

1974
Thirty-second Annual Report
CASS COUNTY SOIL CONSERVATION DISTRICT
Ia-SCD-27
Atlantic, Iowa.

1974

1 Office ✓

1 William H. Greiner ✓

7 to Area office ✓

1 Extension Service ✓

CONGRESSMEN Richard Clarke Tom Harkin

John Culver Washington, D. C.

George Golinghorst
Pres. IASCD
RFD 2,
Walcott, Iowa. 52773

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Raymond Dorsey	Anita 50020
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COUNTY BANKS

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First Whitney Bank & Trust 223 Chestnut St., Atlantic
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CHAMBER OF COMMERCE

323 Chestnut St. Atlantic, Iowa. 50022

99 SOIL CONSERVATION DISTRICTS

ATLANTIC NEWS-TELEGRAPH FARM MONTHLY

VOL. 15 — NO. 11

ATLANTIC, IOWA

JANUARY 25, 1975 ISSUE

Wintertime Scenes Make Pretty Pictures



POSTMASTER
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BOXHOLDERS
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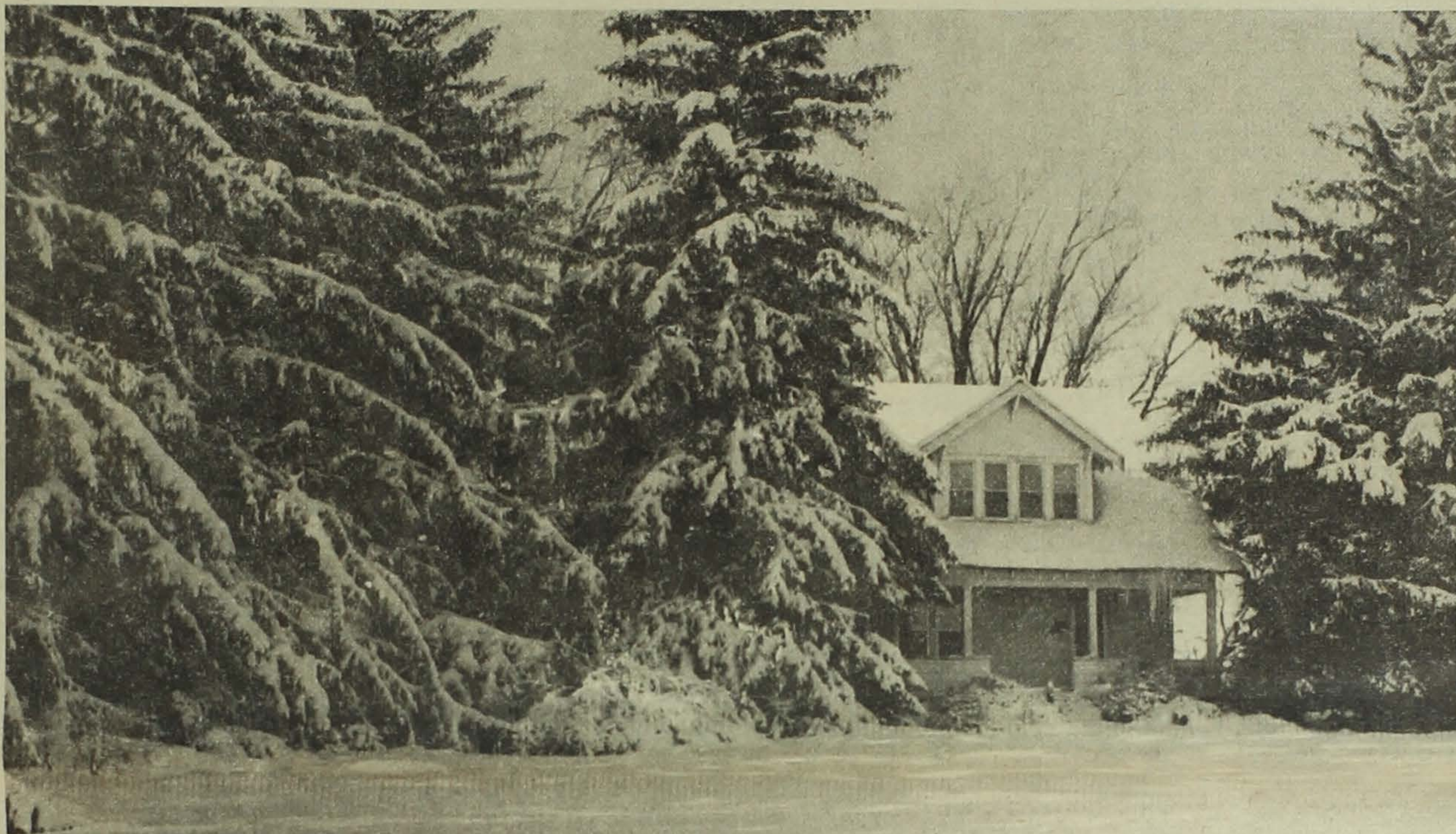
Atlantic, Iowa

VOL. 15 — NO. 11

ATLANTIC, IOWA

JANUARY 25, 1975 ISSUE

Wintertime Scenes Make Pretty Pictures



Iowa's recent snowfalls have created some pretty pictures on farms in The Farm Monthly area. The top picture was taken at the Leo Westphalen home a mile west of U.S. 71 and a mile south of Interstate 80. The lower picture is a wooden area near the Nishnabotna River bridge on U.S. 71 about two

miles south of Interstate 80.

This issue of The Farm Monthly is a salute to the work of the Soil Conservation Service in Cass County. A number of stories about the service and its various programs are contained in this issue, along with regular feature material.

Poets Corner

WATER SHORTAGE
(Winter, January, 1973)

'Tis no use to be grumpy or lazy
when there's water shortage
When there's clean snow now
outdoors to bring to your
'cage';
You may have seen jars and
pails lugged to Mary and
Barb—
The weight of water can seem
heavy — the carrying hard.
You may have seen Hil. — then
her neighbor, spirited Til.
With a bucket brigade and tall
jars to fill and refill;
With ice on the road, some
packed snow on the walks
And conversations like, — "Still
out of water", — talks.
Oft humming so humbly, —
"cool, cool, clear, water", —
we thought of western dry
deserts
So we rationed the water for
cooking — and for drinking
we measured.
We carriers, all, were not quite
like Jack and Jills
Who in their catastrophe gave
way to some spills.
We didn't fall down or like Jack
break our crown
Yet like Jill we wondered, —
Oh! we dare not fall down;
Of all the snow carried in that
for our use we did melt
If the huge amount of it piled up,
we almost felt
We could have made a large
Snowman quite in seasonal
style
So why fret about water short-
age, — Snowmen should
carry a smile.
We thought of the Biblical
Maids who to the well went
forth
Of olden days chores as we
headed not so very far
North—
To the back of the church, not
far from the parsonage
door;
Each jar of water seemed like a
blessing to appreciate
more;
The neighbors so kindly let us
fetch some of theirs, —
"A friend in need, a friend in-
deed, — the special ones who
care and share.
We thought of Miracles wrought
— of water into more wine;
Yet we were satisfied with
water, but that 'other flavor'
would have been fine.
We thought of late summer's
and fall's deluge of rains
When we may have complained,
when water all over had
lain;
Our minds turned to Noah of old
with water to spare
Yet why should we scold, — why
not just say a prayer.

By Hilda Schwery. Westphalia

THE WEDDING WATCH
(of the Voss')

George started watching
Evalyn,
That is how it all began;
A shy watch of thirty seconds
For this bright young man.
The watches became longer,
As seconds would not do;
Then one January 14
Both of them said, "I do."

And so the seconds turned to
hours
Which turned to days and
weeks;
George watched the downcast
lashes
On Evalyn's pretty cheeks.

The weeks turned into months,
The months turned into years;
That thirty-second watch
became
Much told in sixty years.

Maryleona Berg. Wiota, Iowa

GRANDDAUGHTER
(Katina Marie Wilson)

A new-born baby girl still clings
To fragments from an Angel's
wings,
About her head, still captured
there,
Bits of a halo in her hair.

The gentleness of God around
Her shoulders like a mantle
found;
The fingers of her tiny hand
Will mold the life of future man.

And gazing at her tiny face,
Her parents find in their em-
brace
Wonder and joy, hope for the
world,
Promise of life, a little girl.

Since the world has computed
time
Some men have tried to make
words rhyme;
But no poem has ever had
More love than this — from your
Granddad.

—Reid A. Wilson, Atlantic

'FIREPLACE'

We built the fireplace of our
dreams,
Around it there the joists and
beams.
The house was built without a
doubt,
To let the fireplace roam about!
We wanted one where we could
eat.
We wanted one our guests to
greet.
We wanted one built down
below,
For all the kids who come and
go.
When winter scenes begin their
show,
Our hearth will be a welcome
glow.
I know that we will have no
doubt
It's good the fireplace roams
about!

—M. E. Wright
Atlantic, Iowa

SNOWMOBILES

They all go up in the hills
With their snowmobiles
If they don't drive careful you
know
They may fly through the air
and go
Landing head first in the snow

It's alot of fun they say
But watch it and stay out of
their way
They say nothing is more fun
you know
Than going snowmobile riding
in the snow
So to have fun get ready and go.

Better fix up some food you
know
To take along for to eat when
you go
Better dress up good and warm
too
As when you are up in the hills
You may get caught in a
snowstorm too.

—Eva Woolsey, Lund Tillett
815 South Broadway
Yakima, Washington

IN MEMORY

One by one our loved ones leave
us,
But the memories they are
dear,
As in spirit we behold them.
When in dreams they hover
near,
No one hears the door that
opens,
When they pass beyond our call,
Soft as loosened leaves of roses,
One by one our loved ones fall.

—Nelle Pope, Lewis.

THE MEANING OF
'FRIENDSHIP'

A friend is a person who makes
"just chatting" fun, who
listens to your problems
when the day is done.
A friend is one who shares your
joys and sorrows in a warm
and friendly way,
And adds a special sparkle to an
uneventful ordinary day.

—Edna Wright Garside
Atlantic, IowaDOLL IN
THE ATTIC

There's a beautiful doll in the
attic,
That was once a cherished toy
It lay beneath a Christmas tree
And brought a little girl joy.

The little girl is all grown up
now
The time was long ago you see
But she still loves the doll very
dearly
I know cause the little girl was
me!

—Mrs. Giles Harris
Atlantic, Iowa

'MY JOINT'

Well now I've got a brand new
hip,
But as yet don't have my former
zip.
I'll never be on a daily run,
And this ordeal sure was no fun.

I carry round a ball of steel,
It takes time for that to heal.
Got a rod down thru my thigh,
Whats its purpose I don't know
why.

In therapy I learned to walk,
While sitting round I could talk,
In that roof were fifty-three,
Many off much worse than me.

Now at home while in bed,
Leg exercises make my face
red.

Each one I count to twenty-four,
Often the muscle gets pretty
sore.

I sit and sway in my rocking
chair,
Of getting stiffness I must
beware
Not often did I use a cane,
I didn't take no pills for pain.

In surgery I was half awake,
Took three hours on the make.
But I don't remember any
more,
When I left out through the door.

I can't remember the next four
days,
Everything seemed in a haze.
My mind was dulled, I couldn't
think,
I didn't eat and I wouldn't drink.

My leg was in a plastic trough,
I do recall it was taken off,
And in a week I went down
below,
To see how therapy with me
would go.

I got along extremely well,
Home in three weeks was really
sweet.
And my check-up in early June,
All was well and that's a boon.

In September now another
check,
I'd better be all-right, by heck.
I'm getting weary of staying
home,
But I sure liked writing up this
poem.

By Mrs. Dalton Miller
Hamlin, Iowa

Keep Iowa beautiful! Don't
throw trash along the roadways
and streets.

FmHa Provides
Loans For Soil
ConservationBy Forrest D. Vermillion
County Supervisor

The Farmers Home Ad-
ministration makes farm
ownership loans accompanied
by technical management
assistance to applicants who
will operate not larger than
family farms.

Loans may not be used to
finance structures or farming
enterprises that are in-
consistent with local anti-
pollution or environmental
quality standards and
regulations.

Farm ownership loans may
be used to buy or enlarge farms,
to construct, improve, or repair
farm homes and farm service
buildings, to drill wells and
otherwise improve water sup-
ply systems for home use,
livestock, and irrigation, and to
refinance debts.

In addition, these loans may
be used to develop and improve
farm land, clear and level land,
establish and improve farm
forests, clear and prepare
land for planting, buy seed or
seedlings and establish ap-
proved forestry practices,
provide drainage systems,
carry out basic land treatment
practices such as liming, and to
make other improvements.

Each farm ownership loan is
tailored to the individual
borrower's needs. The FmHA
county supervisor helps the
borrower analyze his problems,
determine his available
resources and plan how these
resources plus those obtained
by the loan may best be used.

He also visits the borrower's
farm to help solve problems
that arise in making major
adjustments in his farm and
nonfarm operations and in
adopting improved business
practices.

FmHA also cooperates with
other USDA agencies, Ex-
tension, ASCS and SCS making
use of their technical assistance
and planning an individual's
farming operations and the
development of the resources.

GOLD COIN PUT IN
PARKING METER

An encouraging switch on the
old "slug in the parking meter"
trick was reported recently
from New York City.

Parking meter division
sorters, who are normally kept
busy separating slugs,
Canadian and foreign coins of
every conceivable type from the
change inserted by New
Yorkers in the city's thousands
of parking meters, were

brought up short by the gleam
of gold.

Some unfortunate had fed a
gold quarter eagle, about the
size of a bright new one-cent
piece, into a meter. City finance
administrator Ivan Irizarry
speculated that the person was
either ignorant of coins, or
perhaps the gold \$2.50 piece was
absentmindedly inserted by a
bemused collector.

In accord with established
policy, the city authorities will
sell the gold piece, valued at
\$75-85, through the Purchase
Department unless the owner
can identify and claim the coin.

When beavers have used all
the trees in the vicinity of their
beaver pond, they dig a canal to
float trees to the site rather than
dragging them over the ground.
These canals may be as long as a
half-mile.

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shows a better
understanding
of your goals.

You expect a loan for extra
years and a reasonable interest
rate when you come to the
Land Bank for agricultural
financing. After all, that's why
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But an understanding of your
reasons for borrowing and a
desire to see you prosper are
also important. Come in and
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meet your goals—with a care-
fully planned loan.

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at once with Gladis King, manager of Atlantic
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isles, \$599. Includes transportation, hotels, taxes,
tours.

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ATLANTIC TRAVEL CENTER

GREYHOUND DEPOT. 612 WALNUT ST. PH. 243-3270.

A black and white portrait of a man with a beard and glasses, wearing a dark sweater over a collared shirt. He is looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

J. KINNISON PHONE 243-5028 S. MANUEL

10 W. 4th 243-3312

Old Sturbridge Village Relives The Bygone Days

By The Associated Press

If women have any doubt that they've come a long way in the last century and a half, a visit to Old Sturbridge Village in Massachusetts would dispel that doubt.

At the historical village (1790-1840) women wearing costumes depict the myriad daily, weekly, monthly and seasonal chores that early American women performed. Summer preparation of the five residences in the village of 40 historical buildings on 200 acres would bring sweat to the brow. The authentic houses that recreated rural New England village were put on the summer standard again by Mrs. Jane Nylander, curator of textiles and ceramics who uses research from the village library.

Early women had to be concerned with the effects of heat, flies, moths and strong sunlight on their homes in summer, among other things.

For example, there was the bug thing. If one didn't need to use tansy (bitter herbs) along baseboards and at the sink to control ants, one would no doubt need to worry about mosquitoes and possibly making screens "of light frames of the size of lower sashes and covered with millinet" as one publication, "The New England Farmer" was advising women in 1826. Further advice included putting them in place about 5 p.m. and shutting the doors.

Mrs. Nylander puts the cheesecloth screens in one house on the floor during the day as the early women did.

And since one had to worry about curtains and draperies fading and had to remove them, closing the shutters to let in air as it kept out heat, that too is done at Sturbridge.

Chandeliers often were wrapped in dust bags just as the one at the Towne House Hall "to keep them clean from fly specks and because it would not be used much in summer anyway." In fact, fly specks were such a problem in old houses that pictures, mirrors and frames were covered with muslin, although in 1838 the "House Servants Directory" was advising a method to beat the insects droppings: Paint an essence of boiled leeks or onion on picture and furniture frames to protect them.

As for packing away woolens, an issue of the "American Frugal Housewife" advised brushing, packing, covering them with linen "when little millers which lay moth-eggs begin to appear," and putting them in a dark place.

But for that matter, any strong spicy smell — pepper, red-cedar chips, tobacco — was touted as a moth preventive, although camphor gum was considered the best solution.

The calico curtain cleaning routine involved shaking off dust and lightly brushing, wiping it closely with clean flannels and then rubbing it with dry bread. Light slipcovers were put over furniture to prevent fading and provide summer comfort and wool blankets and coverlets were replaced by quilts.

Summer carpet removal was another big chore, but it got an assist from "Peterson's Ladies National Magazine" in 1860, which advised that "tin tacks should be carefully removed from carpets so they aren't torn." After rolling up, carpets should be beaten with a smooth

stick, it was suggested. If old tea leaves were scattered over the floor the room could be swept more easily. Then boards were washed with wet flannel.

A faded or greasy carpet could be perked up by applying a mixture of ox gall with water" or by using "a little grated raw potato and water" as an early housecleaning routine.

Straw mats also had to be cleaned — with salt and water and dried with a coarse towel "as moisture could rot them."

As for fireplaces, chairs at Sturbridge are moved away from them to indicate that warmth is no longer needed. Chairs were put into the hallway of the General Salem Towne's house to suggest that such areas might have served as cool sitting rooms with doors open at each end.

To lend summer charm to fireplaces, early American women put asparagus ferns, branches or flowers in them after storing andirons in paper. Some people used handsome fireboards depicting pastoral or other scenes. "Closed fireplaces were suggested as good places for storing lard because of the coolness," Mrs. Nylander explained.

After mending clothes in the early dawn washday, which was begun in the cool of the morning, was an exercise in strength that went from kettle-to-tub-to-pounding-to-barrel-to-wringer-to-kettle to be beaten with a broom stick and then to pail-to-tub or barrel-to-wringer-to washline or to be spread on grass.

The lady of the house might then take on food preservation—storing apples, drying and pickling vegetables, fruits and meats for winter use. Or she might make cheese and butter as milk had to be used right away. Butter was salted and packed in stone or oak, cheese would be covered with a paste of wheat flour and wrapped in cloth, eggs were put in a cool cellar, often packed with salt and lime.

After that she might grind herbs to be used for home remedies, bake bread, weave or whatever. After sheep shearing in spring wool would be spun into yarn. When she wanted to relax she would paint theorems (on velvet) for home decoration.

MENTAL MUNCHING

NEW YORK (AP) — Chances are, if you have a sweet tooth, you're not so dumb! Researchers at Massachusetts Institute of Technology here have discovered that carbohydrates stimulate brain activity.

Dr. Richard Wurtman and John Fernstrom, Ph.D., say the key is a chemical called serotonin that acts as a messenger between neurons or information transmitter cells in the brain.

These scientists say the brain can sense metabolism and blood chemistry changes. The researchers found that a high-carbohydrate diet increases the secretion of insulin from the pancreas and results in raising the level of tryptophan, an amino acid in the blood. Tryptophan stimulates the production of serotonin which in turn stimulates the activity of the brain's neurons. Proteins contain very little tryptophan.

Obey all road information signs.

You and Your Health

LEARNING TO LIVE WITH ALCOHOL

BY LEON A. GREENBERG, M.D.

Dr. Leon A. Greenberg, director of research at the Rutgers Center of Alcohol Studies and professor of physiology at Rutgers University, says one out of every 20 adult drinkers is an alcoholic. In the following article Dr. Greenberg, who lectures on alcohol problems throughout the world and is the inventor of the Alcometer, a breath-testing device, tells how an alcoholic can be helped and social drinking kept within safe limits.



NEW BRUNSWICK, N.J.—Approximately 70 percent of all American adults consume alcoholic beverages, which may not be surprising. The common use of alcoholic beverage as a means of reducing anxieties, creating a sense of well-being and promoting sociability has persisted in most societies since the dawn of history.

On the other hand, approximately one out of every 20 adult drinkers is an alcoholic, with the problem affecting over five million Americans and their families. It is perhaps inevitable that in the context of widespread alcohol use there are some individuals whose inappropriate drinking creates serious problems. Prohibition as a solution has proven futile. However, efforts based on a knowledge of the true nature of alcoholism offer more promising results.

Two problems dominate current concern about the consequences of alcohol misuse. One is the personal and social damage incurred by those who drink excessively. The other is the alarming amount of injury, death and destruction on the

highways caused by automobile drivers operating with impairing amounts of alcohol.

The problem drinker repeatedly drinks in such excessive amounts that his health is undermined, his social and family relations are disrupted, his performance is impaired. He frequently is unable to choose whether to drink or not.

The answer to what sets the alcoholic apart from the majority of those who drink without problems is not yet fully known. If a physical cause of alcoholism exists, it still remains to be found. Although alcoholism is often referred to as an addiction, this view does not explain why a long period of moderate drinking does not ultimately lead to addictive problem drinking in the majority of alcohol users.

Most problem drinkers exhibit psychological traits which contribute to or cause their need for alcohol. The true alcoholic uses intoxication to cope with psychological problems.

Success in rehabilitation demands recognition by the individual that he has a problem and that he wants and needs help. Recovery also depends on his family's understanding and support. The family that tries to force an alcoholic to stop drinking without considering its own involvement can make matters worse. The medicine industry's Council on Family Health suggests the more rational approach of trying to motivate the alcoholic to desire to stop drinking and to accept the help of others.

Over the past decade, it has become clear that the attitude of, "If you drink, don't drive" and, "If you drive, don't drink" is not the answer. Alcohol was a factor last year in at least half of the 55,000 traffic accident

fatalities recorded. But, in trying to remedy this situation, it must also be remembered that there are 107 million licensed drivers in the United States and almost 100 million Americans who use alcoholic beverages.

The drinking/driving problem involves two different populations: problem drinkers and social drinkers. Since alcohol is a depressant—not a stimulant—it acts on the brain like an anesthetic. Judgment, discrimination and inhibition are first impaired, followed by loss of coordination, slurred speech, hearing and visual difficulty and, eventually, coma.

For the alcoholic, intoxicated driving is only a chance by-product of his main problem, and is susceptible to change only to the extent that his problem drinking can be controlled. Until this is achieved, it must be said that, "If his cup runneth over, let his car be runneth by someone else."

The social drinker's driving problem is largely due to ignorance of how much alcohol consumption will cause impairment. Although no two people react in exactly the same way to alcohol, laws throughout the country describe the amount of alcohol in the blood (or Blood Alcohol Concentration) above which driving impairment occurs. Legal limits, determined by testing, vary by state.

One or two ounces of whisky is a generally safe limit. But after drinking three ounces of whisky, a person weighing 140 pounds should wait one hour before driving, and four hours if five ounces of whisky are consumed. Heavier persons may drive sooner while lighter persons must wait longer.

London Referral Service Gets Results

NEW YORK (AP) — Lila Burkeman is one of a select group of persons who know where to get bagels in London on Sunday.

In many careers she has had during her 30-odd years, Mrs. Burkeman has been everything from fashion model to literary agent. Last January she combined her varied experiences to create "Everything You've Always Wanted to Know About London and Didn't Know Who To Ask," a referral service for the American in London for business or pleasure.

For a yearly subscription fee she and her one assistant will answer questions about London that would likely stump the Queen: What to do with your mother; Where your dog can get a whirlpool bath; Where to get a landau in a hurry; How to rent a screening room; Who is Michael Caine's agent; and practically everything else you may think to ask. Mrs. Burkeman will also plan any type of party, move you into a house, escort you around the city personally and, she promises, "save you money." Non-subscribers can be helped for a special fee.

"So far I've not been stumped," reports the vivacious brunette, who looks much like Barbara Streisand, though she admits she herself cannot sing.

There's good reason for her being an aficionado of London life. Her life began there, and she has lived it all there, through a marriage which ended in divorce, two kids and a slew of odd jobs, including a year as assistant to Broadway and Hollywood producers and directors working in London.

The referral company evolved out of boredom, Mrs. Burkeman explained in an interview here. "It started seven months ago," she said. "I had been a literary agent for three years and I hated it. It offered so little creativity."

"Also, I knew many people in different businesses who came over from New York and wanted me to help them set up work in London. I got to thinking there must be some way I could formulate a service to help people who are not native Londoners to get around the city."

Mrs. Burkeman set up shop in her home on Abbey Road.

"Before I knew it," she remembers, "the London Times heard about it and the Times' 'Diary,' which everyone reads, did a piece on me. Then I did a BBC television show, a few radio shows, and some magazine interviews. With all this publicity, plus the word-of-mouth of my subscribers — I've got a lot of big-mouthed subscribers, thank God — the service was a going thing."

This woman who knows everything about London displays a natural enthusiasm for England's capital city. "I'm not flag waving at all," she main-

tains. "I love London. I'm a big fan of hers and it's not a phony thing."

"There's an old saying, 'Paris is like a young girl; London is an old woman.' Well, there's a lot of excitement in old women. In London, everyone is not as uptight as people in New York. Londoners are more concerned with doing their own thing — not just talking about it, but doing it."

She visits New York frequently, and says it's the only other city in the world where she would want to live. She sees her affinity for both metropolises as an advantage in her work.

"I know I love New York almost as well as London," she claims. "New York's my second home. I know what's good and bad about both places, whereas other people may not. That's my advantage. I've seen New York deteriorate while London changes for the better. It has the lowest pollution rates in the world."

What Mrs. Burkeman enjoys most about her current business is its variety. "I'm asked to do a lot of different things," she says happily. "One day I'm asked to find someone an apartment and the next day I'm out hunting for antique furniture. I'm kept very busy, but most important of all, I'm having a ball."

"I've found that I'm not as ambitious as I thought I was. My lifelong ambition is to have a lifelong ambition. I don't plan next week, much less forever."

Hire the Handicapped.



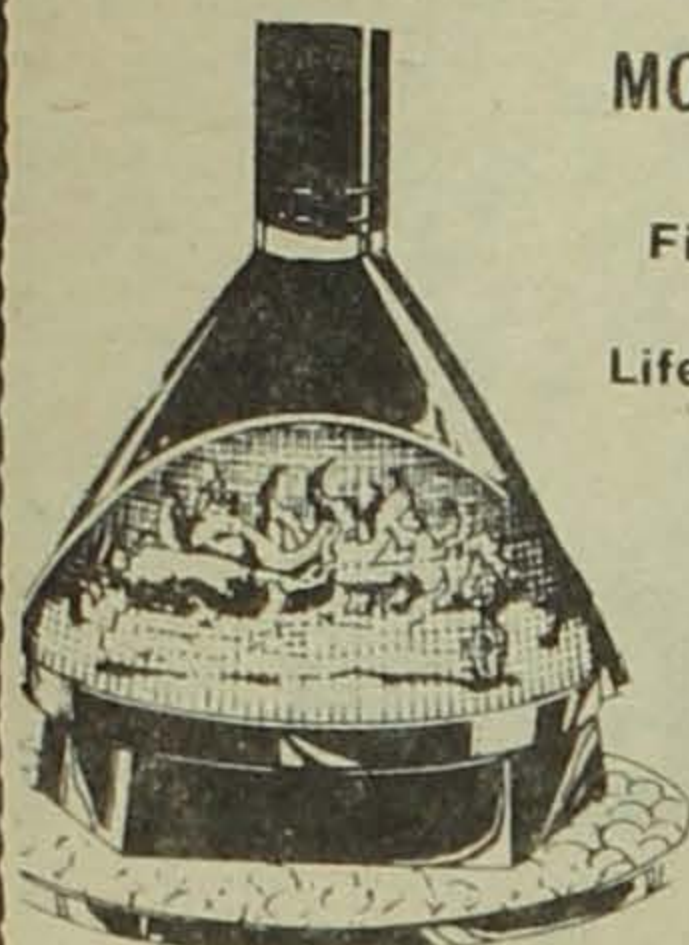
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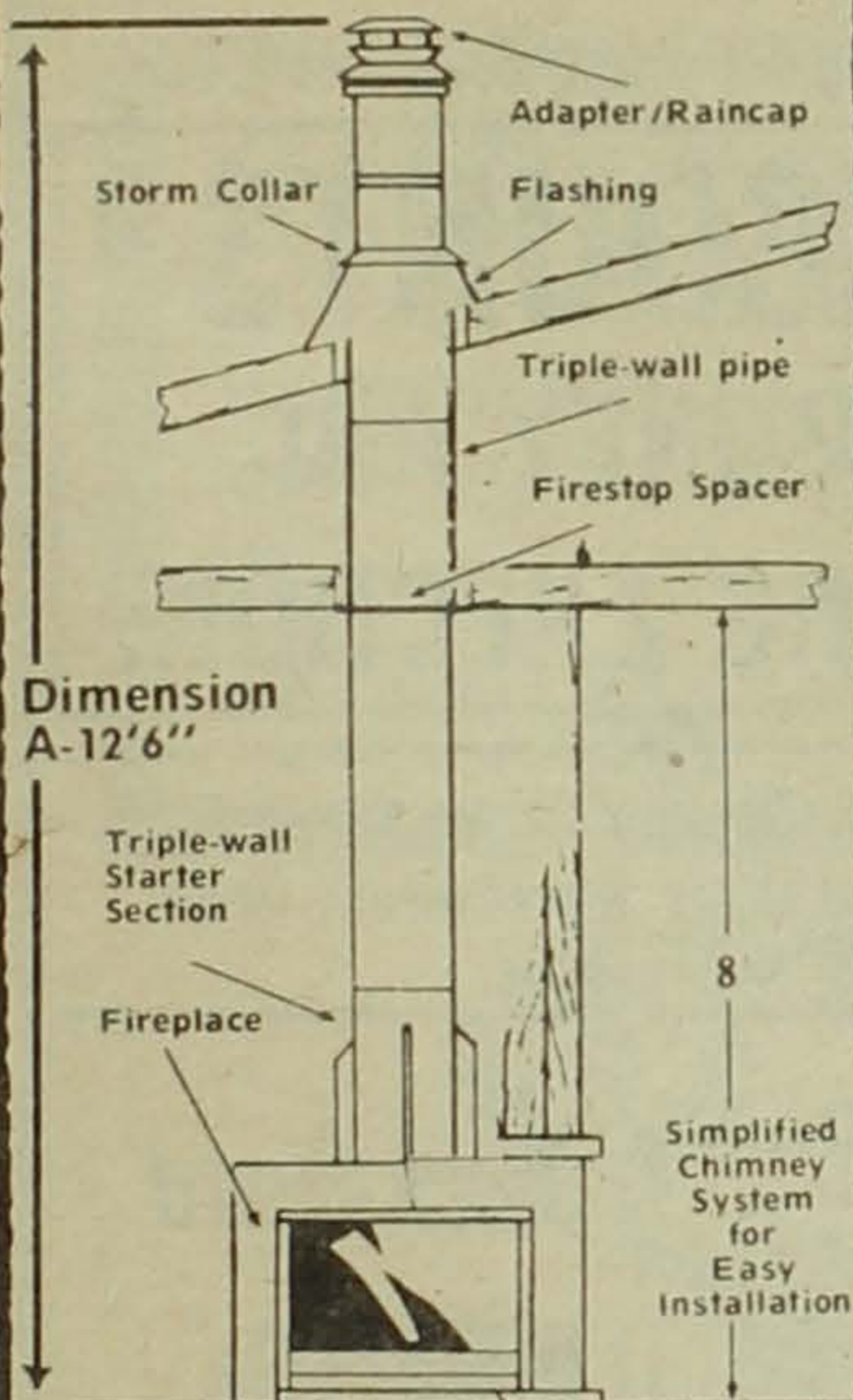
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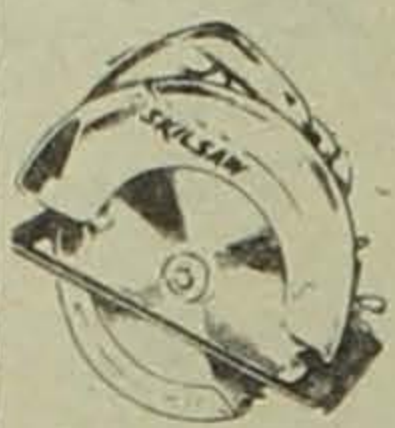
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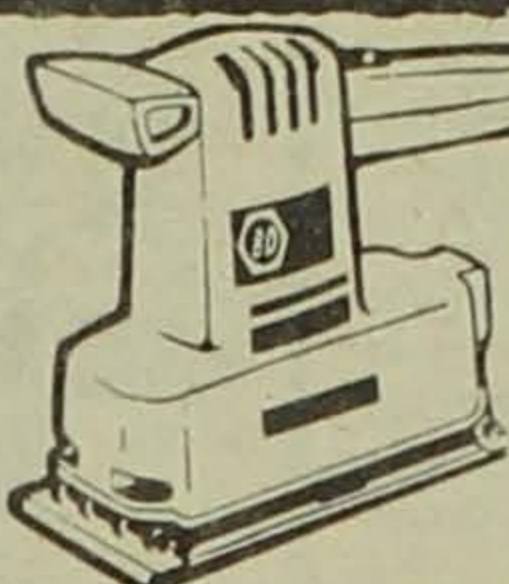
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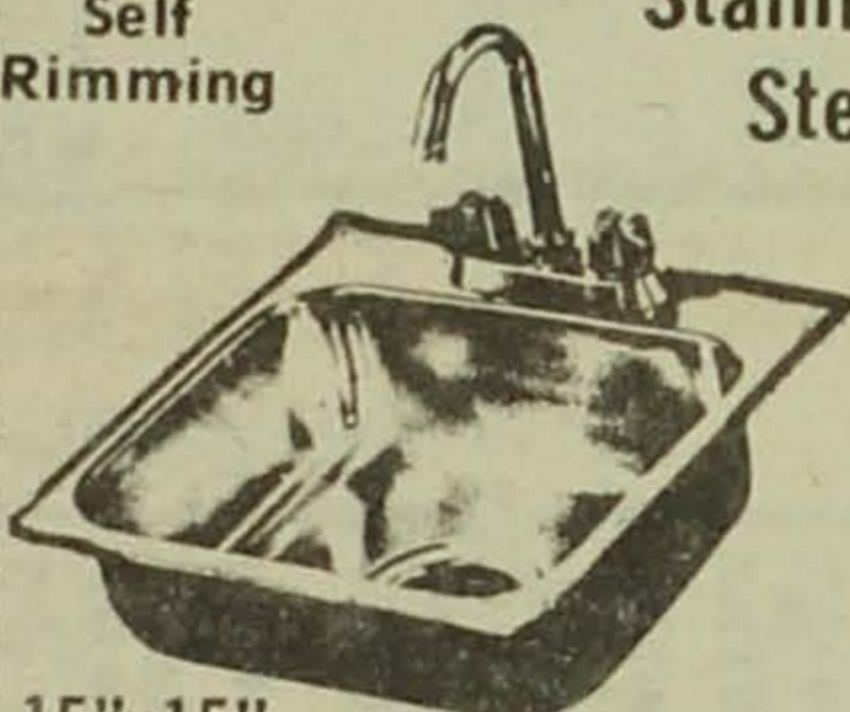
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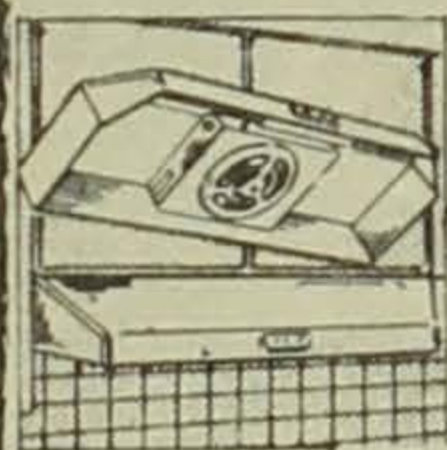
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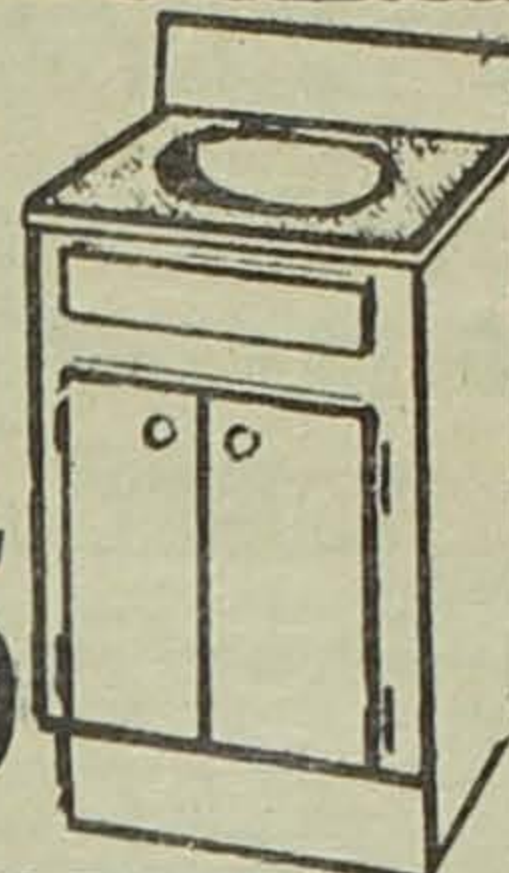
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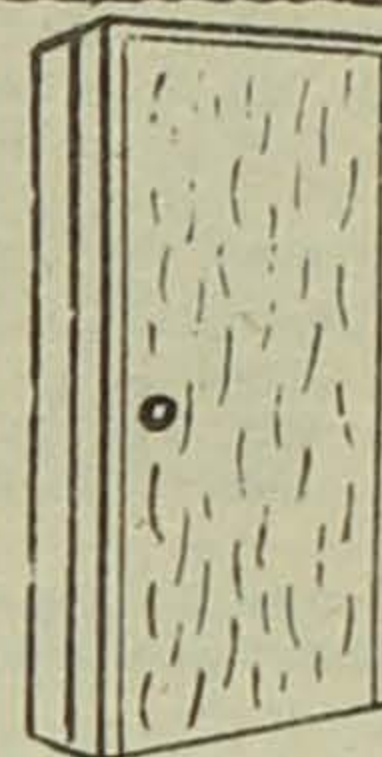
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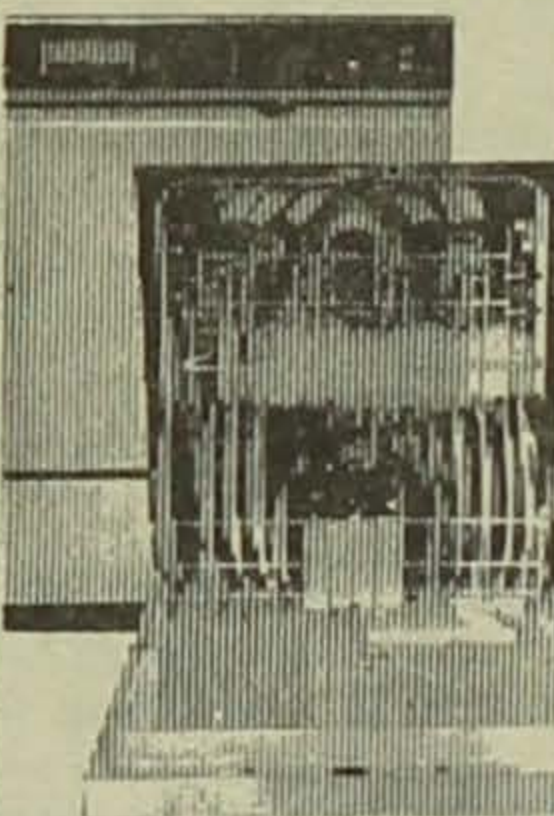


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FOR SALE: Soybean and oats seed. Baled wheat straw. Emil Yeske, 826-9273, Villisca.

FOR SALE: June farrowed Hampshire boars, also a few April boars. G. Wayne Olsen, phone 549-2381.

FOR SALE: 1966 heavy duty, 1/2 ton, 4 speed Chevrolet pickup. Red tag. Jerry McCrory, 774-5749.

FOR SALE: Square bales of straw in barn. Arnold Long, 2 miles south, 3 east of Grant. Phone 712-763-4320. 2Jan.

FOR SALE: Registered Hereford bulls. Arnold Long, 2 miles south, 3 east of Grant. Phone 712-763-4320. 6Jan.

FOR SALE: 3,000 bales straw. Call 784-3454 or 784-3511 Walnut.

ANNUAL Hampshire hog sale, Feb. 22, 1975. Write for catalog, Geo. Lippold, Avoca, Iowa.

FOR SALE: 30 bulls, 20 females, Feb. 1 at the farm, 1 p.m. Linn Herefords, Casey, (515) 746-2970.

FOR SALE: Two purebred Shorthorn bulls coming 3 years old. Also good, bright oats straw. Floyd Knop, 784-3687.

FOR SALE: Approximately 80 large round bales, mostly Orchard grass with some Clover. Near I-80 east of Brayton. 792-4450 after 9:00 p.m.

FOR SALE: John Deere 730 diesel, new motor. 764-4857 Elk Horn.

'Group Homes' Serve as Aid To Homeless

By Forrest Mattix
Drake University
Journalism Student

DES MOINES — What can be done with teen-agers whose parents are unable to care for them? What about those teen-agers who can't cope with the family situation any longer? In Iowa, there is an answer to these problems — group homes, according to the Iowa Department of Social Services here. Group homes are places where teen-agers can live when their own family situation is inoperable. Up to 10 youths can live in the same home under the guidance of appointed "parents."

The main emphasis of such an environment is the influence of youths on others their own age and the group's solution to problems.

Technically, there is no such thing as a group home in Iowa. Until authorized by the law, development and implementation of standards and policies for group homes are impossible, according to Darlene Clark, foster care specialist with the Social Services Department.

Foster Home

Currently anything comparable to a group home is licensed either as a family foster home with a special exception as to the number of children who can be cared for in the home, or as a child-rearing institution, one of the qualifications being that the staff must include a person with a master's degree or its equivalent.

"The whole idea of group homes has taken hold in the last three or four years," said Ms. Clark. "The concept is new and still developing and this is one of the reasons why guidelines and procedures have not yet been set."

There are 39 group homes in the state under the jurisdiction of the Family and Adult Services Bureau in the Social Services Department. The homes are classified as either family or agency homes.

Parents

In the family group home, there is one set of "parents" in charge and from five to 10 youths living in each one.

In the agency group home, which also has from five to 10 youths, there are two sets of rotating "parents" in charge, each set working seven days and then having seven days off.

The group home is a halfway point between the family foster home and the institution. In cases where the family foster home wouldn't work and an institution is not a desirable substitute, the group home is the answer.

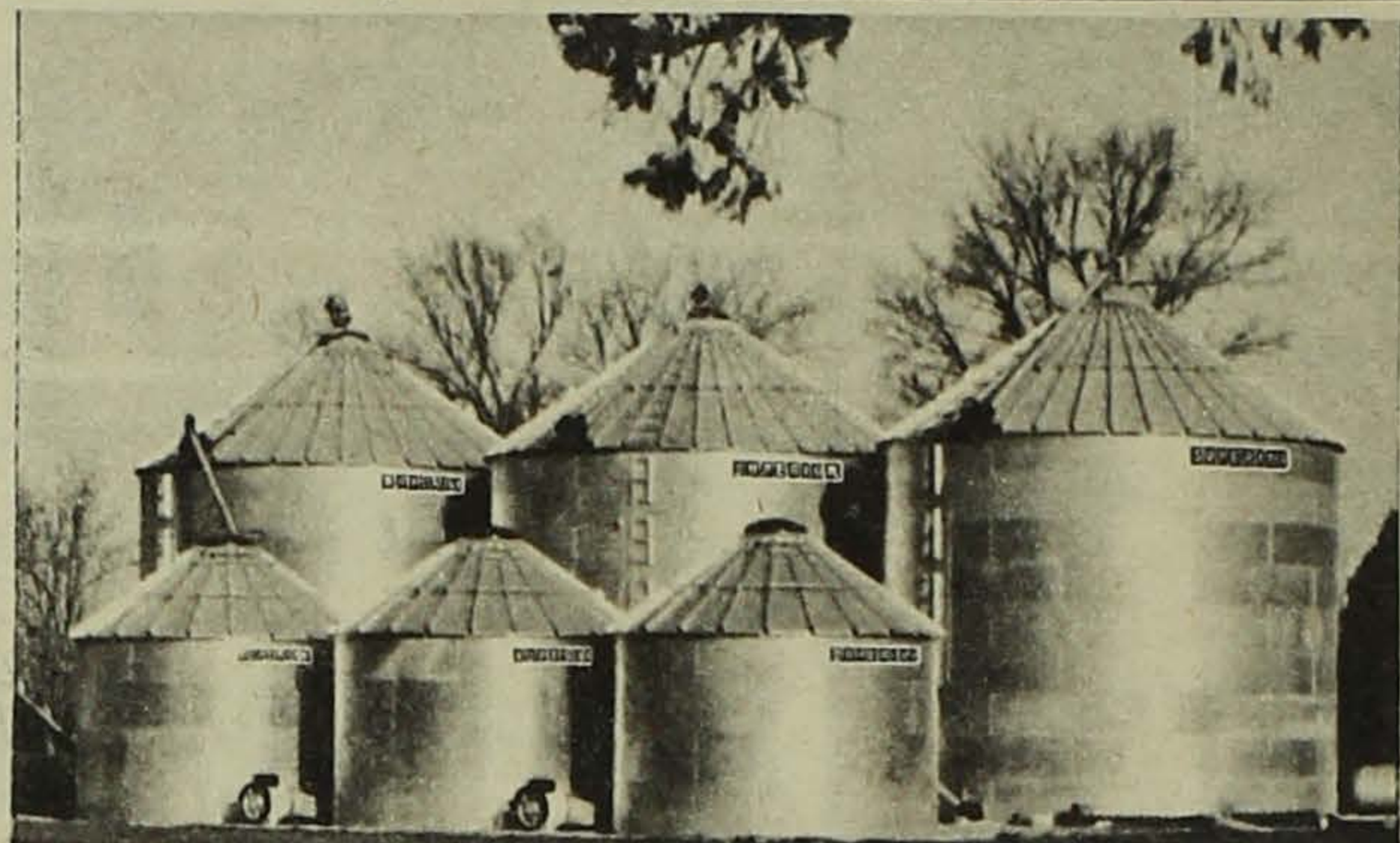
Because of the lack of a legal base for developing policies and standards for group homes, the Family and Adult Services Bureau is hampered in efforts to develop community resources for teen-agers who would benefit from them.

A bill to establish guidelines for group homes was passed by the Iowa Senate at the last session of the Legislature, but it did not pass the House.

(Distributed by
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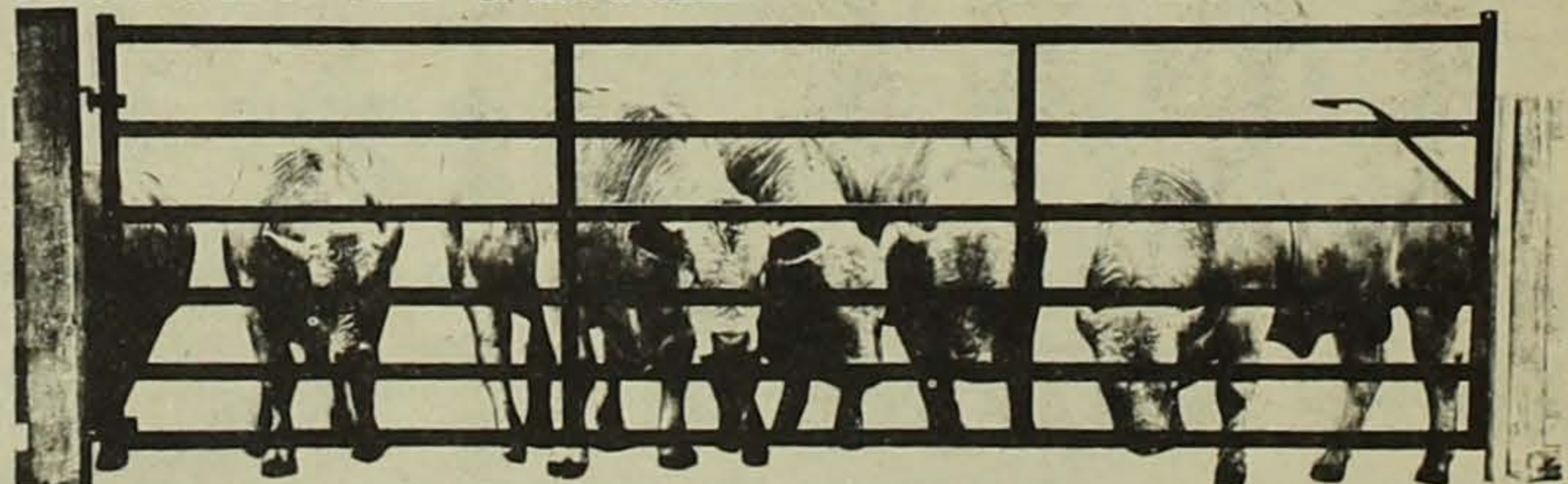
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Announce Plans For Indian Creek Watershed



By Tom Magill
District Commissioner

Plans are underway to organize the Indian Creek Watershed. The project will involve 184 square miles or 117,760 acres of land located in Cass, Pottawattamie, Shelby and Audubon counties. The project may also include the Buck Creek Watershed.

An organization must be

formed and an application for assistance in planning and carrying out works of improvement must be made to the State Soil Conservation Committee.

The initial work will include grade stabilization of gullies and upland erosion control. Marshall soils predominate the watershed with some Adair, Nodaway, Kennebec and Judson also present.

The project will take several years to complete and if the project is to be done, a start must be made. The Indian Creek Watershed project would be very beneficial to the residents of the area both now and far into the future.

WORLD NEEDS ANIMAL PROTEIN

The Food and Agriculture Organization of the United Nations states that the world's population needs animal protein for up to one-third of total protein requirements. FAO supports livestock production as an effective way to use otherwise unproductive land and inedible (to humans) grain residue.

The tiny island of Kea in the Aegean Sea is said to have had an ancient law that ordered all people over 60 years of age to drink poisonous hemlock so there would be enough food to feed the younger people.

LOVE STATISTICS
PHILADELPHIA (AP) - Temple University School of Business Administration is

collecting statistics about statistics. With the help of a \$130,000 grant from the National Science

Foundation, the school is conducting a study to determine who are the users of prepared statistical information and why.

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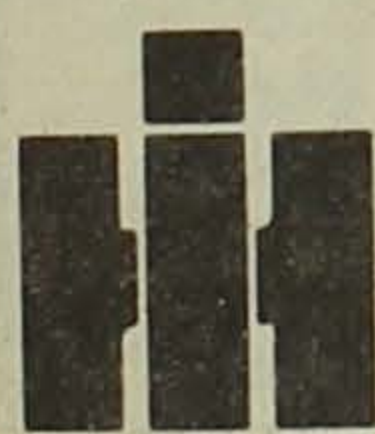


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Atlantic, Iowa

Terracing Is Most Needed Erosion Control Method In Cass



Tile outlet terrace on Paul Goetzmann farm south of Atlantic.

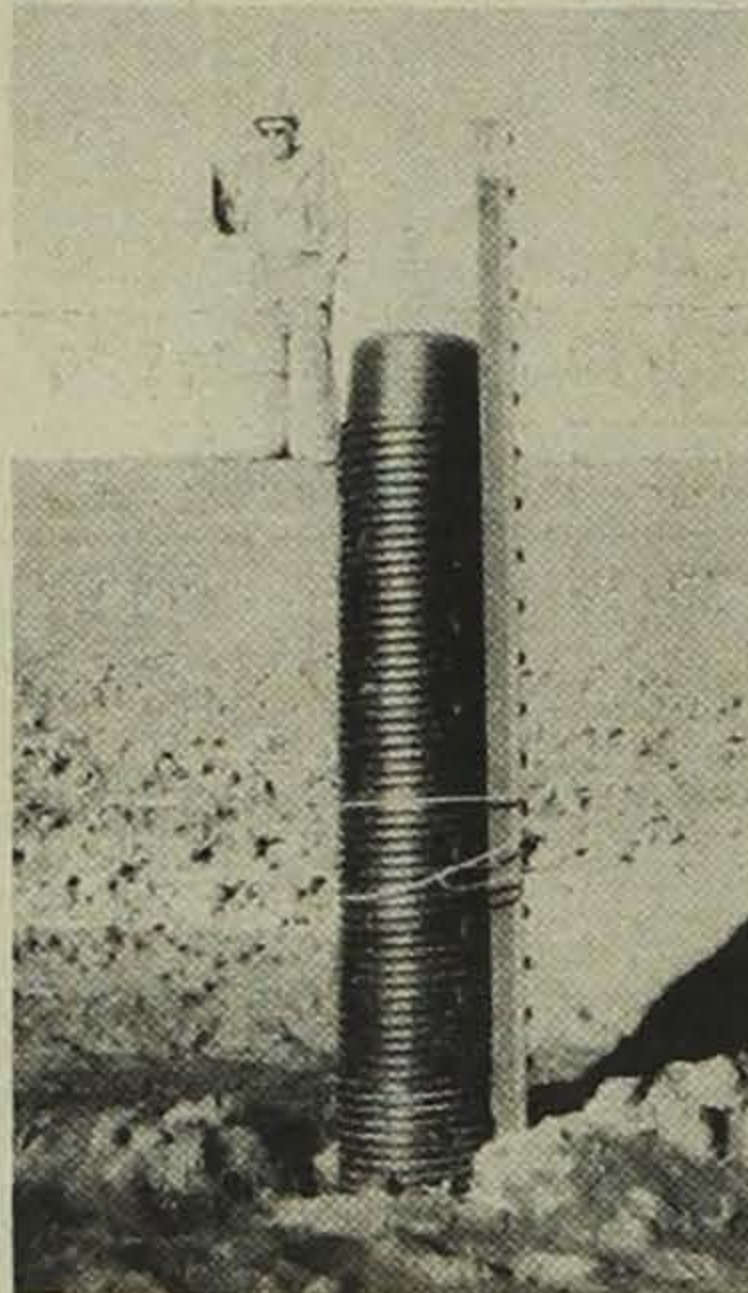
Terracing continues to be the most needed erosion control practice in Cass County. There is a total of about 140,000 cropland acres in Cass County that is subject to erosion that must be protected with conservation practices. Cass County farmers added another 59,050 feet of terraces in 1974 to the growing number in the county to help meet the erosion control needs on their cropland.

The past year marked a definite change in terrace construction techniques. The tile outlet, grassed backslope, parallel terraces dominated the total amount built as a means of controlling soil loss where intensive use of rowcrops is being used.

Rowcrops

Constant use of rowcrops on rolling cropland can increase soil loss far beyond what is allowable to maintain long term production on the land. The tile outlet terraces will control soil loss well within allowable limits as well as provide additional benefits such as improved farmability.

An additional 10,500 feet of terraces were started in December, 1974, but weather conditions prevented these from being completed. All of these terraces were tile outlet type terraces as were 70 per cent of all the terraces built in Cass County last year.



Closeup of the tile intake on the Goetzmann farm.

Continuous rowcrop production on the same land can cause soil losses of 30 tons per acre per year or more if no conservation practices are used. The maximum allowable loss should be five tons to assure long term production. Terraces can reduce soil loss by shortening the slope and slowing down the movement of water. Tile intake terraces go one step further by trapping any sediment that moves between terraces.

Research

Research on soils similar to

those found in Cass County has shown that tile outlet terraces will control soil loss to as low as half ton per acre per year. This research was done where continuous rowcrops were being used over a period of several years. Tile outlet terraces combined with a minimum tillage system can provide an extremely effective erosion control program.

Terraces that outlet into grassed waterways have not been forgotten. They are still being used when the landowner is using a rotation where a hay crop is included on cropland acres. The rotation itself insures that the land is not continuously used for rowcrops which helps to reduce erosion. Terraces combined with a rotation can also effectively control erosion. Terraces in this situation can be graded to grassed waterways.

The ways of building terraces keep changing right along with the ways of farming. As the tools of farmers become larger and faster, erosion control measures must keep pace. The tile outlet terraces are here to stay for the large grain producer using continuous row crops where erosion control is critical. For the man using a rotation, a simpler terrace system can be prescribed. The important thing is to plan a terrace system adapted to the way the land will be used, and to hold soil loss at the important goal of five tons per acre per year.

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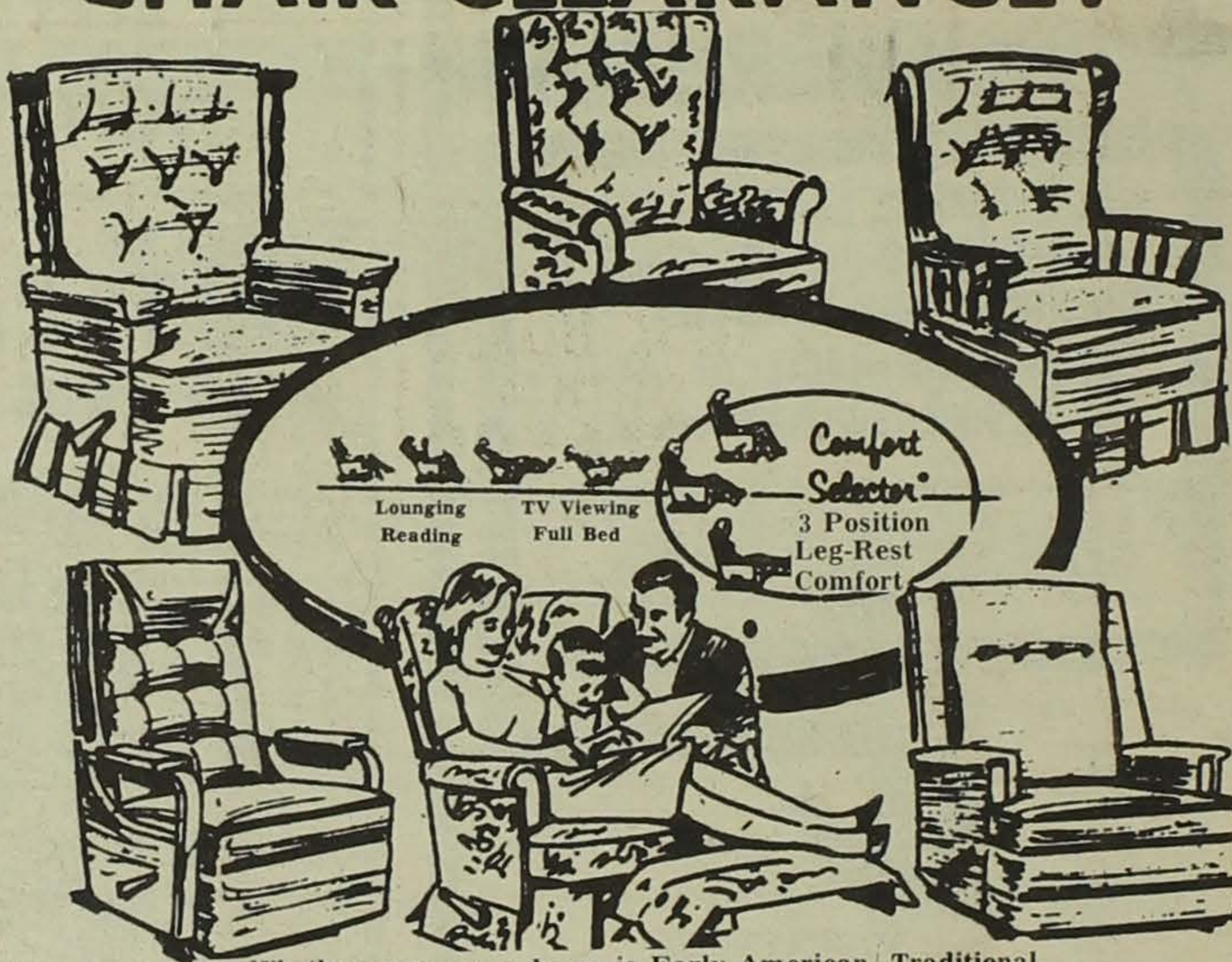
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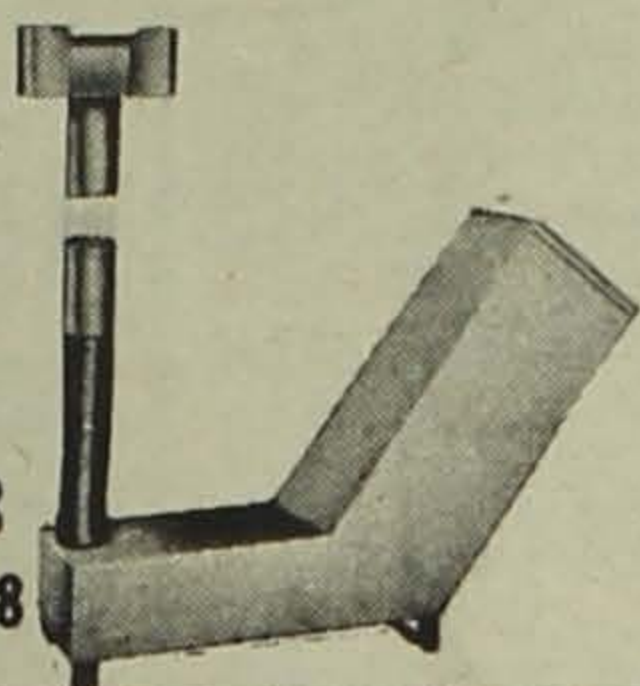
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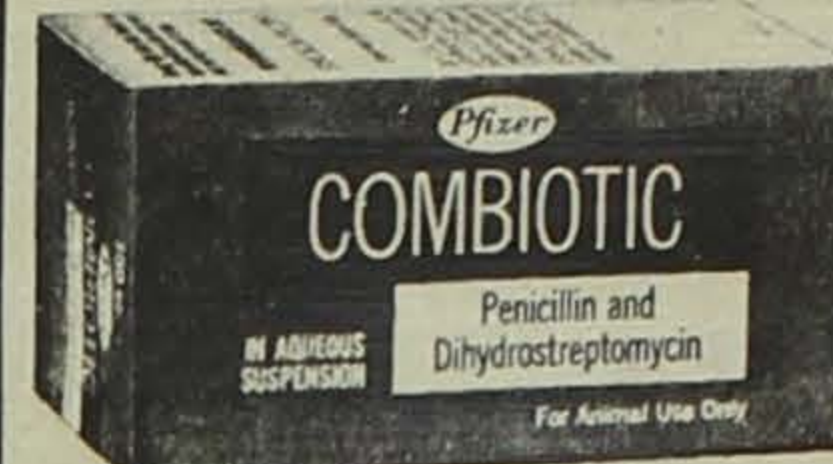
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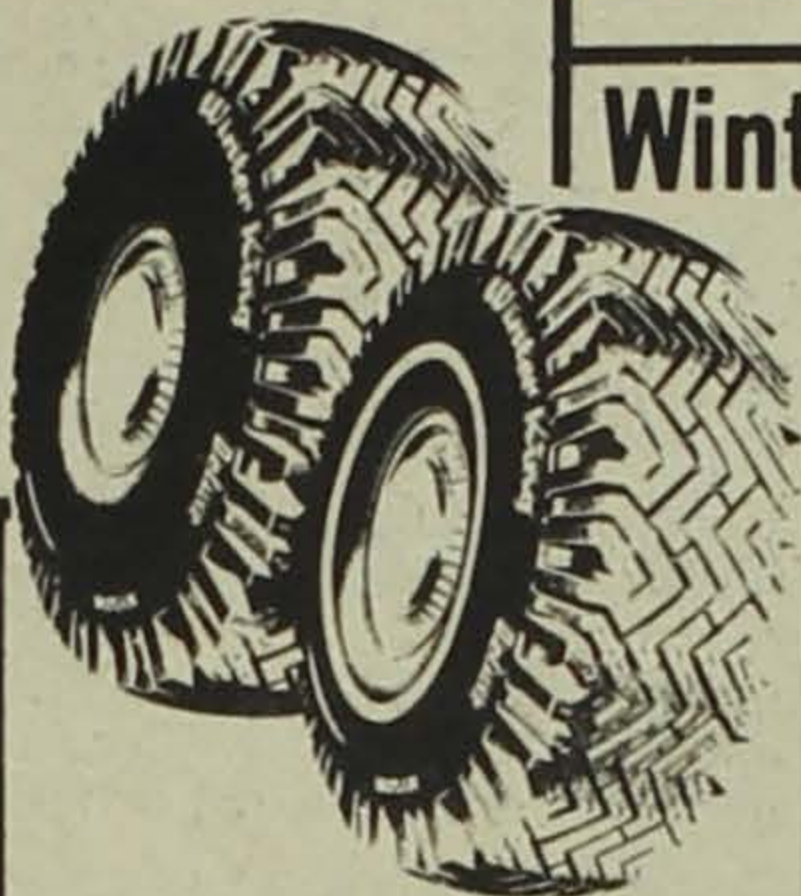
Model CWS-8 Automatic
Keeps Livestock water at a
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Reg.

\$79.88

\$69.95

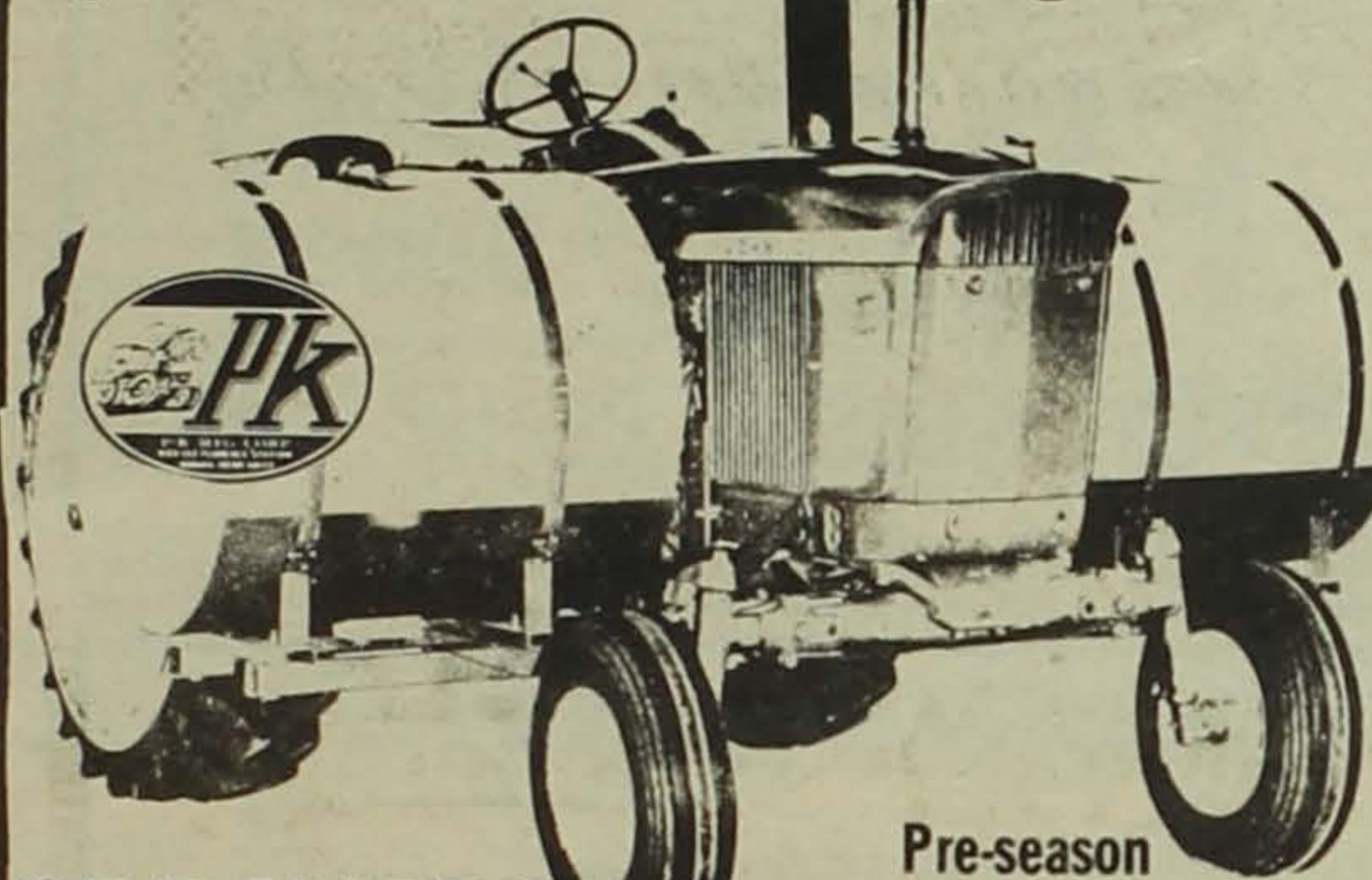
Winter King 4 Ply Nylon Blackwalls



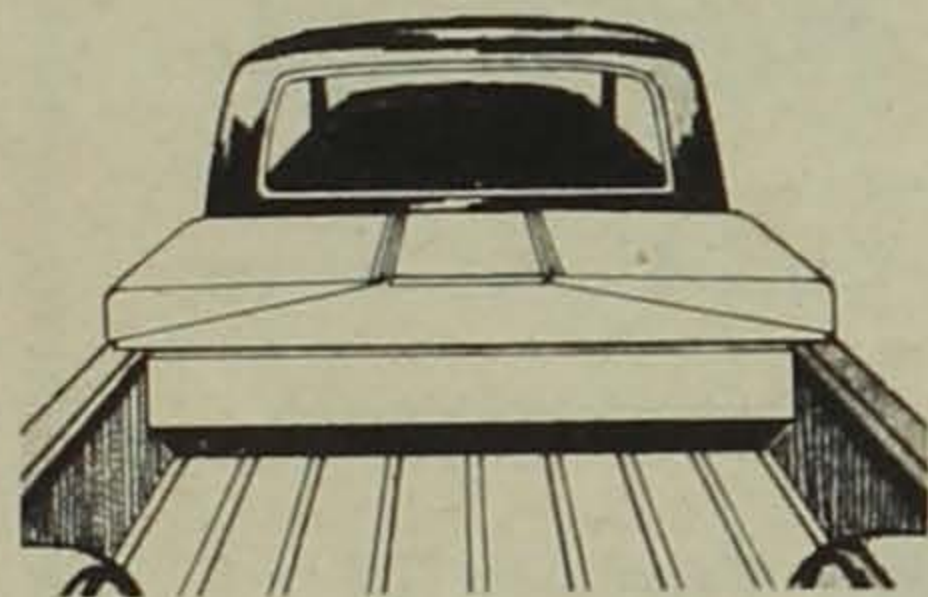
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F78x14	4	\$22.85	\$18.00	\$2.41
G78x14	4	\$23.67	\$18.50	\$2.55
H78x14	4	\$25.10	\$20.00	\$2.75
F78x15	4	\$23.30	\$18.50	\$2.42
G78x15	4	\$24.78	\$19.50	\$2.63
H78x15	4	\$25.71	\$20.00	\$2.82

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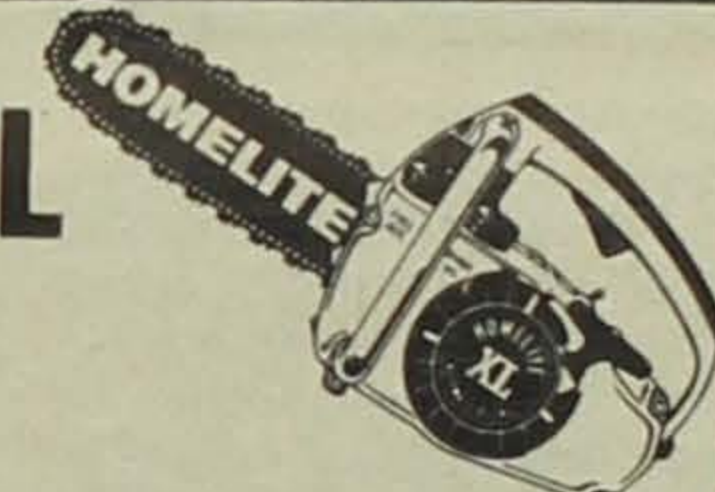
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Duties Of Soil Conservation Commissioner Are Outlined

By George Hosfelt
District Commissioner

I have been a Soil Conservation District commissioner for 22 years. Many changes have taken place in these years in the conservation program.

Soil erosion is our main purpose through terracing, contour farming and grass waterways.

The district was organized in 1942 and at that time three commissioners were elected by the farmers at elections set up in the district.

In 1970 it was changed to five commissioners elected by any eligible voter in the district. Now a commissioner can be any eligible voter in the district. At the present time, Cass District has three assistant commissioners who serve as an advisory member.

Some of the duties of a commissioner during the year are:

Attend 12 regular meetings, two days at short course at Ames in January.

Attend three days state conference held in different locations in the state.

There is also a national conference held in different locations in the United States and commissioners can attend.

In 1954 the Public Law 566 was set up by the federal government authorizing the development of watersheds. Before watershed structures can be built farmers have to apply upland treatment such as small dams, terraces, diversions and waterways.

At the present time Cass District has four watersheds in different stages of development. These are Crooked Creek, Troublesome Creek, Turkey Creek and West Nodaway.

There is a small portion of land in Cass County that isn't in a watershed development, but we hope to have it included in the near future.

When the Soil Conservation Service was first organized it was to benefit agricultural land. Now it is as important for urban as well as rural America.

Until the last two years all money to help conservation practices came from the federal



government and was distributed by other agencies under Soil Conservation specifications. The last two years there also has been state funds allotted through the Soil Conservation District for soil and water conservation practices.

All watershed programs have to be sponsored by the County Board of Supervisors and the Soil Conservation District.

There has always been excellent cooperation between other federal agencies also state and county groups with the Soil Conservation Service and the district.

ARABIA MAY HAVE GOLD, SILVER DEPOSITS

"Major prospects" for oil-rich Saudi Arabia becoming a producer of copper, nickel, silver and gold have been predicted by an American geologist.

Oil pumping from under sand and sea along the eastern shore of Arabia has led to pay dirt on the Arabian Shield, a rock plateau along the western Red Sea.

"It is just a question of time before gold, copper and nickel will be mined in significant amounts," said Thor Kilsgaard, head of a 28-man U.S. Geological Survey team there.

Crews are already drilling at a mine supposed to have produced gold in King Solomon's time 3,000 years ago.

'The Flu'

(Editor's Note — While looking through some old papers recently Mrs. Charles Templeman of Atlantic came across this poem written by Sgt. Whitley, no other name or address provided. It was apparently written during the World War I era, but could fit some of the flu which is sweeping the nation now.)

'The Flu'
by Sgt. Whitley, U.S.A.

When your back is broke and
your eyes are blurred
And your shin bones knock and
your tongue is furred,
And your tonsils squeak and
your hair gets dry
And you're doggone sure you're
going to die,
And you're skeered you won't
and afraid you will,
Just drag to bed and have your
chill,
And pray the Lord to see you
through,
For you've got the Flu, Boy,
you've got the Flu.

When your toes curl up and your
belt goes flat,
And you're twice as mean as a
Thomas cat,
And life is a long and dismal
curse,
And your food all tastes like a
hard boiled hearse,
And your lattice aches and your
head's a buzz,
And nothing is as it ever was,
Here are my sad regrets to
you—
You've got the Flu, Boy, you've
got the Flu.

What is it like, this Spanish Flu?
Ask me, Brother, for I've been
thru.
It is but Misery out of Despair,
It pulls your teeth and curls
your hair,
It thins your blood and breaks
your bones,
And fills your craw with moans
and groans.
And sometimes, maybe, you get
well,
Some call it Flu — I call it
HELL.

Clayton, Dubuque, Win-
neshiek, Delaware, Allamakee,
Fayette, Bremer, Jackson and
Sioux counties produce half of
the dairy products in the state.

The production of food and fiber consumes about 3 per cent of the total energy used in the United States. Farming takes about 3 per cent of the nation's petroleum, 2 per cent of the electricity and less than 3 per cent of the natural gas.

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Master Plan Is Needed For Conservation



By Gilbert Wehrman
Assistant Commissioner

There is nothing new about developing a conservation plan for a farm in Cass County. The need to prepare a master plan for conservation improvements is just as real as it was in the past.

Rome wasn't built in a day and it probably wasn't built without a plan either. The most sophisticated livestock feeding systems start out with a plan. Conservation treatment on individual farms needs to start with a plan also.

A conservation plan provides the blueprints for development of an erosion control plan for a farm. A plan puts it all together. A plan begins with a detailed inventory of soils identifying not only soil types, but slope ranges, degree of past erosion losses, and capabilities of individual soils. The soils map and an understanding of the information it offers provides the base from which all other decisions are made.

The decisions are made by the land owner with the advice of the Soil Conservation District personnel. The objective is to hold soil losses on every acre to within allowable limits for each soil type. The alternatives are many including contouring, terraces, diversions, strip-cropping, ponds, and structures as mechanical practices. Agronomic and management practices such as rotations, minimum tillage, pasture

planting and management, tree planting, and woodland management can also be part of the plan.

The grain and forage needs of the landowner cannot be ignored in developing the plan. These needs can be satisfied by selecting the conservation practices that work best. One landowner's needs may be satisfied by using a rotation combined with contouring and possibly minimum tillage. The man who needs continuous rowcrops on hill ground may need tile outlet terraces along with some management practices. Each farm and each farmer has its own particular needs. Consequently, every plan must be different according to the soils and the landowners needs.

Conservation planning assistance is offered as another service of the district available to landowners at their request. There is no charge for any of the services of the district for this service. Completion of a plan that is developed depends entirely on the financial ability of the landowner. There is no compulsory obligation on the part of the landowner.

Technical assistance involved in making planning decisions a reality on the land is also available from the district. These services include layout of the practices, survey and design, construction checks and on site supervision as is necessary, and final check to meet specifications. These services are available to the landowner to insure that quality standards are met in the construction of each and every practice included in the plan.

Conservation plans prepared a few years ago change just like the rest of farming and need to be updated in the form of a revision. More intensive use of land, addition of more acres, or a major change to a different farming enterprise can trigger a change in the type or amount of conservation work needed on a tract of land. When these changes occur, the conservation plan should be revised to keep pace with the change in land use.

A farm is no better than its soils. Soils are little better than the way they are managed. A conservation plan provides a blueprint for the management of soils, and is an essential tool in complete farm management.

Millionaire Hides 680 Bags of Coins In His Home

Authorities have found more than 600 bags, most of them full of silver coins, hidden in the basement of a mansion belonging to the estate of the late eccentric millionaire La Vere Redfield at Reno, Nev.

The treasure was found behind false walls and under "enormous piles of trash," according to court documents filed by attorneys for Redfield's widow.

Redfield left an estate estimated at between \$70 million and \$200 million and was known to have hoarded valuables at his mansion.

Documents detailing the search for Redfield's possessions said 680 sacks of precious metals, mostly silver or gold coins, were found, along with uncashed dividend checks dating back to 1959.

These are to be appraised along with huge land holdings, three containers of stamps, 19,000 sets of bronze coins and

other property.

"In the basement of the house, behind false walls constructed from thousands of cardboard boxes, a vast quantity of silver coins of various denominations were located," the court documents said.

When Redfield died Sept. 6, he left two wills, which are being contested in court. The first,

dated Oct. 10, 1972, was a handwritten document leaving his fortune to his widow and a niece.

The second will, also handwritten but dated May, 1974, left most of his estate to the University of Nevada, the City of Reno, Nevada State Prison and Reno's Veteran's Hospital.

The first will has already been admitted to probate,

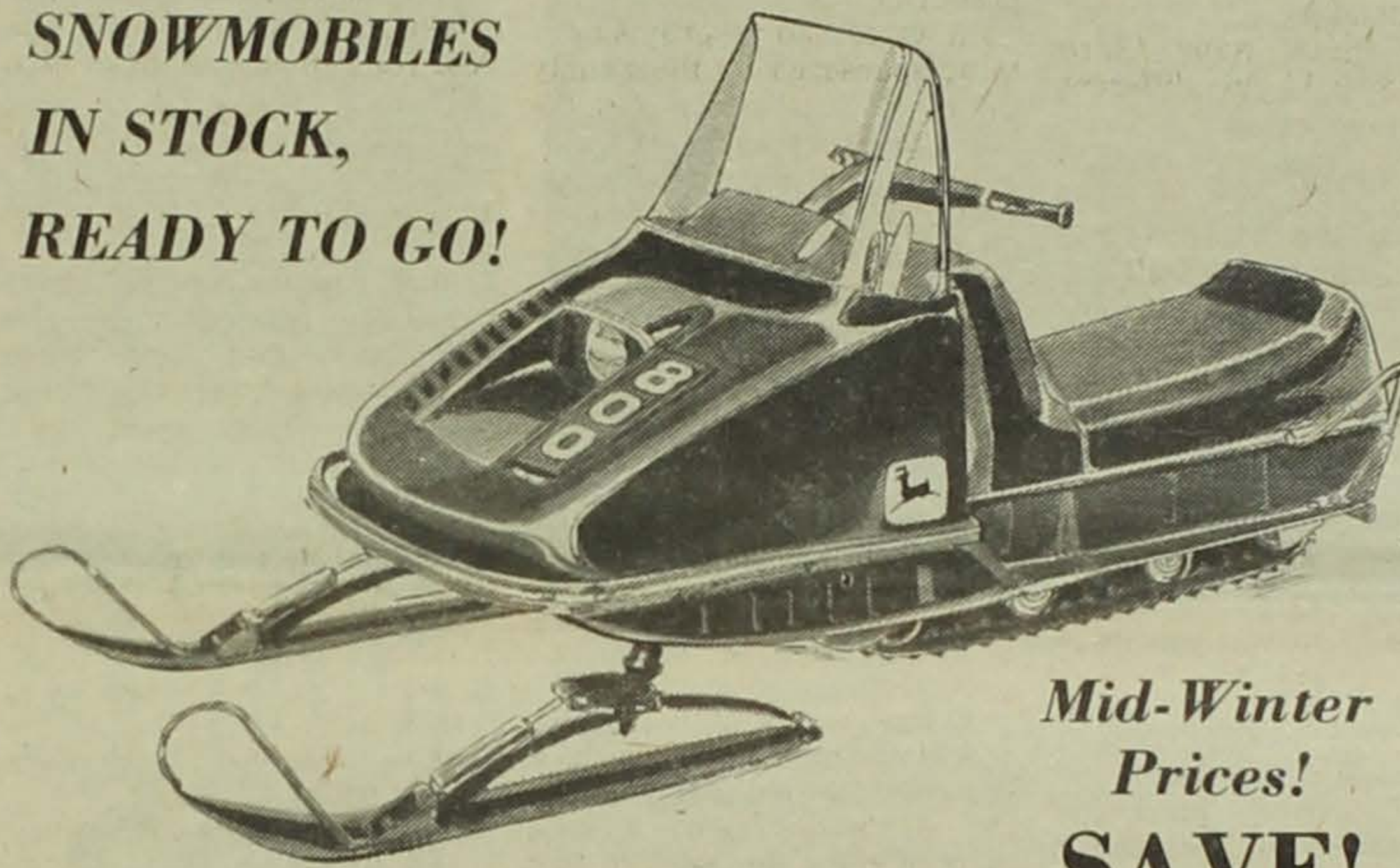
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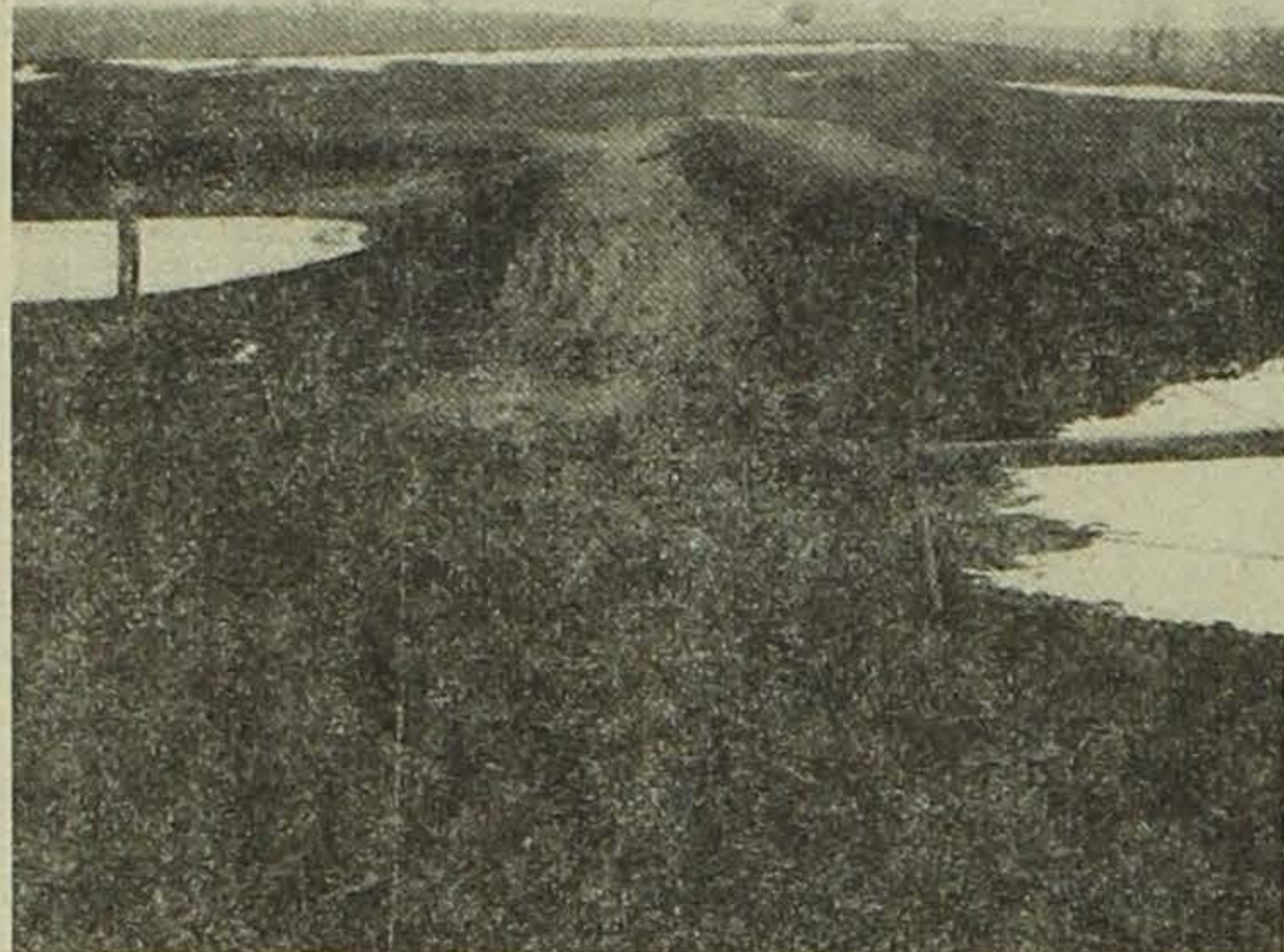
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What To Do With Runoff Water — Put It Elsewhere!



Erosion control structure on Nick Jensen farm in Benton Township.



Fence line on Nick Jensen farm.

By The Cass County Soil Conservation District
What do you do with the runoff from a lot of hill ground that runs all over fertile, productive bottomland? One answer is to send it someplace else.

That is exactly what was done on the Nick Jensen farm in Benton Township during the summer of 1974. A diversion over a quarter-mile long was built to intercept runoff that was complicating surface drainage and making rowcrop production difficult.

Many other diversions totaling over 18,000 feet were built last year to divert runoff after heavy rains away from bottomland fields, buildings, and other areas that are damaged by excessive runoff. In the case of the diversion on the Jensen farm, an open drainage ditch was used as the outlet for the diversion.

Control Plan

Jensen's diversion was built as a part of an extensive water management and erosion control plan. The diversion was included along with two detention structures to protect a large bottomland area well adopted to intensive rowcrop production.

The diversion was built at the base of a slope that will be used for rotation cropland. The two structures were built in major waterways that also discharged runoff onto the bottomland. Other practices are planned such as terraces and pasture seeding that will work together as a complete water management and erosion control plan.

Runoff from upland slopes can often be diverted to a grassed waterway or drainage ditch that will eliminate future damage. Diversions can also be a major help in diverting runoff

above feedlots or buildings. Attention must be given to selecting stable outlets such as a waterway since large volumes of runoff water can be collected in diversions channel.

Management

Diversions continue to function successfully as a result of good management. The channel of a diversion must be left in a vigorous grass or sod. Vegetation prevents direct contact with the soil surface preventing rilling and scouring of the channel. Close attention to the actual drainage area is essential in planning the proper capacity. The ridge as well as the channel should be top-dressed annually with a balanced fertilizer to assure adequate vegetative protection.

The Cass County Soil Conservation District continues to find diversions a popular conservation practice. The uses of diversions are many and their benefits are often dramatic. When included as a part of a complete conservation plan, diversions can be an effective water management tool.

CHEERY CHERRY HAM

Serve baked smoked ham or a broiled ham slice with a sparkling cheery cherry sauce in honor of George Washington on his birthday. For the sauce, drain 1 can (16 ounces) tart cherries and add enough water to reserved juice to make 1 cup. Combine ¼ cup sugar and 1 tablespoon cornstarch and stir in liquid to blend. Cook slowly, stirring constantly until thick and clear. Stir in the cherries and ¼ teaspoon red food coloring and serve hot with the ham.

Help keep your town clean. Put trash in containers, not along the streets and sidewalks.

NEW BOOK TELLS ABOUT LOST MINES AND TREASURES

Dreamers of gold coins or other treasure troves will find a newly published book right up their "pirate's alley," according to a review by Robert L. Thomas in the Phoenix, Ariz., Republic.

The book, entitled "Somewhere Out There..." is a compilation of 23 stories about "lost mines and vanished treasures" in Arizona, each accompanied by maps and all assembled by Phoenix Republic artist and writer Kearney Egerton.

The stories are "distilled" accounts of lost treasures, some from various sources and others from the author's own research backed up by his native Arizonan memory of old tales. Many appeared earlier in the Republic. None is claimed to be the gospel truth.

However, some of the treasures are semidocumented as having existed at one time, "at least in the minds of those who told about losing them."

Some of the old mines may have been small ore pockets exhausted by the original discoverers, but others are still "somewhere out there." More tangible bonanzas may be stolen payrolls, buried safes, leather bags of nuggets and smugglers' loot.

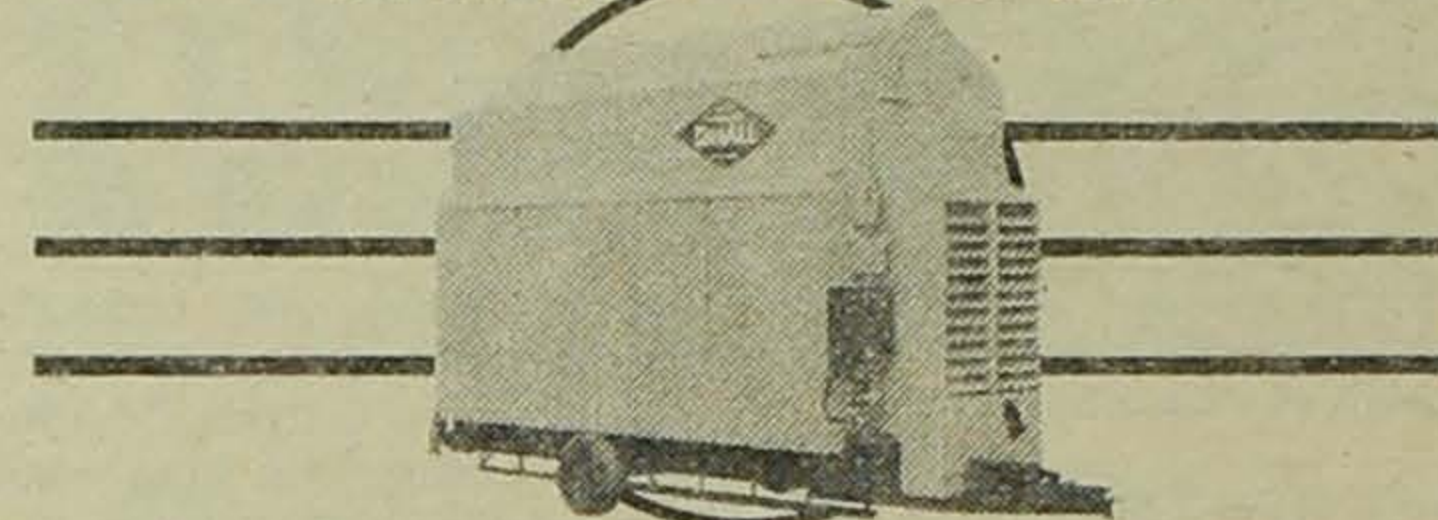
The broom-like excessive twig development found on hackberry and other trees results from an irritation caused by fungi, insects or a virus.

BREAKFAST RESOLUTION

One of your best resolutions for 1975 could be to send your family off to work and to school with a high-protein meal. Protein foods at breakfast promote greater efficiency and give a sense of well being, not only in the morning, but throughout the day. Since breakfast boredom may ac-

count for more breakfast skipping than is believed, serve different entrees. Variety is the answer and it's up to the "cook" to provide it. In addition to the usual bacon and sausage, serve scrambled eggs, including thin frankfurter slices, panfried slices of ham and luncheon meat, smoked sausage links and Canadian-style bacon.

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\$700	A-8	375 bu./hr.

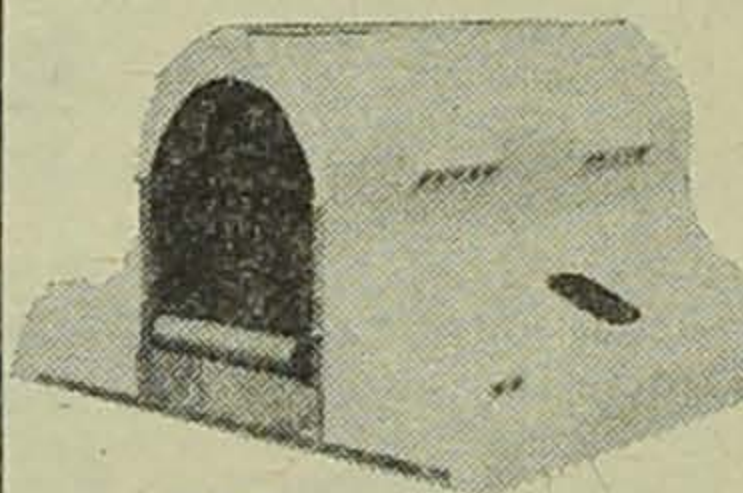


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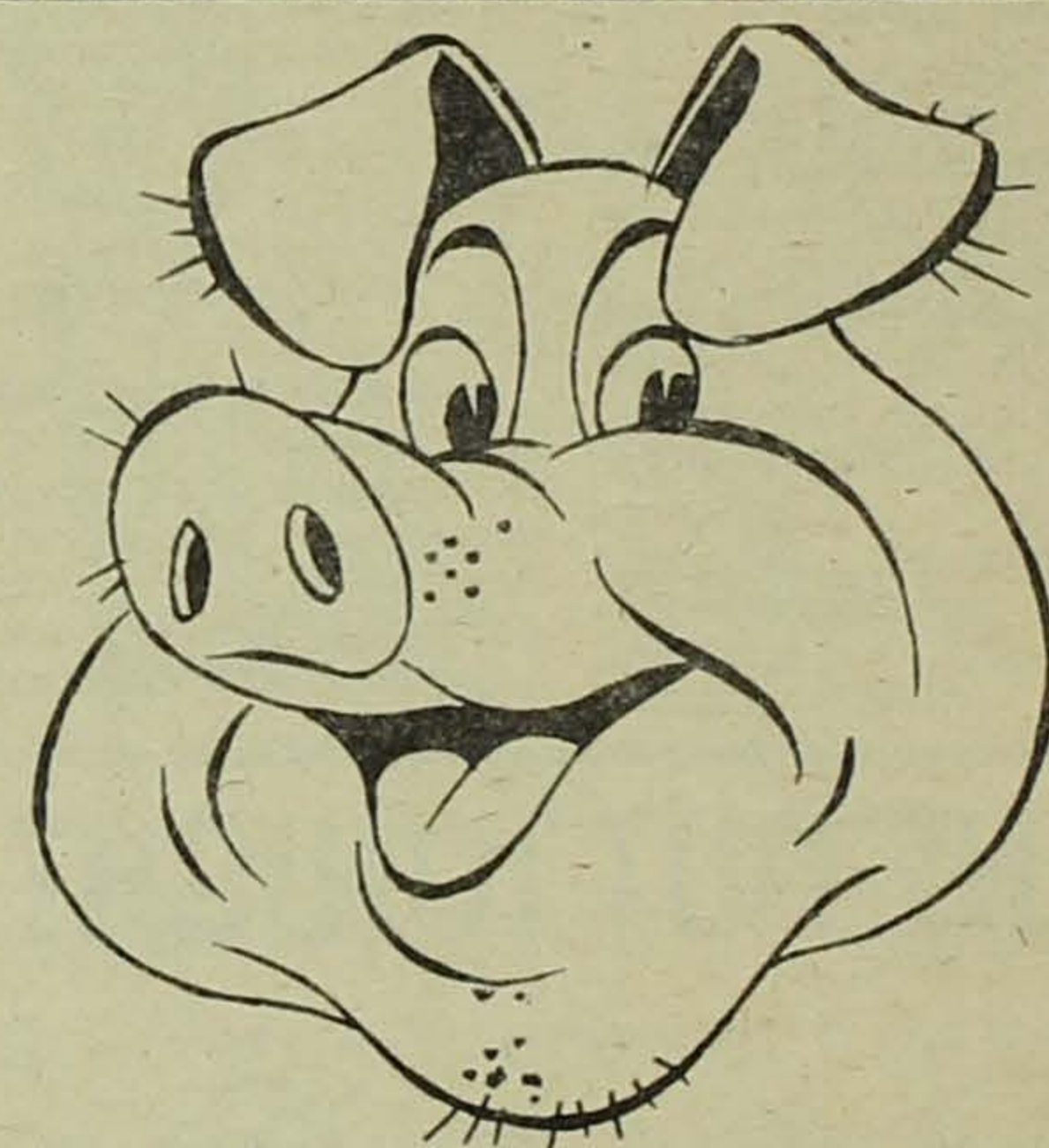
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Sycamore Village Shows Rapid Growth in Last Five Years

When Mr. and Mrs. Harold Shupe moved into Sycamore Village five years ago, the mobile home park consisted of 13 small lots, occupied mainly by people living in travel trailers.

Today, the mobile home park located at 500 Mulberry, covers several acres of land, has 74 lots, plus two houses and a rental duplex.

Why the sudden growth?

Part of the credit for the success must go to the Shupes, who encouraged owners Howard and Richard Rudolph, Atlantic attorneys, to expand the park.

First New Home

"We had the first new mobile home in the park," Mrs. Shupe recalled. "Six months after we moved in, the Rudolphs hired us to manage the park, and six months after that we persuaded them to add a new addition."

A total of 23 lots were added to the park in the couple's first year of management.

"After the first addition was completed and improvements were made in the old section, calls started coming in from parties interested in moving in," Harold noted.

In the following two years, 38 more lots were added and the Shupes found out that managing a mobile home park was a fulltime job.

"I think we've worked harder the last five years than we ever have before," Mrs. Shupe conceded. "We keep busy all of the time."

Former Barber

For Harold, who up until two years ago was in the barbering business, the change of occupation was quite a transition.

"I was a barber in Harlan for many years before we moved here in 1959," he explained. "I then barbered at Rowley's Barber Shop here for several years until I decided to retire two years ago."

The couple moved out of a large older home in Atlantic for the convenience of a mobile home.

"We're perfectly satisfied," Mrs. Shupe said of their 12x60-foot mobile home with an attached garage located just inside the park's entrance. "It's a nice place to live."

Cooperation

Mobile home parks, like most other places, have their share of problems, but Mrs. Shupe said most residents of Sycamore Village are very cooperative.

"We hardly ever have any trouble. Most residents do their part in obeying the park rules."

Young married couples and single persons make up the largest majority of households in the park.

"Our residents could be



classified as semi-permanent," Harold said. "Many of them are establishing their first homes, but there are also several older people residing here."

All of the lots in the new section of the park, except for one double-wide home, are 5,000 square feet and feature a two-car driveway, sidewalks and a patio area. Harold said that most of the mobile homes are 14x70 feet, which is the maximum size that can be moved on Iowa highways.

The park also has hard surfaced asphalt roads and a park area for children to play in.

"We try to keep it as safe as we can," Harold noted. "There is a 15 mile per hour speed limit inside the park and everybody seems to obey it."

Specific Duties

Dividing their management duties up between themselves, Mr. and Mrs. Shupe have their own specific jobs.

"Harold takes care of all the plotting for new lots and handles most of the cement work himself," Mrs. Shupe explained. He also takes care of all of the other outside work. My main job is to manage the office, pay the bills and update the maps showing where all of the underground lines are."

Besides managing the park, the couple uses their office as a branch for Westridge Mobile Home Sales in Harlan.

"When we're not doing that, we're usually out on the road looking at other parks so we can keep up with the current trends," Mrs. Shupe added.

Sycamore Village received the highest rating in its class in the 1974 edition of "Woodall's Mobile Home and Park Directory."

New Lots Planned

With only four vacant lots in the entire park, Harold said the Rudolphs are planning to add 45 more lots to the park in the near future.

"Plans call for the addition of around 25 lots this year," he noted. "They will be located in the northern section of the park."

Included in the plans are

seven more lots for double-wide homes. Mr. and Mrs. Shupe also said that the Rudolphs hope to have a private access road leading from the park to the new shopping center.

When it's time for a few days off, the Shupes simply lock the door, hook their travel trailer onto the car and take off.

"It's so much more convenient living here than in a larger home," says Mrs. Shupe. "Harold and I both enjoy it more."

Cite Value Of Conservation Practices



By Max H. Miller

Conservation! What does that word make you think of? Now apply it to soil. That is what we need to do and keep doing until we have all of our good Iowa soil terraced — seeded — strip cropped or otherwise stabilized so as to prevent erosion.

By taking care of our soil we improve crops — also prevent siltation in our streams, lakes and rivers — and improve our air quality because of less dust.

Renew Efforts To Excavate Old Theater

LISBON (AP) — Excavation of Lisbon's most important Roman monument — a theater dedicated to the Emperor Nero — is being held up by a combination of personal interests and revolutionary politics, according to Dr. Irisalva Moita, head of the city's museums.

She is trying to get the city authorities to start the work going again. It has been halted since 1967.

The theater, a semicircle about 200 feet in diameter, lies on the slope of Sao Jorge hill, now topped by the city's medieval fortress. The audience of 1900 years ago had a magnificent view over the Tagus River and the peninsula beyond.

For centuries their seats have been covered by streets and houses, the foundations resting on Roman columns and fragments of the pink and gray marble revetment.

Now the passerby on the Rua de Sao Mamede sees only a shed and a fence hiding what looks like an abandoned building site. But if he looks through a knothole in the fence he can see the columns and the foundations of the stage on which they stood.

If he rings the bell at number 3b on the other side of the street, he will be shown more, including the view that the Roman theater-goer enjoyed. A caretaker lives there with his



Sycamore Village Scenes

Sycamore Village, mobile home park located at 500 Mulberry, has grown rapidly in the last few years and currently has 74 households living in the park. The top picture shows some of the modern trailers in the park. The bottom picture shows a unique mailbox holder built by Harold Shupe, manager of the park. Mrs. Shupe, who assists her husband with the management duties, constructed the Sycamore Village sign which appears with the story.

wife, two children and a yard full of Roman relics.

A few feet under the pavement made of marble fragments, other Roman remains are undoubtedly buried.

If this house and eight others were torn down the excavations could be completed. Laid out and landscaped, the remains of the theater could become a handsome open air museum.

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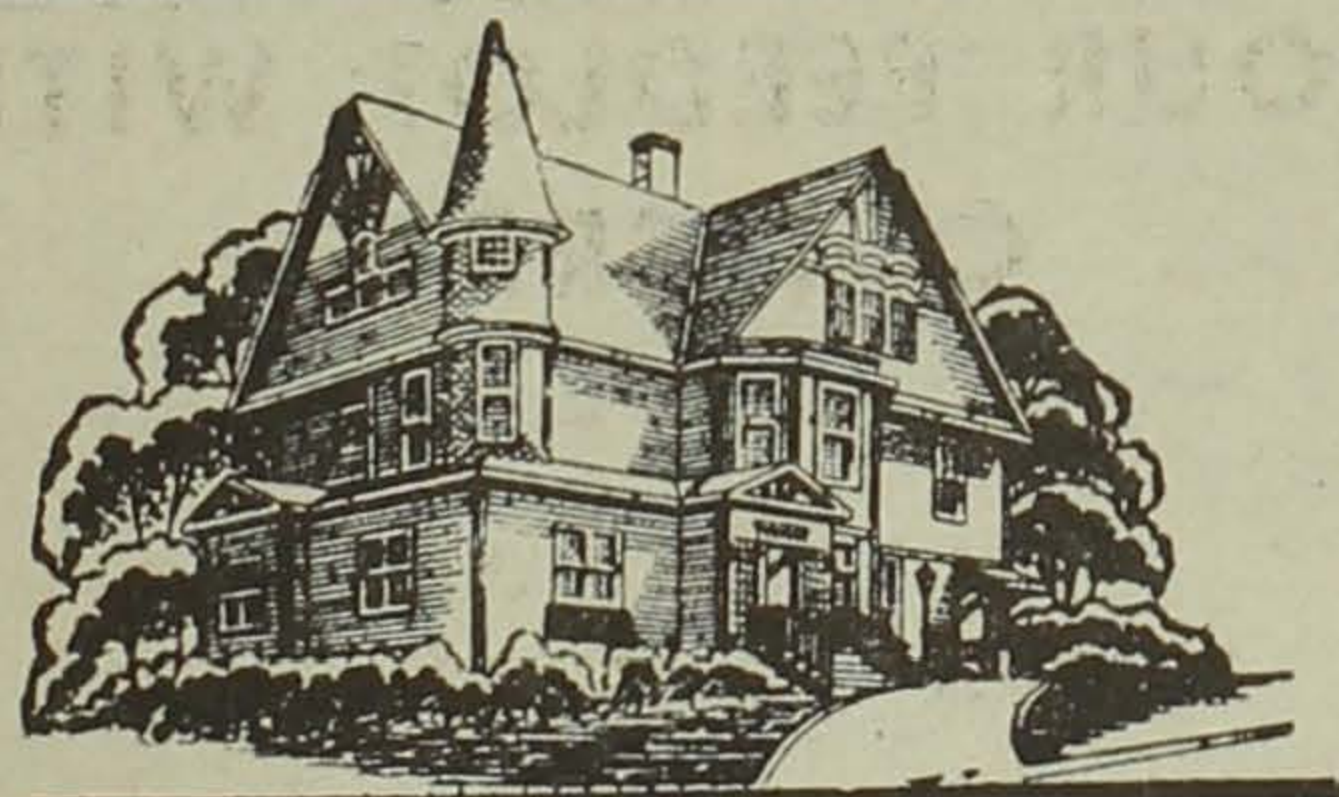
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Women Join Forest Fire Fighters

SILVER CITY, N.M. (AP) — Fighting forest fires is sweaty, back-breaking work, but "it sure beats waiting on tables," says a U.S. Forest Service fire fighter who has handled both jobs.

The professional fire fighter is Linda Day, a 27-year-old mother of twin boys. She's one of only five women, all stationed at the Gila National Forest, who fight Forest Service fires in New Mexico.

"What's the big deal about it as long as we do our jobs," says Mrs. Day, a Reserve, N.M., resident who is part of a five-member pumper crew.

And, says 20-year Forest Service veteran Don Webb, fire control officer for the forest, "The girls have done their jobs as well as the men and we have no adverse criticism."

The crew also includes Molly Thomas, 20, of Island Park, Idaho, and Eva Aragon, 24, of Reserve.

The only woman member of a seven-person fire crew at the Mimbres Ranger Station is Ann Prongay of Edison, N.J., who lives in nearby San Lorenzo and commutes to work daily.

Maryann "Muffet" Foy, 22, of Bayard, N.M., is the newest woman firefighter. She says she got tired of an eight-to-five job at a local bank and went looking for something different. She wound up recently with a tactical helicopter crew based at Lookout Point.

A spokesman for the Forest Service regional office in Albuquerque said no other women serve on Forest Service fire fighting crews in New Mexico.

He said there are no limits on assignments the female fire fighters are given — "We try to treat everyone just alike."

That means the same rigorous four-day training program

and the same daily routine of one-mile run, skipping rope and 80 minutes of organized recreation, such as volleyball or basketball.

Miss Prongay said she was the only woman among 85 men during her training, and "I really felt conspicuous there. Everyone was apologizing to me for profanities or one thing or another."

But crossing the sex barrier hasn't been all apologies, the women said. A number of male fire fighters remain skeptical.

"A lot of guys resent our being fire fighters," says Miss Thomas. "They get uptight about it. They feel threatened."

She is the only veteran among the five women, having worked for the Forest Service in Idaho last year.

Mrs. Day said she thinks "men feel we're competing with them."

And Miss Aragon muttered that "most of the men think we're nurses."

Miss Thomas says the stereotypes are being broken and the women are at least on their way to acceptance.

"I think we've changed a lot of people's minds about what we can do," she said.

What they do, according to Mrs. Day, is "make hose lays, make the initial attack with the pumper crew and follow through with the mop-up stages."

Miss Aragon put it more simply: "We just go out and fight fires. It's part of our routine."

The two men on the pumper crew, Todd Hecker and John Barmory, say they're satisfied with the women's performance.

"I've worked with women fire fighters before and wasn't too impressed. But these three really surprised me," says Hecker, who came to the Gila from Angeles National Forest in California.

Barmory agreed: "The girls put forth a lot more effort and once they get the hang of the job they do better than some men I've seen."

Even Webb, who admits to



Six Dozen for a Quarter

Who is in the picture or when it was taken is not known, but it shows that apples were selling for a quarter many years ago. At the extreme right of the picture are two cars of the style

produced in the 1920s. The picture is from the Mrs. Charles Templeman of Atlantic collection.

some lingering skepticism, said the women "really know their stuff. This pumper crew has been dispatched all over the state and they have done a great job. Men couldn't have done any better."

"We don't play favorites," he said. "Women fire fighters must do the job. They must climb the same mountains, fight the same fires and maintain the same conditioning as the men."

That seems to suit the women just fine.

"I don't want any breaks. I want to be treated as an equal," Miss Prongay said.

Mrs. Day said she hasn't had any breaks on the fire lines.

"If anything it's harder," she said, "because the women had to prove their ability to the men."

Webb said acceptance isn't the only problem with women crew members.

"In our isolated locales, our current facilities are not for women," he said. "We have had to provide special quarters apart from the men and set up a schedule when the girls can use the shower facilities."

Webb said he was also a little concerned about how co-ed fire crews "will be accepted by wives of married personnel."

He said two-person co-ed teams will not be sent to overnight fires.

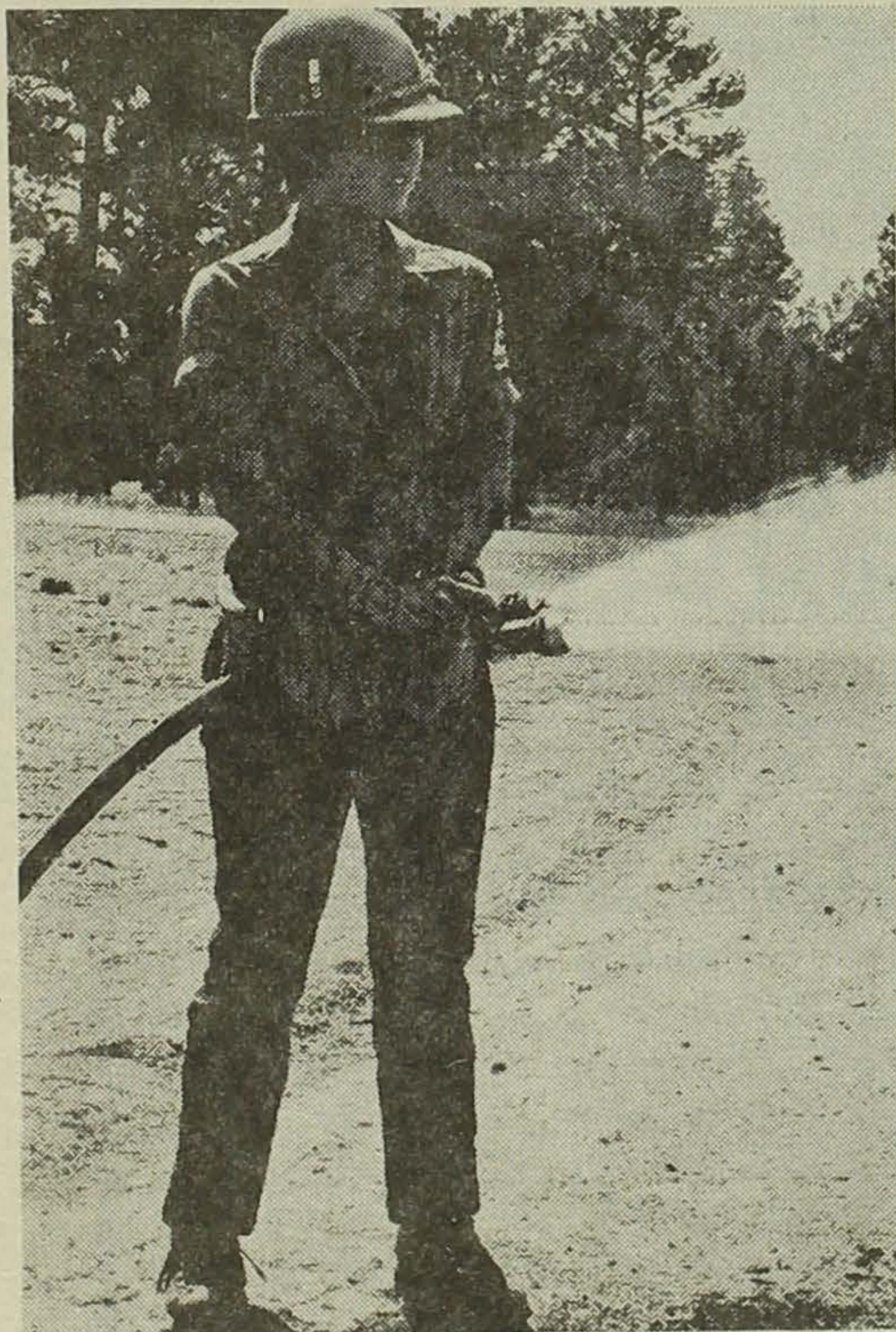
Miss Foy says the facilities at Lookout Point have presented no problems and so far "there's been no hassle. All the men have been real helpful, cooperative and friendly."

ELEGANT LIVING

WASHINGTON (AP) — Janet Harley was given a surprise birthday party by 11 of her friends recently — an elegant breakfast at dawn by the reflecting pool in the midst of the Washington Monument and Lincoln Memorial.

Miss Harley, a 28-year-old Department of Health, Education and Welfare employee, was brought to the scene at 7:10 a.m. in a horse-drawn carriage. The men wore morning suits and top hats, and carried canes, and the women wore long dresses. The breakfast, accompanied by a quartet, consisted of strawberries, sliced smoked salmon, oysters, Beluga caviar, champagne, crepes of cream chicken au gratin, and pastry.

Men from a caterer brought chairs, tables, china, food and other necessities in a truck. They said the meal cost about \$50 each.



FIRE WOMAN—Showing off her professional abilities, forest firefighter Molly Thomas, 20, stands steady with hose in hand. She says, "I think we've changed a lot of people's minds about what we can do."

NEW TYPE LANDINGS

ST. PETERSBURG, Fla. (AP) — Landing an airplane with its engines conked out is a challenge for any pilot. But such "dead-stick" landings will be standard operating procedure for the pilots of NASA's space shuttle, a supersized glider whose return from orbiting the earth will be powered only by gravity.

Engineers at the Aerospace Division of Honeywell here are designing the flight controls that will make the shuttle's dead-stick landings possible. They say the 75-ton airliner-sized spaceplane in its plunge earthward will create energy equal to the electrical power consumed by all homes in the U.S. in 30 minutes. Most of that energy will be dissipated in the form of heat, as parts of the shuttle's thermal protective surface glow to 3,000 degrees Fahrenheit during re-entry.

The space shuttle is designed to go into orbit and return repeatedly, ferrying scientists, laboratories, and satellites to and from the earth. Turn-around time between missions will be about two weeks. In the 1980's, the shuttle will replace

most of NASA's present "throw-away" boosters, giving America a cheaper way to lift men and equipment into space.

JITNEYS RETURN

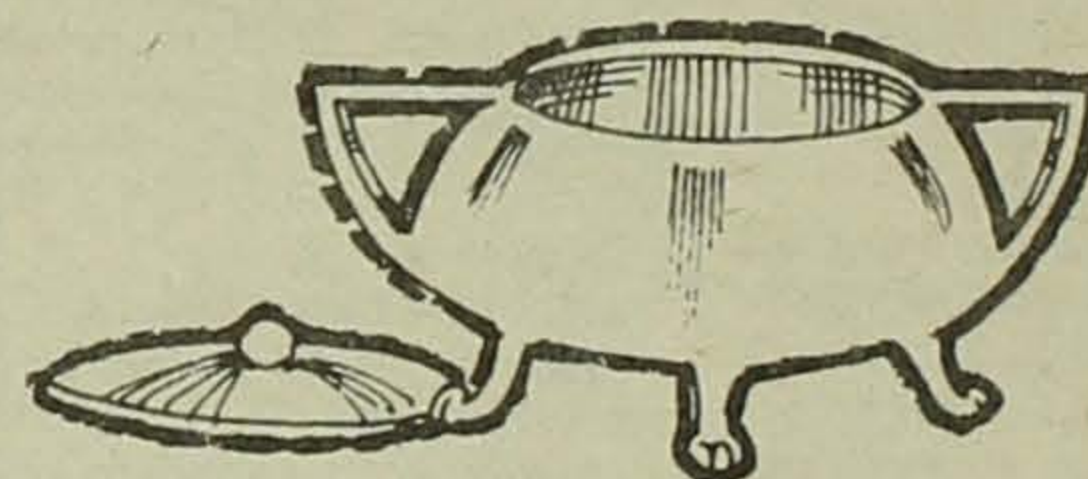
LOS ANGELES (AP) — Jitneys, private cars carrying passengers for a fare, have returned to Los Angeles after an absence of more than 50 years.

Getting a jump on other operators, Fred La France, 37, drove a 19-passenger bus over a U-shaped jitney route between Marina del Rey and Venice, picking up patrons for 25 cents.

The route is the first of eight La France hopes to put into service in the next few months to serve coastal communities from the Los Angeles-Santa Monica city line south to Los Angeles International Airport. A few other companies are expected to start their own jitney routes soon.

The jitney movement was born here 60 years ago. Jitneys flourished here in World War I with more than 1,000 cruising the city's streets.

Help keep your town clean. Put trash in containers, not along the streets and sidewalks.



NO SUGAR - NO PROBLEM

The rising cost of sugar and sweetened foods may actually be a blessing in disguise. Nutritionists know that Americans consume more sugar than they need and have long been urging the public to modify their diets. The price rise may yet succeed in doing what the nutrition experts have been advocating for years: drastically lower sugar consumption.

There are benefits to using less sugar. Among them—fewer cavities and fewer calories. Here are some ideas to show you how Florida citrus fruit and juice which contain natural sugars for natural energy can replace the sugared foods that are becoming more and more expensive:

- Drink orange or grapefruit juice instead of sweetened drinks. The juices are more nutritious and a better buy.
- Snack on an orange instead of a candy bar.
- Instead of buying frozen pops at the store, make your own with orange juice.
- Serve fresh fruit for dessert. There are many different ways to prepare it:
 - top grapefruit half with cinnamon or nutmeg
 - serve sliced oranges with sliced bananas, chopped apple, strawberries
 - top fresh citrus fruit with crumbled macaroons or ginger snaps
 - soak raisins in orange juice, then add fresh orange or grapefruit sections and coconut
 - top orange or grapefruit sections with plain yogurt and sprinkle with coconut and cinnamon



Conservation Program Is Reviewed by Commissioner

By Lawrence E. Blunk
Commissioner and
Regional Director

Last year was a busy and fruitful year for the overall conservation programs. The year's program began with a short course at Iowa State University in January. It was formulated under the leadership of Min Amemeya, the assistant dean of agriculture, and was designed especially to update the commissioners on new techniques and advancements in farming practices.

February was the National NACD convention in Houston, Tex., and we summarize the year's accomplishments and try to set new goals for the coming year. It is always an inspiration to see old friends and exchange ideas and information.

In March we had a regional workshop to update ourselves on the latest available information on soil conservation programs as it relates to our own farm and community. The expertise of the state personnel was made available at these workshops.

In the summer we had an evening workshop to update ourselves on new developments and the latest information as the year progressed.

In July we had the Upper Mississippi Area meeting. This included the eight states in North Central United States, and was designed to work out problems peculiar to our area. The 1974 meeting was held in Columbus, Ohio, and will be in Bettendorf this year.

In September we had the State Soil Conservation District Commissioners annual conference. It was for all commissioners and clerks as well as the district conservationists.

We had experts from all over the nation for this meeting and it is one of the most important meetings of the year.

It has also been my privilege as regional director to help judge farms for the Register and Tribune awards program. This has been an inspiring program and creates healthy competition on the overall conservation program on the



farm.

We, as commissioners feel like the rewards of being stewards of our soil and related resources are many and worthwhile. We feel our stewardship in this effort is well repaid as this is some of the most important efforts one can be involved in this day and age.

Conservation Work Really Pays Off



By William A. Fudge
Assistant Commissioner

My dream to leave land in better shape than I found it began to be realized in the spring of 1944 when I started farming. I sought help from the Soil Conservation Service office.

After a heavy rain it is most satisfying to see water standing behind terraces. Then slowly soaking into the soil rather than washing the top soil away. One mile of terraces with an 18-inch channel will hold 100,000 gallons of water.

The last 80 acres I purchased, which really needed conservation practices, were soon improved with the removal of trees, filling of ditches, terracing and contouring. Our local SCS office really helped me and they are willing to help everyone.

The saying "soil conservation doesn't cost, it pays" is certainly true. If the United States is to help feed the world, every effort must be made to preserve the one and only soil there will ever be.

It has been a great challenge, rewarding and satisfying experience to leave the land I have custody of in better shape than when I took possession.

Start sooner...drive slower

Tip of the Hat to 4-H CLUB MEMBERS

This month's junior leader is Gary Ohms, 18, son of Mr. and Mrs. Dewey Ohms, Rt. 1, Anita. Gary has been a member of the Lincoln Sons of Farmers 4-H club for nine years and a junior leader four years. Those who have helped Gary with his Junior Leadership project are Mary Henningsen, club leaders and volunteers at the Cass County Fair. Gary's other 4-H projects are swine, sheep, breeding heifers and junior feeder.

Gary has been president and vice-president of his club; given educational presentations; was on the 4-H livestock judging team to the Iowa State Fair the past two years and attended 4-H day camps. He is currently serving on the County 3x5 Committee.

Highlights of Gary's 4-H career were the Iowa State Fair livestock judging and representing Cass County at American Royal Conference in Kansas City.

Gary plans to remain active in the Junior Leader group this year and feels they "can make fun out of practically anything."

"Work in 4-H has been the



Gary Ohms

high point of my life," says Gary. "The people you meet are not the type who just pass you by on the next occasion you meet. These are life-long friends who like to help the other guy through his work, friends who really care. Four-H has developed into a very motivating and educational experience for me."

DON'T BELIEVE IT

That old wives' tale that pork is hard to digest has been disproved many times by modern nutritional scientists. Pork, like all meat, is virtually completely digestible. Its protein is used for both tissue

growth and maintenance. Pork makes many other contributions to good nutrition. It's the most valuable natural source of thiamin and generously contributes other B vitamins and important minerals such as phosphorus and iron.

PORK SUPPLIES DECLINING

Supplies of pork are expected to decrease during 1975. Producers have been losing money on every hog they sell for the past several months and many have begun to reduce their breeding herds. Currently, it costs about \$38.00 for a hog to gain 100 pounds, but the market price for hogs has only been \$35.00 per 100 pounds.

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Help Provided In Planning New Disposal Systems

Livestock producers are taking a closer look at their system of handling animal wastes, and are looking for help in planning disposal systems where new feeding facilities are built. Soil Conservation Districts have become involved in helping to provide some of the planning and engineering necessary to meet the latest standards in controlling animal wastes.

Producers have become accustomed to two agencies that are deeply involved in the regulation of the discharge of animal wastes. One agency is the Environmental Protection Agency (EPA) which is a Federal Agency. The other agency of State government is the Department of Environmental Quality (DEQ). These agencies are charged with developing standards to use in measuring the amount of runoff as well as to enforce regulations limiting the amount of runoff that can be permitted.

Services

The Soil Conservation District becomes involved in the control of animal wastes by providing cooperators with planning and engineering services. The District is not involved in the establishment of regulations or in the enforcement of the regulations. The District is involved only where planning and engineering services are needed to correct a problem or to include control facilities into new construction.

The two regulatory agencies, EPA and DEQ, are concerned with preservation of the environment and the quality of the nation's air and water resources. Their personnel are directed currently at the larger livestock producer due to limitations in manpower. This, however, should not discourage a producer planning a new investment in feeding facilities from disregarding the inclusion of animal waste control measures. The rules and regulations are available spelling out the amount of storage that should be considered, and can be obtained through the Soil Conservation District office.

Plans

The services of private engineers, livestock specialists and others may be needed to prepare the complete waste control plan. Collection and storage of animal wastes is only part of the plan. Proper and efficient disposal of liquid and solid wastes must be included since they affect equipment costs, rates of application of plant nutrients, and other agronomic considerations.

Consultation with Soil Conservation District technicians may be just the beginning of further investigations concerning the control of animal wastes. The producer getting ready to build a new hog finishing building or a cattle feeding facility should include waste control measures. It is less costly to include storage facilities in the original construction than to add them later. At least part of the planning that is required is available through the Soil Conservation District office.

The snapping and musk turtles have elongated nostrils that enable them to reach through surface waters without revealing the rest of their heads. The nostrils work like a snorkel.

1974 ANNUAL R

COMMISSIONERS ACTIVITIES

— January —

District Commissioners attended the Annual Short Course held at the Memorial Union in Ames on January 15 and 16th.

A MAPA meeting held in Oakland on January 25th was attended by the Commissioners.

— February —

The Annual Meeting was held on February 6th at the 4-H and F.F.A. Community Building in Atlantic. A free pancake and sausage dinner was served followed by a program.

District Commissioners Baier and Hosfelt and their wives attended the National Association of Conservation District Commissioners held at the Hyatt Regency Hotel, in Houston, Texas, February 10 to 14th.

Commissioners attended the signing meeting for Region 13 Soil Conservation Districts at the Federal Building in Council Bluffs on Feb. 28th.

— March —

The Operation and Maintenance inspection of the Crooked Creek Watershed was held on March 12th followed by the Annual meeting held at the Jesse James restaurant in Adair.

A meeting for Contractors operating heavy equipment in Cass County was held March 14th at the Extension meeting room in Atlantic. Commissioners met with the Contractors to outline the cost-share programs.

Commissioners Regional meeting was held March 19th at the Holiday Buffet in Harlan at 10:00 A.M. Lawrence Blunk of Atlantic, Regional Director, presided at the meeting.

The Annual meeting of the Turkey Creek Watershed was held on March 22nd at the Extension meeting room in Atlantic. Commissioners and Watershed Board met jointly to outline future plans in the watershed.

— April —

Commissioners, wives and office personnel attended the retirement party held for Leon Foderberg, Area Conservationist, in Council Bluffs on April 19th.

The District office clerk attended a training meeting for Clerk's held at the Holiday Buffet in Harlan on April 26th.

— May —

On May 12th Kendell Olin entered on duty as the Area Conservationist, with headquarters at Council Bluffs.

Soil Stewardship week was observed May 19-26th with the District supplying Cass County ministers with materials for distribution and booklets to aid in sermon preparations, stressing soil stewardship and conservation of natural resources.

Cass County youth participated in the Soil Conservation Speech contest held at the Atlantic Utilities Building on May 28th.

— June —

A meeting was held June 11th at the Audubon Extension meeting room to discuss Long-term agreements for State Cost-sharing.

The Queen of Conservation Contest committee met on June 26th to make advance plans for the contest held during the 4-H and F.F.A. Fair.

The summer meeting of the Soil Conservation Society of America was attended by personnel at the Tall Corn Motel in Shenandoah, on June 28-29th.

— July —

A River Basin workshop was held at the Audubon Extension meeting room on July 17th.

Commissioners Fall Regional meeting was held at the Federal Savings and Loan building in Harlan at 8:00 P.M. on July 24th with Regional Director Lawrence Blunk, presiding and Cass District Commissioners attending.

A Region 13 meeting was held in Oakland with Commissioners attending.

A tea for Queen of Conservation contestants was held on July 31st.

— August —

The Cass County 4-H and F.F.A. Fair was held during the week of August 5-9th.

The Queen of Conservation Contest sponsored by the Soil Conservation District was held on stage at 7:30 P.M., August 6th.

A soil conservation District Commissioner election was held at the District booth from 1-8 P.M. on August 7th and resulted in the reelection of G.M. Baier and the election of Tom Magill to serve 6 year terms as Soil Conservation District Commissioners in the Cass District.

The District booth was transported and assembled at the State Fair on August 15th through 25th. Cass District placed third in the State Fair booth competition.

A tour of the Turkey Creek Watershed was held on August 20th and a meeting of the Nodaway Watershed was held at the meeting room of the Massena City Hall that same evening at 8:00 P.M.

The Troublesome Creek Watershed Plan of operations was discussed at the Audubon Field Office on August 29th at 10:00 A.M.

— September —

The District Conservationist spoke to a dinner meeting of the Atlantic Chamber of Commerce at the Trojan Coffee Shop on Sept. 5th and to the 4th grade class at Jackson School on Sept. 6th.

The District Commissioners Annual conference was held at Fort Dodge on Sept. 8, 9, 10th and was attended by Commissioners, wives and District office clerk.

On September 12th the Troublesome Creek sponsors and directors met at the Court House in Audubon and approved the watershed for operations.

Sept. 21st a pancake day was held at Littlefield Park from 11:00-7:00 P.M. to inform the public of the activities taking place in the Troublesome Creek Watershed.

The D.C. spoke to the Veterans class at the V.F.W. Hall in Atlantic at 8:00 P.M.

On Sept. 26th a soil judging contest was held at Oakland with the Atlantic team placing first in the competition.

— October —

On October 10th the D.C. attended an Area meeting at the Holiday Buffet in Harlan.

On Oct. 21st the D.C. spoke to the Veterans Class at the V.F.W. Building in Atlantic.

— November —

A pre-bidders tour was held on November 7th at the SCS office in Atlantic and prospective bidders toured the sites in Part 5, Turkey Creek Watershed.

November 18th sealed bids were opened in the SCS office and the Jack Stanley Company of Shenandoah was the apparent low bidder.

On December 11th the contract was let to the Stanley Company for the construction of 8 grade stabilization and 1 floodwater retarding structure to be built in the watershed in the spring of 1975, at a cost of \$367,051.31.

— December —

On Dec. 4th Commissioners, D.C. and wives attended the Regional Soil Conservation Awards banquet held at the Exira high school.

12 regular and 4 special Commissioners meetings were held during the year.



Wendell C. Pellett, Lawrence E. Baier, William A. Fudge, Tom Magill. Miller not present.

We, the Cass County Soil Conservation District, to all those named below, as well as many others, the years in helping to advance the cause of Soil feel a great responsibility in conserving our moving water — for future generations and only with the help of those who have helped us to advance the cause of SOIL CONSERVATION DISTRICT.

DISTRICT PERSONNEL

Gayle R. Johnson
Elmer L. Nelson

SOIL CONSERVATION DISTRICT

William E. Willis

EXTENSION PERSONNEL

A. Daniel Merrick, Co. Extension Director
LaVon Eblen, Extension Home Economist
Mary Ellen Henningsen, Ext. 4-H & Youth leader
Rita Sullivan, Office Assistant
Beverly Gunderson, Office Assistant
AGRICULTURAL STABILIZATION DISTRICT
Paul D. Peterson, County Executive Director
Elaine Martens, Administrative & Price Support
Mary Jo Donohoe, RECP & Feed Grain Clerk
Duane Ortgies, Bin Supervisor

County Committee

Rex Underwood, Chairman
FARMERS HOME ADMINISTRATION
Forrest D. Vermillion, County Supervisor
Dwight Veldhuizen, Ass't. County Supervisor
Gary W. Ludington, District Director
Eleanor H. Burgess, Office Assistant
Samuel L. Irvin, Construction Inspector
Shirley A. Winston, Ass't. Office Clerk
Madonna R. Nissen, Ass't. Office Clerk

Atlantic State Bank
First Whitney Bank
Anita State Bank
Cumberland Savings
Farmers Savings Bank
Griswold State Bank
Home Federal Savings

ANNUAL REPORT



Wendell C. Pellett, Lawrence E. Blunk, George W. Hosfelt, G.M. Baier, William A. Fudge, Tom Magill, Gilbert Wehrman. Max H. Miller not present.

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
Elmer L. Nelson

Office assistant
Conservation Aide

SOIL CONSERVATION SERVICE

William E. Willis

District Conservationist

EXTENSION SERVICE

A. Daniel Merrick, Co. Extension Director
LaVon Eblen, Extension Home Economist
Mary Ellen Henningsen, Ext. 4-H & Youth leader
Rita Sullivan, Office Assistant
Beverly Gunderson, Office Assistant

AGRICULTURAL STABILIZATION AND CONSERVATION SERVICE

Paul D. Peterson, County Executive Director
Elaine Martens, Administrative & Price Support Clerk
Mary Jo Donohoe, RECP & Feed Grain Clerk
Duane Ortgies, Bin Supervisor

County Committee

Rex Underwood, Chairman

Dean Eilts

Folmer Nelson

FARMERS HOME ADMINISTRATION

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

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.

REPORT

CASS COUNTY SOIL
CONSERVATION DISTRICT

ACCOMPLISHMENTS

CONSERVATION PRACTICES APPLIED IN 1974

Name of Practice	Unit	Amount
New District Cooperators	No.	92
Landowners requesting assistance	No.	591
Landowners applying a practice	No.	183
Conservation Plans prepared	No.	7
Conservation Plans revised	No.	11
Contour	Ac.	2,085
Terrace	Ft.	59,050
Diversion	Ft.	20,465
Ponds	No.	4
Structures	No.	23
Waterways	Ac.	77
Tile	Ft.	365,172
Land adequately treated	Ac.	6,977

FINANCIAL REPORT

	RECEIPTS	DISBURSEMENTS
Allocation	1-M Budget	
Commissioners mileage	\$1200.00	911.61
Office supplies		233.80
Prizes for contests		30.00
Office expense		24.43
Released		.16
Allocation	2-M Budget	\$1200.00
Additional allocation	15,275.00	
	546.24	
	\$15,821.24	
Clerical and technical salaries		15,236.29
Travel		44.73
Insurance		72.00
Equipment		468.22
Allocation	3-M Budget	\$15,821.24
	\$28,900.00	
Disbursed to date		23,945.77
Allocated		4,763.13
Unallocated balance		191.10
		\$28,900.00
Balance on hand Dec. 31st, 1973	District Revolving fund	
Reimbursement	\$620.26	
Income	296.48	
	16.50	
	\$312.98	
Post Office		205.15
Office supplies		20.46
Soil Stewardship materials		6.03
Prizes for contest		30.00
Fair booth		35.00
		\$296.64
Balance on hand Dec. 31st, 1974		
	\$636.60	
Balance on hand Dec. 31st, 1973	Cooperator Club	
Receipts	\$2031.75	613.14
Disbursements		\$1,687.09
Balance on hand Dec. 31st, 1974		\$957.80

Cass County ASCS Office

County Committee

Rex Underwood, Massena
Dean Eilts, Wiota
Folmer Nelson, Anita

Office Staff

Paul Peterson, CED
Elaine Martens, Prog. Asst.
Mary Jo Donohoe, Prog. Asst.
Duane Ortgies, Field Asst.

The Cass County ASC Committee and Office appreciate this opportunity to present its report as a part of the Cass County Soil Conservation District Annual Report for 1974.

The cooperation and working relationship between the Cass County ASC Committee and the Cass County Soil Conservation District Commissioners has been excellent. Their goal has been to get conservation practices established on the land for the benefit of future generations.

Through the 1973 REAP, which was reinstated in 1974, ASCS assisted Cass County farmers by cost-sharing \$91,200.00.

Under the 1974 program, RECP annual program, farmers were cost-shared \$39,480.00 for conservation practices. A new provision under the 1974 program, the Long Term Agreements, eight county land owners entered into a contract to secure complete conservation measures on their farms. These farms received \$22,087.00 cost-share assistance in 1974 and will receive \$66,984.00 for future years work.

The Soil Conservation Service received \$7,842.00 in 1974 through ASCS for technical services.

The Federal Crop Insurance Corporation Office at 1207 Sunnyside Lane, Atlantic, Iowa services six counties — Audubon, Cass, Dallas, Guthrie, Montgomery and Page. On file to date have been 1,017 crop loss claims. The workload is heavy, but we hope to have all claims adjusted by Feb. 1.

Bruno E. Behrends, Loss Adjuster

Florence M. Thompson, Rep. in Charge

Irma E. Nelson, Asst. Rep. in Charge

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 1974.

Waterways Beat
Gullies And
Ditches

Grassed waterways beat ditches and gullies any time. The constant chore of keeping natural watercourses stable continues every year as one of the veteran conservation practices. In 1974, a total of 75.6 acres involved in only grassed waterways themselves were shaped and seeded to adapted waterway grasses.

Waterways become ditches whenever water is confined in a channel that is too narrow and the speed of runoff becomes excessive. Waterways become ditches also when runoff carrying herbicides destroys the existing sod cover. One way to insure the usefulness of a waterway is to shape a channel with adequate capacity and seed it to adapted grasses such as brome, fescue or Reeds Canary grass. A new grass for use in waterways is Blackwell Switchgrass which has some tolerance to most of the commonly used herbicides.

Dual Purpose

Waterways are not waste land. If properly shaped and seeded, a waterway should be a strong producer of mixed grasses for hay. A waterway should be mowed, raked, and baled at least once a year to keep the grasses in a vigorous state of growth. This will also prevent damaging buildup of excessive mulch at the ground surface.

Best Seeding

Experience has shown that a mixture of brome, fescue, and a small amount of Reeds Canary grass will produce a long-lived waterway seeding. Excessively wet waterways must be improved with tile drainage. Waterways with large overfalls into a larger ditch should be controlled with a pond, structure, or other stabilizing device. Once the necessary stabilizing measures are installed, the continued usefulness depends entirely on sound management annually.

Complaints are heard every year about waterways filling up and getting high in the center. This is a natural process that will happen to any waterway unless it happens too fast. Waterways that fill up in a matter of a few years generally are exposed to excessive soil loss on the adjacent slopes.

Selection of grasses to be used in a newly shaped waterway is an important decision. Legumes should be avoided since they are generally short lived, mostly shallow rooted, and easily killed by herbicides. The best choices are cool season grasses adapted to the soil types and climatic conditions found in Cass County. Brome is an excellent choice, but may be accompanied in a mixture with Reeds Canary grass.

Terrace systems that outlet into grassed waterway are totally dependent on the quality of the waterways. Sparsely vegetated waterways, wet waterways, or too narrow waterways soon become rills and ditches with the concentrated runoff from the terraces.

Cass County farmers continue to depend on a veteran conservation practice, the grassed waterway, to help solve erosion problems. Nearly 75 acres developed as waterways demonstrates that there are still a few ditches to fill and some grasses to plant before the total needs for conservation in Cass County are met.

E. Blunk, George W. Hosfelt, G.M.
a Mag, Gilbert Wehrman, Max H.

Commissioners, wish to express our thanks
the area, for their fine cooperation over
Water Conservation in Cass County. We
valuable natural resources — the soil and
lp of everyone can this goal be realized.
this great enterprise.
DISTRICT COMMISSIONERS

PERSONNEL
Office assistant
Conservation Aide
SERVICE
District Conservationist

CONSERVATION SERVICE
Clerk
Folmer Nelson
ADMINISTRATION

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Soil Conservation Practices Needed To Assure Nation's Food Supply

By William H. Greiner,
Director
Iowa Department of
Soil Conservation

More than 35 years ago, the residents of the eastern half of the United States were shocked to see great dark clouds cover the sun and the deposits of brown earth which littered the countryside.

This was during the period commonly known as the "Dirty Thirties", and these appalling dust storms were caused by winds sweeping the Great Plains which were laid bare by cultivation.

While millions of acres of cropland destroyed is a shocking price to pay, this era did result in the awakening of the public to the tremendous need for instituting a program for the conservation of the soil resources of this nation.

This was the period in which resource agencies on the federal level were organized to design soil conservation programs.

At the same time, machinery was set in motion through state enabling acts which would establish a procedure for the organization of state departments of soil conservation and soil conservation districts.

The Iowa soil conservation district program began operations during the late 1930s. The first district was organized in 1940 and the last in 1952, which completely covered the state of Iowa. The Cass County Soil Conservation District was organized in 1942.

Since the beginning of soil conservation districts, the objective has been to use each acre of land according to its capabilities and this objective is still valid today.

Food Surpluses

The United States and the world are changing rapidly. A few years ago, we were faced with mounting food surpluses and a problem of how to dispose of these surpluses.

Today these surpluses are gone. Iowa and many parts of the United States have just come through a crop production year that was far below expectations; and, as a result, many people in this world are malnourished and will probably face an agonizing death due to hunger.

The theme that farmers must produce more to help meet these problems is being advocated widely, and farmers have gone all out to meet this challenge. However, in reaching out for this additional production, the Iowa landscape has suffered terrible consequences.

Even with the impressive records compiled by soil conservation districts throughout the state, Iowa during 1974 suffered one of its worst years of soil erosion since 1947.

1974 Rains

During the heavy rains of May and June of 1974 approximately 4.5 million acres of Iowa cropland experienced severe erosion. This is based on a soil loss of ten tons per acre or more.

In some areas of the state, these losses ranged from 50 to 100 tons per acre.

This, of course, was unusual and hopefully will not occur again; but the fact remains that these unfavorable weather conditions may return.

The Department of Soil Conservation received many reports from farmers who had their farmlands adequately protected by soil conservation practices stating they suffered little or no erosion loss during the heavy spring rains.

This again is the ultimate objective of soil conservation districts — to treat each acre of land according to its capabilities. Districts stand ready to assist all landowners, both rural and urban, in achieving this objective.

Record Price

Today farmland is selling at

record high prices, and it does not make sense to pay these high prices for this valuable land and permit the erosive forces of wind and water to do their damage.

Soil conservation districts have the capabilities of providing technical assistance to landowners and operators in combating erosion problems. It just makes good sense for landowners and operators to take advantage of this opportunity.

There are 100 soil conservation districts in the State of Iowa, and each is organized on a county boundary basis except Pottawattamie County which has two districts. These districts stand willing and able to assist all rural and urban landowners and operators in the conservation of soil and water.

Skin Divers Find Valuable Swedish 'Plate Money'

The word treasure often conjures up visions of a sparkling tropic sea, reef-fringed coasts dotted with coconut palms, but the temperate and even arctic regions have great treasure hoards of their own.

Off the foggy and chilly southeast Baltic coast of Sweden, for example, two amateur skin divers recently dove on a 17th Century wreck and brought to the surface four massive pieces of the famed copper plate money of Sweden's old Avesta Mint.

These particular "coins" were exceptionally rare 10-daler plates of Queen Christina struck in 1644. The plates are approximately 24 inches by 14 inches with variations from piece to piece. Their weight is 44 pounds.

The large rectangles of pure copper were emergency

coinage designed to have a metal value equal to a silver equivalent. They were struck at the four corners with a die bearing a royal crown and the initials "C R S" for "Christina Regina Sueciae," or Christina, queen of Sweden, and the date 1644.

At the center was a die with the value, "X Daler Solff Mont," or 10-daler silver money. The coinage of plate money was unique to Sweden.

Under Swedish law, such treasure finds become state property, and the newly found 10-daler pieces are now on public exhibit at Stockholm's Museum of National Antiquities. The museum's numismatic staff is quite proud of the new exhibit, pointing out that although the metal value of each piece is only \$66, the numismatic value is vastly higher.

WOMEN RAILROADERS

MILWAUKEE, Wis. (AP) - Two young women have broken into the formerly all-male world of the railroad yard here.

Cindy Angelos, 23, and her niece, Lena Bertucci, 19, are now working as switchwomen and trainwomen on the Milwaukee Road. They work on both freight and passenger trains within about a 150-mile radius of Milwaukee.

According to Trainmaster Chad Anderson who hired them, they are the first switchwomen and trainwomen in the midwest. He said 13 other women are now being processed by the Milwaukee Road and some may be on the job in a few months.

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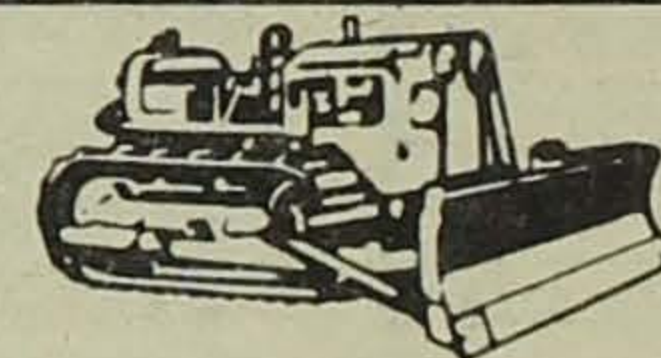
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1974 Vega Hatchback

4 Speed Trans., Cust. Interior. 13,000 Actual Miles.

1972 CHEVELLE

4-dr. H.T., V-8, T.H. Trans., P.S., Fac. Air. One Owner.

1969 CHEV. IMPALA

4-dr. Sed., V-8, T.H. Trans., P.S., Fac. Air. One Owner.

1969 CHEVELLE

Malibu Spt. Cpe., V-8, T.H. Trans., P.S., P.B., Bucket Seats.

1969 CHEV. BEL AIR

4-dr., Sedan, V-8, Std. 3-Spd. Trans., Good Cheap Transportation.



Where the Values are...

...The "Inner Circle"

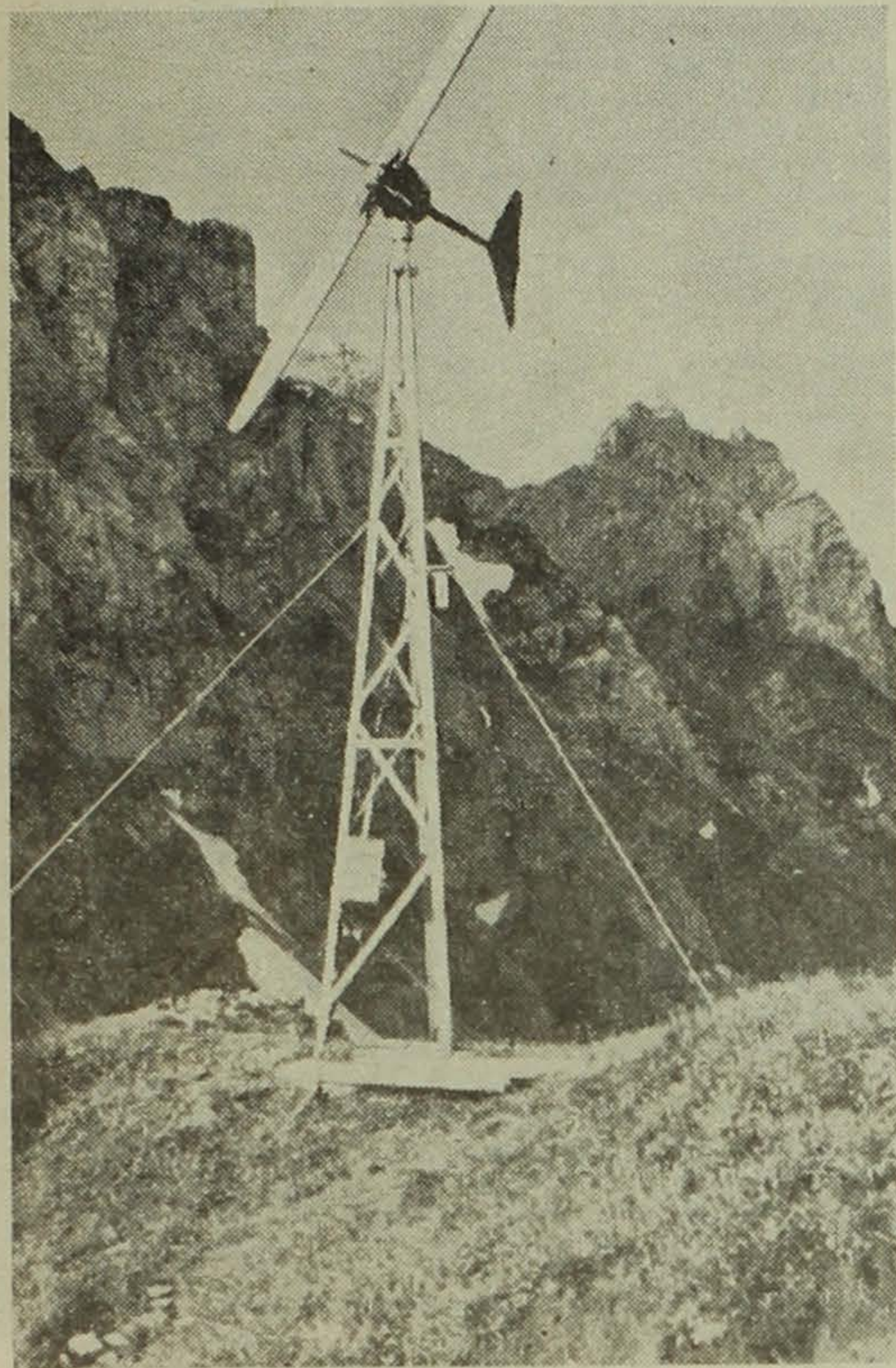
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Energy Crunch Increases Interest in Wind Power



NONPOLLUTING POWER—A 2 kilowatt fully automatic windmill supplies electric current for a farm in the Wallis region of Switzerland.

WINTERTHUR, Switzerland (AP) — A remote farm in Brazil wanting to install electric light? An Alpine lodge requiring a telephone for rescue calls? An "energy crisis" in an oil-rich Arab country?

A tiny Swiss company has been finding the answers to such problems up in the air long before anyone ever thought of shortages. It turns out wind power plants.

"Right now, we have only one big problem," says Max Schaufelberger, co-owner of the Winterthur Elektro G.m.b.H. and its veteran windmill designer. "We find it hard to cope with the flood of mail and telephonic inquiries we are getting from all over the world since the start of the energy crunch."

His product is an ecologist's dream. It is noiseless, nonpolluting, and does not eat up natural resources. Also, it does not involve "dangerous forces" as do Switzerland's huge Alpine power dams containing potentially destructive masses of water.

But Schaufelberger, a wiry 61-year-old engineer, whose hobby is piloting his sports plane over the Alps, hastens to emphasize that wind power is not a cure-all for the world's energy ills. The use of wind for generating electricity dates back to more than 50 years ago. But it has dropped somewhat into oblivion after the failures of overly ambitious projects.

In 1932, a German engineer named Honnef conceived a project that envisaged gigantic "wind wheels" mounted on top of 800-foot-high steel towers and supplying whole towns with current. During World War II a 1,000 kilowatt wind power plant — the largest ever built — was in actual operation for four years near Rutland, Vt., before it was stopped by financial and technical problems.

Schaufelberger took a more realistic approach when he en-

tered the business shortly before World War II. Switzerland's isolated mountain farms and high-lying cabins promised a market for small wind power plants that could be easily shipped and assembled.

Some of his earliest rigs are still in operation. They include an 800-watt plant providing the light for a restaurant on the San Bernardino mountain pass, more than 6,000 feet high in the Grison Alps, for the past 32 years. Most guests don't even know about it.

A typical postwar problem involved a customs station above an avalanche-exposed section in the Valais Alps, on the Swiss-French border.

"Every year, snowslides cut the service lines linking them with the valley," Schaufelberger related. "Every year they spent a lot of money on repairs. They were hardly finished when a new avalanche forced them to start all over again."

"We built them a wind power plant that feeds VHF-telephone and some 15 lamps," he added. "Now they save a lot of money."

The market has widened since to all parts of the globe, including the United States, Brazil, Chile and Australia. Light houses on Yugoslavia's Adriatic islands, castle-like villas in Italy, all get their light from the winds. Soviet officials have made discreet inquiries.

Among Schaufelberger's oddest assignments were two trips to the Persian gulf where he installed windmills in the desert that generate the power to negatively charge an oil pipeline for "cathodic protection" against corrosion.

"A diesel-fueled generator would have only a short life in these conditions," he explained. "The sands are whirling up to 24 feet, and would swiftly destroy them. Our plants are on masts above the danger zone. Also, they are tightly sealed against the sand."

There is a steady flow of visitors to his mountain top country house near here where two windmills provide the power for the lights, a TV set and stereo. Cells in a basement battery room store enough electricity to take Schaufelberger and his family even through two windless weeks. A log-burning fireplace provides the heat. "Heating and cooking would require more power than you could possibly draw from these plants," he says. "We could never compete with a power company but we can help people away from the service grid provided wind conditions are all right."

Paralysis Is Everyday Challenge

For the average student, the responsibility for a weekly column plus being features editor of the college paper, would be ample extracurricular activity with a 15-hour credit load — particularly if the student were on a scholarship and maintaining an "A" average.

In addition, Darrell Wood, for the past seven and one-half years has taught a Sunday School class at the Baptist Church in Seminole, Oklahoma. He is in his fifth year of teaching an older men's class. He was formerly the director of the Adult III Department of the Church.

Paralyzed since his sophomore year in high school, 35-year-old Darrell has written a weekly column for the *Seminole* (Okla.) *Pioneer* for five years.

He attends classes — as a scholarship student — three days a week at Seminole Junior College where he is features editor for the college bi-monthly paper, the *JUCO Journal*. During his first semester he took 13 credit hours and maintained a 4 point (straight "A") average. Now, in his second semester with a 15 credit hour load, he modestly reports test grades received so far indicate he also will have an "A" average during his second semester.

Darrell Wood was born in Seminole. He ran and played and went to school like any other boy until his sophomore year in high school. That year, while swimming at Lake Danielson, he dove into shallow water, suffering a broken neck and severed spinal cord with resulting instant paralysis.

Lengthy hospitalization followed. Darrell learned that his injuries were permanent, that he would live but his activities would always be limited. He felt a sense of futility. He recalls, "I asked myself, 'Why me?'"

The beginning of his determination not to give up was sparked by Mrs. Florence Nelson, a teacher in Seminole High School. She came to the Wood home after school to tutor him. Darrell gives her a lot of credit for issuing the types of challenges he needed.

"She helped me to develop patience to endure the pain and my disability. More importantly, she taught me that I could look ahead," he says.

Darrell enrolled at Oklahoma State Technical College for Physical Therapy at Okmulgee. His progress there was phenomenal. He was determined to be able to sit up fulltime. He was determined to learn to feed himself and manipulate his wheelchair. He achieved all three.

To produce his newspaper column for the *Pioneer*, he gathers the nursing home news and sends it to the paper once a week. Not once has the material for his by-line column "Nursing Home News 'N Notes'" been late. He faithfully gives credit where it is due and covers all the events and visitors of the residents. The paper says his readership is high because almost everyone in the community is touched in one way or



Centennial Outfits

Anita is planning to celebrate its 100th birthday this year and the Fred Christensen family has already been trying out their centennial outfits. Mrs. Christensen and daughter, Shauna, have matching long dresses and sunbonnets. Mr. Christensen's outfit features suspenders, bow tie and tight-legged suit, while son, Eric, wears a vest and bow tie with his outfit.

The family lives five miles southeast of Anita.

another by his column. The column is an excellent service both to the nursing home and the community.

"Working on the college paper helps me feel a part of the school," he said in a recent interview. "I was working on my freshman English paper when you called," he said. "It's an essay tracing the history of drama from the Civil War to the present."

Writing is difficult for this highly motivated man. His weekly columns average 800 words and require approximately two hours to type. To produce the column and his school papers, he straps to his hand a pen which is padded at one end, grips the pen as best he can and laboriously hits one letter key at a time. He rarely makes mistakes or strikes over any of the letters.

A personable young man with a strong, deep voice, Darrell has very definite plans for his future. "Right now I'm taking mainly required courses for additional college work. I am able to take a few electives which will apply toward my major. I intend to major in hospital administration and minor in journalism. If I am unable to obtain employment in one field, I'll turn to the other."

Commenting on being in a nursing home for over nine years, he said, "I'm well satisfied and happy since I must be in a nursing home for health care. I've made an adjustment, accepted my disability and decided to make the best of what I have. I have several friends with similar disabilities who have been a great help to me."

Those who know Darrell Wood in Seminole, Oklahoma — and there are few who don't — all praise his keen and alert mind, his good sense of humor and his wonderful personality. The Seminole community is proud of their student-reporter. They feel he makes a friend of everyone he chances to meet and that he will go far.

No one — whether a Seminole resident or not — could argue with that statement.

Extra copies of The Atlantic News-Telegraph desired in quantity should be ordered in advance.

Husband-Wife Team in Marines

EL TORO, Calif. (AP) — While some new brides kiss their husbands and send them off to work each morning, Darlene Foskey kisses her husband, Eddie, and then goes along with him to work. Eddie and Darlene Foskey are two Marines assigned to Weather Station at the Marine Corps Air Station here.

Married while students at the Navy Aerographer's Mate School at Lakehurst, N.J., earlier this year, the Foskeys requested and received a joint tour of duty at El Toro and now work on the same crew with the same shifts.

Eddie, a native of Jamestown, Ky., said it was an unusual situation when he asked Darlene to marry him. "I guess she wasn't really surprised that I popped the question," he said, "but I don't think she was expecting it while we were shining our shoes. It wasn't very romantic of me," he admitted.

Darlene, an attractive brunette from Albuquerque, N.M., also surprised her male-dominated class by graduating with a 96 per cent average. Her average was not only the highest for a Marine since the school opened in 1942 and fourth highest in the school's history, but also the top score for any graduate in the past eight years.

For her scholastic achievement she was meritoriously promoted one rank higher than her husband, but according to Eddie, "It doesn't really matter that much because we strive to work as a team, both at work and at home."

The Civic Arena in Pittsburgh seats 13,600 people and has a retractable roof that folds up like a fan at the touch of a button, making it an open-air arena.

Gayle Johnson Marks 25th Anniversary



Miss Gayle R. Johnson of Atlantic, district office clerk, has been employed in the Cass County Soil Conservation District Office for the last 25 years.

She began work in the district office Sept. 1, 1949, and serves as receptionist, typist, bookkeeper, file clerk and does other related duties in promoting soil and water conservation in Cass County.

She is the first person you meet on entering the office and she is the go-between for the farmer and the technical assistance he is requesting from the office.

She is in charge of state cost-share payments made directly to farmers who apply conservation practices on their land.

Area farmers are urged to visit the Soil Conservation District Office at 1207 Sunnyside Lane to obtain information about their conservation needs for the spring and ways it can be accomplished.

Drivers Find Going Tough In Austria

VIENNA (AP) — It's tough and expensive to get a driver's license in Austria.

Last year nearly 132,000 persons received their pink-colored driver's license but 57,000, or 44 per cent, failed to pass the test on the first run. They had to come back for a second time, some of them even a third time.

As the failure rate ranged from a high 55 per cent in the province of Styria to a considerably lower 23 per cent in Carinthia, minister of traffic and transport Erwin Lanc ordered an investigation.

He said he could not believe that the traffic situation could be so different in the provinces. He suggested written tests instead of the direct confrontation between traffic officers and applicants under the present system. Most applicants stumble on theoretical questions.

People who passed the driver's tests also admitted they became nervous when facing traffic officers to explain such things as traffic laws and engine functioning. Some even claimed the traffic officers liked to make applicants nervous, and to catch them off guard with tricky questions.

Although it is possible to get a learner's permit in Austria just as in other countries, hardly anyone bothers to get one, as too much red tape is involved. Instead, learners go to driving

30 Cass Land Owners Built Ponds, Structures in 1974

By Bill Willis
District Conservationist

Nearly every pond needs two pipes. One large pipe is needed to carry runoff after heavy rains, the other is needed to supply water to a tank downstream for livestock water.

This was the opinion of nearly 30 Cass County land owners who built ponds and structures in 1974, and created nearly 25 acres of new water area as a result.

The need for water impoundments varied from stabilizing an active ditch or gully to providing a water supply to an otherwise dry pasture. In every case, erosion control benefits were evident but secondary benefits were also needed.

Extra Benefits

Many of the extra benefits of ponds and structures often go unseen or are taken for granted. A water impoundment traps sediment from the watershed area upstream eliminating the complete loss of sediment to adjacent waterways and streams. Upland treatment in the form of terraces, contouring, and good rotations reduces erosion losses that eventually displace the water in ponds with sediment. The best ponds and structures are those that are adequately protected with upland conservation practices.

Water impoundments in Cass County are getting larger each year. The probable cause is the shortage of water for livestock that usually occurs in July and August. The small pond is gradually being replaced by larger structures with larger pond areas that hold greater volumes of water. The drought period during the summer of 1974 demonstrated the effectiveness of surface storage of water in larger ponds and structures. The average size of the pool area of the 23 structures built in Cass County is nearly one acre. Four ponds

were built in 1974 with pool areas that averaged a half acre.

Rec Areas

Ponds and structures are the nucleus of small scale recreation areas. They provide water areas well adapted to stocking with fish. A little imagination with some trees and shrubs can convert the area around the pond into a beautiful scenic picnic spot, a wildlife cover plot, or a small camping area. Water and recreation go together, and ponds and structures can help fill the need for additional recreation facilities.

Ponds and structures improve the efficiency and animal carrying capacity of one or more pasture fields on a farm. Research has shown that cattle do not effectively graze beyond one-eighth of a mile from their source of water. Planning a pasture system should include making provisions to also provide adequate sources of water. This is another place where a pond or larger structure equipped with a watering system can easily fill the need.

Adequate Design

An adequate design of a pond or structure to provide ample storage capacity of both sediment and water is essential. After construction is completed, management of the dam and pool area is also important. Livestock should be allowed on the dam itself only when there is no danger of damaging the vegetation. Livestock allowed to stand or wade in the pool area will keep the water muddy and detract from the ability of the pond to produce clean drinking water.

The need for almost every pond to be fenced is evident for effective management, further pointing to the fact that every pond or structure needs two pipes — one to carry rainfall and one to carry drinking water. Cass County farmers know all about it. They proved it over 20 times last year.

schools.

Some 1.6 million private cars are licensed in Austria. The saturation point is expected to be reached in about ten years and driving schools are still boom-

ing.

An applicant must count on spending a minimum of 3,000 Schillings (\$162) before getting his driver's license. The average monthly wage is 5,500

Schillings (\$297).

Driving schools on the average charge 1,200 Schillings (\$64) for 40 hours of theoretical lessons and for fees for paper work. One hour in the driving school car with an instructor costs an additional 130 Schillings (\$7).

Applicants who have had some experience such as driving their father's car may be able to get by with ten hours. Others may need as much as 40 hours before getting the nod of the driving school for taking the test.

However, Austrians, who otherwise have a reputation of being courteous people, seem to forget this once they have a driver's license and a car. Speeding seems an obsession for Austrians.

While insurance companies in other countries try to tell their clients to "take it easy" and

that "speed kills," a top man of the Insurance Branch here in a television interview said he did not care for speed limits. "I have a quick car and I like to drive fast," he said.

A yearend reflection on the overall importance of agriculture in all our lives. Agriculture generates some 16 per cent of the U.S. Gross National Product and four per cent of the Canadian Gross Domestic Product. While the farm segment of the total population has decreased over the years, Sperry New Holland, projects agriculture and agribusiness are responsible for the employment of 16 million workers in the U.S. In Canada, more than 230,000 non-farm people have jobs directly related to agriculture and many thousands more work in industries making products used by agriculture.

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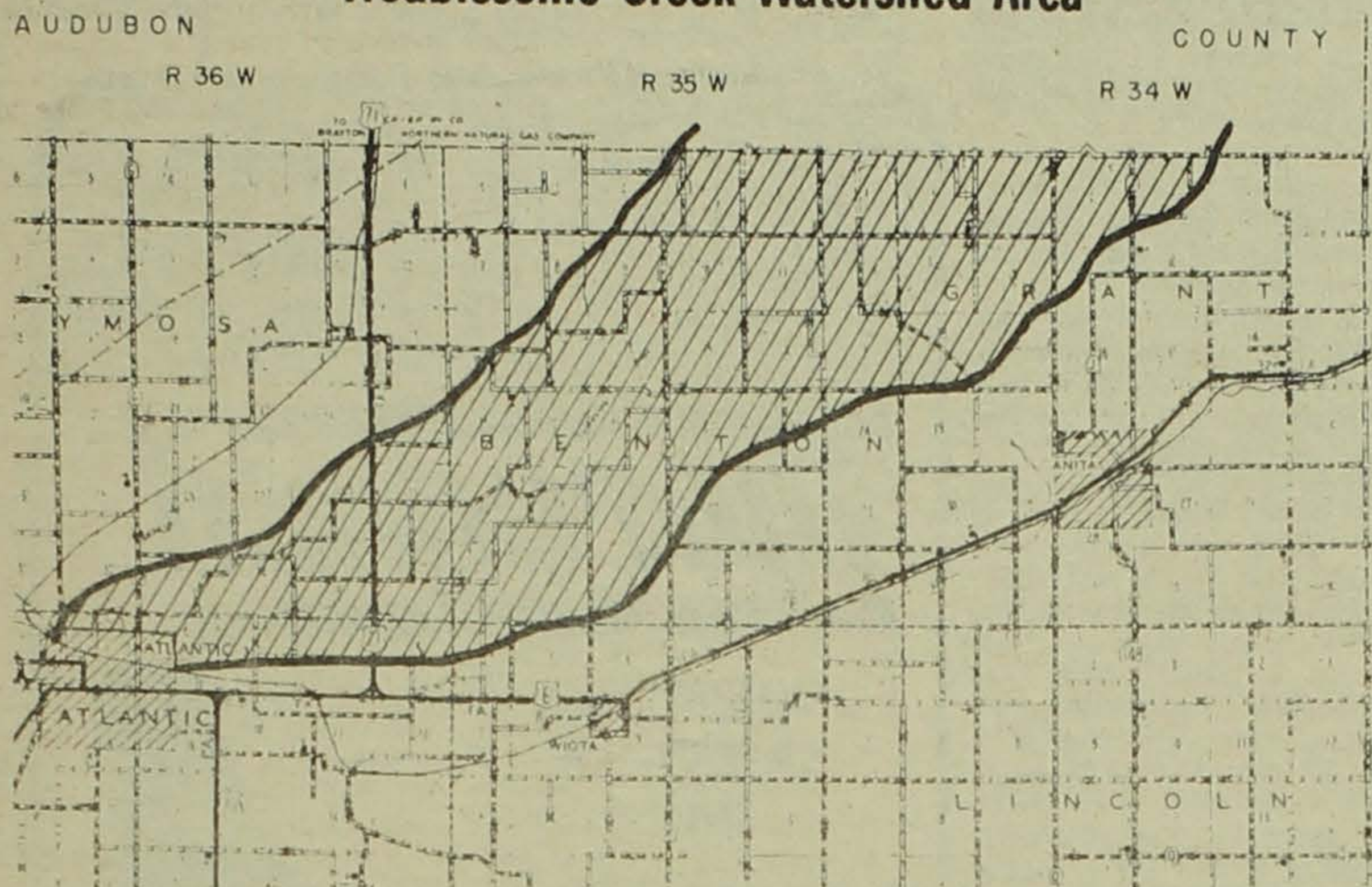
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Troublesome Creek Watershed Area



Troublesome Creek Watershed Made Giant Step Forward

Troublesome Creek Watershed took a giant step forward in July, 1974, when it was announced that the project could go forward into full operation. This was a long awaited event that allows actual construction of more than 100 grade stabilization and flood prevention structures in the 83-100-acre watershed. The watershed work plan calls for construction of 135 grade stabilization structures and four floodwater retarding structures over the next twelve years.

The Troublesome Creek watershed project is carried out in cooperation with the USDA Soil Conservation Service and local sponsors. The local sponsors are the Soil Conservation districts in Cass, Audubon and Guthrie counties, the Board of Supervisors in each county, the County Conservation boards in Audubon and Guthrie counties, and the Iowa State Conservation Commission.

The project assures many

benefits to both rural and urban residents. When completed, this project will substantially reduce an estimated \$187,000 in damages from gully erosion on farmland. It will also provide two new recreational areas to the public. The project will provide downstream flood control benefits such as reduced flooding in the floodplain on the north side of Atlantic.

Construction costs are estimated to be nearly \$2.5 million which will be spent in smaller contracts over the next 12 years. This alone is an economic opportunity for this area since it tends to create jobs locally, and causes some increase in local business activity.

The first construction contract in Troublesome Creek Watershed was awarded in December for two structures to be built in Audubon County. The first contract for Cass County is planned in 1976. Plans are currently being made to in-

ventory the extent of upland treatment in the watershed area of several structures, and to begin securing the necessary easements. The watershed directors in Cass County will be organizing soon to begin this work.

Two of the floodwater retarding structures are designed to include recreational developments. These structures are site D-47 located adjacent to Littlefield Park near Exira, and site D-62 in Guthrie County. The water impoundments and related recreational facilities will occupy an estimated 110 acres at site D-47 and 137 acres at site D-62. Both sites will eventually be owned and operated by the County Conservation boards in Audubon and Guthrie counties and will be open to the public.

There are 30 structures located in Cass County all of which are designed for grade stabilization. Additional investigations have been requested to include one additional structure and to reevaluate two others already planned. An inventory of the amount of upland treatment above all the structures will be done soon. A total of 75 per cent of the land above each structure must be adequately protected with conservation practices.

Watershed projects such as the one in Troublesome Creek provide a complete land treatment and flood control

program. Progress toward completion takes time and the full cooperation of the local people and sponsors to get the job done. The year ahead should produce some active progress toward completion of a badly needed watershed project.

ELIMINATE GUESSWORK

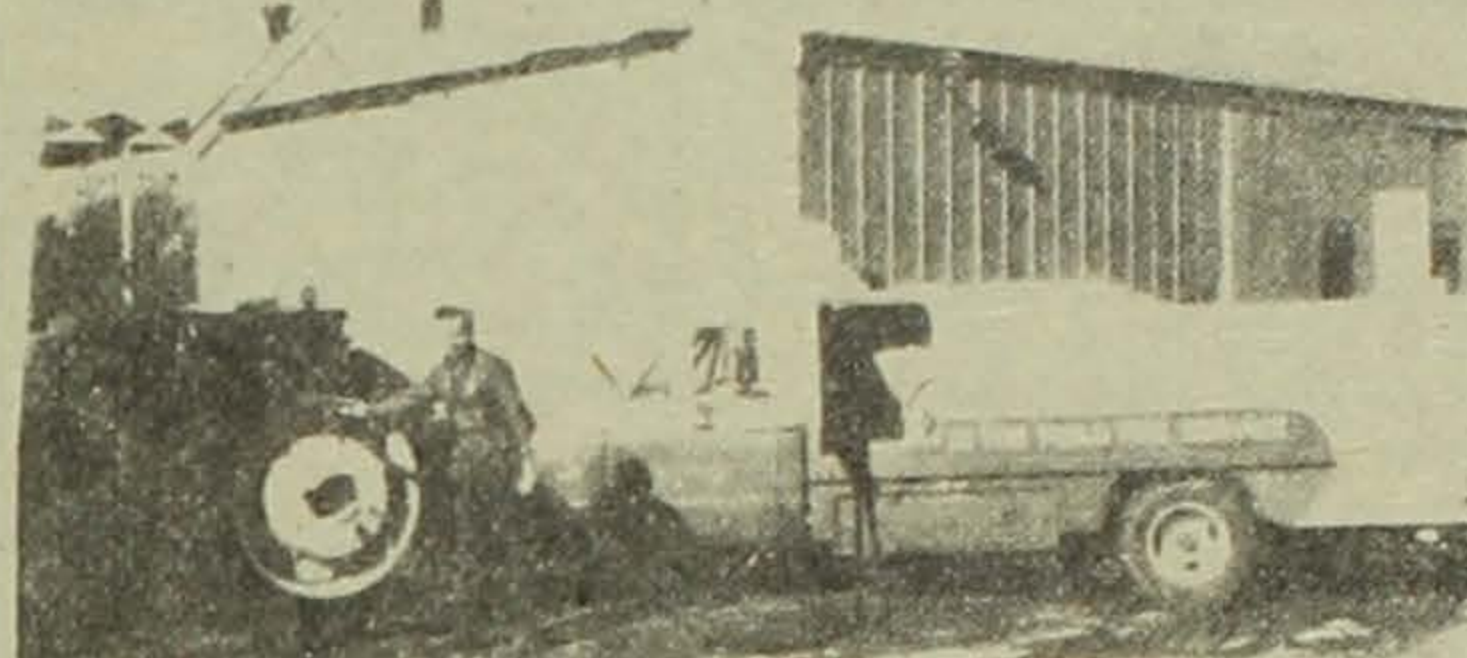
A meat thermometer will take the guesswork out of cooking pork to the proper degree of doneness. All fresh pork roasts — loins, shoulder cuts and fresh hams should be roasted to 170 degrees F. internal temperature. Roast "fully-cooked" hams to an internal temperature of 140 degrees F.; "cook-before-eating" hams to 160 degrees F. Smoked shoulder rolls are roasted to 170 degrees F.

PIG PEN OUT-OF-DATE

Most people know the old "pig pen" has been eliminated from most hog farms. But few people, including farmers, realize how advanced some hog producing facilities have become. One of the most modern facilities now being tested is a "balloon," 45 feet high and 90 feet in diameter. Made of polyvinyl and nylon, the balloon is kept inflated with fans and has four separate levels for hogs. Two men can operate the fully automated facility which can feed more than 3,000 hogs annually. Up to 98 per cent of the waste material from the hog operation can be recycled.

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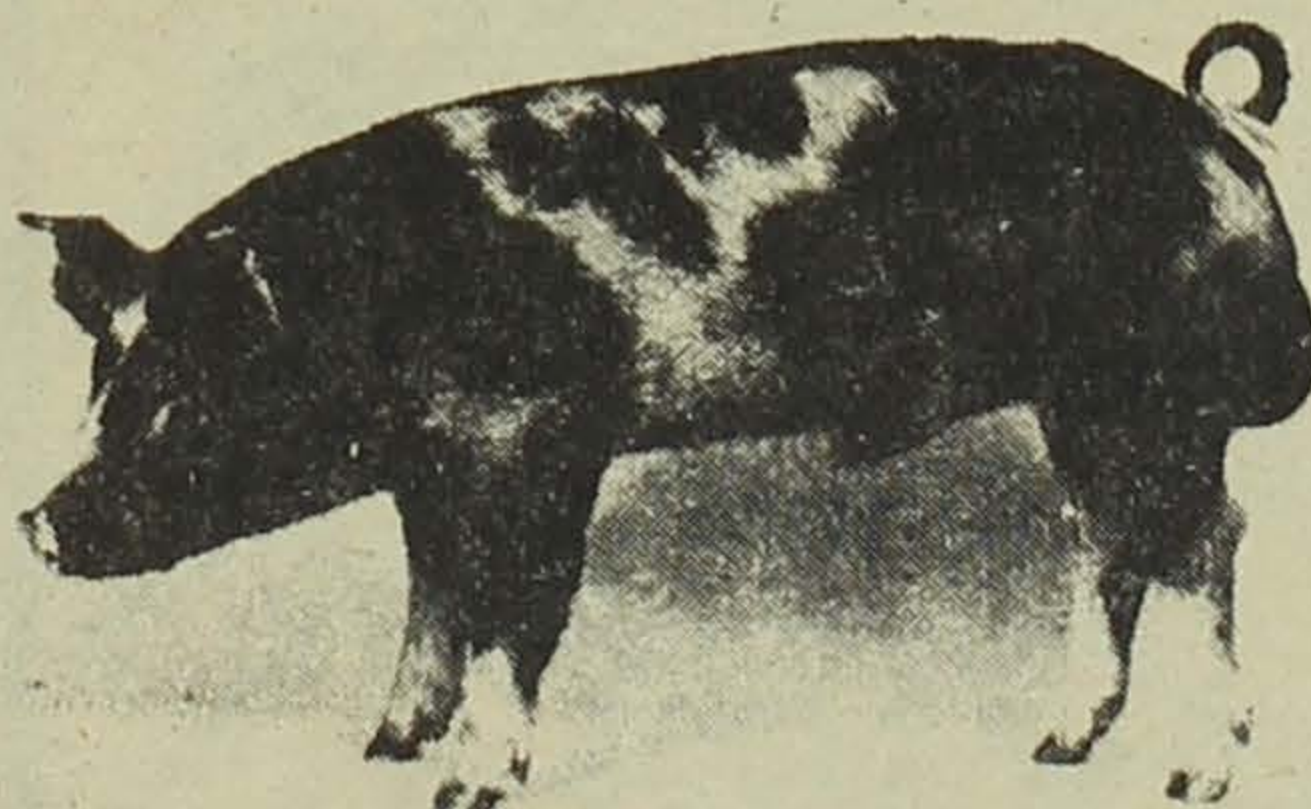
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Audubon's 'Famous Son' Makes TV Commercial Hit



Bill Fries and Mayor Jay Dee Mendenhall.

It is not unusual for a town or city in Iowa to honor a former resident who has made good out in the great wide world. The ceremony can be a bit dull, accompanied by flowery speeches and the usual exchange of labored jokes.

Last Dec. 18, an award ceremony took place in Audubon, but it was no run-of-the-mill event.

The speeches were impromptu and the guests laughed and applauded as they viewed a television commercial.

The mayor of Audubon, Jay Dee Mendenhall, spoke of his friendship with the fellow waiting to receive the award, a friendship which began when the two were, according to the mayor's mother, 'a pair of very naughty little boys.'

"Griff Eggers once said to me, 'You better straighten those two out so that they amount to something,'" she chuckled.

The man who received the Famous Son Award from the Chamber of Commerce was Bill Fries. This was his first public appearance in Audubon since he was nine years old.

1938 Concert

"I was part of a living picture at the Christmas concert in the Memorial Building. Amy Robertson and Tilda Schmidt headed the music department of Audubon High School. That would have been about 1938," recalled Fries.

"Later I was part of a sign-painting firm called FM SIGNS. We painted the heart and circle sign for Audubon at the Hamlin intersection. The 'M' stood for my partner, Jay Dee Mendenhall," he added.

Not only were the mayor and the honored guest known to each other as friends and classmates, but the Chamber of Commerce was represented by another former classmate, Dick Evans.

Don't be embarrassed if you don't recognize the name Bill Fries. He is best known as the voice of truck driver C.W. McCall, who rides around in an Old Home Bread truck with his dog, Sloan, and courts a waitress named Mavis.

Ad Agency

As a senior vice-president of Bozell and Jacobs Advertising agency in the Omaha office, Bill Fries dreamed up a commercial which made Old Home Bread a household word in much of western Iowa and eastern Nebraska. The commercial series boosted sales of Metz Baking Co., an Omaha firm, by 200 per cent.

The story of Bill's success has been featured in many newspapers. A front page story in the Wall Street Journal was an advertising man's dream worth thousands of dollars in free advertising for his firm and clients.

Fries has become a sought-after speaker at sales meetings, conventions, business dinners and at least one high school journalism class.

On learning that Bill was to speak to the journalism class of the Audubon Community High School, Mayor Mendenhall took a mayor's prerogative and declared a 'Bill Fries Day,' complete with the luncheon.

If the guests expected a fast-talking idea man or a man in a gray flannel suit, they were disappointed.

Accompanied by his wife and two teen-age children, Fries wore a brown casual suit with white contrasting stitching matched to his 'C.W. drawl' and wide grain.

Old Friends

He walked among the tables greeting old friends, accepted his awards, and told the story of C.W.'s rise to fame.

Not often does a luncheon audience applaud commercials, but it happened. Fries gave a sneak preview of three new Old Home commercials.

Those in the back of the room stood up to get a better view of C.W. as in turn he blissfully danced with Mavis, submitted as she and Mother rescued his truck from a mudhole, and took her on a picnic which was spoiled by a summer rainstorm.

The guests were witness to the "R" version of the first kiss between the salty truck driver and his delectable girlfriend. The final version will probably get a three-second cutoff.

"Might set the truck on fire," chuckled someone in the audience.

Bill sang several of the songs to be featured in his album which is scheduled for January release under the MGM label. And this is a whole new ball game.

"One day," he explained, "we were sitting around the office and one of my associates suggested that we cut a record. He had a label and we did the 'Old Home Keep On Truckin' song."

"It really sold."

Flip Side

The flip side of that record is "Old 30", which is not heard as often. A saga of trucking along U.S. 30, it deserves more recognition. Perhaps this will come when the new album is released with the inclusion of this and other records.

Also in the album will be another winner, "Wolf Creek Pass", the tale of two truckers and a load of chickens as they scatter feathers on a precarious journey down a mountain road.

Fries himself is somewhat bewildered by the success of the commercials and the records. He knows what he did and why he did it, but the reaction was beyond his wildest dreams.

"I have always taken my ideas from my background as a small town boy. I have a million memories. I try to make people talk and act like people really do talk and act. You know a student at the University of Missouri is using the success of this commercial as a subject for his thesis."

He grinned, "I sure would like to read it."

Fries has been dubbed "the

Johnny Cash of the trucking industry."

"Who knows what tomorrow

may bring?" he smiled. "I might end up singing at the Montana State Fair!"

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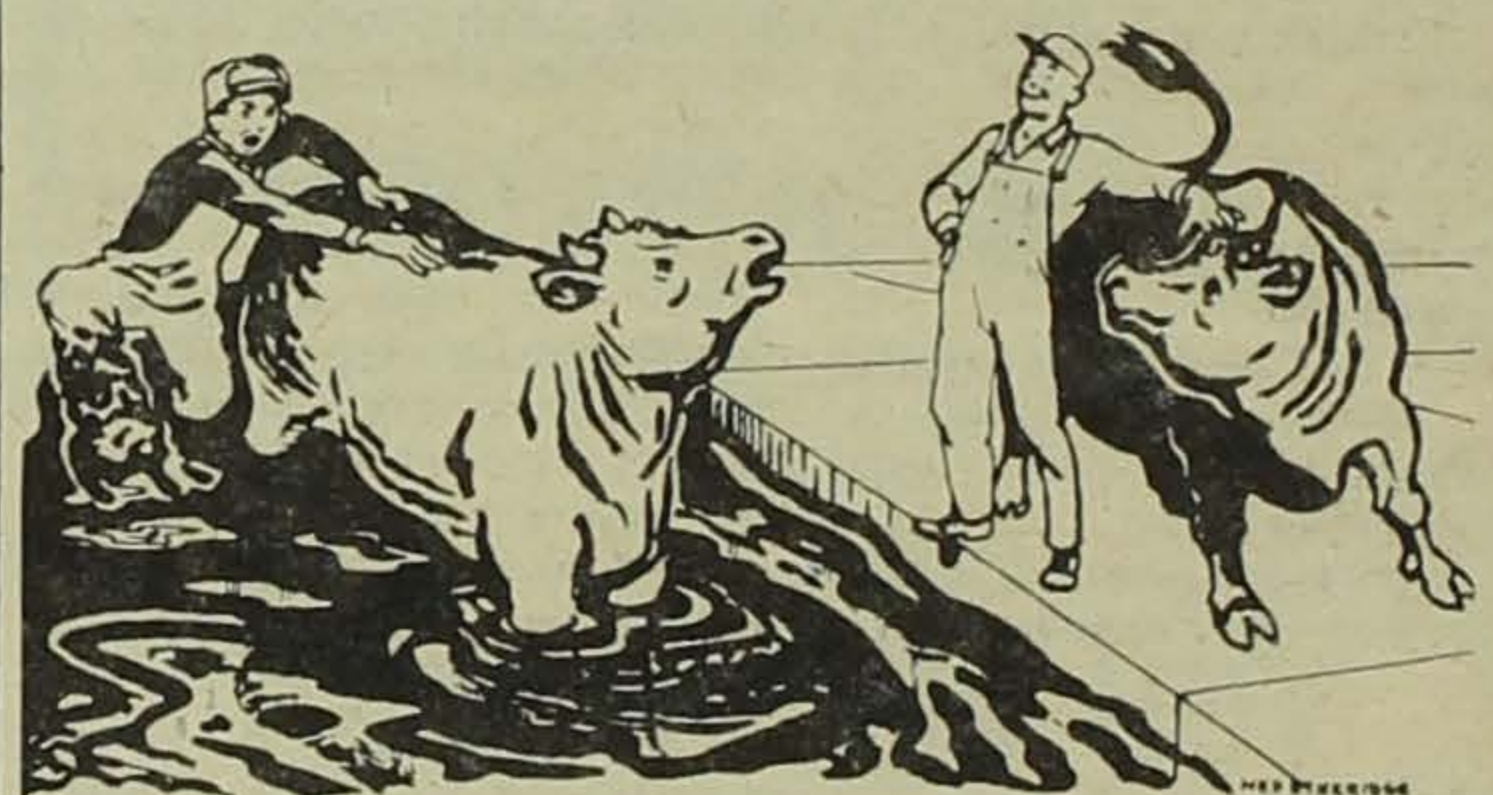
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Extension Echoes

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

Safety Counts

Like a cozy fire in a fireplace, a space heater can provide that extra heat you need to keep a room warm. But that cozy fire can get out of control and cause a lot of damage. And space heaters — when used improperly — can be just as dangerous.

So think safety when handling and using room heaters:

Have old and infrequently-used heaters checked by a professional service person before using. If your heater has a higher-than-usual wattage, have an electrician check the room wiring to make sure it can handle the heater.

Avoid using an extension cord. If you must, purchase a heavy duty one from an electrical supply store.

Placement of room heaters is also crucial for safety. So keep them out of walking areas and away from furniture, draperies and anything else that could catch fire easily.

Never use a space heater near water of any kind. And stay away from heaters when you're wet.

Use an electric heater only if it has a thermostat control and will turn off if tipped over.

Warn children not to touch any part of a heater. Then keep a close watch on both children and pets when they're in the same room as the space heater.

Finally, never use unvented charcoal grills or ovens indoors as heaters. For the possibility of carbon monoxide poisoning is just too great.

Visiting in Hospitals

Visitors to hospitals and nursing homes often walk away feeling relieved or unhappy. For it may be uncomfortable to talk with an elderly family member or friend whose health and/or life style has changed.

It's hard to know what words will add cheer to someone's life. But, don't become discouraged if you think your visit has been unsuccessful. With practice it becomes easier.

A little planning too, can make visits more cheerful and meaningful. If you want to take a gift, find something that will have a special meaning to the person, maybe part of a hobby. An elderly person in a nursing home might enjoy seeing or receiving a gift that reminds him or her of the past.

Or take things you can do together, such as the makings of a terrarium or a deck of playing cards.

If elders still are able to work at their favorite hobbies, ask them to make something special for you. Asking grandmother to crochet potholders may make her feel needed and she may enjoy the project.

Furniture Compalints

If consumers have complaints about their furniture which can't be resolved by local dealers or with manufacturers, there is a place they can go for help. The Furniture Industry Consumer Advisory Panel (FICAP) is working to represent consumer views at the top level of the furniture industry.

FICAP is a voluntary, independent, non-profit organization. In addition to representing consumer views, FICAP acts as an advisor to the furniture industry.

When FICAP receives a complaint, it contacts the manufacturer, outlines the problem, then requests an

answer. FICAP then notifies the consumer of the manufacturer's solution.

To report to FICAP, consumers should send a detailed description of their problem with pictures, if possible. FICAP will need the dealer's name and address and the name of the manufacturer.

The address to write is: FICAP (Furniture Industry Consumer Advisory Panel), 209 Main Street, High Point, N.C. 27260.

Flammability Requirements
What do carpets, mattresses and children's sleepwear have in common? They're all covered under current flammability standards.

Since July 29, 1973, all children's sleepwear, size 0 to 6x, must meet federal flammability standards. These standards will apply to children's sleepwear sized 7-14 after May 1, 1975.

All mattresses and mattress pads produced after December, 1973, must offer flame retardancy. Those produced before this standard became law must carry a warning tag — if they are not flame retardant.

Since April, 1971, all carpets larger than 24 square feet must meet flammability requirements. In December, 1971, the same regulation was set for carpets and rugs smaller than 24 square feet. Otherwise a warning tag must be attached.

Cosmetic Labeling
If you've ever wondered what's in those tubes and jars of cosmetics, or if there's really a difference between low-cost and expensive brands — you soon will be able to find out.

Starting March 31, 1975, all cosmetic manufacturers will be required to list ingredients on product labels. Or, if the product package is too small, ingredients will be listed on an attached tag or card.

The label requirement may help you make comparisons between products. Judge whether that expensive product is worth the extra cost by comparing its ingredients with those in a less expensive brand. And before buying, check the label for ingredients which could cause an allergic reaction.

Ingredients will be listed prominently and conspicuously in decreasing order of their predominance in the product. All will be listed by standardized names, except for fragrances and flavors.

MARRYING JUDGE

SAN FRANCISCO (AP) - Newly appointed to the Municipal Court bench, Judge Ollie Marie-Victoire handled her first-day cases with poise, but the crisis of sort arose in an unexpected corner.

"Suddenly I was asked to officiate at the marriages, 10 of them," the judge said. "It was a jolt. I had to borrow another judge's ceremony because I haven't had time to devise my own ritual."

Judge Marie-Victoire, however, was the day's logical marrying judge choice. It was her own wedding anniversary.

TOP NCO

WASHINGTON (AP) - Cmd. Sgt. Maj. Mildred Kelly has been appointed command sergeant major of Aberdeen Proving Ground. She is the first woman ever appointed to the top enlisted position at a major Army installation having a predominantly male population.

Sgt. Kelly is also the highest ranking black enlisted woman in the Army.

Conservation Programs Provide A Better Future

By Wendell C. Pellett
Past Commissioner and
Present Assistant
Commissioner

As we continue to hear about food shortages and famine around the world, it makes us more conscious of Soil Conservation than ever. With Iowa and a few midwest states the main source of food production in the U.S. and the world, it is hard to know what steps should be taken to preserve our prime agricultural land for food production.

It is a bit frightening to know that here in Iowa alone we are taking approximately 25,000 acres of prime agricultural land a year out of production to be used for roads, airports, housing development, industry, etc. If this trend continues, we could see the day when we here in the U.S. could very well be among the countries short of food.

For the past 40 years there has been an exerted effort to persuade the farmers of Iowa to use soil conservation practices in their farming operation on a voluntary basis. For varied reasons this voluntary approach has not been as suc-



cessful as many of us had hoped it would be. Many farmers farm so many acres that they feel they do not have time to use conservation practices. Many feel that it is too inconvenient and it takes additional time and effort.

Our urban legislators and friends from the city are becoming increasingly more concerned about the loss of millions of tons of silt every

year to erosion from wind and washing rains. It is my belief that if the farmers of Iowa do not do a better job in the future than they have in the past, there will be mandatory legislation passed both on the state and national level to require conservation measures on every farm. I would much prefer it to be done on a voluntary basis.

Contrary to the philosophy that many of us have had over the years that our land is ours and we will use it as we see fit, this isn't necessarily so. The soil is a natural resource the same as our forests, minerals, water and wildlife, we are the stewards during our lifetime and we should leave our soil in at least as good in productivity as we found it so that future generations will be able to produce an abundance of food.

TRY A 'BPO'

Try this tempting bacon treat that promises to rival the popular "BLT". Simply pan fry three strips of bacon for each sandwich, remove to absorbent paper and pour off drippings. Spread each of two slices of bread with one tablespoon of crunchy peanut butter. Place bacon and slices of onion between the peanut-buttered sides of the bread slices and grill in the pan in which the bacon was cooked. This unique taste trio is delicious.

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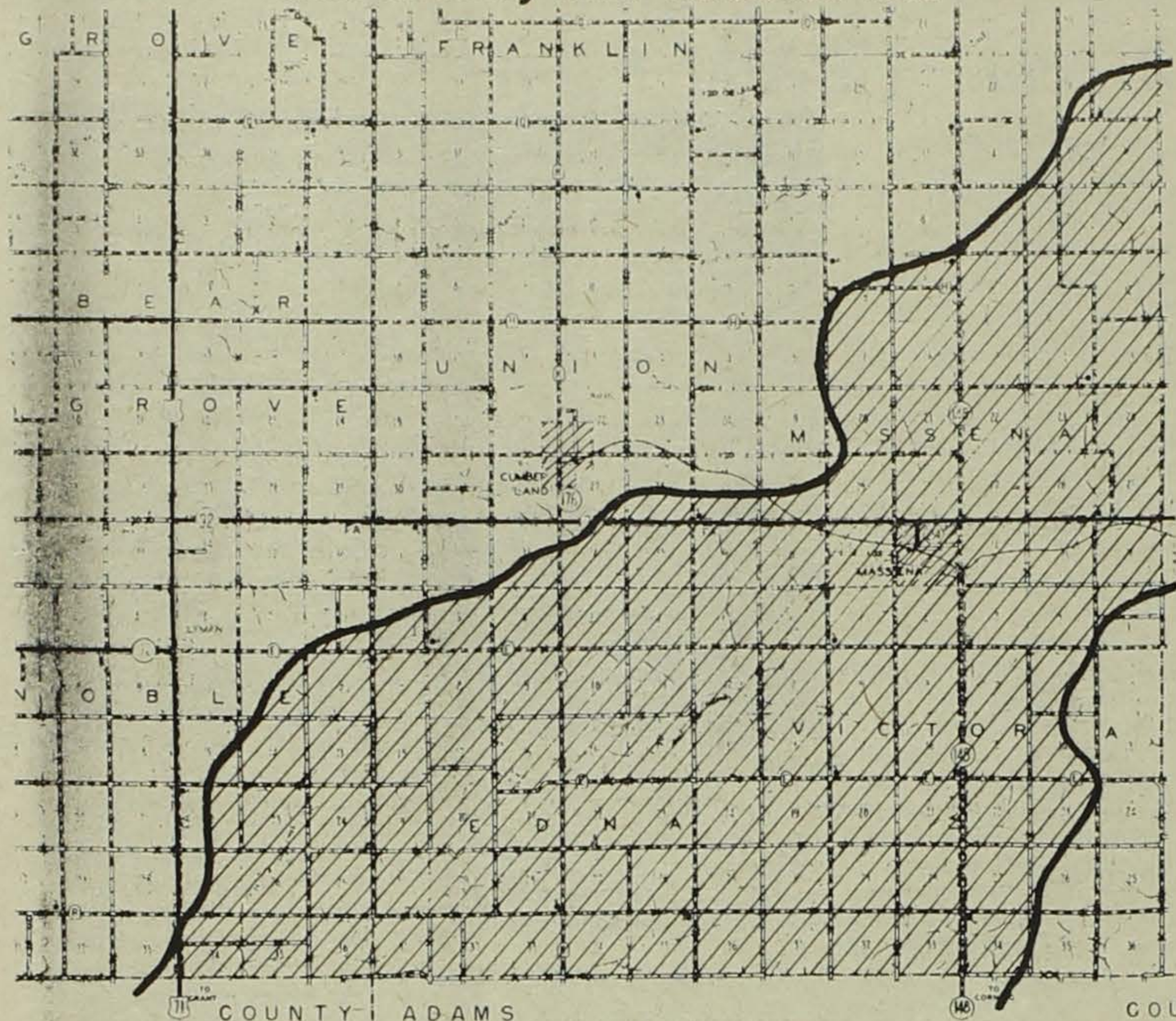
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West Nodaway River Watershed Area



West Nodaway Watershed Work Under Way

Another Cass County watershed project is taking shape in the Massena area as the West Nodaway Watershed project moves from the application stage toward actual planning. The West Nodaway watershed was approved for planning assistance as the result of a tour of the watershed by the state advisory board last Sept. 19.

The original application for assistance was prepared in 1973 as a result of concern by landowners in the watershed to control flooding, to provide stabilization of active gullies, and to investigate the use of water impoundments for livestock and municipal uses.

The watershed project covers 101,125 acres in the southeast part of Cass County and includes parts of Adams and Montgomery counties. There

are 538 individual farms which are all or partially included in the drainage area of the West Nodaway.

The tour of the watershed was held to give state officials a first-hand look at the erosion and flooding problems. It was also pointed out that farmers as well as the towns involved have a problem in securing adequate water supplies. Dependable wells as sources of water are scarce, and others cease to provide water in dry periods. Several potential structure sites in the watershed could supply large volumes of water for Massena as well as supplying water for a rural water district.

Upland treatment in the form of contouring, waterways, terraces, and ponds is needed in greater amounts than is present now. Before any watershed structure can be built, 75 per cent of the drainage area must be protected by adequate conservation treatment. This requirement insures that the useful life of each structure can be extended for as long as possible without ex-

cessive damage from sediment.

George Hosfelt of Massena is chairman of the watershed board of directors. The legal sponsors of the project are the Soil Conservation Districts of Cass, Adams and Montgomery counties, and the boards of supervisors in each of the counties.

ONE-MAN NAVY

DES MOINES, Iowa (AP) - The Des Moines Police Department has a one-man Navy in Danny Palmer.

The 37-year-old patrolman cruises the Des Moines river in an 18-foot boat powered by a 455 cubic-inch engine. His job is to see that boaters take proper safety precautions on the river. He is also responsible for emergency river rescues and is trained in life saving techniques.

"On a Saturday, Sunday or a holiday, there can be between 35 to 40 boats on the river," Palmer said. "They are running over one another. That's when you have your work cut out for you."

LOCATING 100 'STRAY COINS' TAKES 11 MONTHS

After setting out last January to find 100 stray coins as "an exercise in awareness," an Indianapolis man ended his coin hunt 11 months later, on Nov. 8.

Not only did Bob Montgomery, president of Ren, Inc., a public-relations firm in the Indiana capital, find his 100 coins but 36 more than that. His finds included three \$1 bills, a Mexican peso worth eight cents, and also a medal commemorating the 1974 America's Cup Race.

If Montgomery had needed \$11.49, he would have scraped it up by then — literally.

The coins were found in the usual parking lots, elevators, hotel lobbies, streets and alleys and in his office. The peso was found while Montgomery was vacationing in Guadalajara, Mexico, and the Cup Race medal he found in a parking lot.

After having "a lot of fun" with his "awareness" exercise, Montgomery turned the maybe not so tidy sum over to the Salvation Army.

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1971 Models

88 Oldsmobiles, choice of 3, loaded.
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1970 Models

Sedan DeVille Cadillac.
Sport Fury, Plymouth 2 door hard top.
88 Oldsmobile 4 door hard top.

1969 Models

98 Oldsmobile 2 door hard top, loaded.
Caprice Chevrolet 2 door hard top.
Impala Chevrolet 2 door hard top.
LeSabre Buick 4 door sedan.

1968 Models

Chevrolet Impala
98 Oldsmobile 4 door sedan.
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1974 Difficult Year For Iowa Farmers

By Wilson T. Moon
State Conservationist

Floods, drought, early freezes, inflation, low prices for many agricultural products and a host of other problems made 1974 a difficult year for many Iowa farmers. Some of those problems made it a very rough year for Iowa's land, too.

Heavy rains in May and June caused the worst erosion in Iowa since 1951. About a fourth of our corn and soybean land suffered severe erosion (more than 10 tons an acre). Another five per cent of our land was flooded, some two and three times. Because of erosion or flooding, an estimated two per cent of our cropland did not produce a crop and about seven per cent yielded no better than half a crop.

Soil losses reached 200 tons an acre in some cases. Besides the loss to topsoil, seed was washed out, fertilizer was lost, crops were covered with mud, ditches and waterways were plugged or washed out, and more sediment washed into lakes and streams.

These losses point out the tremendous continuous job we have to do to keep our soil in place. Terraces, conservation tillage, good pastures, and other soil saving practices helped reduce losses, but we need more of them. The recent World Food Conference pointed out an urgent need for more food production worldwide, and there is no way we can have sustained increased food production without taking care of our soil.

This year's drought has caused hay and forage shortages, and some people took crop residues from the field to

feed livestock. It's dangerous to leave the soil without protection from wind and rain in cases like this — all the landowner can do is hope there isn't as much stormy weather this spring as there was last year.

Never before have we been so pressed to produce more from our rich Iowa land and at the same time protect it for future production. It will take cooperation from everyone, especially farmers who depend on the land for their livelihood, to meet the challenge. The interest by more than 40 persons in Cass County Soil Conservation District in 1974 for long-term conservation cost-sharing is a very encouraging sign. That's the kind of enthusiasm needed to prevent another record erosion year like 1974, and to put food on the table for millions of people in years to come.

1739 COIN FOUND IN PHILADELPHIA

A 1739 half penny recently was unearthed, along with a 200-year-old pitcher, when archaeologists rummaged through an excavation site in Society Hill, the oldest part of Philadelphia, according to the Philadelphia Inquirer.

The excavation, undertaken for the Delaware Expressway, stretches farther, from Pine Street to north of Market, and has laid open brick-arched tunnels and timbers that once were piers — and a cannon.

The cannon was carted off by workmen, who may have had a valuable relic in it, but, according to the Philadelphia Historical Commission, there is no law against private removal of artifacts from public property.

Spider silk has been used by primitive peoples to make carrying bags, fishing nets and lures, caps, and headdresses.

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MASTITIS IN SOWS

A COSTLY PROBLEM FOR SWINE PRODUCERS

There are very few swine producers who have not encountered this problem. The sows or gilts farrow a nice litter of pigs but in a few days the pigs become thin and many die because the sows udders have become caked up and the pigs aren't getting enough milk. Treatment of this condition is usually not successful. **PREVENTION** of the problem seems to be the best way to go.

For several years Challenge Feeds has been recommending a program developed by a veterinarian in Illinois to prevent or reduce the severity of Mastitis in sows. Although it doesn't work 100 per cent of the time, the percentage of success is comparatively high.

This program of prevention entails the use of a very special medicated sow ration plus an injectable antibiotic.

The sow ration contains a special vitamin and mineral supplement, the antibacterial agent Nitro-furazone, wheat bran, dried whey, dehydrated alfalfa meal, salt and corn.

This is a bulky ration that will help relieve constipation and keep the sow loose.

It should be fed from 10 days to 2 weeks before farrowing until 2 weeks after farrowing.

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Available in meal or pellets — bagged or bulk.

FOR GRINDING AND MIXING ON THE FARM

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SPECIAL SOW SUPPLEMENT

400 lbs. of this supplement per ton of complete feed will supply the proper levels of vitamins, trace minerals, calcium and phosphorous, and medication. The other ingredients for this ration can be purchased at Challenge Feeds.

Note: Sows will drink more water when fed these rations so plenty of clean water should be available at all times.

Not recommended to be fed at any other time except farrowing.

MMA (Mastitis-Metritis-Agalactia) is a serious and expensive problem. Saving all the baby pigs possible is always profitable.

This ration has been successful in most all places where it was fed right.

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Hobbies At Anita

Lamps

A power shortage at the Ed Wheelock home in Anita will not cause too much of an inconvenience as long as their collection of 260 miniature kerosene lamps are kept in good order. Of course, they don't really make much illumination, but it wouldn't be total darkness.

The collection was started in 1960 when Ed's brother, Steve, died. He had several lamps and they thought they were cute so decided to keep them and add more.

Everytime the Wheelock's would go on a trip they would watch for new ones that they didn't have. The ones they have range in size from 2½ to 12 inches to height, and are in a variety of designs and colors.

There are chickens, shoes, Aladdin lamps, teapots, old cars, animals, covered wagons and people.

Some are shaped like the state they came from and some have different scenes pertaining to the place they came from such as Mount Rushmore in South Dakota. Some are clear, while others are colored glass or ceramic material.

When the collection was first started, the average price was around \$1 a lamp. Now they are generally between \$3 and \$10. A few of the lamps were bought at house sales and are quite old, but most are new.

Bells

Mr. and Mrs. Aaron Bell have as a hobby (what else?) collecting bells!

On a window shelf in their home is a collection of small bells. One bell, a gift from her daughter, is made of solid brass and is inscribed in Hebrew. The bell is 145 years old.

Another favorite is a small China bell given to Mrs. Bell by an aunt. It is believed to be quite old.

Two brass bells take a somewhat unusual shape in the form of candlestick holders. Gold candles have been placed in the holders.

Mrs. Bell says that most of the bells have been gifts. They have come from various sections of the United States. She also collects salt and pepper shakers, dishes and old books.

A favorite pastime is browsing for old books at sales. She has three old Bibles, a Cass County history and several old text books.

Perhaps the most prominent and the largest bell in the collection is the one mounted outside their home. Mr. Bell purchased it at a farm auction and it is believed to be either a church or school bell.

This bell has been sprayed with gold paint and a planter constructed around it. A sign hangs from it with their name on it. The Bells operate a rooming house.

Collectibles

Don and Shirley Mehlmann are collectors of sorts. Most of their collectibles have been in

the family for some time. Don's iron toys that he played with as a child grace the beams in the Lil' Red Barn. There are tractors with lugs, a manure spreader, wagons with teams of horses, threshing machine and a small cart pulled by a toy burro that belonged to his father, John.

Shirley's collectibles cover a wide area from Don's Grandma Watson's wooden bowl and paddle to a small walnut base-rocker which was found by her mother, Reba, in a barn behind her grandparents' home in Anita. At present, Shirley is working on needlepoint to cover the back and seat.

Many things are gifts, such as Mary Wilson's side-saddle from Ella Biggs Henneberg. Wooden silverware and dishes from Fauna Schwenke. A country school recitation bench from Cecil and Evelyn Duskin and a white stone-china chamber with lid from Dorothy Fennell.

Last year saw completion of two quilts pieced by Leah Mehlmann. One a friendship quilt from the Helping Hand Club in 1940 and quilted at home by Shirley and friends; the other a butterfly design with a center of a basket of flowers being quilted by the Women's Fellowship of the Congregational UCC Church.

She also does crocheting and knitting and has taught knitting in adult education classes. An afghan in an Aran design was completed this winter. In connection with the Lil' Red Barn she makes crocheted and knitted capes for sale on special order.

Antiques

Mrs. Charles Hettinger, 88, is an antique collector. All of the items are those which have been used in her home. (Among the "priceless possession" are 50 dolls, many over 100 years old. All were played with by herself, her nieces and grandnieces.

The dancing doll with a wax head, wooden legs and feet belonged to her mother, Mrs. Charles White. Two china dolls belonged to her sisters. The smallest doll is only an inch tall. This doll and six other small ones are mounted on cardboard.

There are three dolls sitting in a settee, and several in chairs and rockers. The settee, chairs and rockers were made by Mrs. Hettinger out of the tops of cornstalks and held together with straight pins.

One tin doll was used by a niece, Mary Alyce Chadwick, whom Mrs. Hettinger reared from the age of four.

Mrs. Hettinger made a set of eight dolls from pipe cleaners and chenille. Six of the dolls form an orchestra with a tiny trumpet, fiddle, banjo and baton. The other two form the choir and are holding songbooks.

All of these are family dolls, and played with by children in the family through the years.

Trust vice-president Henry Frankel only compounded the mystery by confirming that no bank departments nor depositors had reported any missing money.

PORK POPULARITY UP

U.S. pork consumption for 1974 has been estimated at 67.5 pounds per person, based on carcass weight. For 1973, U.S. pork consumption was 61.6 pounds per person. West Germany and Denmark traditionally have a greater per capita consumption of pork than the U.S.

FLYING MONEY

Flying objects identified as \$1 bills, and crisp ones at that, landed in downtown Chicago recently along La Salle Street, near the Northern Trust Bank.

Allan Davidson, 37, was walking along there when the money began falling. When he started picking it up, passersby and a policeman began helping him, assuming the money was his.

An accumulation amounting to \$588 was turned over to the police. However, Northern

Land Needed To Help Iowa Hunters

By Louis E. Lemke

State Conservation Officer

Since the Soil Bank or CAP program and idle or set-aside acres have been discontinued, our wildlife populations have declined.

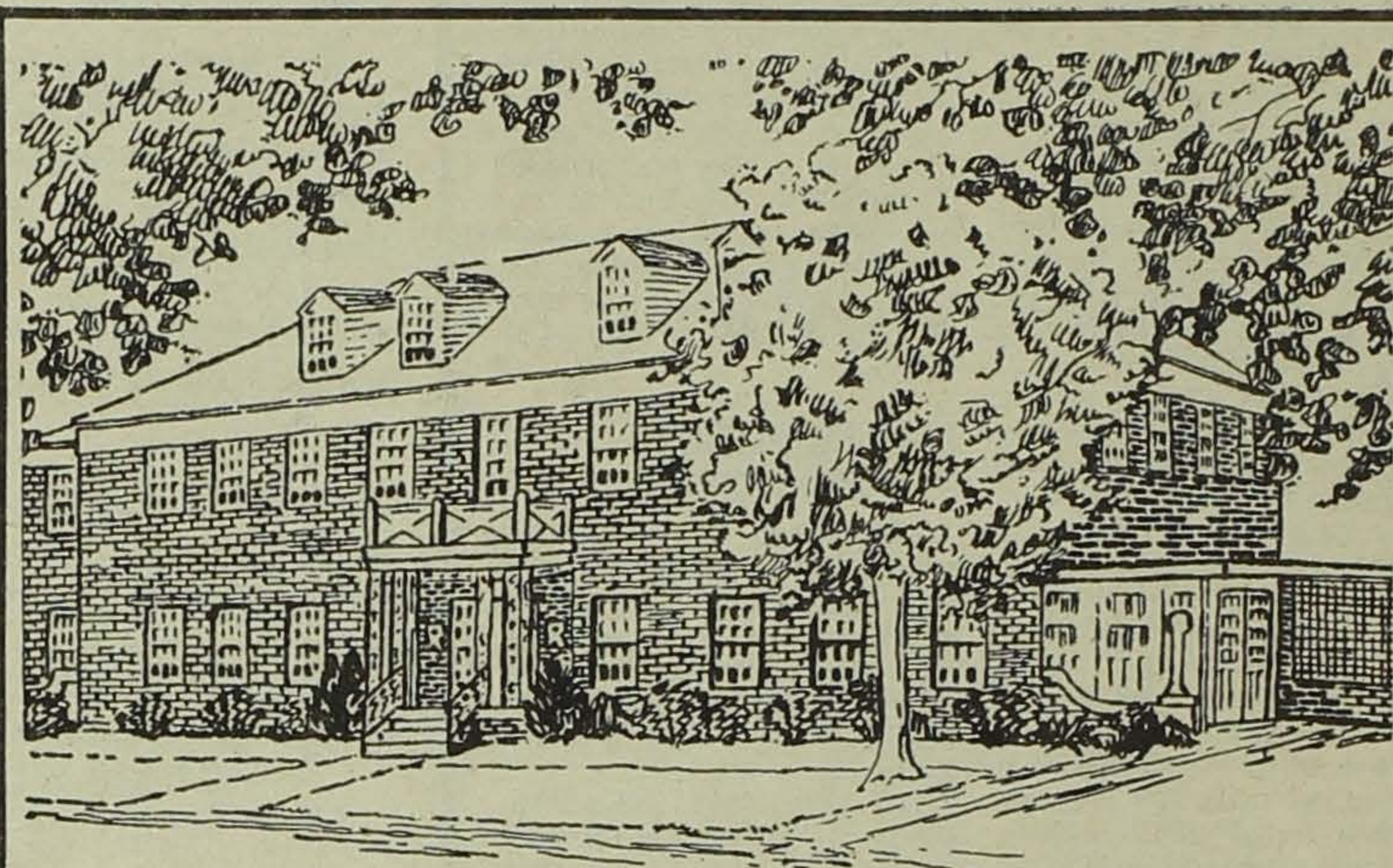
If we are to maintain hunting

in Cass County as we have known it in the past, we must replace these government programs with some type of wildlife habitat program.

If it were possible to have one acre on each farm in Cass County set aside for wildlife where it was unmolested by livestock or machinery, our wildlife population could increase considerably. Since all landowners are not interested in wildlife this idea will not become a reality.

However, I would urge all landowners who like to hunt or who just like to see pheasants, rabbits, and quail, to consider fencing off some small area on their farms to be used exclusively for wildlife. Since pheasant and quail eat many insects which are harmful to crops, these farmers would realize this additional benefit.

The future for better game population in Cass County remains in the hands of the landowners.



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G. M. Baier Discusses Value And Work On Turkey Watershed

By G.M. Baier

I'll try to give you some of the highlights of the Turkey Creek Watershed (PL566) authorized Aug. 12, 1965, with an estimated completion date of 1975.

Total estimated cost of \$3,625,210.00 includes \$2,632,120.00 from Federal funds. It consists of 103 grade stabilization structures, 10 flood water retention structures and about 13 miles of channel improvement.

The 1958 floods inspired the public to want to try and control Turkey Creek. Floodwaters were taking out the Rock Island grade, also closing the highway at Anita and Wiota, and much erosion of farm land.

I suppose the big reason for the slow progress is that the leadership in the beginning was not experienced in watershed construction. This watershed was one of the largest in the state at its authorizing, and very little watershed work had been accomplished in the state.

I remember five years ago when I first started attending conferences as an assistant soil conservation commissioner of being introduced to a commissioner who had just completed his watershed of 2,500 drainage acres. The size of his watershed was too small to be of any great help. The last two or three years, more watersheds are being developed in the state, and as you talk to these people, you learn.

Some of the work completed thus far includes:

1968 — a contract for four grade stabilization structures.

1971 — a contract for seven grade stabilization structures.

1972 — a contract for 10 grade stabilization structures.

1974 — a contract for nine grade stabilization structures has been let, but no work done as yet. For the period from 1968-71 no federal funds for watershed construction were available.

In 1970 we were asked by the state watershed people to consider removing the channel improvement from the watershed plan. At this time pressure from the environmentalists, and the ecology people was great enough that watersheds with channel improvements would not be receiving construction funds. So the channel improvement was dropped.

The philosophy of the environmentalists that all river channels should stay as grandfather or great-grandfather found them, is contrary to a conservationist's



thinking, which is "each acre to its best use." With the emphasis on food shortages, now maybe the conservationist's opinion will win.

I think the watershed will continue to move ahead as long as we can secure easement for the various construction sites. Some dams need several easements. An easement has to be obtained from each property owner that has flood water damage or permanent pool. Sometimes as many as five or six easements to a dam are required.

Since Gilbert Wehrman's retirement, he has been serving as an assistant commissioner, devoting time to securing easements and inspecting dams for maintenance in Turkey Creek. I think any watershed composed of more than 25 construction sites needs a man doing as Gilbert has, making the watershed his only responsibility.

A couple of other problems we'll have to overcome is a lack of upland treatment, and an environmental impact statement. All watersheds are now required to have a statement. It used to be that just the new watersheds being planned needed one. Now Turkey Creek has to have a statement, if it is not approved, funds will not be made available.

Upland treatment includes terraces on row crop land and grass waterways, also permanent pasture qualifies. Seventy-five per cent of these needed practices have to be in place before a dam can be constructed. This is what really makes the small watersheds program so valuable, it controls flooding and soil erosion both.

season progressed.

Corn — Iowa's 1974 corn production of 948 million bushels, is down 21 per cent from the 1973 crop of 1,207 million bushels. Corn was harvested for grain from 11.85 million acres, five per cent more than the 11.28 million acres harvested in 1973. The 1974 average yield of 80 bushels is 27 bushels less than the 1973 yield of 107 bushels and 36 bushels less than the record 1972 yield of 116 bushels.

White Corn — Production (excluding sweet corn) totaled 975,000 bushels. The crop was harvested from 13,000 acres with an average yield of 75 bushels.

Soybeans — Soybean production is estimated at 199.1 million bushels, 24 per cent less than the record 1973 crop of 283.5 million bushels. The 1974 crop was harvested from 7.11 million acres, eight per cent less than the record 1973

acreage of 7.75 million acres harvested in 1973. The average yield of 28 bushels is six bushels less than the 1973 yield of 34 bushels and eight bushels less than the record 1972 yield of 36 bushels.

Hay — Production of all hay, alfalfa, clover-timothy and all other hay at 6.32 million tons was 15 per cent less than produced in 1973. Hay was harvested from 2.26 million acres with an average yield of 2.80 tons per acre.

Sorghum Grain — Production of sorghum grain at 874,000 bushels is 46 per cent less than the 1.61 million bushels produced in 1973. The crop was harvested from 19,000 acres.

Popcorn — Popcorn production at 96.8 million pounds is 14 per cent less than the 112 million pounds produced in 1973. The crop was harvested from 44,000 acres. The average yield was 2,200 pounds.

Vandalism to road signs may cause death. Leave them alone.

WHILEY GRAIN

½ Mile East of Lyman, Iowa

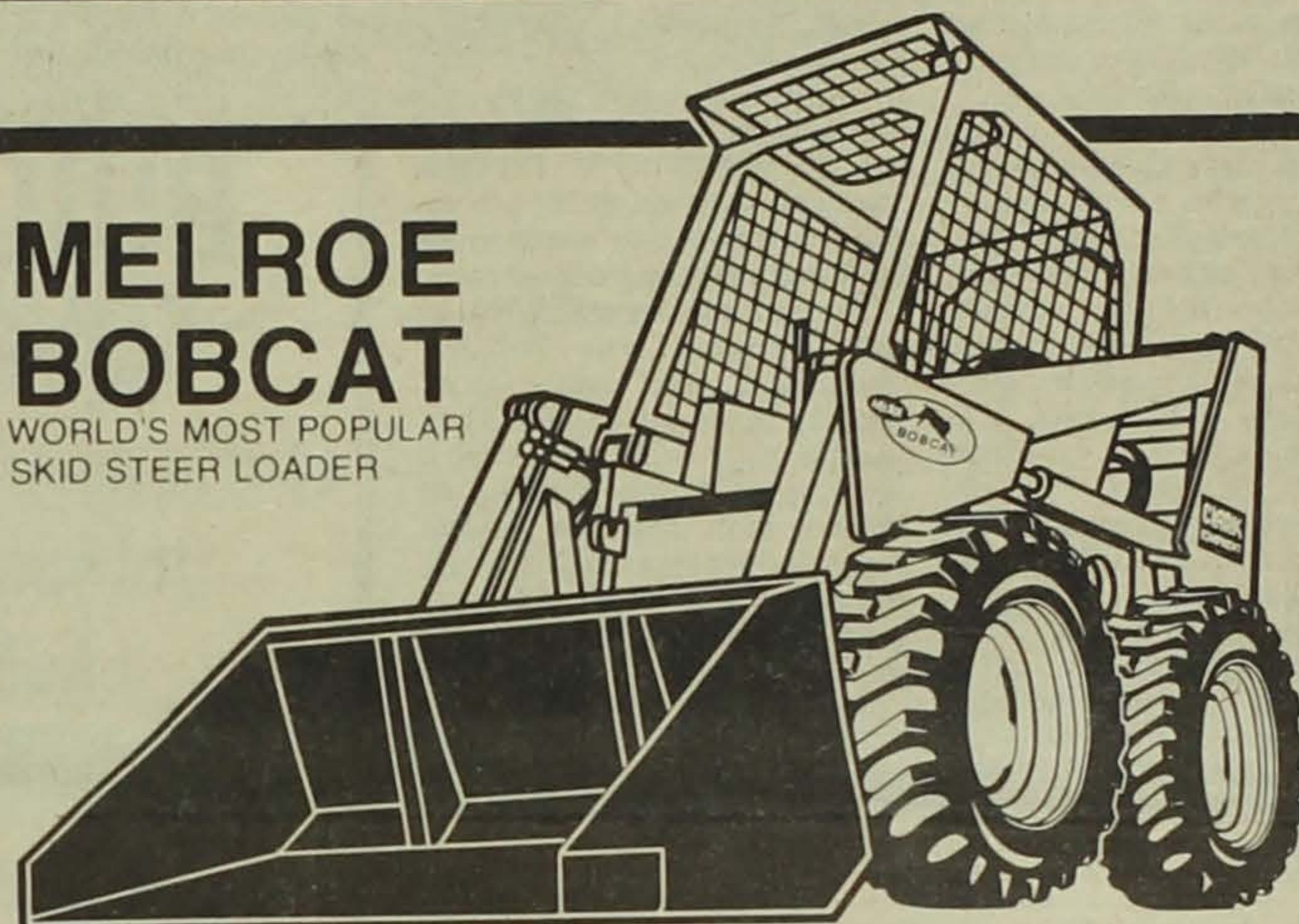
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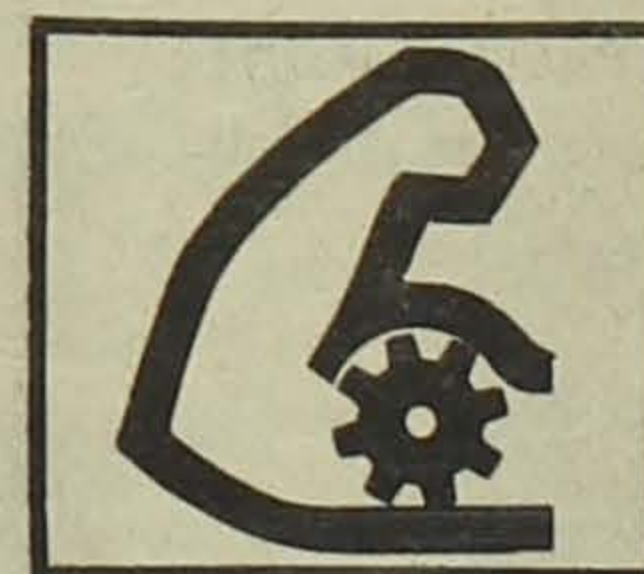
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Corn, Soybean Production Declines

Iowa's 1974 corn and soybean production was down sharply from a year earlier, according to the Iowa Crop and Livestock Reporting Service.

Corn acres harvested for grain was the highest in 14 years when 12.17 million acres were harvested. The average yield was the lowest in 10 years when the yield was 77.5 bushels.

Soybean production is down due to a reduction in acreage and the lowest average yield in seven years.

The 1974 crop year was an unusual one, a season beset with floods, drought and an early killing frost. Early crop prospects diminished as the

Cass County Historical Events

By MRS. FRANK BERRY

Lincoln Township

Lincoln Township is located in the second tier of townships from the north line and on the east border of Cass County. It is a full congressional township and was taken off of Grant Township in 1870. It is known as township 76 north, range 34 west.

Seven-Mike Creek and its tributaries drain Lincoln. Its source is in the northeastern part of the township, flowing in a southwesterly direction and leaves on the south border of Section 31. The West Nodaway River rises in Section 36 and flows south into Massena Township.

The Mormon Hand Cart Trail

The Mormon Hand Cart Trail came into Lincoln Township from Adair County. It crossed the southeast corner of Section 24, and the northwest corner of Section 25, the southeast corner of Section 26 and across Section 35 into Massena Township.

Officers Elected

Lincoln Township was organized June 11, 1870, at the home of Andrew Trimmer in Section 17, with Mr. Trimmer as organizing officer. The first election was held in October, 1870, at which time nine votes were cast. Officers elected were C.M. Felt, clerk; H. Van Schaack, assessor; Andrew Trimmer, H. Van Schaack, James Harrison, trustees; W.S. Sherman and J.B. West, road supervisors.

Lincoln Township was settled up much later than some areas in Cass County. The population in 1873 was 190 and in 1880 it was 570. The land was rich and

fertile, but the only timber was a few acres in the northwest corner. With no timber the early settler had no material to build a cabin and no fuel.

The settlers who came in 1868-69 found things much better, the Civil War was over and the railroad was completed across the county which provided a market for their farm livestock and farm crops.

Lumberyards in Anita and Wiota provided material for better houses, barns and other improvements. Large groves and orchards were soon planted to make more attractive homes.

Most pioneer women brought a start of "mother's" rose, lilac bush, a root of horseradish and garden seeds. A few flower seeds made it more like their old home. Later, a few special seeds might come folded in a scrap of paper in a letter from mother. Planted and tended with "lovin' care," the flowers were later divided with neighbors and friends.

First Permanent Settler

The first land entered from the government in Lincoln Township was on Section 4 by Thomas Turner. He made some improvements, but did not stay.

The first permanent settler in the township was William Thompson, who came from Indiana in the fall of 1856. They lived in a log cabin on Section 5 for a year. Mr. Thompson then entered land from the government on Section 4 and erected a log cabin. In 1858 he broke land, planted and harvested the first grain crop in Lincoln Township.

John Wogan was the second settler to come, not long after the Thompsons. He located in

Section 5.

Jacob Gant came in 1860 and purchased the land owned by Mr. Wogan. Some time later a Mr. Furbish and a Mr. Dabney came, but did not stay long.

Willard Talbot came to Iowa in the fall of 1868 and located in Lincoln Township. He served as the first justice of the peace in the township.

The next settler to come was Andrew Trimmer who arrived in November, 1869 from New Jersey. He purchased a farm from F.H. Whitney in Section 17 and erected a house. It was the third frame house built in the township.

(To Be Continued.)

PIONEER HOGS

Domestic hogs arrived in the United States not too long after the settlers from Europe landed on our shores. In 1608, domestic hogs were brought to the Jamestown settlement. By 1617, these hogs had survived and bred so well that census takers simply noted "innumerable numbers of swine," rather than attempting to count the animals.

2,544 QUARTERS FOUND IN PILE OF WOOD SCRAPS

A hoard of 2,544 pre-1964 silver quarters found recently in a pile of wood scraps by six students at Chaminade College High School, St. Louis, Mo., has been claimed by a collector from nearby Creve Coeur.

The quarters, worth a face value of \$636 and a market value of about \$2,000, were returned to the collector after his brother had read about the find in the St. Louis Globe-Democrat, according to Rev. Robert Osborne, student services director at Chaminade.

The collector claimed the coins as those taken from his home in September. The quarters, sacked in a canvas bag inside a plastic gallon container, had apparently been hidden by the burglars to be picked up later.

When at first police could furnish no leads, it was agreed that, if no one claimed the coins for several weeks, the coins would go to the students. Now, however, they will simply divide the \$200 reward among themselves.

When doubling a recipe, do not increase the salt and other seasonings until you have tasted the mixture.

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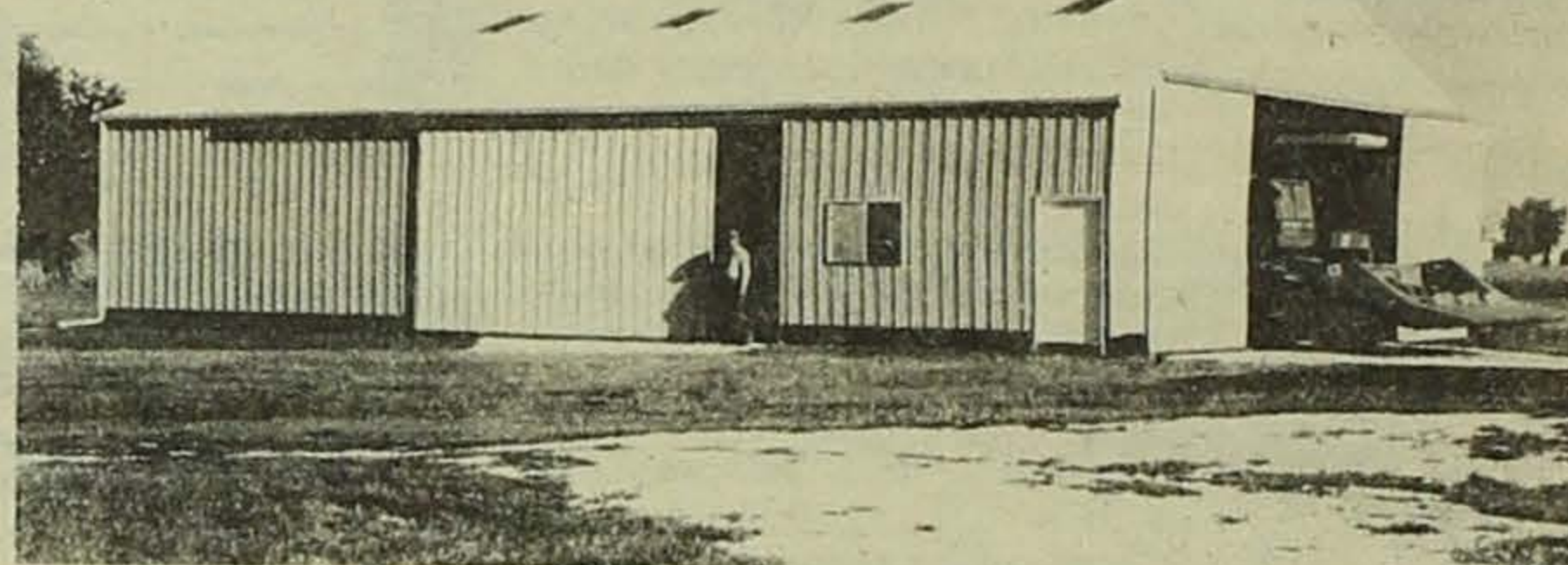
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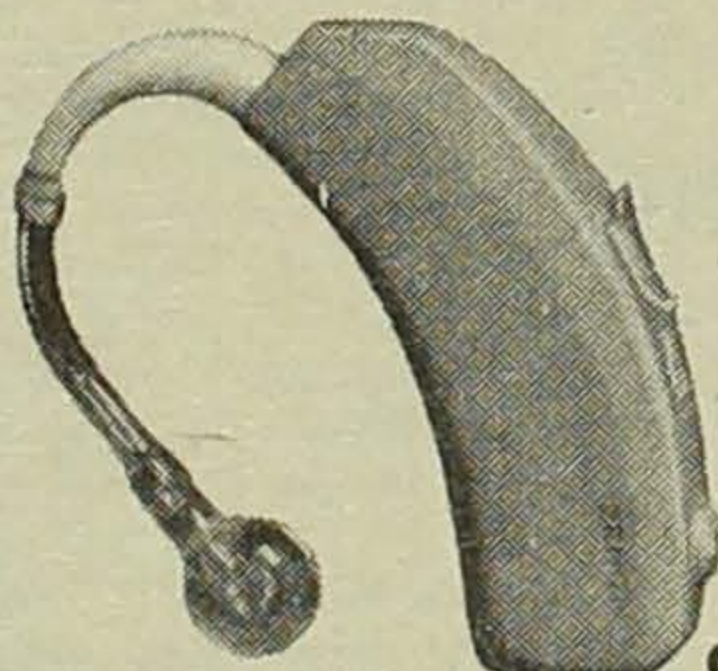
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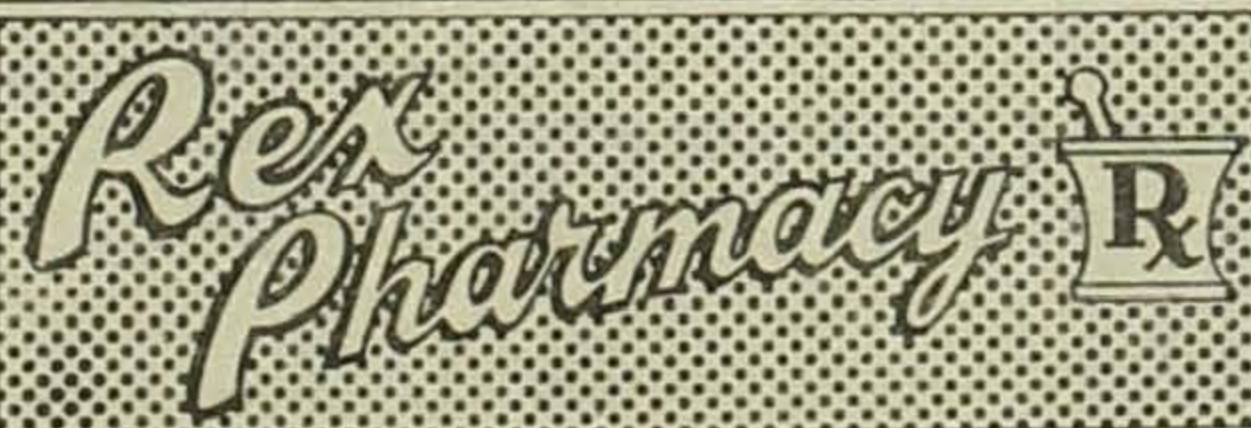
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Hilton Head Island Shared by Rich, Poor as Development Is Stepped Up On Pacific Isle

HILTON HEAD ISLAND, S.C. (AP) — Hilton Head Island, a 42-square-mile, shoe-shaped hunk of land off the South Carolina coast, has become a retirement paradise, a favorite vacation spot, a playground for the rich, a work ground for the middle class, and a homeland for a thousand or more blacks.

There are no bright, flashing neon signs, no industrial plants to belch smoke into the air, no traffic jams, no litter along the roadway, no polluted streams.

Joe Fraser, president of the Sea Pines Co., one of the major developers of the island, said in an interview, "We are making every effort to protect the environment of Hilton Head, because we want at least one section of this nation to be untouched by pollution, and because it is simply good business sense."

Abe Grant is a 35-year-old black who has lived most of his life on the island and is the owner of a small grocery, pool room and motel.

"There have been some big changes in the past few years," he said, "and as far as I am concerned the changes have been for the benefit of me, my family and my people."

Cindy Baysdent works in one of the exclusive shops at Harbor Town, and her husband is with one of the island development firms.

"I have been here almost three years," she said, "and it is a unique way of life. I was in Atlanta recently, and the traffic and the noise were unbearable, especially in contrast to Hilton Head. It is like living in a small town, but what a beautiful small town, with the beaches and the woods and the wildlife."

Dr. Frank Arnold, who for 30 years was an environmentalist with the South Carolina Health Department, is one of the men now responsible for protecting the ecology of the island.

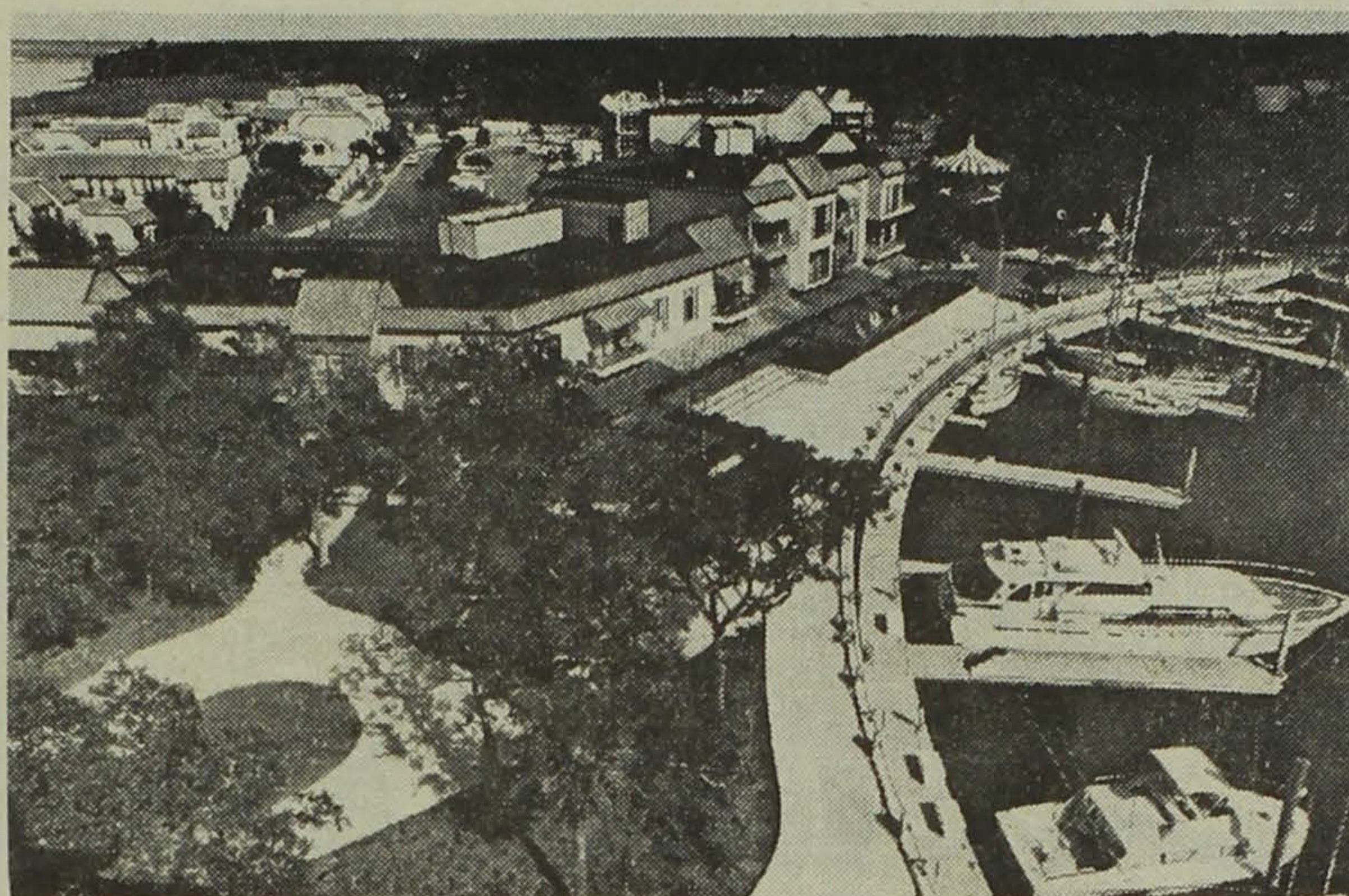
He is consulted in the initial planning stages of new developments, and his advice is followed so there will be only minimal damage to the wildlife, the land and the sea.

One of the new residential developments is called Hilton Head Plantation, and on the insistence of Arnold, steps were taken to protect the nearby ruins of Ft. Mitchell, a Union outpost during the Civil War; to leave untouched a large marshland and to prohibit any construction in an area that appears to be an ancient Indian settlement.

On other sections of the island, developers have agreed to a hands-off policy for Cypress Swamp, 250 acres of salt marshes where the giant black cypress trees grow; to stay far away from the two island rookeries where wildfowl breed and which are included among the 13 rookeries that remain along the eastern seaboard; and to protect Whooping Crane Pond, another wildlife sanctuary.

The island is dotted with 10 golf courses, tennis courts, riding stables, numerous swimming pools and several children's playgrounds with the play equipment built of wood to blend into the natural background.

Hilton Head Island was discovered by the Spanish in 1521



HARBOR TOWN—This community of expensive condominiums and golf courses has become a favorite retirement playground for the wealthy on Hilton Head Island, off

the South Carolina Coast. But Hilton Head Island is also a work ground for the middle class and a homeland for a thousand or more blacks.

and later chartered by British Capt. William Hilton, who named it after himself. It became a land of large plantations, and then the target of the greatest amphibious operation in military history prior to World War II. It was captured by Union forces Nov. 7, 1861.

Still later it became the home of the grandsons and granddaughters of black freedmen, who came to Hilton Head after the Civil War and purchased the rich loam for 15 cents an acre.

About 25 years ago, land developers moved in and realized the potential for a resort and retirement community. Since then land costs have skyrocketed.

A tract of slightly more than 1.2 acres in the Hilton Head Plantation development will sell from \$15,000 to \$85,000. There is then the cost of constructing a home.

It was once said that if a person had to ask how much a lot would cost, he couldn't afford to live on Hilton Head.

But, Fraser said, the developers of the island, which has a permanent population of about 7,500, want "to keep a balance between retirement, resort and other full-time residents. We want this to become, as near as possible, a normal community."

ACUPUNCTURE TREATS TENNIS ELBOW

LOS ANGELES (AP) — For tennis players, a sore arm can be one big pain in the elbow.

Taut muscles, jarring against the ball in a grueling back and forth volley, get inflamed if the stroke isn't proper. The result is tennis elbow, a painful problem that may sideline the best competitor for months at a time.

Recently, physicians at West Coast Medical Group here have come up with a treatment for tennis elbow that may take the sting out of the problem. Using acupuncture, the physicians report they can lessen the pain and speed recovery in more than 85 per cent of cases treated.

Hair Transplants On Upswing For Men

By Melinda Miller
Drake University
Journalism Student

DES MOINES — With baldness occurring to some degree in 40 per cent of all men, it is not surprising that in Iowa, hair transplants are the foremost type of cosmetic surgery for them.

Dr. James Stallings, a plastic surgeon here, sees about one man a week who would like to have the procedure done, and Dr. Christian Radcliffe, professor and vice-chairman of the Department of Dermatology at the University of Iowa, said that ill patients have had transplants done there already this year.

While private physicians cannot quote fees for ethical reasons, Dr. Radcliffe said patients at the university are charged \$8 — \$10 per "plug" depending on the difficulty of the procedure per individual.

Each "plug" is taken from the back of the head, and contains 10-12 hairs. It is approximately four millimeters in diameter.

"Since the hair on the back of the head is the last to go, when it is transplanted to the front it maintains this characteristic and generally lasts the lifetime of the individual," Dr. Stallings said.

Expensive

However, he stressed that the process is an on-going one since the original hair surrounding the transplants still falls out, requiring future transplants.

"Over the long run, the complete procedure will cost several thousand dollars," Dr. Stallings said.

The transplants can be done either in the doctor's office (as Dr. Radcliffe does) or on an outpatient basis at a hospital (as Dr. Stallings does). Either plastic surgeons or dermatologists may perform the transplant.

Dr. Stallings usually does 40-

50 plugs during an hour-long session. In about a year, the new growth will be as long as the rest of the hair.

Although the individual will never quite have a normal full growth of hair, Dr. Stallings believes that transplants are better than being bald or wearing a wig.

"I think that men hate to wear wigs," he said. "Anything artificial is repugnant to them."

Wig Costs

The only advantage of a wig is that of cost. While a top quality wig would cost about \$500, the price of hair transplants would begin at about that and may go higher depending on the baldness of the individual.

Although hair transplants were first performed in 1958 by Dr. Norman Orentreich, a New York dermatologist, Dr. Stallings believes that many men still aren't aware of the procedure.

"The number of people having hair transplants done is increasing fast as more people learn about it," he said. "It certainly is worthwhile to look as good as you can. Call it vanity — call it what you will."

Although all doctors trained to do transplants do not do them, Dr. Radcliffe believes that it is possible to have transplants done by a qualified physician in almost any part of the state.

"All of our residents in dermatology at the university are trained to perform transplants," he said. "So there are qualified doctors all over the state."

(Distributed by Iowa
Dialy Press Association)

DREAM FULFILLED

HENDERSON, Tex. (AP) — The Rev. Louis Asher, who had hoped to become an Air Force pilot in World War II but ended up in the Merchant Marines, is finally going to pilot an airplane — his own.

The pastor of the Shawnee Baptist Church is restoring an old Navy plane at a local airport. He located the plane, which had been used as a crop-duster in its last flying days, through a minister friend.

He expects to have the plane in the air in several months.

Feather Money Bought Brides

Feather money, in coils 10 feet long and requiring the feathers of at least 400 birds per coil, were used to purchase wives or as gifts on Santa Cruz Island.

The coils of red feathers are called tan, ta or tavan, according to Mrs. A. Hingston Quiggin in her book, "A Survey of Primitive Money."

In 1936, H. G. Beasley wrote, in "Notes on the Red Feather Money of Santa Cruz," as follows: "In structure each unit of feather money is composed of a long belt formed of fibre rolled over two strong cords and two weaker middle cords as a base."

Bound With Leaves

"This belt throughout its whole length is composed of tile-shaped overlapping scales of dove feathers, and these scales have again attached to their upper surfaces delicate red feathers. The ends are bound with pieces of palm leaf and braided cord work running to a point which terminates in bunches of fibre, and wo cords which are themselves fastened to the spirals of bark on which the coil is wound."

"Attached to the coil are pigs' teeth and certain stones which have a religious signification, and are said to be worth more than the money itself."

Mrs. Quiggin comments that a coil is made up of about 1,000 overlapping scales, or lendu, wound in double spirals of six turns each onto circular drums of bark.

The red-feathered birds used for feathers in the coil are the manga, Myzomela cardinalis, called the honey bird, about the size of a sparrow. The bird is mostly black, with a spot of red on the head and breast.

Long Time

A year is required to make the 10-foot coil. In 1932, Mrs. Quiggin reports that only 10 workmen had the skill to make the coils.

The feathers represent small change. The coils are so valuable they are used for large transactions — buying a canoe, marriage payments or heavy fines.

On the island of Vanikoro, a good wife was said to be as valuable as a small canoe, perhaps 10 coils of feathers. On out-lying islands, the price might drop as much as half. Much haggling transpires in these transactions between owners of bird feather coils and the feather of a bride. If coils are worn or of inferior manufacture, they command much less at the barter table.

Mrs. Quiggin points out that the birds were not always killed, but caught alive, often the desirable feathers plucked, and the bird released.

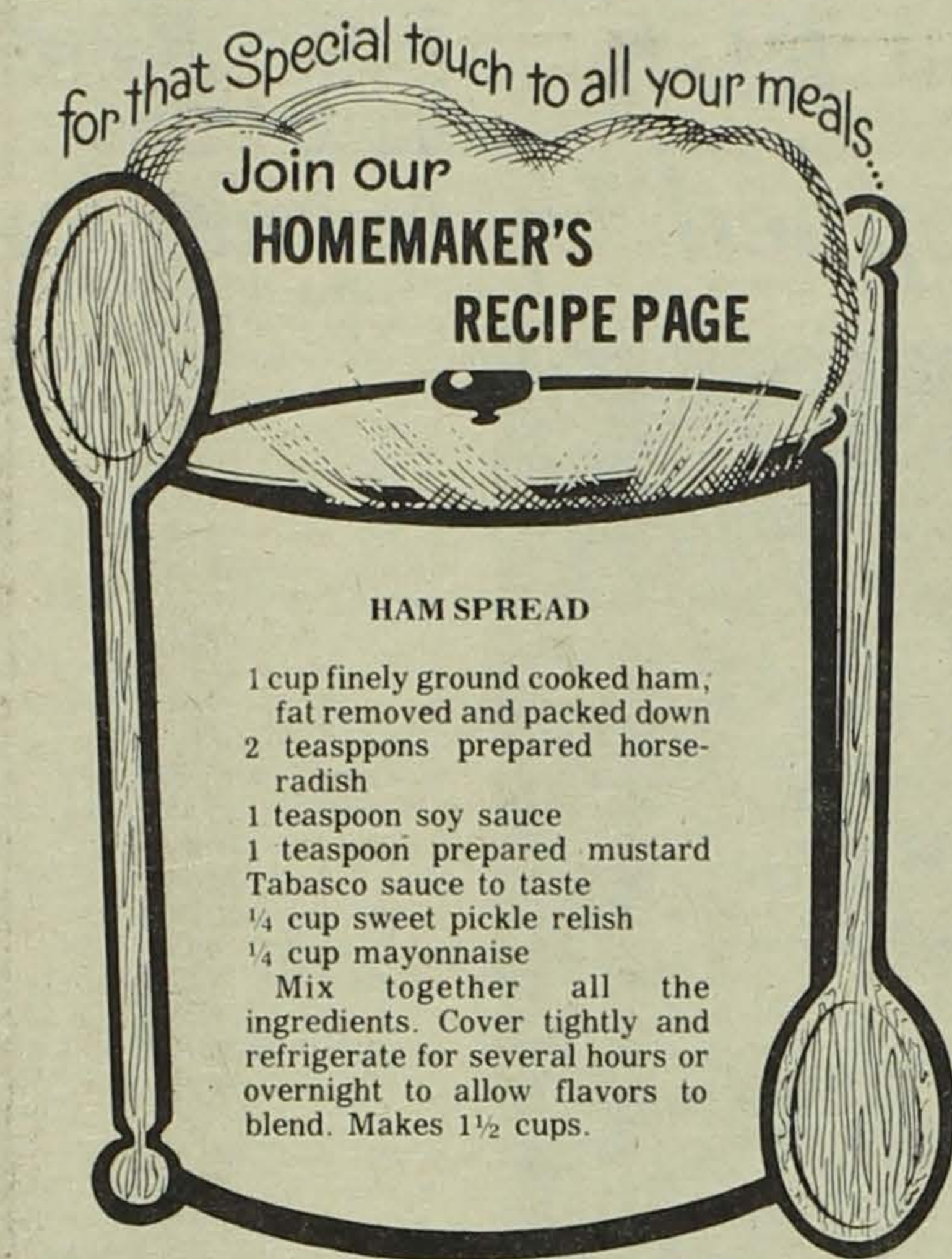
Santa Cruz Island lies between the New Hebrides and the Solomon Islands in the Southwest Pacific.

WRONG PLACE

SAN FRANCISCO (AP) — The three muggers picked the wrong place and wrong time to rob a woman.

They committed the crime while Dave Kristick and George King, detective agency executives, were looking out the window of their office.

Kristick chased and caught one. King got the license number of the other two's getaway car. All three were in police custody within an hour.



HAM SPREAD

1 cup finely ground cooked ham, fat removed and packed down
2 teaspoons prepared horseradish
1 teaspoon soy sauce
1 teaspoon prepared mustard
Tabasco sauce to taste
1/4 cup sweet pickle relish
1/4 cup mayonnaise

Mix together all the ingredients. Cover tightly and refrigerate for several hours or overnight to allow flavors to blend. Makes 1 1/2 cups.

BEEF AND BISCUIT ROLL

3/4 pound ground lean chuck beef
1/2 teaspoon poultry seasoning
2 tablespoons chili sauce
2 tablespoons frozen chopped chives
1 egg, slightly beaten
Special Biscuit Dough (see recipe)

Marinara or Mushroom Sauce, homemade or canned

Heat a 10-inch heavy skillet; add the beef; over medium heat cook the beef, crumbling into tiny particles with fork tines, until meat loses its red color. Drain off any fat that accumulates.

Off heat, stir in the poultry seasoning, chili sauce and chives, then the egg; cool.

On a prepared pastry cloth, knead the Special Biscuit Dough until smooth. With a prepared stockinet-covered rolling pin, roll out to a 9 by 6 inch rectangle.

Spread cool meat mixture over dough, but not right up to edges. Tightly roll up, starting at the 9-inch side. Place seam side down in a greased shallow baking pan.

Bake in a moderate (375 degrees) oven until browned — about 30 minutes.

Cut in crosswise slices and serve with piping hot Marinara or Mushroom Sauce.

Makes 4 to 6 servings.

Note: You may make the Mushroom Sauce by combining condensed cream of mushroom soup (from a 10 1/2 ounce can) with 1-3 cup milk and 2 tablespoons frozen chopped chives; heat according to directions on can. For Marinara Sauce, just heat with a couple of tablespoons of the chives.

SPECIAL BISCUIT DOUGH

2 cups packaged biscuit mix
1/4 teaspoon celery salt
2 tablespoons butter or margarine
2-3 cup milk

Into a medium mixing bowl, turn the biscuit mix. Stir in the celery salt. With a pastry blender, cut in the butter until particles are fine. Gradually add the milk, stirring with a fork until a dough forms. Use as directed in recipe for Beef and Biscuit Roll.

CORN SALAD

2 packages (each 10 ounces) frozen white corn
2 canned pimientos, drained and minced

1/4 cup minced onion
1/4 cup minced green pepper
1/2 cup diced celery
2-3 cup oil-and-vinegar dressing

Cook corn according to package directions; drain and chill. Mix corn with remaining ingredients. Let marinate, covered, in refrigerator for at least 1 hour. Drain and serve on lettuce. Makes 6 servings.

OVEN POTATOES

4 medium (about 1 1/4 pounds) potatoes
2 tablespoons water
1 tablespoon butter, soft
Paprika

Peel potatoes and cut in half crosswise. Place close together in a baking dish into which they just fit. Add water. Cover tightly with foil and bake in a preheated 350-degree oven until almost tender — about 30 minutes. Uncover. Spread butter over potatoes and sprinkle with paprika. Continue baking, uncovered, until tender — 15 minutes or more. Makes 4 servings.

BROCCOLI TUNA

You may want to use a less expensive kind of tuna than the one we suggest.

1 can tuna (about 8 ounces) packed in olive oil
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
White pepper to taste
4 servings cooked fresh broccoli

1/4 cup grated Parmesan cheese
Drain oil from tuna into a 1-quart saucepan and use it to make a white sauce with the flour, milk, salt and pepper. Separate the flowerets on the broccoli and slice the stems — they should be peeled before cooking; arrange in a shallow baking dish (about 1 quart). Break up tuna and strew over broccoli; add sauce. Sprinkle with Parmesan. Bake in a preheated 350-degree oven until hot through — about 15 minutes; if necessary, brown quickly under broiler. Makes 4 servings.

THRIFTY SANDWICHES

1 cup (scant) finely chopped cooked turkey neck meat and giblets, lightly packed
2 tablespoons mayonnaise
1 tablespoon sweet pickle relish
Lettuce

4 slices bread
Mix together the meat, mayonnaise and relish. Use as a filling, with the lettuce, for the bread. Cut each sandwich into 2 triangles. Makes 2 servings.

Valentine Grapefruit is full of surprises

If you're planning something special for Valentine's Day — like a cozy dinner for two — here's a dessert that's different and fun.

It's Valentine Grapefruit — a scooped-out whole grapefruit with a small slice cut off the top. The shell is filled with ice cream, grapefruit sections and strawberries. The top slice then acts as a dome that lifts off to reveal the tempting filling.

Valentine Grapefruit is a simple dessert, yet full of surprises: first, the fresh fruit and underneath that, a layer of ice cream. Fresh grapefruit is in season now and your market should have a great supply of top quality fruit at good prices.

Another lovely dessert that makes use of the grapefruit shell is Grapefruit Bavarian. The creamy bavarian mixture is made with freshly squeezed juice and has a refreshing, slightly tart flavor. It's served in halved grapefruit shells and topped with fresh grapefruit sections and mint sprigs.

Fresh grapefruit and juice make marvelous ingredients in many dessert recipes. They're especially preferred by people who don't care for overly sweet desserts, but enjoy good, natural flavors.

VALENTINE GRAPEFRUIT

2 grapefruit
1 cup vanilla ice cream or raspberry sherbet, divided
1 cup halved strawberries

Cut a 1-inch slice off top of each grapefruit; reserve. Cut along side of each dividing membrane and carefully lift fruit from shell; reserve. Scrape out membrane from shell. Pack 1/2 cup ice cream in bottom of each shell. Wrap in foil and freeze. When ready to serve mix together reserved grapefruit sections and strawberries. Spoon into prepared grapefruit cups. Top with reserved tops. If desired, decorate with paper hearts attached to food picks. Yield: 2 servings.

FONDUE TEASERS

This dish makes life easy for the hostess.

1 package (7 ounces) frozen fried eggplant sticks
1 package (6 ounces) frozen pizza rolls
1 quart peanut oil
1 cup catchup
1 tablespoon grated onion
1 teaspoon oregano
1/2 teaspoon basil
1/8 teaspoon garlic powder

Thaw frozen foods at room temperature; dry if necessary. Pour oil into electric fondue pot; preheat 15 minutes. Meanwhile mix together the catchup, onion, oregano, basil and garlic powder to make a sauce. Eaters spear pieces of thawed food with fondue forks, immerse in hot oil and fry until golden brown. They use catchup sauce as a dip. Makes 8 to 10 servings.

KNOW YOUR HAM

Ham is the meat from a hog's hind leg. If a ham is labeled "fresh," "cured" or "cured and smoked" it must be cooked before serving unless it is also labeled "fully-cooked." A ham which is "fully-cooked" or has been canned requires no additional cooking, but some people prefer to heat these hams before serving to enhance flavor.



Valentine Grapefruit is full of surprises. The grapefruit shells hold fresh fruit and ice cream.

GRAPEFRUIT BAVARIAN

2 grapefruit
1 teaspoon unflavored gelatine
1-3 cup sugar
1/8 teaspoon salt

1/2 cup heavy cream, whipped

Cut one grapefruit in half, squeeze and measure 1/2 cup juice. Remove membrane from shells and reserve shells. Sprinkle gelatine over 1/2 cup juice in saucepan. Add sugar and salt. Place over low heat; stir constantly until gelatine dissolves, 3 to 5 minutes. Remove from heat. Chill, stirring occasionally, until mixture is the consistency of unbeaten egg white. Whip

heavy cream and fold into grapefruit mixture. Spoon into 2 reserved grapefruit shells. Chill until set. Section second grapefruit. Cut slice from top, then cut off peel in strips from top to bottom, cutting deep enough to remove white membrane, then cut slice off 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. Place sections on top of bavarian. Garnish with mint sprigs, if desired. Yield: 2 servings.

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VAN'S CHAT & CHEW
RESTAURANT
ATLANTIC

Lest We Forget

BY MRS. DAISY CANNON OF BRAYTON

Stoves

Before we leave this good old commodity to its rightful place in the dim dreams of the past, we need mention blacking the stove.

This chore was required at least near weekends or if week-day company was expected. "Black the stove" meant bring out from the chimney cubby-hole a be-smirched old pan, add a bit of water to a fair-sized cake of stove blacking, be sure there were two cloths, one to apply and one larger for polishing — shut down the heat by closing all drafts — then go at it.

Apply the dabs of polish, which dried quickly, then polish with vigor. No streaks, a bright even shine, a little more here, a dab there, until the worn old stove looked almost new. It had to look as black as possible.

That chore fell to the girls. As the job was inspected and finally okayed, as a girl stowed away the blacking outfit and slowly went to scrub and scour the unwelcome smudges from her hands, is it any wonder she asked silently within herself, why, why all this useless labor? It will only wear and burn off again in a week's time. Do our present generation girls know they missed this unwelcome chore? Behold present day stove finishes, mostly gleaming white and as easy to clean as a china dish. Times, modes and circumstances do change.

After the wood stove era, the wood and coal range took over, bringing its many improvements. The last models of the old wood stoves had added reservoir and shelf above the stove top for parking the coffee and tea pots. This looked a bit top-heavy.

By 1890s in this area freighting availability had increased greatly. Coal was on the market, improved steel ranges were shipped in and became very popular. These stoves were compact, cube shaped, fire-box, ash compartment, reservoir all contained within the cube, the walls of the cube extending to the floor eliminating the need for legs. The leg base had always provided a place to poke away the poker when not in use; a warm hide-away for the house cat if there was one, and certainly a place to catch dust, wood splinters and bits of coal, and required frequent cleaning out. All these irritations were eliminated by the new floor base model.

A small hole was provided in the top of the rim near the front of the reservoir to take care of the stove poker. But the cat had to adjust to the new circumstances. A large warming oven, enclosed, encircled the stove pipe above the cooking top. The top of this left an open shelf for holding many things. These stoves were furnished with good baking ovens and the heating for baking as well as cooking was much easier to control with coal or part coal for fuel. The ash compartment was furnished with a fitted ash-pan with handle. All that was needed was to open the door, draw out the ash-pan, empty outside and return to position. But even then, if you forgot to watch, and the ashes heaped up before you got around to removing them, there was some trouble.

Altogether the improved steel range really was a blessing and a labor-saver. And one thing more to its credit: it didn't need to be blacked. Though its color was black, the finish was such that it could be washed — just like the kettles and skillets! Progress really was stepping up! Coal ranges were in use much sooner in the east coast settlements, where the foundries and stove factories were and coal supply locally plentiful. In the states of Iowa, Wisconsin, Illinois, etc., where the frontier was still slowly edging westward, people had to wait for freight supplies. How every new labor-saving facility was welcomed!

Not far behind the steel ranges were coming the amazing gasoline and kerosene stoves. But these were in the experimental phase and awaited much improvement. For a number of years they were only summertime stoves. While they were a great boon of relief from hot stove summer cooking, canning and jelly-making, when chilly days arrived attention turned to the kitchen range again, and the summer stove was set aside for awhile.

STORAGE TIPS

Buy only enough bacon for one week. For peak aroma and flavor, use bacon within five to seven days after purchase. Store bacon in its original wrapper in the refrigerator. Bacon slices separate easily if package is removed from refrigerator about five to ten minutes before using. Bacon may be frozen for short periods of time, but for best flavor, freezing is not recommended.

THIEF REGULARLY LOOTS SEATTLE'S PARKING METERS

Nobody officially presented the key to the city to an unidentified thief or more than one thief in Seattle, Wash., but he seems to have one anyway. The key, that is, to a substantial number of the city's parking meters.

More than \$1,550 has vanished in a two-week period from 804 meters in Seattle's central business district, Capitol Hill,

Queen Anne, University and Ballard districts, according to Leslie A. Sanderson, parking meter foreman.

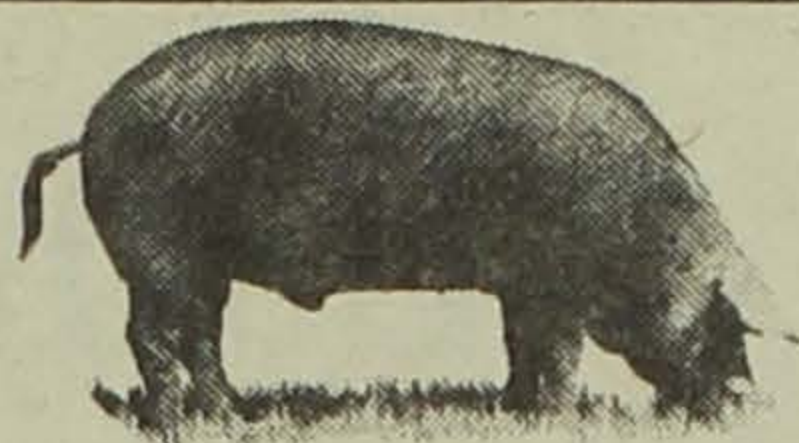
Cecil Bailey, meter collections supervisor, pointed out that such systematic thieving had been going on continuously for at least 20 years in Seattle.

Despite frequent changing of locks and the issuance of uniforms to the authorized collectors, the thefts continue. Unauthorized collectors, presumably working at night, work in traceable cycles. In one nine-day spree in October, \$562

vanished, and at other times nothing happens.

Assistant city treasurer George Cooley has asked for tighter security and police patrols, but seems reconciled to some ongoing losses. "This guy's gotten so bright that he leaves behind some," creating the illusion that no money may have been taken from a given meter.

After hatching on land, baby snapping turtles immediately find their way to the nearest river or lake.



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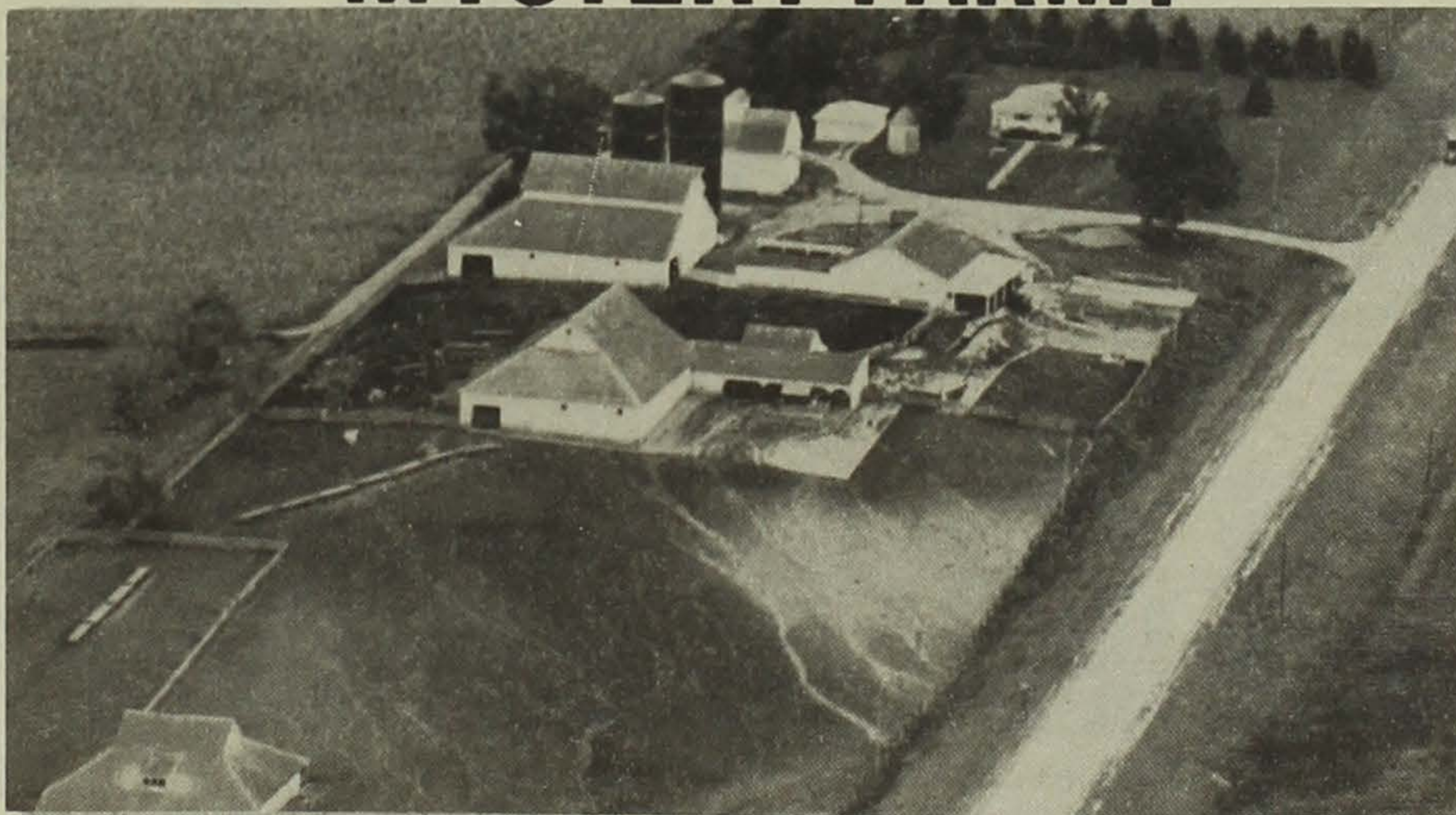
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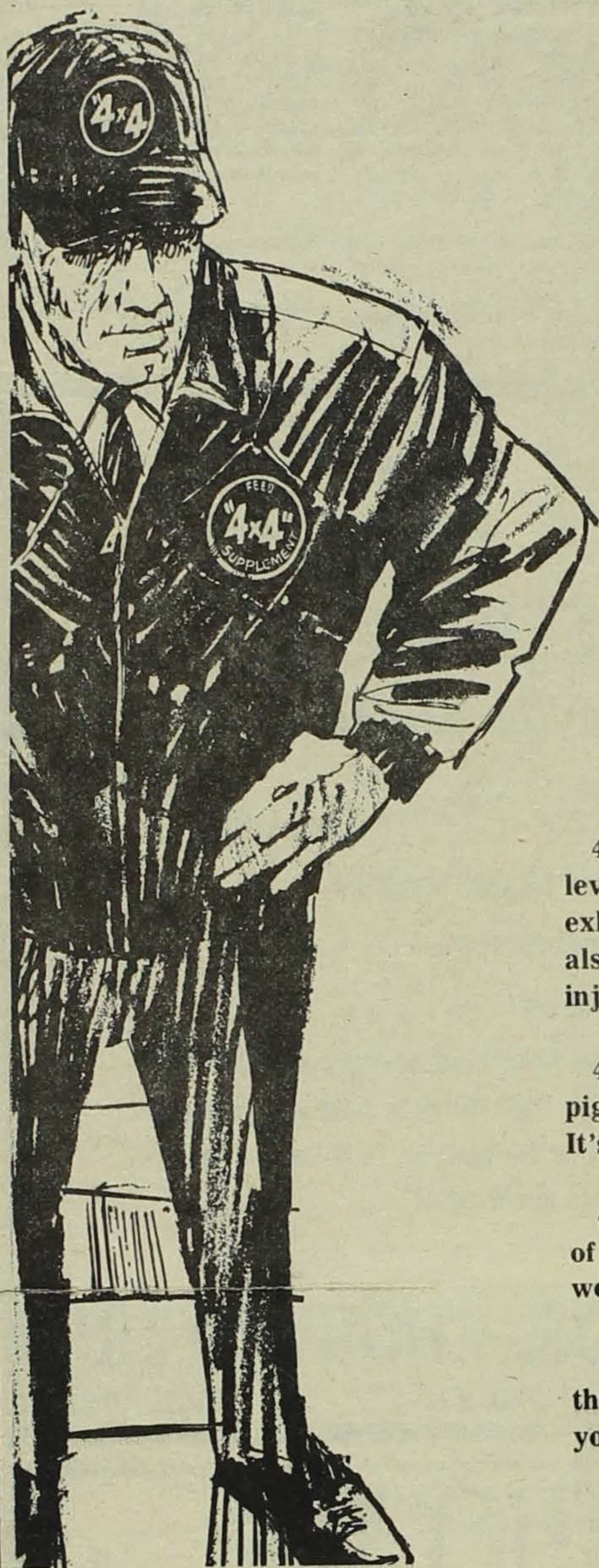
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ATLANTIC NEWS-TELEGRAPH

December Mystery Farm — Peter C. Andersen, Rt. 2, Walnut.



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