

ON GUARD . . .

The AMERICAN HOME

15¢

January 1943



*10th Anniversary
Number
&
Very Special*





Born Again!

What a wonderful feeling to shed the day's old weary self and step out of your shower or tub soothed and refreshed for your happiest home hours. Each of us is giving more these days in strength and time and sacrifices. Yet one of the simple pleasures we still can enjoy is this bracing ritual of the bath. And perhaps the best part of it is the glorious, tingling rubdown. Cannon towels have been America's favorite "companion of the bath" for years. They're beautiful, with thirsty long loops for quick absorbency, sturdy weaves for long wear — your whole family will agree Cannon towels are grand to have. And, when you need them, the smart brand to buy. Penny for penny always outstanding values.

HOW TO GET EXTRA WEAR FROM YOUR TOWELS

1. Do not allow to become too soiled before laundering.
2. Fluff-dry terry towels — never iron.
3. If loops become snagged — cut off, never pull.
4. Mend selvage and other breaks immediately.
5. Buy good-quality towels — always the best economy.

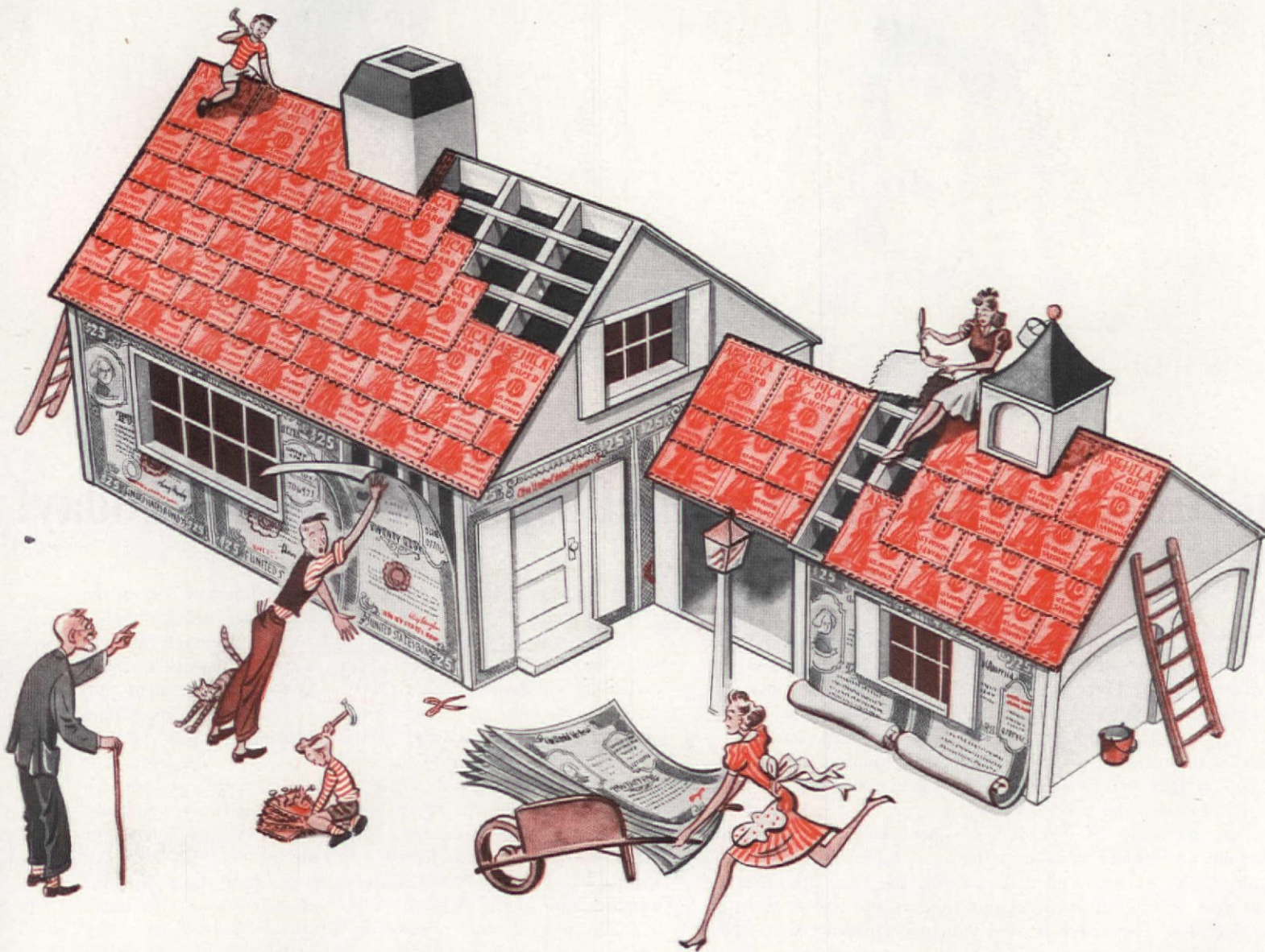


RUB UP YOUR MORALE

Cannon Towels
CANNON SHEETS CANNON HOSIERY



Look—the Smiths are building a new home!



Stamp by Stamp and Bond by Bond—the Smiths are building for the future. Buying bonds to bring Victory nearer. . . building for a prosperous peace.

To the Smiths, Home means freedom, happiness, comfort and security. . . the fruits of Victory. More power to the Smiths! And to the millions of patriotic American families whose "all-out" purchases of War Bonds and Stamps are helping to win the war . . . and insure a prosperous America after the war.

AFTER VICTORY—THE HOME YOU HAVE ALWAYS WANTED!

Look at it this way. U. S. War Bonds and Stamps are common sense savings . . . Four dollars at maturity for every three invested now. After Victory, your Bond purchases can be used as part payment on the kind of a home you have always wanted . . . *with everything in it that makes a real home.* Act today—buy Bonds and save—your nation and your future both depend on it.

With Victory will come many wondrous new General Electric appliances to bring better living to your home. Until then, it's up to you to make the appliances you now own last for the duration. Ask your G-E dealer for your copy of "A Captain in the Kitchen" (a practical, timely, new booklet that will show you how to make your appliances last longer and give utmost service), or write to the GENERAL ELECTRIC INSTITUTE, Dept AH-1-3, Bridgeport, Conn.

GENERAL  **ELECTRIC**

4½ MILLION
FIRST LINE FIGHTERS

OVER 30 MILLION
SECOND LINE FIGHTERS



You're the Two Most Important People in the World Today!

CALL it a war for Democracy . . . A war for the Four Freedoms . . . A war to preserve the American Way of Life . . . Say it anyway you like—but it's the American home we are fighting for, dying for. And you, the American homemaker, are absolutely second in importance only to the front line soldier and sailor in winning this war.

A perky cap, a uniform or a coverall are more glamorous—but don't ever kid yourself about their relative importance. The job that you are doing is by far the biggest, the most important AND the most difficult!

Someone said: "It takes a d— good soldier to be a good civilian." Certainly it takes patience, it takes intelligence and rare vision to understand that guarding the ideals, the dreams, our very way of life IS what our soldiers and sailors went off to fight for. They have trusted you to keep intact that which they deemed important enough to risk their very lives for. It

may not be glamorous—but it's pretty dramatic being the trusted guard of that thing 4,500,000 men are fighting for!

Every war program that our government promotes can succeed only so far as YOU are willing to cooperate with it. Your courage and sense of fair play, your food management and conscientiousness as citizen No. 1 . . . on these, everything depends. Bonds, Salvage, Rations, Public Safety, Public Health—*You*, Keeper of the American Home, can retard or hasten their success. You, little lady, not the publicized gal in a uniform—are the *real key* to a successful war effort, and don't think the boys up front don't know it! Your medals will not be tangible; your rewards felt only in your hearts. With every advance let them praise the Lord—and we know you'll pass the ammunition gladly, without benefit of uniform or arm band.

That gallant and persevering army of more than thirty million un-uniformed American Home Guards . . . we salute!



- ★ While our men are fighting overseas, we must fight a block by block war here on the civilian front.
- ★ Every housewife is urged to cooperate in carrying out the Block Plan. If your community is not mobilized for this,
- ★ write today to the Office of Civilian Defense, Washington, D. C.

"Know where I'm going to hang this?"



Right smack in my linen closet!

As I told my sister Helen, I've got something special in there now. A dozen brand-new, luscious Cannon Percale sheets!

"You certainly needed sheets," said Helen. "But golly — percale in these times?"

Cannon percales, I reminded her. They cost just about the same as heavy-duty muslin. And they're woven with 25% more threads to the square inch than the best muslin sheets. Besides, they save me plenty of money in the long run.

"Save money? How?" asked Helen.

Well, I told her, if I send them to the laundry, they save me \$3.25 a year for each bed, at pound rates. And if I do them myself, they're lighter and easier to handle. Of course, I added, you have to know how to wash a sheet to make it last longer.

"Give — you wash-day expert!" said Helen.

First, I said, don't soak them to death! 15 minutes before washing is plenty. And good old-fashioned sunshine is safer than any bleach. If I do have to use a bleach, I follow directions to the letter. And rinse twice after bleaching.

"Know any other good tips?" put in Helen.

Here's my prize sheet-saver: I hang them absolutely straight and even on the line. Then I never have to use too hot an iron, or tug at them to get them into

shape. And I never, *never* iron the folds. It wears out sheets quicker than sleeping on them!

"Now I'll tell you a pointer," said Helen.

It's good economy to have enough sheets, I said, beating her to it. I find it pays to have 6 Cannon Percale sheets for each bed. That gives me 2 in the laundry, 2 on the bed, and 2 on the shelf. And I deal 'em from the bottom!

"And about brands —" interrupted Helen.

Pick a name you can trust and stick to it, I continued. That's why I buy Cannon Percales. There may be a lot I don't know about the manufacture of sheets, but I do know Cannon. They're the same people who make Cannon Towels, and you couldn't ask for anything better!

Your store also has a real value in Cannon Muslin Sheets — well-constructed, long-wearing — at a low, popular price. Cannon Mills, Inc., New York, N. Y.



Cannon Percale Sheets



MADE BY THE MAKERS OF
CANNON TOWELS AND HOSIERY

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WAR

needs the wires

this Christmas

War can't wait—not even for Christmas. So please don't make Long Distance calls to war-busy centers this Christmas unless they're vital.

BELL TELEPHONE SYSTEM



Contributors



CLARE McCANNA

BREEZY, quick, imaginative describes **CLARE McCANNA** herself as well as her work. She had a natural ability to draw and upon graduation from high school at Oak Park, Illinois, she took her drawings to Bonnet and Brown in Chicago, where they immediately gave her a position. Her next job was that of raising a family and for fifteen years she did just that—four lively children—three daughters and one son. However, with the sudden death of her husband, she returned to her original career and is now the chief artist and art director for Joan and Ginger Magazine. Her work is creative in the truest sense of the word, and with her daughters as her models plus her delightful sense of humor, her drawings cannot help but be spirited.



L. MORGAN YOST

L. MORGAN YOST, one of our foremost modern architects, is a firm believer in the principle that a house should be never finished. A house which offers no more chances for improvement might as well be torn down. Unlike many of us, moreover, Mr. Yost practices what he preaches. His own house at Kenilworth, Illinois, is an example in point. The house was built as a combination home and office. Its exterior, shown in our November, 1941, issue, is a fitting example of the straightforward interpretation of early American architecture, for which the designer is noted. Mr. Yost dislikes the "cute cottage" type of residence. He likes clients who are young—they are more receptive to new ideas.

DOROTHY BROOKS PAUL was born in Chicago and educated at Chicago Latin School for Girls after which she adopted New York as her home. After receiving her B.A. from Smith College she started her career with the National Underwriter Company doing reporting and secretarial work. She is the proud daughter of Nora Vincent Paul, vice-president of The National Underwriter.

Though we thought we knew all about **VIRGINIA FORSYTHE**, our "cover girl" this month we had to ask her for the story of her life and this is it:

Life began in Detroit, where I did all the nice dull things like school in winter, camp in summer, and piano lessons until my mother finally gave up. Then things picked up with graduation from the University of Michigan and the New York School of Interior Decoration, with a couple of jobs during vacations. But my real education began after I married my lawyer husband, came to New York, and started to work for **THE AMERICAN HOME**.

Right now my main job is coping with a son, age eight weeks. Having read that most babies do nicely without a 2 A. M. feeding from about the third week, and sleep about 20 hours until the third month, I'm convinced that we did not get one of the "most babies."



DOROTHY BROOKS PAUL



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THE AMERICAN HOME, JANUARY, 1943

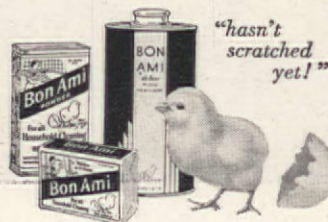


Your cleanser has a wartime job!...

TODAY, when it's hard to get new sinks and stoves, new bathtubs and refrigerators, it's important to use a cleanser that will help protect your hard-to-replace household things . . . keep them bright and new-looking. That's why—now more than ever—so many women depend on Bon Ami. It's free from coarse grit and harsh alkalis that mar the surfaces of the very things you're trying to protect. It's fine and white . . . cleans quickly and easily *without scratching* . . . prolongs the beauty and usefulness of expensive household equipment. Try a package today!

Bon Ami

polishes as it cleans!



"hasn't scratched yet!"



SEE HOW IT SPARES YOUR HANDS!
No rough abrasives or harsh caustics in Bon Ami to roughen and redden your hands. Yet you couldn't wish for a more thorough, effective cleanser!



CONNECTICUT—The home of Mr. and Mrs. L. H. Bugbee, West Hartford, Connecticut

Photograph, F. M. Demaree

Symbols of Freedom and Faith



ILLINOIS—the home of Mr. and Mrs. Craig Stoddard, Wilmette

—these homes are true embodiments of the American way of life

WE PRESENT this group of today's American homes—homes that our soldiers and sailors are fighting for—with feelings both of anticipation and pride. Anticipation—because we feel that somehow these homes represent the end of another epoch in our country's history. We are at war. Wars always bring changes. What direction these changes will take is anyone's guess. Perhaps the houses reproduced here may offer a key to the enigma.

Our armed forces, fighting over the face of the globe, are striving to preserve a way of life precious to them and to us. This way of life, this spirit of individual freedom is nowhere better symbolized than in our homes. We're mighty proud of these homes and the people in them.

America is not a static nation. We cannot stand still. Often, though our progress has been swift, it has not always been wise. Many's the time we've forgotten many of the fundamental truths that were a vital part of our heritage. A nation's home should be a true reflection of its civilization. Our early settlers, hacking their way through the wilderness, building their houses from the green timber about them, realized this. Crudely built though they were, these houses were true expressions of their builders. They were logically planned for protection, their windows small in order to keep the chill wintry winds from penetrating, their chimneys large and centrally located in order that all

rooms might receive their share of heat. In all ways, they were the true embodiment of those hardy, pioneering days of our forefathers.

However, as our nation grew and prospered, we became a bit uncertain. The simplicity of the pioneer seemed a bit incongruous to a newly rich country. We hesitated and looked to other lands for the answer. So began the process of gilding the lily. We traveled, searching through countries from which our founders had fled, hoping to acquire "culture" by contact. Our home became bigger and bigger. Ornament, borrowed from other worlds, was hung on every available exposed area. We just couldn't get enough of it. The logical planning of a house meant very little in this scheme of things. We must look genteel at whatever cost. Sad copies of chateaux and castles, manor houses and hunting boxes sprouted up all over the land. We became sorry reflections of the very life our forefathers had suffered to escape.

Fortunately for us, powers were at work which finally brought us out of this false existence and into our proper senses. The depression of the nineteen thirties was instrumental to a large degree. It awakened us once more to the value of money. Every dollar must now count. Inefficiency in business is fatal. We began to realize that this can be equally true in the home. We once more turned to our early buildings for guidance. At the same time science was entering the home field, teaching us that no



Our forefathers came to this land that they might worship as they wished and to establish homes in a land of freedom and faith.

For the same reason
our Johnny went marching off—
to fight for his right to live his way
in his American home!



Photograph, F. M. Demarest

VIRGINIA—The home of Dr. and Mrs. William Branch Porter, Richmond



Photograph, Maynard L. Parker

CALIFORNIA—The home of Mr. and Mrs. Charles Maxwell, Brentwood



Frederick Fisher is a commercial artist. This is the charming home he shares with Mrs. Fisher and their new baby

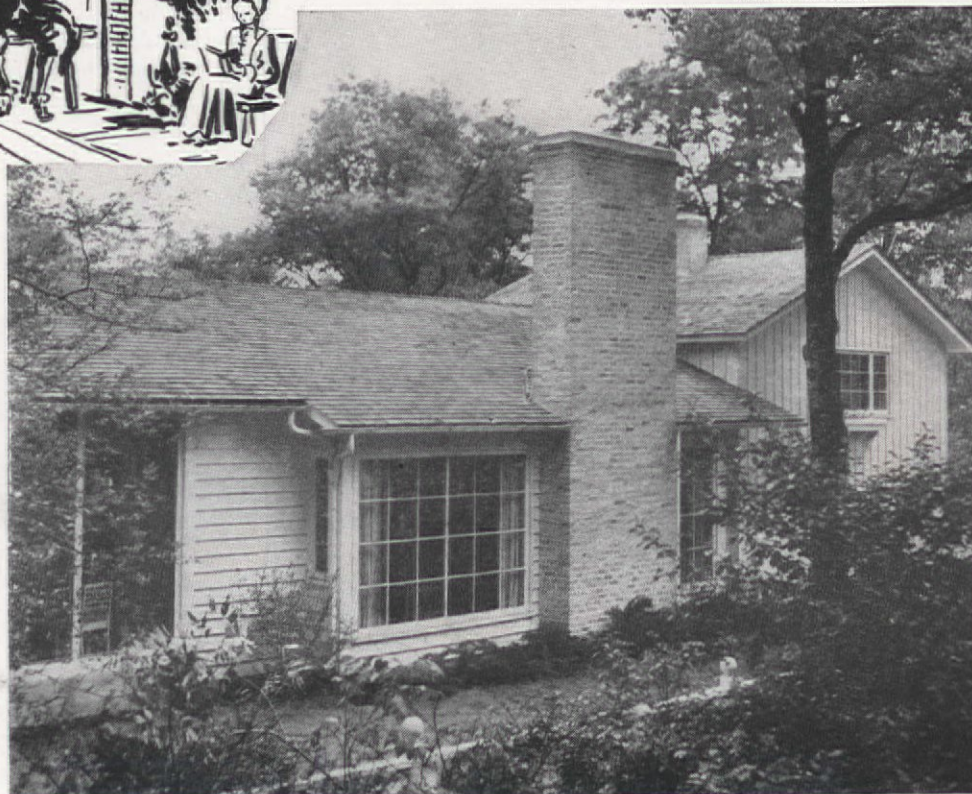
Charles H. Keller

home should become a scene of drudgery. In fact, homes could be made to work for us. Out of this new rebirth of our native spirit came a new form of house. Fitting as truly into our background as its earlier ancestors, it combined the comforts and pleasures which our scientists were able to bring to it. This is the home we bring to you on these pages, a home truly unlike any other to be found on the face of the earth—the MODERN AMERICAN HOME.

BECAUSE of the vast area covered by our nation, it's always a challenge to answer the question, "What should a real American home look like?" In most cases, the first thing to pop into mind is the early architecture of New England, called either Colonial or Cape Cod. This is logical when one considers that this granddaddy of American houses has spread its progeny o'er the length and breadth of our fair land. But worthy though this type of architecture is, it would be most unfair to assume that it has the corner on the much disputed title. Location is often a vital factor to be considered.

Consider the ranch houses of Wyoming and our great West, the comfortable brick homes of Virginia, the stone building associated with the Pennsylvania Dutch or even the adobe huts of New Mexico. Are they not truly native to our soil? Surely they have all played their parts in making up the vast panorama called America. Variety is part of our charm.

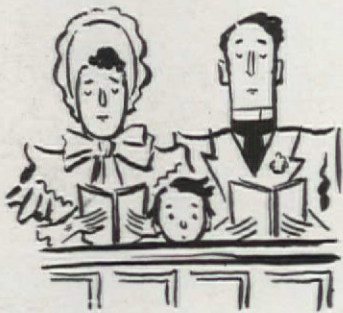
To be truly American a house should have logic—it should fit into its environment as truly as the trees and stones about it, its use of native materials should bring out all of their in-



House plans and details on pages 64 to 67



Mr. George A. Hutchinson, Jr. of Northbrook, Illinois, is an architect. This is the house he selected to live in and raise his family



trinsic beauty and strength, it should not be guilty of borrowed finery, its plan and elevations should be in harmony, its mechanics should make household drudgery a forgotten thing. In other words, it should make SENSE.

One thing very noticeable when a comparison is made between the first American homes and those of today is the informality of life today. Parents are no longer things to be held in awe by their growing offspring. Mother now has time to indulge in the more leisurely aspects of home

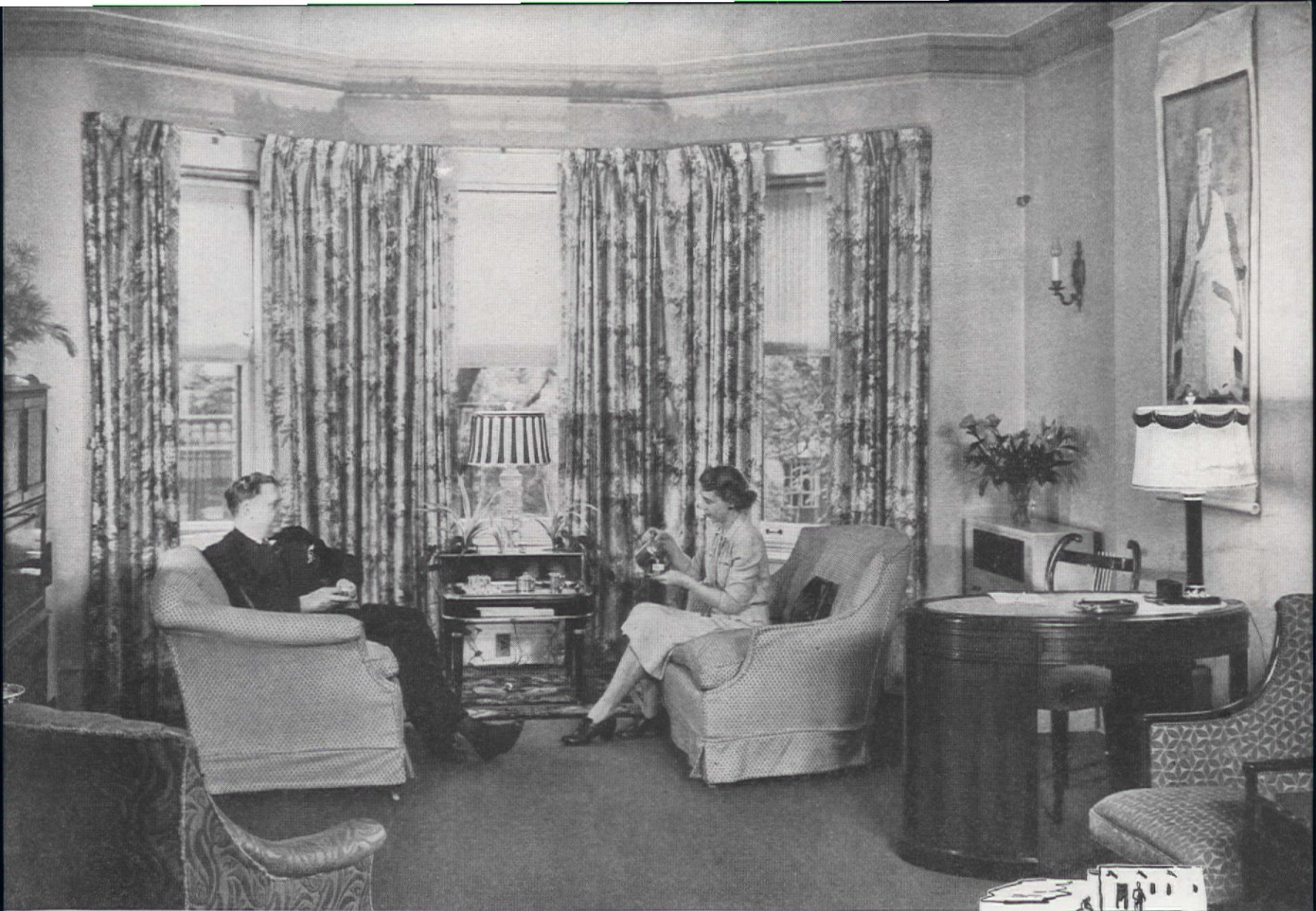
life. The family is a much more closely knit unit. Children have a place in the everyday scheme of things. They are a part of the life about them. They listen to family affairs being discussed, their friends are always welcome, their homes are places to enjoy. Its responsibilities, shared equally, give them a sense of belonging.

Because a nation is the banding together of hundreds of thousands of homes, our country composed of many contented family units is on the way to greater strength and happiness.



Charles H. Keller





The comfortable apartment living room of Dr. and Mrs. Reuben B. Gaines, Chicago, Illinois

Not all Americans live in houses. Consider for awhile the apartment dwellers. These modern versions of the cliff dwellers of old form a considerable part of our national population. They make their American homes in other people's buildings. Decorative ingenuity is their forte.

Scattered throughout our land, usually in the most congested districts, they have discovered for one reason or another that houses are not for them. Many times it is a plain case of economics. They can't for the present afford the house of their dreams and so apartment living helps them while the necessary money is accumulated. However, there is a large group of our people who because of the pressure of modern existence cannot afford the time or energy necessary for the maintenance of a house. This has become more apparent in recent years when more and more women have taken their places along with men in business and industry.

The apartment is the perfect solution for these young career couples. Selecting a place to live near their place of business these young folk are enabled to devote all of their energy to their selected careers. But don't think that these progressive folk lose out when it comes to making attractive homes for themselves. Coming home each evening, weary from the day's tasks, no one is more conscious of the value of a well-ordered, comfortable retreat. Their homes become miniatures in the realm of efficiency and charm. Here they entertain and shed the responsibilities of the world at large.

Their modern apartments are the personification of the old proverb: "Home is where you make it." They make it in borrowed space and do a darned good job of it. Bare walls are a challenge to individual expression.

Of course, as is the case with our houses, there is a tremendous latitude in apartment types. As a challenge to the ingenuity of our more venturesome brothers and sisters there are the "made over" buildings, relics of another day. Usually offering oversized rooms and high ceilings, they lend themselves particularly to those of us seeking a homey atmosphere. Here's fertile ground for all sorts of creative play, especially to those given to grandiose ways.

This form of living, however, is really for our more hardy brethren. Most of our apartments today are models of efficiency and streamlined living.



MODERN CLIFF DWELLERS

This country has about four million—

they form the backbone of our cities

Frank Willming



MASSACHUSETTS—The home of Mr. and Mrs. Hinds, Ipswich



A true modern version of the traditional Cape Cod cottage

This form of life carries tremendous appeal. Designers and builders have been able to provide us in these modern units with all that our present day's hearts desire. These apartments may look alike when untenanted but just give the American housekeeper a chance to get to work. Presto chango—

and each unit carries its own



personality, an individual charm which is a true reflection and picture of the tastes and desires of its inhabitants.

MANY of us are frightened by the word "modern" when applied to describe a house. It immediately brings to mind something hard, mechanical—almost clinical in its severity. We feel that in most cases the work is ill-advised. Contemporary is usually what is meant—timely in its adaptation—a house fitting into our present-day scheme of living.

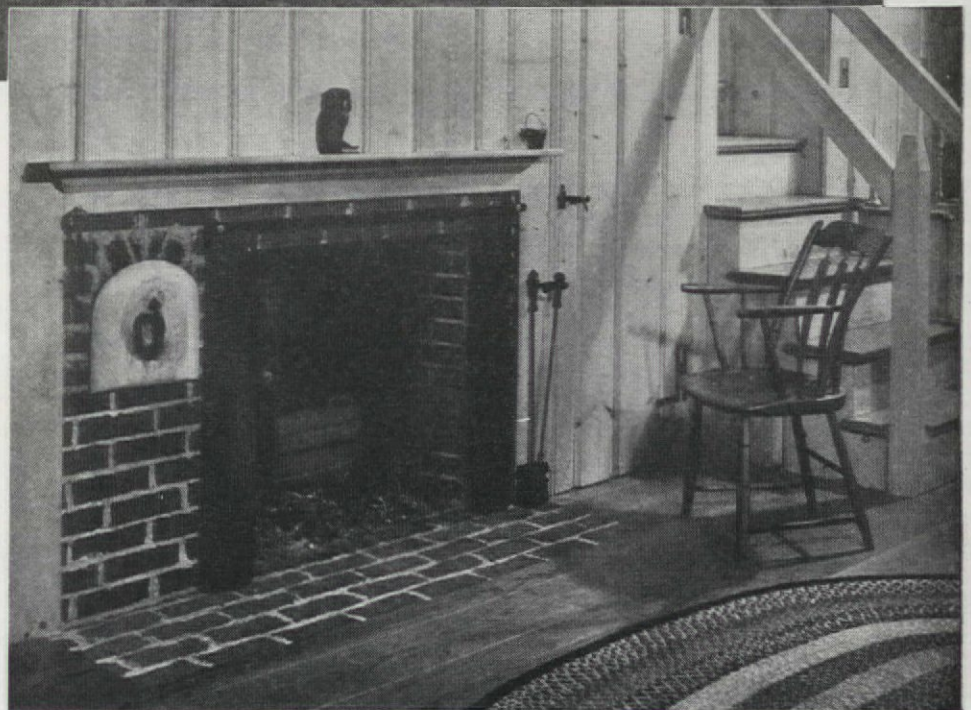
A prominent young architect, L. Morgan Yost, two of whose houses appear on these pages, has many well-thought-out convictions regarding this poignant subject.

"I see no charm," says Mr. Yost, "in a house so complete, so highly finished and polished that moving a vase would destroy its cast-iron perfection. A house



should never be completed. It should grow and change with the family. There must always be plans for the future of a house just as there must be plans for the future of those who live in the home. A home that is finished might as well be torn down!"

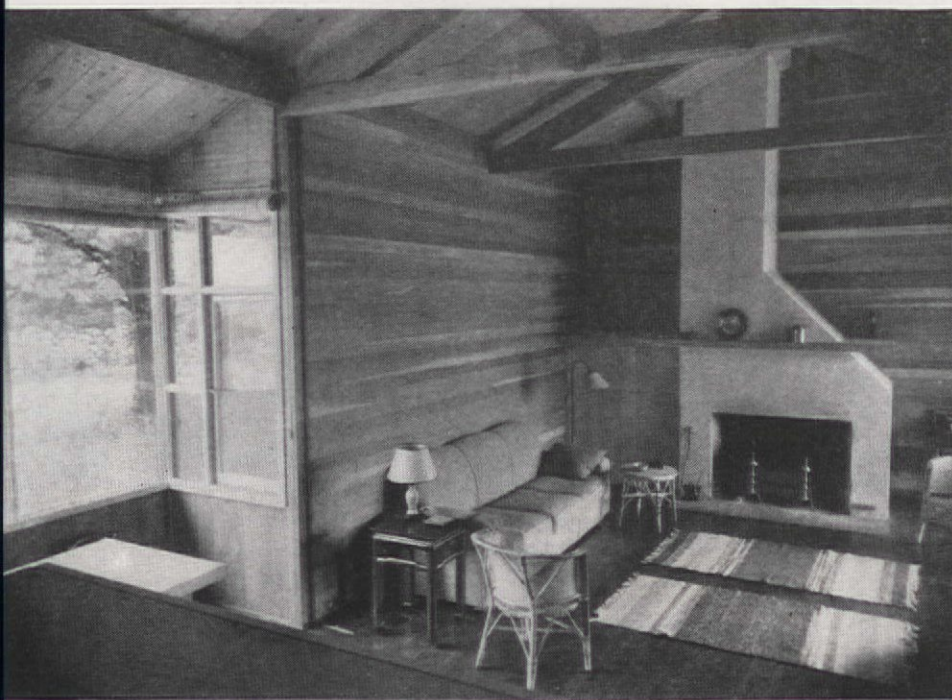
Mr. Yost has a deep-rooted philosophy on the functional qualities of a home. He adds "A modern house must be functional in the true sense—functional for its use as a home, not merely structurally functional. We must realize that the function of creating a pleasant, intimate, homely environment is just as important as the function of a column holding up a roof. Therefore, a house with trellises, flower boxes, decorative shelves and soft textures of natural building materials is more functional to our modern life than the pipe column, box-like "modernistic" house





Erven Jourdan

**OREGON—The home of
Mr. and Mrs. Philip A. Joss,
in Portland**



Its clean-cut lines, natural use of materials make this a worthy descendant of a glorious heritage. The wing above is reminiscent of the old carriage shed days

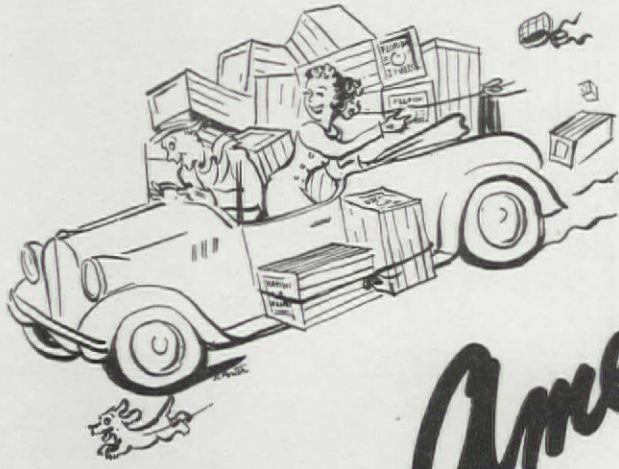
which is functional in structure only. This concept has been abandoned. "But above all, we must avoid cloying cuteness, that false sentiment of the past which makes the present lose its dignity and the future lose its purpose. Our forefathers built the best they knew but certainly not as well as we know. We are proud of our forefathers and admire what they did. Would they be proud of us if they thought we had not advanced in our architecture but still copied, badly, their inadequate houses?" This well thought-out philosophy is seen in Mr. Yost's designs. Fortunately for us the period of copying the shortcomings of an older generation is a thing of the past. American designers and builders are now standing with their feet firmly planted in the present. It is because

of this that the group of houses selected here fills us with a great sense of native pride and admiration. They are the America of today—they belong to each and everyone of us. They are truly worthy of the sacrifices which are being made for their preservation.

There is no doubt that the present day house is a much smaller unit than that of our grandfather's day. We have condensed our mode of living; the burden attached to the running of a large establishment has been eliminated in favor of a more compact self-running house. Women of today have interests far beyond the four walls of their homes. Never again will they accept the position of "housekeeper" without pay. Many of our waking hours are now spent away from the home. Life has taken on a larger meaning—a scope brought about by the invention of the automobile and airplane. Families travel together . . . never before have children played such a very important part in the scheme of things. Cooperation in all things is the new American code.

Americans are a nation of sun-worshippers. This has greatly influenced the design of many of our houses. Terraces, barbecue pits, sun-decks—all are a part of the present-day picture. It's no longer necessary to wait for the annual two-week's vacation in order to feel the good earth under our feet, to relish the savor of a steak cooked over smoldering charcoals. Vacation now starts with the first chirp of the robin. Out come the deck chairs and the cooking apparatus. We have really discovered the back woods in our own little plot of land. It's a healthy life and a happy one.

This is the picture of American home life before Pearl Harbor. Life was full of zest, homes were embodiments of this new love of life; we



The young John Cooleys of Detroit, the orange crate kids

These

Americans

Keep The

Opportunity makes all—their stories on page 68



Mrs. Ida Rothman in the living room of her New York apartment



Edith L. Ross and her own little home



Gertrude Brassard reclaims a useless basement



Teamwork is the slogan of the six Swansons of Seneca, Illinois



F. M. Demarest

Stenographers by day; carpenters by night—two busy girls create a room of their own

were going places. Now our energies have been directed towards another purpose. We are carrying that same energy into new endeavors. Because we realize what is at stake, success will be ours. That's certain.

Who ever said the pioneer spirit was dead? Far from it! The people on these pages, young and old, are as representative of the do or die attitude as any of our country's founders.

Perhaps the covered wagon has gone forever but not the resolve which took it to the far corners of this nation in search of better worlds to conquer. Whether these modern-day folk live in wooden shacks or one-room apartments they carry on the stout-hearted tradition so often associated

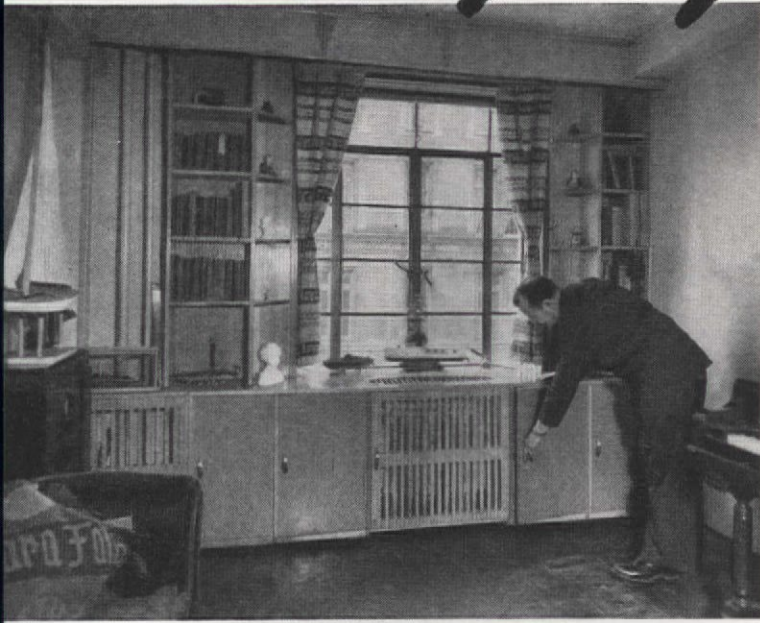
with the American character and purpose.

Nothing daunts them, lack of money least of all. Because of ingenuity and the urge to get things done, the stretching of the hard earned dollars' value should shame a country suffering from rubber shortage. Necessity brings about invention.

Take the Swanson family of Seneca, Illinois, for instance. Mr. and Mrs. Swanson had four small children and no money. Like most people they wanted a home of their own. They now have that home, but only after months of back-breaking toil by every member of the family, large and small. The Swansons actually built the house with their own hands.

Then there is Mrs. Ruth C. Dawson of Dobbs Ferry, New York. Forced by cir-

Pioneering Spirit Alive!



A living-room cupboard, built by N. Sifrey for his apartment



Worthy descendants of the covered wagon day, these courageous folk still carry on its tradition!



Nelle F. Mosgrove

The Jack Frey home, Oilfields, California—once a typical bunk house



Photographs, Jack Ansley

The young Whittemores furnished their compact apartment on a shoe string

circumstances to live in a small inadequate apartment, Mrs. Dawson, by use of a vivid imagination and tireless energy created a home for herself and her son which is a picture of charm and color. It may not be her dream house, but Ruth Dawson must experience a profound satisfaction as she gazes upon her handiwork, and don't tell her that son Robert is not proud of his inventive mother.

The John Cooleys of Detroit, Michigan, were really fortunate. Fifty dollars may not seem a colossal sum with which to start housekeeping but to Bernadene Cooley it was the opening of a great adventure. Orange crates were enlisted in her campaign, a bit of wallpaper here and there, a bucket of paint, and presto! there was an

apartment to take your breath away. Bookcases of modern design, furniture, nothing was too difficult to tackle. They have a home distinctively theirs because it is of their own making. More power to them!

Let's not omit the struggles endured by the young Jack Freys of Oilfields, California, as they transformed an old bunk house into a home brimming over with personality and charm. Situated seventy miles from the nearest town, these courageous youngsters could rely on no one but themselves to produce this miracle. Even the installation of a bathroom and kitchen held no terrors for them. And the results—well just look it over. The Freys are indeed to be envied for their taste.



Mrs. Ruth Dawson in the kitchen of the home which she created for herself and her son, Robert



Charles H. Keller photographs

**ILLINOIS—The living room and home of
Mr. and Mrs. Lawrence C. Buckmaster, Kenilworth**

THE old expression about taking “a heap o’ living to make a house a home” is certainly disproved when we consider that nearly all of the homes presented this month are practically new.

We Americans love our homes. We show this in many ways, especially in the feeling of hospitality which we inject into their very being—warmth, color, furniture that is both practical and comfortable—all of these add up to a total—the picture of modern civilized living.

We like to entertain, informality is our strong forte, so out of the window goes anything suggestive of our stiff, tight-laced generation.

Our values of life as we wish to lead it are very clear to us. We want to be taken for just what we are—simple, straight thinking, and honest. Known to others as a nation of home owners we glory in the title and the world respects us for it. Let us continue to set the example.



MAYBE TOMORROW

Maybe tomorrow the bells will ring,
The whistles blow and the children sing
That peace has come back to earth again
And sanity has returned to men.

Maybe tomorrow when guns are stilled
And destruction's done—we'll start to build
The homes we've saved and waited for
And start to really live once more.

Taken from a poem by Clinton Brown. Courtesy, Hotpoint

Home of Mr. and Mrs. Walter Cherry, Jr.



ILLINOIS—Home of Mr. and Mrs. Joseph F. Horn

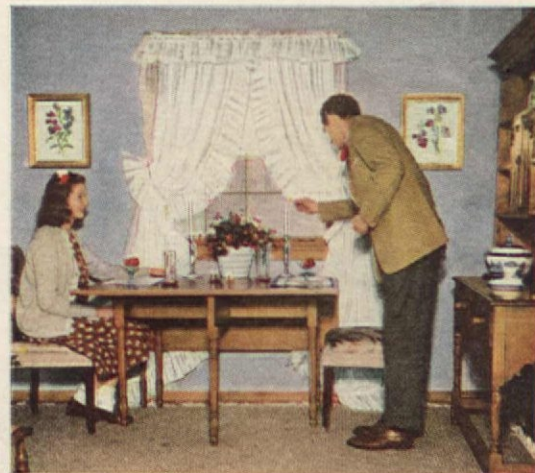




To the Joseph F. Horns, home is a synonym for entertaining

When Johnny comes marching home again what kind of house will he want and what kind of life will he look forward to? We forecast for you very soon

This is what home means to these gay young newlyweds—the Junior Walter Cherrys



Photographs, Charles H. Keller





*Give fools their gold, and knaves their power;
Let fortune's bubbles rise and fall;
Who sows a field, or trains a flower,
Or plants a tree, is more than all.*

Gardeners, Get Down to Earth!

FOR more than a year now gardeners have heard about the importance of continuing their garden interest and activity, despite the war. Their response has been gratifying but, as real wartime gardening, only a scratching of the surface. As in other phases of our daily life, we have been trying to bend long established gardening philosophies and practices into a vital emergency pattern gradually, painlessly and with as little disruption as possible. Even the 1942 Victory Garden Program, albeit commendably successful, was only a beginning—an experimental, feeling-out operation; a rehearsal before the big opening.

Well, the rehearsals, the practice period, the “we’ll see what we can do” stage—these are over. With 1943 comes not a suggestion but an order that gardening be put on an all-out basis. It’s time for serious, intelligent, peak-efficiency, down-to-earth work in your garden, my garden, every garden. It’s time for you to decide just what kind of a gardener you are (or can become) and exactly how your gardening is going to fit into and help along the war effort. If, to be perfectly frank, you cannot, as a gardener, be a win-the-war helper, you had better “hang up de shubble an’ de hoe” right now and leave plant growing to someone else while you concentrate on war industry work, your civilian defense job or whatever else you *can* do with skill, system and determination. That doesn’t mean that you have to be an expert gardener to start with, or a full-time gardener, either; it does mean that you must have an objective, organize your project thoroughly, and pledge yourself to carry it through from pre-seedtime to the post-harvest season.

The same thing applies to your garden club or other horticultural group. If it can find—or make—its place in the wartime program so its contribution will really count, it will be justified in carrying on with its meetings, publications and other activities. If it is merely a “club” in the social sense, with most of its emphasis on entertaining programs, flower arrangement demonstrations and the traditional peace-time competitive exhibitions—then the sooner it decides to go dormant or hibernate for the duration, the better.

DON’T get that wrong. It isn’t a suggestion that gardening, garden clubs and flower shows are not wanted and needed while the war lasts. It is an urgent plea to keep them on a constructive, common-sense basis, with a clear understanding of what their jobs, their responsibilities and their opportunities are. Speaking of shows, there will be a wonderful opportunity this spring to transform some of the strictly orthodox, conservative, static

affairs into live, dynamic, practical and truly educational demonstrations of what garden work really is. Perhaps you can help bring about that sort of progress, which is only one of many assignments that will need attention. For example . . .

The war is being fought to preserve our homes and our right to live in them. For every home there must be surroundings, a setting, an environment, which includes everything from a hedge or patch of front lawn to an outdoor living room, completely landscaped grounds, the neighborhood roadsides and the parks, parkways and open spaces of the community. It takes gardening to keep those surroundings attractive; to protect the investment of time, money and care they represent; to preserve them so that returning fighters will realize that they did not do *their* job in vain and that in addition to assuring them food and munitions, we kept their home places safe and good to look at and live in.

We are beginning to feel the first, relatively mild, effects of wartime food rationing. The need for American-grown food for all the allied fighting forces, to meet Lend Lease commitments, to give our workers strength and endurance, to feed starving peoples everywhere will increase steadily and probably for months to come. The success with which the United States will meet those demands will depend largely upon how well we feed ourselves from our own gardens. Our vigor and vitality are going to be more than ever dependent upon our home production, conservation and wise use of vitamin-rich, protective vegetables and fruits. The comprehensive vegetable variety chart on pages 24 and 25 should be close at hand as you plan your 1943 Victory Garden and make out your seed order for the food crop part of it.

HORRORS of modern global war may make us wonder whether the motor of civilization hasn’t slipped into reverse. But cheer up. There’s encouragement in the increasing appreciation of beauty as one of the vital factors in worthwhile living. Gardens, and all that grows in them, contribute to the beauty ration that everyone needs. The part that flowers can play is referred to on the next page, and practical suggestions about what to grow, and how, in the various categories of annuals, perennials, bulbs, shrubs, etc., are prominent in the gardening features being planned for the issues of *THE AMERICAN HOME* for the coming year.

If you have tried to buy fertilizers or spray materials since autumn, you have probably learned of new restrictions on the sale and use of certain materials that are even more needed in factories and

at the front than in our gardens. These are not arbitrary interferences, but necessary war measures designed to make the best use of everything we have or can get. So ask your seedsman or supply dealer, your County Farm Bureau or State Agricultural College for details of the latest rulings relating to plant foods, chemical spray materials and so on, and follow them just as carefully as you watch your consumption of sugar, coffee, meats or gasoline. And be sure to save all vegetable refuse from garden and household and spread it on the compost heap, covering each four- to six-inch layer with a sprinkling of lime and an inch or so of soil. In due time you will be able to dig it all back into the ground with marked benefit to the soil, the crops and your pocketbook.

WITH metals doubly precious, take extra special care of your garden tools. Put them in condition, keep them clean, oiled and adjusted; if a handle is broken or missing, don’t junk the implement and try to buy a new one, but have a new part fitted to it—or, better, do the job yourself. And to conserve your own energy, learn how to use each tool properly—which means also the most efficient way and the easiest. For, mark you, that truth applies all through gardening and is one of its great rewards. So, gardeners, get down to earth and be grateful for what you have.



Sketch by Herbert Gladbill

FLOWERS

in a

WARTIME GARDEN?



Yes, indeed—and this is why we say so . . .

IN THE first place, you will benefit from the recreational and morale-building effect of growing them. Second, flowers in the yard and in the house will definitely brighten your days and those of all who live with or visit you. Third, every blossom you can grow and gather—even if you haven't a place for it—can help make someone more cheerful and happier. Unfortunate shut-ins in your neighborhood, for instance, who will cherish the thought that they are not being lost sight of in the confusion of wartime duties. The hostess you visit some weekend in her city or suburban apartment, especially if she has had to leave a previous home where she had a garden of her own. Every friend or relative who is celebrating an anniversary of some kind and to whom the personal touch of flowers from your garden will far outweigh the greater glamor of an impersonal florist delivery; there is, moreover, a particular joy in choosing your flower gifts according to sentimental preferences.

In local hospitals flowers are not only a joy but also of recognized therapeutic value, especially in children's and charity wards where usually they are veritable luxuries. To help overtaxed staffs, don't send them; deliver them, arranged in a container or arrange them yourself when you get there. Perhaps the war has put in your vicinity a new camp, air field or other army or navy base where not only the hospital but also the U. S. O. and other recreational buildings can always put flower decorations to greatly appreciated use. "Those of us who raise flowers should realize that this is no time to keep them to ourselves," says Marvin Shipley of Maryland, whose wife, as one of the American Red Cross Grey Ladies, helped keep the hospital at Fort Meade bright with blooms from his garden all last summer. "In my opinion, every Victory Garden maker should plan for a generous quota of flowers for service men, both sick and well." That is the spirit that has moved the Garden Club of America in cooperating with Red Cross and War Department by providing plant materials and expert aid for the landscaping of camps, hospital sites, etc., and that led to the "share-a-garden" project conducted at many U. S. O. houses about the country by the Women's Division of the National Catholic Community Service. It is the spirit that will enable horticulture to take its rightful place among the major contributions to victorious war and a fruitful peace.



Ewing Galloway

Grow flowers in your Victory Garden. They will twice reward you—in the pleasure they give you and yours, and in the encouragement

Kilmer Photos



and inspiration they will spread wherever service men are cared for

American Red Cross





Ewing Galloway

1945 will see more vegetable gardens on farms, in cities, in suburbs. Old folk and youngsters will have them. How about you?

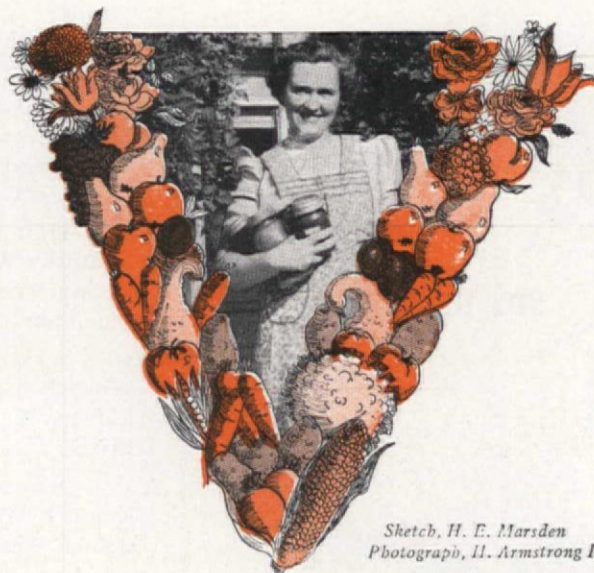


Kilmer Photos

Victory Garden profits. George E. and Mrs. Burkhardt of Long Island are proud of their canned goods and the sauer kraut that he makes

AS A volunteer in the vast army of gardeners who are going to help feed the world in 1943, you will soon be carefully selecting your vegetable seeds from your favorite catalogue. . . . Or will you? Perhaps you are one of those people who just dash to a near-by seed- or hardware store and pick up some packets of seed or a few dozen young plants without a thought as to what varieties are included. Most flower growers nowadays are seldom satisfied with the old-fashioned magenta petunias, mildew-ridden rambler roses and ugly, green-tinged double daffodils because they know that there are improved varieties that give more beauty and satisfaction for the effort expended. But too many gardeners fail to apply that reasoning in choosing vegetable seeds and plants. They may have been out of touch with food crops since the last war, or they may never have grown any until 1942; in

What Plans for FOOD?



Sketch, H. E. Marsden
Photograph, H. Armstrong Roberts

Esther C. Grayson plots a Victory Garden Course

any case they fail to realize what great strides have been made by breeders and seed growers in the last two decades. Actually, quite as much has been done in improving vegetables for flavor, tenderness, size, yield and disease-resistance as in making flowers bigger, lovelier and more fragrant. So study the chart on the following pages and order from your favorite seed house for your plot—for the table all summer and for the storage shelves in winter—improved sorts that rank high in quality, yield, length of bearing season and disease resistance; with the emphasis always on *quality*. And keep in mind the ways you can use them to the best advantage.

The best way of all to use vegetables is, of course, fresh from the garden. Therefore arrange your plantings so as to give the longest possible season for the harvesting of vigorous young crops just at the height of their tender perfection. In general, frequent small sowings of quick-growing sorts is the best route to that goal. But in addition you should plan for well distributed summer surpluses for canning, and late season crops that can be stored. Stringy beans, tough peas, highly acid or imperfectly ripened tomatoes may be acceptable (even if not tempting) if served garden fresh; but any undesirable characteristic is accentuated by any processing required to preserve them. Given quality to start with, the next thing is to do everything you possibly can to retain it. Vegetables to be canned or frozen must be picked in prime table condition and rushed immediately into the cans, jars or freezer. Those that are to be dried and put away for winter must also be picked when at their best and tenderest if they are to be flavorsome and enjoyable when soaked to their original plumpness, cooked and served. Crops to be stored in pit or cool cellar should mature on the plants, be handled with all care to avoid injury, and kept under proper moisture, temperature and light conditions. Some crops are best packed in sand or peat moss; others are stored loose in baskets or bins; dried beans and peas should be heated or disinfected to destroy possible insect eggs. But, above all, whatever the crop or system, store only dry, clean, perfect products, free from any rot, spot, wound or blemish.



Improved Vegetables

One star (*) means good; two stars (***) especially good; star dash (*-) for pickling



SOY BEANS



CABBAGES



CUCUMBER



GREEN PEAS

Vegetable and variety	Immediate use	Canning	Drying	Storing	Freezing
ASPARAGUS					
Mary Washington or Washington	*	*			*
BEANS—SNAP BUSH					
Tendergreen	*	*	*		*
L. I. Long Pod (new)	*	**	*		*
Stringless Green Refugee	*	**	*		*
BEANS—SNAP POLE					
Kentucky Wonder (pick early)	*	*	*		*
Decatur (new)	*	*	*		*
Blue Lake (Pacific Coast)	*	**	*		*
BEANS—WAX BUSH					
Pencil Pod (round)	*	*	*		*
Refugee Wax	*	*	*		*
Brittle Wax	*	*	*		*
BEANS—WAX POLE					
Kentucky Wonder Wax	*	*	*		*
Golden Cluster	*	*	*		*
BEANS—DRYING					
White Kidney			*		
Red Kidney			*		
Navy Pea Bean			*		
Improved Yellow Eye			*		
BEANS—BUSH LIMA					
Fordhood Bush	*	*	*		*
Henderson's Bush (Baby or Butter)	*	*	*		*
BEANS—POLE LIMA					
Improved Giant Podded	*	**	*		*
BEANS—EDIBLE SOY					
Giant Green	*	*	*		*
Higan (South)	*	*	*		*
BEEF					
Detroit Dark Red	*	*	*		
Early Wonder	*	*	*		
Winter Keeper	*			*	
BROCCOLI					
Calabrese or Self branching	*	*			*
BRUSSELS SPROUTS					
Long Island Improved	*		*		
CABBAGE					
Early Jersey Wakefield	*	*-	*		
Golden Acre (early)	*	*-	*		
Cornell Savoy (early; new)	*	*-	*		
Glory (midseason)	*	*-	*		
Danish Ball Head (late)	*	*-		*	
Red Danish (late)	*	*-		*	
CARROTS					
Touchon	*	*	*	*	*
Streamliner	*	*	*	*	*
CAULIFLOWER					
Early Snowball	*		*		
Danish Giant (late)	*		*		

Photographs, except of corn and onions, by F. F. Rockwell

Note: Every worthwhile variety cannot be mentioned in a chart of this sort

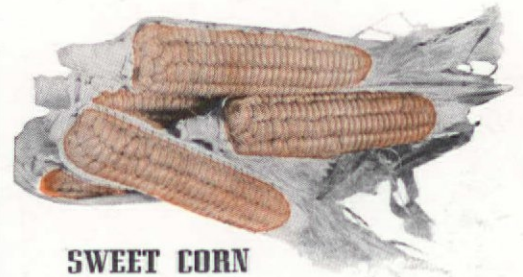
Varieties for Home Gardens in 1943

Table and text by ESTHER C. GRAYSON

One star (*) means good; two stars (**) especially good; star dash (*-) for pickling

Vegetable and variety	Immediate use	Canning	Drying	Storing	Freezing
CORN, SWEET					
Golden Cross	*	*	*		*
Marcross	*	*	*		*
Lincoln	*	*	*		*
Honey June (South)	*	*	*		*
CUCUMBER					
Marketer (new)	*	*-			
National Pickling	*	*-			
ONIONS					
Yellow Globe Danvers	*		*	*	
Silverskin	*		*	*	
Sweet Spanish	*		*	*	
Southport Red Globe	*		*	*	
Crystal Wax (South)	*		*	*	
White Pearl	*	*-			
PARSNIP					
All American	*			*	
PUMPKIN					
Alderman (tall)	*	**	*		*
Morse Progress (tall; resists heat)	*	**	*		*
Teton (bush)	*	*	*		*
PEPPERS					
Sunnybrook	*	*	*		
Asgrow Early	*	*	*		
California Wonder (South)	*	*	*		
POTATO					
Chippewa	*		*	*	
Katahdin	*		*	*	
Houma (new)	*		*	*	
PUMPKIN					
Small Sugar	*	*		*	
HUBARB					
MacDonald	*	*	*		*
SPINACH					
Bloomsdale Savoy	*	*	*		*
Nobel	*	*	*		*
New Zealand Summer	*	(grows all season despite heat; not a true spinach)			
SQUASH					
Yankee Hybrid (Summer type)	*	*	*		
Black Zucchini	*	*	*		
Table Queen	*	*	*		
SQUASH—HUBBARDS					
Blue	*			*	
Golden	*			*	
TOMATO					
Bonny Best	*	*			
Marglobe Improved	*	*			
Pan America (new)	*	*			
Rutgers	*	*			
Belmont (hot house and garden)	*	*			
Jubilee (new, orange)	*	*			
TURNIP					
White Egg	*			*	
Golden Ball	*			*	

De La Mare



SWEET CORN

De La Mare

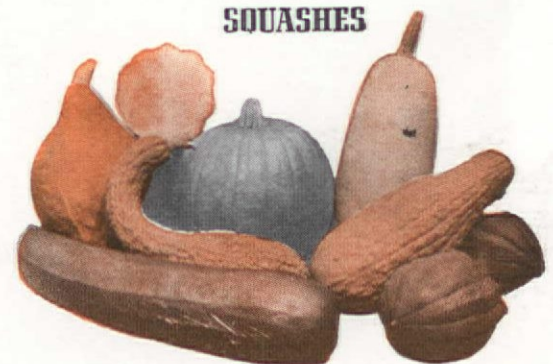


ONIONS



CARROTS

SQUASHES



those listed are dependable and representative of the best that is available.

WHEN YOU DO BUY, DO YOU KNOW WHAT TO BUY?

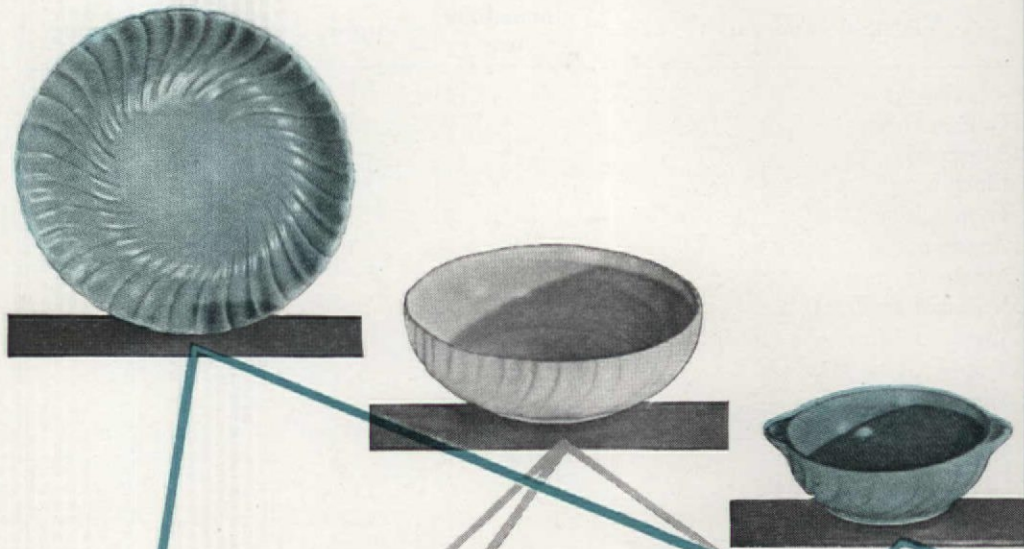
A SKELETON FOR YOU

THESE are double-duty minimum days in all our lives, especially when it comes to spending money, so we're starting our shrewd buying campaign with what we consider a double-duty buying guide for china and glass. We're basing it on the principle that, if it is physically possible, practically everything we purchase these days must be capable of leading at least a double life. The recommendations of various pieces and numbers of tableware are based on the minimum needs of a family of four that eats three meals a day and does a normal amount of entertaining. Almost everything shown on these pages can appear at breakfast, luncheon and dinner, but in different capacities and company and not be at all tiresome as a result.

Take the chop plate, for instance. This is shown as the server of salad at luncheon, becomes the meat platter at night, and may turn up later in the evening with cheese and crackers, or hors d'oeuvres.

If you choose two colors that are happy together, white with a color, or a pattern in the dinner plates and plain china for the other pieces, you can have endless variety. You can set a formal or an informal table with the same pieces, used for different purposes.

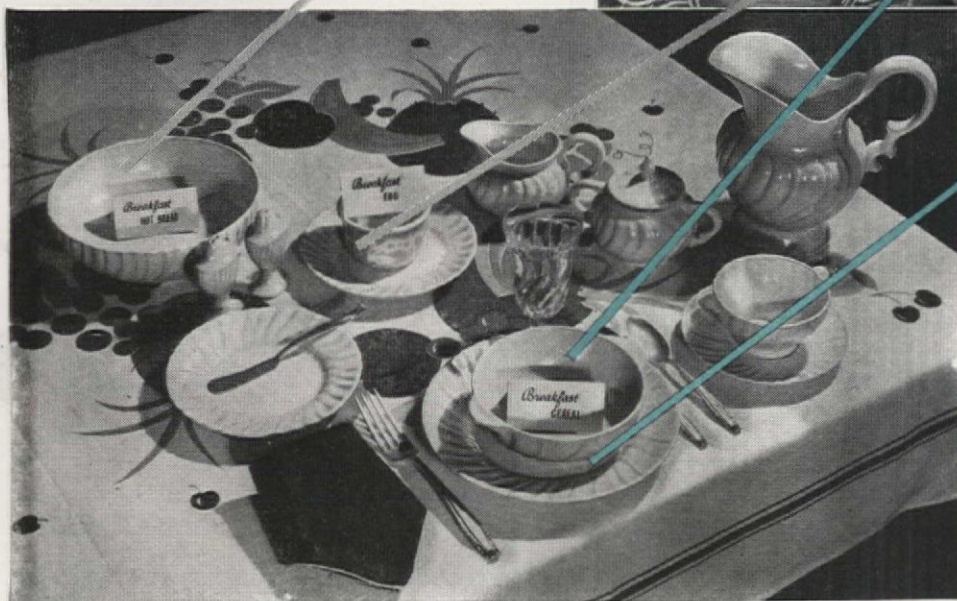
Another big point in the double-duty plot is the inclusion of oven-to-table ware as a part of the necessities.



Luncheon



Breakfast

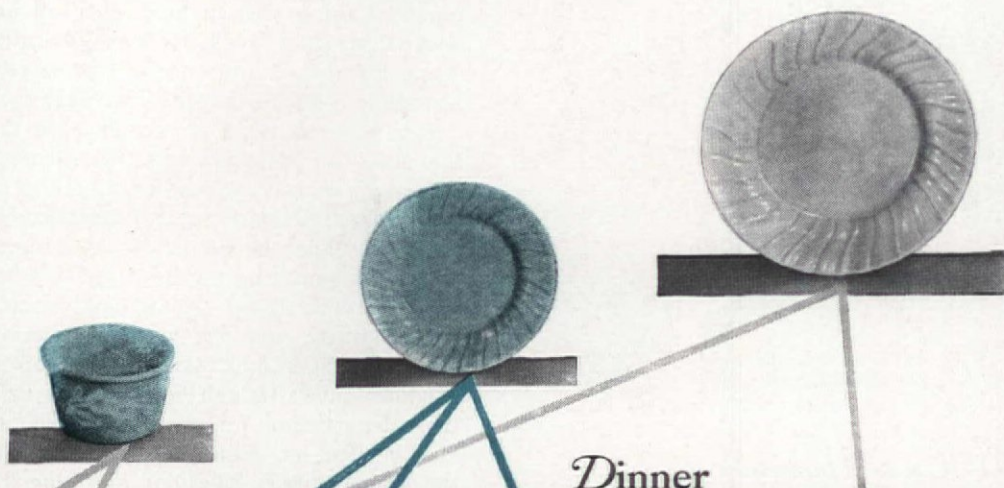


"Coronado" Franciscan Ware, Gladding, McBean; courtesy B. Altman; "Colony" glass, Fostoria; Oven-Ware, Harker Pottery Company; "Stradivari" silver, R. Wallace & Sons

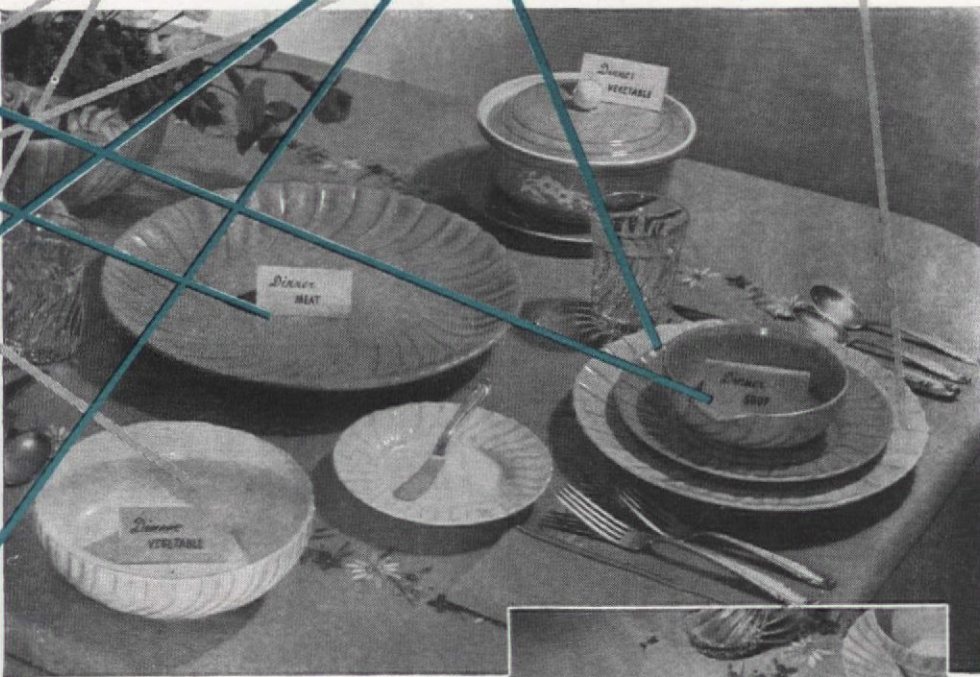
We give you just a few suggestions for doubling up. There are more and merrier ones to be done. There's magic in mixing colors when it comes to table setting

—BEGINNING A NEW HOME STUDY COURSE IN SHREWD BUYING

CHINA CLOSET



Dinner



Remember in buying that the glassware should have the same feeling of style as the china you may choose



Photographs, F. M. Demarest

Approximate storage space for everything in this minimum "wardrobe" is 8 cubic feet



8 DESSERT PLATES
This versatile plate works with whatever you give it



2 VEGETABLE DISHES
1 SALAD BOWL
All their names imply and more



8 DINNER PLATES
This gives you a chance to do a fair amount of entertaining at luncheon or at dinner



8 PORRINGERS
A useful dish for soups, or fruit preserves



8 BREAD AND BUTTERS
This dish appears at all meals but with new pals

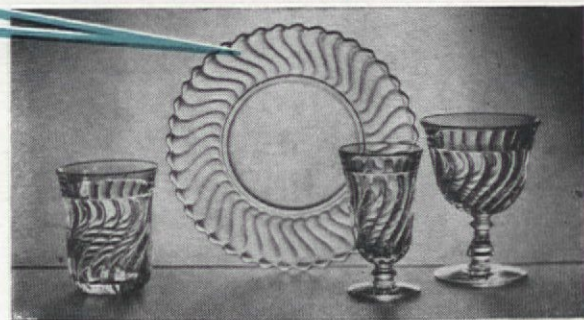


10 CUPS AND SAUCERS
More breakage here so better stock up on these



8 OVEN-WARE DISHES
For individual, anything from dessert to eggs

PLUS: 1 chop plate (or platter if you prefer), 1 tea-pot, 1 large pitcher, sugar and creamer, salts and peppers, oven dish



8 SALAD PLATES 8 COCKTAILS 8 GOBLETS 10 TUMBLERS

It saves time and space and there is a wide choice of attractive dishes to be obtained.

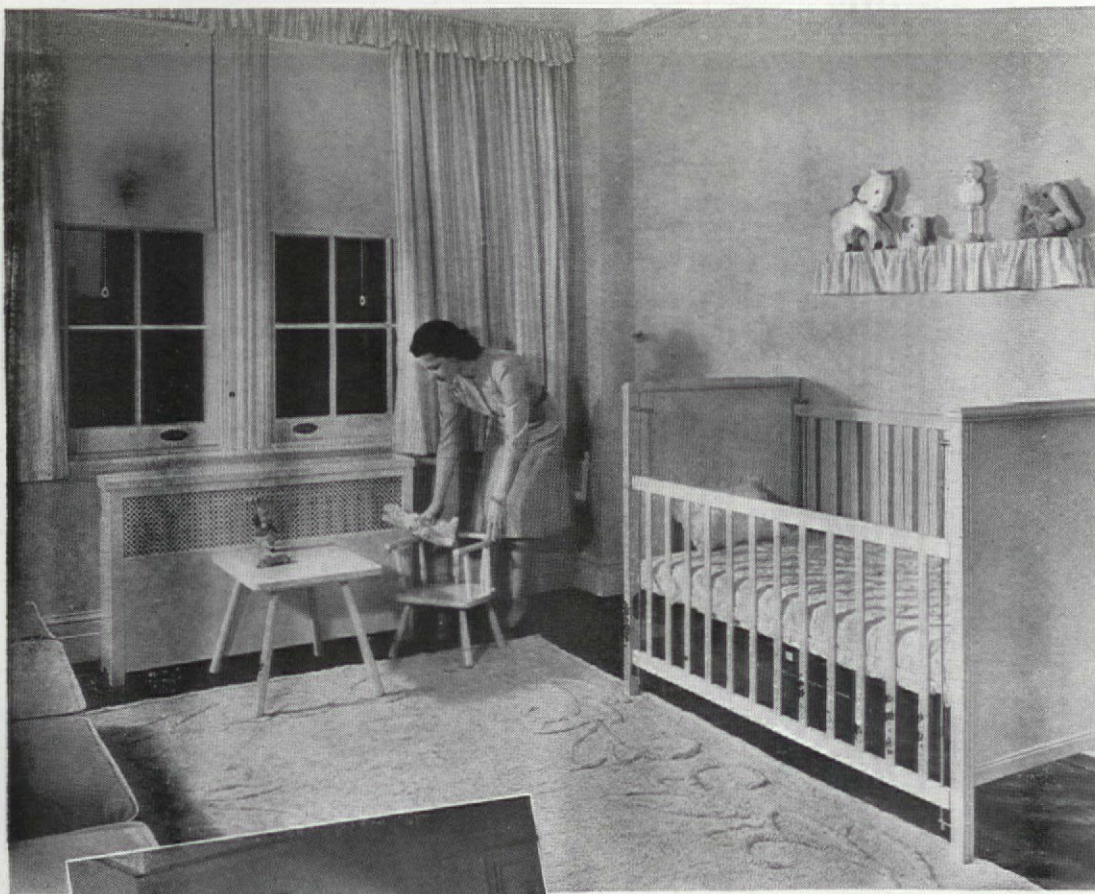
The minimum glass story is a similar one. The average family needs some type of fruit or cocktail glasses. Tumblers, however, do very adequately for all other beverage needs unless you want to be a little on the formal side, and who doesn't at one time or another? Then your simple goblet is the thing. The choice of a glass dessert or salad plate gives a greater choice in your table settings, without overstepping the minimum needs.

Of course, there are lots of other pieces in both china and glass that are grand to have, but remember, we're talking about double-duty minimums for right now—for the transients, for the young brides, for the busy housewives. And when things settle down again to normal living tempo, you'll have a nucleus on which to build a more extensive table wardrobe. The beauty of this idea is that the principle, and types of pieces in general, can be duplicated in any open stock pattern, whether you choose the finest of china and glass, or the simpler types.

VIRGINIA FORSYTHE
—our former Feature Editor

THE new mamas who resist ruffles and bows are absolutely right, but I had my fling and did a strictly fancy nursery. Pink and blue striped taffeta, a soft beige rug that makes you want to take off your shoes, “upholstered” door panels, *the* sweetest bassinette—all shown in their original glory on the cover. Well, in the three months since that picture was taken I’ve learned about a few practical things like halibut liver oil and good strong safety pins, but with only minor changes and the addition of a crib we have a sensible room for a very lively Junior.

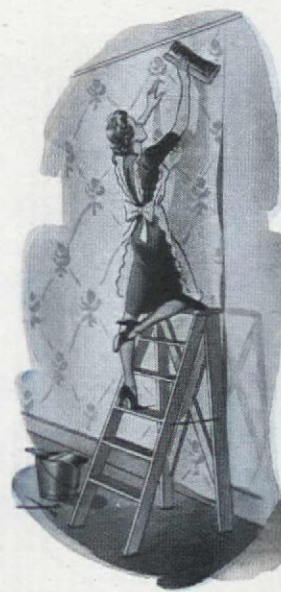
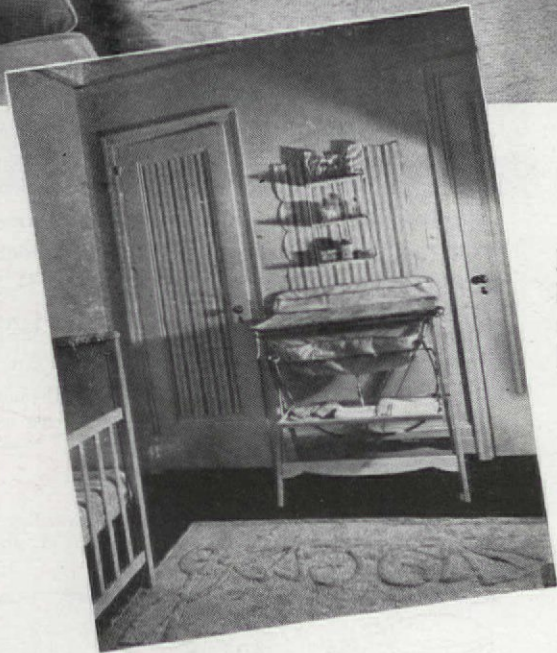
It didn’t take long for me to learn that the place for the bathinette was beneath the baby’s shelves for powder, oil and other “cosmetics.” It’s a pretty arrangement, backed by the striped taffeta and topped off with a smacking big bow, and it’s also practical. The blond crib is neatly placed out of drafts, and the matching training table and chair look nice in front of the windows—even though we won’t be using that department for months. Then, for luxury effect at a budget price, I did all the sewing myself. The pink and blue slipcovers involved five weeks of hard work and plenty of acrobatics, and handling the drapery linings was at least as bad as working on a tent. A ruffle around the toy shelf was easy, though, and so was applying the door panels, via a few cents worth of wallpaper paste. So, ’til the baby starts pulling things apart, we have a fetching nursery. We love it—Junior doesn’t care a bit.



F. M. Demarest

*Our Cover Nursery
three months later*

Now it’s just as pretty, but not so fluffy! Blond crib replaces bassinette, and furniture is arranged for convenience. Note the hanging shelves for the baby’s “cosmetics”



BE YOUR

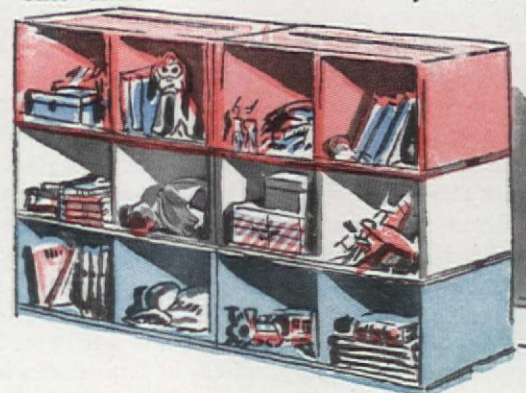
Lida McBeath painted the orange crates, used to move her son’s toys and made this cute little “like bookcases” toy chest



Unitized wallpapers



Frollicsome wallpapers please both parent and child. If your walls are painted and can’t be changed, use wallpaper border



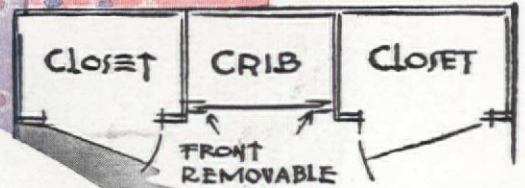
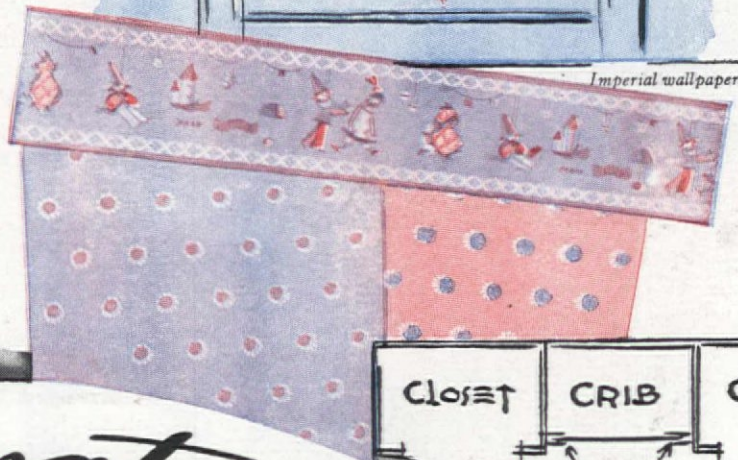


H. Cobbett Williams

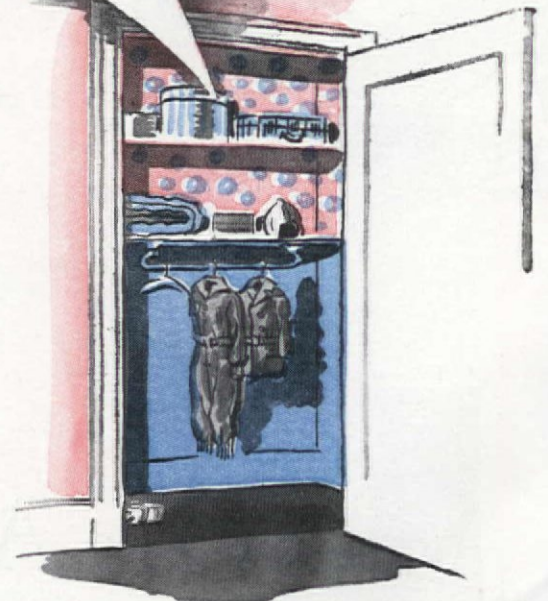


Imperial wallpapers

THIS side of the story is for the "would if I could but I can't" mothers. The room sketched here does a grand job of seeming more like a luxury nursery than it really is. Built-ins, and easy ones, too, solve the major problems when the baby grows too old for nursery fixin's. The wallpaper border is inexpensively changed to one of airplanes or ships for a little boy, to dainty flowers for a little girl's room, walls remain the same.



own Decorator

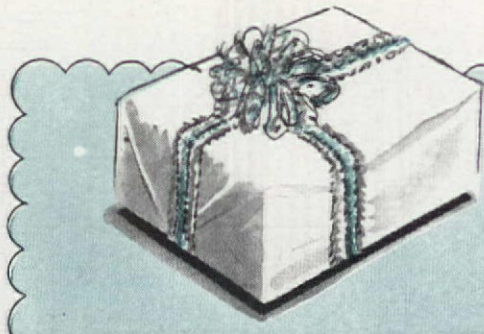


Says Margaret Chase, "Hang a towel rack upside down, beneath the closet shelf." And we say what a wonderful solution for baby's wardrobe!

Peter Rabbit and all the other children's stories will never grow old. What could be more suitable, then, than these lively colorful interpretations by Imperial?

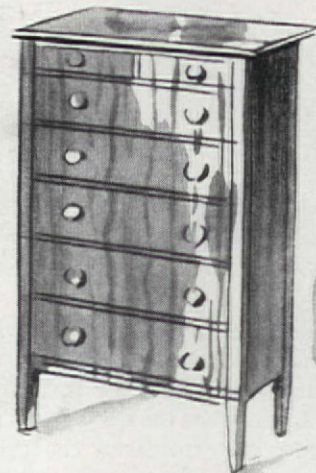


Kem-Tone Trims are a new paper wall border, color fast and washable. Rolls come in 12-foot lengths, pre-pasted, all ready to dip in water

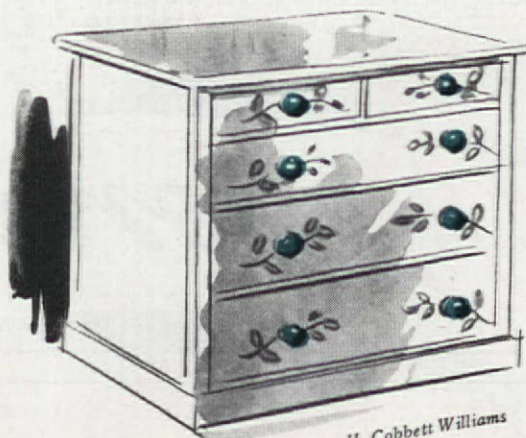
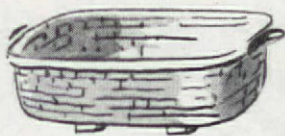


If you'd like your present to be the hit of the next layette shower you attend try this idea of Mrs. Georgie Langley. Tie up the package with crocheted string of pink or blue yarn fastened in many-looped bow. To each loop pin a small gold safety-pin

IF THE attic or the second-hand store is your only answer to prayer for having a cute nursery, these do-it-yourself suggestions will certainly help you. Just look what can be done with one of those all-too-frequent high narrow chests! It requires only a beginner's knowledge of carpentry, and some paint. If your particular crave is a bassinette, but the budget balks, why here's one for a few pennies and very little time. With these in mind, eye your own outcasts and see what you can scheme up for their transformation into something useful—and really pretty. All you need is a bit of the spirit of the adventurer, and the will to achieve something "extra special" for that precious little cherub.



Start with a tall narrow chest of drawers. Chop it off at the rail of the fourth drawer down and add a pine base. A plywood overhanging top makes a child's dressing table of what's left. Shorten a small kitchen stool, top gay felt pad, and ball fringe



Sketches, H. Cobbett Williams

Discarded tea wagon gets new chance! Remove glass top and fasten a butcher basket there. Paint and spatter in contrasting color. Add ruffle, lining, and bows



INTRODUCING ~

F. M. Demarest



ANNE POORE
Guest Editor of the Month

A NEW department dealing with FAMILY HEALTH to be especially conducted for THE AMERICAN HOME by outstanding authorities in the field of public health nursing. In each issue will be discussed ways in which the health of the family can be safeguarded. Inquiries will be welcomed and given personal attention provided they are strictly home nursing problems only and do not involve the field of medicine. They must be accompanied by a stamped envelope.

This month's guest editor, Miss Anne Poore, is Industrial Supervisor at Henry Street Visiting Nurse Service. She writes: "I was born in Monterey,

Mexico, and should like to celebrate the end of the war by driving back via the Pan-American Highway. Minnesota was my home for over twenty years. After the five-year course in Arts and Nursing at the University of Minnesota, came four years of infant and maternal health work, five of county nursing and two, going on three years in the Henry Street Visiting Nurse Service. I have been affiliated with the Miller Hospital in St. Paul, University Hospitals, Minnesota, Glen Lake Tuberculosis Sanitarium, and the Minneapolis General Hospital. I have been County Nurse in conjunction with three services: American Red Cross Itinerant Nurse; Carlton County, Minnesota; Educational Director, Polk County Health Unit, Des Moines, Iowa. My particular interest has been in infant and maternal care, and my longest affiliation was with the Infant Welfare Society of Minneapolis."

YOU Can Help the War Effort



Keystone View

We are all in this together. We don't want anyone to feel the shortage of medical and nursing care unduly. When sickness strikes let's pool our skill and strength and good humor to minimize its effects

BY CONSERVING MEDICAL AND NURSING CARE!

WHO does not want the men in the armed forces to have the best health service possible—the swift and skillful work of medical and nursing units staffed to meet the need? Who cannot think of civilians in his own community whose health is important to the war effort? Who does not hold the welfare of relatives and friends very near his heart? Since most of us do, we need to consider the supply of medical and nursing personnel available to the nation, and make some plans for ourselves.

Medical care is an irreplaceable commodity. We can conserve it by keeping well, by obtaining early treatment if something goes wrong, and working faithfully with the doctor in case we, or those for whom we are in some way responsible, become ill. No one would advocate a neurotic self-protectiveness or *over-anxiety*, but each of us knows or can quickly find out his physician's recommendations for positive health. Whether it is a matter of diet, rest, recreation, or something more deeply technical, conservation of our strength calls for individual self-discipline. Feeling wonderful is the great reward for keeping well.

Obtaining early treatment is easy for those who have been brought up to have confidence in physicians. They cooperate as well with a doctor, forced by the present emergency to carry three practices, as they did with their more leisurely practitioners of a year ago. Others, however, let minor troubles grow into major ones because they fail to overcome a childhood fear of doctors. Some who are on the point of going in to ask about a persistent lump or tired feeling, are held back by know-it-all associates. The net result is likely to be an illness that grows as Hitler did when we failed to stop him in that early stage along the Ruhr.

When calls are coming thick and fast, we can help the doctor by being observant and by keeping records. "Bobby is sick," is less helpful than, "Bobby has a sort of head cold, and seems feverish. This morning when he stepped out of bed he fell. Said his leg hurt." The latter picture makes it easier for the doctor to tell the family what to do right away, and to decide when to fit in that visit. When the doctor arrives, we can be ready to write down his orders, and to ask about the things of which we are not sure: whether a favorite soup, orange ice, or malted milk, may be given, and if "absolute rest" means not even reading, or just staying in bed.

When it comes to carrying out the doctor's orders, the services of a

registered nurse may be required. Everywhere in the country there is a shortage of nurses. One way to relieve this is to recruit nurse candidates. Maybe your daughter has always wanted to be a nurse. Parents have sometimes overlooked the potentialities which modern nursing education offers as a vocation and a preparation for life. Or we may help in finding the "hidden nurses": those who have retired or taken up other work, unaware of the urgent need for them in their professional capacity. We can also relieve the shortage by wise use of the service now available.

Physicians and hospitals are assigning special nurses only to those who need them most, and only for the more critical days or nights. The general staff of nurses will give the most urgent care, but the patient will also benefit from constructive use of visiting hours. During convalescence she may be anxious or lonely. Perhaps at this stage it is her happiness rather than her health that is at stake. This is a challenge to relatives and friends. At first, many little attentions of straightened pillows and fresh water may be needed to give a feeling of security—of being cared for. Then, with medical approval, more can be done. Friendly encouragement increases interest in reading, then letter-writing, crocheting, making surgical dressings for the hospital, or mounting recipes for a neighbor. The patient may recover her position in the community and build up her morale while she is recovering her health.

AT HOME, visiting nurse service spreads the care available as far as it will go without sacrificing quality. Once, this was only a means of using charitable funds effectively. However, the demand for part-time service from self-supporting people has extended the program so that now it is offered at cost in most large communities. Working only on doctors' orders and using professional technique, the visiting nurse may in a single day take care of patients having diabetes or heart trouble, arthritis, fracture or burns, of mothers and new babies; she may change surgical dressings or give treatments. The service rendered in a brief visit is effective, but equally important is the help she can give in teaching members of the household how to make a patient comfortable or prepare a formula or do what is necessary during twenty-three hours when she is not there. Knowing how relieves not only the shortage of nurses but the uncertainty into which new duties throw nearly all of us.

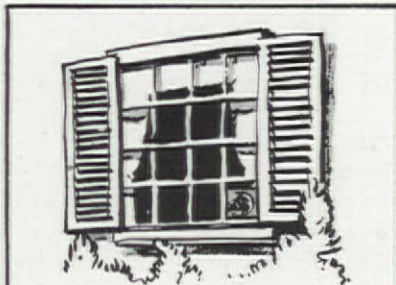
NEW NEIGHBORS FOR OLD

Story by W. W. ROBINSON

Sketches by D. and C. PORTER



1 For years we had lived in a quiet block, oblivious of neighbors, liking isolation. But



2 Pearl Harbor came and Civilian Defense, and in a window two houses away appeared a sign, "Air Raid Warden." One evening, while we were eating dinner, an em-



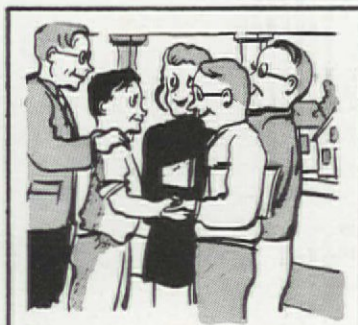
3 barrassed, middle-aged man whom I had never seen made a call. "Mr. Robinson? I'm Johnson, the air raid warden



4 for this block," he said. "Starting to organize things. Er—will you help?" That woke us up! I turned fire watcher, my wife a first aider,



5 and we three covered the block, collecting equipment. Geoffrey Beaman, the thin lawyer on the corner, gave us a lot of garden hose. His boy,



6 George, volunteered to be messenger. We learned he'll soon be ready for college and so is headed for the Naval Reserve.



7 The well groomed woman across the street contributed a ladder and first aid bandages. Her name's Mary McAdams, and her husband had walked



8 out on her. Then we tried that closed-looking house of Bill Brendon's, insurance man, and got a dandy stirrup pump



9 there. So it went all up and down the street. The first thing we knew we were all so darn well acquainted that we threw a block party one Friday night at the community church. It was ice cream, cake, and a really swell time by all!



10 Suddenly came the gardening crisis! Three squat little Jap gardeners said "So sorry" and went off to an alien Assembly. Others turned to shipbuilding.

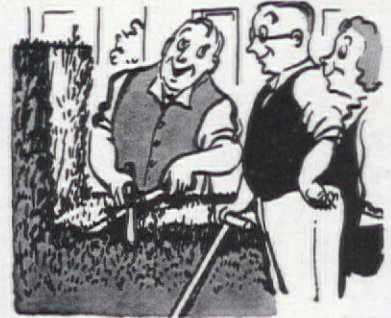


11 It was up to us to do our own digging and planting, so we chipped in for a new lawnmower, edger, pruners and what have you. Me, I didn't

12 know a Zinnia from a Zulu, and when the sidewalks got littered with leaves I just scuffled through them without even thinking of mowing the broom. I was pretty awful, and those thin spots on the lawn got



13 thinner and thinner. So, when I christened the community mower in my front yard, the neighbors celebrated! "Hold her, Newt, she's rar-in'", called Nell Beaman, Geof's better half.



14 While I was pushing and edging, Ed Mills, next door, pruned the hedge between our lots. "Looks too much like one of those big spite fences," he said.

15 As I was piling the cut grass by our rear fence a cheerful, red-haired gal appeared from behind the hedge on the other side. I hadn't seen her since that



16 boundary row a year ago. "Like some aluminum paint for your side of the fence?" says she. "I couldn't quite reach over." "You bet -- thanks!"

17 Have we lost our splendid isolation among all these new neighbors for old? Rather! Isolation isn't fashionable nowadays, anyhow!



Against that day!

DOROTHY BROOKS PAUL

YOUR Government has created a War Damage Corporation and now, through the facilities of the fire insurance companies in the country and their representatives, you can obtain war damage insurance on your home and property for as little as 10 cents per \$100 per year. This insurance is not obligatory, but your Government wants you to know that it is available for you to purchase and urges you to do so for your own protection. It is interesting to note that in the first two months after the War Damage Corporation was created more than three and a half million policies were issued, involving \$100,000,000 worth of coverage.

THIS coverage is something with which every housewife, homeowner and tenant should be very familiar. You can obtain the insurance by contacting your insurance agent or broker. The War Damage Corporation is an agency set up by the Federal Government to offer protection to property owners in the event of destruction or damage to their property which may result from enemy attack, including any action taken by the military, naval or air forces of the United States in resisting enemy attack. The insurance companies of the country have offered their cooperation and the facilities of their services in writing this coverage. The premium is payable with the application and, in the event of loss, the claim will be paid within 60 days after acceptable proof of loss is received by the War Damage Corporation. Your policy will cover your home and its contents, your automobile and practically every form of personal property. The minimum premium for which you can obtain it is \$3.

HOW important to you is this opportunity? Well, in whatever part of the country you live, you must be aware of the precautions being taken against enemy air-raid attack. If you live in any of the coastal areas, blackouts and dimouts are familiar occurrences and you have taken the necessary steps to prevent fires caused by incendiary bombs. You have been urged to provide yourself with pails of sand, a shovel and in some cases a stirrup pump, and if you live in a section where dimout regulations are in force for the duration of the war, you probably have provided your home with blackout curtains. But have you made more preparations, or even given any further thought to the matter?

OUR entire country is vulnerable to enemy attack. It is entirely conceivable that, instead of, or in addition to, sending bombers to the coastal areas, the enemy might send planes into the Hudson Bay area by boat and from there fly them into the various industrial centers of the Middle West. The tactics of the enemy are not only to destroy defense plants, air fields and army concentrations, but to terrify the citizens and break down the morale of a country. Moreover, bombs do not always reach their objectives, but sometimes hit defenseless residential areas. Consequently there is no part of the country that would be absolutely safe from enemy attack—not even the deep interior.

WE HOPE that the blitz will never come to the United States. But if it should, are you protected? You do not buy fire insurance on your property in anticipation of a fire, but as a precaution should fire come. For the same reason you should buy war damage insurance. It is not expensive—it is in fact, cheap, for a \$5,000 policy on your home costs only \$5.00, and you'd really be protected.

Do you really want to "DO something"?

HERE IS A FAMILY WE THINK IS "DOING EVERYTHING"!



Shown in color on Page 8. Floor plan on Page 65



Mrs. Bugbee listens attentively, while one of her young nephews reads. Making time for this sort of thing is a rule with her

DOING something to help is a major item, a "must" for every single one of us. How we do it is a personal matter, surely nothing that can be prescribed like a dose of medicine. That not only makes it hard, but it also makes our particular contribution worth-while, for only our desire to help motivates our way of doing it. Some of us are the up-and-at-'em variety, essential to all organizations. Some have time to contribute, sewing and knitting. Others can best help with a check. There are also those who open up their whole lives to their effort, making it a full-time, all-out job; for instance, the Bugbees. They are a family in West Hartford, Connecticut, to whom we introduce you. Here is a contented and congenial family—father, mother and two daughters—each member of which has many hobbies, with a hobby in common—real home.

Mrs. Bugbee's hobby is people. She seeks out people from every corner of the world. In college and later this hobby found expres-

sion in the study of foreign languages. This home has been privileged by including in its membership three Chinese young people, enriching the life of the whole family with an appreciation of the culture of another people.

Their house is an expression of well-conceived balance and harmony. It is the result of intelligent and intricate planning and shows the greatest conservation of space imaginable. To enter the house is to know at once the people who live there. The color scheme for the first floor has evolved from the high lights of turquoise and coral in the Bijar rug in the living room. The walls, except on the north side which is entirely paneled, are covered with canvas painted a grayish turquoise. Coral coverings are on some of the chairs while materials with coral figures on different backgrounds are used on other furniture and in the draperies. The living room opens into a small but compact dining room in a similar color scheme. The walls are covered with a reproduction of an old family wallpaper dating back to the

Architect—WALTER CRABTREE, JR.
Photographer—F. M. DEMAREST



Here you see the Bugbees comfortably relaxing in the sitting room which they have built into their bedroom. Their planning this kind of space shows thoughtful foresight and wisdom. It is a sort of inner sanctum for clearing mental cobwebs, important to well-balanced living

Revolution. A large multipaned window in the west wall, illuminated at night by indirect fluorescent lights, looks out upon a garden, to a brook bordered by hemlocks, and to a mile and a half of open countryside in all directions. This scene of natural wild beauty with a rock garden, its flowers, birds, and brook is the well centered focal point.

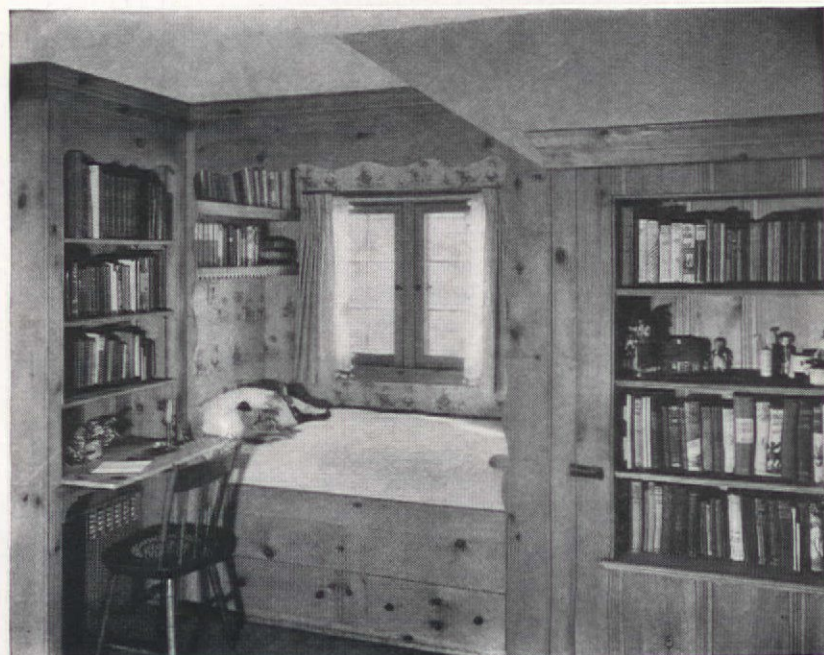
The kitchen is efficiency at its best. Each of the cupboards has been measured for the utensils it accommodates. Every drawer is the correct height for its particular use. The lower part is steel, while the upper cupboards, shelves, and furniture are painted a soft green with dull coral trim. Attractive curtains give added warmth. The kitchen is more than a laboratory of work—it is a place to sit by a sunny window, listen to the radio or answer the telephone. A “personalized” touch is the provision for linens. Mrs. Bugbee likes her tablecloths wrapped around a cylinder to avoid creases; hence, she has a drawer full of rollers, and can at a minute’s notice produce a perfectly pressed table covering.

The back of the house is the master bedroom. But it is much more than that. Two chairs in front of a lovely big fireplace create a refuge for the owners. Windows on three sides give the room sunshine every hour of the day. On each side of the fireplace are long narrow compartments into which card tables fit. Over the mantel, at each end, is a long cupboard containing maps on rollers for sit-at-home travelers.

It was the two upstairs bedrooms which had to provide room for all. In the pine room attractive built-ins provide lighted closet and storage space. The bookcase you see at the right is in reality a door into a closet. The desk takes up a minimum of floor space, and at the same time is ample for studying, even to reference books overhead. By building in the bunk bed, a third sleeping place was accomplished in what would normally have been a double bedroom. The area under the eaves was put to work as short closets and drawers. On the other

side of the hall is another attractive bedroom done in gray and rose.

Mr. Bugbee has a most intriguing hobby regime. He takes up a new one each year, and is most business-like about learning it. After a few months he is astoundingly expert. One thing he showed us was an exquisite painted tray, and a most professional looking job it was. This work is done in the basement, which, by the way, is a masterpiece. The playroom is the kind children *and* adults dream about. There isn’t a thing in it that won’t take a beating—in other words, it is completely comfortable. On the other side is the hobby section, a place for making ice cream (a weekly ritual), and a well-designed sports closet for fishing, gardening, and skiing outfits. Of course that is not all we liked and we wish that all homes could be as suitable for their occupants!



Maintenance—NOT Repair

ARTHUR BOHNEN



YOUR house is a major investment that calls for the best attention to maintain its value. Keep it in the pink of condition, as you would your business, and you will greatly postpone, if not entirely avoid, the heartbreak of all-at-once expensive repairs. It pays to know just where you stand and what to do about this vital matter. So, assuming you have a new \$5,000, 5-room house, the situation is very likely to be like this:

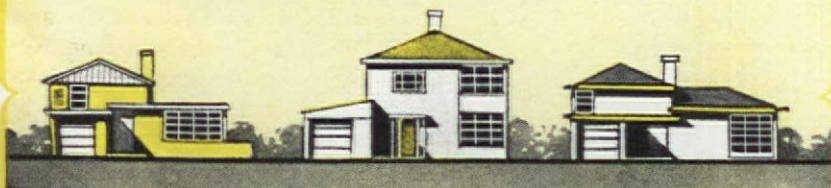
PLUMBING, HEATING, SHEET METAL AND ROOFING are likely to represent, respectively, original costs of \$600, \$450, \$75 and \$150, and their average lives are 20-25, 15-18, 20 and 20 years. Here's how to plan their maintenance: *Plumbing*: Allocate \$1 a month for upkeep. Clean fixtures every two weeks. Check connections and faucets semi-annually. Check and drain hot water heater every 6 months. Drain sill-cocks before freezing weather. *Heating*: Oil motors regularly as needed. Check and clean whole unit every summer. Buy war stamps to set up reserve for future repairs. *Sheet metal and roof*: Inspect every 3 months, cleaning gutters and touching up metal with paint where needed. Paint gutters fully every 5 years. Buy war stamps to build up a helpful reserve fund.

KITCHEN AND ELECTRICAL EQUIPMENT average in original costs about \$500 and \$140, respectively. Life of stove and refrigerator about 12 years. Oil motors every 3 to 6 months. Check and clean icebox, stove burners, oven liners once a year. Check switches, lamps and plug connections every 6 months.

HARDWARE, WINDOWS. Cost, respectively, about \$40 and \$250. Hardware should last indefinitely if locks and hinges are checked and oiled twice a year. Average life of windows, 20-25 years; check spring and fall for breaks in paint and putty; wash regularly; paint every 3 years.

PAINTING AND DECORATING cost about \$300. Set up cash reserve of \$50 a year as a fund for redecorating in 3 years.

A program like this is really a brief course in the fundamentals of good housekeeping, and it can protect you from the shock of finding that your home has depreciated in value. With a proper maintenance schedule your house should survive indefinitely, so don't wait—maintenance is far cheaper than repair!



WHAT with the shortages in help and materials which confront everybody these days as inevitable results of the national war effort, a whole lot of us are rediscovering the fact that the horse-and-buggy era had its good points. For all its inconveniences, it did teach people to fend for themselves and do things with their own two hands. And today, faced with a different yet equally pressing necessity, we are turning back the pages and learning again that it is not only necessary but fun to be our own handymen!

This 1943 need for doing things ourselves instead of leaving them to George applies especially to all the little jobs that go into the maintenance of your house and grounds in the first-class condition which a strong home front demands. Success with them is more a matter of *knowing how* than of any natural genius as a jack-of-all-trades which you may or may not possess. That's what gives the following maintenance tips from **CLIFFORD PARCHER** such downright, practical value to you as a householder—eager to gain all the helpful hints that we possibly can.



STICKY DOORS, DRAWERS AND WINDOWS. Damp weather often causes any or all of these three items to jam because of the swelling of the wood. If a drawer is in trouble, rub paraffin or candle grease on the runners, bottom and top edges; if that fails, plane the bottom edges or sides. In the case of windows, look first for dried paint between sash and frame. Next, rub paraffin or beeswax on sliding surfaces. As a last resort, get to work on the inside stop, moving it slightly so it won't bind on the sash. If a door balks, check the hinges to be sure they're tight and there's no sagging; heavier hinges or longer screws are the usual remedy, or a piece of cardboard under one wing of the bottom hinge may clear up the difficulty by giving the door a different "hang." Only when these remedies fail should you do any planing of the door or jamb.

LEAKY ROOFS. A thorough job here usually calls for a professional roofer. However, it's simple enough to make a temporary repair on a shingled roof by inserting a new shingle, a piece of roll roofing or tarred felt, or a piece of tin, under the near-by shingles to cover the hole. There are prepared compounds too, applied with brush or putty knife, which will take care of some kinds of cases. Slate or tile roofs are hardly a home handyman's project.

FLOOR SQUEAKS. Sometimes you can stop these by dipping a knife blade in liquid glue and working it into the cracks around the squeak. Or if the noise is caused by the flooring having lifted slightly from the joists, put several layers of paper over the board, then a block of wood, and pound the latter with a heavy hammer. Should this fail, put several nails around the loose point, driving the heads below surface with nail-set, applying wood filler to holes.

THE PLUMBING. Opening faucets to replace worn washers, or anything like that, must be preceded by closing the nearest stop-cock or shut-off valve; the main valve, as a rule, is located in the cellar. This done, the faucet is taken apart (usually with a wrench) and the offending washer removed by loosening the screw in its center. Put on the new one, re-assemble the faucet, turn on

the valve, and there you are. If the project really baffles you, call a plumber, carefully watch what he does, and the next time you will have the satisfaction of tackling it yourself.

If a sink or other drain doesn't carry off the water quickly, there's some obstruction in the pipe. Half-fill the sink with water and "pump" up and down with one of those 5-inch rubber cup things on the end of a straight wooden handle. This will create alternate pressure and suction inside the pipe, usually loosening any minor obstruction and eventually clearing the line.

The common variety of U-bend drain pipe trap is not hard to

Handyman

D. and C. Porter



**"Do it yourself" is the watchword of the day.
Help is scarce yet the home front
must be kept going.
Here's your chance, and here's how!**

clean. Place a pail of water under it and unscrew the nut at the bottom of the bend. The water will rush out, slow to a drip, and finally stop. Then bend a piece of stiff wire into a hook and clean out the pipe completely.

Frozen water pipes? Well, the best thing to do is not to let them freeze! But if they do get caught, get busy *immediately* with applications of hot cloths, or a portable electric heater placed near by. If the situation permits, a candle flame passed back and forth along the under side of the pipe may turn the trick.

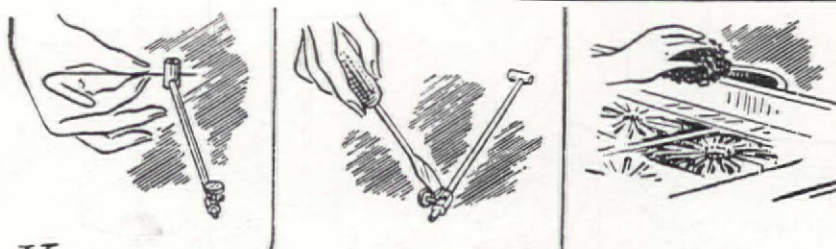
HEAT PROTECTION. Window and exterior door weather-striping is a very important aid in getting the most out of your house fuel, whatever kind it may be. Installing any of the really permanent types of strips is rather beyond the abilities of an amateur handyman, but he can accomplish a lot with the flexible, felt-like kind sold in the dime stores and hardware places. This type, carefully tacked around the frame so that its edge presses close against the window or door, will go a long way toward sealing out the cold air which finds cracks so unerringly.

The asbestos insulation coat on the outside of the furnace normally lasts for years unless some accident damages it. If a small piece of it does come off, though, home repairs are a very simple matter. You merely get a couple of pounds of shredded asbestos at the hardware store, make a thick paste of it with water, and slap it on with a flat trowel—or even your fingers. It will dry and harden in next to no time.

The common split tubes for insulating the basement portions of the heating pipes take rather more effort to install, but they help tremendously in keeping the heat where it belongs.

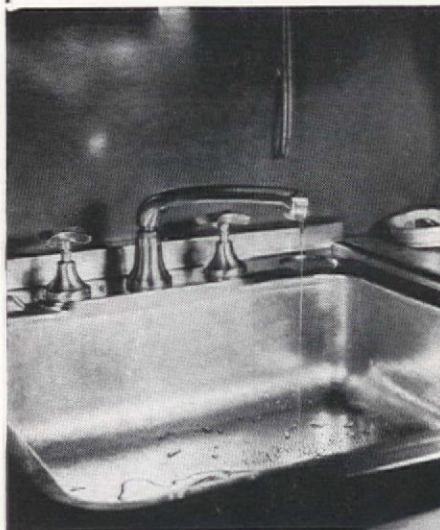
All in all, your handyman efforts can accomplish a lot, once you start. You've no idea how much fun and satisfaction you will get!

● your gas pilot



KEEP that gas stove clicking—or, rather, in top-notch condition to do its job right. For instance, if the pilot light goes out, the chances are it's dirty and needs cleaning with a piece of fine wire. Again, in case the pilot flame is too small, you can increase it by turning the adjusting screw to the left, as shown. A turn to the right, of course, results in a smaller flame. And don't allow the flues to become clogged; they are necessary for your safety.

● plumbing



Photographs, F. M. Demarest

DRIPPY faucets waste water, are bad for fixtures and sinks, and keep nervous people awake. Nine times out of ten the leak is caused by a worn inside washer, easily replaced by a new one if you can use a wrench and a screw driver. Should the job baffle you, get a plumber, watch him closely, and learn to do it yourself. Assorted washers are sold in little boxes by hardware stores and five-and-tens.

● windows



WINDOWS, frame as well as sash, will live much longer lives when kept properly puttied and painted. As soon as either of these two protectors shows signs of cracking or loosening, replace it with fresh. Watch, too, for cracks developing around the outside of the frame, which might admit moisture or cold air; calking and filler compounds are available for correcting such flaws. A good putty knife, by-the-way, is one of the most useful tools a handyman can own. It can scrape, apply putty, calk, and can even pinch-hit as a screw driver.

● window shades



Photograph, Cleanliness Bureau

GOOD quality cloth window shades can be cleaned with soap, water, and a soft bristle brush, piece of turkish towel, or wad of absorbent cotton. Lay the shade on a large table, and clean only a small area at a time. Remove all traces of soap with clean water and a sponge. Dry completely before re-rolling the shade. Faded shades will look better for a time if they are reversed on the roller. Pull out the fastening tacks and, after turning shade top to bottom, be sure its edge is perfectly even on the roller.

● **how to clean your gas burner**



THE ports of a gas burner are the small holes where the flame is, and they'll need careful periodic cleaning with a fine wire or toothpick. Also, if your stove has the type of burner shown in the center and left sketches, clean it occasionally in warm water and washing soda, and dry thoroughly. Don't immerse the newer burners (right) in water—simply wipe them with a wet cloth or clean with a brush and toothpick. Don't remove them.

● **plumbing**

EVEN though you are doing your bit for the war effort by saving kitchen grease and turning it in at the butcher's, a certain amount of it is bound to escape down the sink drain and possibly be the nucleus of a gradual obstruction which will interfere with the free flow of the water. If this occurs, heat a pail or two of clean water to the boiling point, dissolve a half pound of washing soda in it, and pour into the sink. Generally this will clean out the trouble. Use a suction cup with long handle frequently.

Faulty operation of flushing tanks may be caused by worn or sticking parts, a leaking float, a badly worn ball shut-off, or a bent connection. If you have a "feeling" for simple machinery, a few minutes' study will usually disclose which of these possibilities is the right one, and you may be able to cure the trouble yourself. But don't get rough with the mechanism! On all plumbing connections, lock-nuts, coupling, etc., never use a wrench that fits poorly, or you may do much more harm than good.

● **windows**



STICKING windows are an unnecessary pest! If they are of the usual double-hung type, check the runways for signs of wear and lubricate by rubbing them freely with paraffin or candle grease. Secondly, examine the adjustable "stop" strips which hold the sash in place; they may need a little loosening. Third, if the house trim has been recently painted, be sure that no paint has dried between the sash and the frame, and more or less stuck them together; it can be removed by careful use of a knife blade. Finally, inspect the cords (or chains) frequently.

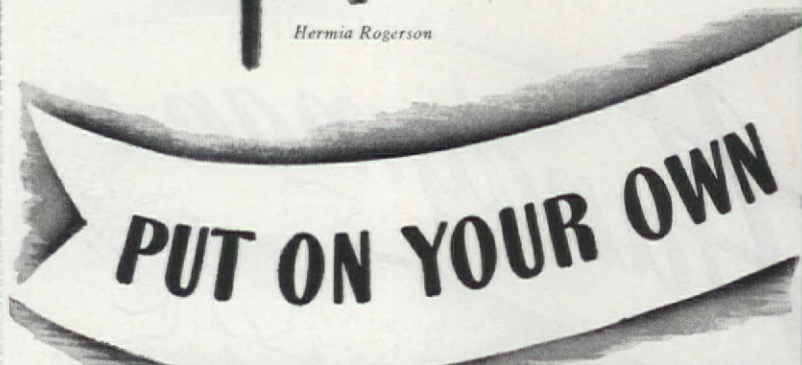
● **window shades**



THE usual type of shade roller consists of a hollow wooden rod containing a long spiral spring that is wound up by a short flattened projection at one end which fits into a corresponding slot in one of the hanging brackets. If this spring is not sufficiently wound, the shade won't go up when you want it to. In this case, the simplest plan is to pull the shade all the way down, remove the roller from the brackets, roll the shade back on it by hand, and replace the roller. This winds up the spring more surely than you could do it with your fingers. Conversely, if the tension of the spring is too great, raise the shade all the way, unhook it, unroll by hand, and put the empty roller back in place; it will then go up and down more gently. Repeat either of these operations if necessary to get the results you want.



Hermia Rogerson



Katherine Petty

How? Well, start with a trip to the attic. Bring down those old salt cellars, use as jam pots; that one odd cup and saucer for cigarettes and ash tray on your tea table. **KATHERINE PETTY** uses old squatty glass and metal lamps as unique, quaint and charming flower containers.



Frederic Lewis

**ALICE KIRK
ATWATER**

NEARLY everyone has become expert at wrapping extraordinarily pretty and smart presents, during the Christmas season. It is part of giving, to spend that little bit of time frilling up a gift, using cute papers and pretty ribbons and ties of all sorts. While you may have the best of intentions about putting them all away in a box and saving them for re-use next year, not many of us really do. If you suspect

Salvage Drive

STOP wishing always for the new
START using discards in unexpected, new ways

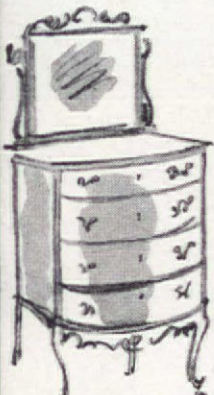
F. M. Demarest



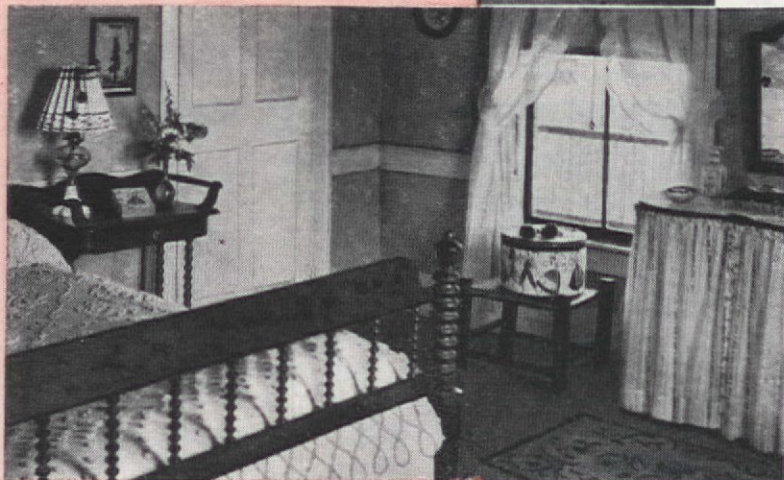
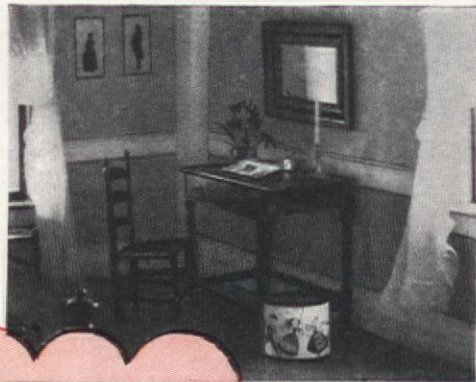
Orloff



RUTHLESSLY amputate top and bottom of an old chiffonier. Add ball feet and handles. Paint or lacquer it, contrasting feet and knobs. Frame the glass with an accordion pleated chintz, matching the handles.



H. Cobbett Williams



EMPTY cosmetic containers frequently make you give pause to thought. You can't quite bear to throw them out, because they are so attractive—but what to save them for? The new Orloff apothecary jars, in particular, we liked and our suggestion for using them is sketched above. Easy to see what grand table accessories they make! For one thing, they are perfect for all the ingredients of your favorite salad dressing. With the names scraped off and replaced with a daub of painted printing, you have a smart addition to any buffet table. Or they can be used for large jam or marmalade pots. The little one with the pestle is excellent for mustard. Some of them come with perforated screw-on tops. By *all* means, use them later as salts and peppers for a gay table.

that you are like me, one of the latter, try using them this way. Dad's hat-box was transformed into milady's bandbox—with some gay peasant paper. The waste basket bloomed with a gay little cover. Shelf paper, and careful pleating rejuvenated an old chiffon shade. A face tissue box and match folders looked terribly smart covered with polka dot paper. Scrap-book covers quickly became desk blotter folders by pasting strips of paper to the front and back and a wide band of red tape at lower edge. As second cover, a white blotter was then fitted in.

Personal! Energize with Exercise

ten exercises that will set you up for business whether you sit, stand or walk

HENRIETTA OTTESEN

EXERCISES, like everything in life, should be done in and with moderation for the best results. Furthermore, they should involve the use of as much brain as brawn. How good a game of tennis would you play if you were thinking about changing your nail polish shade? See what we mean? Preferably, you should be comfortably and quietly alone, when you take your ten minutes or so of exercise. Remember that the more



slow motion you put into your efforts, the better the results. Also, remember that strenuous exercises should be done a little at a time until the muscles involved are strong enough to take a good workout. You're the judge. Exercises are to strengthen and relax, not exhaust!

For the gal who sits a lot, the exercises are aimed to keep hips and thighs from spreading and the waistline from sagging. The stander-upper's group will relieve tension and counteract constant bending that goes with standing jobs. For the leg-worker, the exercises chosen will strengthen and shape the legs and thighs and pep her up.

The times call for increased body tempo. These exercises, done every day, will help you to meet it and on the half beat!



Relaxation of Lower Back and Pelvis

Good relaxing position to take between exercises and always after finishing. Lie on back, clasp knees with hands. Gently roll knees in small circles. Lie so, quietly, and rest



Hips, Thighs, Waistline

1

Arms overhead, raise leg slowly back, with slight outward rotation and strong contraction of buttock muscles; stretch upward from waist, feel pull all along trunk. Tummy flat!



Abdominal and swayback muscles

1

Kneel, arms up, contract muscles of buttocks, lower abdomen; bend from lower vertebrae 'til resting on heels, back arched evenly. Return: lift with thigh and buttock muscles

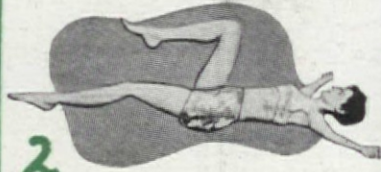


Thighs and Abdominal Muscles

1

Kneeling, tighten buttocks; lower trunk backward, firmly in a straight line from knees. No swayback! Go no further than you can, keeping your back straight. Return slowly to position

Abdomen and Thighs



2

Lie on back, arms out, knees bent. Keeping back flat, stretch and bend legs in bicycle motion. Legs are parallel to, but a few inches from floor. 25 counts and stretch!

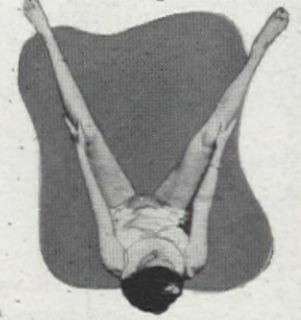
Waistline, Hips and Back



2

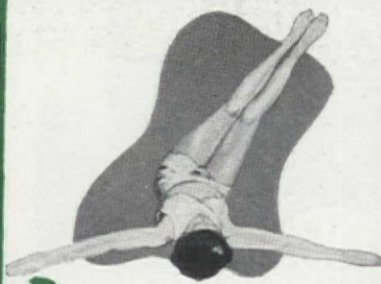
Kneel, place leg straight to side, raise arms. Stretch slowly upward from waist; bend toward outstretched leg, in line with it. Feel stretch from hip over waist and ribs

Inner Thigh Muscles



2

Lie on back, legs straight up. Put hands on outer thighs, open legs to "V" position. Using inner thigh muscles, draw legs together. Use resistance and stretch legs hard upward



3

Abdomen, Waistline and Hips

Flat on back, arms out, raise legs at right angle to trunk. Lower to right slowly. Not touching floor, circle to left and up. Pause, exhale, repeat left. 5 circles each at first!

Round Shoulders and Back Muscles



3

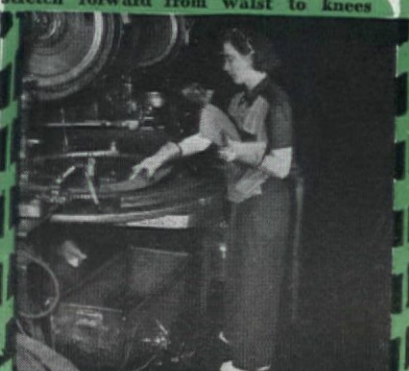
Kneel, arms overhead. In slightly swayback position, lower trunk toward heels and parallel to floor. Don't let arms drop; shoulders flat. Returning to knees, stretch forward from waist to knees

3

Leg and Pelvis Muscles



Arms overhead, raise on balls of feet. Contract buttock and abdominal muscles, slowly bend knees, legs parallel, back straight, arms up. Tuck in buttocks, use thigh muscles to return slowly



Photographs, Harold M. Lambert from Frederic Lewis; Ewing Galloway



NO BLACKOUT...

No blackout can dim the light in your eyes. Steady, steady it burns — token of all the courage in your soul. A promise to America that you'll not waver — in strength or in faith. A promise to your man, wherever he may be, that you'll wait, and keep on loving. A grim promise to the foe that we shall *win*, and that you shall have a hand in the winning!

One way you can help is to be patient in the face of material shortages. Many of these shortages result from the greatly increased

needs of our armed forces. Pacific Balanced Sheets, for instance, are serving now on a dozen fronts in a dozen capacities. But look sharply and you'll find them still in the stores. From materials not required for military use, we continue to make them for you, as scrupulously as ever.

In them you'll find all desired sheet qualities in perfect balance. None is skimmed to enhance any other. They're as *strong* as they're *white* as they're *soft* as they're *smooth* as

they're *firm*! This balance of qualities assures better service for a longer time.

To choose the right Pacific Sheet for your needs, consult the Pacific Facbook on each one. It tells the size, thread count, breaking strength, weight, shrinkage, finish, type of weave and quality of cotton.

For the name of the nearest store which carries these fine sheets, write PACIFIC MILLS, 214 Church Street, New York.

Made by the makers of Pacific Factag Fabrics



\$18.75 buys JUST SO MANY bullets



BUT SUPPOSE HE NEEDS MORE?

What's he going to do . . . Give up? NEVER . . . Die? MAYBE.

Because YOU held back about buying another War Savings Bond?

The tough, fresh, brave young men in our Army, from boyhood practice with BB's and 22's, are the best marksmen in the world.

But it's no good any soldier being brave, if he hasn't got bullets.

It costs *money* to get material to our boys . . . get it fast enough and far enough . . . to keep them fed, clothed, and SHOOTING!

It takes money for bullets, guns and medicines, for tanks, planes and ships. To win, we've not only got to put our men and plants to work for this war. We've got to put our *money* to work, too.

How to buy a share in Victory

Where's the money coming from?

YOU'RE going to chip it in, out of the money you are getting TODAY. Instead of spending it all, why not lend at least 10% to Uncle Sam? He'll put it to work for America. He will give you a written promise to pay it back in 10 years, with interest (2.9% a year). If that promise isn't good, *nothing's* good. But because this is America, it IS good.

How can you chip in?

By buying War Savings Bonds. You can buy one today for \$18.75. It is worth \$25.00 when

Uncle Sam pays you back in 10 years.

INSTALLMENT payments?

Yes! If you can't spare \$18.75 today, buy War Savings Stamps for 10¢ or 25¢ or 50¢. Ask for a Stamp book, save a bookful of Stamps, then exchange them for a War Savings Bond.

What IS a BOND?

A piece of legal paper, official promise from Uncle Sam that he'll pay you back your money plus interest. The Bond will be registered in your name. Keep it safely put away.

Can you CASH a Bond?

Yes, any time 60 days after you buy it, if you get in a jam and need money, you can cash a Bond (at Post Office or bank).

WHERE can you buy War Savings Bonds and Stamps?

At your nearest Post Office. At a bank. At many stores all over the country.

WHEN?

Our enemies have been getting ready for the past 7 or 8 years. Are you going to wait till they get *nearer* our kids?

For Nimble Thimbles

IF YOU can sew a fine seam, or learn to sew one, you're in luck these days. Dressmaking on the ol' home front is definitely on the up-beat and here are a few rudimentary, but oh! so important things to remember when you pick out your pattern and material and set to work.

ALL WOOLENS, and non-pre-shrunk washable material should be shrunk before cutting or you'll find yourself unnecessarily caught short.

MARKS ON PATTERNS that say "straight of goods" must be placed on the lengthwise grain of the fabric, i. e., parallel to the selvedge edge. Straight grains determine correct fit, so of course this is *very* important in cutting.



3120



3121



3114

***Buy War Savings Stamps and Bonds NOW!**

This advertisement has been prepared entirely as a patriotic gift to the Government. The art work, copy, composition and plating, as well as the space in this magazine, have been donated by all concerned as part of their effort toward helping win the War.

3120. Advance Dress is softly tailored. The collar is a continuation of the shoulder yokes. It comes in sizes 12-20, 25¢

3124. Advance Maternity Dress and sleeveless jacket has front gathers and smooth panels in the back. In sizes 12-20, 25¢

3121. Advance Girls Two-piece Dress, easy to make, and very gay when edged with rick-rack of contrasting color. 4-12, 15¢

3114. Advance Two-piece Dress with fly-front, drawstring tunic and four-pleated skirt. Make it in denim for air raid duty or work. It comes in sizes 12-20, 25¢

3128. Advance Two-piece Dress has drawstring blouse. Make one to match pleated skirt. 12-20, 25¢



3124

Dressmaker



3128

PRESS AS YOU GO along for sure success. Press seams as soon as you've stitched them. Press out all wrinkles in the pattern itself.

BEFORE CUTTING, lay your pattern pieces on material so that nap, pile or design runs in same direction or you'll be very unhappy when things don't match.

BE SURE TO REVERSE pattern when such things as sleeves are cut on single material or you'll wind up with two lefts or rights!

DON'T START CUTTING until you've compared all pieces of the pattern with the pattern diagram to see that you have the ones you need for the version you want, if there is a choice of style. It saves grief, and is easier on the nerves.

ORDER ADVANCE PATTERNS FROM THE AMERICAN HOME PATTERN SERVICE, 251 FOURTH AVENUE, NEW YORK CITY, OR PURCHASE IN LEADING DEPARTMENT STORES

These easy rules help keep colds away



1 Stay out of drafts



2 Avoid people with colds



3 Get plenty of rest



4 Dress warmly



5 Drink liquids often



6 Take a warm bath after chilling exposure — then cover up



7 Eat right — keep regular



8 Guard your throat

An effective antiseptic for general use — for mouth and throat



...and gargle frequently with Pepsodent Antiseptic. It is effective even way back in your throat where illness often strikes first. Pepsodent Antiseptic kills germs quickly — millions of the very type of germs that increase the misery of colds. Get a bottle of protection today.

PEPSODENT ANTISEPTIC



NUTRITION TODAY AND TOMORROW



daily for children and physically active adults. 3. Fruit, one serving of citrus fruit or their juices (or it may be tomato); and one serving of some other fruit. 4. Eggs—one every day for each in family and if physically active two eggs every day. 5. Butter or vitamin-enriched margarine, at least two tablespoons daily. 6. Potato—either white or sweet, one serving daily. 7. Vegetables—at least two servings every day and one serving should be raw. 8. Bread and cereals should be



of whole grain or enriched with vitamins and minerals. If you need more food because you are physically active and would be hungry, eat more from the same selection, rather than anything else you would like.

Following the cardinal rules of nutrition may not necessarily become a monotonous daily event, nor need it be expensive. But careful planning is necessary. Just as important as proper selection is the storage and preparation of food. Food should be cooked to preserve its vitamin and mineral content. Dr. Jolliffe advises: "It is as important, probably more important to know what not to eat as what to eat. Nutritious meals should always be a daily adventure in good eating." Knowing how to cook food if not already an accomplishment must then be learned. Cooking vegetables with very little water is one of the first rules. If any juices are left over they should be used in sauces or soups. Serve food immediately after prepared. Standing around will not help flavor or appearance. Every meal is important and every meal should be balanced. Breakfast is just as important as dinner. In the lunch box should be a whole meal.



When the boys come home after the war is won they will be looking for substantially cooked meals. Our boys in the armed forces are eating balanced rations wherever they are. Plan to carry on the same program for them when they come home. Well fed people during the war and after the war should be our goal.

medical persons." It is too much of a risk. Considering the first cause (the second cause—failure to ingest an adequate diet—is for your own physician's diagnosis), even with food rationing, everyone may have an adequate, nutritious diet. Protein, vitamins, and minerals are the essentials with sufficient carbohydrates and fats for calories and energy. A good rule to follow is that all food included in the daily fare should be comprised of essential foods carrying their full quota of vitamins and minerals. One of the chief criticisms of the average diet is that too much non-vitamin and non-mineral food is consumed and the small amount of nutritious food eaten has to carry the extra burden of supplying vitamins and minerals. Because this is impossible, a deficiency is practically bound to result.

What are some of the symptoms of malnutrition? In babies and children it is quickly recognized as rickets, stunted growth. In older children it may be listlessness, stunted growth, or decayed teeth, horny skin, poor vision, nervousness and inability to sleep. For adults the symptoms may be obesity, or underweight. Inability to sleep, teeth decay, poor vision, rough skin, nervousness, irritability are other symptoms. Since reports reveal such a small proportion of adequately nourished people, maybe few people really enjoy good health according to the yardstick which measures nutrition. Something ought to be done about it.

According to Dr. Jolliffe, the few cardinal rules to follow in food selections are that every day you plan to include in your meals: 1. Meat, fish, cheese, sea-food, or poultry. Have at least one serving daily and, if physically active, include two servings. 2. Milk—two or more glasses daily for adults; four or more glasses



SINCE nutrition is the key word in planning meals for the family and ourselves, what about nutrition for tomorrow? Is nutrition just a passing fancy that has been dreamed up by pseudo-scientists, or is it here to stay? Authoritatively it may be said that nutrition is important today, tomorrow, and for the day after tomorrow. Dr. Norman Jolliffe, New York physician, well known for his human studies in nutrition, says: "Nutrition should be practiced every day, every month, every year to have far-reaching effects. Nutrition requires thoughtful planning and following the rules every day, not just occasionally or when one is in the mood."

After reading reports on nutrition studies made in different sections of the country, the question invariably arises "Does anyone escape malnutrition? Turning again to our nutrition authority, we learn that fat people, lean people, rich people, poor people, all kinds of people may be subjects of malnutrition.

How can one avoid malnutrition? Malnutrition may be caused by an inadequate diet or by the failure to ingest an adequate diet. Dr. Jolliffe has said: "It is an inescapable conclusion that the treatment of malnutrition in each case is an individual problem requiring exact diagnosis and therapeutic measures which cannot with safety be left in the hands of non-



Aren't these the most important meal-time problems facing you today?

HERE'S HELP!



WAR WORK

doesn't leave much time for getting meals!

When you rush in late—what a help to have Fruit Cocktail ready to start dinner. A fine dessert, too—"as is," or mixed with chopped marshmallows and whipped cream, for instance. And you don't waste one minute peeling, dicing or mixing fruit. You have five fruits, *ready to use!*



IT DOESN'T SEEM RIGHT
to throw away a thing!

Especially with leftovers (such as cake or gingerbread) you want lively color and brand-new looks and flavor. That's why you'll be wise to use Del Monte Fruit Cocktail and be sure of juicy, tender fruits. Peaches, pears, pineapple, grapes, cherries. The same quality—Del Monte quality—in cans or glass. Why not get a *week's supply* of Del Monte Fruit Cocktail at once? Save time and tires!



I WANT TO BE SURE
my family gets the foods they need!

Plenty of fruit, says your government's nutrition food rules. And how folks take to the balanced goodness of *this* Fruit Cocktail. That's because Del Monte proportions each fruit so no one flavor steals the show. You taste *all five* flavors. See what that does for rice pudding, baked custard, and many other wholesome thrifties.



Fruits for Salad, too. But don't confuse *this* Del Monte treat with Del Monte Fruit Cocktail. In Fruits for Salad, you get pears, peaches, pineapple, apricots and cherries—cut in larger pieces, especially for salads. Both styles are one and the same in *quality*.



Many Del Monte Foods now packed in both cans and glass. Both the same quality.



Del Monte

SAVES TIME—SAVES WORK

Fruit Cocktail

MAKES MEALS BRIGHTER





Once importers of cheese, we are now exporters—producing the staggering amount of 800,000,000 pounds a year!

—A BARGAIN IN NUTRITION

THE old story about a man making a better mousetrap is indeed applicable to the dramatic growth and development of the cheese industry in the United States. Once a small farmhouse business, it has, in the past one hundred years, with the modern factory methods and equipment, developed into one of our most outstanding food industries.

War and transportation are contributing factors which have forced the United States into producing more cheese. Now the staggering sum of 800,000,000 pounds of cheese is the estimated production for the current year, twice as much as was made in 1924. Why are we making so much more cheese? Before the war, the United States was an importer of cheese, but war and uncertain trans-oceanic transportation have changed the picture. The table has turned and the United States is now exporting cheese, the valuable animal protein going to Great Britain, Russia, and many of our other Allies.

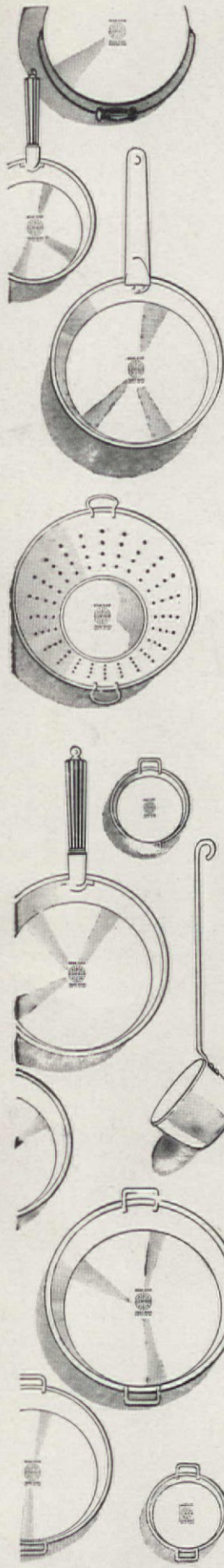
How foods originated is always a romantic story, and the story of early cheese-making is no exception. According to legend, the first cheese was made by accident. Many centuries ago, Kanana, a wandering merchant of Arabia, was traveling across the hills of Arabia. Like all travelers of his day, he had filled his canteen, made from a dried sheep's stomach, with milk. Before dawn he started on his journey. He plodded over the hills and, although the day became warm, he did not stop to rest nor eat because he wanted to travel the treacherous hills before nightfall. When he did stop, however, he found no milk would pour from his canteen. Curious, he thought. So he slit the skin and found a mass

of white curd. He tasted and found this semi-hard substance delectable. The goat's milk had been curdled by the rennin left in the sheep's stomach. From then on, intentionally goat's milk was put into not-too-dry sheep's stomachs. Our early ancestors liked the cheese and held the food in such high esteem that cheese became a medium of exchange and barter for the wandering tribes of Asia. At Greek and Roman feasts, cheese was served. Hippocrates, in the 6th Century B. C., wrote of cheese made from goat's milk and even from mare's milk.

Eighteen distinct varieties of cheese exist today, although the number of different kinds of cheeses runs into the staggering sum of 400. This includes the local cheeses which have taken the names of towns or communities as distinguishing well-known trade names.

Many of the different varieties of cheeses, were accidental discoveries. Legend tells the story of the shepherd boy who was tending his flocks in the Cevennes uplands of France. In

Cheeses on these pages contributed by the following: Armour and Company; The Borden Company; Kraft Cheese Company; Swift and Company; Breakstone Brothers, Inc.; Otto Roth and Company, Inc.; George Ehlenberger and Company



SAVE THE VITAMINS

and minerals you bring home in your market basket by using your Wear-Ever Aluminum every day. It was made to last. It should last until new Wear-Ever is available again.

USE YOUR

lessons in nutrition, all the good advice in the magazines, every day. U. S. wants us strong. It is a patriotic duty to cook wisely after you buy wisely.

WEAR-EVER

is ideal for protective cooking. It spreads the heat quickly and evenly. It is economical with fuel, too.

MAKE IT LAST

There won't be any more made until this thing is over. But just common-sense care, being decently gentle with it, assures you of the finest cooking equipment for the duration.

THIS EASY WAY

of cleaning will keep your Wear-Ever spic and span always:

- 1—Wash pans in hot soapy water promptly after use.
- 2—Rub insides of pans briskly with cleanser pads or *mild* cleansing powder.
- 3—Rinse with clear water and dry thoroughly.
- 4—Don't overheat when cooking; never let flame blaze up and blacken sides of pans.
- 5—If food sticks: Fill pan with warm water and place over low heat 5 to 10 minutes.
- 6—Use a wooden spoon or clothespin, never a knife to scrape your aluminum pans.



★ ★ INVEST AT LEAST 10% OF YOUR INCOME IN U. S. WAR BONDS REGULARLY ★ ★
THE ALUMINUM COOKING UTENSIL CO., NEW KENSINGTON, PA.

a cool cave he had placed his lunch of barley bread and native cheese. But his wandering flock, plus a storm, necessitated abandoning his lunch and it was not until several weeks later that he returned to the vicinity of the same cave. He found the barley bread moldy, the cheese veined throughout with a delicate green mold. Taking a small taste of the cheese, he was pleased with the unusual flavor. Repeating the process, he left more native cheese and barley bread in caves. The Conques monks repeated the experiment and named the rich, delicious cheese, Roquefort.

NAPOLEON, also, is connected with the naming of a cheese. During one of his country trips, he was served a native soft cheese. The cheese was so thoroughly enjoyed by Napoleon that he named it Camembert, the town where it was first made. A statue was erected in honor of Madame Marie Harel, the peasant woman who originated this famous cheese.

Almost every cheese has a historic legend. But factual scientists have discovered the technical reasons for making the different varieties of cheese. Today modern cheese factories with their controlled methods of manufacture are duplicating and improving the cheeses which had clung so tenaciously to native methods.

Almost every variety of cheese is now made in the United States and compares more than favorably with imported varieties. Wisconsin and New York state lead in cheese production with some of the other northern states contributing their share. Except for the soft, perishable varieties, the southern states, with the exception of California, are not recognized as cheese-producing states. Where the demand for fluid milk is high, cheese production is low. The perishable types of cheeses, such as cream and cottage, are still made near large cities. But the trend is to produce cheese in the remote agricultural and dairy regions. Since the mysteries of cheese-making are now known by scientists, practically any type can be reproduced in the United States where milk is of good quality and the correct bacterial cultures are used in the right proportions.

Cheese is produced in either of two ways. *Natural* cheese, simply said, is the original product. It is the natural product which has resulted from heating, pressing, curdling and aging the curd of milk. In other words, only mechanical steps of production such as heating the

milk, adding the bacteria, pressing the curd, are done by man, and nature does the rest in producing cheese. *Processed* cheese is a manufactured type made from shredding, blending and pasteurizing natural cheese. The finished product is standardized for content, body and flavor. The grinding and melting processes, plus the remolding, changes the texture. Processed cheese is usually softer and the flavor is modified.

Cheeses may be classified in several ways. Since it is produced by the action of rennet on curd, or by means of lactic acid, cheeses could be grouped into two large classes. Although rennet may be added to milk to separate the curd from the whey, several factors bring about different varieties of cheeses. Different milk, whether from cow, goat or sheep; moisture left in the curd; the amount of salt and spices added; the size of the finished cheese; temperature and humidity for ripening; the molds which develop; the length of aging are all factors. Most cheeses are produced by adding rennet to milk which may be whole, skimmed, cold or heated. The uncured soft cream cheese, or cottage cheese, is produced by lactic acid added to milk, usually skimmed, which precipitates curd.

CHEESES may be grouped into soft and hard types, the differences occurring in the amount of moisture left in the curd, the bacteria or mold developed, and method of curing. Since some cheeses come in between these different groupings, another type may be classified as semi-hard.

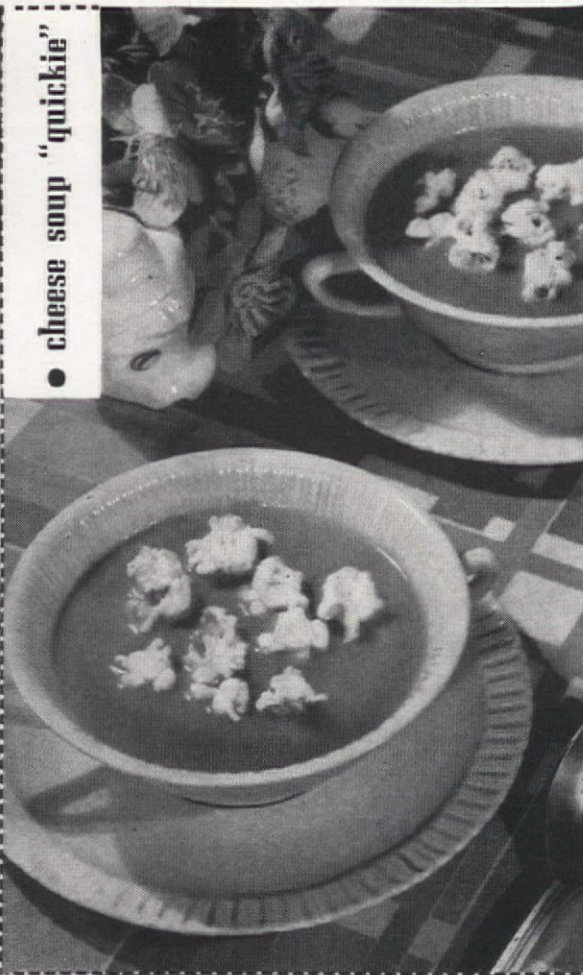
In the soft class appear cottage, cream (Neufchatel), Brie, Camembert, Bel Paese and Gorgonzola. Since all cheeses are made in the United States, you may find a name and type of cheese printed on the label for identification.

In the semi-hard class are Brick, Muenster, Limburger, Port du Salut, Blue, and the smoked Provolone type. Cheese tastes are sectional in the United States; for example, Brick cheese is a favorite in the middle west. Limburger and Port du Salut (made by Trappist monks) are very similar in texture, with the mold forming a crust, the cheese itself mildly flavored by the mold. Blue cheese is a Roquefort type which is successfully made in sections of the middle west. Caves along the Mississippi, caves in Iowa and Illinois are focal points for producing a Blue cheese comparable in flavor and texture to the original product.

• cheese fondue



• cheese soup "quickie"

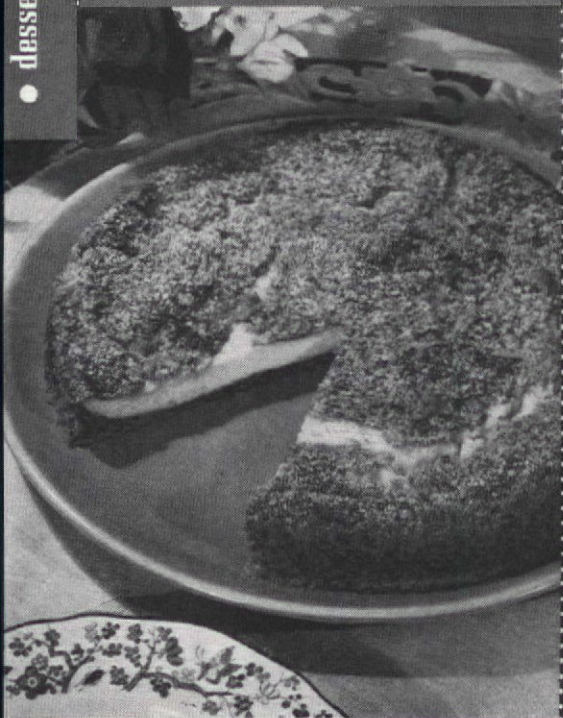


• spinach ring, fromage



• dessert cheese cake

Use more cheese in main dishes, soups, sandwiches, salads, desserts. Cheese is a concentrated protein food rich in essential vitamins and minerals



• butter fudge fruit filling (gourmet)



• cheese sauces

For best results, cook cheese cut in small pieces at a low temperature, over hot water or in a slow oven



In the hard cheeses, the molds have penetrated, influencing the entire cheese mass. Typical hard cheeses that are well liked are American-Cheddar, Swiss or Emmentaler, Edam and Gouda which are similar to Swiss cheese in texture but without the large holes, Gjetost, and the hard grating cheeses, among which are Reggiano and Parmesan.

Although the majority of Americans prefer a mildly flavored cheese, now that many of the imported varieties are being made, their taste for these will undoubtedly develop.

Nutritionists are advocating an increase in cheese consumption, as it is such a valuable concentrated source of protein. With the exception of cottage cheese, cheese contains an excellent amount of calcium, is considered a good source of iron and other minerals, and is notable for its source of vitamin A and some of the B-complex.

But the United States, as a whole, is not considered a cheese-eating country. In 1924, only 4½ pounds of cheese was consumed per person. The per capita consumption has

● cheese fondue

1½ cups scalded milk
1½ cups bread cubes, tightly packed
¼ lb. American cheese, diced
1 tbsp. butter

½ tsp. salt
¼ tsp. mustard
2 egg yolks
2 egg whites

Preparation time: 40 min.

Mix the scalded milk with bread cubes, diced cheese, butter, salt, and mustard. Beat egg yolks until lemon colored and blend cheese mixture into egg yolks. Beat egg whites until stiff and fold into first mixture. Pour into an oiled baking dish, 9" diameter, and bake in a moderate oven (350°F.) 20-30 min. or until set. Serve immediately. Serves 4-5.

258-323 cal. per serving. Source of vitamins A and B-complex.

Tested in
THE AMERICAN HOME KITCHEN

● cheese soup ("quickie")

4 bouillon cubes
2 cups boiling water
1 cup mashed potatoes

1½ cups grated snappy cheese
2 cups tomato juice

Preparation time: 20 min.

Dissolve bouillon cubes in boiling water and stir in mashed potatoes. If potatoes do not blend easily, force through a strainer. Add the cheese to tomato juice and add to potato mixture. Heat, stirring until soup is smooth. Serve immediately with carrot sticks and whole wheat bread and butter. Popcorn makes an attractive garnish. Serves 6.

192 cal. per serving. Source of vitamins A, B-complex and C.

Recipe submitted by
FLORA HARRIS

Tested in
THE AMERICAN HOME KITCHEN

● spinach ring, froumage

3 tbsp. butter
3 tbsp. flour
1 cup milk
½ lb. American cheese, grated
1½ cups finely chopped cooked spinach
1½ cups soft bread crumbs

3 eggs, beaten
1 tsp. salt
Pinch of pepper
2½-3 cups mashed, seasoned squash
Buttered tiny whole beets

Preparation time: 1 hr., 15 min.

Melt butter in a frying pan, blend in the flour, and add milk, stirring until it thickens. Add grated cheese, remove from heat, and stir until cheese is melted. Add well-drained, chopped spinach, bread crumbs, beaten eggs, salt, and pepper. Pack into a well oiled ring mold (8½" in diameter) and bake in a slow oven (325°F.) 50 min. or until firm. Unmold on a chop plate; fill center with hot mashed squash and lay tiny whole buttered beets around the spinach ring. Serves 6. 422 cal. per serving. Source of vitamins A and B-complex.

Tested in
THE AMERICAN HOME KITCHEN

● cheese cake (bridge dessert)

2 cups sweet zwieback crumbs
¼ cup sugar
1 tsp. cinnamon
3 tbsps. melted butter
4 eggs
¾ cup sugar

¼ tsp. salt
1½ lbs. cottage cheese
1 cup evaporated milk
¼ cup flour
1 tsp. vanilla

Preparation time: 1 hr., 15 min.

Mix zwieback crumbs with sugar, cinnamon and melted butter. Set aside ½ cup of this mixture. Use remainder to line sides and bottom of a well-buttered 9" spring form. Beat eggs until light, add sugar and salt and continue beating until light and fluffy. Add cottage cheese and milk and stir in flour. Add vanilla and beat until well blended. Force through a ricer or coarse strainer three times, then pour into spring form. Sprinkle the ½ cup of zwieback crumbs over the top and bake in a moderate oven (350°F.) 50-60 min. or until center is set. When finished baking, turn off oven, open oven door and let cake cool gradually. Serve cold. Serves 12. 263 cal. per serving. Source of vitamins A and B-complex.

Tested in THE AMERICAN HOME KITCHEN

● butter fudge fruit filling (gourmet)

1 tbsp. butter
2 cups sifted confectioners sugar
½ tsp. salt
1 egg

1 sq. (1 oz.) unsweetened chocolate, melted
1 tsp. vanilla
1 cup seedless raisins, chopped

Preparation time: 10 min.

CREAM butter, add sugar, salt and egg, beating until creamy. Blend in chocolate and vanilla and add raisins. Spread between layers of your favorite chocolate cake or double recipe of *Betty's Chocolate Cake. Ice with Maple Nut Frosting.

Maple Nut Frosting:

1 pkg. (3 oz.) cream cheese
2 tbsp. cream
½ tsp. maple flavoring
1 tsp. vanilla
½ cup sliced walnuts

Preparation time: 12 min.

Mash the cream cheese and blend with the cream, maple flavoring and vanilla. Add confectioners sugar to make an icing stiff enough to spread, then add the nuts and mix well. Spread on top and sides of cake.

Note: If you can obtain it, soft maple sugar may be used.

Submitted by HERMAN SMITH

Tested in THE AMERICAN HOME KITCHEN

● cheese sauces

For a simple cheese sauce, melt 3 tbsp. butter in the top of the double boiler, blend in 3 tbsp. flour mixed with 1 tsp. salt, ½ tsp. pepper and ¼ tsp. dry mustard. Stir in 2 cups of milk and when thickened, add 2 cups grated American cheese and 1 tsp. Worcestershire sauce. Stir until well blended.

For a tomato cheese sauce, heat 1 can (10½ oz.) condensed tomato soup with 1 tsp. grated onion and 1 tsp. Worcestershire sauce. Stir in 1 cup grated American cheese. Lower the heat and serve as soon as the cheese is well blended with the tomato mixture.

For a "quickie" cheese sauce, heat 1 cup of evaporated milk in the top of a double boiler with 2 cups grated American cheese, 1 tsp. salt, ½ tsp. pepper, ¼ tsp. mustard and ¼ tsp. paprika. When thoroughly blended, serve over vegetables. Sources of vitamin A and B-complex.

Tested in
THE AMERICAN HOME KITCHEN

Photograph printed on back of each recipe.

*From the American Home Basic File

been stepped up to 6.3 pounds in 1942. But Great Britain, the Scandinavian countries, and France consume many more pounds per capita, with Switzerland having an average per capita consumption of 23.5 pounds.

Nutritionists and physicians are endeavoring to play up the value of cheese. Contrary to old tales, cheese is digestible. Having a bowl of cottage cheese on the table may be a homey, old-fashioned touch that should be revived for the health of our citizens. Cheese and bread, cheese and fruit

could easily be our daily fare instead of making these contributions only occasional items on the menus.

From the first course in a meal, the appetizers, to soup, main dishes and then to desserts, cheese may be the important ingredient. With so much emphasis on protein today in our nutrition teachings, cheese should not be neglected in the daily meals. If you have a large piece of cheese, learn from the storekeepers it will keep best wrapped in a moistened cloth, and stored in the refrigerator.

This Month's SPECIALS

Meat Extenders

THE VICTORY FOOD SPECIAL IS DRIED BEANS, A VALUABLE PROTEIN FOOD WHICH WILL HELP TO EXTEND THE WEEKLY MEAT ALLOWANCE

• cabbage bundles

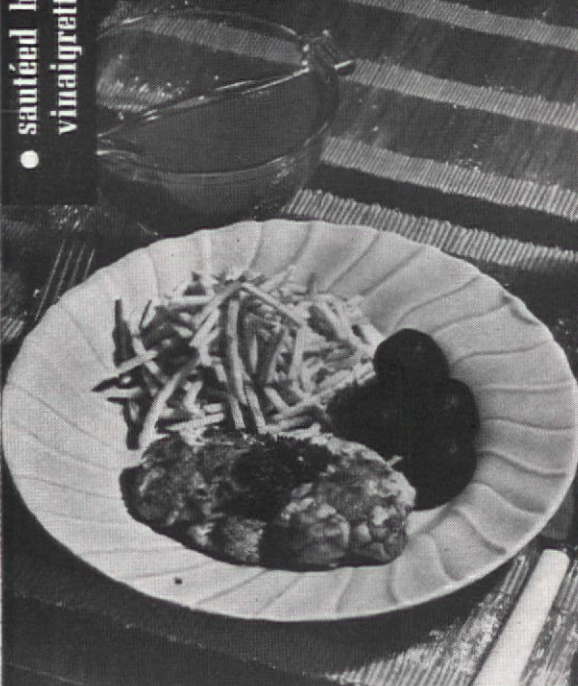
In main dishes remember to include protein such as cheese, milk, eggs, beans, peas, lentils, nuts, legumes, glandular meats, fish, or poultry. Cabbage Bundles using liver and cabbage is a nutritious thrifty dish

• Down East fish chowder



• sautéed brains, vinaigrette

Plan to use all kinds of glandular meats more frequently in wartime meals helping food budgets, too



• creole kidney casserole



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Recipe printed on back of each photograph

F. M. Demarest

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This Month's SPECIALS

RECIPES WHICH USE BRAINS, KIDNEY, LIVER AND FISH, ALL UNRATED PROTEIN FOODS, ARE FEATURED ON THIS PAGE

● cabbage bundles

- 1½ lbs. beef liver
- Boiling water
- ½ cup soft bread crumbs
- ¼ cup uncooked rice
- ½ cup minced onion
- 1 tsp. salt
- ½ tsp. paprika
- ½ tsp. curry powder
- 12-14 cabbage leaves

Preparation time: 1 hr., 20 min.

POUR boiling water over the liver and let stand 5 min. Remove liver from water, dry and put through a food chopper using a coarse knife. Mix with the bread crumbs, rice, onion, salt, paprika and curry powder. Pour boiling water over medium-sized cabbage leaves and let stand until wilted. Then drain and cut out the hard stem. Pat leaves dry and brush both sides with slightly beaten egg. Divide the meat mixture, pile on leaves and roll up. Place, with folded side down, in an oiled casserole. Mix tomatoes with parsley, salt and pepper. Pour over cabbage bundles, cover casserole and bake in moderate oven (375°F.) 1 hr. Serves 6.

237 cal. per serving. Source of vitamins A, B-complex and C and Iron.
Recipe submitted by ALANSON SMITH Tested in THE AMERICAN HOME KITCHEN

● Down East fish chowder

- ¼ cup salt pork, diced
- 1 medium onion, minced
- 2 cups potatoes, cubed
- 2 cups cold water
- 1½ tsp. salt
- ⅛ tsp. pepper
- 1 lb. cod or halibut
- 2 cups scalded milk

Preparation time: 1 hr.

DICE pork and fry slowly in frying pan. Add diced onion and sauté to a golden brown. Place in soup kettle, add potatoes, water, salt, pepper, and fish. Cover and simmer for 30 min., or until potatoes are tender. Then add milk and butter; simmer 10 min. longer. Break up crackers (soda crackers may be substituted), add to chowder. Serves 4-6. Sprinkle with paprika and chopped parsley. It's perfectly marvelous on a stormy, windy day but you don't have to be cold and blue to enjoy this chowder. It's good for a repeat any time.

Recipe submitted by KAREN FOSS ZIMMERER

Tested in THE AMERICAN HOME KITCHEN

● sautéed brains, vinaigrette

- 4 pairs lamb brains
- 1 tbsp. salad oil
- 1 tbsp. tarragon vinegar
- 1 bay leaf
- ½ cup chopped onion
- 1 tbsp. chopped parsley
- ¼ tsp. thyme
- 1 cup apple cider
- Flour
- Salt and pepper
- 1 clove garlic
- 4 tbsp. salad oil

Preparation time: 40 min. (allow 1½ hrs. for soaking and marinating).

WASH and soak brains in cold water for 30 min. Drain well and remove all membrane carefully so the brains will keep their shape. Make a marinade by combining the salad oil, vinegar, bay leaf, onion, parsley, thyme and apple cider. Let brains stand in this for 1 hr., drain and dry well. Dredge with flour seasoned with salt and pepper. Chop the garlic and brown in salad oil. Remove garlic, then brown the floured brains. Reduce heat, and cook slowly for 20 min. These have a delicate and delicious flavor just as they are but if a sauce is desired, bring equal parts of catsup and chili sauce to a boil. Serves 4.

Note: Calves' brains may be substituted for lamb brains.
358 cal. per serving. Source of vitamins A and B-complex.
Recipe submitted by ALANSON SMITH Tested in THE AMERICAN HOME KITCHEN

● creole kidney casserole (left-over)

- 2 beef kidneys (1 lb. each)
- 3 tbsp. shortening
- 3 onions, sliced
- 4 tsp. flour
- 1½ tsp. dry mustard
- 1 tsp. chili powder
- 1¼ tsp. salt
- ½ tsp. pepper
- 1 tsp. Worcestershire sauce
- 2 cups tomato juice
- 3 potatoes, cooked
- 2 cups cooked string beans

Preparation time: 50 min.

HAVE butcher split and cut kidneys into pieces. Wash, and put in pan of cold water. Bring to boiling point, discard water and repeat this process. Twice is usually enough but if kidneys still have a strong odor, repeat again. Melt shortening and sauté onions in it until tender but not brown. Remove onions, add flour, mustard, curry powder, salt, pepper and Worcestershire sauce. Blend in tomato juice and stir until thickened. Slice the potatoes and beans and place in an oiled casserole in alternate layers with the onions and kidneys. Pour the tomato sauce over this, cover, and bake in a moderate oven (375°F.) 25-30 min. Serves 6.

264 cal. per serving. Source of vitamins A and B-complex.
Tested in THE AMERICAN HOME KITCHEN

Photograph printed on back of each recipe

This Month's SPECIALS

Meat Extenders

FLAVORFUL MAIN DISHES USING DRIED BEANS, SOYBEANS, OR NUTS ARE SUBSTANTIAL AND SATISFYING FOR ANY NOON OR EVENING MEAL

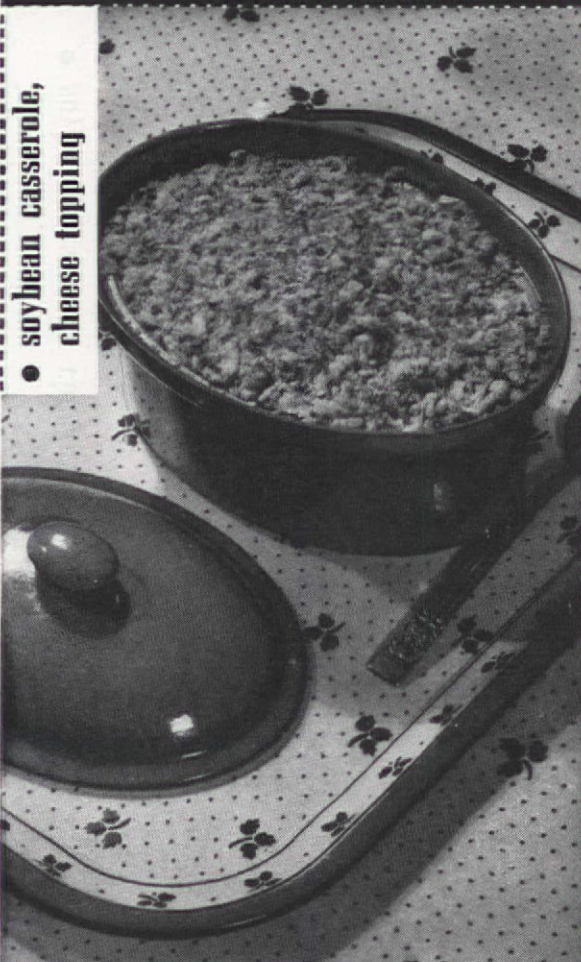


• beanie weenies

Dried beans dressed up into a casserole is a variation for the essential protein bean



• bean soup, Mexican style



• soybean casserole, cheese topping



• nut rolls with noodles

Nuts as a protein food have an important nutrition role these days. Here nuts are used with soybeans to make an easy double rich protein dish for dinner or supper

F. M. Demarest

Recipe printed on back of each photograph

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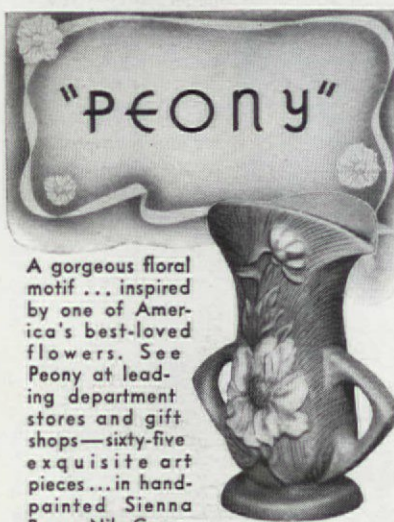


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This Month's SPECIALS

WHEN PLANNING WEEKLY MENUS, INCLUDE SEVERAL, BEAN, CHEESE, NUT OR GLANDULAR MEAT DISHES WHICH WILL EXTEND MEAT RATIONS

● beanie weenies

- 8 frankfurters
- 2 cups cooked navy beans
- 1 onion, sliced
- 1 can (10½ oz.) condensed tomato soup

- 1 tsp. salt
- ¼ tsp. pepper
- ¼ tsp. mustard
- 1 tsp. Worcestershire sauce

Preparation time: 35 min.

SPLIT frankfurters lengthwise and cut each piece in half. Place a layer of cooked beans in an oiled casserole, then half of the frankfurters and top with remaining beans, onion slices and frankfurters. Mix the tomato soup with salt, pepper, mustard and Worcestershire sauce and pour over the casserole. Cover and bake in a moderate oven (375°F.) 25 min. The onions will still be crisp, but this gives a pleasant crunchiness to an otherwise soft texture. Serves 4 generously. 450 cal. per serving. Source of vitamin B-complex.

Tested in
THE AMERICAN HOME KITCHEN

● bean soup, Mexican style

- ½ cup dried beans
- 3 cups cold water
- 2 tbsp. shortening
- 1 clove garlic
- 3 tbsp. chopped onion

- 1 tbsp. chopped parsley
- 1 cup chopped celery
- ½ cup shredded cabbage
- 2½ tsp. salt
- ½ tsp. pepper

Preparation time: 2 hrs., 40 min.
(should soak overnight)

- ¼ tsp. paprika
- 1 cup tomato pulp, or
- 2 fresh tomatoes
- ¾ cup cooked noodles (narrow)
- Grated cheese

PROCK over your favorite variety of dried beans and soak overnight. Drain and place in soup kettle with water. Simmer until tender (approximately 1½-2 hrs.), adding more water if needed. Melt shortening in skillet and sauté finely minced garlic, chopped onion, parsley, celery (leaves may be included) and cabbage until lightly browned. Add to beans with salt, pepper, paprika, and tomato pulp (or quartered fresh tomatoes) and simmer 30 min. longer. Add cooked noodles and sprinkle with grated cheese. Serves 6 generously. 166 cal. per serving. Source of vitamin B complex.

Recipe submitted by
KAREN FOSS ZIMMERER

Tested in
THE AMERICAN HOME KITCHEN

● soybean casserole, cheese topping

- 2 cups cooked soybeans, chopped
- ⅓ cup diced salt pork
- 2 cups chopped celery
- 2 tbsp. minced onion
- 2 tbsp. minced green pepper

- 6 tbsp. flour
- 2 tsp. salt
- 2 cups milk
- ½ cup soft bread crumbs
- ¼ cup grated cheese

Preparation time: 45 min.
(does not include cooking time for beans)

SOAK 1¼ cup soybeans overnight and simmer in about 3 cups of water until tender (1½-2 hrs.). Cool and chop. Brown salt pork, add celery, onion, and green pepper and sauté until lightly browned. Add thickening, made by mixing flour, salt, and milk, stirring until it boils. Add the chopped, cooked soybeans and continue stirring until mixture thickens. Pour into an oiled casserole. Mix bread crumbs and cheese and sprinkle over top of soybeans. Bake in modern oven (350°F.) 30 min. Serves 6-8. 525-151 cal. per serving. Source of vitamins A and B complex.

Submitted by MARION RICHARDSON

Tested in THE AMERICAN HOME KITCHEN

● nut rolls with noodles

- 1 cup bean pulp
- 1 tbsp. butter
- 1 tbsp. finely chopped onion
- 1 tbsp. chopped green pepper
- 1½ tsp. flour

- ¼ cup tomato juice
- ½ cup peanuts, walnuts, or pecans, chopped
- ¼ cup grated carrots
- ¾ tsp. salt
- Pinch of pepper
- 2 tbsp. dry bread crumbs
- 1 egg, slightly beaten
- ½ cup bread crumbs
- Fat for frying

Preparation time: 35 min.
(allow time for soaking and cooking beans)

FOR bean pulp, soak ¾ cup dried beans overnight. Simmer in 3 cups of water until tender (2 hrs.), drain and force through coarse sieve. Brown onion and green pepper in butter; add flour. Stir in tomato juice, then mix with nuts, carrots, salt, pepper, and bread crumbs. Shape into small rolls or balls. Dip in egg, then bread crumbs. Heat fat to 375°F. and fry rolls until brown, 2-3 min. Drain on absorbent paper. Serve with:

- noodles in tomato sauce:**
- 2 cups wide noodles
- 1½ tsp. salt
- 6 cups boiling water
- ¾ cup condensed tomato soup
- ½ cup water
- ¼ cup evaporated milk

Cook noodles in salted water until tender. Drain, add sauce made by heating tomato soup, water, and milk. Arrange noodle mixture on serving dish, and place browned rolls in center. Serves 4.

560 cal. per serving. Source of vitamins A and B complex.

Tested in THE AMERICAN HOME KITCHEN

Though
"Pigs is Pigs"

Milk

is not always MILK!

JULIETTA K. ARTHUR

IN YOUR grandmother's day, milk was anything that would pass through a cheese cloth strainer and it was worth just about four cents a quart delivered in the familiar little or big milk can. Today, milk is certified, homogenized, pasteurized, irradiated, or evaporated.

Milk in the food budget is the one thing you won't skimp on if you're wise. Milk and the things made from it are princes among foods and should be high on everybody's daily menu plan. As a buying guide, continue to follow the rule, a quart of milk for every child and a pint of milk for every adult. It's the calcium which is so valuable for bones and teeth.

Since you're in the market to learn about milk, high on the list comes certified milk which costs more and is the aristocrat of milk. Certified milk is directly supervised by the medical profession with each county medical society pointing a medical milk commission. It's the physicians' choice of fresh milk which can be used in its natural state with perfect safety. There are some hundred-odd dairies a dairy must do constantly to retain its coveted certified seal. Pasteurization, a method which is spelled safety for nearly two decades, is the heating of milk at a temperature high enough to kill harmful bacteria but does not affect the nutritional value of milk.

In most large cities, compulsory pasteurization is in effect. Without knowing the source, drinking raw milk is taking a risk, a risk which can endanger the health of an individual. If by any chance you are



Consumers' Guide

in a section where only raw milk is available, here are two home methods of pasteurization recommended by health authorities:

1. Place the milk in a double boiler and let it cook over the boiling water for eight minutes. Cool immediately by placing the pan first in cold water and then in the refrigerator. Use clean utensils.

2. Boil the milk in a pan directly over heat for three minutes, stirring constantly. Cool immediately.

Homogenization of milk is a mechanical treatment used before pasteurization, whereby milk is forced under high pressure through a tiny opening which breaks up the butter-fat globules and distributes them evenly through the milk. As a result, cream will not rise and the last drop of milk will have the same proportion of cream as the first. The smaller fat globules are easier to digest and for those people who say, "I can't drink milk," homogenized milk is the answer.

Vitamin D milk means that either the milk has been irradiated with ultra-violet rays or a flavorless, odorless, colorless cod liver oil concentrate added. Milk below the cream line has the valuable calcium and vitamins. Butter fat contains the larger portion of vitamin A. Drink skimmed milk or use it in cooking. By the same token buttermilk is valuable. Dried skimmed milk which has been used by bakers and candy makers for many years is now being used by the home consumers and shipped on lend-lease. Whole milk is also dried. Evaporated milk has some of the water content removed but all of the value has been retained.

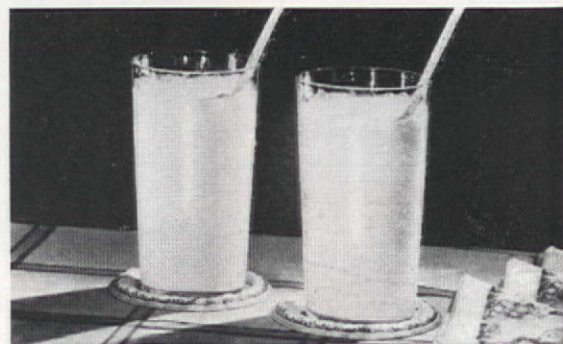
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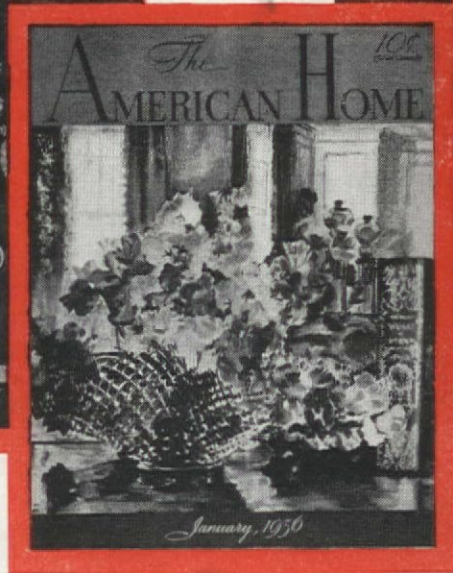
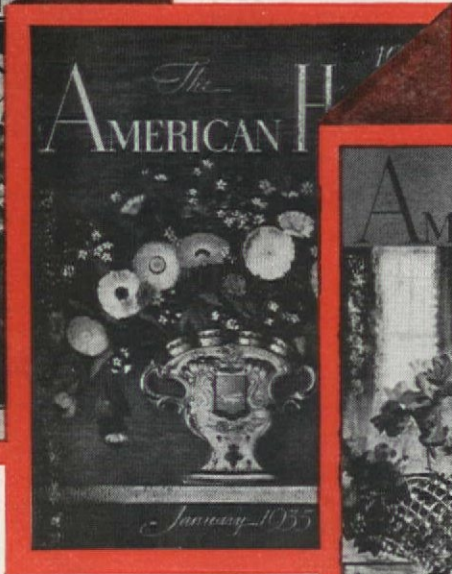
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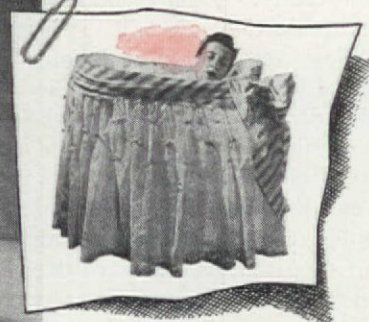
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Our 10th Birthday



The Editorial Staff, at play, celebrate ten years of work. They believe that all the latter and none of the former would be utterly dull indeed!



HAPPY birthday, dear AMERICAN HOME, happy birthday to you!" And why shouldn't our magazine be sung to at

tenth birthday party? Anyway, ours was, and it was a very lively one! We were proud to be present, for there's something pretty important about a tenth birthday, especially for a publication's. After all, it's not just an impersonal machine that grinds out each month's issue. There are people who do this job, and here you see a group of them, the Editorial Staff, in a very playful mood.

The theme for our party was taken from the January covers of the past ten years, hence the variety of costumes. That was the admission price... "one cover costume, and make it good!" Now it's pretty difficult to improve on nature when it comes to flowers, but we think that the group of women in peonies at far left did pretty well along that line. As the 1934 cover. Peonies from left to right by Lynn Given, Feature Editor, Jane Quinn, who answers lots of your inquiries, Grace Meinen, Secretary to our Editor and Betty Bothwell, Entertainment Correspondent.

Over under 1937 stands Ned Seymour (E. L. Seymour to you) our learned and handsome General Editor as fine a sandwich man as we ever

OUR PARTY MENU

(A dish from each January issue)

- Spiced Fruit Punch, 1939
- Pastry Snacks, 1936
- Stuffed Potato Chips, 1935
- Hors d'oeuvres, 1940

- Creamed Chicken with Mushrooms, Bechamel Sauce, 1934
- Oysters Columbia, 1941
- Cole Slaw with Grapes, 1941
- Pocketbook Rolls, 1937
- Ribbon Sandwiches, 1938
- Coffee Parfait, 1933
- *Birthday Cake, 1942 with Maple Nut Frosting,
- Butter Fudge Fruit Filling, 1943
- Coffee

*Each guest to bring 1/2 cup of sugar for these ration days!

Party



Silver dishes courtesy Di Salvo; Punch service, Duncan and Miller; Roses, "Starlite" white, and "Better Times" red

The artist, working on the 1938 cover is Bob Mahn, Production Manager. Then we come to that handful of beauties, starting left with Betty Etter, head of Make-up as the first rose. Betty Cole, her efficient helper and keeper of booklets is the cornflower; Jeannie Davidson, the second rose, is an important part of the Decorating Department; the poppy is Charlotte Eaton, one of our Associate Editors, and the smiling pansy is Marion Mayer, our Managing Editor. Then come Eleanora Sense, our Food Editor as Miss 1940, Bob Lemmon, another Associate Editor as the ivy part of 1941, Ruth Westbrook, who answers all your building inquiries as the lovely if lofty Renoir lady on the same cover. Marie Peters and Marguerite Locke, Appliance Editor really belong on 1939, too.

As themselves on the 1941 cover are "Becky" Monze, Decorating Consultant and Herman Smith, our Gourmet Editor. Peggy Stevenson of the Decorating Department is the shining chandelier on that cover, and Gertrude Brassard, guardian of our trade correspondence, is the birthday cake which she dreamed up and made herself. Father Time, at the top, who cut a swath through all ten years at a clip is Eddie Hoffman, assistant Production Manager. In the center of lower left picture we see Ambrose Walsh, Make-up Assistant, as our price mark. And 1943 is our own Virginia Forsythe, former Feature Editor who left our ranks to have the small son she's proudly holding. The sleeping bassinet is Jeannie Davidson. Jean Austin, our Editor, as January 1943, was a camera-shy baby.

Our party table, which could be adapted to anyone's party needs, was covered with dull black oil cloth and trimmed with the ten years' covers, "framed" in white pique ruching. The party itself was proof of one of our pet theories of what makes a party good—namely, a party with a theme.

Photographs, F. M. Demarest



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Our Party Costumes

PART of our party turned out to be a flower show, and although there were no blue ribbons awarded for best blooms, there should have been.

The handful of beauties at the top look as though they grew that way, but they didn't. Roses, cornflower, poppy and pansy costumes rather get in the way of a typewriter and the general rushing around that goes on in this busy publishing office.

Here's the way the illusion was created. The hand, which appears on the January 1939 cover, small and dainty as it appears there, was blown up by the magic of the photostat into the heroic size that holds four beauties in the palm of its hand. (It's a good trick to remember when you want to reproduce something fast and effectively.) Then, through the further magic of crepe paper costumes, handled by experts, and the proper placement of the flower ladies, approximately as they appeared in the original bouquet, here's this picture.

The beaming peonies, taken from the January 1933 cover have several advantages over nature. They don't fade and wilt, and Japanese Beetles are not in the least attracted!

Quite the uncommon garden variety, you see. We're only sorry that we couldn't show these costumes in colors, for they gave Nature a good run for her color money. It certainly is amazing what can be done with paper and needle and thread, you don't have to toil too much, neither do you have to do any spinning to be a lily of the field, or a blooming hothouse rose.

The fabulous "cake" was designed and created by Staff Member, Gertrude Brassard who took her inspiration from the birthday cake on the 1941 January cover. It really looks good enough to eat, but might be a little indigestible since it's made on a frame. The candles were the headdress and when the occupant was comfortably seated inside the cake, the illusion was really perfect. This cake idea can be adapted



Flower costumes designed and made by Dennison Mfg. Co.

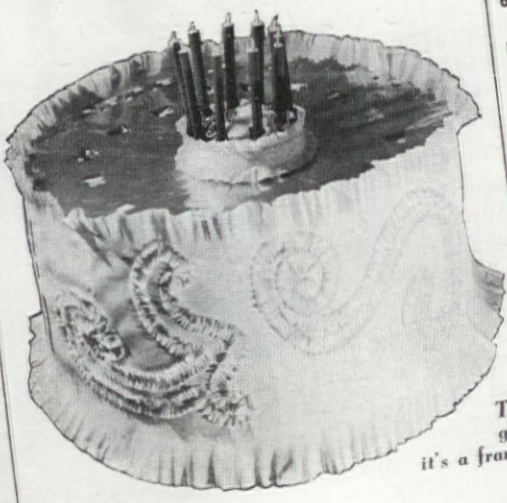
F. M. Demarest

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Directions for Making and Using paper "Cake" #145	6¢

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to any kind of a party, just by changing the decor of it. Strew it with hearts for a valentine centerpiece, deck it with shamrocks, hatchets and flags. It could be used for a container for shower gifts or birthday presents, and be "cut" by the guest of honor. By varying the size, the uses can be varied, too, but if you want cake in a big way, here's your answer! It's more fun to give a party with a theme, especially a costume affair, such as this one. The results may be fearful and wonderful, but usually much more wonderful than fearful and always lots of fun.



This tremendous cake looks good enough to eat—actually, it's a frame covered with crepe paper

Trip instead of birthday bawl



WE HAD TO WHISTLE "YANKEE DOODLE" TO GET THE GIRAFFE TO COME OUT!

How to have a truly happy birthday that will live a long time in the memory of the birthday child, and is practically painless for parents

ELLEN OSGOOD

Photographs, F. M. Demarest

"TRY a trip instead of a birthday bawl," that's my advice from experience in the birthday celebration line. It works like a charm, and eliminates the many causes and sources of tears that come with group activity. I went through the punishment for three years that comes with competitive games that cause frustration, aggression and consequently tears among young guests. I suffered through the food idiosyncracies of these same young who preferred their sliced carrots cooked instead of raw, who insisted that the creamed chicken was tunafish which they did *not* like, who hit a neighbor over the head with a whistle just because she would not trade her ice cream for the neighbor's cake. Then I decided to offer my young daughter, Nancy, a choice of a trip or a party. I was pleased with the speed and enthusiasm with which the trip was chosen. Children enjoy a change of locale, people and experience, and get a great satisfaction from making the necessary adjustment to new surroundings.

We live only a half hour from New York so we made that our destination. The distance involved isn't important, if only a train can be used. It's a symbol of adventure to the young as well as the old. When we arrived, we took a taxi to the hotel and, although children are quite blasé about private car riding, taxis do something to them. It must be the music of the meter!

The hotel room was a source of pleasure. Nancy was given a group of drawers for her own possessions. The supply of writing paper, and a pen and real ink helped to occupy her during quiet periods between explorations. The miniature bars of soap and the variety of towels were an incentive to frequent washings!

We ate lunch in an Automat where choosing her own food was an important event. We rode on the bus, on the subway. We walked along the city street; back to the hotel and bed.

The next day, we went shopping in a large department store, we ate in the store's restaurant, and then on to the toy shop where Nancy spent the dollar she had been given, after due comparative shopping, and the most attentive salesgirl's help!



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THE TAXI DRIVER PLAYED OUR LITTLE GAME, TOO SPENDING BIRTHDAY MONEY AT THE TOY SHOP



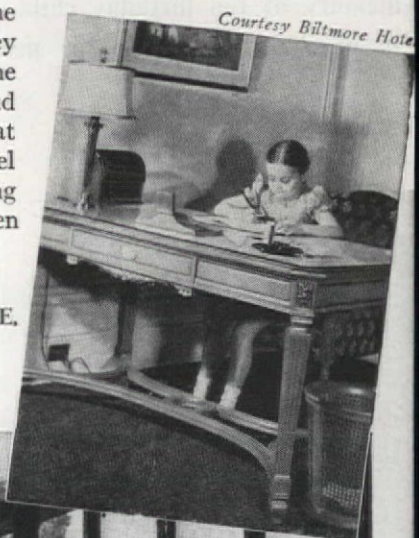
Courtesy F. A. O. Schwarz

back at the hotel, we packed our possessions, and were on our way home before dusk. The expedition had been a great success for both mother and child and had cost little more than a birthday party complete with sobbing and regrets, and we hadn't had a single tear the whole trip.

In the weeks to come, Nancy's companions and dolls made many imaginary trips to New York and profited greatly from the exciting and diversified experience of their well-traveled little friend.

The rest of the afternoon we spent in Central Park Zoo, where we did everything from seeing the animals, and riding the ponies, to having tea on the terrace to the tune of the seals' barks as they had their tea of fish, much to the entertainment of their large and appreciative audience. After that excitement, we walked to our hotel along the winding paths, feeding the many birds all of the way. Then

"HAVING A WONDERFUL TIME. WISH YOU WERE HERE"



Courtesy Biltmore Hotel



Happy Birthday



Photographs, F. M. Demarest

TWICE OVER!

ANNE ELKORT

TWICE over because they're twins! That's how come the two birthday cakes, on either side of the Mother Goose centerpiece. Each one has the name of a twin in sugar candy, ringed around with candles of blue and pink.

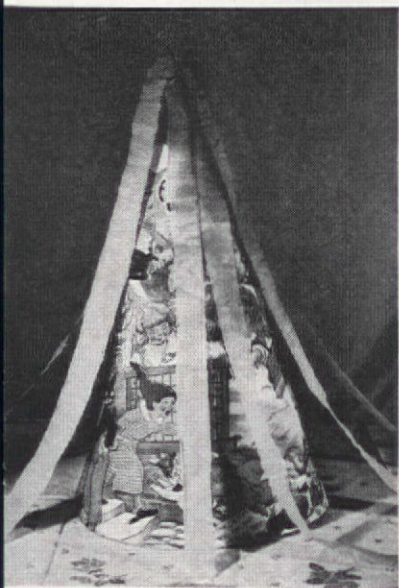
What makes this particular party particularly interesting is the fact that the decorations, except for the cute little gum-drop dog place-cards, are of paper, and there's Happy Birthday all over the place. Each plate bears the greeting and

homemade cookies cut like animals. The gay paper cups that match the plates are for milk or hot chocolate, according to their preferences.

And if anything spills on the birthday tablecloth, no one is going to get spanked, for that's paper, too, and a wonderful godsend to the mothers of the country who have youngsters at the spilling age.

The simple but colorful centerpiece, from which pink and blue crepe paper streamers wave, is made by covering a cardboard cone with Mother Goose figures, cut from a dime store book. At the end of each streamer is a pink or blue card on which is written a nursery rhyme, all except the last line. That is to be filled in by the guest in front of whose place it is. The gum-drop placecard pups are as much fun to make as they are to use. Toothpicks and large and small gumdrops do the trick, the big ones make the body and head, the little ones, the legs, the tail and ears. Under each canine chin is pinned the card that bears the guest's name, as well as a perky little bow of blue or pink ribbon. Cute place-cards are always to be desired for youngsters' parties, but when they are not only cute, but edible, that's a wonderful combination.

So whether your party is for twins or singles, remember paper accessories, and Mother Goose, and a very very Happy Birthday!



One thing to remember about kids' parties is that they like things that are simple. This makes party-giving for the young fun and not costly

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What is a



H. E. Marsden

"Growing Hand?"

MARGARET PERRYMAN

WHY is it that Mrs. Jones has such marvelous luck with her flowers? Everything she plants grows like magic, and she gets so much with so little effort. I wonder what the secret of her success is.

"Oh, it's just her 'growing hand'—something that her fairy godmother blessed her with, like curly hair or a good disposition."

How often we hear that plaintive question and that easy, assured answer, which, really, is no answer at all. The subject has fascinated me for a long, long time; ever since my childhood days, in fact, when the neighbors used to refer to my grandmother as "the little old lady with the 'growing hand.'" Many a time, with childlike curiosity and expectancy, hoping to learn what they meant, I carefully inspected Granny's hands, but found only time-worn wrinkles. Later, as I grew up, loving flowers and wanting to grow them well, I began to study the subject and to make a systematic, businesslike survey. I looked up the owners of "growing hands" wherever I could find them, interviewed them and sought to discover the magic formulas they used. Right here at home, for in-

stance, there was Mammy Rosa, my portly ebony cook, who has a super sort of growing hand if ever there was one, even if it is as black as coal; I believe she could make the dahlia stakes grow, if necessary. Said she, when I asked her what caused her to have a growing hand, "Lan' sakes, Mis' Mar'get, 'tain't nuffin, but a han' o' love."

"Pshaw, Mammy, tell me the truth. I saw you move those nasturtiums last week, and they didn't mind a bit. Just what *did* you do?"
"Well, chile, fust Ah digged de deepes' hole in de goodes' place Ah knows. Den Ah toted plenty water puddled de plants, patted de dirt sof' an' nicelike 'roun' dem, broke some bresh fo' to shade 'em wid—an' de Good Lord, He done de res' Dat's de whole truf, so he'p me."

The accuracy of Mammy's insight has proved itself time and again in the course of my canvass. The success of "growing hands" lies largely in the fact that they always try and keep on trying with a sympathetic and unquerable affection for the plant they work with. They are as determined and self-willed as anybody I ever saw. In their trial and error way, they learn to an exact degree the whims and fancies of all kind of plants in many kinds of places

Many times growing hands belong to elderly persons, and this suggests several reasons for their success. First, they have had long years of practical, time-tested experience. Secondly, that experience has so mellowed them and sharpened their perceptions that they know precisely how much love and affection to lavish on their plants in order to get maximum returns. (Surely you must know by this time that plants have to be loved and understood if they are going to grow and thrive and be happy!)

THE reports of the many people I have talked with vary considerably in their details, but the general conclusions are invariably the same. They all say that flowers are just like humans in their various growth stages. Seeds are little unborn Cinderellas. Planted in the warm, enfolding earth, they are eager to be "born" and to see something of the world. As they thrust their green heads up from beneath the brown blanket, they are as tender, fragile and defenseless as new-born babies and as much in need of care and coddling. Later, like children, they thrive on love and attention; but these must be handed out with good judgment.



C. and D. Porter

Bottle Feeding for House Plants

HERE is a simple and inexpensive way to keep your house plants supplied with food: When you empty a milk bottle, don't rinse it out, but add cool water and use the solution to water your indoor plants. I have a snake plant that stands on a shelf close by my kitchen sink where it is very convenient to feed it in this way. It has made excellent growth on this always available and inexpensive fertilizer.—ROSE ASTRELLA

As they reach adolescence they need abundant food, water and sunshine, but conditioning, too, so they will be husky and vigorous. You must have remedies handy for the ills that may attack them, and be keen-eyed in diagnosing their troubles, and prompt and thorough in applying the proper cures. If they suffer a shock—as in transplanting—you must rest them and help along their remarkable recuperative powers. As they attain maturity and perfection, they eat less—as if to keep their figures trim. Then, after a ripe old age, they fade, wither and die—but contentedly, for they have fulfilled their purpose, and left progeny.

And so, after all my investigations, my quizzing and questioning, I have come to the conclusion that a "growing hand" is a very determined, persistent hand. It is a hand of courage and of love and of enormous energy, backed up, of course, by a strong back and a rich fund of practical, workable knowledge. It is a hand which, if it does not at first succeed, tries and tries again. Indeed, people with growing hands are probably the world's most confirmed optimists—and, incidentally, they are pretty good people to string along with.

[Note: The snake plant (Aspidistra) is such a docile, hardy subject anywhere that it might not be considered very convincing proof of the value of a milk diet. So we asked Professor Kenneth Post of Cornell University if he had ever heard of the treatment. He writes: "Some work done with skim milk on blueberry plants growing out-of-doors some years ago showed quite definitely that it had some beneficial effect upon them. At the time it was not definitely known what the effect was, but it was assumed that some of the milk could be absorbed in organic form. Probably some effect was also on the resulting acidity of the soil. A small amount in the water applied to a house plant would probably be somewhat beneficial. It would decompose and eventually produce some available nitrogen; some might be absorbed in the organic form. The only thing I would worry about is that if the milk became concentrated enough in the soil, it might smell a bit!"

And speaking of milk-fed plants, we have seen descriptions in old English gardening books of how a squash can be grown to great size by threading thin wicking or coarse yarn through the stem close to the fruit and keeping the ends in a container of milk. We can't vouch for the plan, but it might be worth the trying.—*Horticultural Editor*]

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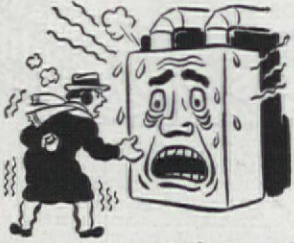
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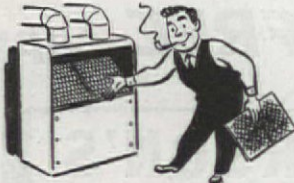
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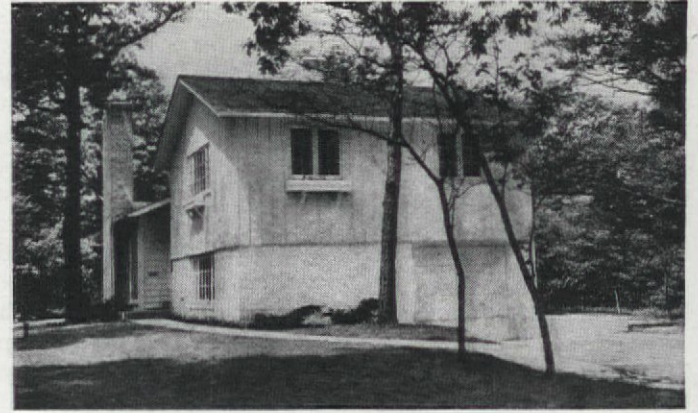


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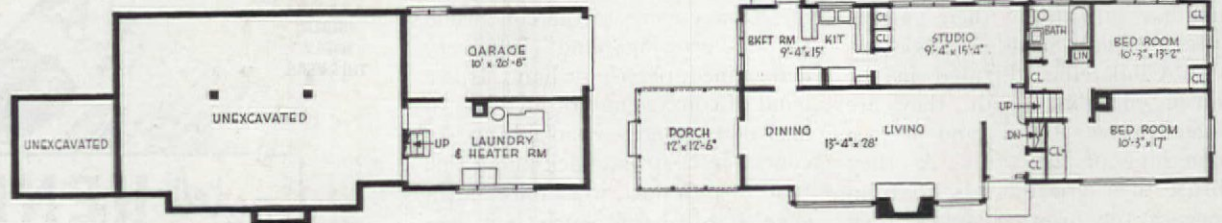
Symbols of Freedom and Faith

Home of Mr. and Mrs. Frederick Fisher,
Highland Park, Illinois

THE exterior of this one-and-one-half story house is a combination of cement block, vertical white boards and horizontal white siding. The large fireplace, of common brick, is the principal feature of the living room. Blond mahogany sectional chests and book shelves form an integral part of this room. Off the living room is a pine-panelled studio where Mr. Fisher, a commercial artist holds forth. Careful planning of floor levels affords plenty of light in the laundry-heater room.

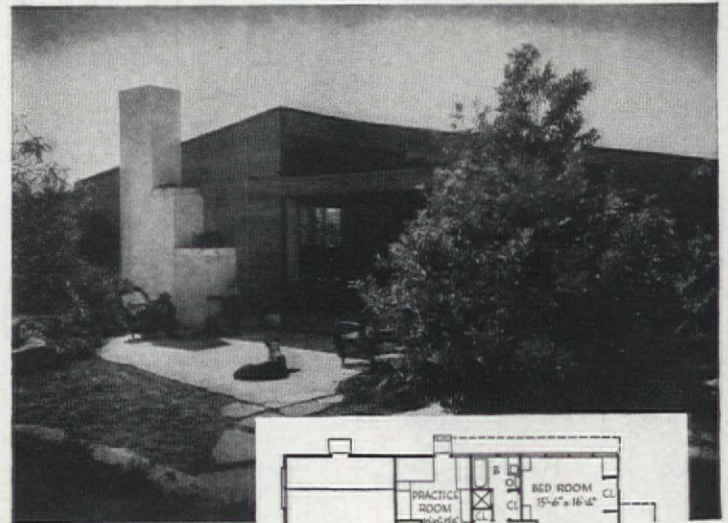


GEORGE FRED KECK, Architect

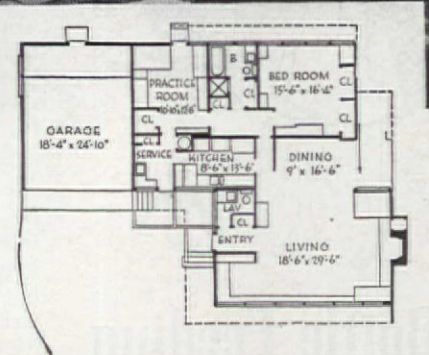


The home of Mr. and Mrs. Charles Maxwell, Brentwood, California

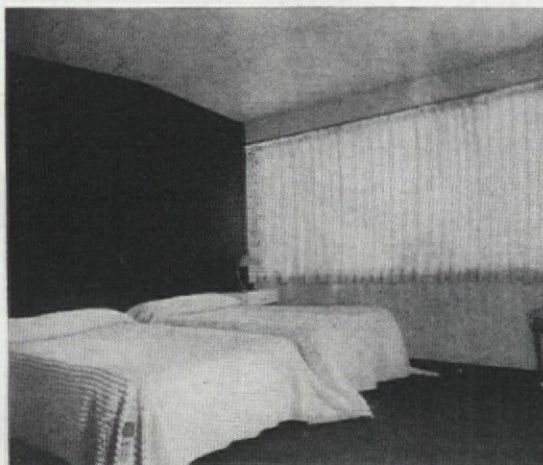
THE special problem of planning a house for two musicians has been successfully accomplished here by Mr. R. J. Neutra, one of our most prominent modern architects. The plan is compact, yet so logically conceived that a great feeling of space and openness has been developed. Built-in furniture contributed much to this result. The practice room, a must in this particular household has been so placed that the utmost privacy is achieved. Mr. Neutra's use of natural materials, his placing of ample windows, his care for functional details are here most brilliantly exemplified. Indoor-outdoor living play a prominent part in the plan of the house. The elevation illustrated proves how successfully this feature of modern day life has been accomplished. Its rooflines fit as naturally into the background as the foliage.



RICHARD J. NEUTRA
Architect



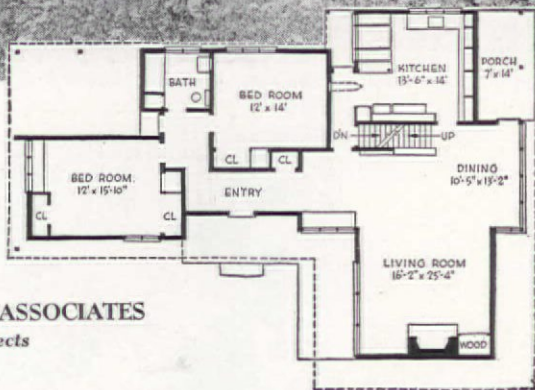
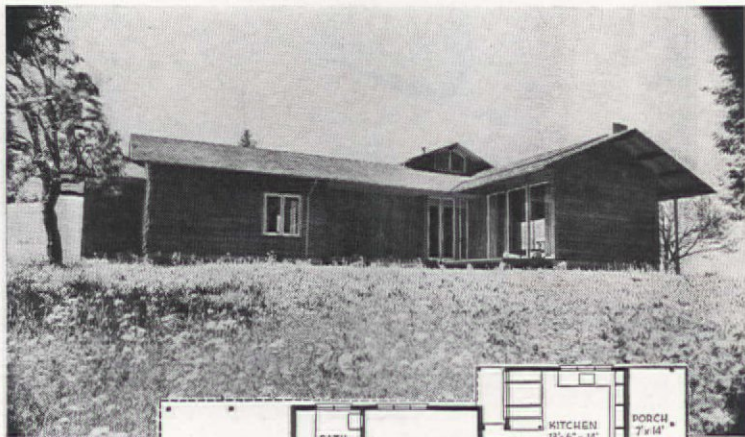
Simplicity the keynote of the bright modern bedroom



Built-in furniture add to the spaciousness of the dining area



illustrated on pages 9 to 19



A. E. DOYLE & ASSOCIATES
Architects

The Philip A. Joss home in Portland, Oregon

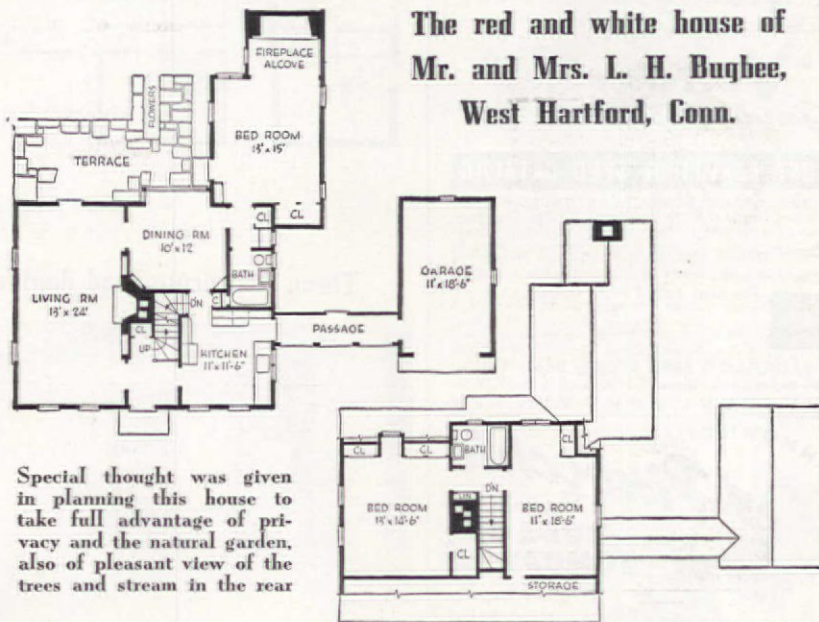
THIS attractive low-roofed house was built to satisfy an individual desire. The plan was so arranged that the owner could look over beautiful Tualitin Valley from the living room and also see

the northwest volcanic peaks from the dining alcove. The main room has a 2" hemlock plank ceiling, cedar walls and random-width oak floors. The fireplace at one end of the living room is of concrete.



Story on page 34

The red and white house of Mr. and Mrs. L. H. Bugbee, West Hartford, Conn.



Special thought was given in planning this house to take full advantage of privacy and the natural garden, also of pleasant view of the trees and stream in the rear

The brick home of Dr. and Mrs. William Branch Porter, Richmond, Virginia



F. M. Demarest



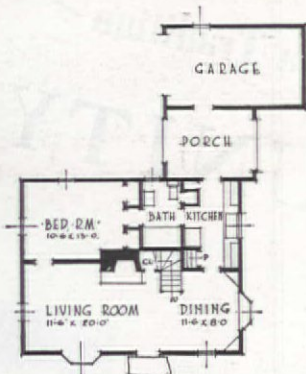
THIS lovely Virginia house dates back to the seventeenth century, one of the firebacks bearing the date 1687. Built of lovely old pink bricks it exemplifies all the warmth and charm associated with our South. The only concession to modern life has been the streamlining of the kitchen and baths where efficiency is in order. The original random width pine flooring is still intact. Some of

these boards are fifty feet long. Enormous locks with keys resembling medieval weapons still are used in the outside doors. The owners feel that the house is a perfect combination of mellowness and modern progress, lovely to look at, yet comfortable to live in.

HERE'S a home with a maximum of "eye appeal." Viewed from any angle it still presents a pleasing picture. The red clapboard walls help, of course, so does the white trim. However these alone are not enough. Many houses relying completely on color fail miserably in creating the right impression. Thoughtful planning of the shingle roof lines plus a wise placing of the brick chimneys painted white are major contributions. Add to these the well proportioned open passage to the garage and an entrance that fairly shouts "Welcome" and you have a house to

warm every homelover's heart. The house is completely insulated with Eagle rock wool. Its concealed hot water radiators are warmed by a gas-fired boiler, the plumbing system serviced by brass piping; oak floors have been used throughout the entire house. The interiors which reflect the general air of charm pervading the house are more fully described on other pages of this issue. Walter Crabtree Jr., the architect, has truly captured the charm of a traditional New England home and wisely adapted it in every respect to present-day living.

The home of the Fred E. Hinds at Ipswich, Massachusetts



ROYAL BARRY WILLS, Architect

sum plaster. Living room and dining alcove are finished in natural pine. Floors of these rooms are of wide oak planking; those of kitchen and baths, linoleum. Exterior walls and attic floor have been insulated with sterling building blanket. Kohler plumbing fixtures were used throughout. The oil-fired steam heating system, located in the basement, is by the American Radiator Company.

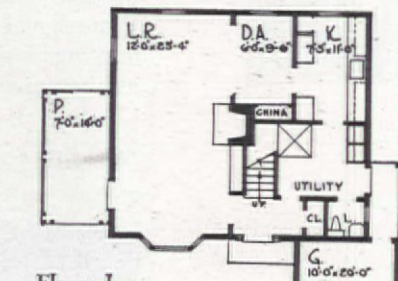
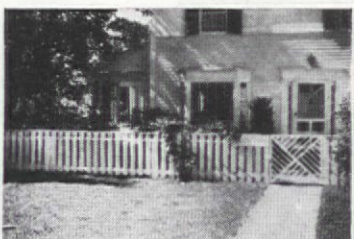


When shipmates get together—tomorrow

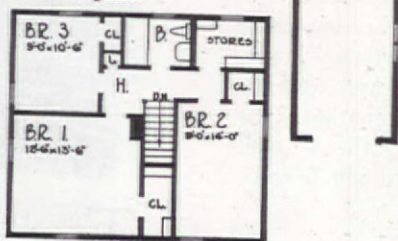
- Yeoman First Class Bill Clark keeps writing home about the fine friendships he is making in the Navy. He says he wants to keep in close touch with these fellows after the war is over.
- This has given Bill's parents an idea. Why not fix up the basement into a rumpus room—a real he-man's room—where Bill can entertain his shipmates?
- The job is being done now and the high point of the room is the Western Knotty Pine* paneling. There's a fireplace to gather around and spin yarns. It will be a perfect place for Bill and his friends. For other parents who are interested, we have a copy of "Western Pine Camera Views." Write Western Pine Association, Dept. 171-F, Yeon Building, Portland, Oregon.

*Idaho White Pine *Ponderosa Pine *Sugar Pine
THESE ARE THE WESTERN PINES

The Kenilworth, Illinois, home of Mr. and Mrs. L. C. Buckmaster



Floor plans

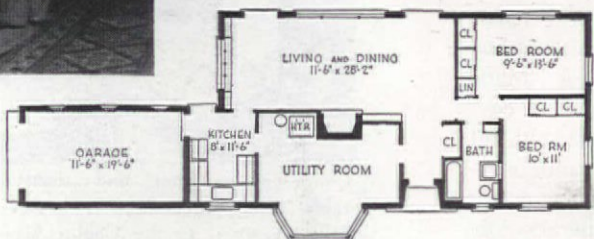


This yellow clapboard house with its white trim and picket fence fairly shouts hospitality. Dark green shutters and roof complete a well chosen color scheme. Forced hot air heating is furnished by the gas furnace in their practical utility room. Foundations are of poured concrete.

The George A. Hutchinson Jr. home in Northbrook, Illinois



MR. HUTCHINSON, an architect, designed his own home. The exterior is of common brick and cedar shingles with plywood shutters. The interiors have fir plywood walls and the floor is of concrete. A feature of the house is the ample utility room which serves also as Mr. Hutchinson's studio.



Bay window in the utility room

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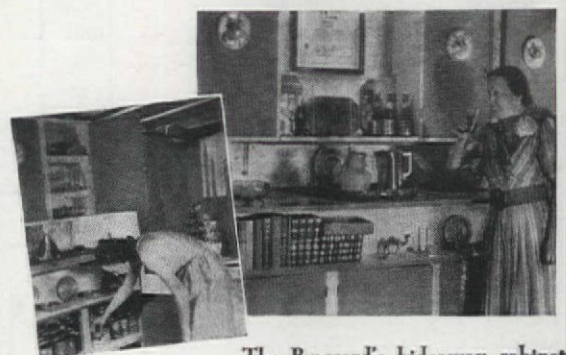


Fireplace treatment, bedroom, and understair dressing table in the Dawson apartment

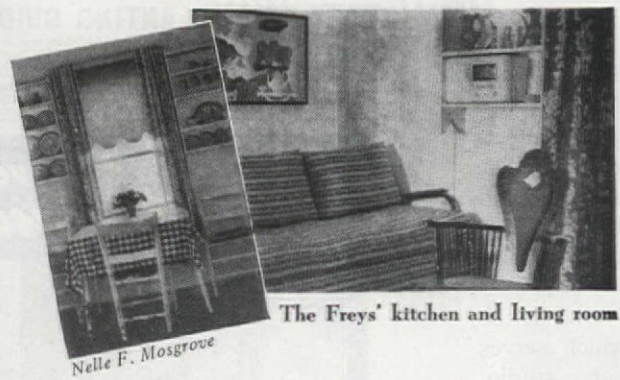


The Kamlins' living room; left, colorful bed-toy shelf unit

WHAT to do with the family rugs, preserve jars and other family encumbrances was the problem facing **GERTRUDE BRASSARD** when she conceived the brilliant idea of converting her basement into another living room in her New Jersey home. She was not long phased, however, and here we have illustrated the cabinet-counter combination that takes care of this problem nicely, thank you. Must we add that she did the entire job herself.



The Brassard's hideaway cabinet



The Freys' kitchen and living room

THE colossal orange crate kids, we call the **JOHN COOLEYS** of Detroit, Michigan, and so they are! Note the extremely modern "partition" made of 'em in the photograph. Of course they were covered with wall paper and decorated with cut-out designs. Here is room for books, radio and ornaments galore! The dressing table is but a few crates which are doing a very successful masquerade job.

THE **JACK FREYS** of Oilfields, California, converted a bunk house into a home; no mean accomplishment, but hard work can do wonders when backed up by determination. They streamlined their kitchen making this symbol of utility a color feast for the eye. Bright materials, hanging shelves, and home-painted pictures add up to the desired result—a home to be lived in and admired. Even did their own plumbing!



Charming partition and dressing table from orange crates successfully disguised in the Cooley home

EDITH ROSS of Sand Springs, Oklahoma, wanted a house of her own. Now she has it. A shack on one corner of her mother's property was the answer to her problem, but this was only the beginning. Bathroom, kitchen, floors, windows, doors and paint were required. Enlisting her family's help it seemed no time before the secondhand furniture was being repainted and moved in. Stonework and heavy framing were, of necessity, done by hired help under

Edith's supervision. The rest of the house is really a family affair. It was fun finishing the pine living room walls, bringing out their natural beauty with linseed oil and turpentine and then waxing them to a gleaming finish. Mother helped with the papering of the kitchen, dressing room and bath. Dad was enlisted to help with the exterior painting job. This really was a project inasmuch as the shack had never before been painted and was pretty dilapidated.



After



Before



Jack Ansley



Attention to small colorful details is apparent everywhere in the Whittemore apartment

PAN WHITTEMORE, like so many brides, dreamed of a home of her own. However, for a while a one-room apartment will have to do. But what an apartment after Pan got to work! A plywood screen, covered with maps, hides the alcove bed and forms a fitting background for new maple furniture. Flower prints matted on the same material as the couch cover give that certain lift. Surely any decorator would be proud of the checkered dressing table. Not her dream home, perhaps, but its fore-runner with its small frameless mirror and white boudoir lamps trimmed with red grosgrain bows.

HERE is the home that the six Swansons built in Seneca, Illinois. Built with their own hands! Need we say any more about the grit, backbreaking work, hours of anxious planning that went into such an accomplishment. The Swansons have the house of their desires—that's what counts now. No truer example of native pioneering spirit has come to our attention in many a day. First the land had to be cleared. The old family Essex helped to haul old logs and fallen trees to the back of the lot. Rocks had to be pried up

and moved. It took over two months to dig the basement. After the concrete footings had been poured and the cement blocks laid, cold weather set in and the job was abandoned until Spring. Winter was spent in more planning for by this time even the neighbors had taken a personal interest in the house. The actual erection of the frame construction really became a community affair. The house is now finished. Hours of toil and struggle are a thing of the past. The Swansons of Seneca are now comfortably happy "at home."



The Swansons wanted a home—so by grit and hard work they built it themselves

EILEEN and MARGE SCALLON are New York stenographers by day. By night they have accomplished wonders in transforming their one room into a decorator's dream. An old sewing machine provided an excellent typewriter desk. Open, the machine was readily accessible—closed, the top provided good writing space. That's only the beginning. Whenever anything's needed, out come the hammer and saw. Bookcases, benches, flowerpot stands, all are silent but eloquent witnesses to this industry. Of course, everything was not easy sailing for these city girls. At times they overesti-

mated their abilities with the hammer and saw. Experience taught them much. They learned that simplicity of design was their sphere. This changed ideas for a window seat-bookcase combination. These two pieces of furniture were built separately from plywood and were so successful that others followed as a matter of course. A coffee table which when inverted acts also as a stand for large plants is something that really fills the Scallon Sisters with pride. We don't need open spaces and unexplored territory to provide pioneers in the true sense; they thrive everywhere.



Apartment pioneers are the Scallons. Lack of experience was no obstacle to these young amateur decorators

HOW TO KEEP WARM and save fuel

You don't have to spend a single penny to put into effect the simple, practical, fuel saving suggestions outlined below. It is not the purpose of these suggestions to enable you to increase the temperature of your home. Rather, by reducing heat losses, they will help you to get added comfort from limited fuel supplies.

1. **Draw window shades** all the way down to the sill in unused rooms during the day, in all rooms at night . . . lessens amount of heat lost through window glass and helps you to feel comfortable at reduced temperatures.

2. **Shut off the heat** in unused rooms—particularly sun rooms having large areas of window glass . . . saves fuel by concentrating heat in used rooms.

3. **Don't air out house** too frequently—always lower thermostat setting to 50 degrees while windows are open . . . there is no point in heating the great outdoors.

4. **Turn off heat** in your bedroom before opening windows at night and close bedroom doors. In the case of forced warm air systems with return grille in bedroom, it is very important that return grille be shut . . . saves fuel by preventing cold bedroom air from circulating throughout house.

5. **Close fireplace damper** when fireplace is not in use . . . saves fuel by preventing heated air from escaping up chimney.

Even greater savings in fuel—up to 50 per cent in some cases—can be effected by these four steps which require some expenditure and minor alterations:

1. **Install weather-stripping** on all doors and windows.

2. **Install storm sash** on all doors and windows.

3. **Apply insulation** in ceiling or attic.

4. **Blow insulation** into spaces between inside and outside walls.

Equally important is proper heating plant care: keeping the heating system clean, checking heating plant insulation, and adjusting the entire system for maximum efficiency.

General Electric heating experts have prepared a 40-page booklet — "Tips on Fuel Conservation"—which describes these steps in detail and contains many other suggestions that should help you to keep your house comfortable and at the same time save fuel. It covers all kinds of heating systems—radiator and warm air; oil, coal and gas. For your free copy of this practical, timely booklet, write to General Electric Co., Heating Division 3121, Bloomfield, N. J.

Homework

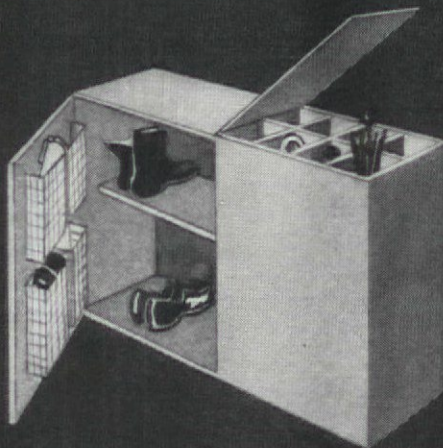


AMERICAN HOME CRAFT A581: Hubby and the children will be far less liable to track snow and dirt through the rooms, and to leave muddy galoshes in corners, if your hall boasts a neat compact cabinet with compartments for rubbers, overshoes, and umbrellas. Helps to conserve these precious rubber goods, too. Idea from Edna D. Nelson. Complete instructions, 15 cents

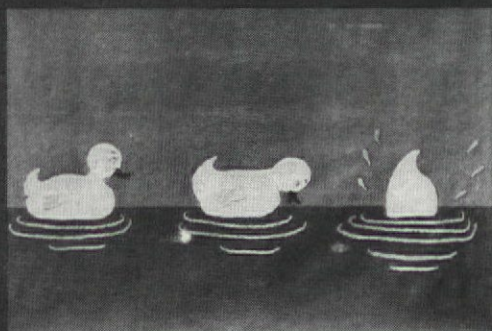


F. M. Demarest

AMERICAN HOME CRAFT A580: Make your own wall decorations and accessories from sturdy oilcloth, like these designed by Grace Elliott Irving. There are four flower motifs for the wall, place mat, tie-back, and flower pot cover—cutting patterns included at 20 cents



AMERICAN HOME CRAFT A582: The first rule of this spring's hats is that they shall be flattering, and there's no surer style than the off-the-face halo. This is crocheted, trimmed with shining jet beads. Complete instructions for 15 cents



AMERICAN HOME CRAFT A583: Wanna buy a duck to appliqué on nursery curtains, towels, pillow slips, or almost any place you can think of? He's very fancy framed, too. We show him on a two-tone background, but he's happy on plain material. Transfers and instructions for 4 sets, 2 coming, 2 going, 15 cents. June Cochrane Ortgies

ORDER THESE AMERICAN HOME CRAFTS FROM THE AMERICAN HOME PATTERN SERVICE, 251 FOURTH AVENUE, N. Y. C.

AMERICAN HOME CRAFT A584: A handsome bridge tablecloth worked in "Trailing Vine" filet. Salvage larger worn cloths by crocheting this border! Directions, 10 cents



How to cook a "BURGER" six different ways!



CHEESEBURGERS (national teen-age favorite)

● Season 1 lb. ground beef with $\frac{1}{4}$ cup Heinz "57" Beefsteak Sauce, 1 tsp. salt, pinch of pepper. Shape into 4 patties. Oven-broil one side. Turn, partially cook other side. Top with slices American cheese. Finish broiling.

Time for oven-broiling burgers—1 inch thick: rare—15 min.; medium—25 min. To test, make tiny gash.



LAMBURGERS (for a quick, thrifty dinner)

● Combine 1 lb. ground lamb, 2 tbs. Heinz Brown Mustard, 1 tsp. salt, pinch of pepper. Shape into patties 1 inch thick. Brown both sides in heavy, ungreased skillet. Reduce heat. Cook 12 min. for rare, 18 min., medium.

Bacon strips wrapped around patties before broiling add rich flavor to meat and gravy.



SAUSAGEBURGERS (a Sunday treat—for breakfast or supper)

● Add 1 tsp. Heinz Horseradish (soaked 10 minutes in 1 tbs. water) to 1 lb. bulk pork sausage. Shape into four cakes. Pan-broil, turning often. Serve hot on cornbread, spread with Heinz Apple Butter. *In pan-broiling, pour off fat as it accumulates. Otherwise meat is fried, not broiled—flavor is changed.*



NUTBURGERS (serve in small homemade rolls for luncheon)

● To 1 lb. ground beef add 1 tsp. salt, 1 tbs. Heinz Worcestershire Sauce. Divide into eight small cakes. Combine $\frac{1}{3}$ cup chopped pecans, $\frac{1}{3}$ cup Heinz Mayonnaise and spread on both sides of patties. Pan-broil, turning often.

To pan-broil: Place meat in heavy frying pan. Do not add fat or water. And do not cover.



PICKLEBURGER (try it on rye bread or pumpernickel)

● Mix 1 lb. ground beef, 1 tsp. salt, dash of pepper, $\frac{1}{4}$ cup pickle juice from Heinz Preserved Sweet Pickles—adding $\frac{1}{2}$ cup chopped pickles for extra pertainess, if you wish. Brown cakes carefully. And then pan-broil them at reduced heat.

Use chuck, neck, foreshank or round steak. Kidney suet ($\frac{1}{8}$ lb. with each lb. meat) makes good burgers.



BURGER BARBECUE (grand with leftover burgers)

● To serve 6, use $1\frac{1}{2}$ lbs. ground beef, $1\frac{1}{2}$ tsp. salt, pepper, 1 egg slightly beaten, $\frac{1}{4}$ cup milk. Brown cakes quickly in small amount of fat. Simmer 10 minutes in covered pan with Quick Barbecue Sauce, made by combining: $\frac{1}{2}$ cup Heinz Tomato Ketchup, 1 tsp. salt, 2 tbs. each sugar, Heinz Cider Vinegar, Heinz Worcestershire, $\frac{1}{4}$ cup water.

SOME OF THE

57



HEINZ FRESH CUCUMBER PICKLE—a crisp, old-time delicacy—is made by mellowing firm cuts of pedigreed cucumber in richly spiced Heinz Pure Vinegar.

HEINZ TOMATO KETCHUP has a racy, can't-be-copied flavor, because it's prepared the home way—from "aristocrat" tomatoes, Heinz Vinegar and rare spices.



HEINZ PREPARED MUSTARD is the genuine stone-ground kind! Its distinctive pungency sets it apart from any other mustard! Two kinds—Brown and Yellow.



HEINZ CIDER VINEGAR has a full-bodied tang, for it's made from the pure juice of fresh apples and slowly aged in the wood to clear, sparkling mellowness. Brings out the best in all types of salads!

FOUR KINDS
CIDER • MALT
TARRAGON
DISTILLED WHITE



HEINZ
57
Varieties

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COUNTS MOST

It's CHESTERFIELD



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MILDNESS and TASTE
that's what the real pleasure of smoking adds up to

Up at dawn or to bed at dawn...fresh or fagged,
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...for *Real Smoking Pleasure* it's Chesterfield's
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