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July 1985

Illinois Rural Electric News



How a Stop in a German Shoe Store Ended a Lifetime of Foot Pain...

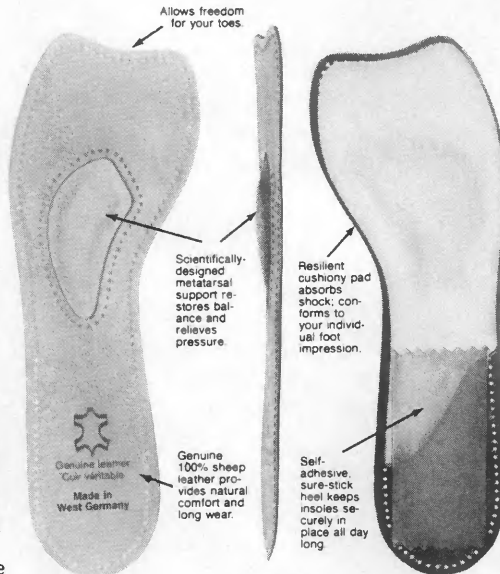
"We were in Germany on the very first day of our vacation but my feet were killing me already. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

But when I tried them on, they hurt too. I explained my problem of sore aching feet to a friendly clerk and she pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

I took her advice and was I glad I did... the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

We brought them to America and call them Luxis Leather Insoles. Wear them for 30 days. If at the end of that time you're not completely delighted, just return them for a prompt, no-questions-asked refund. What could be fairer?



Makes shoes more comfortable.

So thin and light they can be worn in any shoe.

LUXIS Leather Insoles

Luxis' scientifically designed metatarsal support allows your feet to assume their proper posture and balance. They redistribute body weight naturally, eliminating painful, uneven pressures that cause Sore Feet, Burning Feet, Corns, Calluses, Bunions, Sore Heels, ankle and foot problems of all types.

- Resilient, cushiony
- Mold themselves to your feet
- Long-wearing, genuine sheep leather
- Wear in any style shoe, including high heels.

30-Day, No-Risk TRIAL OFFER

LUXIS INTERNATIONAL
712 N. 34th St., Dept. X19075
Seattle, WA 98103

Enclosed is \$_____ for _____ pair(s) of Luxis Insoles. If I am not completely satisfied, I can return them within 30 days for a full, no-questions asked refund.

Important: Indicate shoe size(s) below.

Women's size(s) _____ Men's size(s) _____

_____ ONE pair only \$7.95 add \$1.50 p. & h.

_____ TWO pairs only \$13.90 (save \$2) add \$1.75 p. & h.

Washington residents please add 7.9% state sales tax.

Charge my: VISA MASTERCARD

Card # _____ Exp. Date _____

PRINT Name _____

Address _____

City _____ State _____ Zip _____

Dealer Inquiries Invited

LUXIS Insoles

COST YOU ONLY \$7.95 per pair

30-Day TRIAL OFFER

Order a pair of Luxis Leather Insoles and wear them for 30 days. If at the end of that time you're not completely delighted, just return them for a prompt, no-questions asked refund. What could be fairer?

© 1985 Luxis International

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"Off-Season" Savings now in effect! Right now is the best time ever to learn about the amazing TROY-BILT Roto Tiller-Power Composter...the machine that allows anyone — of any age — with any soil — to easily have a fabulously fertile, productive garden! For free complete details, prices, write today to:

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102nd St. & 9th Ave., Troy, NY 12180

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State _____ Zip _____

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- FREE Home Trial
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- Lowest Comparable Price



Helps you slowly to your feet at the touch of a button. Eliminates pulling, straining and pain while getting up.

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FREE N.C. 1-800-672-0101 1000

HEALTH AID

115 Gilmer Street

Reidsville, N. C. 27320

An idea for all times

(Editor's Note: The following is extracted from an address by David Roosevelt, a grandson of Eleanor and Franklin Roosevelt, delivered at Warm Springs, Georgia, on the 50th anniversary of rural electrification, May 11.)

A high executive from one of this country's largest foundations came to my grandmother shortly before her death to ask what her experience suggested that foundations *should* be doing that they were not now doing. Her reply was instant.

"I think a foundation as big as yours ought to set up a separate foundation — for *little* things — and only little things. You get so involved in your big projects that you forget how much energy can be generated for the solution of all kinds of problems by having a small amount of money in the right place, for more people, if only there was a foundation for little things.

"And," she added, "I would call it just that!"

The idea was that the little things, done in their own way, by people working together in their own communities was at the heart of what made society — and this country — strong.

And isn't this what the REA and today's electric cooperatives are all about?

At another time, at the United Nations, she held a press conference just prior to one of her many trips to the Middle East. Reporters from several Arab countries had calculated, almost to the minute, the time she would spend in each of their countries. They then compared that, in a series of hostile questions, to the time she would spend in Israel.

She listened patiently until all their complaints were on the table, and replied in that quiet, un presupposing manner of hers:

"You know, my husband was not able to move around

very much, and very early on I had to learn how to be extra eyes, ears, and legs for him. His closest friend and advisor, Louis Howe, taught me how to look for things which Franklin would want to know. For example, he taught me to look more carefully at backyards than at front yards; to study the clothes lines to see the condition of the clothes. How gray and how worn were they? How many patches? At night, were there lights in the windows? Because of my husband's constant desire to know the condition of life for even the poorest of our people, I had to learn to be observant. And because of this training, I think I will learn more about your countries — and your people — than you seem to think I will."

There were no more hostile questions.

Caring about the little things; caring about the conditions of life for people in all walks of life — and wanting to do something about them. This is the idea that gave birth to the REA.

It is good to recall on this day that the REA was not simply an extension of existing technology to more people. Rather, it was a test of our values; it stretched our concern for human well-being. It strengthened the moral as well as economic muscles of our society. Indeed, by many — and even today — it was considered one of my grandfather's grandest accomplishments; by still others, his most damnable. Perhaps, however, more than any other accomplishment of my grandfather, the REA best fit his concept, his definition of the role of government — to do for the people those things they cannot accomplish for themselves, but always to the ultimate profit of all.

I think my grandmother perhaps found in the REA the answer to at least part of what she was seeking when she suggested that "Foundation for Little Things."

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Cover: Flags honoring deceased veterans of Clinton County make an impressive Memorial Day tribute. American Legion Post 252 of Breese puts up about 100 flags each year on lawn space provided by Clinton County Electric Cooperative in Breese.

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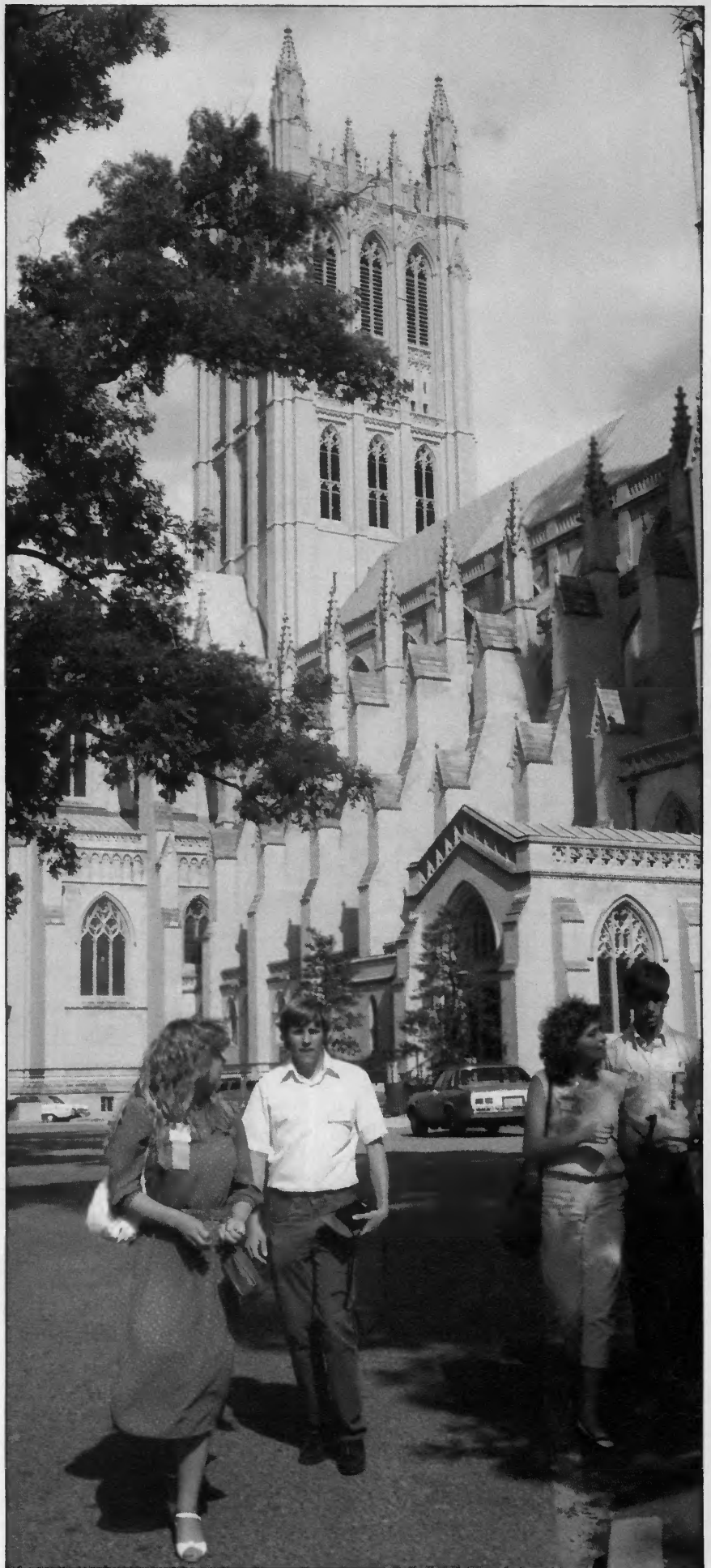
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Weather and Gandhi highlight Washington tour

**Illinois students
participate
in White House
ceremony**

Youth Tour participants sample the gothic beauty of the Washington Cathedral. When complete, the cathedral will be the sixth largest in the world.





Fortune smiled on 1985 "Youth to Washington" tour participants as beautiful weather greeted 50 Illinois students joining some 900 from 32 other states in Washington for the annual event the week of June 10.

A highlight of this year's trip was a visit to the White House to participate in the official welcoming ceremonies for India Prime Minister Rajiv Gandhi and his wife. Students from Illinois and throughout the country gathered on the South Lawn to hear remarks from President Reagan and Prime Minister Gandhi. As a part of the
(Continued on page 8)

Above: Visits to our nation's seat of government included a tour of the Capitol Building, including the Capitol Rotunda with its eight impressive oil paintings that depict American history — from the arrival of Columbus in the New World to George Washington's resignation of his commission in the Continental Army. Left: Students witness the pomp and ceremony of a White House reception for Rajiv Gandhi, Prime Minister of India.

*The
Official*



Group Hospital Plan for Members Only!

Pays You
\$1,500.00 a Month
\$350.00 a Week
\$50.00 a Day
Hospital Cash Benefits from
the very FIRST DAY for covered
SICKNESS! ACCIDENTS!

A note from
NRECA Executive Vice President
and General Manager, Bob Bergland,
former U.S. Secretary of Agriculture



I've been an enthusiastic supporter of the NRECA all my life. In fact, my father was one of the original incorporators of the Roseau Electric Cooperative in Minnesota, where I still own a farm.

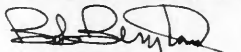
The NRECA has been serving its members for over 50 years, and I'm very pleased it has stepped in to help them with the very serious health-cost crisis they are facing.

The American Hospital Association reports the average cost of a hospital stay is now well over \$2,400.00. And yet, most health policies pay only 80%, or less, of that bill. And pay that only after a deductible of \$100.00 or more. Medicare, of course, pays even less.

So the harsh reality is, if you should have an accident or become ill, the exorbitant cost of medical care could cost you hundreds, even thousands of dollars out of your own pocket. You may be forced to use your hard-earned savings—or even have to borrow money to pay your share of the bill.

That's why the RE Member Group Hospital Plan is so important. It gives you the protection you need to help make up the difference in hospital costs your present insurance doesn't pay—and at *low group rates*.

The NRECA has always taken its responsibilities to you, our RE consumers, seriously. So when we recommend the RE Member Group Hospital Plan, you can be sure it is one of the **BEST** values in America today!


Bob Bergland

Here's how your RE Plan helps
you beat the rising cost of hospital care:

Pays you \$1,500.00 a month—\$350.00 a week—
\$50.00 a day cash!

You'll collect these cash benefits whenever you are hospitalized for a covered sickness or accident. In fact, you'll collect when your doctor places you in the hospital for any reason—even a simple checkup. You're even covered for normal childbirth when pregnancy occurs anytime after your certificate is issued.

Pays you \$2,250.00 a month—\$75.00 a day—
for Cancer, Heart Attack

Your daily benefits are increased 50% if you or any covered member of your family is hospitalized for cancer (including leukemia and Hodgkin's disease) or heart attack (acute myocardial infarction).

Pays you double benefits; \$6,000.00 a month—
\$200.00 a day—for you and your spouse

Under the Husband-Wife or All-Family Plans, you'll collect double your regular benefits during the time you and your spouse are both in the hospital—due to the same or different accidents.

Pays full benefits for all ages
from the very first day

You'll collect \$50-a-day cash benefits from the **VERY FIRST DAY** and for **EVERY DAY** you're hospitalized for a covered sickness or accident—regardless of age.

Since hospitals charge the same for all ages, we feel it's only right for everyone to collect the same benefits.

You'll find that many plans have reduced benefits for younger or older age groups. But your RE Member Group Hospital Plan has no reductions for anyone at any age—even after 65.

Pays cash benefits directly to you—
in addition to any other insurance

You'll collect benefits over and above any other insurance—including major medical, workers' compensation—even Medicare.

And that's what makes your RE Member Group Hospital Plan so important—because many health policies pay only 80% of your hospital bill. We send the check straight to you to spend as you wish—to help pay the leftover bills, or even household expenses. Of course, if you prefer, you can tell us to send the benefits to your hospital or doctor. The choice is yours.

What's more, your benefits are not subject to state or federal income tax.

You get lifetime coverage and benefits

There is no limit to the number of days you can collect benefits—even if you're hospitalized for the rest of your life, as long as the Master Policy is in force.

We can't cancel your protection
or raise your rates individually

You cannot be singled out for cancellation—no matter how old you become or how many claims you have.

What's more, we can never raise your rates unless we do so for all certificates like yours issued under this group plan. And—your rate will not change when you move from one age group to another—even if your health changes.

Please note these limitations

For confinement due to mental illness, half benefits are paid for up to 30 days.

Old health problems (those that became evident or were treated before the effective date of your certificate) are not covered for the first year of your certificate. But once that year is up, these pre-existing conditions are covered!

Plus . . . a special added benefit!

Up to \$10,000.00 Cash Benefits for
Accidental Death or Dismemberment

In addition to the hospital benefits provided, if you or a covered family member is killed or injured in an accident, we will pay benefits in the following amounts. Of course, this is for covered accidents that happen while your certificate is in force.

Loss of life, both arms, both legs, one arm and one leg, or sight of both eyes:

<u>Insured</u>	<u>Spouse</u>	<u>Child</u>
\$10,000	\$10,000	\$2,000

Loss of one arm, one leg or one eye:

\$5,000	\$5,000	\$1,000
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You can't be turned down!

No salesman will call

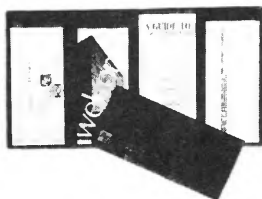
We guarantee to issue your RE Member Group Hospital Plan regardless of your age, health or size of family. As soon as we receive your completed acceptance form, we will issue your certificate and put it in force. No salesman will call!

Your coverage begins immediately. There is no waiting period. Of course, we can issue only one certificate to you on a guaranteed issue basis.

Your certificate will come to you in this handsome vinyl document holder

It's yours to keep even if you change your mind about your need for this extra protection.

Compliments of your NRECA and Physicians Mutual Insurance Company



Questions?

Call your NRECA Customer Service Representative Toll-Free at Physicians Mutual—

800-228-9100

EXTENDED HOURS: Now open 8 a.m. to 8 p.m., Central Time, Monday through Friday.

FIRST—Pick the PLAN That Fits Your Needs Best . . .

With these plans, you can insure family members at a greater savings than buying separate insurance—and all collect full cash benefits!



Individual Plan

Ideal for the single person . . . or for the individual family member who needs protection and wants separate insurance.

Husband-Wife Plan

Designed for the married couple without children or whose children are grown. Pays full benefits for both of you—no reductions for the spouse.



All-Family Plan

Offers protection for the entire family—father, mother and all eligible dependent children—with full benefits for all. Future additions to the family are covered automatically at no extra cost.



One-Parent Family Plan

Created for the special needs of the single parent. Covers you and all eligible dependent children with full benefits for all.



NOW Choose the Benefit OPTION You Need . . .

Your First Month's Premium is Only \$1.00! Then Continue at the Low Monthly Rate Shown.

Both options pay you cash benefits beginning the very first day you're hospitalized for a covered sickness or accident.

Check Option A or Option B and the Plan you've chosen on the Acceptance Form below . . . then mail it to Physicians Mutual with your \$1.00 today.

A \$1,500.00 a month \$50.00 a day

MONTHLY PREMIUMS
(use age of principal insured)

	Under 60	60 and Over
Individual Plan	\$15.35	\$23.35
Husband-Wife Plan	29.75	45.75
All-Family Plan	34.95	50.95
One-Parent Family Plan	20.55	28.55

B \$900.00 a month \$30.00 a day

MONTHLY PREMIUMS
(use age of principal insured)

	Under 60	60 and Over
Individual Plan	\$ 9.95	\$14.95
Husband-Wife Plan	18.75	28.75
All-Family Plan	21.95	31.95
One-Parent Family Plan	13.15	18.15

NOTE: Your renewal rate does not increase and your benefits do not decrease as you move from one age group to another.

When your certificate arrives, you'll be given the opportunity to save 8 1/3% by paying your premiums once a year, instead of each month. If you choose to do so, you'll be getting 12 months for the price of 11!

NOW—just complete your guaranteed acceptance form below and mail with \$1.00 today to: Physicians Mutual Insurance Company, 42nd and Dodge, P.O. Box 3313, Omaha, Nebraska 68172. No salesman will call.

(cut on dotted line)



MEMBER GROUP HOSPITAL PLAN—GUARANTEED ACCEPTANCE FORM (Please Print)

NAME _____ First _____ Middle Initial _____ Last _____

ADDRESS _____ Street _____ Apt. No. _____ City _____ State _____ Zip _____

PHONE NO. (_____) _____ SEX (check one) Male Female

DATE OF BIRTH _____ Month _____ Day _____ Year _____ AGE _____

Choose the Plan You Want (check one)

Individual Plan 4 All-Family Plan 1

Husband-Wife Plan 3 One-Parent Plan 2

Select Option You Prefer (check one)

OPTION A — Pays \$50 a day from very first day for sickness or accident. 35439-404

OPTION B — Pays \$30 a day from very first day for sickness or accident. 35439-403

Information About Your Spouse
(complete if you choose the Husband-Wife or All-Family Plan)

NAME _____ First _____ Middle Initial _____

DATE of BIRTH _____ Month _____ Day _____ Year _____ SEX _____

I enclose my first month's premium of \$1.00. I understand the certificate is not in force until issued and benefits will not be paid for old health problems unless confinement begins more than one year after the issue date.

SIGNATURE X _____ Insured's Signature SIGN—DO NOT PRINT _____ DATE _____

Please make check or money order payable to:
Physicians Mutual 42nd and Dodge P.O. Box 3313 Omaha, Nebraska 68172

Youth Tour

(Continued from page 5)

ceremony, each student was given a flag of India and a formal program on White House stationery.

During visits to Capitol Hill, the Illinois students met with several members of the Illinois Congressional delegation. Representative Terry Bruce

visited with the students on Tuesday morning and they met with Representative Edward Madigan on the Capitol steps after lunch. Later that day, Senator Alan Dixon took time out from his busy schedule on the Senate floor to address the group and answer questions. On Wednesday, the students met with Jay Willer, assistant to

Senator Paul Simon, and accompanied Willer to the Senate Gallery to view their government in action.

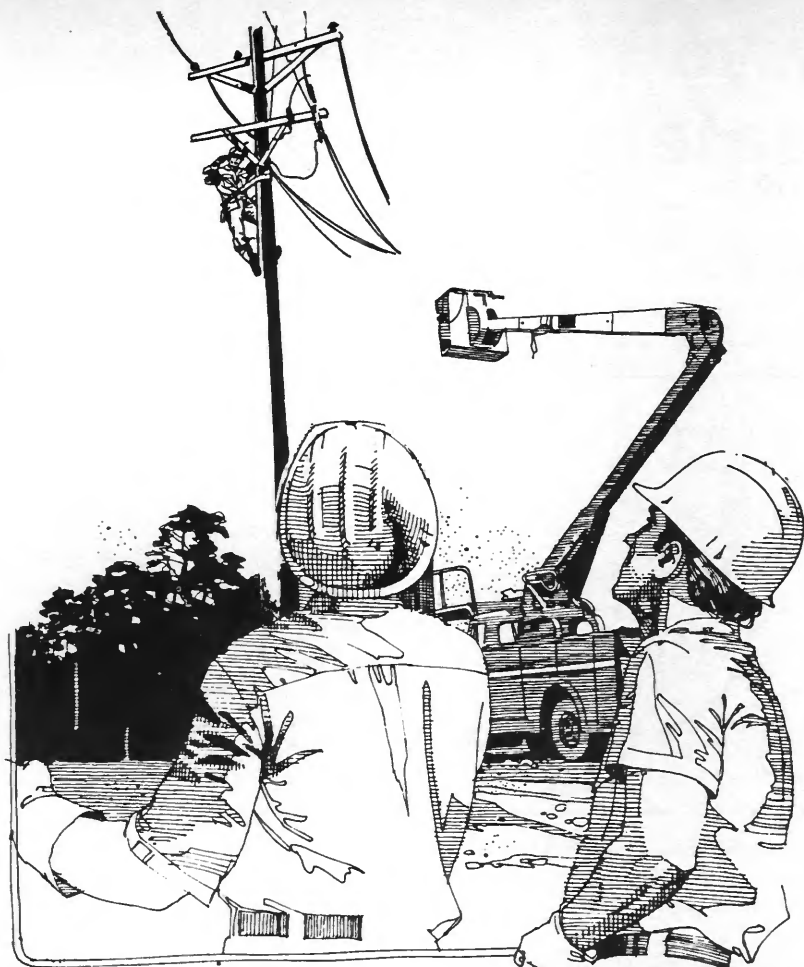
Other notable experiences for Illinois youth participating in the 1985 tour included visits to Gettysburg, George Washington's home in Mt. Vernon, the Royal Embassy of Saudi Arabia, Ford's Theatre and the Smithsonian Institution, as well as a twilight boat cruise on the Potomac River.

Each year the individual state delegations select one of their number to serve on the NRECA Youth Consulting Board. The Illinois delegate, Joe (Del) Byassee of Villa Ridge, was later chosen to fill one of 10 positions on the Youth Consulting Board Executive Committee and will participate in Committee activities throughout the coming year. Joe was a winner in the essay writing competition of Southern Illinois Electric Cooperative, one of the many Illinois electric cooperatives that sponsor such contests.

In addition to the various contest winners, several other young people participated as "Willie Wiredhand" students. These students, all of whom pay their own way on the trip, include essay contest finalists, other interested students, and employee and director relatives who are not eligible to compete in the contests.

Just below: Illinois students begin their tour each year with a visit to the Gettysburg National Park and Cemetery. Bottom: This year's Illinois delegation visited with Edward Madigan, U.S. Representative from Illinois, on the Capitol steps in front of the House of Representatives.





Safety pays dividends for cooperatives

A farmer stops by his grain bins and checks to see that the aeration fans are still running. Satisfied, he climbs back into his pickup and heads for the house to catch up on his computer work.

As he nears the house he sees a small electric cooperative crew working on the line. "No juice," he thinks as he waves at the crew, "no computer work now." He steps into the house, where his wife is watching a soap opera and the kids are busy with a video game. "That's funny," he muses, "they're working on the lines, and we've still got electricity." With no further thought, he busies himself at the computer.

That is the way the electric cooperatives of Illinois want it to be: a wave at the crew and no further thought, with downtime and consumer inconvenience minimized.

That is why electric cooperative crews routinely work on "live" lines.

But while "hot line" work makes life easier for electricity users, it adds a certain amount of risk to the employees' jobs. With this in mind, the electric cooperatives of Illinois all work to make a somewhat dangerous job a lot safer, for the benefit of both employee and member-owner.

Some 15 years ago, the National Rural Electric Cooperative Association established a training program to recognize cooperatives for outstanding safety achievements. This program, called the Rural Electric Systems Safety Accreditation Program, recognizes selected cooperatives with a Certificate of Excellence.

Insurance costs

The certificate is not just a plaque for electric cooperatives to hang on a wall. Earning the certification makes a cooperative eligible for significant reductions in insurance rates — a definite savings in the cost of operation that can be passed on to the

members.

While much emphasis is placed on the safety of linemen as they work with electricity, there is more to making a cooperative a safe place to work than keeping them "on their toes." A number of accidents are reported by office workers, and many of those suffered by outside crews are the more mundane kinds of things, such as splinters, scrapes and abrasions and strains. To really minimize such mishaps — and keep insurance costs down — all the employees of a cooperative have to be reminded constantly of the need to be alert and to work at avoiding injury.

Awareness

"The safety accreditation program is designed to instill in the cooperative's directors, managers and employees an increasing awareness of the importance of safety in their system operations, to increase their desire to operate safely and to educate them fully in the methods and procedures of promoting safe practices," says Dave Diederich, director of training and safety for the Association of Illinois Electric Cooperatives.

In order to qualify for the certificate, a cooperative undergoes a stringent investigation requiring considerable extra effort by its manager, board and employees. Most importantly, the cooperative must maintain a very low injury frequency rate for three years. The rate is calculated by a special formula called the Disabling Injury Index, which takes into account several factors, including number of accidents and the number of days a cooperative's employees are off the job due to accidents.

In addition to the written information an electric cooperative submits when applying for accreditation, three outside evaluators complete a detailed observation of its buildings, trucks and other vehicles, equipment and pole yard.

"The most important part of earning this outstanding achievement," Diederich says, "is the commitment to employee safety. The 14 Illinois cooperatives that have earned accreditation show that safety pays. Others are working toward certification and we hope they'll have their certificates — and lower insurance rates — in the near future."

Please notify your cooperative if you see a safety hazard

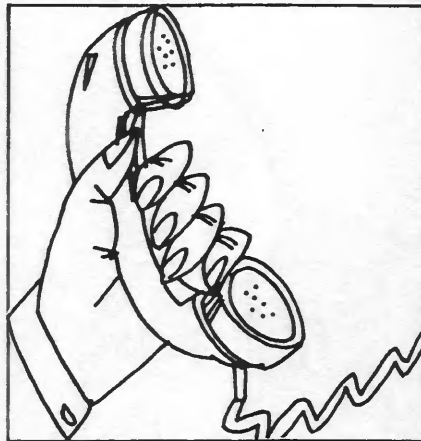
Your Cooperative has many miles of overhead and underground lines and thousands of poles, insulators, transformers, and other related equipment necessary to supply electricity to all their consumers. Through systematic inspection and maintenance, they try to keep everything in good repair.

Sometimes, however, the unexpected occurs along the lines and creates safety hazards they can't possibly know about unless someone tells them. We hope that, should such a situation arise that comes to your attention, you will be the someone who reports the problem to your cooperative.

Here are some of the kinds of hazards you should be on the lookout for:

- **Damaged or Fallen Utility Poles** — When a pole has fallen, because of an accident or other reason, or when it is about to fall, don't get near it. Call the

office at once. Then, if possible, stay on the scene to warn others away from the hazardous area. Your Cooperative will send out a repair crew as soon as possible to correct the situation.



- **Damaged Lines or Insulators** — Storms, accidents, or vandals may inflict damage to electric lines or insulators. Sagging or broken lines can be acute safety hazards. Should you

happen on such a scene, call them at once.

- **Trees on Lines** — Electric power lines are more-or-less fixed, but nature (and man) seems to find ways for trees and lines to come together. When this happens, the tree can become a conductor of electricity and cause a dangerous shock to anyone touching it. If you see that a tree or a broken limb has fallen across power lines, call at once. They have crews who are trained to eliminate such hazards quickly and safely.

In summary, we are asking that you share the responsibility of spotting safety hazards along the electric lines that serve you. It is simply not possible for your Cooperative's personnel to inspect every foot of power lines every day. They must rely on you to help by calling and telling when and where safety hazards exist.

Never, never try to do anything about the safety hazard yourself.

House wiring needs occasional once-over

Have you given your electric wiring system any attention lately? Maybe you are one who believes the wiring will last forever. It may seem strange but wiring deteriorates much like materials. Wiring requires maintenance and regular checking of physical conditions and electric loads sometimes require revamping of circuits or addition of new circuits.

Each time any new electrical load, such as a water heater, dryer, range, freezer, motorized equipment or heating device is added, you should review the parts of your electrical system which will handle the new load.

You may need the expertise of a qualified electrician to help check your wiring's requirements and capabilities. General maintenance should include a visual inspection of all parts of the system which are exposed.

The National Electric Code covers minimum specifications for safe installations of electric devices and wiring size requirements. A qualified electrician

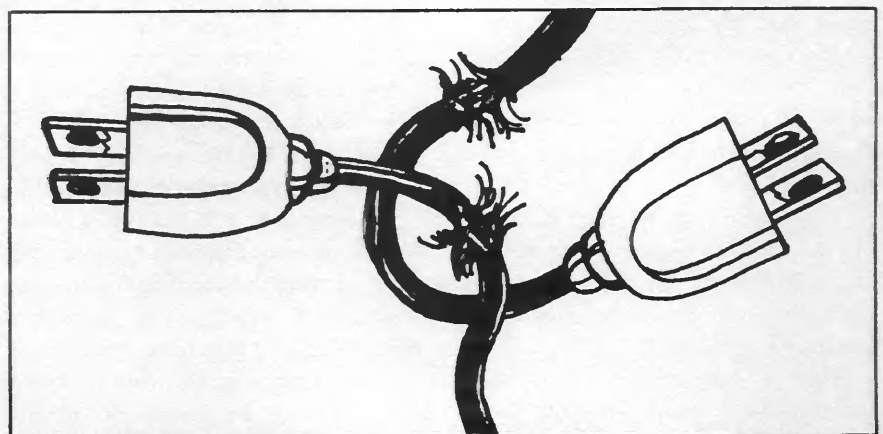
will know the electric code requirements and be able to give good advice and provide safe electrical installations.

Another check to make is to look for loose terminals and connections. Connections have a tendency to loosen over a period of time, especially if the circuit is exposed to heavy usage. The heating up of wiring causes expansion and when cooling, the wire will contract and this can cause loose connections.

tions.

A good place to check for loose connections is in the fuse panel or breaker panel. Before checking in this panel, make sure the main breaker or main fuse is in off position.

While in the panel, check for any discoloration and melting of the insulation on the wires. This is a sign of overheating of circuits and action needs to be taken to correct before other damage occurs.



In the age of electronics, electricity is everything



⚡ FOOD PREPARATION

Blender
Broiler (portable)
Can opener
Chafing dish
Coffee maker
Coffee urn
Cooker/fryer/Dutch oven
Corn popper
Crepe maker
Dehydrator
Egg cooker
Food processor
Fondue pot
Freezer
Fry pan
Griddle
Hamburger maker
Hot dog cooker
Hot plate
Ice cream freezer
Ice crusher
Juicer
Knife
Knife sharpener
Microwave oven
Mixer (hand, stand)
Outdoor grill
Plastic bag sealer
Range
Refrigerator
Roaster
Rotisserie
Slow cooker
Toaster
Toaster oven
Waffle baker
Warming tray

⚡ SPACE CONDITIONING

Air conditioning (central, window)
Dehumidifier
Electric heating systems
Electronic air cleaner
Fan (attic, circulating, exhaust,
window)
Humidifier

Space heater

⚡ CLEANING AND SANITATION

Clothes dryer
Clothes washer
Dishwasher
Disposer
Iron
Trash compacter
Water heater

⚡ HOME ENTERTAINMENT

Miscellaneous toys
Radio
Radio/record player
Slide, movie projector
Television
Video cassette recorder
Video game

⚡ HEALTH AND BEAUTY

Blanket
Curling iron
Hair clipper
Hair dryer
Hair setter
Heat lamp
Heating pad
Lighted mirror
Massager
Shaver
Shave cream dispenser
Sun lamp
Toothbrush
Vaporizer
Waterbed heater

⚡ WORKSHOP

Air compressor
Battery charger
Chain saw
Circular saw
Drill
Grinder
Jig saw
Lathe
Sander

Soldering iron
Table saw
Welder

⚡ LIGHTING

Incandescent
Fluorescent
Security
Christmas

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4721
SIZES
6-20



432



WHAIST
31-41 1/2 9344

- No. 4721 is cut in sizes 6, 8, 10, 12, 14, 16, 18, 20.
- No. 432 - Silly Scarecrow - is 36 inches tall, transfers and directions.
- No. 9344 is cut in Women's Waist Sizes 31, 33, 35, 37, 39, 41 1/2 inches. See pattern for yardages.



665



4616 6-20



9354
SIZES
6-20

- No. 665 - Sunbonnet Girls - uses 5 fabrics, applique and embroidery, measures about 69" x 96".
- No. 4616 is cut in sizes 6, 8, 10, 12, 14, 16, 18, 20.
- No. 9354 is cut in sizes 6, 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) takes 2-7/8 yards 45-inch fabric.



9284
SIZES
10 1/2-26 1/2



4892
SIZES
10 1/2-24 1/2



4751
SIZES
6-20

- No. 9284 is cut in sizes 10 1/2, 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2, 26 1/2. Size 14 1/2 (bust 37) takes 2-3/4 yards 45-inch.
- No. 4892 is cut in sizes 10 1/2, 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2.
- No. 4751 is cut in sizes 6, 8, 10, 12, 14, 16, 18, 20.

Baby Lamb Quilt



7001



9450
SIZES
34-50



9409
SIZES
10 1/2-26 1/2

- No. 7001 - Baby Lamb Quilt - is colorful patchwork and ruffle about 36" x 42" ruffle included.
- No. 9450 is cut in Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48, 50.
- No. 9409 is cut in sizes 10 1/2, 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2, 26 1/2.

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Pattern No. Size Pattern No. Size

Make-ahead tropical recipes

HAWAIIAN CHICKEN SALAD

- | | |
|--|----------------------------|
| 2 cups cooked rice (do not add butter/margarine when cooking rice) | 1 tablespoon lemon juice |
| 2 cups chopped cooked white chicken | 1/4 teaspoon ground ginger |
| 1 cup fresh pineapple chunks | 1/4 teaspoon pepper |
| 1 cup strawberry halves | 1/2 cup plain yogurt |
| 1 cup celery slices | 1/4 cup almond slices |

Allow cooked rice to cool. In a large mixing bowl combine rice, chicken, pineapple, strawberries, celery, seasonings and lemon juice; mix lightly. Store mixture in air-tight sealed bowl in refrigerator. Prior to serving add yogurt and almonds to mixture; mix lightly. Garnish with additional strawberries and pineapple. Makes 4-6 servings. Serve individual portions on lettuce leaves or in pineapple shells.

TROPICAL CREAM CHEESE SPREAD

- | | |
|---------------------------------|------------------------|
| 1 8-oz. pkg. soft cream cheese | 2 teaspoons honey |
| 2 tablespoons apricot preserves | 1/3 cup flaked coconut |
| 1/4 cup crushed pineapple | |

Combine cream cheese, preserves, crushed pineapple and honey, mixing until blended. Add coconut and mix well. Chill serve with Banana Nut Bread slices. Makes 1 2/3 cups.

BANANA NUT BREAD

- | | |
|----------------------------|------------------------------|
| 1 cup sugar | 1/2 teaspoon baking soda |
| 1/2 cup shortening | 1/2 teaspoon baking powder |
| 2 eggs | 1/4 teaspoon nutmeg |
| 1 teaspoon vanilla | 1/4 teaspoon cinnamon |
| 1 cup ripe bananas, mashed | 1 cup chopped macadamia nuts |
| 2 cups flour | |

In a large mixing bowl cream sugar and shortening, add eggs and vanilla, beat until fluffy. Add bananas. In medium mixing bowl combine flour, baking soda, baking powder, nutmeg and cinnamon; add to banana mixture. Stir in nuts. Pour into greased 9-inch x 5-inch loaf pan (for smaller loaves, use two pans). Bake at 350 degrees for 45 to 50 minutes or until done. Cool in pan 10 minutes then turn onto rack and cool thoroughly. Serve with Tropical Cream Cheese Spread.

COCONUT CUSTARD PIE

- | | |
|-------------------------------------|--------------------------------|
| 2 cups milk | 1/4 teaspoon salt |
| 4 eggs | 1 cup flaked coconut |
| 1/2 cup sugar | Ground nutmeg |
| 1/2 cup all-purpose flour | 1/4 cup toasted coconut |
| 1/4 cup butter or margarine, cut-up | 1/4 cup toasted sliced almonds |
| 1 teaspoon vanilla | |

In blender container, combine milk, eggs, sugar, flour, cut-up butter or margarine, vanilla and salt. Cover; blend about 10 seconds until well mixed (do not overblend). Stir in flaked coconut. Pour egg mixture into greased 9-inch pie plate. Sprinkle a little nutmeg atop filling. Bake at 350 degrees for 40 minutes or till knife inserted near center comes out clean. (As pie bakes, it forms its own soft crust.) Cool. Place in 9-inch pie taker. Cover and chill to store. When serving, garnish with toasted almonds and toasted coconut. Makes 8 servings. TIP: After you've baked a custard pie for the recommended time, it is suggested that you gently shake the pie to test for doneness. If the area that still appears to be liquid is smaller than the size of a quarter, the pie is done.

TOASTED COCONUT

Spread 1/4 cup coconut evenly in shallow baking dish. Place in 325-degree oven for 10-15 minutes, stirring frequently.

TOASTED ALMONDS

Spread 1/4 cup sliced almonds in shallow baking dish. Place in 300-degree oven for 5 minutes or until golden.

TANGY LIME TEA

- | | |
|--|----------------------------|
| 1 6-oz. can frozen limeade concentrate | 4 teabags |
| 1/3 cup unsweetened pineapple juice | 4 cups boiling water |
| | 1/4 teaspoon ground ginger |

In a 2-quart pitcher, mix limeade concentrate with 4 cans of water; add pineapple juice and stir to blend. Place teabags in 4 cups of water; steep for 5 minutes. Remove teabags; add ginger while stirring tea. Combine tea with fruit juice mixture; stir until well mixed. Chill at least 2 hours in refrigerator before serving. Serve in tumblers over ice; garnish with lime slices. Makes eight 8 oz. servings. Variation: prepare beverage using orange spice tea.

FROZEN PICKLES

- | | |
|--------------------------------|--------------------------|
| 6 cups thinly sliced cucumbers | 1 cup vinegar (cider) |
| 2 cups sliced onion, separated | 1 tablespoon salt |
| 1 cup sliced green pepper | 1 tablespoon celery seed |
| 2 cups sugar | |

Mix together sugar, vinegar, salt and celery seed. Dissolve well and pour over cucumbers, onions and green peppers. Mix well and pack in jars. Freeze.

QUICK COTTAGE CHEESE SALAD

- | | |
|--|--|
| 1 small carton cottage cheese | 1 small carton non-dairy whipped topping |
| 1 small box orange jello | 1 cup cooked rice, optional |
| 1 small can crushed pineapple, drained | |
| 1 small can mandarin oranges, drained | |

Sprinkle Jello over cottage cheese. Mix well. Add pineapple, oranges and rice. Fold in non-dairy whipped topping.



EASY LEMON PIE

- | | |
|--|------------------------------|
| 1 8- or 9-inch prepared graham cracker crust | 1/2 cup lemon juice |
| 3 eggs, separated | 1 teaspoon grated lemon peel |
| 1 (14-oz.) can sweetened condensed milk | 1/4 teaspoon cream of tartar |
| | 1/3 cup sugar |
| | 1 teaspoon vanilla |

Preheat oven to 350 degrees. In medium bowl beat egg yolks. Stir in sweetened condensed milk, lemon juice and lemon peel. Pour in prepared shell. In small bowl beat egg whites and cream of tartar until soft peaks form, gradually add sugar beating until stiff but not dry. Stir in vanilla. Spread meringue on top of pie, sealing edges carefully to edge of pie shell. Bake 12 to 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.

BANANA SPLIT CAKE

- | | |
|--------------------------------|-------------------------------------|
| 1 stick melted margarine | 4 bananas |
| 2 cups crushed graham crackers | 1 (No. 2) can crushed pineapple |
| 2 sticks margarine | Large carton Cool Whip |
| 2 eggs | Pecans |
| 2 cups powdered sugar | 1/2 cup chopped Maraschino cherries |

Mix melted margarine and graham crackers and pat into a 13 x 9 x 2 inch pan. Beat the 2 sticks margarine, eggs and powdered sugar in electric mixer for 15 minutes. Spread over unbaked crust. Cover with 4 bananas, sliced lengthwise, and drained pineapple. Cover with Cool Whip, sprinkle with pecans and cherries. Refrigerate overnight. Serves 12.

FROSTY STRAWBERRY SQUARES

- | | |
|------------------------|-------------------------------------|
| Crust: | Filling: |
| 1 cup sifted flour | 2 teaspoons lemon juice |
| 1/4 cup brown sugar | 2 egg whites |
| 1/2 cup chopped pecans | 1 cup sugar |
| 1/2 cup oleo (1 stick) | 16 oz. fresh or frozen strawberries |
| | 1 large carton Cool Whip |

For crust, mix all ingredients together and spread evenly on a cookie sheet. (The butter will have to cut in like pie crust dough.) Bake at 300 degrees for 20 minutes. Stir occasionally. Do not let it get too brown. Let cool. For filling combine lemon juice and egg whites in a bowl and beat until fluffy. Add sugar gradually and fold in strawberries. Fold into this mixture Cool Whip. To combine crust and filling, sprinkle 2/3 of the cooled crust into a large 9x12 pyrex dish, add strawberry mixture. Put remaining crust on top. Freeze at least 6 hours. Can be kept for at least a month in the freezer if well covered.

Load balancing, attracting industry keys to stronger cooperatives



Koltz



Ferrando

When member services personnel of Illinois electric cooperatives gather, members' interests take top priority. During June, at the semi-annual Power Use/Member Services Conference, the meeting was dominated by discussions of innovative concepts that hold promise for enabling consumers to save through load distribution and of what rural areas should be doing to attract industry and boost local economies.

Richard E. Riebs, president of a Hales Corners, Wisconsin, consulting firm, noted that all electric systems have times of high usage and low usage, or peaks and valleys.

"Utilities have an annual load curve," Riebs said, "and it shows a fairly heavy usage during the winter because of heating, while the summer load is higher due to air conditioning and, in some instances, irrigation. Spring and fall are typically times of fairly light usage."

There is also a wide variation during the week, he noted, with weekdays having some heavy usage because businesses and industries are at work, with less drain on the system on weekends, when electricity is being used mostly by residential loads. Nights, too, are times of light usage, Riebs said.

One of the problems facing the utility industry today, he noted, is that when demand is high, it is filled by "peaking" plants that generate high-cost electricity, and when demand is low, expensive power plants are sitting idle. It would be best from an economic standpoint, he said, to find a way to reduce the peak usage and increase usage during the slack times.

William J. Seefeldt, president of Electo Industries of Monticello, Minnesota, told of his company's

"I'd hoped the conversion would pay for itself in three years. Actually, it paid back in less than two."

—Howard Koltz

"You shouldn't be discouraged if you don't have an industrial development setup in your town. It's never too late to start."

—Mary Ferrando

efforts to reduce the peaks by developing "dual fuel" units, a heating system that uses a normal electric heater — with special rates to make it attractive — along with some other kind of fuel. "You can use wood, kerosene, oil, propane or whatever you want as an alternative fuel," he said, "and when the system is nearing its peak usage, the electric units are shut off, reducing the peak. You can save enough, if you have enough participation, to make the reduced heating rate feasible," he said.

His company produces a line of add-on electric elements that can be installed in existing furnaces, and automatic or manual switching equipment to shut the units off as the utility nears its peak usage time.

Jo-Carroll Electric Cooperative, Elizabeth, is participating in a dual fuel program as a means of helping its members save money, and John Selleck, member service director, told the group that the cooperative's program, which also includes some water heaters that can be shut off automatically, has been well received and is doing a good job of "peak shaving," and is saving money for members.

"We have 1,500 water heaters controlled," he says, "and 43 of our heating loads are on dual fuel. That's not nearly as many as we'd like, but it's a good start and the program's working out about the way we'd hoped it would. We have a good list of solid prospects and we're working with a lot of other members who'll go to dual fuel, too, I believe."

Peter Delwiche, director of information for Dairyland Power Cooperative, the Wisconsin-based generation and transmission co-op that supplies Jo-Carroll, told how the water heaters

and furnaces are controlled by FM radio commands relayed through a series of towers in Dairyland's service area.

Howard Koltz talked about dual fuel from the other side of the meter — as a member, and he is very pleased with his results. "I was probably a pioneer in dual fuel heating in this area," he said. "I heard about it and immediately became interested. I used about 30,000 kilowatt-hours during the heating season, and I figured I could really save money with the cheaper electricity costs and the alternate heating source," Koltz told his listeners.

After some difficulty finding a contractor, he got the conversion made, and did a little insulating on his house, too. "I saved about \$1,000 a year," he said, "and I'd hoped the conversion would pay for itself in three years. Actually, it paid back in less than two."

Steve Hancock, manager of special services for Eastern Illinois Power Cooperative, Paxton, noted that his co-op is involved in a peak shaving program that involves waters and includes sales of high-capacity, stone-lined, heavily insulated water heaters. The units, controlled by timers, cut costs by lowering the peak, and should be beneficial to both EIPC and the members using them, he said.

Mary Ferrando, acting division manager, Springfield Marketing Division, State of Illinois Department of Commerce and Community Affairs, spoke on another possibility: that of filling in the valleys by attracting industry.

"There have been some major changes in the way we operate in the last couple of years," she said, "and in what prospects are looking for, too."

The state, she said, had concentrated for several years on attracting large industry, while virtually ignoring small and medium-sized firms, "where 90 percent of the jobs are generated," she said. "we changed our emphasis," she continued, "and set our sights on attracting small-to-medium businesses and, more importantly, retaining businesses we have. It doesn't do a town any good to attract an industry that employs 50 people if it loses one that has 100.

"We've set up offices in foreign countries to encourage companies to locate here. We have offices in Tokyo, Brussels, Sao Paulo, Hong Kong and in China."

Area representatives working out of Chicago, Springfield, East St. Louis, Belleville and Marion offices work with towns in their areas to help them attract and retain industry, Ferrando said.

"It's not easy," she emphasized, "and there are a lot of states that have financial incentives to induce industries to locate there, and we don't have that, so we have to work harder."

Only a few years ago, she noted, a town could locate a few acres of cornfield that would be available for purchase and call it an industrial park, but those days are gone now.

"Companies are very specific about what they want," she said. "Your industrial park, or plant site, should have gas, electricity, water and sewer. Some insist on being very near an interstate highway, while others want rail service to the site. In fact, the more infrastructure you have in place, the better off you are. Even so," she concluded, "you shouldn't be discouraged if you don't have an industrial development setup in your town. It's never too late to start."



Casey man builds 'Golfcartractors'

Most of us have seen the motor oil commercial in which golfer Arnold Palmer stands in front of his old tractor in Latrobe, Pennsylvania, and tells how the regular use of the oil has helped keep the tractor in good condition.

For most of us, that was as far as it went, except that perhaps we decided to give the oil a try.

With Ed Bolin, Jr., of rural Casey, it's a different story. He had been tinkering with golf carts for some time, mostly doing minor repairs for friends, and the Palmer commercial set him to thinking: Why not build a golf cart to resemble the old tractor and see if Palmer liked it?

"I sent a letter off to Arnold Palmer," he says with a laugh, "and just a little later we got one back. He wanted to know if I'd like to come look at the

tractor and take some pictures of it so my 'replica' would look as much like it as possible."

Naturally, he made the trip. He met Palmer and his manager and was very impressed with both men. He also took several photos of the tractor. Back in Casey, with a golf cart chassis, a handful of photos and a bunch of raw fiberglass, he was faced with the problem of translating all that into a finished product.

"My dad had a body shop in town when I was a kid," he says, "and I was painting cars by the time I was 12, so the painting wasn't any problem. The fiberglass work was."

His wife, Judy, was a help there. Fiberglass is a staple where she works as a secretary, so she went back to the shop occasionally to pick up some pointers. In the meantime, Ed was

doing design work and knocking together plywood and body putty to make the initial molds.

"A friend, Dave Miller, knows a lot about fiberglass," Ed says, "and he was a big help. Another friend, Jim Hutton, helped with the mechanical and electronic details."

With the fiberglass skills picked up and the molds made to resemble the Palmer tractor, the next step was to decide which goodies to install, and where. An AM-FM stereo radio with tape player went into the dash, and speakers went under the seat. A small TV set sits next to the radio. A retractable antenna behind the seat feeds both.

"Take off the 'radiator cap,' and that's where you put spare golf balls," Ed says, "and they run down a chute to the dashboard. A warning light goes



At far left, the cart has about all the comforts of home including TV, AM-FM radio, cassette player, digital clock, cooler and a warning light to indicate that the player has only three golf balls left. Near left, Ed proudly displays his cart. He is a Norris Electric Cooperative member.

much like an automobile, with leaf springs and shock absorbers. Ed's are a little lighter than most. Six electric batteries provide three hours of power, and an hour meter on the dash allows the golfer to keep track of how long the motor has run. It is connected into the motor circuit, and is separate from the digital clock.

"I plan to include a video recorder in future carts," Ed says, "so a golfer can go out and train the camera on himself, try a swing, and go back to the cart for an almost instant replay, and improve his game.

"I'm building another tractor replica, too," he says, adding, "it's going to look more like the old tractor. There are no fenders, and there's a wooden pickup-type box on the back."

The pickup bed has led to another variety of cart, too. Ed makes one patterned after the old Model A Ford pickup, and he puts together replicas of the coupes, too.

Another project, he says with a slow smile, is to learn to play golf. "It seems fitting for a man who makes first-class golf carts to at least play the game a little!"

on when there are only three balls left. There's room under the hood for a small ice chest, too." A removable rack holds a couple of golf bags, and there's space in the back for spare shoes.

Palmer liked the cart, and Ed has made several. More are in the works.

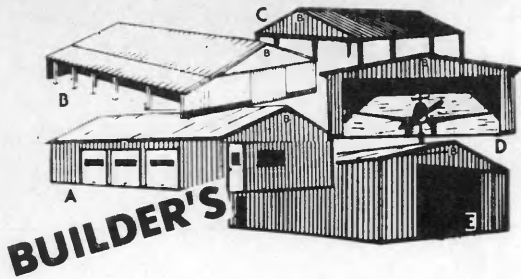
An emergency device is available to those who think they may need it and

it is also provided by a capable neighbor, Ed says. "Cecil Martin does an incredibly good job of woodcarving," he remarks, "and he specializes in birds. We've built a little box in a cart for the guy who's badly in need of a 'birdie.' It has a little sticker on it that says, 'In case of emergency, break glass'."

Mechanically, the carts are built



Left, there is room in the trunk for golf clubs and shoes. Above, Ed puts a golf ball in the "radiator cap." A dashboard light goes on when the golfer starts getting low.



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"Vitamin Side Effects Revealed"

An Interview with Frank K. Wood, President, F C & A

(Atlanta, GA) —

FC&A, a nearby Peachtree City, GA, company announced today the release of a new \$3.99 book, "*Vitamin Side Effects Revealed*".

It reveals surprising side effects and other secrets about vitamins. . . facts that aren't generally known by the public. Read on through this interview with FC&A President, Frank K. Wood.

Question: Can vitamins cause side effects like drugs do?

Answer: Yes, two vitamins can actually be harmful in high doses. Other vitamins can sometimes cause diarrhea, dizziness, sleepiness, depression, upset stomach, cramps, high blood pressure, fear, ringing sounds or poor heart function.

Even so, the good effects of vitamins outweigh the bad effects. But you must know what vitamins you need and how much to take. That's why you need my new book.

Question: What other vitamin secrets are revealed in this new book?

Answer:

- ▶ How you can get vitamins for free.
- ▶ Not one but two vitamins which can help fight hardening of the arteries and coronary heart disease.

- ▶ Two minerals that help protect against cancer.
- ▶ A vitamin that helps protect against schizophrenia.
- ▶ Two minerals and a vitamin that can combat osteoporosis, which causes the collapse of the backbone in older women.
- ▶ Two minerals that can help lower high blood pressure.
- ▶ A mineral that helps regulate blood sugar levels.
- ▶ A vitamin that helps heal wounds or surgical incisions.
- ▶ A vitamin that helps increase fertility.
- ▶ A vitamin that protects against sunburn.
- ▶ A vitamin that helps fight viruses.
- ▶ A vitamin that helps prevent kidney stones.
- ▶ A mineral complex that may slow down aging.
- ▶ An amino acid that combats cold sores and Herpes infections.
- ▶ A vitamin that helps increase circulation in the legs.
- ▶ A vitamin that helps alcoholics control their drinking.
- ▶ A vitamin that helps control premenstrual tension and fights depression.

Question: What else is in the book?

Answer: Complete descriptions of every vitamin. What each does for you . . . How much you need to take . . . What foods contain different vitamins . . . How prescription drugs, alcohol, and smoking

can destroy certain vitamins . . . How particular vitamins can fight many diseases . . . How much of each vitamin you can safely take . . . How long your body stores each vitamin . . . Deficiency symptoms for each vitamin.

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