

1976

Thirty-fourth Annual Report

CASS COUNTY SOIL CONSERVATION DISTRICT

Ia-SCD-27

Atlantic, Iowa.

1976

1 Office

1 William H. Greiner

7 to Ken Olin (1 for self, 6 to Brune)

1 Extension Service,

Robert H. Lounsberry State Sec'y of Agriculture Dept. of Agr. Capitol Bldg., D. M.

Tom Harkin - Congressman Washington, D. C.
John Culver - Congressman Washington, D. C.,Cass County Board of Supervisors,
Court House,
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(list in Directory)REGIONAL DIRECTOR - Lawrence E. Blunk RFD 3,
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League City, Texas 77573

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U. S. Secretary of Agriculture -- Robert Bergland
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Jim Briles - Congressman

Cal Hultmann "
Bill Hutchins "Ernest Gilson "
Wendell Pellett @

99 Soil Conservation Districts

Corning, Iowa. 50841
Red Oak, Iowa. 51566
Guthrie Center, Iowa. 50115
Bayard, Iowa. 50602-9
Atlantic, Iowa. 50022

JANUARY 29, 1977 ISSUE

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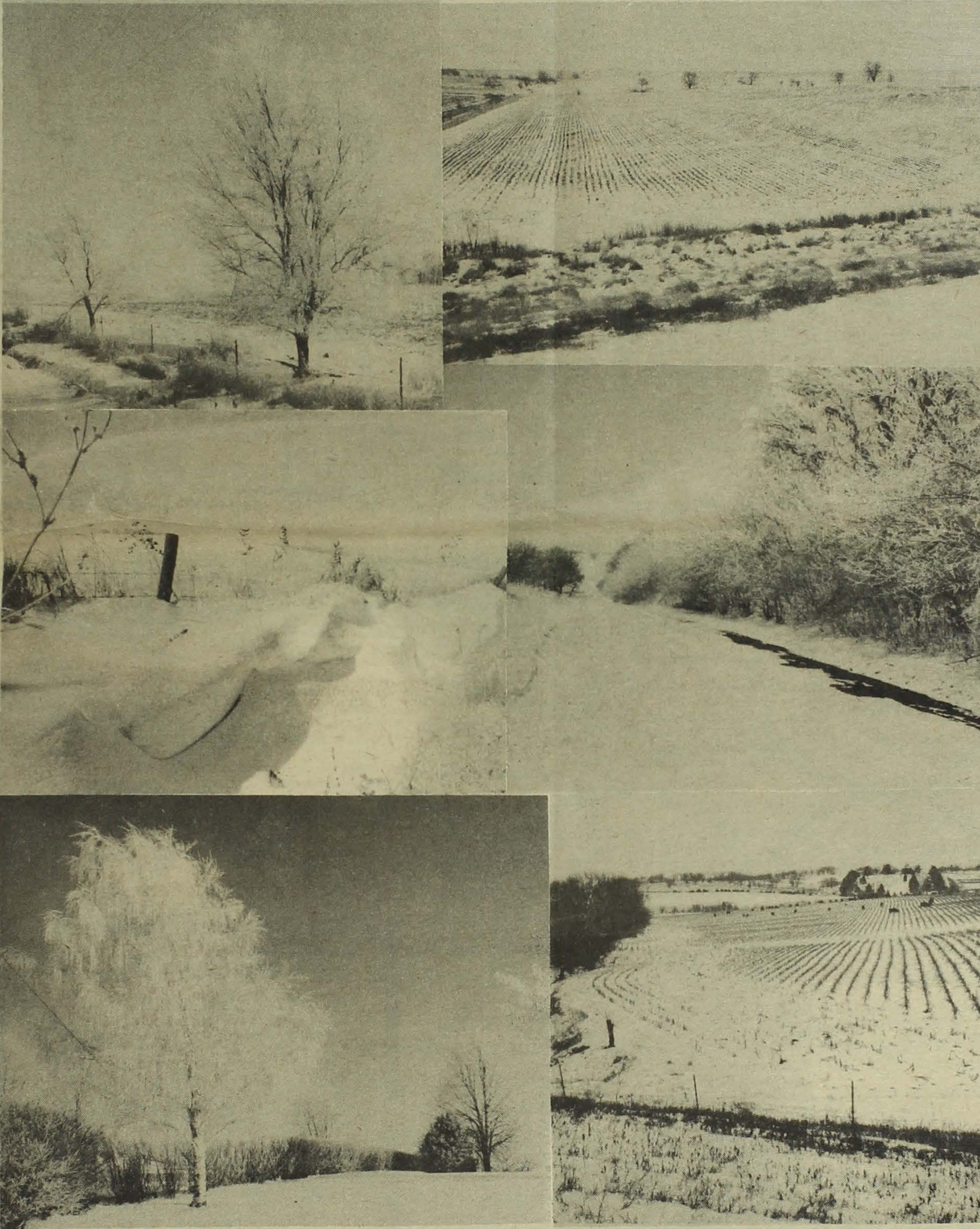
99 Soil Conservation Districts

ATLANTIC NEWS-TELEGRAPH FARM MONTHLY

ATLANTIC, IOWA

JANUARY 29, 1977 ISSUE

Wintertime On Southwest Iowa Farms



These pictures of rural Cass County were taken following a recent snowstorm. Mother Nature has a habit of painting her winter pictures in a variety of ways. Often she whips the snow around on top of a pile near a fence to create a frosting-

like design. Trees are coated with frost to create a bold picture. Other times she outlines fields in rows of black and white, covering many acres with her brush during a single night's work.

A special feature of this month's Farm Monthly is a number of articles about soil conservation programs in this area. The Cass County Soil Conservation District is publishing its annual report in the Farm Monthly.

Poets Corner

GOD'S ONLY SON

Jesus Christ our Saviour,
Was born on Christmas Day.
He died on Calvary,
That we might go his way.
He died God's only Son
So that we might live,
To save us from our misery
To save us from our sin.
Jesus Christ is looking,
Down on every generation,
And if we go his way,
We'll receive a crown in Heaven.

—James Shaw, Audubon

JANUARY

Unpredictable January now is
here,
And the weather can be severe.
It may thaw or it may stay
froze,
But when it comes, nobody
knows.

From the eaves hang the long
icicles,
Children not seen on their
bicycles.
We ride in cars with plenty of
heat,
We hate to get out and off the
warm seat.

Twenty below zero you love the
indoors,
When one has carpeting on all
the floors.
Between two blankets most
people don't sleep,
If we did that, our gas bills be
cheap.

The days are short, the nights
are too long,
Often the wind is overbearingly
strong.
Frost covers the windows, you
can't see out,
But the paper boy must cover
his route.

If you keep the thermostat at a
low sixty-eight,
You gotta wear duds of a
heavier weight.
There'll be days of bloom, and
some that shine,
Way long after Auld Lang Syne.

It be fun to ride in a
snowmobile,
With a careful driver at the
wheel,
And as the cold January goes,
I got lotsa time to write more
prose.

—Esther Miller, Hamlin

'GENEALOGY'

Since the first beginning of man
and mate,
The results of conceiving — has
been our fate!
A mixture of two — a person to
be...
Of lineal descent from each
family tree!

We chose not a mother of our
dreams,
And not a father by any means;
No choice in the genes of an-
cestors all —
But heirs of descendency
beyond recall!

Of all the people that cover this
earth,
No one alike — from the
moment of birth!
As the sands of the sea and stars
of the sky,
Forever individuals — you and
I!

Life is a gift — that birth does
bestow;
Our worth is achieved in the
way we grow.
Birthed and recorded — in
ancestral line,
We pass ourselves on — in
genealogical time!

—M. E. Wright, Atlantic

THE NIGHT BEFORE
JUDGMENT

Twass the night before judgment,
and all through the house, not
a Christian was stirring not
even a mouse.

The Bibles were open on the
table with care, in hopes that
Jesus would soon be there.

The Christians were nestled all
snug in their beds, while vi-
sions of happiness danced in
their heads.

And Christians in their armor
and non-Christians unprepar-
ed, had just settled down not
one of them scared.

When all of a sudden there arose
such a clatter! Everyone rose
from their beds to see what
was the matter.

Away to the window some flew
like a flash, while others so
scared, their teeth they did
gnash.

The moon and the stars and the
sun disappeared, and in the
heavens all the clouds cleared.

When what to the wondering
eyes appeared: The second
coming of Jesus, some con-
fused others cleared.

With God in the middle and Je-
sus on the right, all happen-
ed so quickly in the middle of
the night.

More rapid than eagles, God's
Angels they came. And stood
up and shouted and called
them by name: Now Lana,
now George, now Karen, now
Pam, on Rosie on Jerry on
Peter on Stan.

To the top of the earth to the top
of the heavens, because of
completion they went up by
sevens.

So up to the heaven the Angels
they flew, with all the good
people who were loyal and
true.

And then in a twinkle it was over
just like that.

With Christians in heaven and
the bad ones left back.
As I drew in my head and was
turning around, a terrible noise
I did hear all around.

It was Jesus some said with a
frown on his face, because he
had to send us to that terrible
place.

And after that God had finished
his job.

With many who were happy and
many who did sob.

And to this day it's a story to
tell, of God's wondrous
LOVE and how he's so well.

—Rhonda Shaw, Audubon

A GRAND, OLD LADY

She was seventy-nine,
Her hair was silvery gray with
years of tragedies and hard
work.

But to me she was a monument
of energy, youth and hope.
As a dreamer and a realist
combined.

She dreamed things that would
be and realized things that
were.

Respect and admiration is what
old people should receive.
But, often they get little, but
ridicule and hate.

Yet, this grand, old lady smiled
on through a depression and
two world wars.

A Watergate, a Vietnam and
finally a recession.

There are no statues, no gold
plaques and no bronze medals
of this grand, old lady.

But, all three are engraved
upon my heart.

Her memory still lingers as I
walk the lonely streets,

And look upon an older person
with wrinkles and gray hair,

And then reflect upon the past
and say, "I have finally come
to realize their pain and their
plight."

(In memory of Mabel Born-
holdt) by her grandson Bruce
Bornholdt.

OUR MOM

Stella was always kind and
sweet,
She was always nice and neat.
She was always generous to foe
or friend.

Until she came to her tragic
end.

We all love (Stella) as anyone
can see.

She was a friend to everyone,
the best she could be.

She never turned down anyone.
She always was ready to help
someone at their call.

God took my mom (Stella) to
the land unknown.

The land where she can call her
home.

We all miss (Stella).

But, when God called her she
went without a fuss.

Why God took my mom
(Stella), I will never know.

Until the day we all will have to
go.

—Mrs. Alfred Moller, Lewis

THE OLD BANDSTAND

A stranger once came to our lit-
tle town,

Said "That thing is an eyesore,
why not tear it down?"

You could put out a plastic
planter or two,

It would seem the sensible thing
to do!"

The townspeople looked and re-
membered the years

All the smiles and sorrows, the
laughter and tears;

The soldiers, the bands and the
children at play,

The dear folk who are gone and
the ones who stay.

They looked and remembered a
time that was good

And vowed to restore it, the best
that they could;

To save one old relic for sweet
memory—

To stand proudly in honor of our
town's used to be.

—Bernice Burnside, Lewis

TILL WE MEET AGAIN

Dear, dear sister, Pearl

I must not tell you goodbye—

So many nice times, we've had
together,

I must thank God, and try not to
cry.

All of us seemed to call it
home—

When we came to see Ben and
you,

You were always looking for
someone to come,

We knew we were welcome, too.

For months now, we've watched
and prayed for you,

Perhaps God's ways are
planned?

He had said "I am with you,
always",

We know that He holds your
hand.

We know now He felt that you
were so tired,

He thought of the work you have
done.

He kindly said, "Come home,
dear one,"

At the setting of this day's sun.

"I shed my blood to save you,
This proves to you my love,

I walked with you, thro' the
shadows

Now rest, and be happy above!"

All of your friends are many —

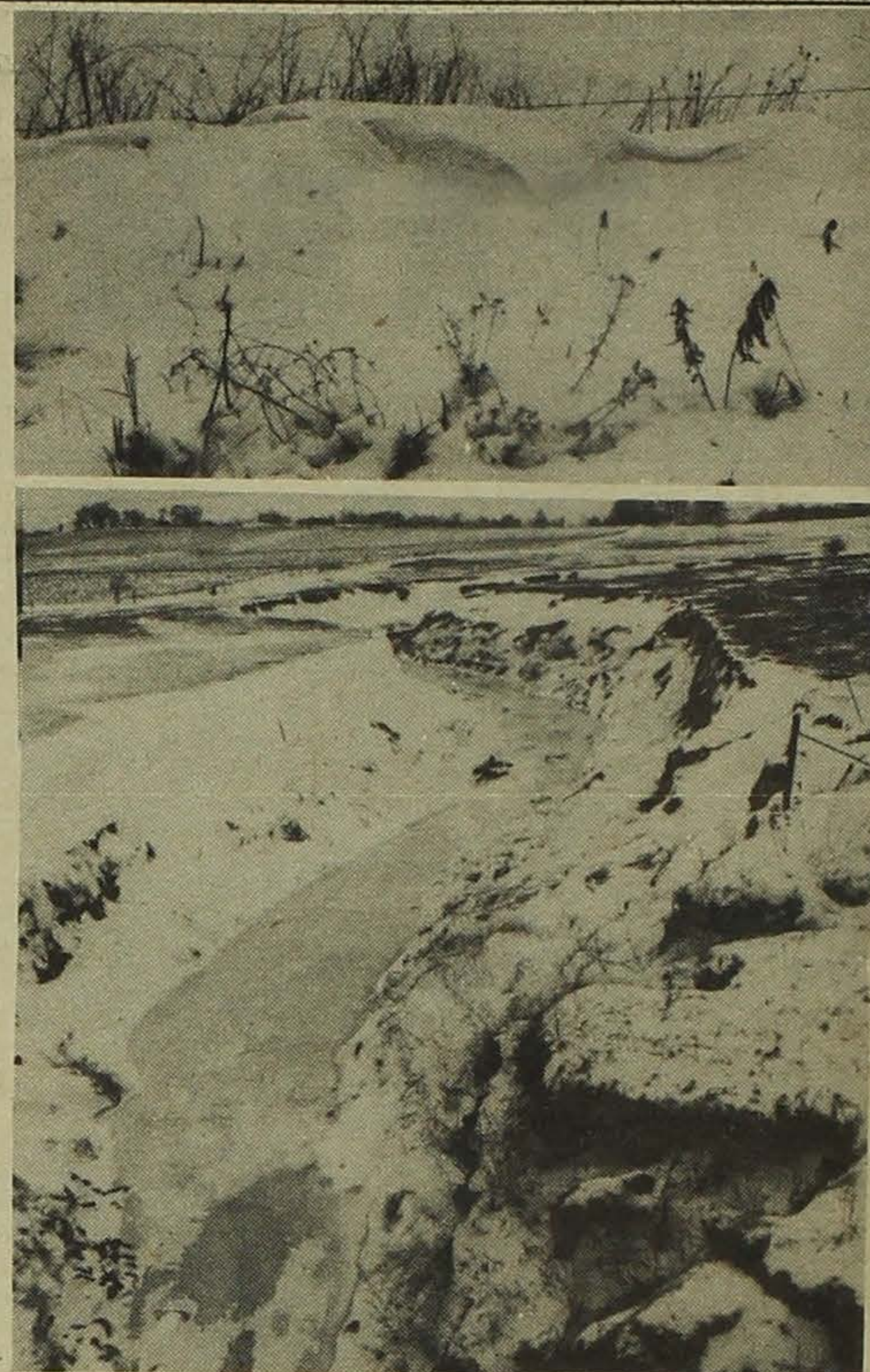
You were kind to all you knew;

Your loved ones, have lost a
dear Mother and sister,

May we be brave, as we bid you
adieu.

(In memory of Pearl Fern
Gochanour, my sister.)

—Stella Sue Parrott, Adair



Winter Scenes

These are more of the wintertime scenes in Cass County after a snowstorm. The frosting-like design of a snow pile is shown in the top picture, while the lower photo is the quietness of a frozen stream.

THE LADDER OF
LIFE

Since the day you made the
promise
Love, honor and obey
You have climbed up life's long
ladder

As helpmates all the way
There's been happy days and
sad ones

And all of these you shared
You have been each other's
comfort

And showed you really cared.
You have reached your golden
wedding

A milestone in your life
You have climbed the golden
ladder

As a team of man and wife.
You have many friends to wish
you

Lots more years of sweet
success

As you climb the diamond
ladder

We wish you happiness.

Mrs. Leroy Plagman,
Kimballton

REMEMBERING

Two years ago, January 12th,
the date,
I lost my beloved mate.
As I wipe away all of my tears,
I'm thinking of our happy years.

I see him sitting in that chair,
Watching out the window there.
Seeing squirrels and birds and
paper boys,
Those all were his earthly joys.

Things are not like it used to be,
Now it's just this place and me.
There's always a sadness in my
heart,
Since that day death made us
part.

There are others with sad
hearts too,
So many days when all are blue.
And as I sit alone at home,
I'm remembering — with this
poem.

—Esther Miller, Hamlin

SPECIAL TOURS FOR YOU!

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MARDI GRAS: Feb. 17th, \$288, from Atlantic. 4 nights
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HAWAII: 10 days, \$689, by jet from Omaha. Includes
tours and hotels on all 4 islands.

HAWAII: One week at Waikiki. \$410. Hotels, tours.

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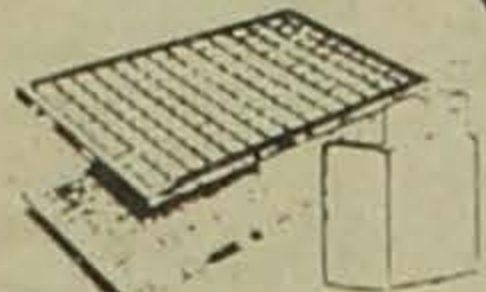
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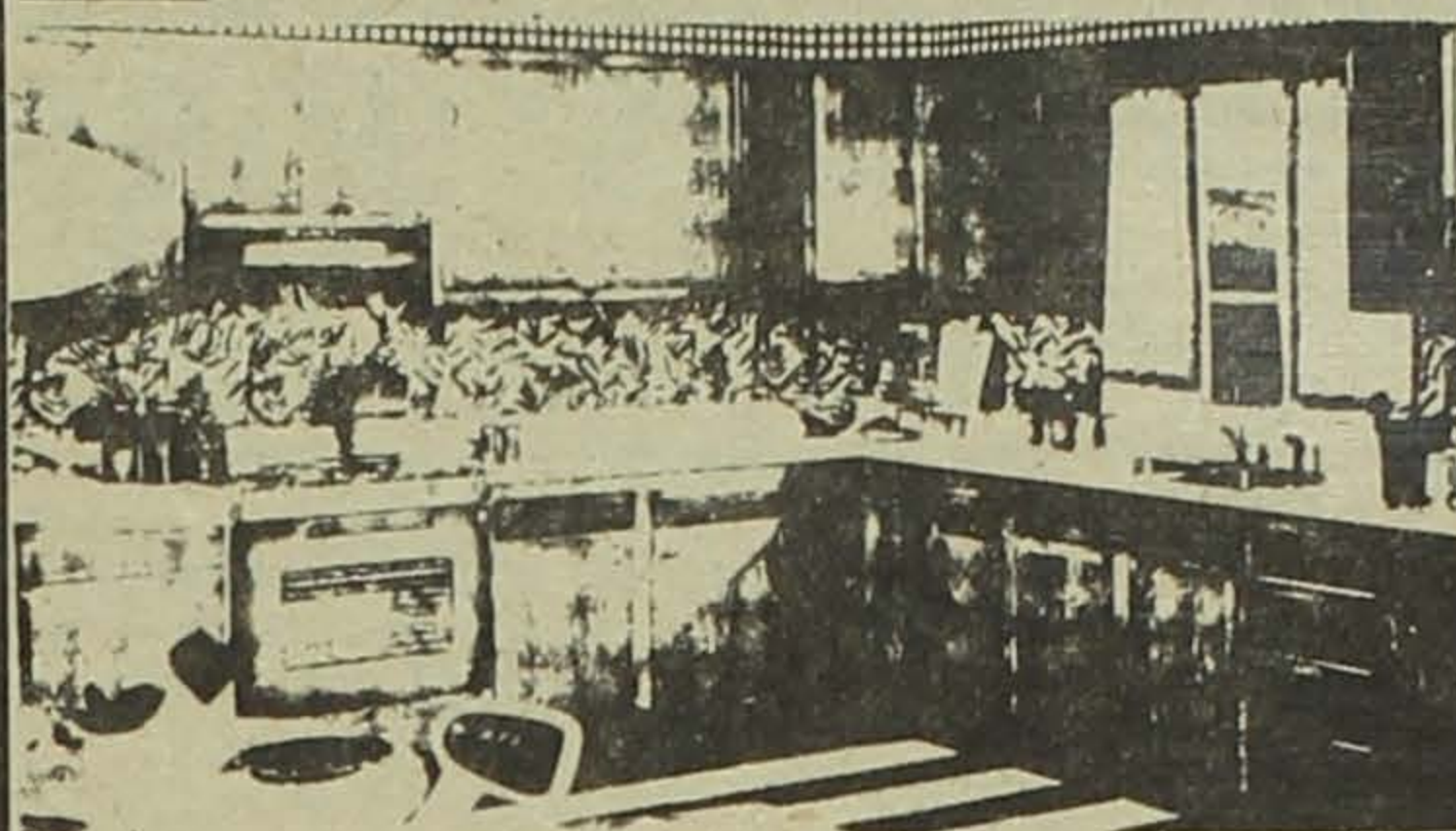


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ODGEN NEWSPAPERS, INC.

68-Year-Old Blacksmith Deeds Entire Farm To Historical Society

It's a farm like many Iowa farms. The house is small, some of the outbuildings need repair. Tools and machinery stand in the yard surrounded by weeds and a cat rubs against the ankles of a thin, white-bearded man.

This farm, near Shelby, contains 80 acres of land and 14 buildings. The entire farm and all the property in the buildings have been deeded to the Pottawattamie County Historical Society by the 68-year-old blacksmith.

Henry Carstens Jr., lives on the farm his grandfather bought in the spring of 1871 from the Chicago, Rock Island and Pacific Railroad Company. Recently Carstens deeded the farm and the property of its inhabitants for 104 years to the Historical Society.

"The knives on the table and the pills they send from Iowa City, everything goes with it," said Carstens of his bequest.

The "everything" is a long, long list of the everyday items the family used, including cups, pencils, overstuffed chairs, pillows. Everything!

Other items include horse harnesses, a bobsled made by Carsten's father, his grandmother's baptismal spoon, a wardrobe that dates to before the turn of the century, a prairie breaker plow, keys, his mother's and grandmother's knickknacks, a crank type wall telephone and an early typewriter.

Anything and everything that a family could use in 104 years is probably somewhere on the farm.

Carstens who has suffered with cancer for 10 years and had two strokes this spring, decided during a hospital stay that he

was not anxious to see the land and property divided among his remaining relatives. Upon his dismissal he began to look for some group to give the farm.

His first choice was the Iowa Historical Society which wanted it badly, but couldn't get the money from the state, Carstens explained.

Unable to make arrangements for use of the farm as an historical site, they reluctantly turned down the offer and Carstens asked the Pottawattamie County society.

Plans are not definite, but a clean-up day has been held and there is hope for another before the first snowfall.

The buildings will be restored to their original condition and most of the machinery, tools and household items will be kept for display purposes.

PIGS ARRIVE IN AMERICA

Americans have special reason for paying tribute to the hog. He's contributed greatly to pioneering, settling and building this land. Supposedly at Queen Isabella's urging, Columbus brought eight pigs with him on his second voyage to the New World. Cortez' excursion into Honduras in 1524 included a drove of swine. But it was on May 25, 1539 — almost a century before the arrival of the Pilgrims — that the hog was introduced to mainland America. On this date, Hernando DeSoto, who was determined to conquer Florida and establish colonies in the interior, landed at Charlotte Harbor, Florida, with 600 soldiers, 350 horses and 13 hogs.

Thomas Jefferson was the first president inaugurated in Washington.

Soil Erosion Is Also Problem For Cities

DES MOINES—When the soil conservation movement began 40 years ago in America, erosion was thought of only as a farm problem. But recently, soil erosion has been recognized as a serious problem within city limits.

Soil erosion can be 10 times worse on urban development land than on cropland, and 200 times worse than on pastureland, according to William Brune, state conservationist with the Iowa Soil Conservation Service.

Stream channels below construction sites often become filled with sediment, then flood after heavy rains.

Sediment, the greatest single pollutant of our streams, lakes and reservoirs, damages nearly every area where it is deposited, Brune said. It lowers water quality for recreation uses and shortens the effective life of reservoirs. It buries lawns, fills ditches, clogs storm sewers, blocks navigation channels, and hurts game and shell fish.

Nationwide damage caused

by sediment each year is estimated at \$500 million. Iowa is a leader in the fight to stop erosion and sediment within cities. In 1970, the Iowa Legislature passed a law requiring cities to become part of local soil conservation districts. Districts are the local subdivisions of state government responsible for carrying out soil conservation programs, explains Brune.

Another law was passed in 1971 urging soil conservation on farmland and urbanizing land. "Soil loss limits" of five tons per acre per year are now established for construction sites.

If these limits are exceeded, neighbors being damaged by sediment may complain to the soil district to force the developed to solve the problem.

Many Iowa cities are passing erosion control ordinances which require the local soil conservation district to review development plans before a building permit is issued. Others are cooperating with

farmers outside the city limits to stop erosion and flooding problems which affect farms, city land and facilities.

Many conservation practices and concepts used to control erosion on farmland can be used in cities, says Brune.

The USDA Soil Conservation Service, with an office in every county is a source of help for erosion problems. Each office has soils information to show developers or home builders potential problems, as well as specific recommendations for solving urban erosion problems.

The Iowa Department of Soil Conservation has a new 225-page book "Iowa — Guidelines for Soil and Water Conservation in Urbanizing Areas" which outlines solutions to urban erosion problems. The book is available to city officials and urban developers.

Puerto Rico, annexed from Spain by treaty in 1898, was granted commonwealth status by an act of Congress, July 25, 1952.

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Reminiscing

by Mrs. Margaret Hays
of Hamlin

The Barn In Winter Chapter One

Four seasons on the farm and all held adventure to the chubby little tomboy that I was.

Spring was the dark thread of David's Creek running free between melting peninsulas of snow. I walked the water's edge, planting each foot gingerly and hoping to stay high and dry. In summer I slid down the straw stack after the straw had settled. It was a quick ride and a hard landing. In winter it was sledding, ice skating, scooping paths to barn and chicken house, and exploring the barn.

Winter was the best time to play in the barn, with every door closed tight and a sampling from every field and animal family in its cavernous inside.

Built by my great-grandfather in 1900, the barn was 60-feet long, 40-feet wide and 50-feet high. It loomed against the sky, a neighborhood landmark with a jaunty cupola on the top.

With its sides of louvered wood slats, the cupola fascinated me. If I craned my neck just right, I could watch the shadowy movement of pigeons as they flapped and scuffled inside. I would have liked to inspect their quarters, but my father would have laid the back of his hand on my calloused posterior.

Ladder

Only once was I ever caught returning from a high climb without receiving a spanking. An attached wooden ladder ran from the first floor to almost the highest point in the hayloft.

One fine summer day, my father came striding into the barn just in time to see my short legs fumbling for the next rung of the ladder as I stretched to catch a toehold. As he watched me clamber slowly to safety, he sank down on an overturned bushel basket and gave me a cold stare. I slide carefully past him and scurried out of sight.

On a cold winter day there was no place on the farm as interesting as the barn. Huge sliding doors opened on the west into the center of the first floor. The area was wide enough for a team of horses to pull a full rack of hay inside. To the left were small grain bins, and beyond them, stretching to the north end of the barn, was the strawmow. Above the center room stretched the haymow toward the south end of the barn.

In the form of an inverted U, this space extended to the high roof. When we were lucky enough to have a good crop of alfalfa and clover hay, plus a good oat crop, this space was nearly filled.

Hay and straw chutes were boarded around to form open drops clear to the basement of the barn. As the men mowed hay in the barn, the top of the chute was left uncovered and boards were left off the sides at intervals. As the hay level diminished, forkfuls could be pushed into the chute and cropped downward with a whispering scratching noise. I kept well back from the edge when I was small and maintained caution even when I was large enough to go to the mow and send down an evening meal to the animals. If the chute opening was boarded about waist high, sometimes I leaned carefully over and peered into the dark vertical tunnel which ended in a square of light far, far, below me.

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JDX6, 1973, Tag No. 1076, will get new track and flap, 1,976 miles, Serial No. 24274, new low price	\$600.00
JD600, 1975, new engine in '76, Serial No. 31156, new low price	\$1,225.00
JD600, 1974, electric start, back rest, cover, new engine, Serial No. 22050, new low price	\$1,100.00
JD300, 1974, Serial No. 24151, with cover, real good condition, new low price	\$895.00
JDX8, 1975, Serial No. 33515, with cover, 1,456 miles, new low price	\$1,295.00
JD800, 1975, Serial No. 31281, with cover and back rest, new low price	\$1,495.00
JD500, 1973, Serial No. 13040, Tag No. 654, with cover, will get new track, 1,702 miles, new low price	\$935.00
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1971 Polaris 430 Mustang, new low price	\$895.00
1974 Polaris 400, free air, new low price	\$1,025.00



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Tip of the Hat to 4-H CLUB MEMBERS

A Tip of the Hat to 4-H Club member Kim Jessen, daughter of Mr. and Mrs. Gene Jessen of Atlantic. Kim has been a member of the Bear Grove Brownies 4-H Club for six years and has been a Junior Leader for three years. She has also carried projects in horse, food and nutrition, photography, gardening, clothing, recreation, and communication.

One of the highlights in Kim's 4-H career was receiving two second blues in the horse performance classes with her horse, Papoose.

"I like being a Junior Leader because I get to meet and work with a lot of 4-H kids and adult leaders. By being a Junior Leader, I can get more involved in all the fun things you can do in 4-H," says Kim.

"I think every one should be in 4-H. You have lots of fun, meet many people, and learn a



Kim Jessen

lot, including responsibility. I think that if a person doesn't join 4-H, he's really missing out on something terrific."

World Renown Dentist Joins U of I Staff

IOWA CITY — (IDPA) — Speedy progress is being made toward achievement of devising a method to prevent — also to cure — tooth decay.

A good share of that progress is attributable to a newcomer on the faculty of The University of Iowa College of Dentistry, a native of England, Dr. Leon M. Silverstone. Last June, by permanent appointment, he became Professor and Head of the Division of Cariology and Professor Pedodontics.

He has won worldwide repute as a cariologist.

A cariologist studies the causes and prevention of human tooth decay. Dr. Silverstone's first achievement was to cause a tooth to decay.

Sledgehammer

Experiments in the prevention of tooth decay were for a long time hampered by an inability to achieve in a laboratory tooth decay exactly simulating that which takes place in the mouth. Immersing a tooth in acid had been tried; but, says Dr. Silverstone, "The effect was that of hitting the tooth with a sledgehammer."

He introduced the idea of suspending the acid in a gel. Thus diffused, the acid caused a decaying process that satisfactorily duplicated the natural process.

His interest in pedodontics, the speciality of children's dentistry, led him to search for a way to prevent decay in children's teeth.

Particles of food pack so tightly into the fissures that a child's efforts to brush them out are likely to be unsuccessful. A substance was needed that would act as a sealant and protect the enamel.

The answer was found in a plastic-type material that effectively seals off the fissured surfaces so acid working on food particles cannot penetrate the fissures. The coating has remained unchanged on teeth it was applied to as long as four years ago.

Repairs Teeth

The challenge of developing a

process that would actually repair teeth starting to decay had captured Dr. Silverstone's imagination even before he undertook his experimentation with fissure sealants. His research led to the formulation of a fluid which successfully repairs various tooth enamel and strengthens the enamel on normal teeth.

"This fluid," Dr. Silverstone explains, "has the same composition as tooth enamel and essentially is a liquid enamel. One shortcoming hasn't yet been entirely overcome. It doesn't fully penetrate the plaque that always covers all but the cleanest tooth surfaces."

Dr. Silverstone is juggling the fluid's ingredients to find a formula that will penetrate the plaque and still perform the enamel repair and strengthening function efficiently.

Once a formula is devised that handles the plaque problem, Dr. Silverstone foresees the liquid being added to mouthwash and toothpaste to the widespread benefit of dental health.

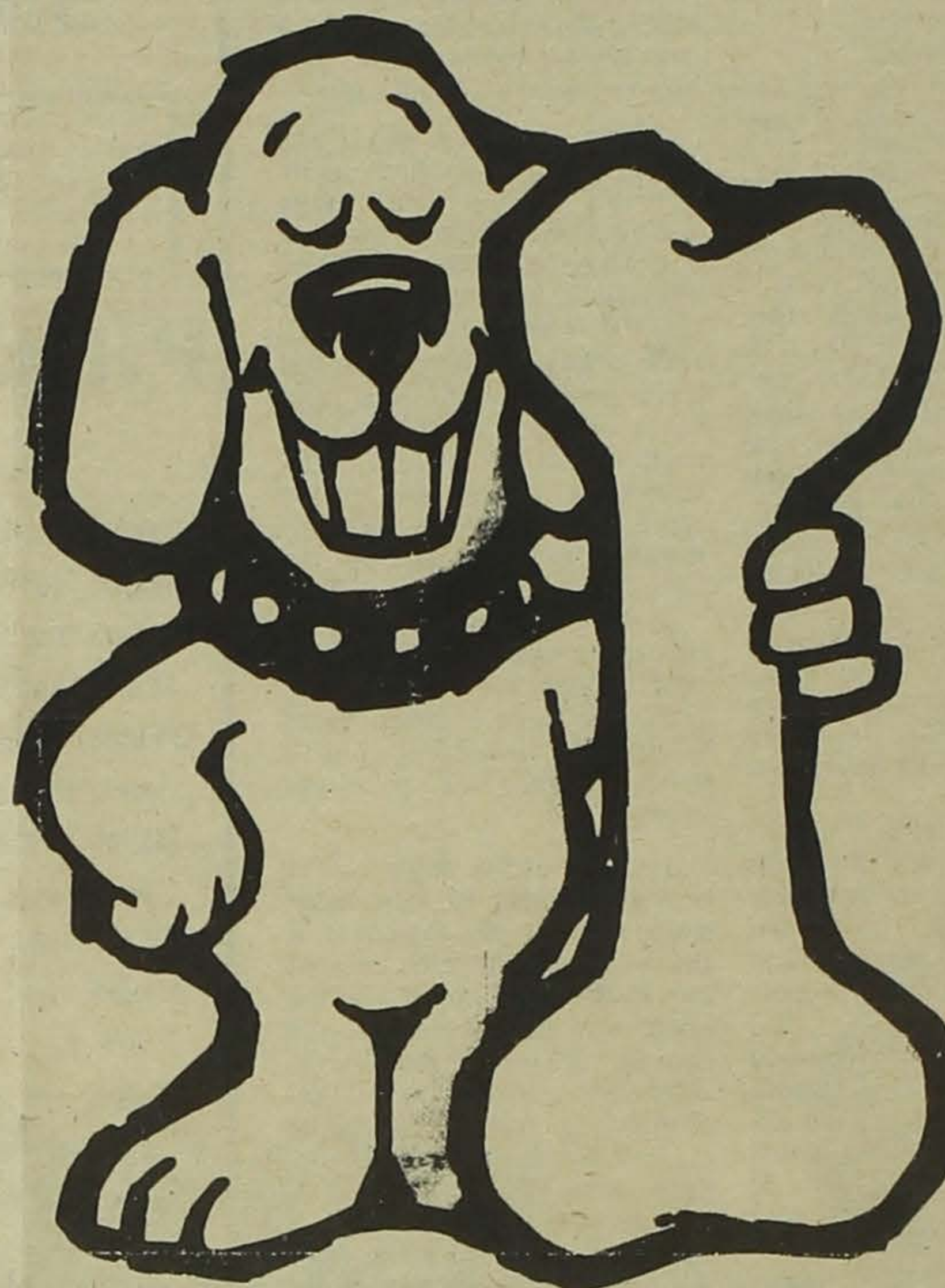
His research into the causes and prevention of tooth decay has brought Dr. Silverstone some of the highest international awards that a dental scientist can receive; and it has made him highly sought, worldwide, as a lecturer.

He spoke in August before a scientific body in Hungary and in October delivered a paper in Moscow before the Russian Stomatologists Association on his techniques for acid-etching tooth enamel and using a fissure sealant.

After he had made known his plans to move away from England, Dr. Silverstone was offered teaching-research positions in a number of places, including Amsterdam, Zurich and Harvard University. Both he and his wife, who is also a dentist and on the dental college faculty, have been delighted with their choice of The University of Iowa.

Studies by a scientist 20 years ago estimated that 2 million waterfowl died annually in the United States as the result of lead poisoning, caused largely by the birds swallowing lead shot.

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\$200,000 Spent In Cost-Share Funds In Cass

By Gayle R. Johnson
District Clerk

The Cass County Soil Conservation District has administered nearly \$200,000 in state cost-share funds for the construction of conservation practices since 1973.

The Iowa Legislature made history in 1973 when Iowa became the first state to administer its own soil conservation program of cost-sharing with individual landowners.

Since 1973, the Cass District has helped in 161 cases to get conservation practices installed on the land. This has been done without any administration cost resulting in every dollar of appropriation being spent on conservation projects on the land. The following is a breakdown of appropriations by years:

1973 — \$28,652; 1974 — \$28,126; 1975 — \$46,500; 1976 — \$94,000; Total — \$197,278.

The funds were approved to individual landowners to pay for 50 per cent of the cost of conservation practices. The landowner matches the state funds equally. The landowner assumes all maintenance costs after the practices are built.

Accomplishments

The work accomplished with these funds demonstrates the success of the State Soil Conservation Program. The following is a list of these accomplishments since 1973:

Terraces—385,262 feet; ponds — 16; waterways — 50.5 acres; permanent pasture seeding — 340 acres.

The district has used the state funds to assist in 161 conservation projects. These projects have been located in every part of the county. The average size payment made to any individual landowners is \$1,225.

The district has divided the cost-share program into two parts: The annual program for individual farmers, and the participation with those individuals with long-term agreements administered through the local ASCS office. The District recognizes the No. 1 erosion problem in Cass County as soil loss from rowcrops on upland cropland fields. In the annual program, terraces and diversions only are eligible for cost-share assistance.

The district supports the long-term agreements (LTA) of the ASCS program by contributing 25 per cent cost-sharing to those contracts. Where an LTA is involved, every needed conservation practice on the farm is included in the contract. The ASCS obligation is for 50 per cent cost-sharing while the district contributes 25 per cent making a 75 per cent cost-share arrangement for LTA holders only. There are ten active LTA contracts in effect in Cass County.

Applications

The district conducts an application period for farmers to apply for cost-share assistance every year. This application period usually occurs in July and is actively advertised and announced. Every landowner in Cass County is eligible to apply. The funds have been adequate in the past to approve some of the applications.

The farmer is required to pay all bills at the completion of construction in full. He then submits the paid bills to the District who in turn makes payment directly to the farmer. Cost-share payments have been made promptly upon receipt of the paid receipts with a very

minimum of paperwork and red tape.

Any landowner needing assistance to build terraces or diversions should begin now to make plans for accomplishing the needed conservation work. A contact should be made with the district office at 1207 Sunnyside Lane in Atlantic to determine where or when the work can be done. An estimate of the amount of work to be done can be developed then also. With these items accomplished, a landowner will be ready to apply for cost-share assistance using state funds administered by the district.

QUICK QUIZ

What food do people eat that comes from cattle? The obvious answer is beef; some people might also mention the variety meats, including liver, kidney, brains, tripe, tongue and sweetbreads. But how many people would mention margarine, chewing gum, marshmallows, candies, ice cream, graham desserts and bakery products? Yet all these items utilize by-products from cattle, either as an integral part of their composition or in their manufacturing process.

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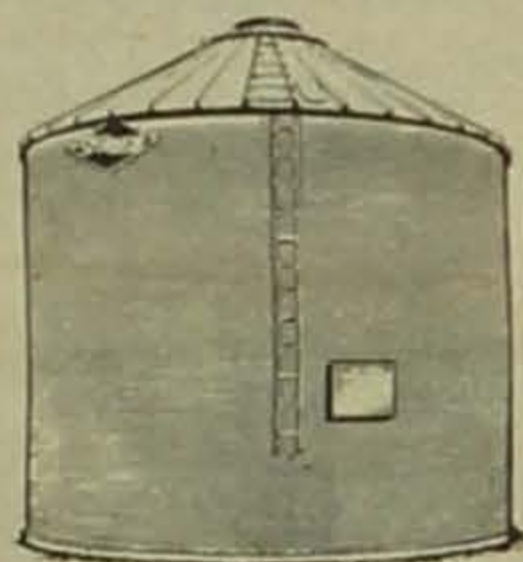
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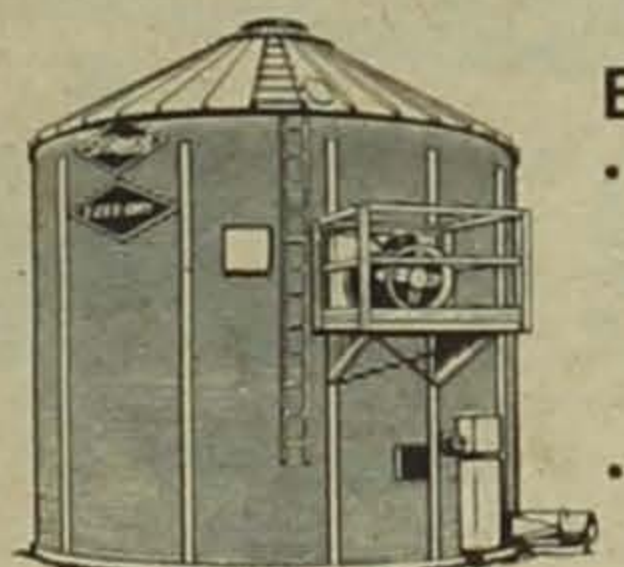


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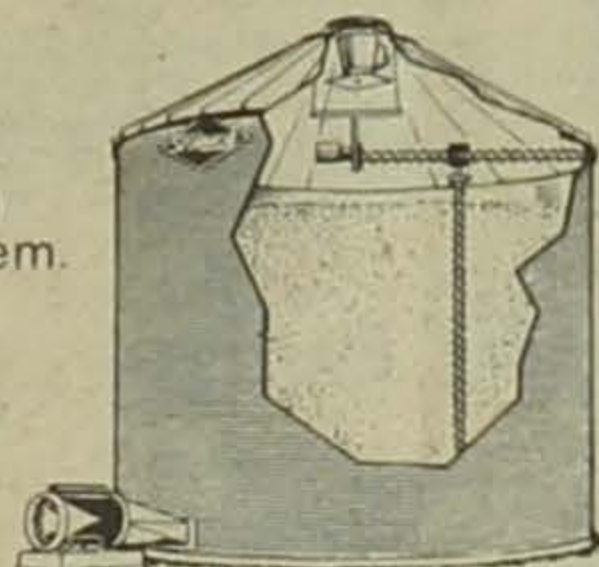


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Upland Treatment Important

By Max H. Miller
Soil Conservation
District Commissioner

Treatment of what? Primarily our top soil. It is a proven fact that Iowa is losing one inch of top soil every 12 years. Now consider that much of our hill land is at a point of six inches or less of good soil. We need to save it for the future.

Upland treatment can be applied in several ways. I will name a few: (a) seed — the steeper slopes to some form of permanent grass; (b) strip cropping — part of the slope seeded down and part row crop. It is essential that this be done on the contour; (c) terraces — the type of terrace you use will vary with the condition of the land. To name a few there are level terraces, graded, diversion and tile inlet.

Our heavy rains of last June



filled many terraces with silt almost overnight. It wasn't good but the silt was there instead of on the way to the Gulf. We need many more miles of terraces in Cass County.

FmHA Provides Conservation Loans

By Forest D. Vermillion
County Supervisor for
Cass and Pottawattamie
Counties

The Farmers Home Administration makes soil and water loans to owners or operators of farms and ranches, including partnerships and corporations to assist them in developing, conserving, and making proper use of their land and water resources.

These loans are accompanied with technical management assistance through a cooperative effort of all USDA agencies, including Extension, ASCS and SCS.

Loans may be used to drill wells and otherwise improve water supply systems for home use, and livestock, construct and repair ponds and tanks, ditches, and canals for irrigation; dig ditches and install tile to drain farmland; develop ponds and water control structures for the production of fish under controlled conditions.

These loans may also be used

to level land; carry out basic land treatment practices including liming, fertilizing, and seeding; subsoil or sod land; establish permanent pastures and farm forest; establish approved forestry practices on a farm such as pest control, thinning and fire protection.

Funds may also be used to build dikes, terraces, waterways and other erosion control structures.

In addition, loan funds may be used to obtain plans and pay fees for legal, engineering and other technical services.

FmHA will also make loans to purchase land or enlarge farms and can include funds with these loans to provide needed development for the land and water resources and to establish needed conservation practices.

The Farmers Home Administration Office is located in the USDA building at 1207 Sunnyside Lane, in Atlantic and a sub-office in the USDA building in Oakland, where office hours are each Tuesday from 1-2 p.m.

Iowa Second In Corn Production

Iowa's farmers enjoyed larger crops of corn and oats during 1976 than a year earlier while soybean production dropped below the 1975 level. Weather conditions, and consequently crop yields, varied considerably across the state during the year. Some farmers experienced an almost disastrous year, while others enjoyed yields approaching record highs.

For the tenth time on record since 1919, Iowa was outranked in corn production by Illinois. Iowa also ranked second to Illinois, the annual leading state, in soybean production.

Despite adverse weather conditions, Iowa's 1976 corn production at 1.15 billion bushels was 4 per cent larger than the 1975 crop. A four per cent increase in the acreage harvested for grain was responsible for the increased production as yield at 90 bushels per acre was unchanged from 1975.

The state's record high yield was 116 bushels per acre in 1972. The 12.75 million acres harvested for grain was the largest on record.

Corn silage as harvested from an estimated 970 thousand acres, 18 per cent above the previous year with an average yield of 12.5 tons per acre.

The 1976 soybean crop was 14 per cent smaller than a year earlier as the result of a decrease in acreage and

average yield. The 6.59 million acres harvested was five per cent less than 1975 and 16 per cent short of the record large acreage harvested in 1973. The 1976 average yield of 31 bushels per acre was three bushels below the yield experienced in 1975 and five bushels below the record high yield set in 1972.

Nine per cent more oats were harvested in 1976 as a two per cent decrease in acreage was more than offset by a six bushel increase in the average yield per acre. The production of 87.03 million bushels was harvested from an estimated 1.48 million acres.

The 1976 hay crop was placed at 6.77 million tons, two per cent less than the crop harvested a year earlier. The average yield per acre was unchanged from 1975, but 50 thousand fewer acres were harvested.

PORK CHOP FUN

Chops are a favorite among the many flavorful pork cuts. Since they are served frequently, it's fun to vary the seasonings and braising liquid for new main dishes. For more variety, stuff thick rib chops with fruit, vegetable or bread stuffing. Another variation of braising is to brown the chops and then bake them on top of dressing in a covered casserole.

Forests cover a third of the United States.

Bank Paid \$39,700 For Worthless Note

The National Bank and Trust Co., Traverse City, Mich., has filed a civil action to recoup some \$18,177 from Stephen Holcomb, 31, which, bank officials claim, was mistakenly paid to him when he cashed a 100,000-mark note of Germany on Sept. 17.

The note, now long obsolete, was issue-dated Feb. 1, 1923, worth at the time of issue about \$2.41 in United States funds, and on the current numismatic market, worth about \$1.50, when crisp Uncirculated.

When Holcomb offered the note for exchange, he was paid at the then-current rate of exchange for the West German

mark, 39 cents, receiving \$39,700.

And what does an unemployed mason do with \$39,700?

Holcomb bought a \$7,000 four-wheel drive Scout and drove to Chicago, Ill. He stayed in a posh hotel, rewarded an elevator operator for doing a "real good job" with a \$900 tip; bought a stereo tape deck, a double-barreled shotgun and a pistol.

Half the money was gone by the time he returned to Traverse City, when suddenly sheriff's detective Jim Palmer visited Holcomb and confiscated the newly purchased property. Holcomb commented,

"They took my truck and about \$5,200 cash. The two cops hauled me down to the bank and told me to sign something so I guess that's where I lost the money I had in the bank."

To Holcomb, the bank voluntarily accepted his German bank note and there was no intent of fraud. The bank has not pressed criminal charges but does want its money back.

The only time Letitia Tyler, wife of President John Tyler, appeared as official hostess at a White House function was when their daughter Elizabeth was married in the East Room.

ESTATE AND GIFT TAX Public Information Meeting

EXPLAINING THE PROVISIONS OF THE 1976 TAX REFORM ACT IN

Atlantic Audubon Greenfield Red Oak

AN ESTATE PLANNING SEMINAR, EXPLAINING THE MAJOR AREAS OF THE ESTATE AND GIFT TAX PROVISIONS OF THE 1976 TAX REFORM ACT WILL BE HELD ON

Wednesday, Feb. 2

In Atlantic At

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2 to 4 P.M.

Thursday, Feb. 3

In Audubon At

Home Federal Savings
2 to 4 P.M.

Tuesday, Feb. 1

In Greenfield At

Central Savings
2 to 4 P.M.

Red Oak Thursday, Feb. 3 in Senior High Auditorium 7-9 P.M.

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Million Acre Increase In Conservation Tillage Program

More than seven million acres of Iowa cropland were planted last year leaving crop residues on top of the ground, according to a survey by the USDA Soil Conservation Service (SCS).

The estimates show 7.2 million acres last year, an 18 per cent increase from 6.1 million acres the previous year. Agency officials say that means one-third of Iowa's corn and soybean land is now being readied for planting without the use of a moldboard plow.

"We're very happy to see this kind of increase, an erosion control standpoint," says SCS State Conservationist William Brune. "Generally, leaving half the residue from the previous year's crop on the soil surface will cut erosion by water in half. The practice has broad application in Iowa."

The SCS survey, compiled from county estimates by SCS district conservationists, shows acreage increases by nearly all types of conservation tillage methods. (Conservation tillage, minimum tillage, and mulch tillage are all terms used to describe reduced tillage which leaves crop residues on the soil surface.)

Chisel Plowing

Chisel plowing showed the biggest increase from 1975 figures. In 1976, about 2.4 million acres were chisel plowed, compared to 1.8 million acres in 1975.

Disking, or using a field cultivator (or a similar machine) increased from 3.8 million acres in 1975 to 4.2 million acres this year. Till planting increased from 272,000 acres to 281,000 acres, and slot planting (also no-till planting) increased from 106,000 acres to 118,000 acres. The only decrease came in rotary strip planting, which dropped from 194,000 acres to 188,000 acres.

"We've run this survey since 1968, and we've seen a tremendous jump in conservation tillage in eight years," says Mervin Danielson, SCS state resource conservationist. Only 440,000 acres were minimum-tilled in 1968. The figure went to 2,900,000 acres in 1972, and has more than doubled since then.

"There's potential for much more conservation tillage in Iowa," Danielson says. "It's the fastest way a farmer can reduce soil losses and continue to plant corn and soybeans."

Improvement

While the conservationists say the survey results are encouraging, they also feel the quality of conservation tillage needs improving. "We found that overall, 72 per cent of the 7.2 million acres had more than 1,000 pounds of residue per acre left on the surface after planting. The other 28 per cent didn't have enough crop residues to do a good job of erosion control.

Soil protection is gained by the residues covering soil; raindrops hit the residues rather than soil and don't dislodge soil particles. Thus, more ground coverage means better soil protection.

"We found the best protection, of course, in no till planting, with 99 per cent of the acres leaving adequate residue," Danson says. "Till planting left 97 per cent of the land with more than 1,000 pounds of residue per acre; the rotary tillage figure is 92 per cent."

Overworked Soil

"The problem shows up in the more popular methods, where the soil is overworked. In

chiseling, 76 per cent of the soil had 1,000 pounds; in disking or field cultivating, only 67 per cent of the land had 1,000 pounds an acre or more after planting. One chiseling or one disking leaves plenty of residue, usually, but when land is chiseled and disked, residue is worked under the soil. It's what's left on top that counts," Danielson says. SCS recommends that 3,500 pounds per acre of cornstalks be left on the surface for good erosion control.

Survey results show that 54,264 farmers, or about 40 per cent of those in the state, are

trying some kind of reduced tillage on at least part of their land.

"We need more field operations done on the contour on sloping lands, too," says Brune. "Contouring, or for that matter, terracing along with conservation tillage, is the key to keeping our Iowa cropland productive."

PORK'S THIAMIN PLUS

A poor diet may cause mild symptoms of thiamin deficiency such as constipation, muscle fatigue, loss of appetite, depression and irritability. Since the body cannot store thiamin in quantity it should be provided daily in the diet. Pork is the best food source of this nutrient.

1976 Corn Crop At Record High

Corn production for grain in 1976 is estimated at a record 6,216 million bushels.

This figure is seven per cent more than the previous record 1975 crop of 5,797 million bushels.

The U.S. yield averaged 87.4 bushels, compared to the 1975 yield of 86.2 bushels and the record yield of 97.1 bushels.

The 1976 grain crop was harvested from 71.1 million acres, six per cent more than the 67.2 million acres harvested in 1975.

The 1976 soybean crop is estimated at 1,264.9 million bushels, 18 per cent less than the 1975 crop of 1,546.1 million bushels.

Soybeans were harvested

from 49.4 million acres, an 8 per cent decrease from the 1975 harvested acreage of 53.8 million.

The 1976 soybean crop yielded an average of 25.6 bushels per acre compared to 28.8 bushels a year ago.

Sorghum grain production in 1976 totaled 723.7 million bushels, about five per cent less than the 1975 production.

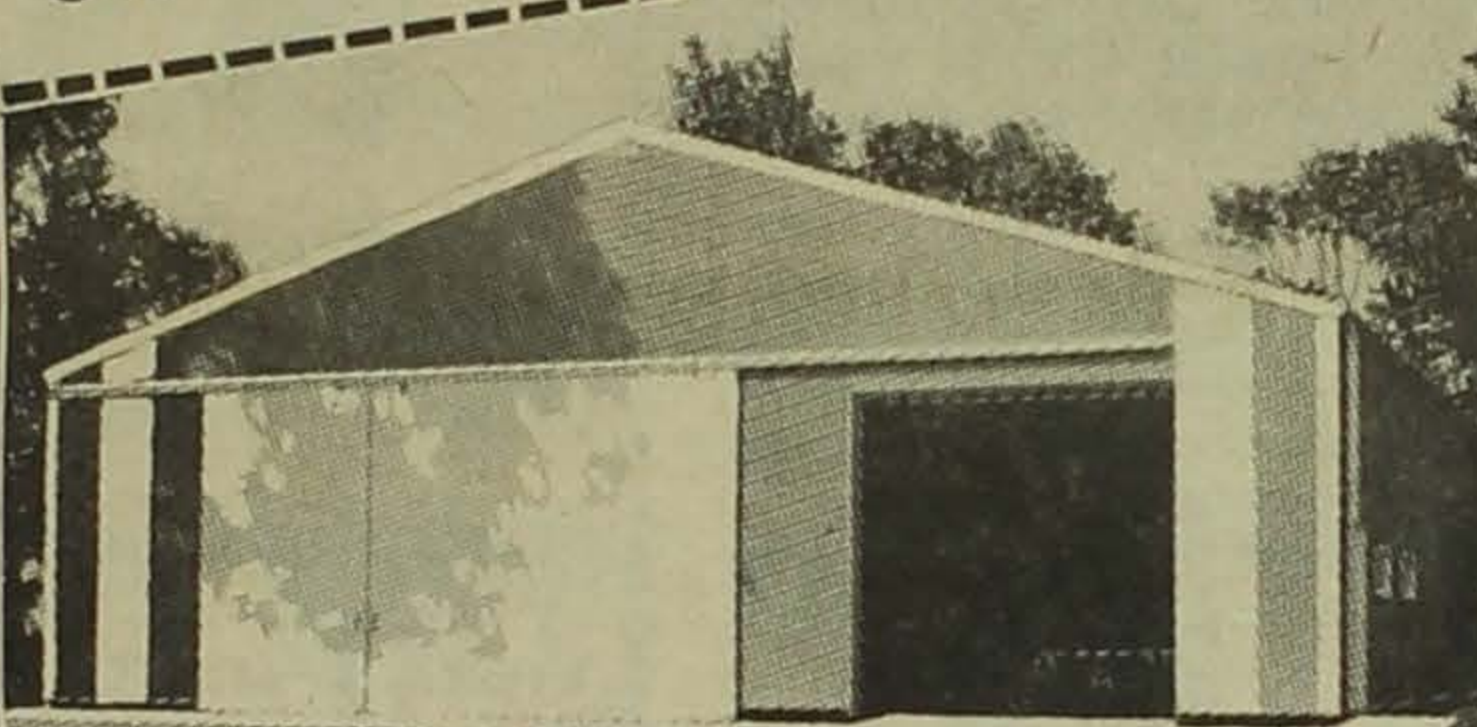
All hay production is estimated at 120.9 million tons, nine per cent less than the 1975 production of 132.7 million tons.

The colored beads strung on the side of a baby's play pen are called an abacus, the same as the earliest adding machine used in prehistoric times.

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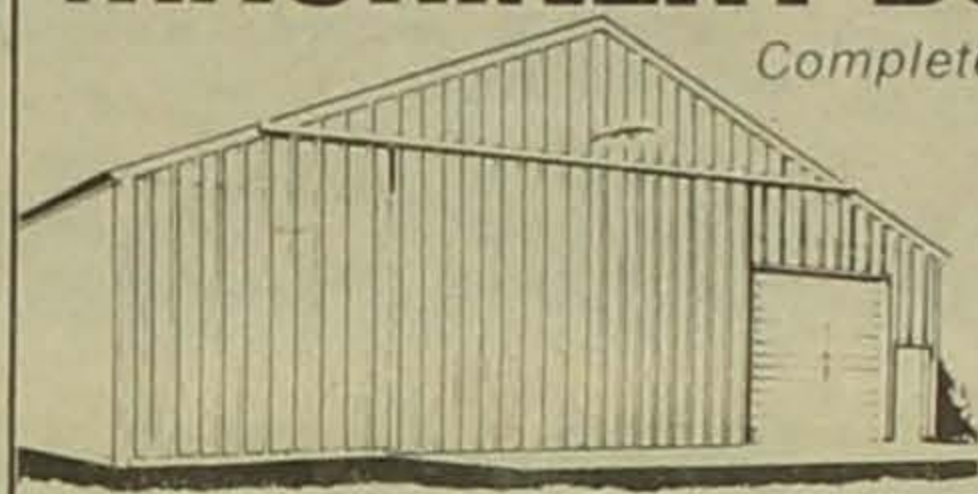
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Grassed Waterway Probably Least Appreciated Farm Area

By Bill Willis

District Conservationist

The grassed waterway is probably the least appreciated area on the farm. It is crossed frequently with machinery. It is used by wildlife for nesting. It is run over by escaping water. It is burned by herbicides. It is sometimes harvested for hay. Its function goes unnoticed until the day it fails to do an intended job.

A grassed waterway is a natural watercourse shaped or graded and established in suitable grasses to safely dispose of runoff from a field, terrace, diversion, or other structure. Usually, grassed waterways are seeded to permanent grasses such as Bromes or Fescue, and are shaped to an adequate width and depth to contain the anticipated amount of runoff.

Grassed waterways are located in the lowest part of a field, and intercept runoff where it first starts. A waterway usually is in wet ground and requires that drainage tile be installed on each side to intercept seepage and correct wetness.

Ditch Stabilization

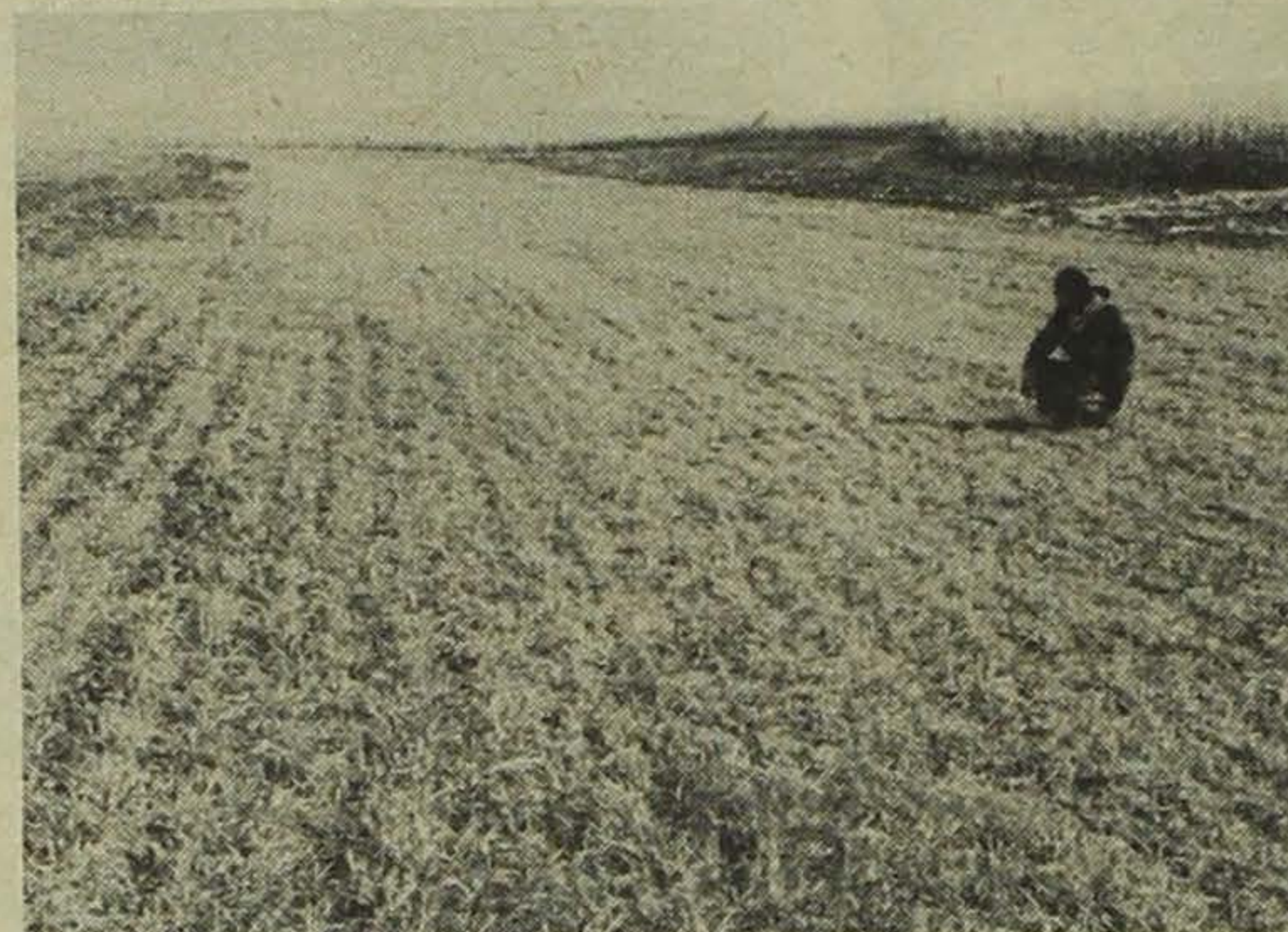
Grassed waterways can be built to stabilize ditches where the drainage area is small and large amounts of runoff water are not common. Grassed waterways are effective in the control of soil loss that happens in the ditch itself by preventing further advance and growth of ditches into gullies.

Grassed waterways require careful maintenance to extend their useful life. Waterway failure can be traced to several management errors such as inadequate upland treatment, loss of vegetative cover as a result of herbicides carried in the runoff water, active gully formation at the outlet of the waterway, or farming too close to the waterway reducing its capacity.

Inadequate erosion control in the drainage area is the primary cause of waterway failure. The grasses in a



Waterway under construction on the Lawrence Blunk farm in Benton Township.



Completed and seeded waterway on the Everett Muller farm in Noble Township.

waterway act as a nearly perfect filter for sediment causing runoff water to slow down and deposit its silt load.

Sediment

Sediment begins to build in the waterway resulting in the waterway becoming higher than the land around it. Runoff then begins running on either side instead of in the waterway as intended. The solution for this type of failure is to control soil loss on the slopes above with terraces, contouring, minimum tillage, or crop rotations.

Plowing, planting, and

cultivated end rows or turn rows parallel with the edge of the waterway can soon result in waterway failure. The rows tend to collect runoff before it can get into the waterway. Ditches soon form along the side of the waterway on the bare soil surface of the crop area and heavy damage occurs.

Grassed waterways with adequate upland treatment and proper maintenance will last for many years. Even though their function may not be recognized, the job they do is important in the total effort to control soil erosion.

This program is going to take some time. There were no watershed planning starts in Iowa last year and there are 40 watersheds awaiting planning priorities.

The watersheds are given priority on their potential and the amount of local support, not on when the application was submitted. PACS Indian Creek has as good a chance as any other watershed of being next. In the meantime, work should continue on upland treatment so the watershed will be ready to go when the time comes. For example, 3,021 miles of terraces need to be built according to the preliminary survey.

The paper work, and organization is being completed so the watershed can advance as soon as possible.



Indian Watershed Makes Significant Advances

By Tom Magill

Soil Conservation

District Commissioner

PACS Indian Creek Watershed made significant advances in the past year. The watershed was approved for planning Sept. 7, 1976, by the State Soil Conservation Committee following a tour of the watershed Aug. 13.

The watershed tour, described by some committee members as the best tour they had ever attended, drew 140 people, who traveled 55 miles on three buses over the proposed area. The tour provided an opportunity for local people and the state committee to see what work had been done, and the potential for more conservation practices on the land in the watershed. The enthusiasm of the local people participating in the tour has made and will make in the future a favorable impression on those deciding the future of the watershed.

PACS Indian Creek Watershed is located in Pottawattamie, Audubon, Cass and Shelby counties with a total of 162,846 acres. There are 812 farms in the watershed. The watershed plan is to conserve soil and water within the area and prevent flood damage. To accomplish this terraces,

diversions, waterways, ponds and other conservation practices must be constructed on the uplands of the watershed. These practices will be paid for by farmers using existing cost-sharing programs of the state and federal government through the Soil Conservation District and ASCS.

When the watershed receives planning priority, planning is done, the congress make approval for actual operation. The federal government will build the more expensive structures in the watershed. There may be in the area of 150 of these structures by the time the watershed is completed.

Working Wives

STORRS, Conn. (AP) — Working wives are happier than housewives, according to a recent study by a University of Connecticut social psychologist.

Dr. Myra Marx Ferree, assistant professor of sociology, based her study on the responses of 135 mothers of school-age children living in a working-class community near Boston.

Dr. Ferree, who described the findings in "Psychology Today," found that almost twice as many housewives as employed wives reported that they were dissatisfied with their lives and believed their husbands' work was more interesting than theirs. Only about 25 per cent felt happy with their lives and felt their accomplishments were recognized, she reports.

"More housewives claimed they had not had a fair opportunity in life and wanted their daughters to be 'mostly different' from themselves," she notes.

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LOTS OF MONEY

AKRON, Ohio (AP) — When he was given an old steamer trunk by a friend about a year ago, Phillip Kemp did not know he gained a treasure box.

He recently discovered by chance that the trunk contained two \$20 bills twice the current size with Grover Cleveland's picture on them, two regular \$20 bills and a \$50 gold certificate with gold printing. The money was stashed in a large tray that fit across the top of the trunk.

Kemp, 29, said the friend, whom he declined to identify, bought the trunk at an auction.

Ponds Provide Water For Livestock



A properly constructed and fenced farm pond on the Nick Jensen farm in Benton Township

By Bill Willis
District Conservationist

Cattle on pasture need water. Without an adequate water supply, the cattleman must choose between two alternatives: Sell the cattle or haul water. Neither of these alternatives are comforting to the cattleman who is in the business to stay.

The livestock watering pond is one likely solution to the water problem for the cattleman. Many gallons of water are lost every spring and fall in storm runoff that cannot be recovered. If a portion of this runoff can be stored in a pond, a source of livestock water can be created.

Another method of providing livestock water is by drilling a

well. However, in some areas of Cass County, wells are often undependable or are not successful in obtaining water.

The selection of a site for a pond requires some careful thought and study. The cost, sediment load, available water storage, and other physical features of the site must all be considered in the location of a pond.

The cost of a pond is greatly affected by three things: the size of the drainage area, the amount of sediment being carried to the site, and the length and depth of embankment necessary to build the dam. A good pond site will have soil loss controlled in the drainage area using conservation practices such as contouring, stripcropping,

terraces, crop rotations or permanent pasture seeding.

Ponds may provide livestock water but there are numerous other uses and benefits from creating a pool of water. Ponds provide excellent fishing waters for bass, bluegill and catfish. Ponds provide places for swimming and recreation. Ponds can also provide fire protection if they are located close to the farmstead. An adequate number of ponds properly located in a pasture area will encourage uniform grazing and maximum usage of the forage produced.

Cattle do need water just as much as they need grass and proper management. Ponds can provide the necessary water in plentiful supply for not only cattle but for many other uses also.

Golden Hills Organization Benefits Eight Counties

By G.M. Baier
District Commissioner

The Golden Hills Resource Conservation and Development Organization is now in operation with a RC&D Board in each county and executive board at the eight-county level.

Meeting monthly to carry on the organization's business, the eight counties involved are Harrison, Shelby, Cass, Pottawattamie, Mills, Page, Fremont, Montgomery. This is also known as State Planning Region 13.

The purpose for this organization is to act as the vehicle for bringing federal funds into the area to restore or improve natural resources. These funds will be used for projects that are not now covered by ASCS funds or by the Iowa cost-sharing program.

The program is a local one. Everyone living within the boundaries of the RC&D is a member, and every member can participate and make suggestions for community improvements. Sponsors are the Board of Supervisors and Soil Conservation Districts in each county. Contact them for more information.

Ideas for improvement and local support are being gathered now. While the RC&D program is a local one, state and federal approval are required for their technical and financial aid.

Working together in an RC&D, this eight-county area



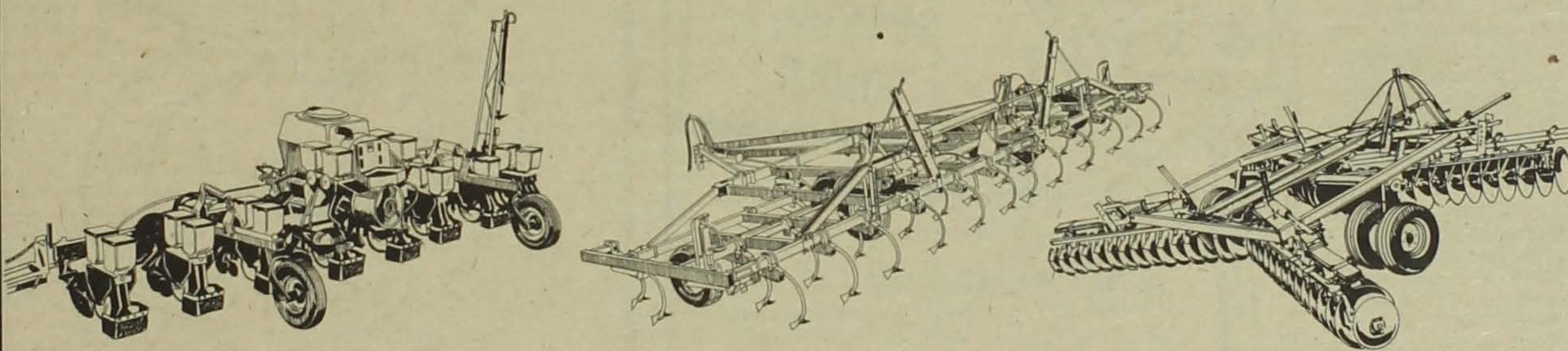
can get such things as rural water systems, better soil erosion protection of farm land, improved water supplies and flood control for towns, more water-based recreation areas, and improved pastures. These are but a few things that working together to improve natural resources can bring.

PRODUCTS

Beef cattle not only produce high-protein meat. By-products from the beef industry include leather goods, bone china, gelatin, hair for upholstery, violin strings, artists' paint brushes, lanolin for cosmetics, soap and livestock feeds. Valuable medicines are also obtained from the beef industry. A pancreas gland from an average size steer will produce enough insulin to keep one diabetic alive for one month.



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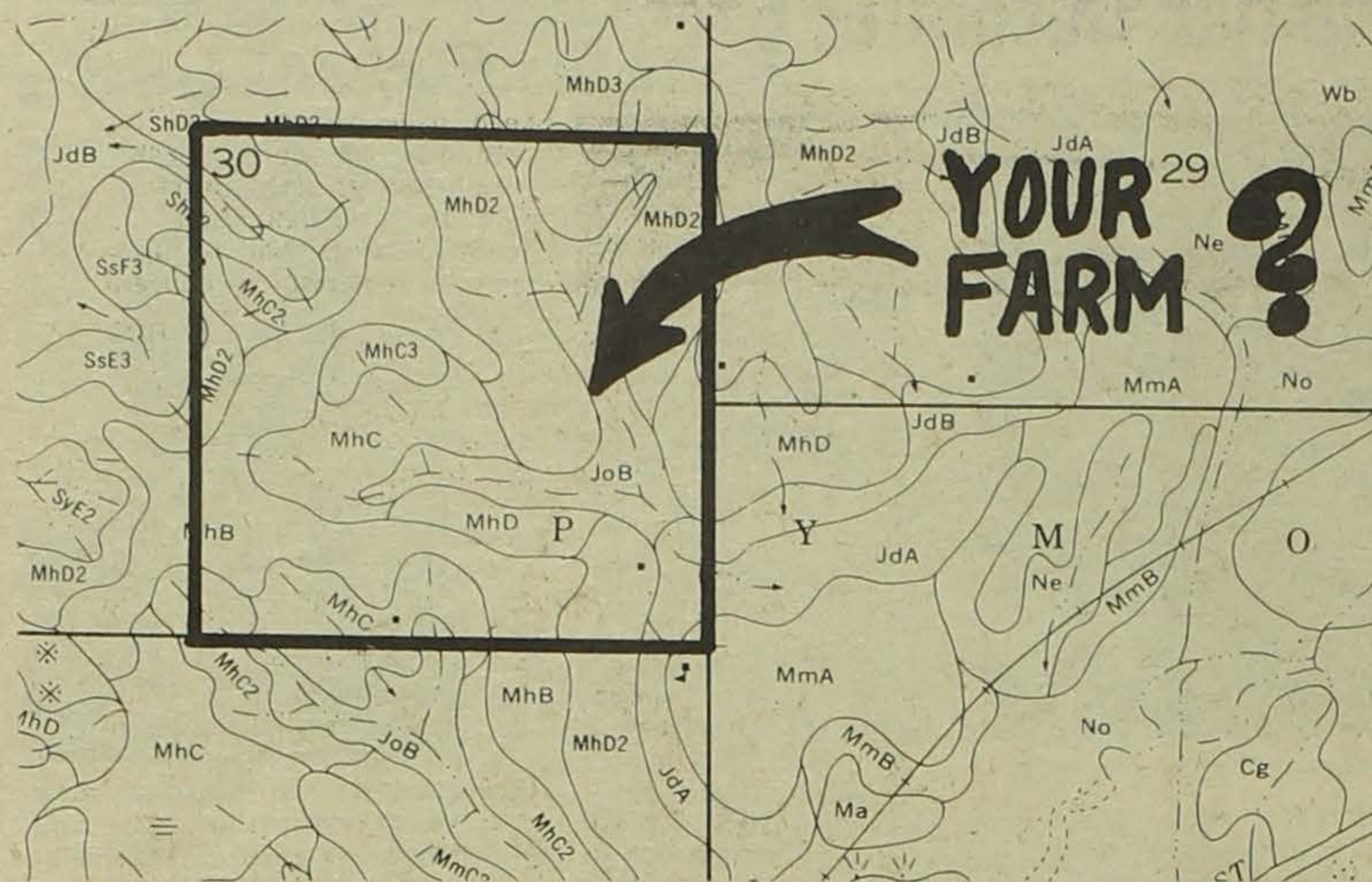


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Standard Soil Survey Aids Answers Many Questions



By William E. Willis,
District Conservationist

Are you thinking of buying a farm? Are you concerned about what you are getting in the way of land? Are you wondering about how it compares to land already owned and farmed? The answers to all these questions and more are contained in the Standard Soil Survey for Cass County.

The soil survey for Cass County was completed and issued in April, 1969. Within the covers of this book a wealth of knowledge about land, its capabilities and characteristics is contained. To use the book it is only necessary to know the section and township of the land being considered.

Using the back page in the soil survey book, the section and township will indicate the actual soil map that covers the farm. The farm can then be located on the map and the individual soils and their location will be available. This is the beginning of a most informative insight into the most basic asset of any farm — its soils.

Soil Symbols

At this point it is best to copy all the soil symbols found on the map on a sheet of paper. The list of soils can be found on one of the large folded sheets in the front section of the book, entitled "Guide to mapping units." On this sheet, each symbol can be found and the full soil name is given opposite the symbol. This sheet also gives the page number which describes the soil capability and the page number that describes the soil itself. The first 80 pages of the soil survey book are devoted to descriptions of individual soils, their capabilities, and interpretations of their uses.

The soil descriptions will identify how the soils were formed, what is normally expected in the soil profile in the top 60 inches, and some of the management items that should be considered when using these soils. This provides a quick answer to whether the soils are best suited to row crops, hayland, pasture or other uses.

Capabilities

Each individual soil type is assigned to a capability group. This is simply saying that some soils are capable of extensive uses while others are limited in their use. The soil capability groups are described on pages 43-50 and include insights into available moisture suitability for rowcrops, permeability, erosion hazard, suggested rotations, and general expected levels of plant nutrients.

The various yields that can be

expected on individual soils is shown in chart form on pages 50-51. This chart indicates the yields normally expected over an extended period of time and shows considerable variation between soil types. For example, a particular Marshall soil will produce an expected corn yield of 90 bushels, while a moderately eroded Shelby loam can be expected to produce only 48 bushels.

The Standard Soil Survey also contains valuable information if an area is planned for tree planting, or if a farm pond is to be installed, or if an area is to be used for fill material. For example on page 60, the chart shows that Hegener soils are not good for ponds, but that Adair soils should be suitable. This chart also indicates if terraces, diversions, or waterways will be needed.

Land Use Planners

The Standard Soil Survey is an essential reference for land use planners, engineers, landscape architects, and others interested in the use of land for

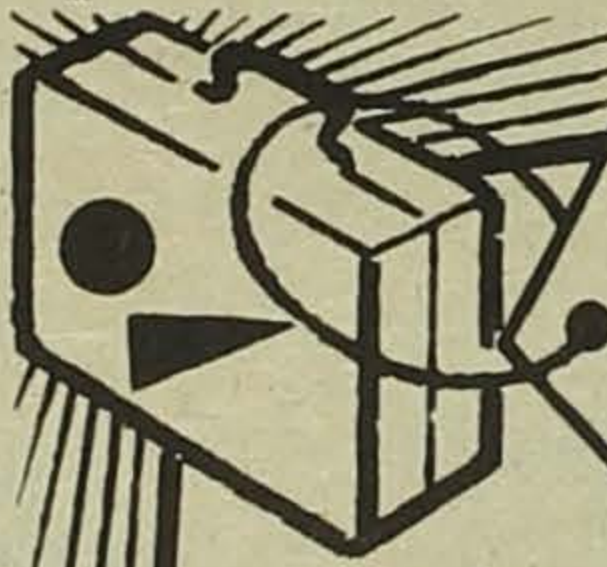
all kinds of uses. The land is the basic resource essential to development. Without a thorough knowledge of the characteristics of soils and their capabilities many costly mistakes can be easily made.

You need to study a soil map if you are buying a farm, building a house, getting ready to plant trees, planning a new pond, thinking about irrigation, or even building a road. Free copies of the Standard Soil Survey are available at the Soil Conservation District office in Atlantic. Know your soils before you build or buy!!

MANY COINS

It was a good day for skulling on the Neckar River near Stuttgart, Germany, recently, for two teen-agers. Their rowing efforts netted them over 500 pounds of current German coins.

Said to have a face value of 134,000 deutschemark, some \$50,000, police have been unable to locate an owner or connect the coins with any crime.



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Inflation rate over past two years has averaged 9 per cent. If that rate were to continue, by the year 2000 prices would be unbelievable on the basis of current standards: \$622,000 for a house; \$45,500 for a year at college; hospital care, \$290 per day; a haircut, \$20.50. Looking back, however, today's prices seem unbelievable by yesterday's standards. Twenty-five

years ago, a house cost \$12,000; college expenses were about \$1,000 per year; hospital care was \$11 per day. Today, the average house is \$40,000 plus; college runs \$3,800 per year; and hospital care averages \$75 per day and up.

A notable collector of begonias was Captain Bligh, central figure in the mutiny on the Bounty.

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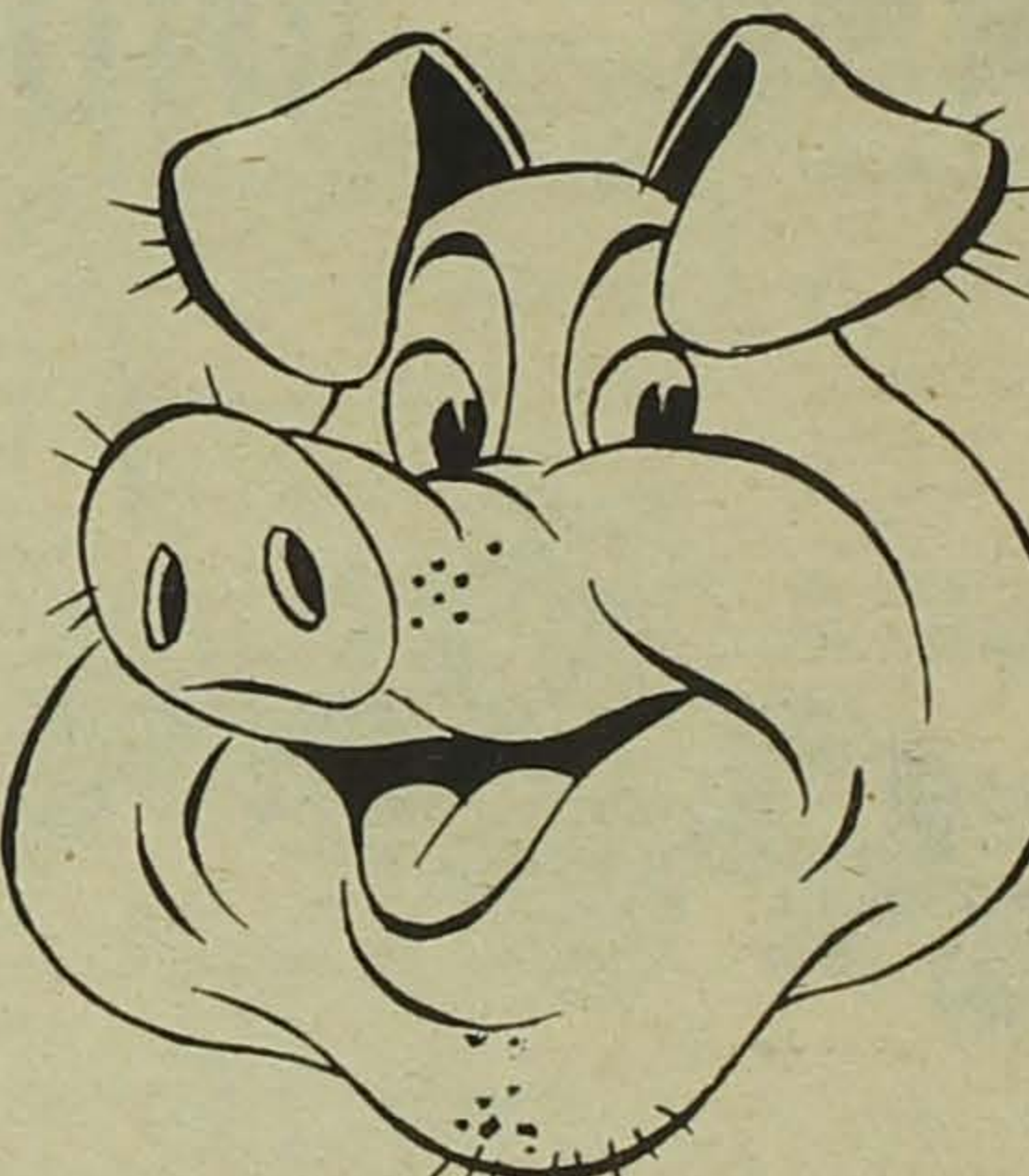


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Covered Wagon Story

By Mrs. Daisy Cannon
of Brayton

Chapter 18

There were some lovely days in Kansas summer. Barren as the place had looked at first, we soon grew grateful for the afternoon shade of the house, our only shade. When the wind was quiet it was an enjoyed haven which to take an hour's rest. We found the thick-walled sod house to be cooler inside in summer and warmer in winter, compared to Iowa frame houses. But Kansas winters were much more mild. Nights there were always cool for good sleeping.

We had beheld the breathtaking beauty of Uncle Henry's peach orchard in bloom. Then came the time to gather and sell the ripe peaches. Uncle advertised the crop was ready, set a weekend, then asked Uncle Elmer's and our family to come for the weekend and help pick peaches as customers came for them.

Those luscious fruits! It seems I have never tasted their equal. We were invited to eat all we cared for. They soon would be gone.

The day was fine. The women were in the house getting dinner and we older children enjoyed this new kind of harvest to the utmost. Customers kept coming all day. The men were busy and by night the lovely orchard looked unkempt and exhausted. It had done its season's work.

As we journeyed home, Uncle Elmer drove part way with us to where the road turned east toward the direction of their home. Both wagons stopped at the fork for a little more visiting. Most of us dismounted to go look at a prickly pear patch in full bloom.

It has always puzzled me how a plant with such plain, almost ugly, shapeless stems and divisions, produces some of the most beautiful blossoms in the plant kingdom. It would seem that everything in God's creation has its good points, its share of beauty in some form.

Uncle soon discovered some little ripe fruits on some of the plants. Using his handkerchief for protection, and with the help of his pocket knife, he plucked a few for a taste. Even the fruits, a dull red and 1½-2 inches long, have a good supply of tiny torn clusters, scattered over the fruit skin. This he tried carefully to peel completely off and discard. He handed me

one, I took a bite, then another. It is tender, sweet, melon like, with plenty of little seeds — and — alas! A few "stickers" unseen but certainly felt as they sunk into my tongue.

Anyone the least familiar with prickly pear or other cactus stickers, knows those tiny thorns, everyone, end in a curve like a fish-hook. Once in, there is no removing them, they just stay in till they wear off. My only experience in tasting prickly pear fruits.

In recent years I have enjoyed some very tasty jelly made from them. Modern methods have devised ways to completely remove all those stickers.

All crops had done well. It was really a good season for western Kansas. The men never waited for a job, plenty of work for any who wished to keep busy. Frank's farm, where we lived with he and father partners, produced wheat, hay and cane, did not keep the men busy all the time at home.

At midsummer harvest time came. Mother had never cooked for a crew of threshers before, but friendly neighbor women came to help and all was well. Fruit supply there was not at all like in Iowa. In those days, even in Iowa, winter supplies depended mostly on dried fruit. The art of canning fruit was mostly still in the future. Much more dried fruit was used then, and what fresh apples, could be stored and kept. Gallons of apples, and plum jam were made in Iowa, where such fruit was raised. Dried fruits were generally available at grocery stores the year around.

Uncle Henry's peaches, are the only fresh fruit I remember eating while in Kansas. Those who brought the peaches, dried them. In Kansas stores the varieties were limited. Raisins and prunes were just in summer.

That was new to Mother, but as all the other housewives did, she got raisins and prunes; and made sauce from the prunes. The large threshing crews seemed never to tire of the limited variety of deserts.

One old white-bearded man sat at the table after all the rest had left, to have one more generous piece of pie. Neighbors said he lived alone and doubtless seldom had pie. Mother hoped he wouldn't be sick.

Iowa Tourism To Hit \$1 Billion

By Chris Wagner
Drake University
Journalism Student

DES MOINES — Tourism is becoming a major source of revenue for Iowa.

Last year, tourists brought in \$820 million. This year, the figure is expected to hit \$1 billion, said Dick Ranney, director of travel development for the Iowa Development Commission (IDC).

Several reasons are given for the increase. One is the state's central location. Iowa is bordered by six states, and many tourists pass through while traveling to other states.

People also are traveling shorter distances due to the energy crisis, said Ranney. People who live near Iowa are coming here for vacations instead of traveling farther away.

People are also becoming aware that Iowa has many tourist attractions that other

states have, said Ranney. Tourism is the fastest growing segment of the American market, Ranney said, noting that it is a major source of revenue for 46 states, including Iowa.

Last year, \$271,300 was allotted to the IDC for travel development. The IDC spent \$83,000 to promote tourism last year, said Ranney.

"Iowa's main obstacle is its image as a non-tourist state," said Ranney.

Slide shows are also used by the IDC to attract tourists.

Iowa now has something to offer winter tourists. Skiers can visit any of Iowa's 13 ski developments.

"Most people laugh when you tell them they should come to Iowa to ski, but skiing is becoming very popular here. Each year we have more requests for information about where to ski in Iowa."

Woman Decorates Eggs



Mrs. Bob (Priscilla) Gray of Carlisle, daughter of Mrs. Robert Drake of Griswold, highlighted her Christmas tree last year with eggs she decorated using braid, satin ribbons, sequins, rickrack, glitter and tiny figures.

She cuts out the side of the egg and lines the inside with wax for strength. The designs, using tiny candles, angels, flowers and animals, are her own.

Mrs. Gary said it takes about half an hour to decorate each egg and she has made at least three dozen.

One, with a Bible and candle inside, won second prize in a national contest sponsored by a poultry growers organization.

CARS NO. 1 KILLER OF KIDS

NEW YORK (AP) — Nearly half of all childhood deaths in industrialized countries are caused by traffic accidents and the percentage is still rising, an insurance-sponsored study shows.

A report in the Insurance Information Institute publication, The Journal of Insurance, points out that there are far more childhood deaths from automobiles than from any other cause.

In the United States in 1974, motor vehicle accidents led all causes of death from age 1 through 24, with a total of 20,559 fatalities reported for this age group by the National Safety Council.

YOUTHGRANTS AWARDED WASHINGTON (AP) —

A wide variety of subjects is represented by the scope of Youthgrants in the Humanities recently awarded to 15 young persons across the country by the National Endowment for the Humanities.

These grants support projects ranging from cultural analysis of America's musical heritage to an historical study of student discipline in the public high school.

SPEEDY PORK CHOPS

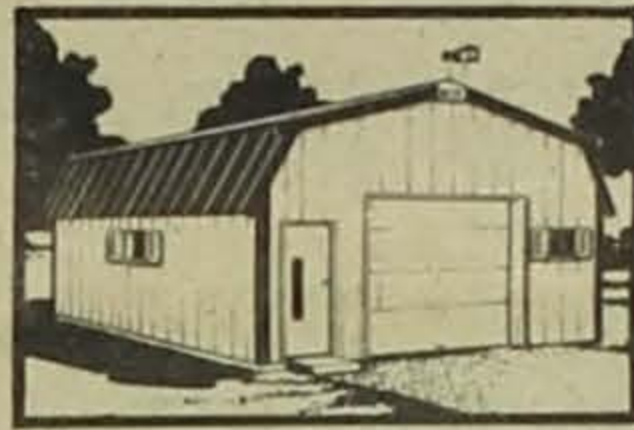
A dramatic decrease in the time required to grow meat animals has helped producers keep pace with the soaring demands of our nation's population growth combined with its ever-increasing appetite for meat. For example, the time required to produce a market weight hog from birth has been cut by two-thirds—from approximately 18 months to a mere six. Advancing technology in scientific breeding and feeding has made it possible.

POPCORN

Popcorn is not only a native American food; it's also one enjoyed by we U.S. natives more than anyone else in the world.

Nearly 400 million pounds of popcorn is consumed every year in the United States — about two pounds per person on the average. According to Popcorn King Orville Redenbacher, the nation's foremost authority on popping corn, Midwesterners consume the most popcorn of all, with Minneapolis-St. Paul being the popcorn consuming capital of the world. Twin Cities' residents enjoy more than four pounds of the fluffy stuff a year per capita.

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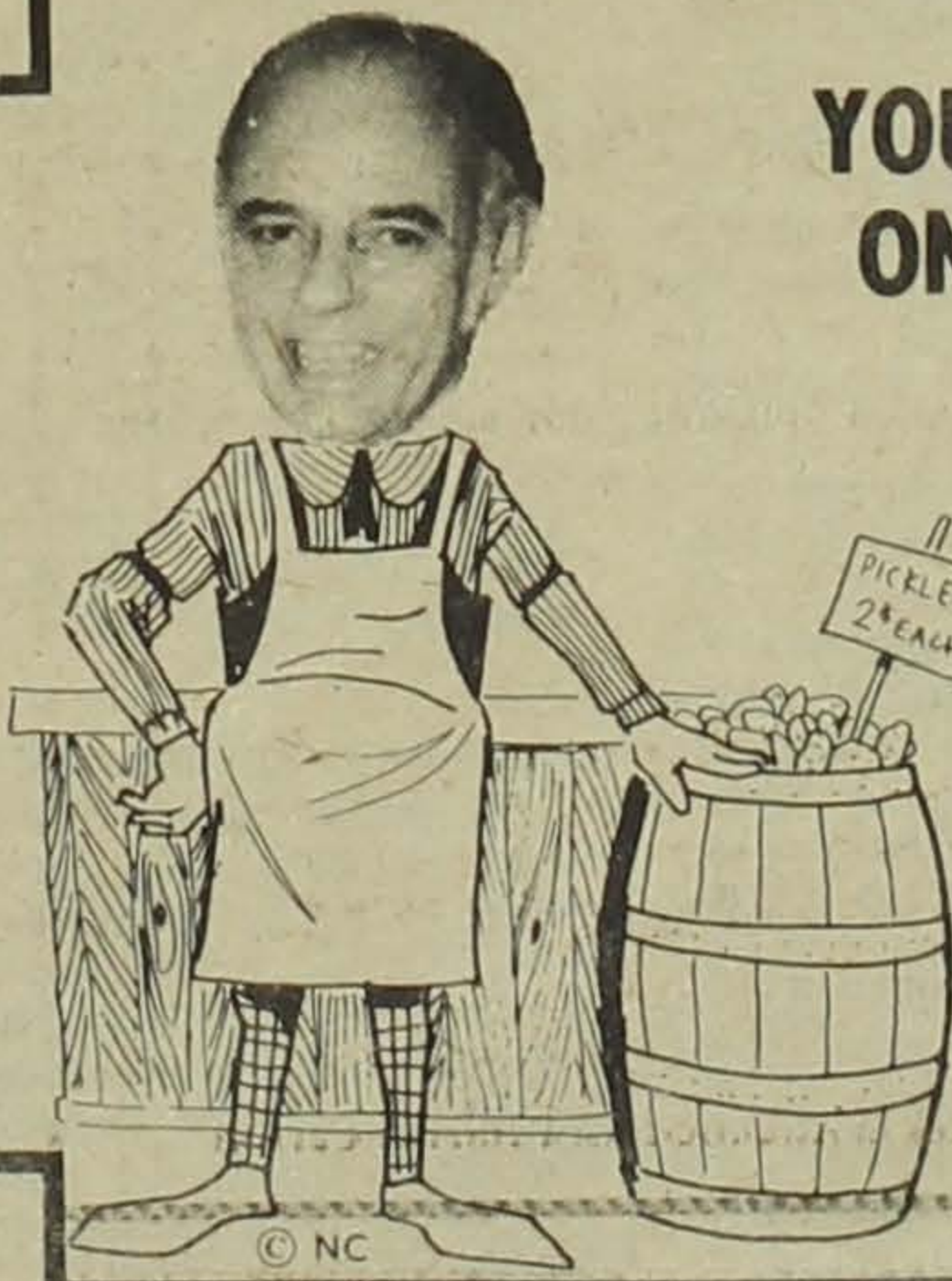
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Heavenly Citrus Desserts Made With The Space Age Microwave Oven

Mrs. Leonard Hutchinson
N-T Food Editor

Got a minute? Or seven or ten? In just a very brief time you can effortlessly turn out impressive family and company desserts if you've got a microwave oven, the unique space age appliance growing in leaps in popularity. It's estimated that by 1980 there will be a staggering five million microwave ovens in American homes.

We've done two special citrus recipes microwave style. Microwave cooking is especially effective and advantageous when working with fresh citrus. The rapid cooking and heating of the microwave oven does not break down the fresh citrus sections as conventional oven cooking would. Instead, the freshly sectioned citrus holds together, keeping its texture, containing all its natural, sweet juices, and remaining identifiable as citrus.

Ten-Minute Orange Brown Betty is ready in half the time it would take in a regular oven. This rich, satisfying variation of the classic Apple Brown Betty is made lively and zesty with fresh orange juice and orange sections. The zippy orange taste is the perfect flavor mate for all the mellow ingredients used in the recipe: butter, nuts, bread and seasonings. For a memorable ending to a mid-winter meal serve this tempting Orange Brown Betty warm with a scoop of vanilla ice cream.

Seven-Minute Grapefruit Dessert, a light, refreshing after dinner specialty, takes the kudos, too. This microwave wonder is so simple but elegant and impressive. All you need do is halve grapefruit, loosen each section from the membrane, spread with sour cream and brown sugar topping and cook for a mere seven minutes in a microwave oven. You've saved half the time of the conventional oven and you've got a winning finale to any supper, be it quick and casual or a fancy company event.

SHREDDED-LETTUCE AND STUFFED EGG APPETIZER

8 hard-cooked eggs
2 cans (4½ ounces each) shrimp, drained, rinsed and chopped, or ¾ cup finely chopped cooked shrimp
½ cup sour cream
½ cup mayonnaise
2 tablespoons cider vinegar
2 tablespoons finely chopped onion
½ teaspoon salt
¼ teaspoon pepper
¼ to ½ teaspoon curry powder
4 cups shredded lettuce
Cut hard-cooked eggs in half lengthwise. In medium bowl sieve or mash yolks from 4 eggs (from 8 halves). Add chopped shrimp, sour cream, mayonnaise, cider vinegar, onion, salt, pepper and curry powder; mix well. Remove yolks from remaining whites, sieve and reserve. Spoon 3 tablespoons shrimp mixture into each egg white half; arrange on shredded lettuce on platter. Sprinkle sieved egg yolks over stuffed eggs. Cover and chill until ready to serve. Yield: 8 servings.

HAM UP A SLAW

Give cole slaw main dish status by adding julienne strips of cooked ham and well drained canned peach slices.



Microwave oven desserts are time savers. Ten-Minute Orange Brown Betty and Seven-Minute Grapefruit Dessert are easy and delicious ways to serve lively and refreshing fresh citrus in different ways.

7-MINUTE GRAPEFRUIT DESSERT

2 grapefruit
¼ cup sour cream, divided
¼ cup brown sugar, divided
Cut grapefruit in half. Cut around each section to loosen from membrane. Place halves in 2-quart baking dish. Spread 2 tablespoons sour cream over each half, covering surface. Sprinkle each half with brown sugar. Cook in microwave oven 7 minutes. Serve warm. Yield: 4 servings.

BLACKEYE PEAS WITH SAUSAGE

¼ pound (½ cup) bulk pork sausage
1½ cups water
10-ounce package frozen blackeye peas
Salt and pepper to taste
In a 2-quart saucepan over low heat gently cook sausage, crumbling with a fork, for about 5 minutes; do not brown. Add water; bring to a boil. Add blackeye peas and bring rapidly to a boil, separating peas with a fork. Cover and boil gently until tender — about 50 minutes. Add salt and pepper. There should be only a few tablespoons of liquid left. Makes 4 servings.

10-MINUTE ORANGE BROWN BETTY

½ cup butter or margarine
3 cups soft bread cubes (9 slices)
4 cups orange sections*
½ cup packed brown sugar
¼ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ cup chopped walnuts
½ cup raisins
¼ cup orange juice
In large skillet melt butter, add bread cubes and toast, stirring frequently, until browned lightly. Set aside. In large bowl mix remaining ingredients. Place half of bread cubes in 1½ quart baking dish, spoon orange mixture over, and top with remaining bread cubes. Cover with waxed paper. Bake in microwave oven 10 minutes. Serve warm with vanilla ice cream. Yield: 6 servings.

*To section oranges: Cut slice from top, then cut off peel in strips from top to bottom, cutting deep enough to remove white membrane. Then cut slice from bottom. Or cut off peel round and round, spiral fashion. Go over fruit again removing any remaining white membrane. Cut along side of each dividing membrane from outside to middle of core. Remove section by section over bowl.

PRUNE KOLACKE

3½ to 4¼ cups all-purpose flour
1 package active dry yeast
½ teaspoon grated lemon peel
¼ teaspoon ground nutmeg
1 cup milk
½ cup sugar
½ cup shortening
2 eggs
Prune Filling, see below

In large mixing bowl combine 2 cups of the flour, yeast, peel, and nutmeg. Heat milk, sugar, shortening, and 1 teaspoon salt just till warm (115-120 degrees), stirring constantly. Add to dry mixture; add eggs. Beat at low speed of electric mixer ½ minute; scrape sides of bowl constantly. Beat 3 minutes at high speed. Stir in 1¼ to 1¾ cups flour to make a moderately soft dough. On floured surface knead in remaining ¼ to ½ cup flour; knead till smooth and elastic (5 to 8 minutes). Place in greased bowl; turn to grease surface. Cover; let rise till double (about 2 hours). Punch down; divide in half. Cover; let rest 10 minutes. Shape each half into 12 balls; place 3 inches apart on greased baking sheets. Flatten each to 3-inch diameter. Cover; let rise till double (about 1 hour). Make depression in center of each; fill with Prune Filling. Bake at 375 degrees for 10 to 12 minutes. Makes 24.

Prune Filling

Place 1½ cups dried prunes in saucepan with water to cover by 1 inch. Cover; bring to boiling. Simmer 25 to 30 minutes. Drain, pit and chop; stir in ¼ cup sugar and ½ teaspoon ground cinnamon.

VEGETABLE CASSEROLE

Pat Swanson

1 package frozen broccoli
1 package frozen cauliflower
1 package frozen brussels sprouts
1 small jar cheese whiz
1 can mushroom soup
Mix frozen vegetables, cheese whiz and mushroom soup. Bake one hour in 350-degree oven. One large bag of frozen mixed vegetables may be substituted instead of the individual boxes. Top with onion rings the last few minutes of baking.

TO CARVE PORK LOIN

For easier carving, have the meat retailer loosen the chine (back) bone by sawing across the rib bones. When roasting is finished, the back bone can be removed easily by running the carving knife along the edge of the roast before the meat is placed on the platter to be carved.

Roly-Poly Pork Loaves

(Bake 1—Freeze 1 for Future)

3 pounds ground pork
1 can (8 ounces) tomato sauce
1 egg
¼ cup finely chopped green pepper
2 teaspoons salt
2 teaspoons chili powder
¼ teaspoon pepper
Corn Bread Stuffing*
2 tablespoons catsup

Combine pork, tomato sauce, egg, green pepper and seasonings. Pat out ½ of mixture on waxed paper into a (10x8-inch) rectangle. Place ½ of stuffing in layer over meat, pressing lightly. Roll up from short end (jelly roll fashion) to form a loaf. Seal ends; place seam side down on rack in roasting pan. Bake in moderate oven (350-degrees) 1 hour 15 minutes. Spread with catsup and bake 5 to 10 minutes. Prepare second loaf; freeze, wrap and store at 0-degrees or below for 2 to 3 weeks. To cook frozen loaf, bake as directed, increasing original time to 1½ to 1¾ hours. Yield: 2 loaves, 6 to 8 servings each.

*CORN BREAD STUFFING

1 package (8½ ounces) corn muffin mix
¼ cup finely chopped onion
½ cup finely chopped celery
1 tablespoon butter or margarine
1 teaspoon sage
¼ cup water

Make corn bread according to package directions; cool and crumble. Brown onion and celery in butter. Stir in corn bread, sage and water.

DILLY BREAD

Leta Hutchinson

1 package of dry yeast or 1 cake
Add to:
¼ cup warm water
1 cup creamed cottage cheese heated to luke warm.
Add:
2 tablespoons sugar
1 tablespoon instant dried onion
1 tablespoon oleo melted
2 teaspoons dill seed
1 teaspoon salt
¼ teaspoon soda
1 unbeat egg
2¼ to 2½ cups flour

Mix, cover, let rise, stir down and put in 8-inch greased casserole. Let rise. Bake in 350-degree oven 35 to 40 minutes. Brush with butter and sprinkle with salt.

Treat Your Family To A Valentine Cake

The children love this angel food cake topping because it makes a refreshing change from frosting. The recipe is versatile as to color and flavoring, which makes it ideal for fun ideas. It is a favorite at Donna Christensen's house for Valentine's Day or special occasions.

Strawberries
1½ cup egg whites (12)
1½ teaspoons cream of tartar
¼ teaspoon salt
½ teaspoon vanilla or almond flavoring
1 cup sugar, granulated
1½ cup confectioner's sugar plus ¼ cup strawberry Jello (or flavor of your choice)
1 cup flour
Sift together flour, confectioner's sugar and Jello 4 times. Beat egg whites, cream of tartar, salt, in large bowl. Add sugar gradually, 2 tablespoons at a time, beating well. Continue beating until stiff peaks form. Add flour mixture by fourths, folding in gently. Pour gently in 10-inch tube pan, ungreased. Bake 30 to 35 minutes in 375-degree oven. Invert till cool.

Topping

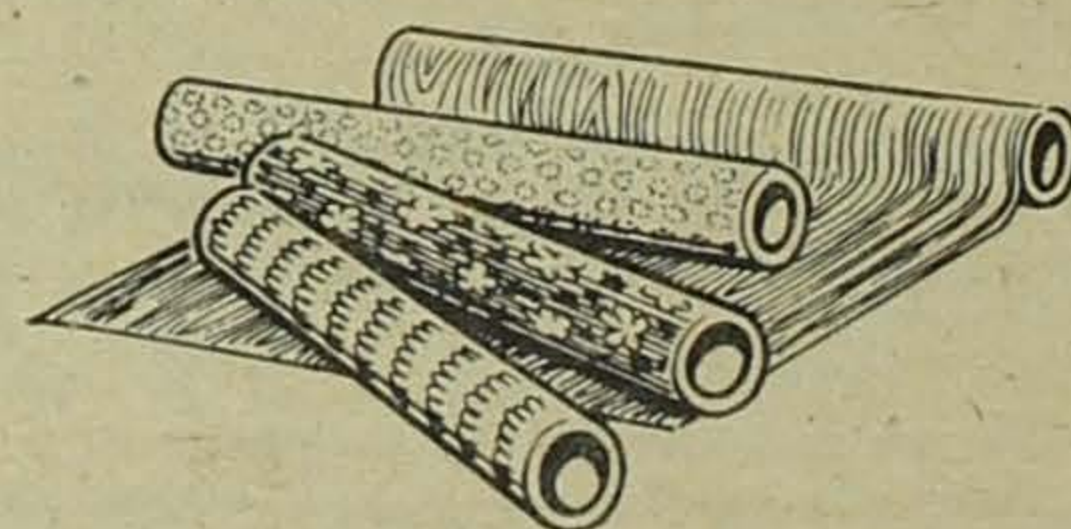
2 containers of strawberry yogurt or (flavor of your choice.)
1 large container Cool Whip
Mix well, and spread on cake. Sprinkle more jello lightly over topping. Arrange strawberries on top in heart pattern, then put remainder on sides. Keep refrigerated.

Optional: Make an arrow out of black string licorice.

PORK VALENTINE

Take advantage of this sentimental occasion and play cupid at dinner. Stuffed butterfly pork chops will win your Valentine's admiration. Besides being double thick chops of tender, lean pork from the boneless loin, their shape resembles the big red heart of this special day. Fill the pockets in the chops with your favorite bread or rice stuffing, lightly brown and braise until done.

Stuff soft pitted prunes with chunks of candied pineapple and roll in sugar. Nice to alternate with chocolate candy on a serving plate.



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Extension Echoes

By
Mrs. L. Fay Eblen
Cass County
Extension Home Economist

A Favorite Folk-Toy

Generations of children have fallen in love with their stick ponies. And with a little time and effort you can recreate that favorite folk toy.

Just start with a three-foot stick, about 1½ inches in diameter. A broom handle, dowel, or tree limb will do. Sand the wood smooth, rounding off any sharp edges. Finish it with paint, wax or stain.

While waiting for the wood to dry, stuff a large, heavy-duty sock with old hosiery or polyester fill. Stuff the sock to within five inches of the ankle-top. Make sure it's filled firmly enough to cushion the child in any fall against the top of the stick.

Then bind the sock to the stick by gluing a heavy cord around the bottom of the sock. Coat the cord with urethane (plastic wood finish) to help keep it in place.

Then decorate the pony with felt or fabric ears, a yarn mane, and embroidered eyes, nostrils and mouth. And sew on a cord bridle.

Ethnic Fashions

Fashion is looking backwards — toward the turn-of-the-century immigrants. Their babushkas, tunics, shawls, braided belts and embroidered vests are inspiring the ethnic fashions of today.

They're bright and colorful, but they needn't be expensive. With a little time and a minor investment at the notions counter, you can create peasant fashions from your present wardrobe.

You can turn a short shift dress into a tunic. Slit it up each side to the waist. Then wear it over a skirt or pants with a

brightly colored braided belt.

If the dress has sleeves, remove them completely or leave just a little cap sticking out. Wear this over a blouse or sweater.

If a plain dress is too short, lengthen it with matching or contrasting fabric decorated with a wide band of machine or hand embroidery. Or combine several rows of rick-rack, trim, or both, to decorate the addition to the skirt. Cinch the garment with bright ribbons at the waist.

You can turn a plain jacket into a short peasant vest. Clip off the collar. Remove the sleeves completely or leave little cap sleeves. Then trim the edges, armholes and neckline with fold-over trim. Add a series of leather thongs down the front or just one set of tasseled braids at the neck to keep the vest closed.

Be creative with your choice of trims. You can choose a standard knit or braided edging. Or try one of the new trims out on the market.

One new edging looks like suede with a pinked edge. Another is a half-inch wide satin trim. Rick-racks have changed too. They're now available in 100 per cent polyester for less shrinkage. For more casual garments, there's a bias binding made of chambray. It looks like denim but is lighter in weight for easier sewing.

Second Office

If you've been carrying work home from the office and finishing it nights and weekends, the Internal Revenue wishes you well. But they wish you wouldn't try deducting office expenses in your home.

In fact, to qualify for such a deduction under the new Tax Reform Act, you have to be able to prove that such an office is used regularly and exclusively as your main place of business. And even if you could prove this, the amount you can claim is limited.

Of course, women or men who may be running a sales office out of their home still have a legitimate claim. Or the person who sews for clientele from her home. Or the farmer who maintains a business office. Or the hair stylist with a shop at home.

But it's those who've been maintaining a second office away from the office who will be denied any deduction from them — no matter how much homework they do.

Capital Gains

Any struggle with long term gains on your income tax form? If so, you know you've been able to qualify for lower tax on stock that's been held just six months and a day.

That won't hold true this year — 1977. The new Tax Reform Act says you'll have to be the owner for nine months and a day now in order to get the lower tax rate. So anything sold in 1977 — stocks or other assets — needs to be in your hands the full nine months.

Then — come 1978 — that time period will extend to a full year. So, 1976 — six months; 1977 — nine months; and 1978 — one year. And don't forget, the "and-a-day". That's to qualify for a long-term capital gain — and the lower tax rate.

Child Care

Good news for the parent who has to pay for child care in order to hold down a job. Twenty per cent of what you paid is directly subtracted from your income tax bill this year.

Of course there's a limit: \$400 for one child, and \$800 for two or more. But you can claim this tax credit no matter how much you're making on the job.

And it's not limited to families where both parents are em-

ployed the way the deductions have been in the past. Only one parent need be employed full-time. The other can be a student or a part-time worker.

Clean Drip

People seem to be pleased with the quality of coffee they get from their automatic drip coffeemakers.

But they won't be for long, if they don't clean them regularly and properly.

Once a month fill the water reservoir with a solution of half vinegar (regular household white vinegar) and half hot tap water to the full level.

Let solution stand for about 15 minutes.

Then "brew" it through one complete cycle. Save the solution for future cleaning. Each water-vinegar solution is good for three to four monthly cleanings.

Thoroughly rinse all parts of the unit, gently turning it upside down to remove the last trace of solution. Run fresh cold water twice through the coffeemaker.

This is a general method for cleaning. You might want to check the instructions for your brand of coffeemaker and follow them instead.

Although cleaning is recommended monthly, if you live in an area with extremely hard water, it may be necessary to clean the coffeemaker more often.

Furniture Costs

It looks like furniture costs will continue to climb. Some of the reasons for the probable increase include:

— Rising transportation costs with any increase in the price of gasoline.

— Conversion to the metric system which means that present machinery will have to be retooled.

— Proposed federal flammability standards which would require manufacturing changes to meet the new safety standards.

— Cost and availability of chrome. Imported from Rhodesia, it's increasingly difficult and expensive to obtain.

— The cost of plastics will rise with any hike in the price of oil for they are petro-chemical products.

— The amount of lumber available for furniture making may be sharply restricted. Courts now are testing a decision to reinforce in 1897 rule limiting lumber company

access to federal forests. The rule allows lumber companies to cut down only dead or fully matured trees.

Good Parent?

"It's not easy to be a parent these days. In fact, today's parents are not as good as those of yesteryear." ... Do you agree or disagree with those statements? Do you think that modern technology — the television, the automobile, time-saving appliance, more money in our pockets — has been good or bad from a parent's point of view?

Was it better in the good old days when "Spare the rod and spoil the child" was the byword of the times?

There are plenty of opinions on all sides on this question of what makes a good parent. And you can put forth your thoughts and ideas too, when you participate in Extension's "I Am A Person" home-study experience. It is a set of five short workbooks that are designed to make modern-day parenthood a little bit easier. The workbooks are free. You'll receive them by signing up at the Cass County Extension Office.

LIVESTOCK NEED VITAMINS

Livestock and humans have one characteristic in common, both require a diet that provides an adequate supply of vitamins and minerals. Lack of iodine will cause goiter, lack of iron will cause anemia and lack of vitamin D will cause rickets in farm animals just as in humans. Farmers and ranchers are very careful to see that their animals receive the vitamins and minerals they need, either naturally through the food they eat or by the addition of special supplements.

GOAL POST TREAT

When the fans are ready and raring to cheer the team, fortify their spirits during pre-game time with a hefty, hearty pork burger. This special treat will score points because it's packed with terrific pork flavor. Time and crowd problems are solved by shaping a generous amount of ground pork (6 ounces each) into ¾-inch thick patties and baking them on a rack in a hot oven (400 degrees F.) 30 to 35 minutes. Pros say it is better to season after the cooking is done. Onion rings, apple or tomato slices or sauerkraut can dress up the pork burgers if desired.

Q. What is the name of this cut of meat?

A. Pork hocks.

Q. Where do they come from? How are they identified?

A. The pork hock comes from the fore leg. It is the portion of shank located between the foot and the shoulder arm picnic. It can be identified by its size (approximately 4 in. x 3 in. x 2 in.), shape (somewhat triangular), the muscle structure and outer skin covering. There are two small round bones centered in distinguishable muscle sections surrounded by a thin layer of fat and skin. Pork hocks are available fresh (as pictured) and smoked.

Q. How are they prepared?

A. Hocks are prepared by cooking in liquid. First the cut sides are browned in lard or drippings. The drippings are poured off and the hocks seasoned with salt, pepper and spices, as desired. The meat is covered with water or liquid and simmered, in a covered pot, approximately 2½ hours, or until tender.

It's ability, not disability, that counts. Hire the handicapped.

CITRUS STUMPERS

How much do you know about the food you eat? Just for fun, test yourself on this quiz and see. It's all about grapefruit.

1. Grapefruit originated in a. Asia b. South America c. West Indies
2. The introduction of grapefruit to the United States is attributed to a. Christopher Columbus b. Ponce de Leon c. Count Philippe of France
3. The United States produces what percentage of the world's supply of grapefruit? a. 75% b. 54% c. 27%
4. Most production is from a. Florida b. Louisiana c. California
5. One-half medium grapefruit a. 72 calories b. 90 calories c. 110 calories
6. A tangelo is a cross between a. tangerine and lemon b. tangerine and grapefruit c. tangerine and orange
7. The hotter the climate, the yellower the grapefruit. True or False?

Answers: 1. a. 2. c. 3. a. 4. a. 5. a. 6. b. 7. False. In fact, in very tropical areas, grapefruit usually remain green or contain patches of green, even when mature.

Complete Soil Testing

NA-CHURS complete and thorough soil test is an absolute must for any soil nutrient program. This is done in the NA-CHURS Laboratories with an atomic absorption spectrophotometer which detects and measures amounts of metallic elements in the soil samples from your fields. You will receive a complete report of the analysis of your soil plus specific recommendations from the NA-CHURS Agronomists of nutrients formulas to balance out your soil. These recommendations will give you a fertilizer program for your fields that will bring you the best return for your dollar invested. There is no way to grow perfect crops from an imperfect soil.

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Living Styles Will Change In Future Building Plans

By Bill Weaver,
Managing Editor,
Centerville Iowegian
AMES — (IDPA) — Round houses sunk partially into the ground; small cars; all-electric homes surrounded by thick layers of insulation; decreasing amounts of living space-energy conservation ad infinitum.

The future may hold some disturbing changes for those of us accustomed to some degree of spacious living.

"We'll see the end of the ranch-style home ... (and) the coal stoker furnace may make a comeback," says Daniel Zaffarno, vice-president of Iowa State University and division chief of the Iowa Coal Project. Zaffarno and several other Iowa coal and energy experts held a press conference here recently. Discussion centered upon potential development of coal and how United States energy demands are to be met in the future.

While scientists may disagree on which method of energy production will be most prevalent 100 years from now, most experts do agree that whatever it is, it's going to be expensive.

For example, Robert Hanson, director of the Iowa State University Energy Research Laboratory, said it is "scary" to think — as he does — that the years of the next century may see families spending \$5,000 per year for energy. Today, Hanson said, families spend an average of \$1,200 per year.

Per Capita Cost

On an individual basis, Hanson said statistics indicate per capita cost of energy today is \$300 annually. Using 1975 dollars, Hanson said, families spend an average of \$1,200 per year.

"Massive amounts of money are going into energy research," Hanson said, as scientists attempt to "develop technology to permit these costs to go down."

Scientists have turned their attention to energy sources other than oil and natural gas, which are most commonly used today. Reason: their known limited quantity. Marv Ross, state mine inspector, quoted former Iowa congressman John Kyle with the statement, "Babies born today will see the last barrel of oil pumped from the earth."

Gary Pitchford from the Chicago, Ill., office of the U.S. Energy Research and Development Administration (ERDA) said coal, with which south central Iowa is rich, is very much a part of this nation's future energy planning.

In what he called a "logical order" for energy development, Pitchford said "immediate solutions" to U.S. energy demands must include use of nuclear power and coal. While not putting time guidelines on his terminology, Pitchford said "mid-term solutions" include synthetic fuels.

All-Electric Homes

The effect of all these energy developments will be, the scientist said, gradual conversion of American living to all-electric homes. Development of Iowa coal reserves will not directly affect the homeowner, the experts agreed, as most of the fuel would be burned by power companies to operate power plants to produce electricity.

However, if coal is to be mined for any purpose in Iowa, the lifestyles of south central Iowans may indeed be in for a change. A recent geologic

survey indicated there are 50 billion tons of coal reserves in Iowa, 25 per cent of which are considered "economically recoverable" by strip mining.

Research has progressed on this coal mining method, e.g. the Iowa Coal Project Demonstration Mine near Oskaloosa. The three-year, \$3 million project, which is one-half complete, is studying methods of land reclamation through strip mining.

Coal Refining

Another phase of the coal project is a coal refining plant in Ames; the plant opened last week. Its purpose is to find ways to reduce sulfur content of Iowa coal to meet limits set by officials of the Iowa Department of Environmental Quality.

The future of profitable coal mining in Iowa could depend however, not on this plant, or on the strip mining operation. The price of oil, which fluctuates on the wishes of Mideast oil ministers, sets the price of coal.

Should oil prices drop, so too would the price of coal, in which case coal mining development by private investors would be sharply curtailed as non-profitable. Energy officials seek U.S. government oil price supports to guarantee oil prices here, tush stabilizing development of coal reserves.

According to Zaffarno, the coal project division chief, "four large companies" are currently interested in mining Iowa coal on a large scale. "Within two or three years, we'll see large companies moving into Iowa," Zaffarno said.

Asked later what companies are considering moving in where, Zaffarno and other state officials would not elaborate. However Zaffarno emphasized "if the price of oil should drop one dollar a barrel, it will knock the bottom out of the coal industry."

Cut In Demand

Meanwhile, ERDA is also working on methods of energy conservation. "Conservation technologies are our immediate response" to energy shortages and higher prices, according to ERDA official Pitchford.

"By the year 2000, 25 per cent of our energy demands could be cut by a vigorous conservation effort," Pitchford said. "But conservation can't carry the load alone. It would be a belt-tightening that occurs just once."

The scientist said the United States must be ready to go through a "change in the quality of life we've had." Pitchford said a change has occurred every 60 years in recent U.S. history — the change from wood energy to coal, and the change from coal to gas and oil.

We are presently going through another change, Pitchford said, moving from gas and oil to post-2000 energy sources of fusion, nuclear breeding reactors, solar energy and possible use of liquified hydrogen.

The scientist calls this change "far-reaching" in its potential impact on society.

MARATHON TALKER

SHELBYVILLE, Ind. (AP) — Pat Smith, 17, talked on his citizens band radio for 100 hours or a bit more than four days recently.

He said he talked mostly to CBers in surrounding Shelby county communities, but he did talk to a few people "trucking through."

1976 ANNUAL

COMMISSIONERS ACTIVITIES

JANUARY

1. The watershed data for the Cass County portion of PACS Indian Creek Watershed was prepared and submitted.
2. The Commissioners met with the ASCS County Committee for the Annual ACP program development meeting.
3. Bill Willis presented a talk to the veterans' class in Atlantic on soil loss and the Soil Conservancy District legislation.
4. The Turkey Creek Watershed annual meeting was held on January 27th.

FEBRUARY

1. Bill Willis attended the "training methods" conference in Des Moines February 3-5.
2. A special meeting was held with cost-share recipients to make plans for spring terrace construction.

MARCH

1. The SCD Commissioners met with legislators Pellett, Hutchins, and Briles to discuss land use planning and cost-share appropriations.
2. The PACS Indian Creek Watershed application was signed by the District and the Board of Supervisors.
3. An inventory of the upland treatment above Site 19-D in Turkey Creek Watershed was completed.
4. The Commissioners attended the Regional IASDC Meeting in Audubon.
5. A conservation contractors meeting was held on March 25th.

APRIL

1. The Crooked Creek Watershed annual meeting was held to discuss maintenance on structures.
2. The SCD and Board of Supervisors met with Rich Rovang (SCS-Des Moines) to discuss site 47 of Turkey Creek Watershed (a cooperative road structure.)

MAY

1. Jay Ford conducted an outdoor classroom session for 140 fifth grade students at Cold Springs State Park.
2. A farewell party was held on May 14th for Jay and Terri Ford. Jay became the District Conservationist (SCS) at Orange City on May 24th.

JUNE

1. Maury Muhm entered on duty for summer employment on June 7th.
2. Bill Willis conducted an outdoor classroom session for 70 sixth graders at Cold Springs State Park on May 18th.
3. Mahlandt Baier attended two meetings in regard to organizing an RC&D project in Southwest Iowa.

JULY

1. The County Resource Coordinating Committee related to Section 208 planning was organized on July 23.
2. Mahlandt Baier and two Supervisors attended an RC&D meeting at Walnut on July 14th.
3. Applications for State cost-share funds were taken from July 1-15. 48 applications were received.
4. Lawrence Blunk and Tom Magill attended the hearing conducted by Senator Dick Clark and submitted a statement from the SCD urging increased support of soil conservation programs.

AUGUST

1. A tour of the PACS Indian Creek Watershed was conducted for the State Watershed Advisory Board on August 13th. About 140 people went on the tour. The Advisory Board approved the watershed for planning.
2. The District prepared an educational display at the fair on August 2-6.

SEPTEMBER

1. The District received an additional allocation of \$47,000.00 in cost-share funds bringing the total for the year to \$94,000.00. Approvals were made allocating all the funds to county farmers.
2. The State Committee of the Iowa Department of Soil Conservation conducted a tour of watershed activity and stopped at Atlantic to view the proposed expansion of the Schildberg Quarry. The Department of Mines and Minerals is a part of the Department of Soil Conservation.
3. Repairs were made on the spillway of Site 40-5 of Turkey Creek Watershed on the Art and Arlo Boysen farm in Franklin Township.

OCTOBER

1. The Golden Hills RC&D project began its organization. A County RC&D board was organized with Mahlandt Baier, Don McCunn, Ed Rabe, Don Wohlenhaus, and Max Miller as members. The SCD and Board of Supervisors signed as sponsors for the eight-county Resource Conservation and Development (RC&D) project.
2. Bill Willis gave a presentation on the objectives of RC&D to the SWIPCO organization.
3. Bill Willis gave a presentation to the Atlantic Rotary Club and Lions Club on the use of State and Federal cost-sharing funds in Cass County.

NOVEMBER

1. Bill Welker, SCS Wildlife Biologist, was in the County to assist in planning an outdoor classroom near Lewis.
2. The drill rig completed foundation borings for Site 47 of Turkey Creek watershed.

DECEMBER

1. The District Commissioners and District Office Clerk attended the IASDC Annual Conference in Des Moines Nov. 29-Dec. 1.
2. The West Nodaway Watershed annual meeting was held at Massena on Dec. 10th.

SCS—Soil Conservation Service
SCD—Soil Conservation District
IASDC—Iowa Association of Soil Conservation District Commissioners.
PACS—Pottawattamie, Audubon, Cass, Shelby counties
RC&D—Resource Conservation and Development
SWIPCO—Southwest Iowa Planning Council

AL REPORT

CASS COUNTY SOIL CONSERVATION DISTRICT

ACCOMPLISHMENTS

CONSERVATION PRACTICES APPLIED IN 1976

The following amounts of key conservation practices were accomplished in Cass County with the cooperation of Cass County farmers and the District from July 1, 1975 through September 30, 1976.

	Unit	Amount
New District Cooperators	No.	45
No. of Farms serviced		304
No. of farms applying practices		141
New Conservation Plans	No.	31
Conservation plans revised	No.	12
Diversions	Ft.	15,560
Ponds	No.	10
Grade Stabilization Structures	No.	20
Grassed waterways	Ac.	86.3
Terraces	Ft.	104,250
Tile Drainage	Ft.	284,383
Wildlife habitat Development	Ac.	124
Land adequately treated	Ac.	3,165

Technical personnel assigned to the District made a total of 1,033 farm visits in this same time period. These same technical personnel spent approximately 5,500 working hours assisting farmers directly with their conservation programs while the District Commissioners provided another 600 hours attending the monthly meetings as the District Governing Body.

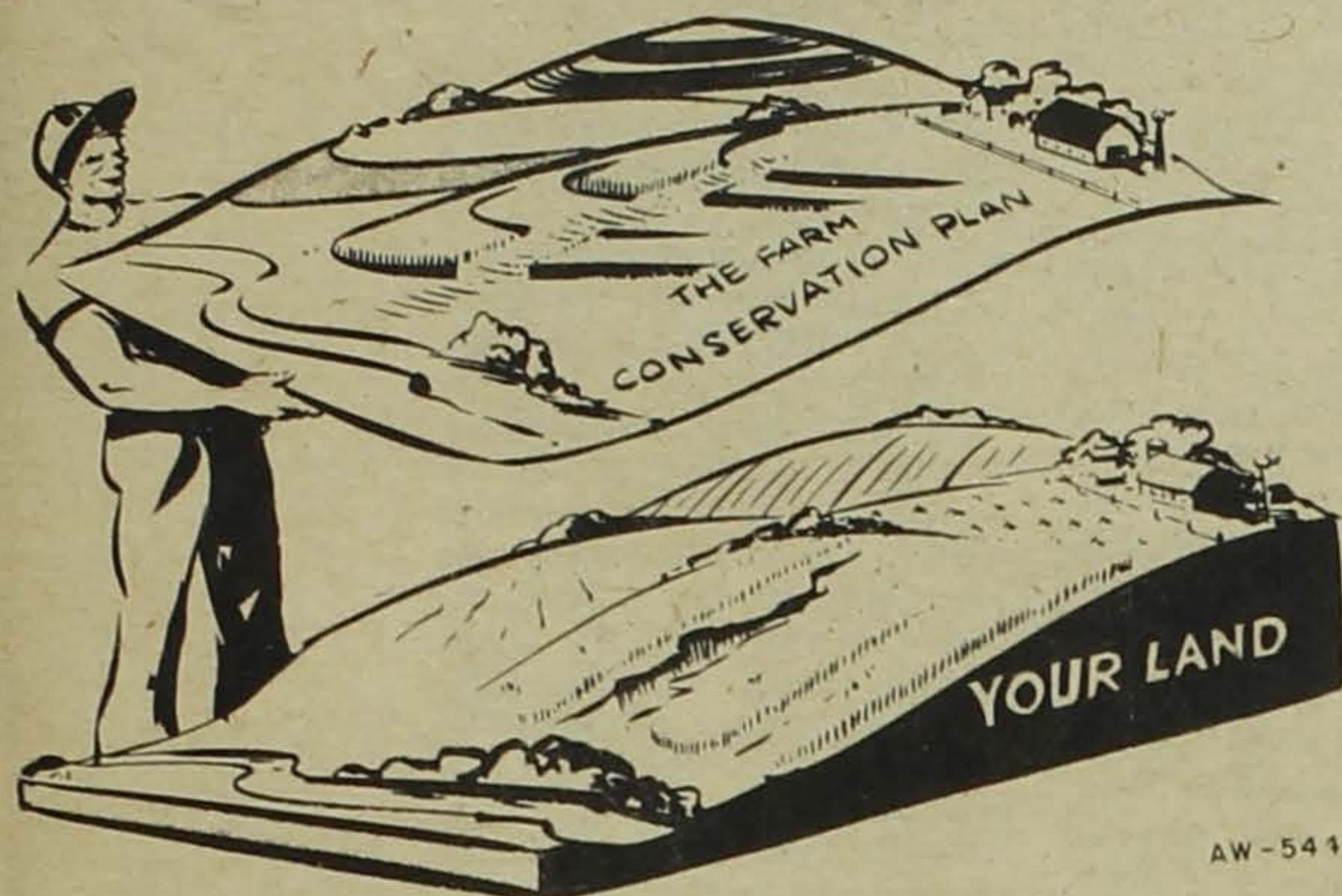
FINANCIAL REPORT

	1-M Budget	RECEIPTS	Disbursements
Allocation		\$2,225.00	
Commissioners mileage			\$1,811.53
Office supplies			378.47
Materials for demonstration			35.00
			\$2,225.00
Allocation	2-M Budget	\$19,380.00	
Clerical and technical salaries			11,859.15
Travel			53.56
Insurance			48.00
Released			7,419.29
			\$19,380.00
Allocation	3-M Budget	\$46,500.00	
L.T.A.'s			11,250.00
Disbursed to date			27,818.46
Allocated balance			7,431.54
			\$46,500.00
	District Revolving Fund		
Balance on hand Dec. 31, 1975		694.74	
Reimbursement		403.47	
Income		9.00	
		412.47	
Post Office			350.04
Office supplies			18.43
Fair Booth			35.00
Balance on hand Dec. 31, 1976		703.74	\$403.47
	Cooperator Club		
Balance on hand Dec. 31, 1975		1,665.06	
Receipts		1,946.76	
Disbursements			1,582.22
Balance on hand Dec. 31, 1976		\$2,029.60	

Atlantic State Bank
First Whitney Bank & Trust
Anita State Bank
Cumberland Savings Bank
Farmers Savings Bank MASSENA
Griswold State Bank
Home Federal Savings & Loan Assn.
Heritage Federal Savings & Loan Assn.

SPECIAL THANKS TO THE SPONSORS OF THIS REPORT

The Commissioners thank the sponsors of this report as it is through their consideration that the District can widely publicize the program that was carried out in 1976.



AW-544



Wendell C. Pellett, Max H. Miller, George W. Hosfelt, Lawrence E. Black, William A. Fudge, G. M. Baier, Gilbert Wehrman, Tom Merrill.

We, the Cass County Soil Conservation District Commissioners, wish to express our thanks to the named below, as well as many others in the area, for their fine cooperation over the years in helping to advance the cause of Soil and Water Conservation in Cass County. We feel a responsibility in conserving our most valuable natural resources — the soil and water — for future generations and only with the help of everyone can this goal be realized. We thank all those who have helped us to advance in this great enterprise.

SOIL CONSERVATION DISTRICT COMMISSIONERS

DISTRICT PERSONNEL

Carl Johnson, District Clerk
 Duane Ortgies, State Aide, part time

SOIL CONSERVATION SERVICE

E. Willis, District Conservationist
 E. Eyberg, Conservation Technician

EXTENSION SERVICE

A. Daniel Merrick, Co. Extension Director
 L. Eblen, Extension Home Economist
 Sharon Brown, Office Assistant
 Beverly Gunderson, Office Assistant

AGRICULTURAL STABILIZATION AND CONSERVATION SERVICE

Paul Peterson, County Executive Director
 E. Martens, Administrative & Feed Grain
 Linda Owen, ACP & Price Support

COUNTY COMMITTEE

Deane Harts, Chairman
 Folmer Nelson, Vice-Chm.
 Charles Miller

FARMERS HOME ADMINISTRATION

Frederic D. Vermillion, County Supervisor
 Doug Veldhuizen, Ass't. County Supervisor
 Gary Ludington, District Director
 Sam L. Irvin, Construction Inspector
 Shirley A. Winston, County Office Assistant
 Marion R. Nissen, County Office Clerk

1976 ANNUAL REPORT

COMMISSIONERS ACTIVITIES

JANUARY

1. The watershed data for the Cass County portion of PACS Indian Creek Watershed was prepared and submitted.
2. The Commissioners met with the ASCS County Committee for the Annual ACP program development meeting.
3. Bill Willis presented a talk to the veterans' class in Atlantic on soil loss and the Soil Conservancy District legislation.
4. The Turkey Creek Watershed annual meeting was held on January 27th.

FEBRUARY

1. Bill Willis attended the "training methods" conference in Des Moines February 3-5.
2. A special meeting was held with cost-share recipients to make plans for spring terrace construction.

MARCH

1. The SCD Commissioners met with legislators Pellett, Hutchins, and Briles to discuss land use planning and cost-share appropriations.
2. The PACS Indian Creek Watershed application was signed by the District and the Board of Supervisors.
3. An inventory of the upland treatment above Site 19-D in Turkey Creek Watershed was completed.
4. The Commissioners attended the Regional IASDC Meeting in Audubon.
5. A conservation contractors meeting was held on March 25th.

APRIL

1. The Crooked Creek Watershed annual meeting was held to discuss maintenance on structures.
2. The SCD and Board of Supervisors met with Rich Rovang (SCS-Des Moines) to discuss site 47 of Turkey Creek Watershed (a cooperative road structure.)

MAY

1. Jay Ford conducted an outdoor classroom session for 140 fifth grade students at Cold Springs State Park.
2. A farewell party was held on May 14th for Jay and Terri Ford. Jay became the District Conservationist (SCS) at Orange City on May 24th.

JUNE

1. Maury Muhm entered on duty for summer employment on June 7th.
2. Bill Willis conducted an outdoor classroom session for 70 sixth graders at Cold Springs State Park on May 18th.
3. Mahlandt Baier attended two meetings in regard to organizing an RC&D project in Southwest Iowa.

JULY

1. The County Resource Coordinating Committee related to Section 208 planning was organized on July 23.
2. Mahlandt Baier and two Supervisors attended an RC&D meeting at Walnut on July 14th.
3. Applications for State cost-share funds were taken from July 1-15. 48 applications were received.
4. Lawrence Blunk and Tom Magill attended the hearing conducted by Senator Dick Clark and submitted a statement from the SCD urging increased support of soil conservation programs.

AUGUST

1. A tour of the PACS Indian Creek Watershed was conducted for the State Watershed Advisory Board on August 13th. About 140 people went on the tour. The Advisory Board approved the watershed for planning.
2. The District prepared an educational display at the fair on August 2-6.

SEPTEMBER

1. The District received an additional allocation of \$47,000.00 in cost-share funds bringing the total for the year to \$94,000.00. Approvals were made allocating all the funds to county farmers.
2. The State Committee of the Iowa Department of Soil Conservation conducted a tour of watershed activity and stopped at Atlantic to view the proposed expansion of the Schildberg Quarry. The Department of Mines and Minerals is a part of the Department of Soil Conservation.
3. Repairs were made on the spillway of Site 40-5 of Turkey Creek Watershed on the Art and Arlo Boysen farm in Franklin Township.

OCTOBER

1. The Golden Hills RC&D project began its organization. A County RC&D board was organized with Mahlandt Baier, Don McCunn, Ed Rabe, Don Wohlenhaus, and Max Miller as members. The SCD and Board of Supervisors signed as sponsors for the eight-county Resource Conservation and Development (RC&D) project.
2. Bill Willis gave a presentation on the objectives of RC&D to the SWIPCO organization.
3. Bill Willis gave a presentation to the Atlantic Rotary Club and Lions Club on the use of State and Federal cost-sharing funds in Cass County.

NOVEMBER

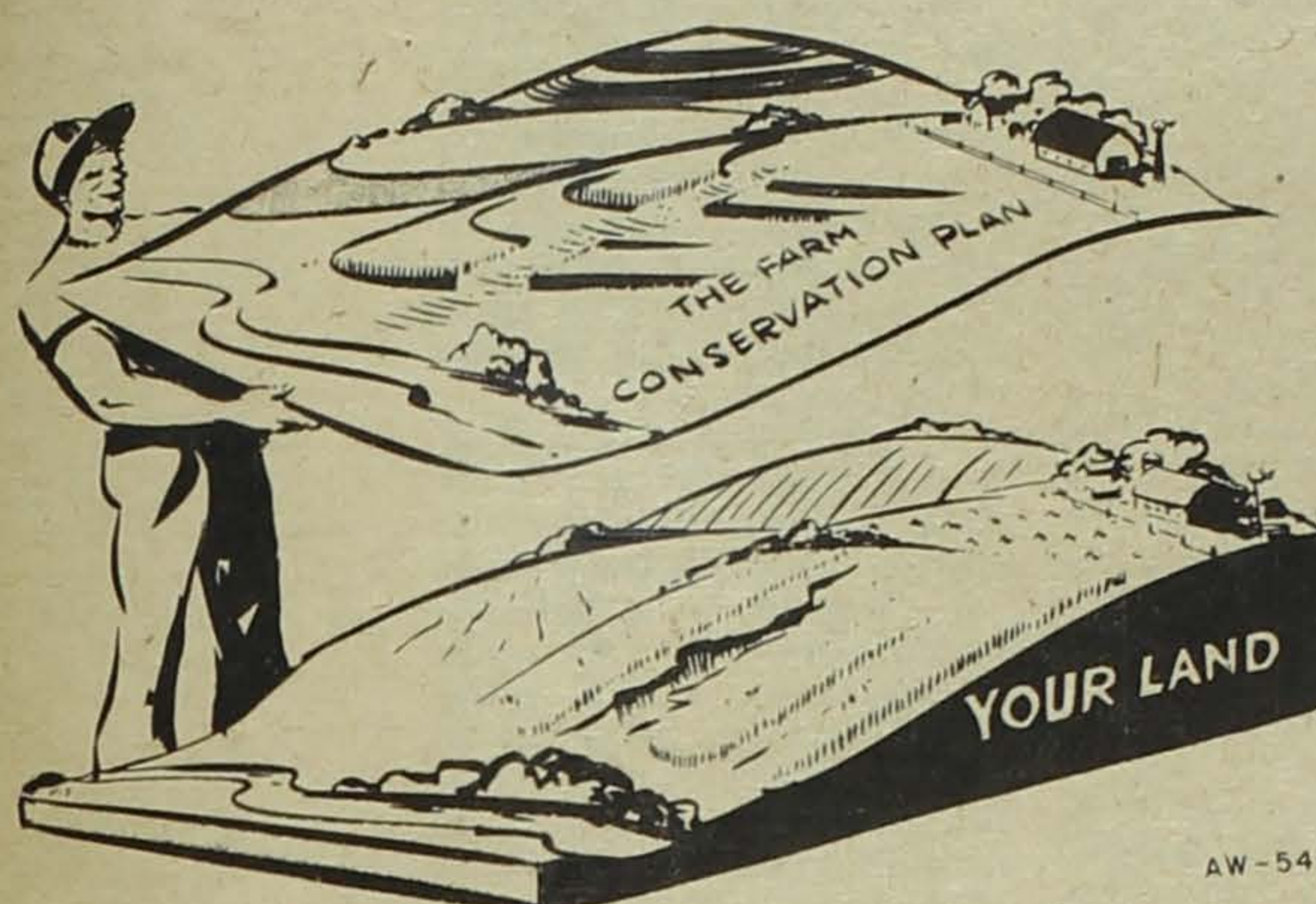
1. Bill Welker, SCS Wildlife Biologist, was in the County to assist in planning an outdoor classroom near Lewis.
2. The drill rig completed foundation borings for Site 47 of Turkey Creek watershed.

DECEMBER

1. The District Commissioners and District Office Clerk attended the IASDC Annual Conference in Des Moines Nov. 29-Dec. 1.
2. The West Nodaway Watershed annual meeting was held at Massena on Dec. 10th.

SCS—Soil Conservation Service
 SCD—Soil Conservation District
 IASDC—Iowa Association of Soil Conservation District Commissioners.
 PACS—Pottawattamie, Audubon, Cass, Shelby counties
 RC&D—Resource Conservation and Development
 SWIPCO—Southwest Iowa Planning Council

During the year, there were 27 radio presentations made on station KJAN. There were 1,181 office callers at the office in Atlantic, and 798 phone calls were received.
 District Commissioners held 12 regular and 2 special meetings during the year.



AW-544



Wendell C. Pellett, Max H. Miller, George W. Hosfelt, Lawrence E. Blunk, William A. Fudge, G. M. Baier, Gilbert Wehrman, Tom Magill.

We, the Cass County Soil Conservation District Commissioners, wish to express our thanks to all those named below, as well as many others in the area, for their fine cooperation over the years in helping to advance the cause of Soil and Water Conservation in Cass County. We feel a great responsibility in conserving our most valuable natural resources — the soil and water — for future generations and only with the help of everyone can this goal be realized. We thank all those who have helped us to advance in this great enterprise.

SOIL CONSERVATION DISTRICT COMMISSIONERS

DISTRICT PERSONNEL

Gayle R. Johnson
 Duane Ortgies

District Clerk
 State Aide, part time

SOIL CONSERVATION SERVICE

William E. Willis
 William E. Eyberg

District Conservationist
 Conservation Technician

EXTENSION SERVICE

A. Daniel Merrick, Co. Extension Director
 LaVon Eblen, Extension Home Economist
 Sharon Brown, Office Assistant
 Beverly Gunderson, Office Assistant

AGRICULTURAL STABILIZATION AND CONSERVATION SERVICE

Paul D. Peterson, County Executive Director
 Elaine Martens, Administrative & Feed Grain
 Linda Rowen, ACP & Price Support

COUNTY COMMITTEE

Dean Eilts, Chairman

Folmer Nelson, Vice-Chm.

Charles Miller

FARMERS HOME ADMINISTRATION

Forrest D. Vermillion, County Supervisor
 Dwight Veldhuizen, Ass't. County Supervisor
 Gary W. Ludington, District Director
 Samuel L. Irvin, Construction Inspector
 Shirley A. Winston, County Office Assistant
 Madonna R. Nissen, County Office Clerk

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Mike Overton: 'All Kids Collect Bugs, I Just Kept At It'

Not long ago an Atlantic surveillance team contacted City Police about a youth walking in the weeds behind the Atlantic Medical Center at 2 a.m.

"It's happened before, but the police know me," said Mike Overton, object of the surveillance team's concern.

Mike was chasing insects at the time.

"You have to be where they are when they're out," he noted.

He should know! Mike has collected thousands as a hobby and will study entomology at

Iowa State University this fall.

"All kids collect bugs. I just kept at it," Mike said.

Hobby expenses are minimal. He uses empty food jars with an old sock soaked in fingernail polish remover to kill the insects. Other tools are special tweezers, non-rust pins for mounting the insects and a special labeling pen.

Four large wooden display cases which he built and four cardboard boxes hold part of his collection. Insects in the cases have been identified, named scientifically and listed as to when and where they were caught.

Four boxes contain only butterflies and moths. One moth has a seven-inch wing span. Another case contains wood-boring beetles.

Most of Mike's collecting has been done in and around Atlantic or places he's vacationed with his family.

One aspect of the hobby he enjoys is the time it requires outdoors and in out-of-the-way places.

"You don't have to just chase insects, you can enjoy the waterfalls, trees, the scenery," Mike said.

Rarities

Mike has collected three rarities — a beetle never before recorded as being caught in Iowa, a unique butterfly mutation and a butterfly that is apparently a new species.

Mike hasn't found it recorded in his extensive library and first inspection by university specialists confirms its novelty.

If it is a new species, Mike will name it and be listed as the finder.

"Actually, it's not so unusual to believe I've found one no one else has," Mike said.

Referring to some of his books, he continued, "The British Museum of Natural History estimates 1,000 new species of insects are being described each year.

"Estimates vary between two and 10 million as the probable number of kinds of insects.

"Weevils, alone, include some 50,000 species, more than all the species of birds, mammals, reptiles and amphibia of the world combined. Scientists estimate 150,000-200,000 species remain to be described in this family alone."

After years of catching all he could catch, Mike has begun to specialize in wood-boring beetles. These range in size from smaller than the head of a pin to about four inches long.

Variety

Someone unfamiliar with the beetles might well be surprised at the variety and beauty. One from Africa is about two inches long and a bright, emerald green. Deep blues and oranges are other beetle colorings.

A rhinoceros beetle, about four inches long, has a curved horn on its head making it resemble the large animal for which it was named.

He explained that insects are man's major competitor for food as pests on the crops. Many entomologists study this aspect of the insect world, while others study insects as vectors for disease.

Mike, son of Mr. and Mrs. Jerry Overton, 10 Fair Ridge Circle, was one of two salutatorians of the 1976 Atlantic High School senior class.

More Musings Of A Cemetery Worker

By Marion L. Walker
Of Brayton

Chapter Seven

A quarter mile north of our place was a large farm owned by my Grandfather Walker. When I was three-years-old my father walked up there to see his Grandfather Bowen, who lived there with his family at that time and I went along.

They were building a hole corn crib and that was the only time I ever saw my Great-Grandfather Bowen. I remember him as a fairly tall slender man dressed in black and I thought he looked like pictures of preachers in his long black coat, he sat down in a rocking chair and died not long afterwards.

My Uncle Joe Walker moved there in about 1896 and afterwards married Jessie Pratt. Hallie Walker, who married Carrie Harris, was born there in 1899.

Grandfather Walker died in 1899 and Jay Walker inherited land in Audubon County and moved there, leaving the old house vacant in 1900. The farm was then owned by U.S. Walker, who lived nearby.

Charles Walker, who afterwards became a lawyer in Anita, was born in the Audubon County place.

With the house being vacant and no stock being kept there, the horse weeds soon took over and the place seemed spooky, but the orchards had the best eating apples I ever ate and the upstairs had lots of old magazines and to a nine-year-old boy who liked to eat apples and loved to read it was just the place to be and I was often there.

The old house was no stranger to me. I was often there when Jay Walker "batched" there and his wife was our near neighbor. I had gone to school with her and her brothers, but it hadn't been so lonely then. The house had been vacant before, maybe around 1880, and some of the blyther spirits in the area had a habit of spending evenings there playing at cards.

Someone had engineered a rather cruel practical joke on another and it seemed like a good idea to get even with him. A few of them hatched up a

ghost caper to give him a scare and it grew into a regular part of the entertainment.

There was a chimney through the upstairs that was far bigger than common chimneys, it seemed to me. I saw it often in 1900 as it was in my reading room. It was at least five feet square.

There was a story that a woman came to the house in spirit form and mourned. When the ghostly commotion started upstairs, the ring leaders would take a smoky lantern and lead the pack upstairs and have the ghost between some of them as they walked around the giant chimney which was out near the center of the room.

The ghost could drop out of a window which seemed low for an upstairs window or stay if he wished. One night a half grown boy came to see a little excitement and when the panic started, he was near one of the leaders who deliberately tripped him and the crowd ran over him like a herd of cattle.

It was shameful thing to do, and the man must have had one or two extra drinks as the boy could easily have been killed or crippled for life.

The boy was cruelly trampled and bruised, as might have been expected, and when asked about it in later years he still hadn't seen any humor in the situation and replied pretty soberly: "They nearly killed me."

It wasn't long before drunken people started coming with guns and the ghost walked no more.

The Continental Congress authorized a lottery in 1776 to pay for the Revolutionary War.

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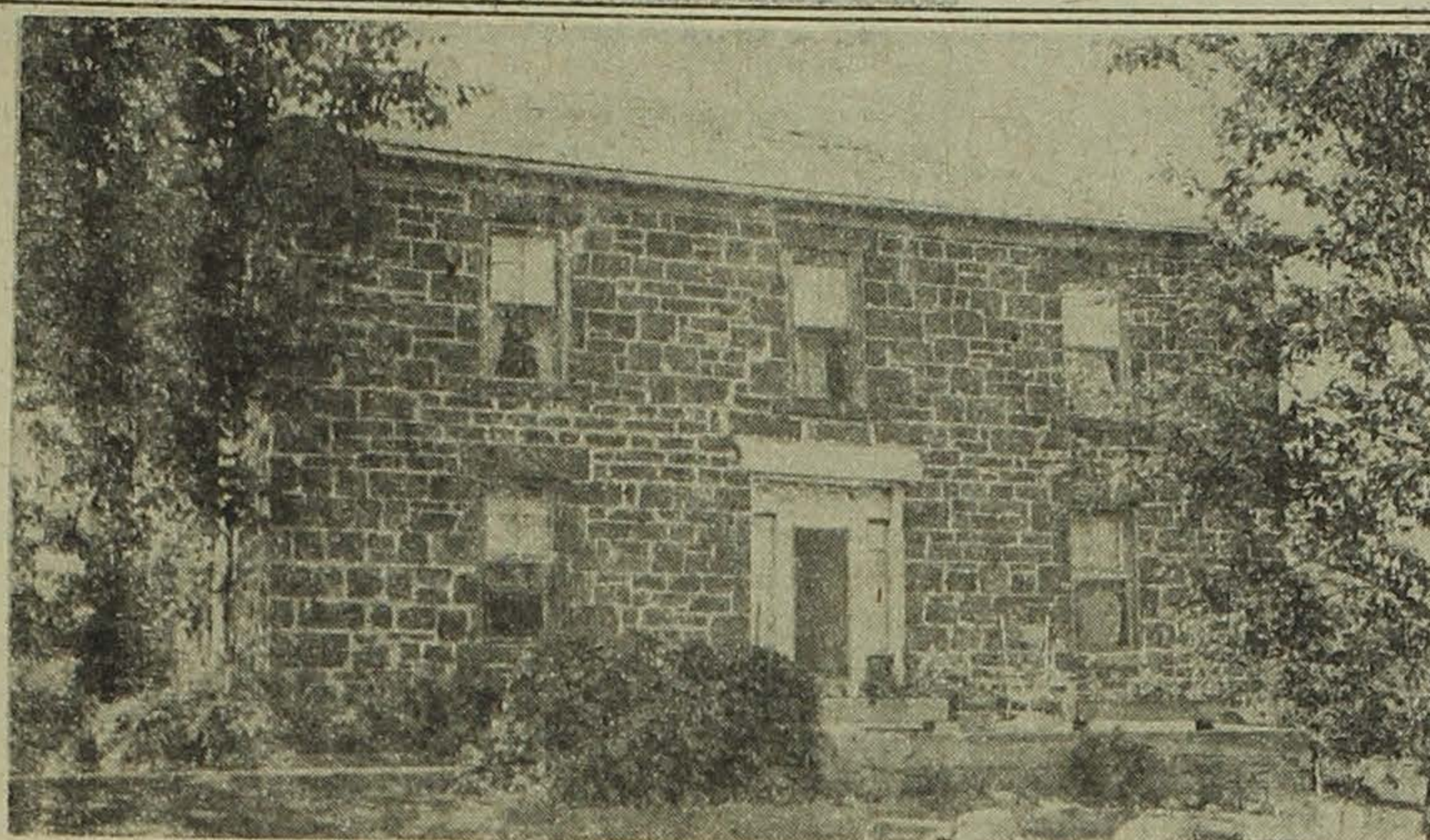
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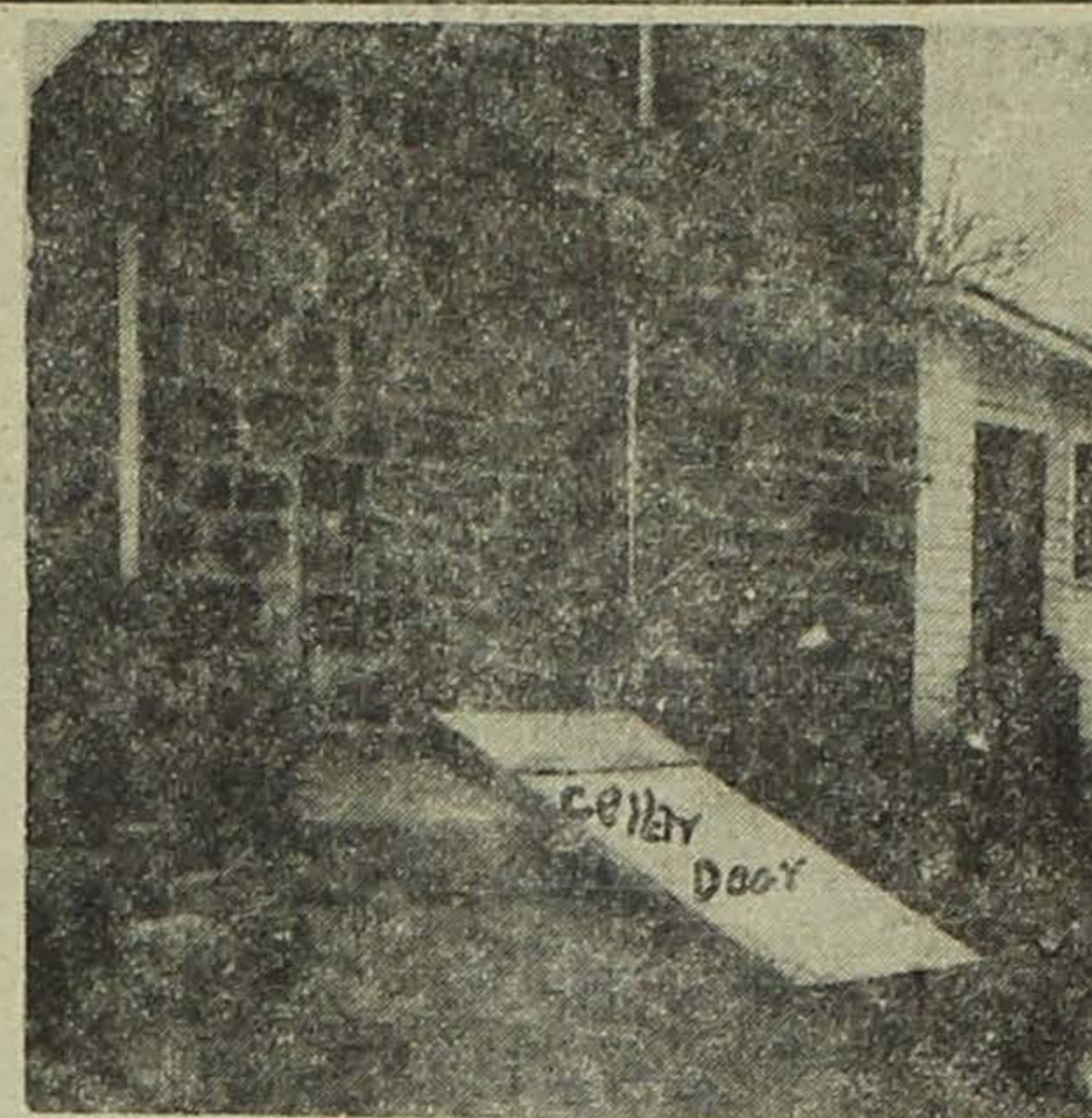
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Front view of the house taken many years ago.



Outside cellar door used by runaway slaves to go to the hideout.

Cass County Historical Events

By MRS. FRANK BERRY

The Brown Stone House

Rev. George B. Hitchcock, was one of nine Andover students ordained in 1843 by the Congregational Association in Denmark, Ia., "to conquer this new land for Christ and the church" as he described his mission in one of his letters.

Rev. Hitchcock served churches in Oskaloosa and Eddyville before coming west. He organized the Congregational at Tabor and came to Cass County as a young circuit rider and June 28, 1853, he purchased 160 acres of land in Section 15 of Cass Township.

Lewis, the first county seat of Cass County, had been laid out in March, 1853, but no lots were sold until October, 1855. S.M. Tucker, an attorney, built a house in 1853 and purchased the first lot. This house is still being used as a home.

The Nishnabotna River cut through the Hitchcock land. He chose a location about a half mile from the southwest corner of the new town of Lewis for his log cabin.

Church Started

It was in this log cabin that the Lewis Congregational Church was organized April 11, 1855, with Rev. Hitchcock as minister. The charter members were David and Polly Chapman, Charles and Olive Baldwin, Mrs. Caroline Hitchcock, Mary Tucker, Samuel Mahan, Henry and Zelpha

Myers and Amosa Chapman. He served the church until 1861.

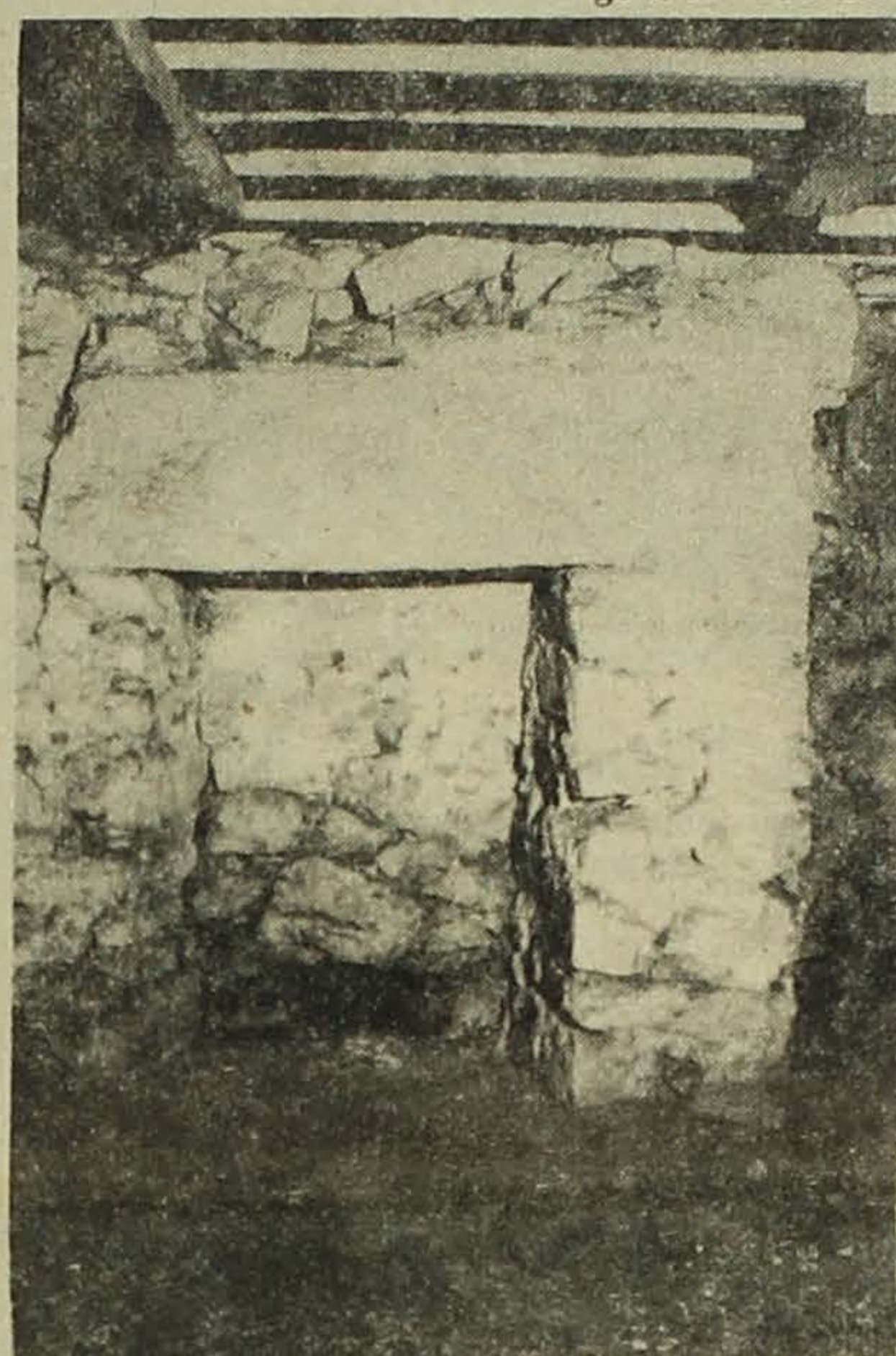
Before and during the Civil War, Rev. Hitchcock's sympathy was so strong for the runaway slaves that he gave them food and shelter as they followed the Nishnabotna River north to freedom in the "Queen's Country" in Canada. The slaves went through the heavy timber and dense underbrush near his home. The log cabin soon became too small for their large family and the runaways.

The Dream House

In 1856 Rev. Hitchcock decided to build his "dream house" about a mile west of the log cabin. It was on a high hill on the west side of the river. It is about a half mile from the road (but out of sight) which carried the stage coaches, wagon trains, emigrants and the thousands of Mormons on their way to Utah.

The red sandstone was quarried at the Jester's quarry about a mile east of the river. This quarry is on the present Roscoe Woodward farm. The rock is quite soft when taken from the ground, but hardens when exposed to the air. It was hauled to the river by oxen, floated across on a raft, then hauled up a steep hill to the site of the big beautiful two-story house in a grove of large trees.

It is about 30-feet square with a full basement. The walls are built double with an air space



The large fireplace in the basement.

between which makes them about 18 inches thick.

The air space was used for chimneys for the fireplaces which were in every room. It contained four rooms, four closets and a large hall upstairs, four rooms, four closets and a wide hall downstairs.

The Secret Room

The full basement was divided into two large rooms by a stone wall with a small door between. The door could be covered by a large fruit cupboard. This was the "secret room," where the runaway slaves were hidden.

At one time John Brown was hidden there when officers came to look for him. He and his sons were guests of the Hitchcocks several times. It has been told that he often preached to the Negroes and enjoyed singing with them.

A large fireplace was on the east wall near the outside entrance. This fireplace was used for cooking and heat by the slaves. It was large enough for a small boy to stand erect. The cap stone was four-feet long, 18-inches thick and 18-inches wide.

Phantom Tunnel

A deep ravine led up from the river to the outside basement door. This was known as the "hidden or phantom tunnel." Here the Negroes were given food and shelter until it was safe for them to go on to the next station of The Underground Railroad.

A son of the Hitchcocks drowned in the Nishnabotna River and is buried under the big walnut tree northwest of the house. Pioneers told that there were three graves there, but did not know who were buried in the others.

Thomas Jefferson was one of the tallest presidents, standing at 6 feet, 2½ inches. He was succeeded by James Madison, the smallest president who stood only 5 feet, 4 inches tall and weighed only 100 pounds.

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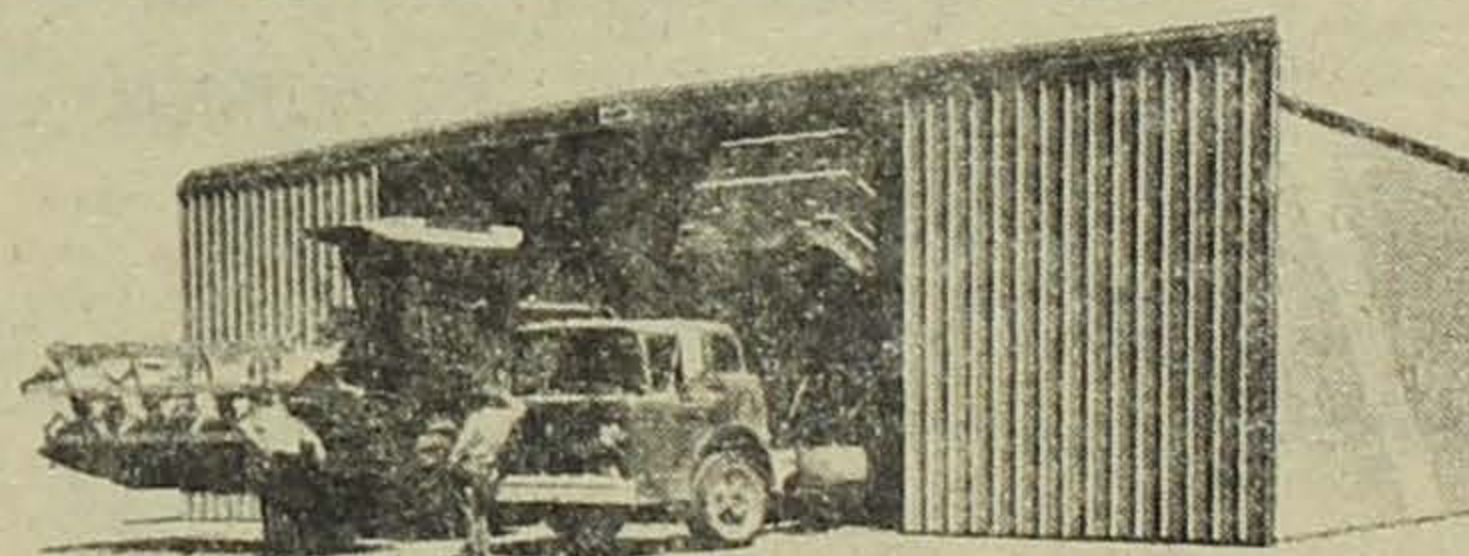
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They Call Her Grandma Moses Of The Manor

(Editor's Note — This story by Phil Gruis, editor of the Focus Magazine, is being reprinted with his permission. Mrs. Frankie Dungan is a native of Atlantic and lives in a retirement home at Boulder, Colo. She is a sister of Mrs. E. F. Jones of Atlantic.)

Step into the world of Frankie Dungan.

It may seem a small world at first. Her living room is also her bedroom in the Boulder retirement home Frasier Meadows Manor. And the off-white walls seem close, especially covered with pictures as they area. The green oxygen tank and the wooden cane and the aluminum walker tell you that she seldom strays far.

But as you listen to Frankie you begin to see her world widen. You hear about her many friends in the manor, and about her family of two sisters, a son and a daughter, five grandchildren, two great-grandchildren, 17 nieces and nephews.

And the world of Frankie Dungan widens still more ... into boundless vistas of gold and blue and green ... when the 88-year-old woman talks animatedly, enthusiastically, proudly of her art.

Discovery

At age 85, Frankie Dungan discovered she is an artist, a painter of obvious ability. If that seems late to make such a discovery, it is not too late. "I'm certainly having a lot of fun," she says, and you know that it's true. Her face alight with pride, she says they call her the Grandma Moses of the Manor.

While she is happiest talking about painting, you can learn from Frankie why she was slow in discovering her talent. She says her husband died in 1930 from war wounds that wouldn't go away, and she was left with children of 5 and 7. She had to go to work as a school teacher and later as a buyer for Gano Downs in Denver. Her first obligation was to be a mother, and she thinks she has been a good one. And you believe her: the framed black and white faces on the wall seem happy enough. You get the feeling that, although she may be burdened by age, Frankie Dungan is not burdened by regrets.

Born in Atlantic, Iowa, she came, by way of Nebraska, to Colorado in 1946. And in her three decades here she has come to love this state deeply. She'll tell you this, but she



Frankie Dungan

doesn't have to, because you can see it in her paintings.

Frankie moved into the manor in 1970, and she's glad she did. There is "everything to do" there, she says, and "they take such marvelous care of us."

But her years at the manor have not been ideal. She has had to fight to keep failing health from narrowing her world.

Foot Problem

Frankie has had trouble with a foot, a bout with double pneumonia and, most worrisome, she says some of the bone along her spine is gone. "There are places where someone could paralyze me with just a touch" — no minor annoyance for one who lives in "the black-slappingest place you ever saw."

Once it was recommended that Frankie go on a sugar-free diet, but she responded, "fiddle on it," and told them, "I was not eating to live, I was living to eat."

Then, she says, a doctor suggested that she live in an area of the manor where nursing help is more readily available. She says her doctor told her that she must reconcile herself to using oxygen all night every night and part of the time during the day for the rest of her life.

No Wheel Chair

"I hit the table and said, 'no sir!'" Frankie says. "I'm not going to sit in a wheel chair with my hands out waiting for death to get me. If he wants me he can come and find me." She changed doctors and now, she boasts, "I use little oxygen and no medicine."

Frankie now moves about, slowly and sparingly, with the help of her aluminum walker. But if her world seems to have been narrowed by the

limitations of her body, it has been widened as much and more by her spirit, her mind, and her skilled hands.

Three years ago, in a new art class at the manor, Frankie Dungan stirred some acrylics and touched brush to canvas for the first time. From that moment, at age 85, Frankie's world took on great new dimensions. If she could no longer move herself physically into the mountains she loves, she discovered she could still use her paintbrush to transport her into a high meadow beside a cold, clear stream.

Frankie was surprised to find out that she could paint, but her daughter was not. Frankie says her daughter told her that she had long seen the artist in her mother, and that "you and a paintbrush never came together before, that's all."

But together at last, Frankie and her paintbrush began to create paintings by the dozen. She is delighted to tell you that she has sold 17 canvases, worked on commission, and given many pictures away to friends and relatives (including each of those 17 nieces and nephews). She'll tell you all the cities and states in the country where a painting by "F. Dungan" will be found hanging, and she can tell you — hands popping up in front of her face and a finger wagging for emphasis — a little story to go with every one of those pictures.

Soft Strokes

Frankie paints soft strokes with a wide brush right onto the canvas, without a preliminary sketch. She paints gray mountains pushing up against the Colorado blue sky; she paints deep blue streams and shimmering aspens at the peak of their autumn glory; she paints farmhouses and bridges and dogs and kittens and lambs and horses and bighorn sheep. She draws her inspiration from wherever she can find it: photographs, stories, songs and her own mind. And she always seems to be painting pictures to order for this grandchild or that niece.

Paints In Room

Frankie paints in her room, spreading plastic on the carpet and then setting her easel on the plastic. If she really feels like painting, she may just paint all day, and then pack the easel away for two or three days. She can become so absorbed in her work, she says, that she is mindless of what is going on around her. She recalls the day in class when she looked up from her painting and was surprised to find that her classmates had gathered around to watch. She says she has had to deny repeatedly that she had done any painting before that first art class.

Now, just three years later, Frankie figures she has enough paintings so "that when I die they can just put me on the ground and pile my pictures over me."

This is something she could not have imagined 38 years ago. "When I was 50 I thought I was just the oldest thing," and she worried that she would not live to see her children graduate, to see grandchildren. Then, "I wanted to live to be 85. And when I was 85 I said that was it." But that wasn't it; that 85th year turned out to be another beginning.

Not long ago Frankie sent a painting to Betty Ford, and was

rewarded with a letter she keeps carefully wrapped in plastic. "Your painting and your words reflect a zestful spirit which many half your age would envy," the First Lady wrote.

This zest for life is evident not only in Frankie's painting. She tells of a lively relationship with friends and family; she works with ceramics and makes elaborate patchwork items; and she sews her own clothes ("I can make a dress in four days and not miss a thing that's going on").

Frankie's world may at first seem small. But when you step up close to one of the walls of her room, and see the signature tucked in the corners of all those bright paintings, you know that her world is a big one ... bigger even than the mountains she paints ... as big as art and imagination.

And when you step out of Frankie Dungan's world, it just might be that you'll carry with you one of her paintings.

Unwanted Dime Has Magical Powers

Morris County, N.J., Daily Record coin columnist Harold Flartey recently entertained his readers with the story about a dime which apparently had the propensities of an unwanted cat.

Not a very "numismatic" coin, it was struck in Philadelphia in 1920. It was found by "Jim", an acquaintance of Flartey's, fastened with masking tape to the bottom of a religious statue which his daughter had inherited from his grandmother.

It was a custom in the family to tape coins to religious statues in the belief that this would permit one always to have some money. "Jim" was between jobs at the time, and hoped that

the dime might have some numismatic value into which it could be converted.

He pried the coin loose from the statue, but the paper tape was dry and hard and refused to separate from the coin. When he tried to remove it with a buffing wheel he only succeeded in putting a nick on the edge.

A coin dealer offered Jim 30 cents, the bullion value of the distinctively sorry-looking dime, now too scarred to have collector appeal; but he decided to keep it, rather than sell it for so little.

A week later, Jim's continuing quest for a job had carried him some miles from his home, and he found it necessary to make a phone call. He reached into his pocket, only to find it empty — except for the sorry-looking dime, which he dropped into the change slot.

The next morning his wife asked about the dime, suggesting that her sister might be able to use it for her coin collection. Jim never mentioned that he had spent it for a phone call the preceding day.

She later went to the local shopping center. As she got out of the car, she noticed a dime lying on the ground at her feet. It was a 1920 dime, with a surface that was marred by a piece of hardened paper tape, and there was a nick on the edge.

Jim got the message! Securing a fresh piece of paper tape, he fastened it once again to the bottom of the religious statue, where it had been for many years.

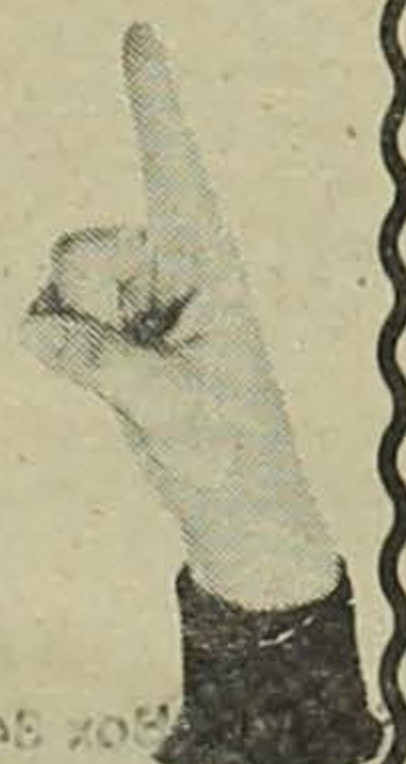
PORK PROVIDES VITAMINS

Health studies have shown that the diets of many older people are often low in thiamin and riboflavin. Meat is an abundant source of these B vitamins as well as niacin and B12. For instance, one 3½-ounce serving of lean pork provides all of the senior citizen's daily thiamin needs, three times as much as any other food source.

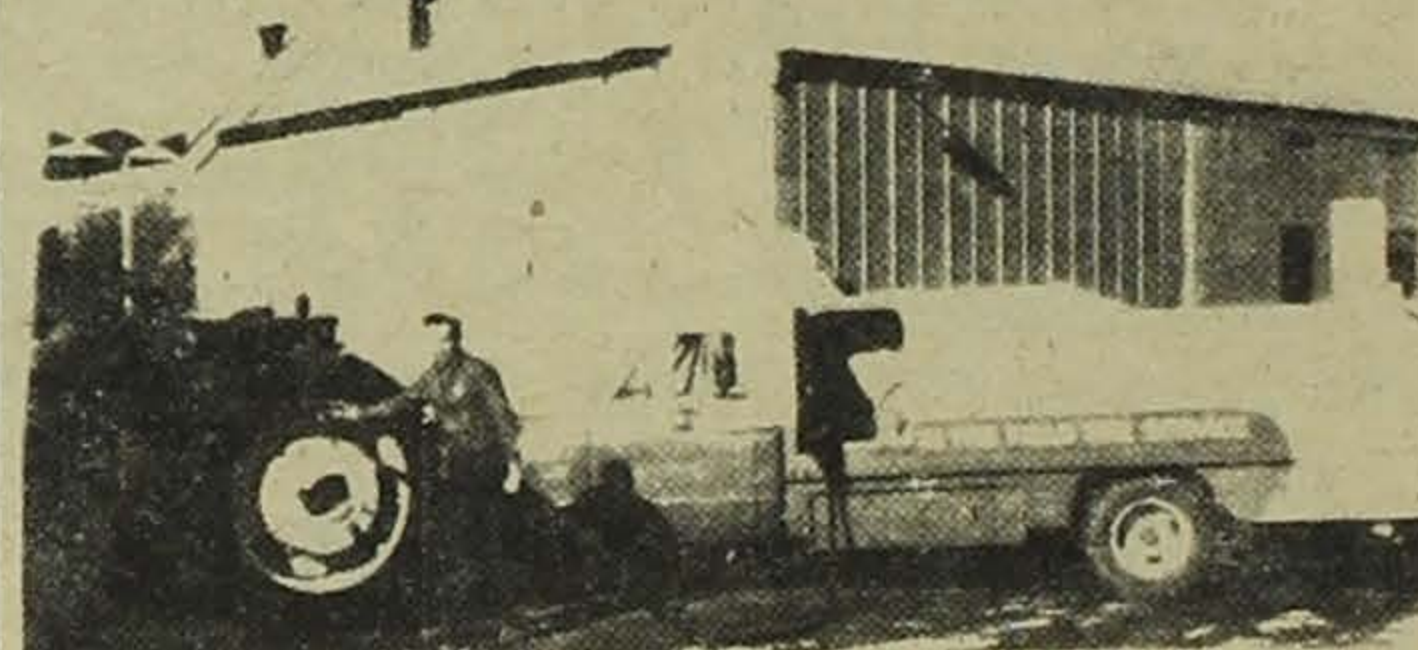
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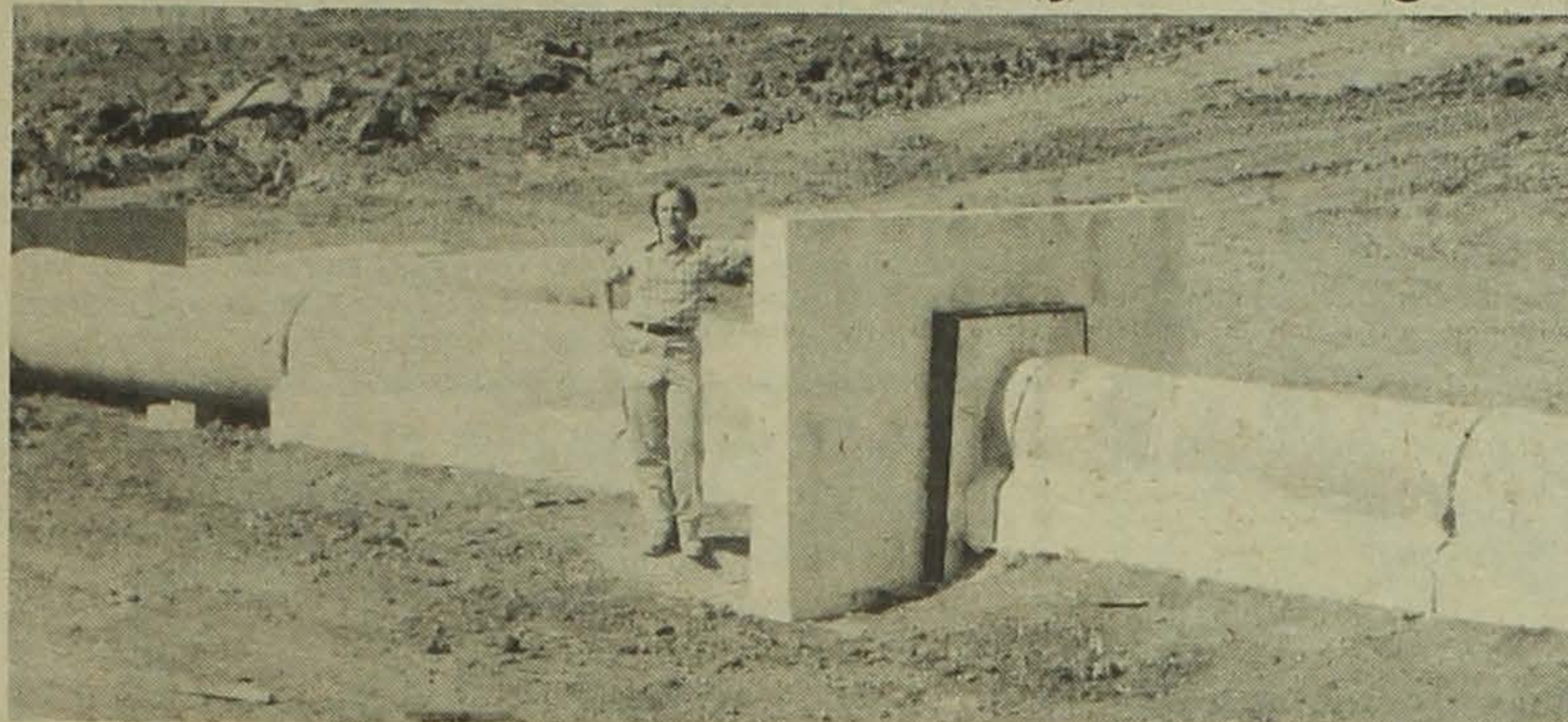
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Nine Structures Added To Turkey Creek Program



Main spillway pipe on Burke Brothers farm near Anita in Turkey Creek Watershed project. Jay Ford, soil conservationist, inspects pipe.

By William E. Willis,
District Conservationist

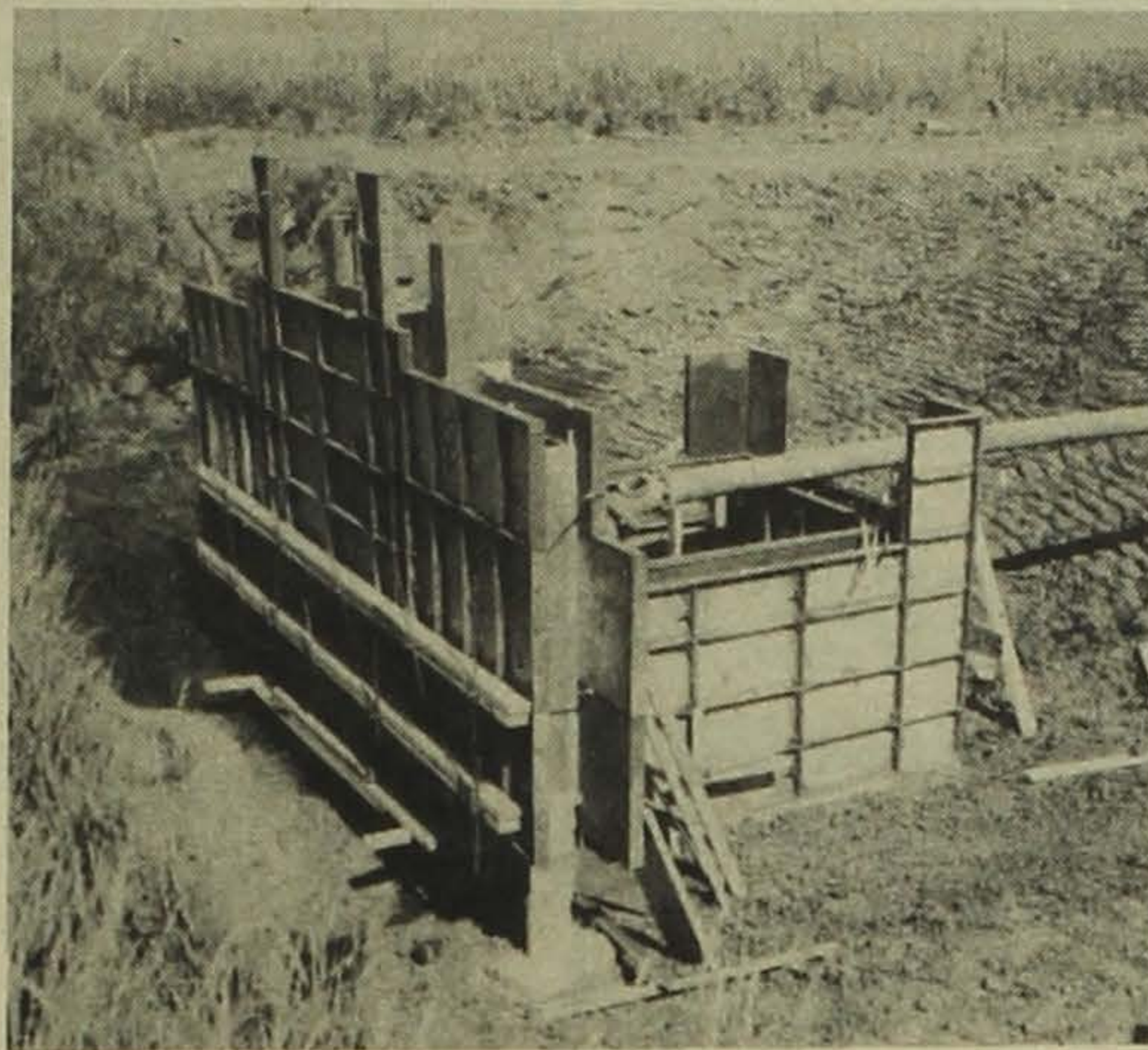
Nine more structures were completed in Turkey Creek Watershed in 1976, bringing the total to 31. There are 103 structures needed in the watershed. This means that the Turkey Creek Watershed is about 30 per cent completed.

The Jack Stanley Company of Shenandoah was awarded the contract in 1975 for construction of the watershed structures at a cost of \$367,051. The largest of the nine structures is located on the Burke Brothers farm about 1 3/4 miles west of Anita and is visible from Iowa 83.

The nine structures include one floodwater retarding structure and eight grade stabilization or gully control structures. Eight of the structures are constructed as earth dams while one is a concrete structure as a riser on an existing road culvert.

The watershed structures are usually located to control a specific problem and may touch on more than one farm.

The watershed structures are built when the landowners are willing to grant easements for



Turkey Creek watershed structure being built on Dwight Will farm.

the use of the land and when 75 per cent of the drainage area is protected with conservation practices to control erosion. The Soil Conservation Service pays for 100 per cent of the construction costs. The watershed

sponsors, the Soil Conservation District and the board of supervisors, are responsible for any annual maintenance and repair. Maintenance costs are financed through the county flood and erosion control fund.

ASCS Assists In Conservation Programs

By Paul D. Peterson
County ASCS
Executive Director

The Cass County Agricultural Stabilization and Conservation Service (ASCS) Committee and office staff appreciates the opportunity to present its report as a part of the Cass County Soil Conservation District Annual Report for 1976.

The county committee composed of Dean Eilts of Wiota, Folmer Nelsen of Anita, and Charles Miller of Massena, are the policy and decision making body of ASCS programs in the county.

The office staff includes myself and program assistants, Elaine Martens and Linda Rowan, who are responsible for the day to day operations of the County ASCS Office.

Cost-Sharing

One of the major programs of ASCS is the Agricultural Conservation Program (ACP). This program provides federal cost-share assistance to county landowners to establish conservation practices on their respective farms. For the 1976 program \$69,662 was made available to county producers to provide 50 per cent cost-share assistance.

The Soil Conservation Service received \$3,483 through ASCS for technical and lay-out services for the practice applications approved by the County ASC Committee.

Practices approved and cost-shared included permanent vegetative cover seedings, terraces, diversion terraces, waterways, water impoundment reservoirs and erosion control structures.

10 Agreements

Cass County has 10 long-term agreements to carry out a complete conservation program on those farms. During the life of those agreements federal cost-share funds, through ASCS, amounting to \$101,381 will be paid to the producers to complete the construction of the called-for practices. The number of long-term agreements in Cass County exceeds the number for any county in the state.

There is an ACP Program for 1977. The county allocation is \$75,000. Landowners and operators have been notified of the program through the news-media and ASCS newsletters. The question often arises whether federal cost-share assistance should be made available to conserve water and soil for future generations. To assure adequate food supplies in the future we all have a stake, rural or urban, in making sure the soil, our most vital natural resource, is conserved for the future.

FORTIFY FAMILY WITH PORK

Resolve to send your family off each day fortified with a protein meal. There's a direct relationship between a substantial breakfast and a good disposition. An adequate meal also promotes top mental and physical performance. Is it time

Value Of Conservation Practices

By Lawrence E. Blunk
Cass County Soil
Conservation District
Commissioner

It is gratifying to me to live in a community where we are demonstrating by our actions that we are concerned about the coming generations need for food and fibre, also for pure water and clean air, and for recreational areas where we may fish, swim, hunt, or just relax.

These things don't just happen. They take planning by people that are technicians, engineers and most certainly by you the people.

In other words it takes teamwork on everybody's part to make the community in which we live an inspiration to our fellow men.

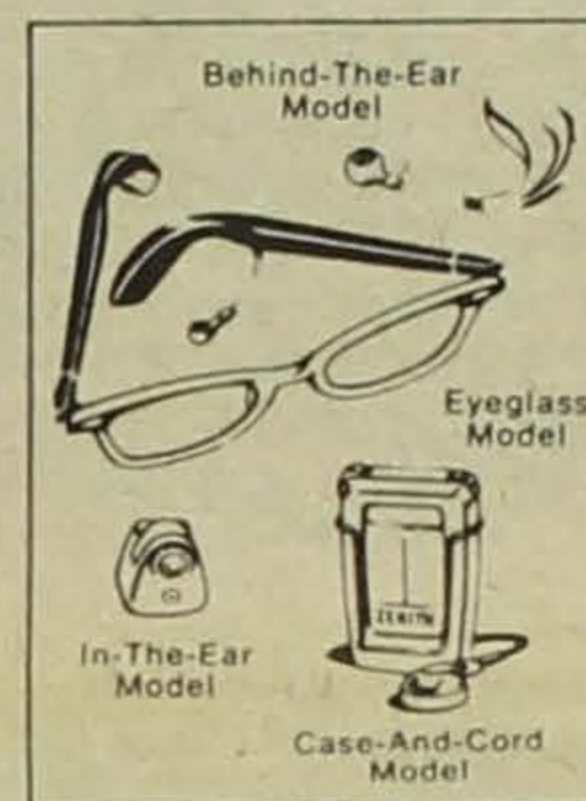
This teamwork is backed up by our state legislature as well as by our governor. Iowa is the only state in the nation that has



state cost sharing as well as federal programs to enhance and promote our efforts in the conservation field.

Ours is a precious and God-given land. It is my hope that coming generations may say, "Well done, thy good and faithful servant."

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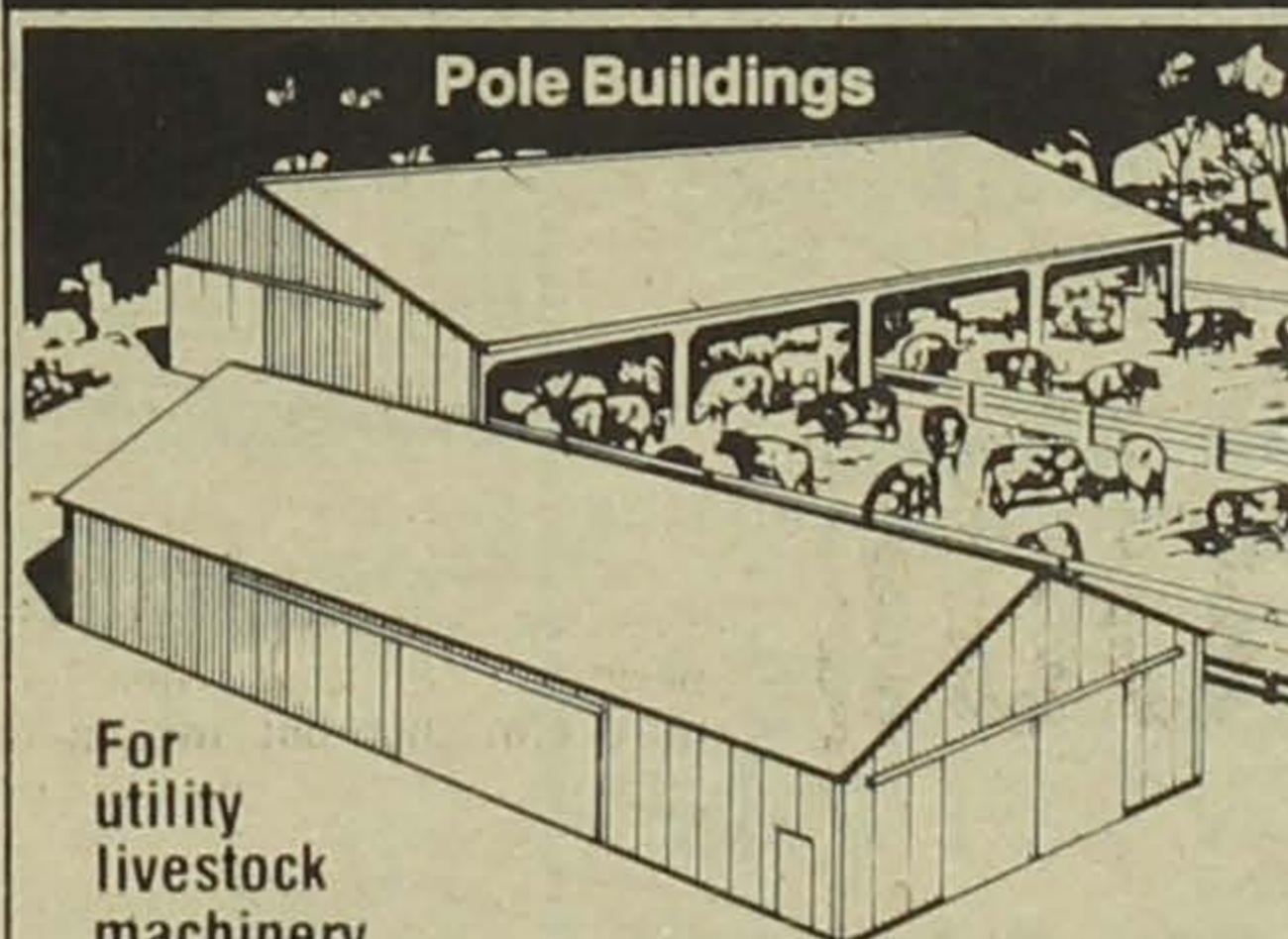
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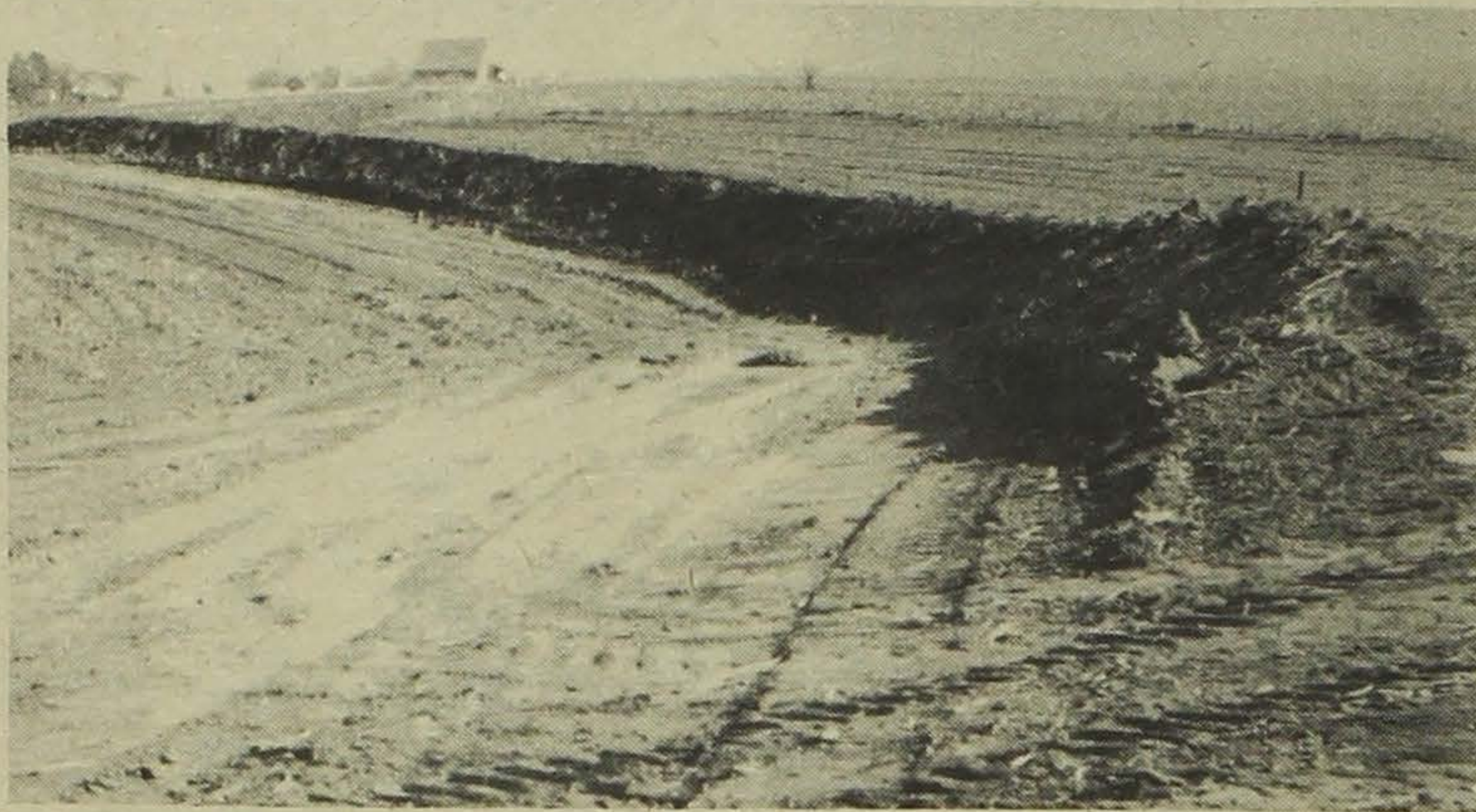
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Parallel Terrace Gains Popularity In County



Tile outlet terraces constructed on the Richard Malone farm.

By Bill Willis
District Conservationist

The tile outlet, grassed back-slope, parallel terrace is gaining widespread popularity in Cass County. The facts show that last year 38 Cass County farmers installed this type of terrace on their farms to control erosion, to improve farmability with terraces, and to allow continued use of upland fields for intensive rowcrop production.

In the past year a total of 100,000 feet of tile outlet terraces were built in Cass County to control erosion.

Best Method

Tile outlet terraces provide the best known method of controlling soil loss on the soil types found in Cass County. Their use is directed to those situations where rolling land is being used for the continuous production of rowcrops such as corn,

soybeans, or milo. Research on similar soil types has shown that soil loss can be controlled to less than one ton per acre per year after construction of tile outlet terraces.

The flexibility in the design and layout of tile outlet terraces makes it possible to build more of the terraces parallel to each other. This means a uniform spacing between terraces, the elimination of many of the odd areas or point rows between terraces.

The tile outlet replaces the grassed waterway as the outlet for excess runoff from the terraces. The use of herbicides to control grasses and broadleaf weeds results in concentrations in water runoff that will also destroy the grasses in a waterway. The tile outlet used in terraces eliminates this hazard.

Design

The grassed backslope design is used to maintain terrace

alignment and to reduce the earthmoving cost. On slopes greater than six per cent, it is difficult to maintain a farmable backslope on conventional terraces. If the backslopes are not maintained and are abandoned this leaves an excessive amount of land out of production. A steep backslope avoids these problems and reduces the backslope to a width which averages about eight feet.

The tile outlet, grassed backslope, parallel terrace combines farmability and erosion control into one package to control soil loss on rolling cropland. Cost-share assistance is available from two sources to defray up to 50 per cent of the cost. These two sources are state funds administered by the Soil Conservation District, and federal funds administered by the ASCS Office.

a 15-minute pre-soak in a pickle crock containing a toilet bowl cleaner composed of sulfonic acid and various compounds of sodium.

The coins then go into a revolving washing tank, originally used for cleaning silver tableware. Four soup ladles of silver washing compounds are added to five gallons of hot water, and then Batliner adds his "secret weapon," about 20,000 pellets of buckshot.

Discuss How District Soil Commissioners Are Elected

By George W. Hosfelt
Chairman
Cass County
Soil Conservation
District

There has been some question on the procedure on election of Soil Conservation District Commissioners.

When soil conservation districts were first organized in Iowa, the election had to be held 60 days before or after the district was organized. The election could be held in one or more public places in the county. The Cass County Soil Conservation District was chartered Aug. 25, 1942.

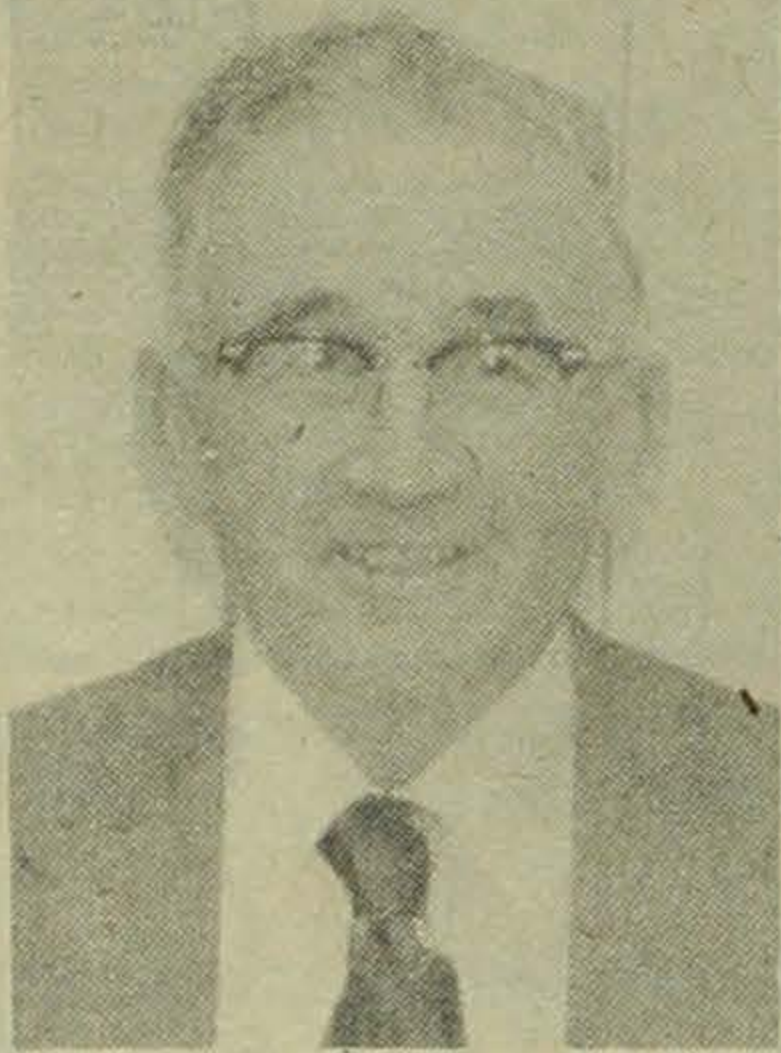
For the past 15 years elections have been held every two years at the district booth at the Cass County Fair. With this procedure elections were held in Iowa every month of every year.

In 1974 there was a law passed by the Iowa General Assembly stating that commissioners would be elected at the November general elections.

Since it is a nonpolitical office there is no primary election, but nomination papers have to be filed the same as for any other candidate for public office.

When districts were first formed landowners were the only eligible voters and the only ones who could serve as a commissioner. At present all eligible voters can vote and serve as district commissioner. There can only be one commissioner elected from each voting precinct.

Commissioners are elected for a six-year term and there will be one or more elected



every two years.

Any eligible voter who is interested in assisting the soil conservation program in Cass County and willing to serve as a soil district commissioner should contact the SCS Office in Atlantic or one of the district commissioners.

HOTEL LAUNDERS HALF MILLION COINS

The change customers received at San Francisco's St. Francis hotel may not be Uncirculated, but it's sure to be Brilliant, part of a 40-year tradition.

All coins which the hotel takes in are systematically "laundered" by 69-year-old Arnold Batliner, who estimates that he has been cleaning somewhere around half a million coins a year for 14 years.

Batliner's technique is not likely to win the sanction of the numismatist. Cents, for example, which he finds the most difficult coins to clean, get

TREND TOWARD SNACKING

Snacking is increasing, with the average person having six to seven "food contacts" per day. Children up to the age of 12 and women between 25 and 44 are heavy snackers, having up to 20 food contacts per day. Nutritionists are accepting the fact that they cannot "fight the current" and now are working

to fit nutritional requirements into national eating habits. Snacking could actually be a positive thing nutritionally, if the snacks supply more than "empty calories." Meat, fruits and vegetables make excellent snacks since they provide important food nutrients. Beefburgers are packed with both good nutrition and appetite appeal.



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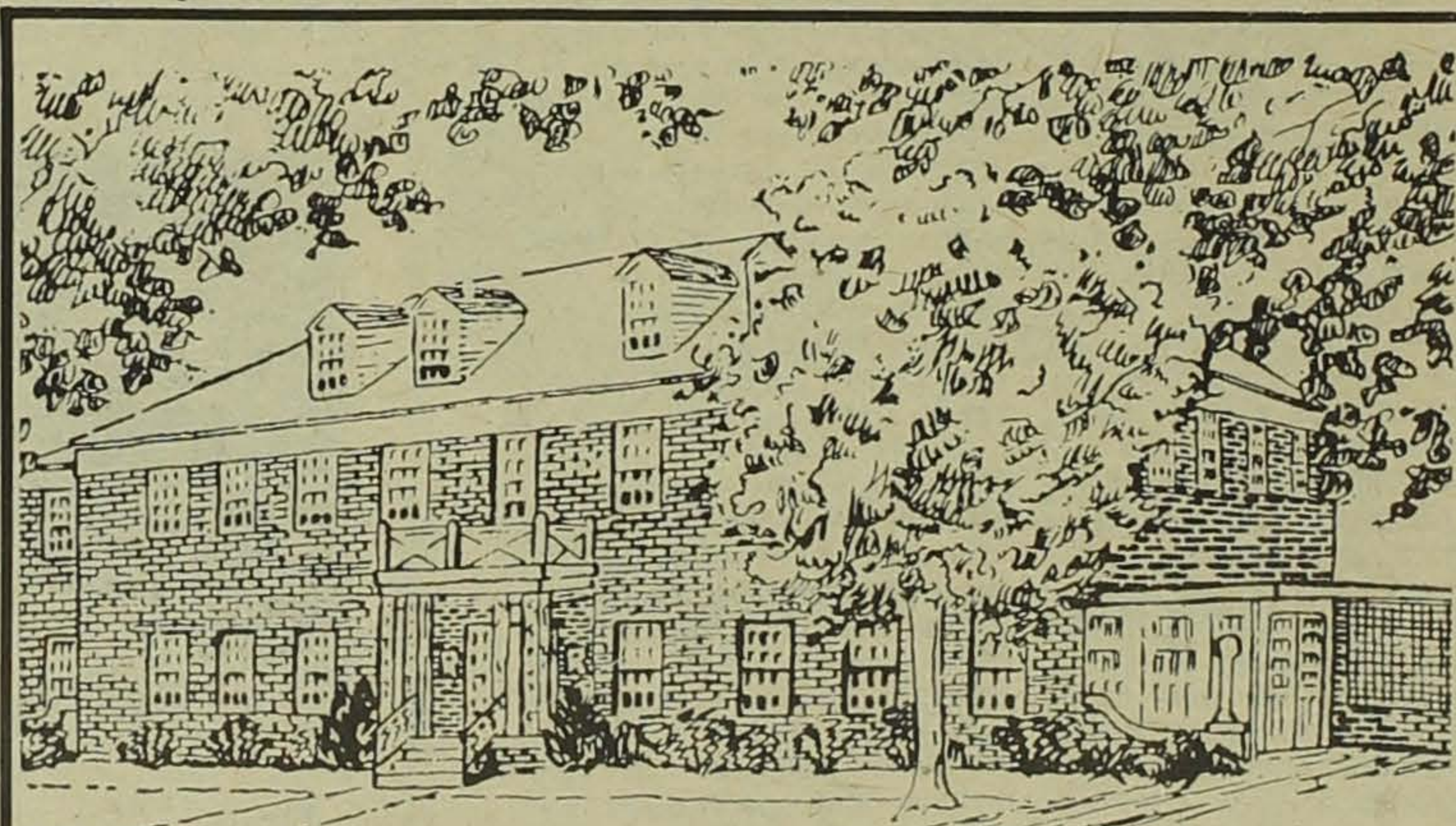
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86,121 Acres Involved In Turkey Creek Watershed

By William A. Fudge
Assistant Commissioner

What is a watershed? This is a tract of land or lands that start at some high point in the county or state and drains the land of excess water, smaller streams entering into the larger stream. The larger stream is where the watershed gets its name.

The purpose of watershed planning is to slow down or hold runoff with upland treatment, such as terraces, dams, grass strips or contouring. One of the main jobs in a watershed is to maintain upland treatment. This consists of a number of different practices.

To install a dam on one of the smaller tributaries, the upland treatment has to be completed at a rate of 75 per cent. This law reads "upland treatment must be sufficient to protect the practice being installed."

The district commissioners of Cass County have set 75 per cent upland treatment required, after attending a state meeting in Des Moines and a West Nodaway meeting in Massena. This seems to be the general pattern throughout the



state, requesting 75 per cent completed upland treatment before installing dams or waterways.

603 Farms

The Turkey Creek Watershed was started in the early 1960s. After careful planning, surveying and investigation the Watershed committee came up with the plan of 102 grade stabilization structures and 10

floodwater retarding structures of which to date 32 grade stabilization structures and one flood water retarding structure has been completed.

Turkey Creek Watershed involves 603 farms. It consists of 86,121 acres. It runs 26 miles from where it starts near Adair to where it empties into the Nishnabotna River near Lewis. At the widest place, the water-

shed is 7.5 miles across. There are four counties involved, Adair, Guthrie, Audubon and Cass. Cass County has the largest part.

All the necessary procedures needed in a watershed depend entirely on the landowners applying conservation practices on their farms. Many of these practices can be cost-shared through the Soil Conservation District or the ASCS.

As I have stated before, upland treatment — applying practices on the land — is the most important part of a watershed. Cass County is well covered by watersheds. In addition to Turkey Creek there are Troublesome Creek in which structures are now under construction, Indian Creek has been toured by the Watershed planning party and is in the planning stage, and West Nodaway has submitted an application for federal assistance and is awaiting priority.

Tillage

Soil conservation districts are taking a serious look at minimum or conservation tillage. Conservation tillage is not a new thing, but it seems to be a good conservation tool in that it holds soils and moisture on the cropland fields. It is

merely leaving the residue on the soil surface to prevent wind and water erosion. At the rate we are losing soil crop production is bound to drop before too many years. It is a staggering figure according to a survey made in 1976. For every bushel of corn produced in Iowa there were two bushels of top soil lost. It is also known that on some Cass County farms, following the big rains in June 1976, that 50 to 75 tons of soil per acre were lost on land that was not adequately protected by conservation measures, such as terraces, grass strips and contouring. It is a sad sight to see road ditches filled with rich top soil never to be returned to the hillsides from which it came.

I feel that it is a time for us, as stewards of the soil, to take a good long look at our crop plans and do a little conservation planning.

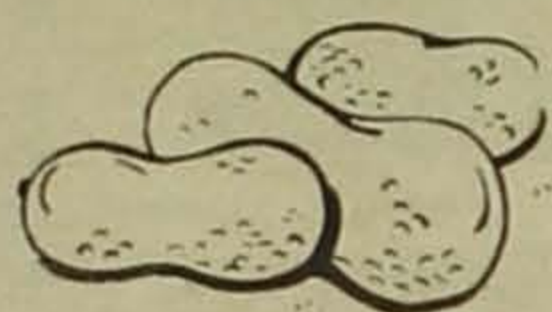
PORK — A GOOD VALUE

Pork is a good value in the meat case. The homemaker can count on 2½ to 5 servings of ham pork chops and pork steaks per pound, compared to meats like chicken, which average 1 1-3 servings per pound.

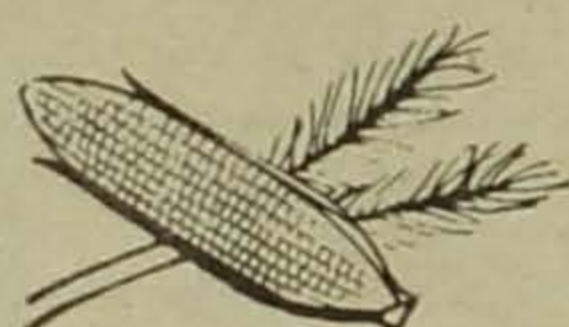
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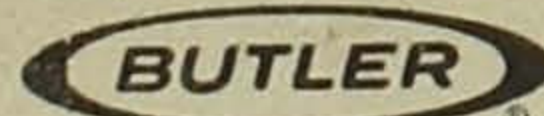
AND GRAIN



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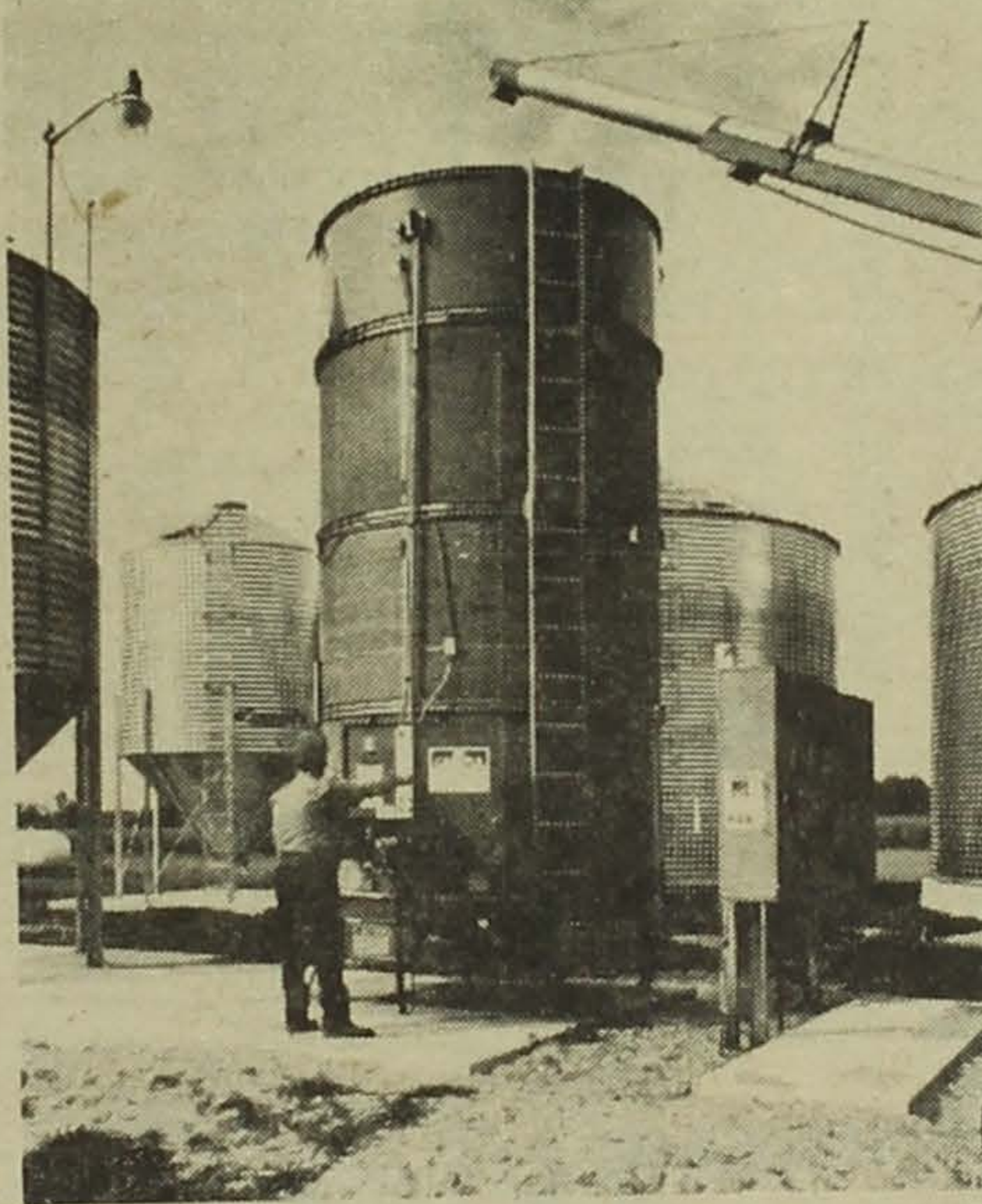


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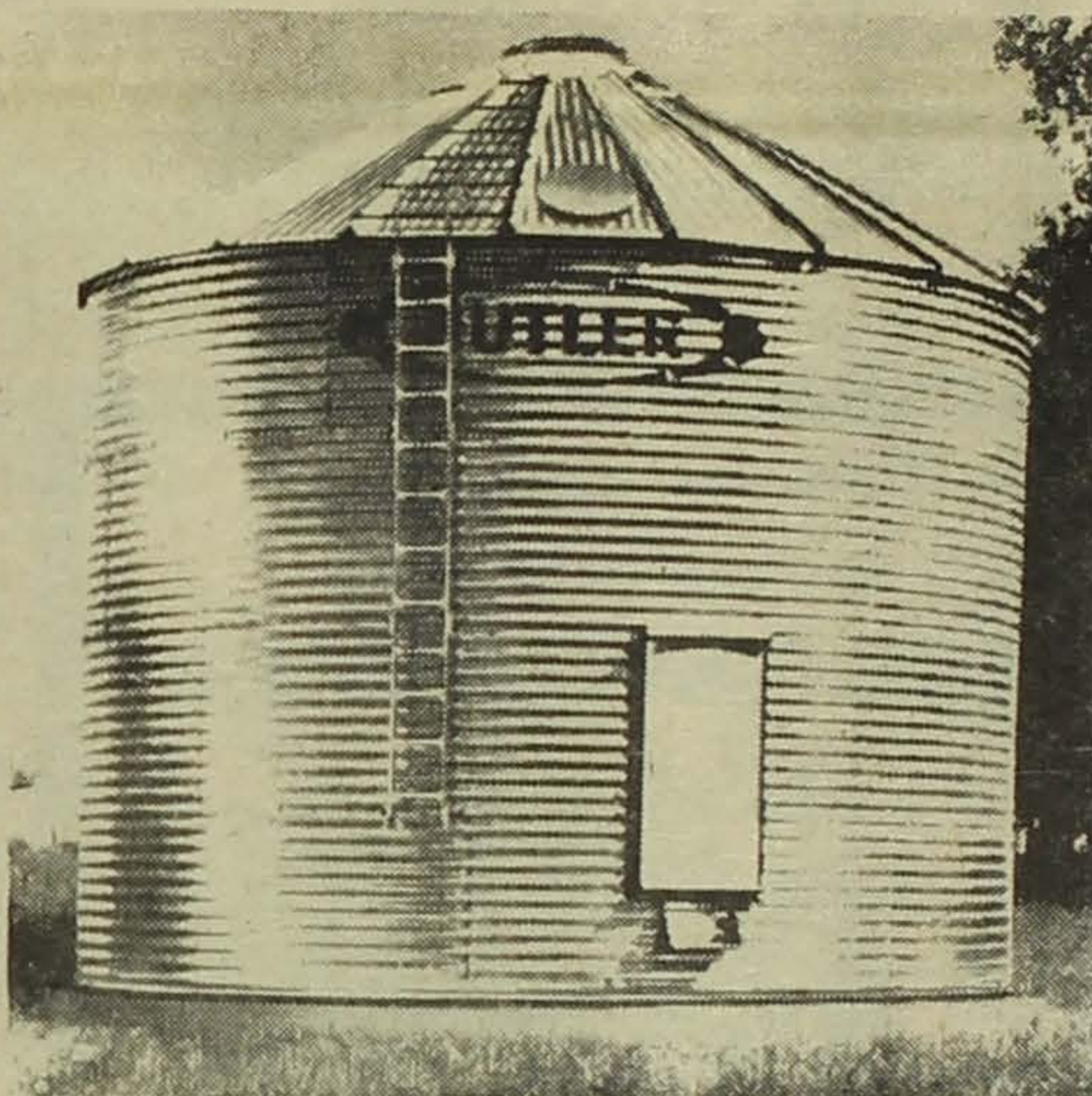


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State Shares In Conservation Funds

By Wendell Pellett
Assistant District
Commissioner
For Cass County

After using our soil for a little over 100 years, we find that in most cases in Southwest Iowa, where the land has a two to five per cent slope, we have lost over 50 per cent of our top soil.

If we expect to continue to produce bumper crops and keep the economy of Iowa at a high level, it is imperative that we do everything possible to preserve our soil.

If we continue to let our soil erode year after year without any consideration for future use, someday our children and grandchildren will suffer because of our reckless use of our most valuable natural resource. On the other hand, if we conserve our soil by using proven methods, we will have good soil for many years to come.

With this in mind, the Iowa Legislature decided four years ago that our soil was important to all citizens of Iowa therefore, we should use some of our tax



dollars to encourage permanent soil conservation practices to be installed to save Iowa soil from eroding. The money is used on a cost share basis where the farmer puts in 50 per cent and the state 50 per cent. This program has worked very well and has been instrumental in getting many miles of terraces on the land of Iowa that would not have been installed otherwise.

above a year earlier.

Cattle and calves on feed for slaughter market in the seven monthly states were estimated at 8,202,000 head down four per cent from a year earlier.

Placements during December were 1,769,000, up 11 per cent from a year ago.

Cattle and calves on feed for slaughter market in the 23 major cattle feeding states surveyed Jan. 1, totaled 11,928,000 head. This is three per cent fewer than in feedlots a year ago.

SANDWICH PORK

Barbecued pork on buns is an inspired finale for Sunday's roast pork loin. It's no trick to prepare. Just heat strips or cubes of cooked pork in your favorite barbecue sauce.

32 Landowners In Cass Begin Soil Planning

By William E. Willis
District Conservationist

Every major item of construction or development begins with a plan. The plan indicates where each component will be placed, the size and dimension of each item, the type of material to be used in every location, and an overall drawing of how the completed product will look.

A complete conservation plan for a farm projects what conservation measures are needed to control erosion to within tolerable limits. The plan is based on the landowners decisions concerning the crops to be raised, the intensity of cropping and the forage and livestock needs. Consequently every conservation plan must be tailored to each individual farm.

A conservation plan includes an inventory of the combination of practices needed to control erosion. A farm to be used heavily for rowcrops would quite naturally include a lot of terraces. Along with this could

be a minimum tillage system. On the other hand a pasture farm might include a full-season pasture program using cool and warm season grasses as well as water supplies from ponds or structures.

A conservation plan includes a map of the farm showing where each practice should be placed and the type of practice that should be built. A diversified farm will have a map showing such things as needed terraces, ponds, waterways, diversions, fence layouts, and pasture areas. Along with the map, an inventory of soil types, soil capabilities, and soil interpretations is also included.

The conservation plan becomes the natural beginning to the efforts to control erosion on a farm. The plan insures that the "finished product" works satisfactory, that the erosion control job is done at a reasonable cost, and that unnecessary work is not performed. The conservation plan is the blueprint for soil and water conservation.

Thirty-two Cass County landowners took the time to develop conservation plans in 1976. They did this with the help and assistance of Soil Conservation District technical personnel.

A conservation plan is developed free of charge simply by requesting assistance from the Cass County Soil Conservation District Office, 1207 Sunnyside Lane in Atlantic. An appointment can be made to get the planning process started by calling 243-3180.

According to the United States Department of Agriculture a farmer must invest \$390,000 in his farm in order to have an income comparable to an urban resident. The \$390,000 investment is only the national average. Some parts of the country require an even greater amount. Midwest farms, which are generally more diversified than farms in other areas, require an average investment of \$610,000.

Cattle Report

Iowa cattlemen had 1,520,000 cattle on feed Jan. 1 for slaughter market. This is down one per cent from a year earlier, but is 55 per cent above the Oct. 1 inventory.

Cattle and calves placed on a concentrated ration during the October-December quarter totaled 1,290,000 up two per cent from the same period of 1975.

There were 705,000 grain fed cattle marketed for slaughter during the October-December quarter, eight per cent more than a year ago.

Iowa producers indicate intentions to market 750,000 cattle during the January-March quarter, six per cent

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- 4000 W, 5000 W Portable Alternators

\$125 Dividend

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- 15 kW, 25 kW Alternators

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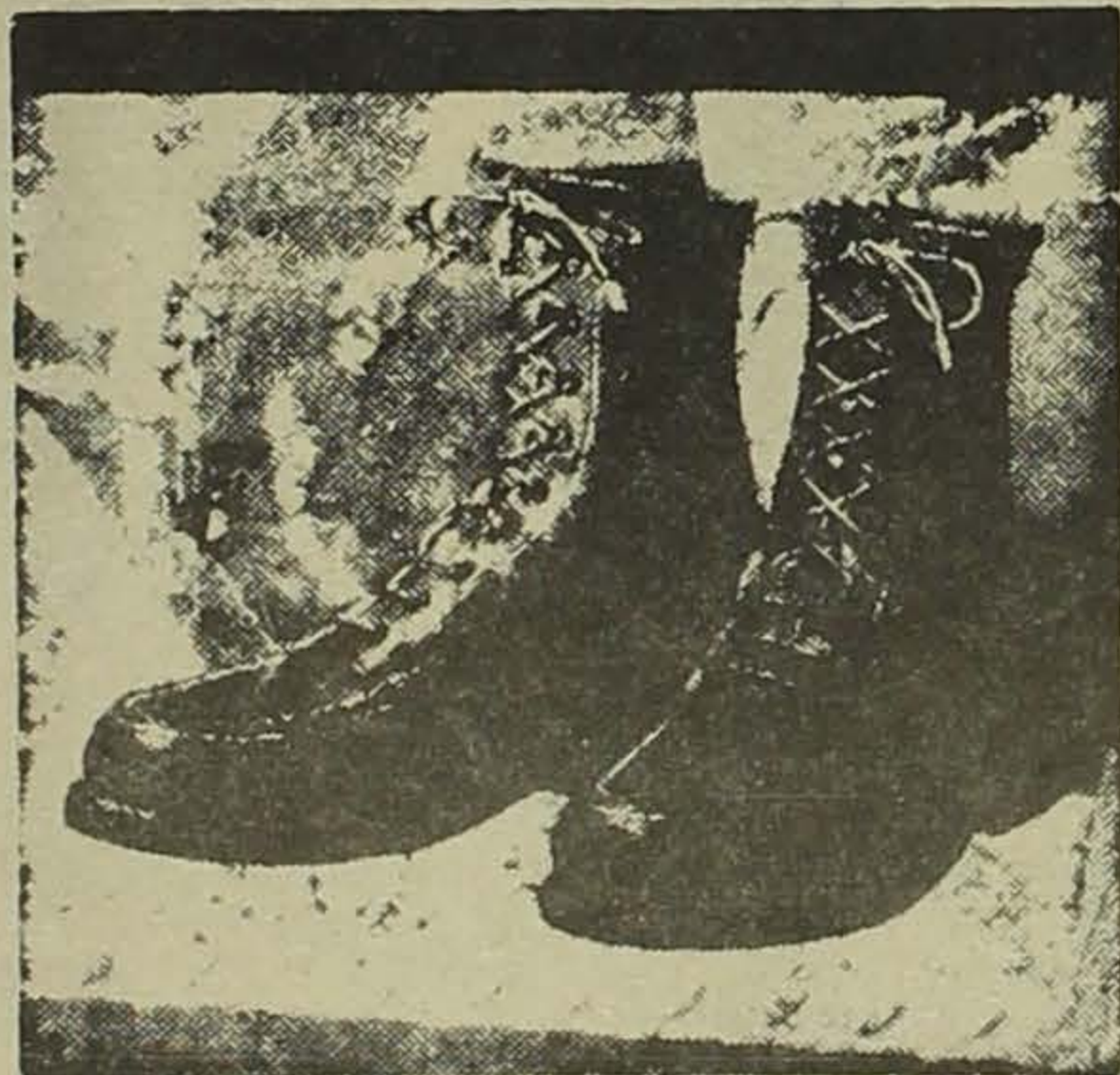
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The Story Of Juliane

By Margaret Hays
Of Hamlin

Last of Four Chapters

Martin Nelson purchased the land known as the "home place" in 1875 through a real estate dealer from a soldier, who had received it as a land grant for his services in the Civil War and who had never seen the land.

Here they cleared and prepared eight acres of land north of the present house and that became their first cultivated land. A rail fence was built around it to keep out wandering cattle and animals.

John was a good-sized boy of about 13 when he was out hunting with a bow and arrow and came upon a herd of deer in the cultivated patch. He shot at the deer but hit none and they disappeared into a small basswood grove just over the rise.

The basswoods still remain, but the place at that time was so wild and swampy that the boy didn't dare to follow the deer even that short a distance from home. Cows were belled and turned loose to graze on the prairie.

Grandma Juliane told the story that shortly after they settled on this place, Martin had worked late and none of the cattle showed at milking time, so she went out on the prairie to look for them.

She became lost and realized it when she found herself always coming back to one place she recognized.

Finally she found a neighbor's place (Brewer's) which was a good three miles from home and the man of the house took her part way home until she could find her way. He insisted because Juliane insisted the neighbor was going the wrong way.

When she arrived home, Martin and the children were worried, unable to imagine what had happened to her. The story did not say a bit more about the cows!

There were no roads at that time. When families wanted to travel even a short distance they stayed overnight. One story is told that the Nelson family went to visit a Swenson family near the site of Elk Horn which was 12-15 miles from home. The children rode in the back of the buggy with their feet hanging out. In some way, little Ed fell out and the buggy wheel passed over him. In the excitement of stopping, Grandpa Martin backed the buggy over him again before he was picked up, none the worse for wear.

They would follow the ridges to keep out of the swamps and to see where they were going. Often times they saw deer tracks in the dust and tracks of a wagon or buggy which would make the journey more enjoyable.

Money was none too plentiful. Interest was a mighty factor in the money business of that day. Martin borrowed \$125 at one time from the Nichols Bank in Atlantic and \$25 was taken out for the pre-payment of interest.

Another time he bought a plow from the Si Yetzer Implement Company and his note said it was to be paid in the fall of the year "provided the grasshoppers didn't eat all the crop."

During the period between Camp Creek and the home in Audubon County, Julian — in addition to raising her family of nine children — acted as midwife for the people in the vicinity.

The children estimate that she helped at least 100 babies into the world and never lost a

mother or child.

She also sewed for men workers when they were at Camp Creek, which later became the town of Marne. This was a source of amusement to her, since she consented to make shirts, pants and coats for them and never claimed to be a seamstress. They needed clothing and hired her to make the articles and she did it with a will.

The nearest church was in Atlantic, and there was no Lutheran church there. She became interested in the Baptist Church there and was baptized by Rev. C.A. Carlson. Martin complained about it to her father. By this time both of Juliane's parents had come to this country to live because so many of their children had made America their home.

Her father only threw up his hands in dismay and said that she was certainly on the wrong track. Many arguments arose in the family about this, but she remained strong in her belief.

Some of her children followed her as Baptists, some became Lutherans, Methodists and other denominations. The Christian religion is an important part of their lives.

The home that they built in 1891 still stands and is now used by the fifth and sixth generations of the family. Martin and Juliane died in 1925. He died July 11 and she died July 26. They were 85 and 86 years old. They lived 54 years on the farm of their choice, leaving 44 grandchildren and 30 great-grandchildren. Their nine sons and daughters survived them.

Martin and Juliane are buried at the Oakhill Cemetery in Audubon County. It is a few miles west of Brayton.

Ann Nelson concludes her family history by remarking: "The descendants now number over 450 — Americans all!"

ELEGANTLY-DRESSED BILL COLLECTORS HAVE SUCCESS

BUENOS AIRES, Argentina (AP) — Every day, a tiny band of men roams the streets, striking fear in the hearts of Argentines. They are armed with top hats, tail coats and briefcases.

They are not political terrorists, but employees of one of the oldest bill collection agencies anywhere.

The agency, dreamed up by a couple of businessmen fed up with clients who welshed on their payments for new cars, sends out teams of collectors outfitted in top hats and tails. They carry black briefcases with the words "overdue debt" painted on the sides in glaring red paint.

Each team of two men invariably attracts a large crowd of curious spectators eager to know who owes money, which is exactly what the agency wants.

Adolfo Cabello, one of the founders of "The Gentlemen," as the agency is known, claims the success rate of the elegantly-dressed bill collectors is nearly 100 per cent.

"People who owe money are usually so anxious to get rid of our employees and the crowds following them that they often pay up the same day," he explained.

"The secret of our success is that we have incorporated into the collection of bills the main ingredient of selling: publicity."

AN OUNCE OF PREVENTION COSTS LESS THAN A POUND OF CURE

As any pork producer knows the cost of treating problems in swine is far more expensive than the cost of preventing them.

And also, as every pork producer knows, preventing all of the problems in swine is just not possible.

However — by using present day knowledge of management practices, sound nutritional programs and legally approved products for disease prevention many of the profit robbing problems with swine can be reduced or eliminated.

Not all farms are the same or are the swine problems the same — therefore no one swine feeding program can fit all farms — nutritional requirements will vary. Disease prevention programs will vary and management practices will vary according to conditions.

Years of dealing directly with pork producers and seeing the problems have given Challenge Feeds the experience and knowledge so necessary to be of benefit in helping prevent problems before they start.

NUTRITION

Proper nutrition under varying circumstances will go a long way in preventing many swine problems. Challenge Feeds has the ability to custom formulate and mix feeds for a specific purpose.

DISEASE PREVENTION

Knowledge of the proper use of legally approved drug products in a disease prevention program is most important.

NON-DRUG FEED ADDITIVES

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Severe Soil Loss In Cass From June Storm

By Bill Wiliis
District Conservationist

The day was June 12, 1976, in Cass County. The day began as a usual Saturday would in Southwest Iowa with the ordinary flourish of business in town. Out in the country the crops were all planted and the business of farming was well under way. The early afternoon sunshine was interrupted by a sudden summer shower that was to herald only a few hours later a virtual downpour.

The sun was dropping lower in the west when a black cloudbank appeared that seems to stretch endlessly from north to south. In a matter of minutes sunshine faded into gloominess and the streets, waterways, and streams became engulfed in raging runoff. In what seemed like hours, but in fact was only minutes, Cass County became the victim of another vicious summer storm and countless tons of topsoil started on a terminal journey to the sea.

Right Conditions

The conditions were right for erosion. The cropland fields were barren with the soil surface freshly prepared for planting. The surface of the soil was loose and tilled into finer particles. The growing crop had not developed a protective canopy. The rains came hard and fast and in great volume. The water ran breaking across rows and forming rills carrying with it tons of soil particles laden with freshly applied fertilizers, herbicides and insecticides.

Little rills and tiny gullies quickly formed where rills had not existed only hours earlier. Mud and sediment quickly collected in what used to be road ditches until no more could be contained. The remaining mud spilled across the roads as a visual reminder that soil erosion is not yet fully controlled.

Small Streams

Gully heads and ditches advanced their travel into prime cropland fields not just by inches, but rather by feet and yards. What once had been dry, grassed waterways easily



Severe rill erosion following the heavy rains of June 12-13, 1976.

crossed with machinery, became transformed into small streams of swiftly moving runoff stained an ugly brown with sediment.

The Nishnabotna and the West Nodaway rivers and Turkey Creek were no longer lazy, midwest streams. The West Nodaway could not be contained within the boundaries of the stream banks. The Nodaway flood plain became a broad expanse of water so deep that foot-high corn was lost from sight in the depths of the water.

Another Downpour

The incident was not over because again on June 13 another downpour occurred just as forceful as the one before. Still more soil was lost. More

rills formed in cropland fields and others became deeper. Gullies widened and deepened. Road ditches again were damaged by silt. Floodwater rampaged still more on the West Nodaway and area residents awaited the outcome of the holocaust.

The June 12 and 13 storms of this past year gave vivid, unmistakable proof that soil erosion prevention has not been achieved. Those rains proved that erosion can still occur so everily that rill erosion can be so pronounced that one can easily span two or more such rills in one easy stride. Two days of heavy rains resulted in the loss of soil that nature cannot replace in hundreds, even thousands of years.

SERVICE OFFERED TO TIMBER OWNERS IN SW IOWA

Timber owners in Southwest Iowa can take advantage of one of the free services offered by the forestry section of the State Conservation Commission says Allan Pratt, district forester. This service provides the landowner with information and assistance for tree planting, woodland inventory and management, timber harvesting, and marketing of forest resources.

Landowners who have two or more acres of timber may also qualify under provisions of the Forest Reserve Law for a tax exemption. Property taxes, based on an assessed value of \$14.82 per acre, in most cases will be less than 40¢ per acre.

Now is the time to plan spring tree planting. Cost-share

assistance up to 75 per cent of the total cost of establishing new plantations, is available through the Agricultural Conservation Program.

Pratt suggests that landowners interested in establishing new plantations or other services contact him through either the Cass County Extension Office, the Soil Conservation Service Office, the ASCS Office or by writing to him at Box 152, Red Oak, Iowa 51566.

The largest of all living snakes, the anaconda, haunts the dark pools and tributaries of the Amazon. The Indians there believe that anyone swallowed by the snake lives forever inside its body, unharmed.

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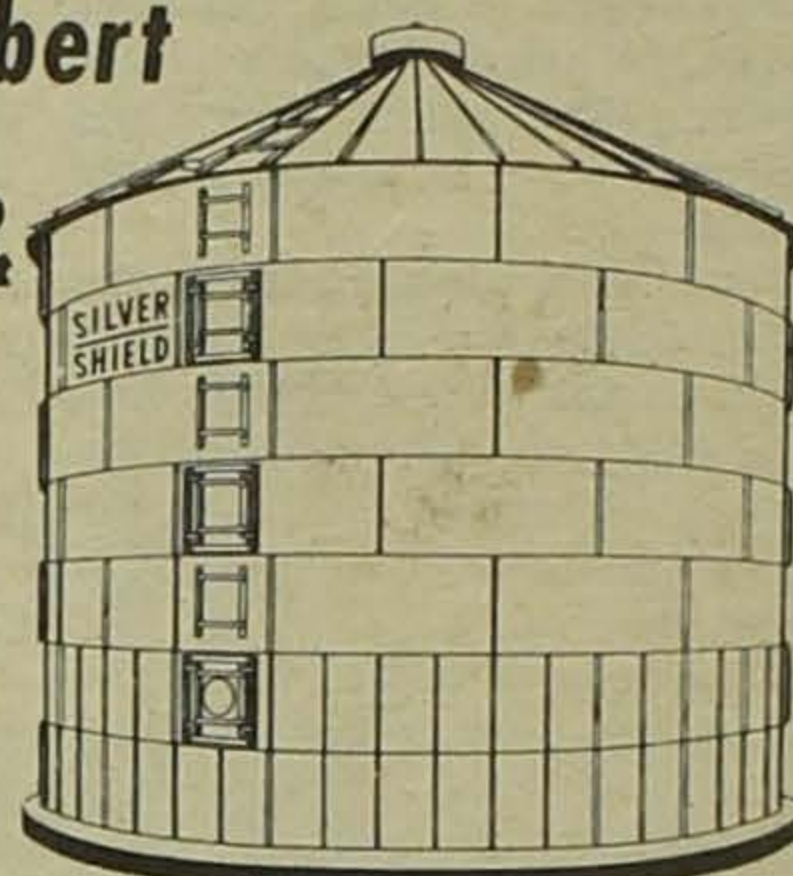
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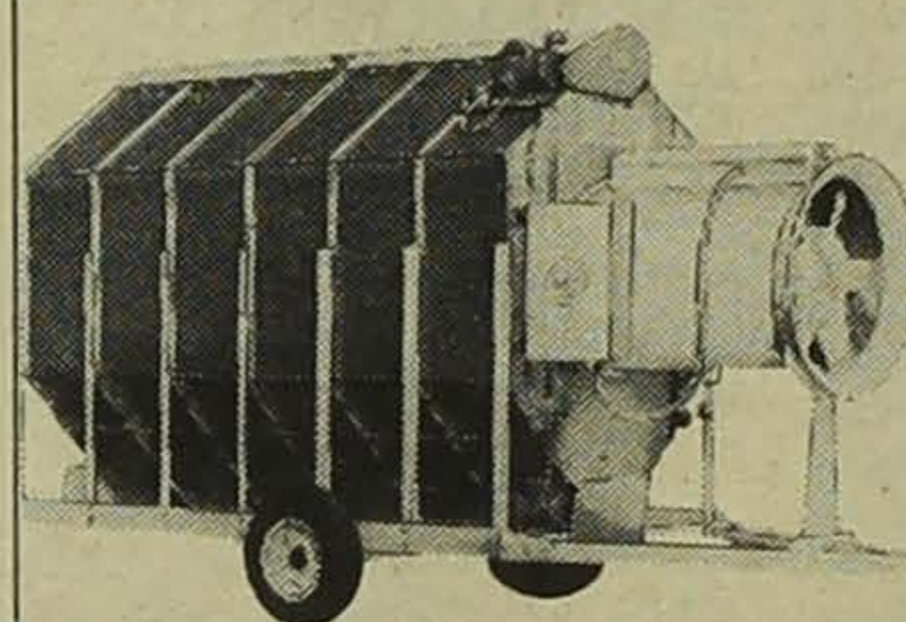


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Farm Monthly Book News

By Grace Rasmussen
Of Manilla

While we are waiting to compile the responses to our reader review of favorite books, let's examine some of the books received as Christmas gifts.

By far, "Little House on the Prairie" books were the most popular for giving and receiving. Following closely were the "Centennial" and community cookbooks.

I fervently hope that a little paperback, published by Ballentine for less than \$2, "Mister God, This Is Anna" was tucked into your stocking. This true heartwarming story of a little girl and a young man and the words they shared will pique your interest and bring new ways of looking at your surroundings to you. The Indianapolis Star reported it to be "Sentimental without being maudlin; funny without a trace of coarse humor and provocative in its thought content."

You will find the story, simply written by Fynn and illustrated by Papas, bending your thoughts; stretching them as taut as a rubber band while you enjoy Anna's "Whuh" words (who, what, where). She asks and answers some of life's larger questions. Get several of these, for you won't want to give up your own copy and you will find yourself urging others to read and savor Anna and Flynn and their friends from the streets of London.

New Baby

Do you have a new baby in the family? Remember the new parents with a copy of "The Ripening", a St. Mary's College Press publication from Winona, Minn. Randy Jaroch, the editor of a weekly poetry column in the Omaha World-Herald has presented a touching discerning panorama of our lifespan which should uphold and yet create an awareness for the parents of a newborn. He takes us by the hand and leads us through the joyous process of ripening into old age.

Hope you haven't thrown away those purse calendars of 1976 or those that hung by your phone. Those scribbled-upon pages are family history and you have material there for several chapters of a diary for your grandchildren and their children. What better inheritance than selected thoughts and activities from a year of your life? Especially 1976 — the "you know what year". We ourselves can gain perspective by glancing over our shoulder at the shadow we cast during the past year and contemplate where and when our shadow should appear on the 1977 landscape.

Motorcycles

Another book that is in its 15th printing that is enjoyed by old and young is "Zen and the Art of Motorcycle Maintenance" by Robert Persig. Anna from "Mister God," boldly jolts your thinking with swift revealing thoughts, but Persig asks us to "wait for the crystal of thought that will solidify everything." A challenging sometimes bewildering inquiry into values, it requires slow digestive reading and you will catch yourself pondering about it when your attention should be elsewhere. "An electrifying best seller: a fabulous journey of man in search of himself" the cover proclaims. It is a Bantam publication and sells for \$2.50.

The authors' note says it is based on actual occurrences and

must be regarded by its essence as fact, but in no way relate to the orthodox Zen Buddhist practice. Nor, he adds, "It's not very factual on motorcycles either."

The interests of our American readers cut a wide arc. The National Observer says that we have been good readers of

"Roots" by Alex Haley; "Centennial" by James Michener, "Trinity" by Leon Uris. Then we have swung to "Watership Down" by Richard Adams and "All Things Bright and Beautiful" by James Herriot. Agatha Christie still has one on the most read list, "Curtain". The "Russians" by

Hedrick Smith and the "Ascent of Man" are two well worth some winter reading.

So, keep those cards and letters coming in friends, and we can compile our own Atlantic Monthly reading poll. Send to Box 357, Manilla, Iowa 51454.

ORIGINAL CONVENIENCE FOOD

Frank furters and other sausages are among the earliest convenience foods. Pre-cooked and boneless, franks range from the large dinner size to the tiny cocktail tidbit.

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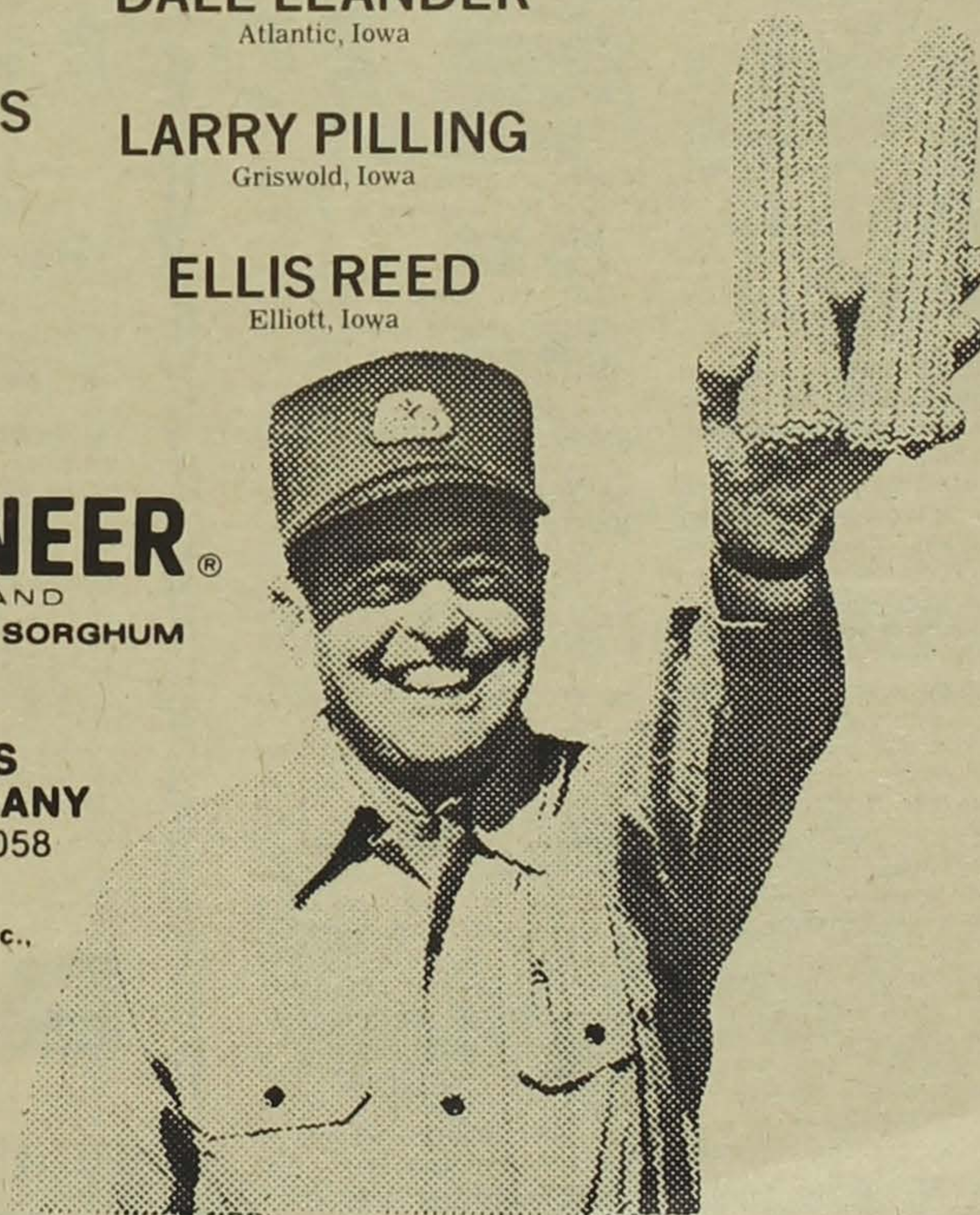
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Foxfire Project Started In Hills Of North Georgia

By Margaret Hays
Of Hamlin

Deep in the timber of northern Georgia grows a tiny lichen that glows in the dark.

Ten years ago, the plant became the symbol for one of the most rewarding projects in the field of high school journalism. The name is "Foxfire" and it was chosen as the name for a magazine and the books "Foxfire I, II, and III."

Half the fun of reading these wonderful books is in the story of their creation and the young people who work with the Foxfire project.

In 1965 Eliot Wigginton was having problems with his 10th grade English class at Rabun Gap-Nacoochee High School in northern Georgia. They were bored and rebellious when he used the standard approach toward teaching composition and grammar. Wigginton felt that he had reached a crisis in his teaching career. He searched for a fresh approach.

In his classroom, and with his slight contact with the hill people, he had been fascinated by puzzling fragments of folklore that turned up in casual conversation. Planting by the signs, what did it mean?

Were there really faith healers back in the hills? Was there anyone still alive who knew how to build a log cabin from scratch?

What did they use for medicines in the old days and did they still use those remedies?

Lost Arts

Students didn't know and sometimes their parents didn't know, but parents remembered grandparents practicing those lost arts. They even knew old-timers who might tell their stories, not to outsiders, perhaps, but maybe to young people who lived in their neighborhood.

"Let's try it," said Wigginton. They called the magazine "Foxfire."

It wasn't quite that simple. First they needed money. Rabun Gap-Nacoochee School was not blessed with many of the journalism aids such as tape recorders and photography equipment which are fairly common in Iowa schools.

The students canvassed the neighborhood selling \$2 subscriptions for a quarterly publication. They raised \$445 and found a printer who agreed to turn out 600 copies of a 72-page magazine. Wigginton acted as final authority on everything from copy to layout and "Foxfire" was born.

First Issue

The first issue contained articles on weather signs, home remedies, a hunting story, poems and an interview with a sheriff describing a local bank robbery. The magazine sold out in two weeks. The staff ordered 600 more copies and realized that they were selling copies at 50 cents apiece while each copy cost 86 cents to produce.

Wigginton and the students wouldn't give up. Eventually they received a grant from the National Endowment for the Humanities. With improved equipment the youngsters were soon lurching up mountain trails in a new jeep to knock at the doors of tumbledown cabins. They took notes, snapped pictures and made sketches while an old-timer dug out a long-idle tool and showed them how to notch logs, make a water wheel or fashion a beehive.

Long House

They wrote the stories, developed the pictures, kept the accounts and often worked far

into the night to meet a deadline. For the first time, "Wig", as he was affectionately known to his students, watched those students willingly organize and compose articles with proper grammar, punctuation and spelling.

Almost half of the students in school were involved with the magazine. In order to participate, they were required to keep their grades high. The board of education and the school administration gave full cooperation.

Aunt Arie was an elderly mountain woman. Young Paul Gillespie went to visit her and this is a part of what he wrote:

"It wasn't until I had worked on 'Foxfire' for five months that an inexplicable void between myself and old people of our region disappeared. This void was mysterious, but it still existed."

"Maybe it was instilled hostilities toward older generations. Maybe it was the fact that I just couldn't see their importance or the relevance of what they had to say to the way I live today."

"Then I met Aunt Arie. It was a cold day, and I can remember the jeep traveling far back into a remote area. I was apprehensive because I didn't know what to expect."

"Her log cabin was a time machine taking me back to the 1880s. Everything she had from the stern-looking pictures of her grandparents to the fireplace that was her only source of heat made me stop and look deeply for the first time."

"For the most part she is self-sufficient. She grows a huge garden, and her only source of water is a well outside her door. She does have electricity, but she uses it little. Her days are filled with preserving food, reading the Bible and a daily newspaper, and talking to friends who come to visit."

"The friendly fireplace, the hot wood stove, and the food she prepared for us one night made Aunt Arie a person I cannot forget. She put on no front, condemned no one, but still said what she thought."

"As we talked, she told me how she used to live, but without feeling sorry for herself and without saying how many miles she walked to school each day. She was proud of what she had done and what she had accomplished, but there was no need in her mind to try to make me feel that I should be in awe of what she said."

Old Sayings

Half the charm of the magazine and the books lies in Wigginton's insistence that the tape recorded interviews be transcribed and printed exactly as spoken. The idioms and the old sayings are preserved intact and come through loud and clear.

"What would you do if you had your life to live over?" a young interviewer asked Jake Waldroop.

"If I had'er to do again," said Waldroop cheerfully, "I'd let'er go just like she's went!"

On Indian reservations, the coast of Maine, and in the crowded sections of New York City, other magazines are being published by students. Although the project is encouraged as a "do-it-yourself" undertaking, IDEAS (Institutional Development and Economic Affairs Service, Inc.)—a non-profit educational foundation, sponsors a program whereby groups of youngsters from all over the country travel to Foxfire headquarters for seminars and learn to start their own projects.

As an on-going permanent project, the Iowa Bicentennial Commission gives their endorsement as a way for schools in the state to earn Bicentennial flags and become recognized as Bicentennial schools.

As one educator declared, "It is to be hoped that young people in Iowa schools will develop their own project based on Foxfire. We must remember that even the 1930s are history to these kids. So many stories could be dug out just by visiting with parents, grandparents and old settlers."

They could be written in simple publications. Perhaps the proceeds beyond operating costs could go to the support of historical projects in their communities. Some in Iowa have already begun. There is enough material in Iowa to keep classes busy for 10 years."

The "Foxfire" books are many things to many people. For those who want to learn and use natural products and natural ways, the books are filled with information. Interspersed are humorous and

heartwarming stories of the mountain people, down-to-earth men and women who settled the hill country.

The first school to offer manual training courses, the "Charity Working School," was built in Maryland in 1755.



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Atlantic And Fontanelle Have Link In North India

By R.E. Cutbirth
President of
GSAM-USA Board
Of Directors

Fontanelle in western Adair County might be considered by some to be a very unlikely location for the international headquarters of a mission in north India snuggled up against the southwest corner of Nepal.

But such has been the case for more than six years when Miss Hilda Dalke moved the international headquarters of the Good Shepherd Agricultural Mission from New Britain, Conn., to Fontanelle in July, 1970.

Several factors were involved in this move from the East to the Midwest. The daughter of the director of the mission had come as a student to a private school in the area. The late Helen Prichard of Fontanelle had been a friend of Miss Dalke and the mission for many years and had urged the relocation to Fontanelle.

Also, there had been a growing conviction on the part of the mission leadership that a midwest location, preferably in Iowa, was the logical base for an agricultural oriented mission.

First Office

Miss Dalke first opened the Fontanelle office in the upstairs apartment of Marilla Walsworth's home at 601 Washington. A year later, the former Earl Fritz residence, 822 Main, was purchased as the site of the international headquarters of GSAM as it is familiarly known. The property is now known as "The House of Praise."

The Atlantic link to GSAM and India continues in the person of Mrs. Shirley Strong, the former Shirley Gladson of Atlantic. She and her husband, Maxton, founded the Good Shepherd Agricultural Mission in 1948. Many friends and supporters of the mission are from the Atlantic area. Mrs. Strong's father, Ronald

Gladson, lives five miles east of Atlantic. Rev. Maxton D. Strong of Hydro, Okla., director of the mission since its inception, is a graduate of Iowa State University with a master's degree in agricultural engineering.

The GSAM farm was established in 1948 by the Strong's to help meet the needs of the Anglo-Indian community. It was established in the jungles of northern Uttar Pradesh near the small village of Banbassa. The Strong's had previously spent six years in India teaching at the Allahabad Agricultural Institute from 1940-46. In 1947 they returned to the states where relatives and friends from Canada and the U.S. helped them gather together funds and equipment for their return to India in 1948.

100 Acres

With the help of Indian friends and acquaintances, a grant of 100 acres of land was secured from a government agency which was set up to encourage the settlement of a belt of flat sem-swamp land along the foot of the Himalayan Mountains which previously had defied man's attempt to bring it under

cultivation.

The mission now consists of a staff of more than 20, all of whom are Indian nationals, except for Mr. and Mrs. Strong and their daughter, Maxine.

It maintains a farming program whose main crops are rice, wheat, sugar cane, various lentils, vegetables, fruits.

Livestock includes hogs, a flock of chickens and an extensive dairy operation. A recent project saw the addition of several purebred Holstein dairy cows, the first of their kind in North India.

A training program in agriculture and homemaking is available for the trainees. A nursery and two schools are also operated by GSAM.

Principles

The Good Shepherd Agricultural Mission is interdenominational and adheres to an evangelical approach in principle and practice. In addition to the nearly 120 children, young people and adults who live at the farm, dozens of workers are ministered to in many ways and GSAM carries out an extensive outreach throughout a broad area. GSAM is partly self-supporting but

also depends upon gifts from friends of the mission especially in the U.S. and Canada.

In addition to operating the international headquarters, Miss Dalke travels extensively in deputation work for the mission throughout the U.S. and Canada. She recently returned from a 8,500-mile tour of the northwestern states and western Canada. From September through November she will be holding services in the central, southwest and eastern seaboard states. Miss Dalke considers Fontanelle home and finds it an excellent base of operations for an international mission.

DIETING DRAG

If you're limiting calories consumed during the holidays and finding yourself dragging, maybe you had better recheck what's on the menu. When calories are cut to a minimum, meat is important to keep a dieter satisfied and well nourished. It's to the dieter's advantage to eat two 3 1/2-ounce servings of meat a day.

Venezuela has left about half as much oil as it has produced already.

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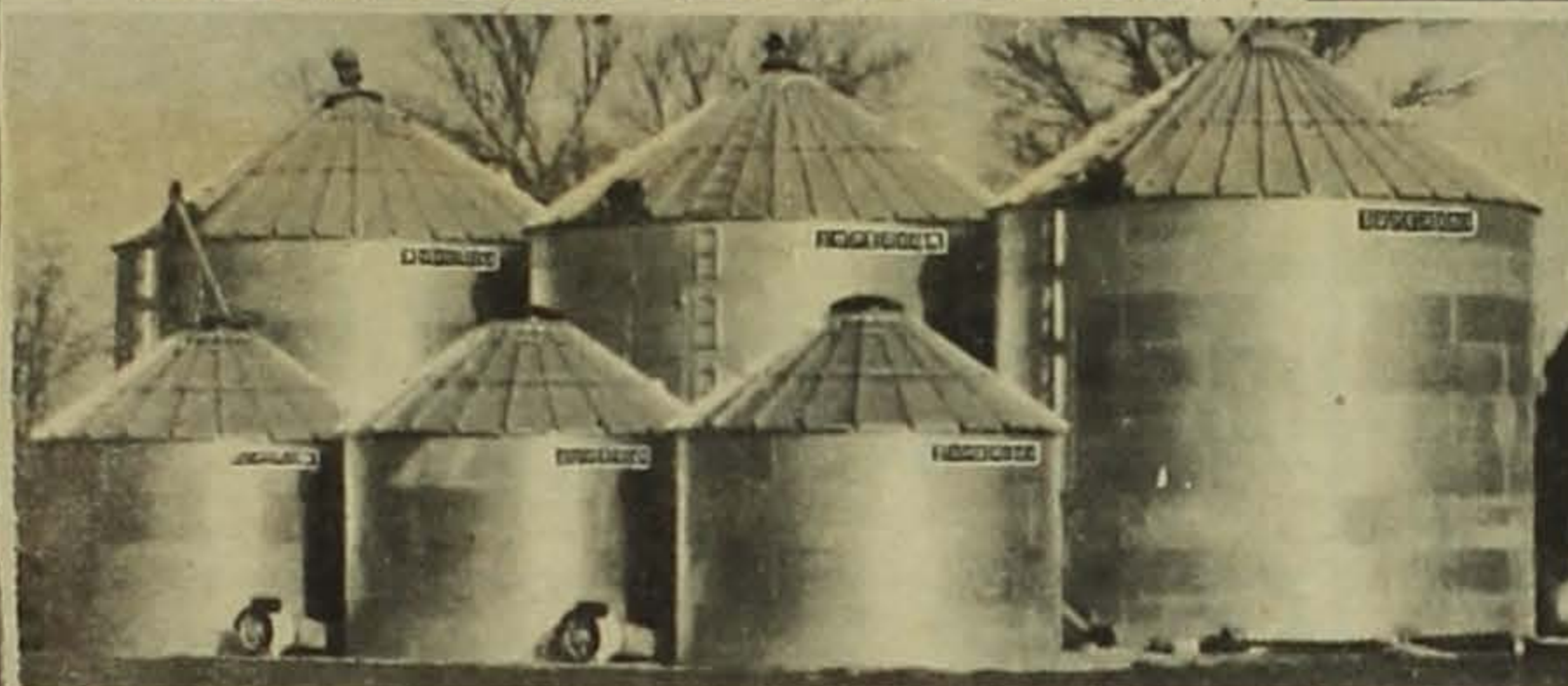
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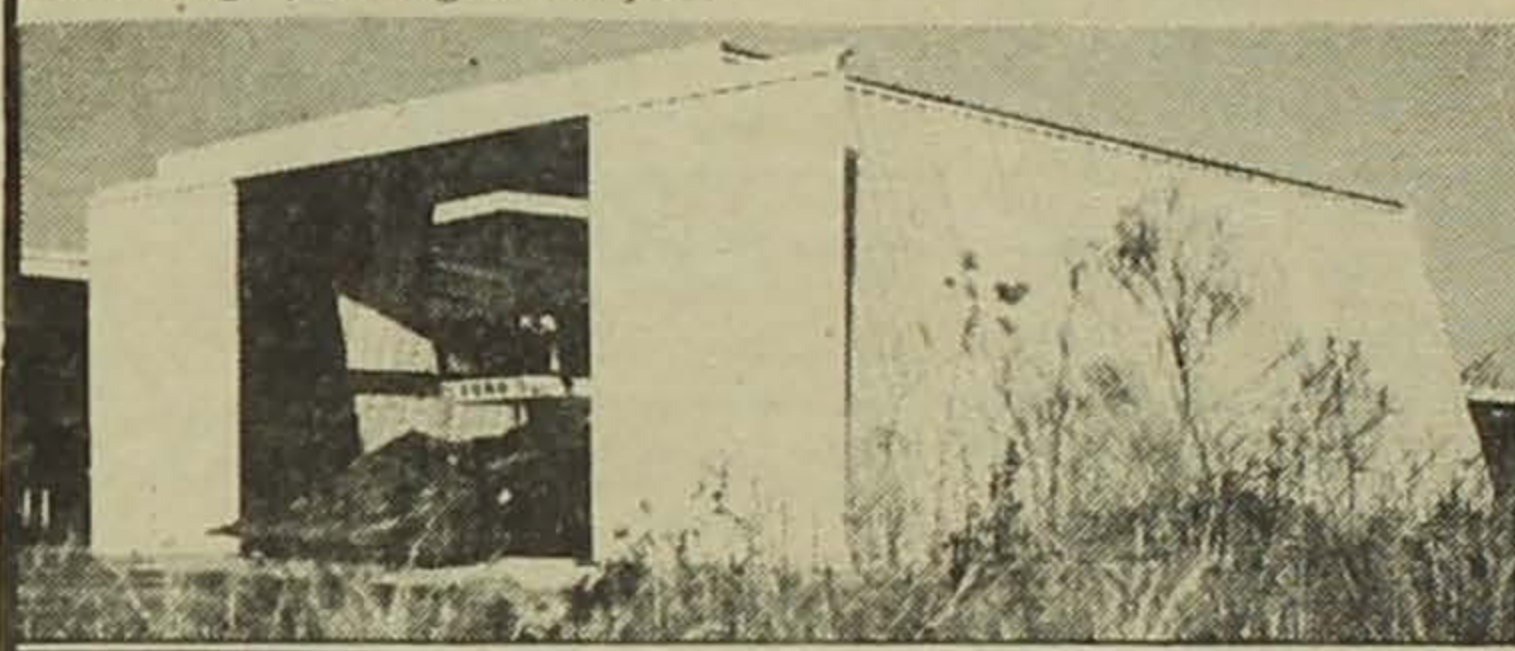
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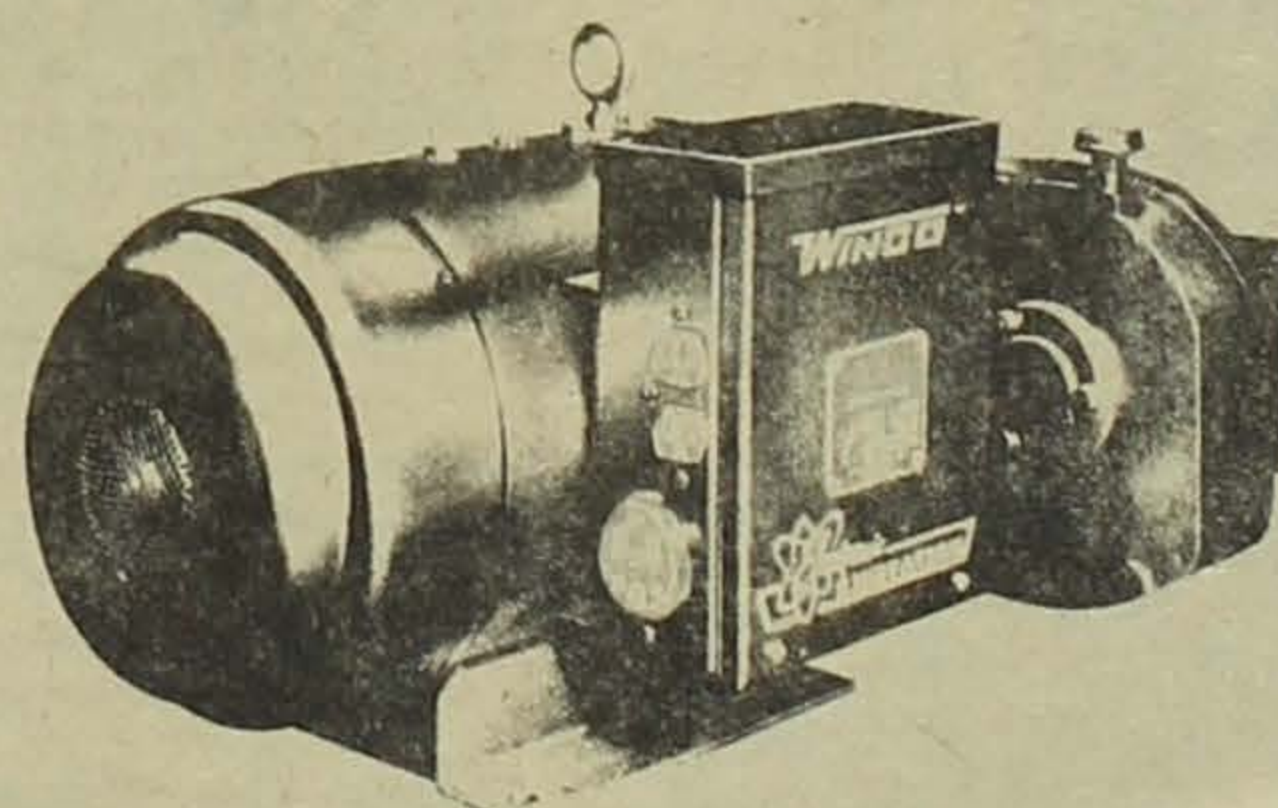
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1898 Atlantic Mansion Faces Restoration And Remodeling

The old, turreted white house on the hill at 1411 Chestnut in Atlantic is a relic of the past that is being reborn.

E.A. Shaw built in 1898 what has come to be known to Atlantic residents as the Mullins' mansion. It was a wedding present for his daughter who married Dr. U.S. Mullins.

It served the couple and their children, Ione, Edward and Louise, and later the Cardio family, when Ione married Frank Cardio, a Chicago dentist. Dr. and Mrs. Keith Bruce of Atlantic bought the mansion last July.

Remodeling and restoring a mansion that hasn't been heated since 1947 requires stamina and a solid imagination about how this and that should look when it is done.

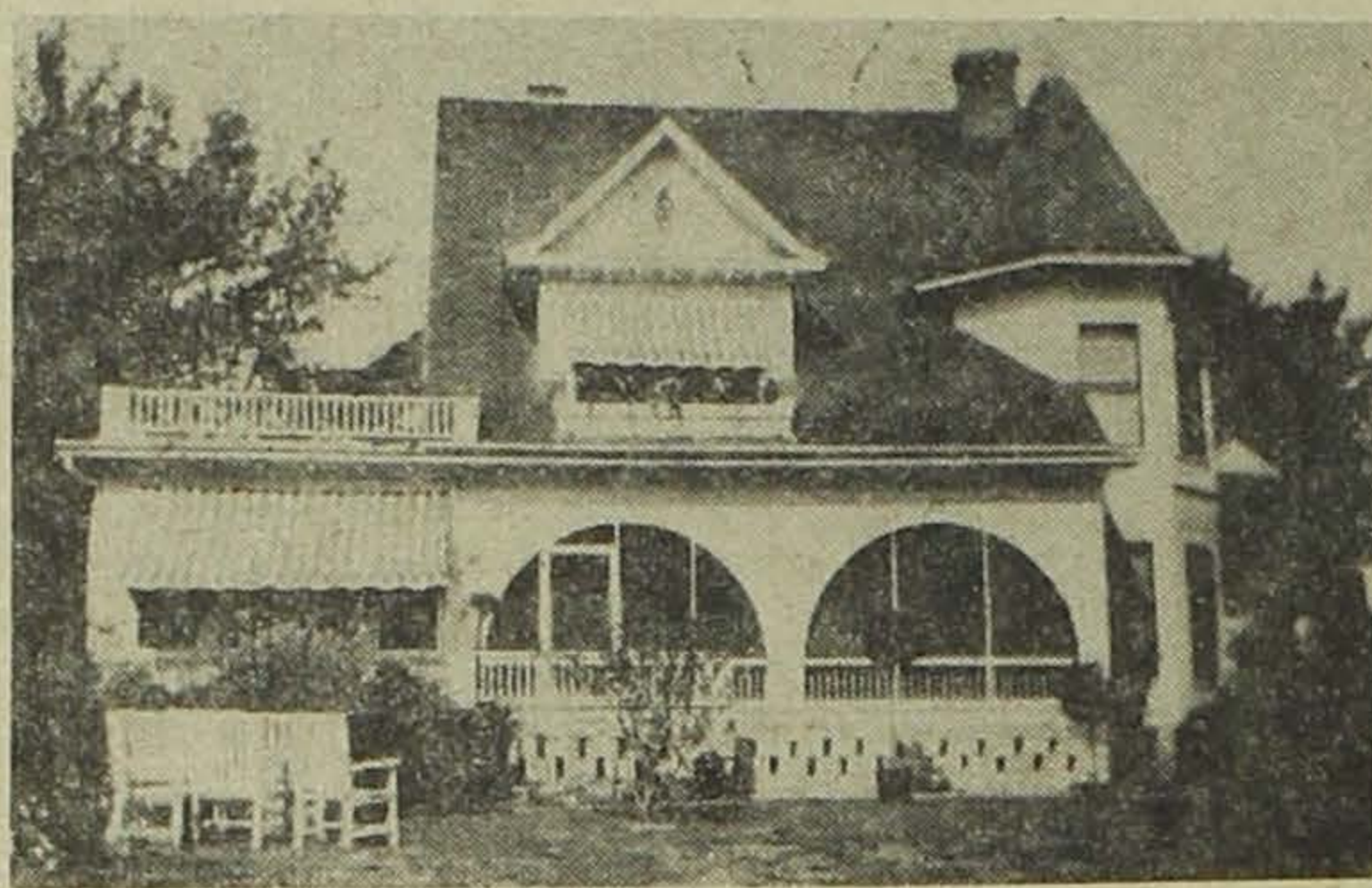
Parties

The house — originally 11 rooms plus the maids' quarters — was the setting for many garden and card parties and two weddings were held on the lawn. Those who didn't go to the parties heard stories about stained glass windows, a black marble bathroom, the fountain in the yard, seven fireplaces, a sun porch upstairs and a sun room downstairs.

Some of those stories are true; but there are only two fireplaces and the black marble bathroom was really black and pink ceramic tile, the first colored bathroom in Atlantic.

Built Right

Shaw, a partner in Shaw and Crombie Lumber Company, wanted the best for his daughter, and 79 years later his



An early photo of the Mullins' house.

caring is still evident in the materials and workmanship of the house.

"There's not a creak or a noise of any kind on the front stairs and the floors downstairs don't creak," commented Mrs. Bruce.

The woodwork is hand-rubbed oak, ceilings were hand painted as was the border that matched the linen wallpaper in some of the first-floor rooms, along the stairway and second floor hall.

Hidden Room?

Shaw had a closet built within a closet, evidently for the safe keeping of furs or other valuables. The hidden closet with the added incentive of stories about a hiding place have the Bruce children pounding on walls looking for a hidden room, or at the very least a tunnel from the dwelling to the nearby carriage house.

Many of the original light fixtures are gone. Those left are

brass and copper. Even the banister lights were of the highest quality available in the late 1800s, Mrs. Bruce said.

The Bruces hope to keep the grandeur of the old house, merely adapting it to the modern way of life.

Mrs. Bruce says the house contains about 2,000 square feet on each of the three floors. It has 20 rooms, seven on the first floor, seven on the second floor and the remainder in the maids' quarters.

Dr. and Mrs. Bruce are leaving the original bathtubs and pedestal sinks in the 5½-bath house. The maids' quarters will be used for crafts or sewing. Mrs. Bruce hopes to be able to clean the wallpaper in some of the downstairs rooms. The maids' dining room will be turned into a television room and the Bruces' pool table will probably be moved into the solarium.

Cass Farm Products

The market value of all agricultural products sold by 1,270 Cass County farms in 1974 amounted to \$58,792,000, according to a preliminary report of the 1974 Census of Agriculture released by the U.S. Department of Commerce's Bureau of the Census.

Figures for farms with sales of \$2,500 or more accounted for \$58,177,000 of all agricultural products sold in 1974 and \$38,473,000 in 1969.

There were 1,148 of these farms in 1974 compared with 1,251 in 1969.

The average size increased from 277 to 303 acres during the five years. The value per acre increased from \$334 to \$571 raising the average value per farm from \$92,554 to \$73,153.

The market value of livestock and their products on a farm of \$2,500 or more of sales was \$39,011,000 in 1974; poultry and their products, \$364,000; and crop sales, including nursery products, hay and forest products \$18,801,000.

Biofeedback Helps People Help Themselves

By Steven Shindler
Drake University
Journalism Student
(Distributed by the
Iowa Daily
Press Association)

DES MOINES — Iowans are turning to biofeedback — the science of helping people to help themselves — as a method of curing problems such as smoking, weight gain and migraine headaches.

So said Wardell Diggs, head psychologist at Iowa's first biofeedback clinic in Des Moines, who started the clinic in 1974.

Biofeedback is a method of monitoring blood pressure, heartbeat and pulse, which react noticeably when a person is under stress. "Our goal is to teach people to control these responses and to learn to relax."

Diggs said he learned to control an ulcer by the use of

biofeedback and has since become sold on the method's effectiveness.

"People are becoming convinced that the process works. Some medical doctors now believe in it and are using it to help their patients," said Diggs.

He said the popularity of biofeedback has increased in recent years because the traditional methods took too long.

Biofeedback uses no drugs and is not treatment of the ailment but rather training designed to enable participants to recognize the symptoms of stress and to practice proven exercises that help prevent these symptoms from reoccurring. Some of the exercises include muscle-tension relaxation, blood-flow control and self control.

The three most prevalent problems confronted by the clinic are smoking, weight gain and migraine headaches.

Roughly 90 per cent of the clients who come to the clinic with smoking problems are helped and more than 60 per cent who seek help for weight gain are helped, said Diggs.

Migraines are usually controlled by monitoring the responses before the attack occurs, enabling the client to understand what causes the massive headaches and to learn to control muscle tone. Diggs said that here, too, a great percentage is helped.

"Doctors tell us about 80 per cent of all human ailments are psychosomatic in origin," said Diggs. "We hope to help people help themselves in curing these ailments."

Eighty five per cent of the population of Burma is Buddhist and nearly all fairs and festivals in that country are connected with religion.

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Ernie Peterson, 83, Is Thinking About Retiring—Someday

Ernie Peterson is thinking about retiring next fall from his welding business of more than 20 years. The spry, 83-year-old Marne man considered retiring sooner but decided, "I'll wiggle through 'til fall. They'll need some work done next spring."

His main reason for leaving the trade is a decline in business, but he admits age may be a consideration.

"I used to wrap a leg around a post, hang on with one hand and lay a bead on with the best of them. Now I'm lucky to strike an arc," he said, gazing at the arches of his shop which he welded together in 1948.

Peterson came to the Marne area from Southern Michigan in 1917 when he was 23. He farmed a while with his brother and started a little shop in "Model T days." When that played out, he tried other jobs including working on a bridge gang for the county, working in coal pits, road work, digging ditches, laying pipe, hooking up water pipes, "and one thing and another."

A Shed

He started his welding business from a shed back of the house and built the building he uses now with money from government bonds.

In addition to welding the arches himself, he made the double doors. One steaming day when he and his son were taking turns pounding on pipes to make threads they put their heads together and devised a threading machine using parts and scraps in the shop. On other occasions they built a metal bandsaw and a sickle sharpener. All three tools still work.

He started with nothing except a portable welder but added machinery when he moved into the new building and he did a lot of work throughout the area, principally with the Rock Island Railroad. Much of the welder's time was spent repairing farm equipment and sharpening tools, Peterson said. "Now the machines are too big and I don't get a quarter of the sharpening I used to," he explained.

Still he says he is the only welder who works on plowshares.

Checkers

When he finally decides to auction off the tools and supplies, he'll "try to scrape up somebody to play checkers with" and "play around with woodworking" in the meantime, he is far from idle.

Bright blue eyes shine from a weathered face as he points to a rocker that cradled him and his brothers and sisters when they were small, one of many antiques he's restored during the slack winter seasons.

He recaned an old, oak rocker that beckons comfort to those in the Peterson kitchen. It is, according to Peterson, "as strong as the Rock of Gibraltar."

He refinished a quarter-sawn oak library table dated 1905, an old ice box, a six-foot secretary and a butler's cabinet. More items sit in the basement waiting to be varnished, which they will be when it is warm enough to open the windows to let the varnish fumes escape.

A handyman besides, Peterson turned a television cabinet into a record holder and inlaid a checkerboard, square by polished square.

Originals

Other original pieces are two



Ernie Peterson during the Marne Centennial.

tables made from a square baby grand piano keyboard cover. The piano was dated 1839 and the base still sits in the basement waiting for the former Marne mayor to find some use for it.

He makes lamp bases of old bowling pins or wood carefully selected for its color and the pattern made by three-growth rings. Walnut is a favorite, and maple, but Peterson also works with white ash, sumac, wild cherry, and hackberry.

He remembers being entranced with the work at a lumber mill in Michigan as a child, watching as the workers took the logs from the piles, squared them off and ran them through the saw blades, ending with the rough boards.

The natural wood colors are still his favorite and the lamp bases and candlestick holders he makes are often a combination of dark and light woods polished to a smooth shine.

He is proudest of a cradle he made for a grand-niece.

Yes, he's thinking about retiring, playing checkers, lots of fishing, woodworking, possibly seeing the country, but, so far, he's only thinking about it.

A ROYAL INVITATION

NEW YORK (AP) — His Royal Highness the Duke of Gloucester, cousin of Queen Elizabeth II, on a recent visit here expressed appreciation for the hospitality shown by Americans to visitors to this country in its bicentennial year. He invited Americans in return to go to Britain next year to join in that country's celebration of the Queen's Silver Jubilee, the 25th anniversary of her accession to the throne in 1952.

The main celebrations, involving much pageantry, will take place in London in June. But there will be special commemorative events throughout the year all over Britain.

The 32-year-old duke is a professional architect, a graduate of Cambridge University who practices with a firm of London architects. But he also carries out a substantial number of public duties and is president of the East Midlands Tourist Board.

Edwin Land invented the first camera to take "instant photos" in 1947 and it was known as Land's Polaroid Camera. The camera was the first to develop prints without the negative being removed from the camera. Chemicals were released that produced a picture in 10 seconds.

HOSPITAL OUTLAWS CIGARETTE MACHINES

BALTIMORE (AP) — The Johns Hopkins Hospital, where much of the research leading to the original Surgeon General's report on smoking took place, has banned cigarette machines and prohibited doctors, nurses and students from smoking in patient care areas.

Hospital board members decided that physicians should set examples for the entire hospital community after receiving a letter from Dr. Robert Mason, associate professor of cardiovascular medicine, who wrote "as a healing institution, the hospital should refuse to endorse the sale of cigarettes."

Professional staff can now smoke only in a specially designated area in the public dining room, in the doctors' dining room and in research labs and other areas where no patients are present.

Elizabeth Hager was born in Boston but became famous during the Revolutionary War as "Handy Betty," the blacksmith. She received the

name because she was skilled at repairing rebel muskets and other weapons including captured British cannons.

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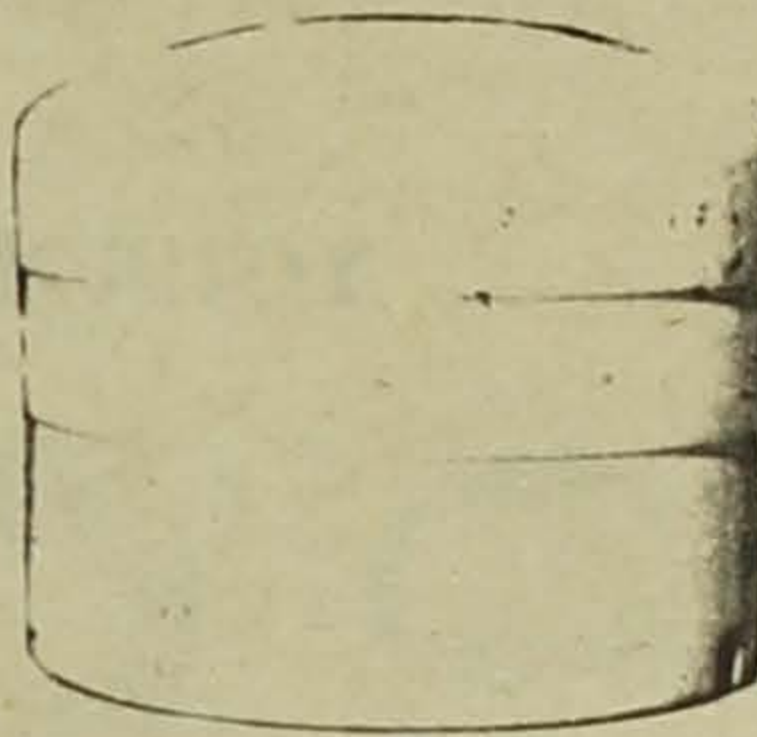
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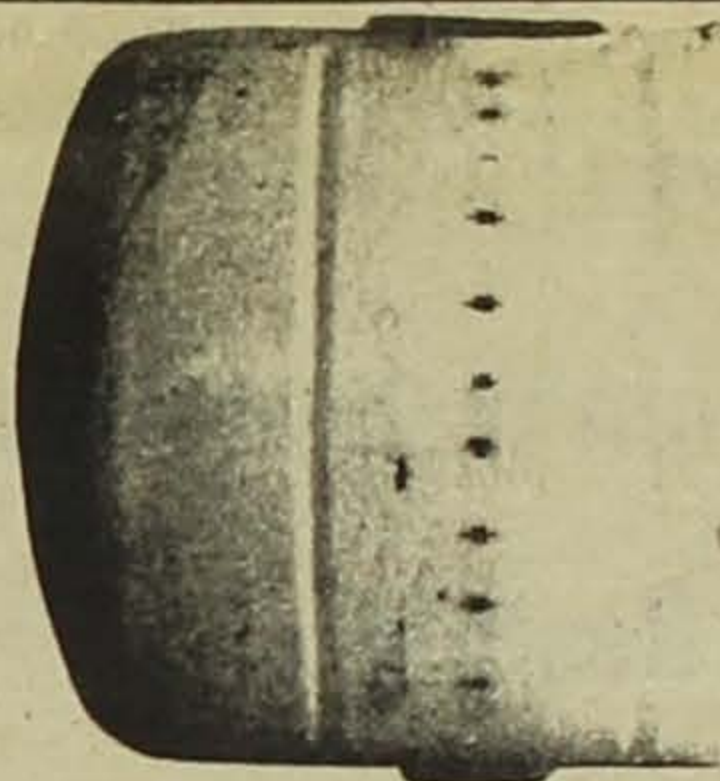
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