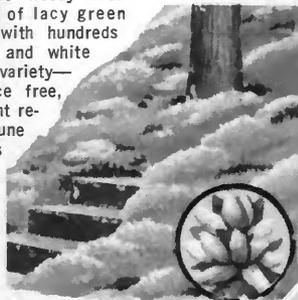
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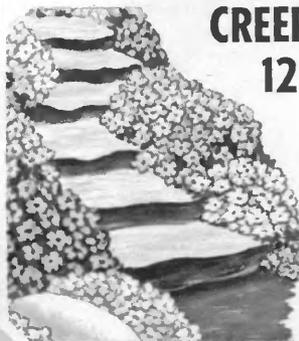
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