ON GUARD . . .

The AMERICAN HOME

15¢

September 1943

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Minimum Housekeeping Rooms 4 Children's Rooms

Good, Easy Family Meals!

Canning can be real fun when you have a cheerful, time-saving kitchen to help you. The Armstrong Floor, which keys the color scheme, is cemented in place over cushioning felt. Field is Straight Line Inlaid Linoflor, Style No. 0376, with border and counter tops of Plain Black, Style No. 27. Splashproof walls are Armstrong's Peach Linowall, Style No. 705. List of furnishings and sketch of room plan sent free.

3 Quick Recipes For Making Home Canning Easier

SINK TOPS

Cover Drainboards with resilient Armstrong's Linoleum or Linoflor to take the work out of the cleaning-up job—and save many a slippery jar from breaking.

FLOORS

Install an Armstrong Floor—then when jam or tomatoes are spilled, a damp cloth erases all traces. And, also, you'll be sure of real comfort underfoot.

CUPBOARDS

Cover your cupboard shelves with Armstrong's Linoleum or Linoflor to keep them clean and sanitary. You can do it yourself, easily and inexpensively.

OLD-FASHIONED CANNING used to mean a lot of fuss and bother. But modern canning can be surprisingly pleasant and simple—if you let Armstrong's Linoleum or Linoflor save you some of the more tiresome work.

Just look at the kitchen above and count the many ways that housework is made easier. Note that the sink top, table tops, work space, and pull-out boards are all covered with Armstrong's Linoflor, making them easier to clean—and better-looking, too! Then take a good look at the main attraction—that novel, step-saving work unit right in the center of the room. It has plenty of storage space, drawers for labels and paraffin, a convenient tool rack, and a chopping block with a handy opening so that scraps can be brushed down into the garbage container—hidden behind the practical sliding doors.

Yes, everything in this kitchen from floor to storage shelves is protected to save your time and energy, both at canning time and all through the year. Why not see how little a helpful Armstrong kitchen will cost? Your local linoleum merchant will be glad to tell you. And a letter to us will bring you . . .

A BOOK OF IDEAS, filled with room illustrations and helpful suggestions from Hazel Dell Brown's own scrapbook. Write for "New Ideas for Old Rooms," enclosing 10¢ to cover cost of mailing (outside U.S.A., 40¢). Address your request to Armstrong Cork Company, Floor Division, 4309 Pine Street, Lancaster, Pa.

ARMSTRONG'S LINOLEUM *and* LINOFLOR

for every room (A) *in the house*

THE ARMY-NAVY "E" was awarded to Armstrong men and women for production of shells, bombs, aircraft parts, camouflage netting, and other vital war materials. But your merchant can still show you smart, durable Armstrong Floors. Be sure to look for the name *Armstrong's* on the back.

MADE BY THE MAKERS OF ARMSTRONG'S QUAKER RUGS, ARMSTRONG'S LINOWALL, AND ARMSTRONG'S ASPHALT TILE

Peace-time homes...

SOMEDAY—soon, we hope—this war will be over . . . the boys will be coming home *victorious!*

Then all the resources and production skills now devoted to equipping men *for fighting* will be turned to equipping men *for living!*

And new peace-time homes will head the list.

Here at General Electric we know what great electrical advances are being made . . . and we catch a glimpse of what the new electric age will mean to homes all over America—when peace comes.

Electric servants will be as common to the cottage as to the mansion. They will preserve your food; cook the meals; wash the dishes; dispose of garbage; clean the house; do the laundry; air condition and heat the home; open and close doors; provide proper lighting . . . and do all these things better at less cost.

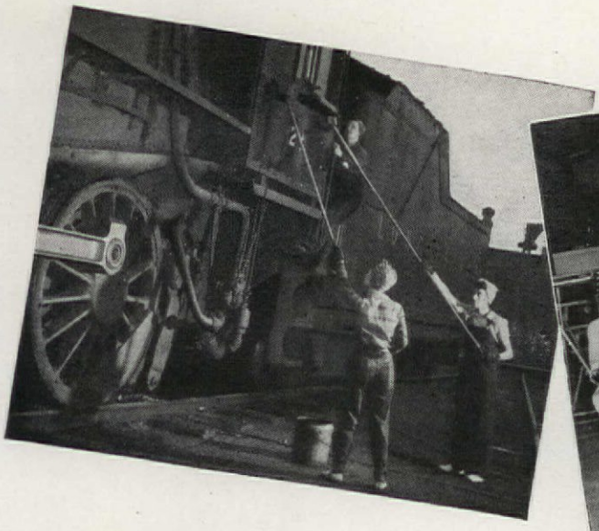
Then you will realize what a wonderful investment your War Bonds, that helped win the Victory, really are. Don't have too few! For every Bond you buy will help win the war sooner . . . and take you a step nearer a better, happier new home tomorrow.

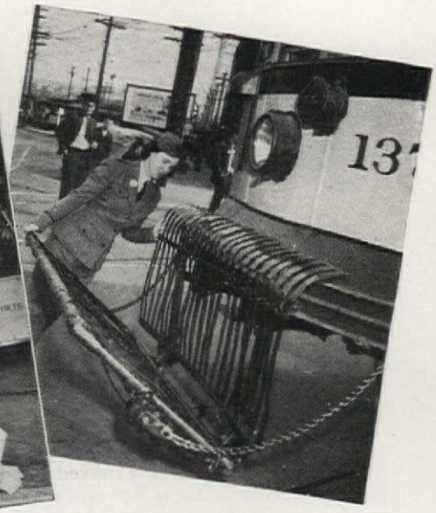
General Electric Co., Appliance and Merchandise Department, Bridgeport, Connecticut

GENERAL ELECTRIC

G-E Consumers Institute is dedicated to the service of America's homes. Today it is devoted to research on wartime problems such as: Nutrition • Food Preparation • Food Preservation • Appliance Care • Appliance Repair • Laundering • Home Heating and Air Conditioning. Booklets are available through your G-E Appliance Dealer, or from G-E Consumers Institute, Dept. AH 9-3, Bridgeport, Conn.

Listen to the News on "The World Today" every week day on CBS, 6:45 P. M.—E.W.T. On Sunday listen to the "Hour of Charm" on NBC, 10 P. M.—E.W.T.





It's Harder to Stay at Home!

ETHEL McCALL HEAD

Photographs from Los Angeles Ry. Bureau, Pacific Press Photos, Pinney from Monkmeyer, Harold M. Lambert from Frederic Lewis

I MAY be on dangerous ground, but I think that too many women with families are today defining patriotism as "money-making activities outside the home."

There is another kind of patriotism, less glamorous and more difficult, but upon which rests the future of the country. It is the patriotism practiced daily by those mothers who turn down the attractions of a man's job to stay at home and do a woman's vital work!

And that's not easy. Not today, with the lure of good pay checks and the boost to the feminine ego which a war job provides! A young friend of mine put it beautifully when she said, "I'm neither a Wave nor a Waac, a welder or a riveter. I don't drive a street car and I'm not a lady banker. I'm just that lowest form of life termed 'housewife.' Well, I can stand my friends flaunting their pay checks in my face, but, honestly, I'll blow up if another one says to me, in tones of mingled pity and disgust, 'Really, Jane, you ought to get out and find a job. This is war, you know'."

You see, Jane has three children, aged 10, 7, and 5. Her husband works six full days a week in a war factory at no spectacular salary while Jane takes complete charge of a large victory garden, does all her own housework (including laundry), packs nourishing lunches for three daily, walks some distance to market to conserve gas, gives regular time to the Red Cross while the children are in school, and maintains a healthy, intelligent home to which a work-weary husband returns at night and where three youngsters are growing up in a happy atmosphere and absorbing unconsciously a sense of values which the country is going to need greatly in the coming two decades. That's all SHE is doing.

Mary K. has three children, too, as well as a fine swing-shift job in a war factory. She is proud that she is "doing something"; and there is also the fact that she can afford many luxuries that were not possible on her husband's salary. Yet what goes on at home? Mary rises at seven to get breakfast for the family after too few hours of sleep. Consequently, as Johnny, age 12, puts it: "Mom is awful darn cross in the morning." To allow time for a long bus ride, she leaves the house

WE ARE JUST AS PROUD as the next one of the women who are adding their strength, skill and courage to the country's wartime manpower. We cheer and feel the same thrill at sight of marching ranks of skirted uniforms and at thought of millions of women defense workers. But just as we think of unsung mechanics who tend heroes' planes, anonymous stokers who serve battle-winning ships, service-of-supply troops who take food and ammunition up to their front-line comrades, so we hail all who are still the nation's "womenpower." Those who, through necessity or their sense of duty, close their ears to the call of bugles and war work and stick doggedly, but gloriously, at the less dramatic, often monotonous tasks which are the responsibility of housewife, family manager, home-maker.

Less dramatic? Who says so? Their roles may not be those of trained, graduate technicians. But just as modern farming means the application of half a score of sciences, so the care of a modern home and family presents problems of chemistry, mechanics, pedagogy, mathematics, psychology and medicine.

And so this month, when the Government is stressing the need and revealing the many opportunities for women who can to take up tools, trades, virtually everything but arms, we urge full support of that program—and at the same time pay sympathetic tribute to her who stays at home to handle a job that is as tough and as necessary as any in the war effort. Sometimes it *is* "harder to stay at home."—EDITORS

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"The bride had her fingers crossed!"

THE CUTEST NAVY BRIDE just moved next to us. Today when I was hanging up my wash I saw her out picking flowers . . . so I wandered over.

"I've been bracing myself to go in and wash sheets," she grinned. "Never did it in my life—but I've got both fingers crossed!"

"Whoa!" I said. "There's a *system* to sheet washing! I know, because these days I'm taking extra-wonderful care of my Cannon Percale Sheets!"

"Cannon Percales!" The bride stared. "That's what *I* have. Don't you *love* 'em—they're so soft and smooth and luscious! Well, well! go ahead—open your bag of tricks!"

I plur ked into a lawn chair. "First off," I said, "mend any rips and take out any stains. Next step is to soak your sheets 15 minutes in clear, cool water."

"Clear, cool water . . . m-m-m," murmured the bride.

"Then a good, fast sudsing in hot water," I told her. "Use just enough soap to make a good, rich suds. Run your machine 5 to 8 minutes. Then lift sheets out before the water drains off, so dirt can't strain into 'em."

"I'd have flunked that, cold!" said the bride faintly.

"Keep rinsing till the last water is *really clear*. If you use a bleach, follow directions and then rinse some more." I squinted at the sun. "Me—I hang *my* sheets in the *sun* to bleach."

"Hanging 'em—any special trick to that?" pounced the bride.

"Goodness, yes!" I sat up. "Wipe off your clothesline first. Then fold your sheets hem to hem and pin 'em evenly, the hemmed edges hanging over about a foot."

"Me—I hang my sheets in the sun to bleach!"

"How'd you learn all that?" marvelled the bride. "I know just one sheet fact—that Cannon Percales cost just about the same as heavy-duty muslins do. Those beautiful, smooth-sleeping Cannon Percales! Surprised me so I never forgot!"

"Just wait!" I bragged. "You'll be surprised how Cannon Percales *wear!* They're woven with 25% more threads than the best-grade muslins. And percale's *light*—handy when you do your own. If you send 'em out, they save money at average pound laundry rates!"

"Friend of mine who's engaged is crazy about my soft, smooth sheets," said the bride. "When she hears all this she'll want Cannon Percales more than ever!"

"Tell her to *buy only as many as she really needs,*" I warned. "Uncle Sam says, 'If you don't need it, don't buy it.' And if her store doesn't have just the size she wants in Cannon Percale Sheets (could be, in wartime), let her have a look at Cannon's economy *muslin* sheets. Your friend can count on Cannon even if she doesn't know the first thing about sheets herself. Might tip her off about those grand Cannon Towels, too!"

"Thanks loads," sighed the bride, as we got up. "Here, take this bouquet of nasturtiums I just picked. I wish they were *orchids!*"

Cannon Mills, Inc., New York, N. Y.

CANNON

FOR VICTORY—BUY U. S. WAR BONDS AND STAMPS

Cannon Percale Sheets

Made by the makers of Cannon Towels and Hosiery

Two ways to find

EXTRA MONEY in your attic!

1. Save on fuel by insulating with Celotex Rock Wool

Uncle Sam urges you to save fuel vitally needed for victory. You can do this, and save money too, by insulating with Celotex Rock Wool Batts between attic studs and rafters. This prevents precious heat from escaping, makes fuel go farther, keeps your home warmer all winter. And by sealing heat *out* in summer, it keeps your home cooler even on hottest days! Celotex Rock Wool Batts are easy, inexpensive to install . . . and fireproof, odorless, vermin-proof! Act now, while they're available. See your Celotex Dealer or mail the coupon.

2. Finish the walls with Celotex Gypsum Wall Board and rent to a war worker!

If you live in a housing shortage area, here's your chance to help Uncle Sam and collect extra revenue besides. After insulating your attic with Celotex Rock Wool Batts, it's so simple to finish the walls with Celotex Gypsum Wall Board. This attractive, permanent, fireproof material can be papered or painted as soon as it's up! The result will be a beautiful, comfortable room a war worker will be eager to rent. Ask your Celotex Dealer for FREE ESTIMATE of cost, or mail the coupon.

Note! Take this precaution first...

REPAIR OR REPLACE A LEAKY ROOF!

If you don't, moisture can seep in and damage the attic insulation and decorations. Ask your Celotex Dealer about doing the job with Celotex Triple-Sealed Roofing Products. Enjoy their *extra* beauty, protection and long life *without* extra cost!

CELOTEX

REG. U. S. PAT. OFF.

ROOFING • INSULATING BOARD • ROCK WOOL
GYPSUM WALL BOARD • LATH • PLASTER
SOUND CONDITIONING PRODUCTS

FREE ESTIMATE! MAIL THE COUPON—

THE CELOTEX CORPORATION, Dept. A-5, Chicago, Ill.

I am interested in (please check) ☐ Saving on Fuel with Celotex Rock Wool Insulation. ☐ Creating Extra Room for a War Worker. ☐ Repairing or Replacing Roof. Please see that I receive complete information and FREE ESTIMATE of cost, without obligation.

Name .....

Address .....

City ..... *State* .....

in the afternoon before her three sons are home from school; when she returns everyone is asleep.

They are on their own between school hours and six when the father returns. Being a docile man, he gets dinner for himself and the boys and spends a quiet evening without his wife. She will assure you, the boys are good kids. But what mother can afford to be so sure of lads only 8, 10, and 12? Even the best children need affection, companionship and guidance from a mother. So—is Mary patriotic?

Basil Henriques, a well known British authority on social welfare and youth problems has been making a tour of the United States. Without apologies for such an unorthodox remark, he said flatly, "It is not patriotic for mothers to work. Working mothers cause delinquency and are an important factor in the rise of juvenile crime."

He went on to explain that after 3½ years of total war in England, "the government realizes that youth is needed to make the peace. And after the front line our youth comes first. Our kids do not run loose." Why? Because, according to this eminent authority, democracy stands or falls *with the home!*

While British women have come under general mobilization orders, mothers are not called up for war duties. Because of a major juvenile crime wave during the first war year, England has learned that mothers are better for children than policemen. Let us pay heed!

Obviously, there are some cases where women with families can work without detriment to the serenity and security of home life, but they are not as frequent as many American women would like to believe. Social welfare agencies all over the land are being flooded with complex problems arising from the absence of both parents from the home. A teacher in an elementary school in one of the best sections of San Francisco said to me, "Frankly, you cannot imagine the problems the war has brought us. Third grade children are becoming unmanageable, and in nine cases out of ten the mother works and an old grandmother or a woman with no authority to restrain the children is left in charge."

Helen K., whose husband is in the service, had to work because of financial necessity. Experienced in bank work, she easily obtained a job in a bank where women were sorely needed to replace the drafted men. "But," she explained, "I told them that my hours must be so arranged, that by coming a little early and taking less time for lunch, I could be home by four when my two teen agers get back from school." Even so she has her problems, for when she is not home the girls want to bring boys to dance and have cokes. "That's swell," said this mother, "but, believe me, *some* adult is going to be in the house when the girls entertain. I take statistics too seriously, and when I read that it's the girls between 14 and 18 who are the greatest juvenile offenders, I believe it. So I have my mother come out on Saturdays or evenings when I work late."

Intelligent mothers of the future won't, like Topsy, "jes' grow." They need direction and training. And as yet there has been found no adequate substitute for a good home where a mother is present to cope with the unpredictable problems that constantly arise among growing boys and girls.

Any illusions to the effect that these stay-at-home women are "mere housewives" should be dispelled by the records. Red Cross officials state that the majority of sewing, knitting and surgical dressings projects are handled by women who do not hold regular jobs. The USO canteens and centers are staffed almost entirely (except for the junior hostesses) by women whose work is at home. In the hospitals thousands of mothers are serving as nurses' aides one or two days a week during the hours when their children are in school. The Gray Ladies who bring cheer to hospitalized servicemen are usually women needed in their homes, but who make time a few hours to spend with lonely patients. Housewives of the nation assist at the Blood Banks, entertain soldiers and sailors in cheerful homes and give them good family meals, bake millions of cookies and cakes for the armed forces, roll endless bandages, maintain victory gardens and prune their budgets despite rising prices so they can buy war bonds.

These "housewives," the stay-at-home patriots, have a hard job to do, and it's a war job, too. They are giving millions of unpaid, generally unheralded, hours of "womanpower" to voluntary service activities. But greater far is the power that they generate in their own homes; the power that will be needed in the future when, thanks to them, a disciplined and honest generation that has grown up in wartime will be prepared to keep the peace that is being won for them at such a heavy cost. Whether an even greater cost is to be avoided will depend on the long-range view and wisdom of these guardians of our country's youth.

A Plymouth takes you More Miles for your Gasoline Coupon

Remember?

"PLYMOUTH BUILDS GREAT CARS"

THE WAR has brought into sharp focus the things you need most in an automobile and fortunately for Plymouth owners, unusual economy, long life and ease of maintenance were always part of what was meant by "Plymouth Builds Great Cars."

Millions of those Plymouths were bought before America had a war production industry. Then, the thrill of buying a shiny new automobile was one of the symbols of living. People went on trips, dates, family picnics or just for a ride—lightly and freeheartedly.

For years, "Plymouth Builds Great Cars" has meant a world of good things to the millions of people owning these great automobiles. Outstanding always, were fuel economy, tire economy, upkeep economy in Plymouth cars.

Also, Plymouth owners enjoy nationwide service and parts availability through able Plymouth dealers everywhere. As time goes on, more and more owners of other make cars, too, are going to Plymouth dealers for their war-time service.

"Plymouth Builds Great Cars" used to describe the day to day production in Plymouth plants that would total upwards of 600,000 cars a year. Now it is the background of quality in huge volume of war production: high precision work on tank, airplane and cannon assemblies; welding, grinding, machining armor plate; fabricating myriads of items from magnesium, aluminum, bronze and cannon steels; putting together with the brilliant technique of seasoned "Know How."

Yet "Plymouth Builds Great Cars" stands for qualities of high usefulness to have and hold in an automobile—to know you will get in a brilliant new car . . . as our boys come home again.

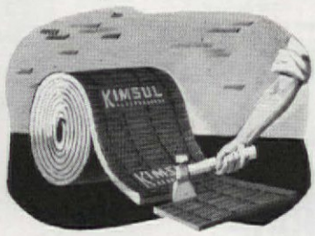
PLYMOUTH DIVISION—CHRYSLER CORPORATION

Proudly the Plymouth plants fly the "E" flag awarded for "Excellence" in war production.

You Can Beat the Fuel Shortage with— KIMSUL INSULATION

Don't waste precious fuel by waiting . . . KIMSUL*-Insulate your attic *now!* You'll be amazed at the fuel-saving and comfort. And KIMSUL Insulation is as easy to install as rolling out a rug! Do it yourself! No experience needed. See your dealer today. Get a free estimate on clean, efficient, low-cost KIMSUL for your home.

KIMSUL comes compressed to 1/5th its installed bulk and in rolls 16", 20" or 24" wide. Each roll contains 100 sq. ft. of insulation. Simple instructions for installation printed right on package.



KIMSUL Insulation is a flexible blanket, highly resistant to fire, mold, and moisture. To install, you simply cut off required length with knife or hatchet, expand it and tack it in place. That's all!

To determine quantity of KIMSUL needed for attic floor, do this: 1, Measure space between two joists to get width of blanket required. 2, Multiply attic width by its length to get total square feet needed.

If attic is floored, roof installation is easy. Measure same as for floor area to determine amount of insulation needed. Remember to include the walls at both ends of your attic!

A great testimonial to KIMSUL . . . The famed Quonset prefabricated military huts shown above are insulated with KIMSUL to keep our boys comfortable in the bleakest arctic wastes!

KIMSUL defies heat, too! Keeps our fighters cooler in steamy jungles . . . just as it will keep *your* home cooler on sticky summer days. KIMSUL is one of the most effective insulations known.

Send for this free folder

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Please send your free folder, "INSTRUCTIONS FOR INSULATING THE ATTIC" with full information about low-cost KIMSUL.

Name.....

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City..... *State*.....

**KIMSUL* (trade-mark) means Kimberly-Clark Insulation*

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BUY MORE WAR BONDS IN SEPTEMBER!

Seth Thomas Announces

$2,500 in WAR BONDS*

as prizes for the "Clock of Tomorrow" Design Competition!

GRAND PRIZE a $1,000 War Bond

4 FIRST PRIZES each $250 in War Bonds

4 SECOND PRIZES each a $100 War Bond

4 THIRD PRIZES each a $25 War Bond

There's a brighter, better way of living to be planned for post-war days. And Seth Thomas is starting *now*—not just to *talk* about it, but to *do something* about it!

We're offering War Bonds totalling $2,500 for winning Clock Case designs in the Seth Thomas "Clock of Tomorrow" Design Competition. And we're inviting *your* ideas.

You don't have to be an expert artist or draftsman to enter this contest or to win a prize. *Ideas* are what count most. *Anyone* can win!

To help you with your ideas, we suggest that you consult your Seth Thomas dealer. He may not even have a Seth Thomas Clock to show you, because Seth Thomas is working full time for Uncle Sam these days. But you will find his knowledge very worthwhile.

Come on! It's easy to enter—and there are 13 big prizes to win! All you have to do is to fill in the entry blank below, clip it and mail it to Russell Roberts, Competition Director, Department A-9, Seth Thomas Clocks, Thomaston, Conn. Complete Competition Rules will be sent to you immediately.

Fill in and mail the entry blank right away! *Competition closes midnight, December 1, 1943!*

Seth Thomas Clocks

SELF-STARTING ELECTRIC, OR KEY WOUND

It's Time to Design the Time of the Future!

Seth Thomas Clocks, Thomaston, Connecticut.
A Division of General Time Instruments Corporation

GTI

**MAIL THIS ENTRY BLANK TODAY!*

Russell Roberts, Competition Director
Seth Thomas Clocks, Dept. A-9
Thomaston, Conn.

I want to enter the Seth Thomas "Clock of Tomorrow" Design Competition. Please send me complete Competition Rules by return mail.

NAME_____

ADDRESS_____

CITY_____ STATE_____

**All prizes are based on the maturity value of the Bonds*

"This sink really shows it's had good care!"

You can't take pride in a sink that's scratched and dull-looking. That's one good reason it's important to use a cleanser that isn't harsh and gritty... why today so many women depend on Bon Ami. For Bon Ami — though it's quick and easy to use — is *safe*, too... free from the coarse grit and strong caustics that mar and scar fine porcelain. Bon Ami *polishes as it cleans*... keeps your household things looking bright and smooth and shining.

Bon Ami leaves no gritty film!

Soft, white Bon Ami is pleasant to use. Washes away as easily as soap and water. Doesn't clog the drains. And it's wonderfully easy on your hands.

Bon Ami
"hasn't scratched yet!"

Copr. 1943. The Bon Ami Co.

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POLLY CRAMER

ISABELLE VAUGHAN

MARGARET S. AREY, who is our Guest Editor of the month, graduated from Massachusetts General Hospital, Boston, and holds Certificates in public health nursing and physical therapy from Simmons College and Harvard Medical School, respectively. For a time her activities were devoted to public health and orthopedic nursing for the Visiting Nurse Association of Boston. In 1939, Miss Arey joined the staff of the Crippled Children's Division of the South Carolina State Board of Health to assist in the poliomyelitis epidemic of that year, and later the work included all types of orthopedic conditions. At present she is assistant consultant in orthopedic nursing of the National Organization for Public Health Nursing, with the Joint Orthopedic Nursing Advisory Service, New York City. • • • When one sees **RUTHERFORD PLATT'S** amazingly beautiful and intimate plant pictures and hears or reads his absorbingly interesting explanation of the facts of plant life, it is hard to realize that it has taken him less than a score of years not only to become aware of the possibilities of informal nature study, but to have realized many of those possibilities. (Even the accompanying picture seems to belie the fact!) Yet he says in "This Green World" that when he was a boy in Ohio he took trees and flowers and such things for granted "like the furniture in the house." Not until he was a business man of 35, walking in the Brooklyn Botanic Garden, did he get his first look at the "precise mechanism of trees," which, he says, stirred his curiosity. The intensive botanical study which followed, much of it outdoors around his Connecticut home, was later accompanied by increasing interest and activity in color photography as a means of further discovering and recording nature's secrets. But always he has been a sympathetic, enthralled onlooker rather than a scientist; his interest and efforts have been those of the amateur enthusiast; his goal, the rounding out of everyday life through a clearer appreciation of its relation to life all around. • • • **POLLY CRAMER** says she adores houses and everything that goes into them. Interior decorating filled the years between college and marriage, and it's still in her blood. For the past three years she has been writing a newspaper column for the Cincinnati Post. At the start of her writing career she was encouraged to find that she had something in common with another successful writer, Mary Roberts Rinehart. She did have three boys and a sewing machine! • • • After completing high school in Worcester, Massachusetts, the city of her birth, **ISABELLE VAUGHAN** studied art in Philadelphia, New York, and Europe. A discerning eye for backgrounds led her to specialize successfully in drawing

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Armour ideas make the most of meat

Armour Shows You How to Get

5 Point-Thrifty Meals from 1 Leg of Lamb

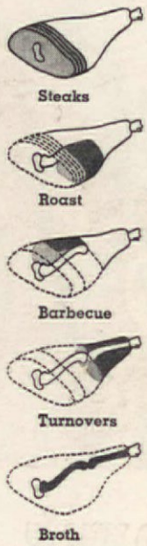
Do you know how to make five flavorful meals for a family of four from one leg of lamb? Armour gives you the answer here with recipes for dishes so different, tempting and delicious, your family will say "Let's have lamb more often!" Not *one* resembles a "leftover!"

You start with a 6 to 7 lb. leg of Star Lamb. (By asking for Armour's Star Lamb you get the highest quality . . . tender, young, mild lamb that promises the finest flavor.) Ask your meat man to cut 4 sirloin steaks, each about ½ inch thick, from the heavy end. Save these for broiling. They may be frozen in your refrigerator, if you like, and kept for a week or more.

Plan the leg roast for Sunday... and keep the family's appetites interested by serving the other dishes a day apart. Using a leg of Star Lamb this way is one of the best ways to stretch your red points.

Developed in Armour kitchens by home economists who specialize in meat cookery, these recipes have also been "family" tested . . . in homes throughout the country. Every family reported these dishes to be real treats! You're sure to like them, too, so save these recipes . . . and watch for more from Armour kitchens. These Armour pages help you make the most of your meat ration.

These diagrams show parts of leg to use for each meal



1. Roast Leg of Star Lamb
with Parsley Buttered Carrots:

Leave fell (outer membrane) on leg of lamb. Place on rack of roasting pan, skin side up. If desired, make 3 or 4 narrow slits in meat, down to the bone and force tiny slivers of garlic into the openings. Rub with salt and pepper. Roast uncovered in 325° F. oven for 35 minutes to the pound, or until meat thermometer, placed so that bulb reaches thickest part of the meat, reaches 175° F. Serve on hot platter with whole carrots dressed with melted Cloverbloom Butter and chopped parsley. When lamb is roasted without garlic, currant or mint jelly add interest and piquancy to the meal. Serves 4 with meat left for other dishes shown here.

2. Broiled Sirloin Lamb Steaks

4 Sirloin lamb steaks cut ½ inch thick from leg before roasting
2 large tomatoes
2 tbsps. fine cracker crumbs
1 tbsp. Star Bacon drippings or Cloverbloom Butter
¼ teaspoon salt

Cut tomatoes in half, season with salt and top with crumbs mixed with melted drippings. Place steaks and tomatoes on broiler rack. Set broiler about 4 inches under heat unit and broil for 12 minutes, turning the steaks once. Season steaks after broiling and serve on hot platter. Makes 4 generous servings.

3. Lamb Barbecue

2 cups cooked Star Lamb, cut in narrow strips
2 tbsps. Cloverbloom Butter, or Star Bacon drippings
6 tbsps. onion, sliced fine
¾ cup celery, diced
¾ tsp. dry mustard
2 tbsps. brown sugar
1½ tsps. salt
¾ tsp. chili powder
3 tbsps. vinegar
1½ cups Armour's Tomato Juice
½ cup water

Lightly brown onion and celery in fat. Add dry ingredients. Add vinegar, tomato juice and water. Simmer 20 minutes. Add lamb and simmer slowly for 40 minutes more or until the sauce has thickened and flavored the lamb. Heating the lamb slowly in this tasty, rich barbecue sauce permits the meat to take on new, delicious flavor. Serve the barbecued lamb in a ring of green or dry lima beans . . . or any other fresh vegetable available in your market. This recipe makes 4 servings.

4. Lamb Turnovers

¼ cup Star Lamb drippings (from roast)
1 small clove garlic, finely minced
3 tbsps. flour
1 cup milk
½ cup green pepper, chopped
1¼ cups finely diced cooked Star Lamb
½ tsp. salt

Brown garlic lightly in drippings. Add flour and salt; blend. Add milk gradually. Cook slowly until thickened. Add green pepper and lamb. Mix and cool. Cut regular pie crust into 5½ inch squares. Place about ⅓ cup of mixture on each square. Fold pastry over to form triangle. Press edges firmly together with fork. Bake in 425° F. oven 30 min. until brown. Makes 4 turnovers. Serve with mushroom gravy made as follows:

Slice 1 cup fresh mushrooms. Brown 10 min. in 2 tbsps. Cloverbloom Butter or margarine. Stir in ¼ cup flour and 2 cups milk. Cook and stir until thickened. Season with salt, pepper and ½ tsp. Worcestershire Sauce.

5. Lamb Broth

With bones and small meat bits from leg of lamb, make a delicious, filling Scotch Broth. Cook onion, pearl barley, slivered carrots and chopped parsley with the bones and meat for the broth. Seasonings are salt, pepper and celery salt.

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Contributors

PHOEBE RADCLIFFE

MATTHEW A. KLEPP

GEORGIA LEFFINGWELL

MARY B. HOPKINS

furniture and interiors. She says of her work: "Whenever I am asked by young art students or their parents about the practical value of an art career, I tell them that in my experience real effort is as rewarding in this field as it is in any other, and it is lots of fun besides." • • • **PHOEBE RADCLIFFE** is an expert on Physical Fitness for women. She has taught exercise classes for ten years and has done corrective work with children, recently conducting the Women's Fitness Class for the Pelham War Council. Her basic training was received in the Rhythmic System from Edwin Strawbridge. In the industrial field she has written numerous articles which have appeared for magazine publication. • • • Victory gardening is nothing new to **MATTHEW A. KLEPP,** but his storage cellar is a recent development. "When we bought our house five years ago," he says, "I began gardening in the back yard. Before long we were raising more than we could consume during the growing season; then the food situation began to grow serious and, as our house has no basement, we decided on the dugout. We feel that by growing our own and releasing other food for the armed forces we are helping in the war. Meanwhile we also have an outdoor living room in which we spend as much time as possible." Incidentally, Mr. Klepp is a barber by trade, spending six days a week in his shop—but not in a chair as above! • • • **GEORGIA LEFFINGWELL**—it's really "Georgiana"—started her writing career fresh out of college by ambitiously sending her first article to the New York Times, and much to her surprise they bought it, and she's been writing ever since. She was born in Connecticut, and is a direct descendant of Lieutenant Thomas Leffingwell, well known in Connecticut's Colonial history. Miss Leffingwell collects antique silver match-boxes and elephants (not real ones), plays tennis, skis, and rides. Her chief pre-occupations are—in reverse order—a wire-haired dachshund puppy and a fiance in the Navy with the "Seabees." • • • **MARY B. HOPKINS** took her bachelor's and master's degrees in journalism and advertising from the University of Wisconsin where she was a member of Beta chapter of Theta Sigma Phi, national honorary journalistic fraternity, and of Coranto, first professional journalism sorority. Later she served as president of the Madison Branch, National League of American Pen Women. After a short interval in institutional advertising for the First Wisconsin National Bank of Milwaukee, she settled down to a nine-year-long newspaper career as society editor of the Madison, Wisconsin, Capital Times. She resigned in 1936 to devote her time to freelancing and the care of a four-year-old son and a two-year-old daughter.

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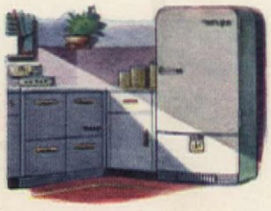

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IT'S *More* THAN JUST ANOTHER PRETTY *Child's Room*

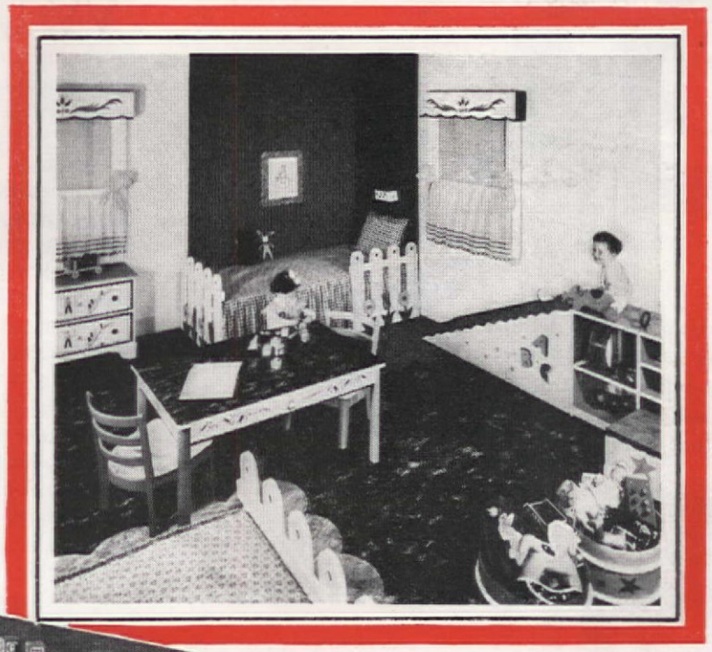
IT WILL, perhaps, startle you, this idea of ours, but upon reflection we think you will agree that what we are about to propound is, after all, good common sense. In most houses, the second largest room is the *so-called "master bedroom."* We propose that you take this room—*your* bedroom, and turn it over to your children. In a busy wartime rôle, there's precious little time for lolling about in a chaise longue and hours at the make-up table. You need a bed, one or two chests, and a chair to peel off shoes and stockings, and a dressing table. But can't these be tucked into less area than you are now devoting to it?

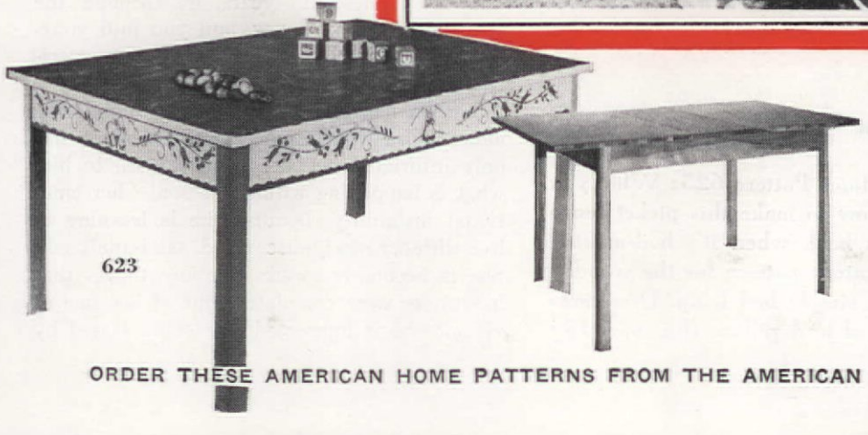
But the children need more than just these—they need a *living* room, as well as a sleeping room. That large room of yours is, of course, the perfect answer. There is, first of all, good light and a large floor area. It is near by to the bathroom. It will give them a safe place to play as well as to sleep. Think about it—for it's a room the size of your bedroom in which we have built so much living for our two tots!

Practical being our first name, we immediately thought of the furniture we'd need. There's no gainsaying the fact that juvenile furniture is hard to get and, if gay and well designed, expensive as well. What to do about it? Just cut down something we had, just as you would! And we happen to have the furniture we showed on our April cover, so out came hammer, saw, paint pots, and our brushes.

But before we get into that let's start at the beginning of all successful rooms—the floor. It had, of course, to be practical—clean, easily cleaned, and that meant linoleum. We got hold of Hazel Dell Brown, the woman who's been doing those very good rooms year in and year out for the Armstrong Linoleum people. We showed her two adorable children's pictures (herewith!) that we'd had specially done for us by Lietta out in California. We thought a brother and sister room built around them would make an adorable child's room. We had samples of plain, beautiful colors. Mrs. Brown agreed but said that while we

623





623

American Home Pattern 623: You get tracing patterns for the sweet peasant-like designs used on the chest of drawers for a little boy, and a little girl, those for their play table and valance. Pattern also includes directions for the saucy pinafore curtains, and color and painting suggestions for the designs. 30¢

ORDER THESE AMERICAN HOME PATTERNS FROM THE AMERICAN HOME PATTERN SERVICE, 251 Fourth Avenue, New York, N. Y.

would find enough somewhere to do our room, curtailed as they were in wartime, they'd given up all but marbelized linoleums. The colors weren't quite as gay, but neither did they show dirt and marks as did a plain linoleum. Well, that of course clinched it, for not only did we want to do a room that could be copied by everybody, we wanted also a room that meant minimum upkeep. And so Mrs. Brown set to work designing a floor so simple that a clever father could even cut and lay it himself, if he wished. Armed only with a linoleum knife and a can of linoleum paste the scallops can be any size and traced from an ordinary round dinner plate. The walls and furniture were painted with Pittsburgh paints.

The floor done, out came hammer and saw. One drawer of our chest was cut off, the top put back on and presto—a little man's chest! Table legs were shortened, the top covered with linoleum that it might take any abuse given it and each leg painted a different color—just for fun! Two breakfast chairs with leatherette seats were cut down to size and painted yellow and red—for each child's belongings in his or her *own* color. We chose red for our boy, yellow for the girl. There's a matching chest for her, too, of course, with the same little boy and girl theme of the pictures carried through. Toy pails are butter tubs, painted and bound round with rope (or cotton cord if the rope is hard to get).

But the beds are perhaps our brightest idea (modest, aren't we?). Cobbett Williams had submitted a picket fence idea some months ago. So we made ours nice rounded pickets, hinged them to the wall (so that Mother could make the beds easily) "planted" some gay flowers around them, made *two* simple washable, iron-able bedspreads, one of gingham and one a dainty flowered print, so that they'd go to the laundry and never be missed. The checked "pillow" is really just a gingham pillow case that slips off at night. Now isn't it all really practical as well as just gay and pretty? Gracious, we almost forgot—the picket fences make it possible to use full size beds and that's no slouch of an idea, either! And aren't the windows darlings? The valance board is another project for Dad, the pinafore curtains an idea from an interested reader. Crisp as can be always for they, too, are easy to launder.

Our children, please note, are dressed exactly like the pictures on their walls. You just know children will love that idea and right sensible little costumes they are, too. Let's see now, have we left out anything? The slide? No—because that, too, is an idea we published some time back—an idea of Milt Groth's and one for which there's long been a pattern for Pop to copy. But yes, there's one thing we haven't talked about and that is that magical, beautiful word "pattern."

There's not a thing in the entire room for which you can't get a pattern—clothes, stencils, slide, valance boards, or picket fence complete with posies! Only the toys and children must be supplied entirely by you. Our Pattern Service is little more than a year old now. We have appreciated your generous support and it gives us the sincerest pleasure not only to design rooms for you but to be able to offer you actual patterns for copying anything you see and like. Your pattern orders will, of course, tell us whether or not you liked this room. But there's something we should like to ask of you. What other things would you like patterns for? We try to give variety and things both for the beginner and expert needleworker, dressmaker, and home craftsman. But letters from our own readers, whom we wish sincerely to serve, would help us tremendously. Won't you take the time to tell us, please?

Your Idea of a Boy's Room— or Your Boy's Idea?

Of course, we parents know—or think we know—what is best. But after all, a fellow's room is different from what he eats or wears or studies, isn't it? It's personal; it reflects his inner thoughts and longings. . . . And does he know what he likes, and gets a kick out of? You'd be surprised!

Some keen-eyed, thoughtful, understanding contributors have sent us descriptions and pictures of real, honest-to-goodness boys' rooms. And we have some theories of our own that we believe will set you thinking. Like to see them? . . . You will, very soon

624

American Home Pattern 624: Here you have construction details and material specifications for slide and bookcase unit, also cutout pattern for the wooden elephant that stands guard, tracing designs for the ABC and four sizes of stars to sprinkle about on the slide and the butter tub toy holders that kids love. 20¢

625

F. M. Demarest photographs

Fabrics by Riverside and Dan River Cotton Mills, Inc.

American Home Pattern 625: What you need and how to make this picket fence that swings back when it's bed-making time, plus cutout pattern for the wooden flowers and simple bed lamp. Directions for bedspread and pillow slip, too. 15¢

Because

WHY does your adolescent daughter suddenly want to be "alone"? Why has she suddenly started going off to her own room immediately after dinner? Why, when she behaves in this unexpected and peculiar way, does she answer your questions with an abrupt "Nothing is the matter. I'm just going to my room." Haven't all the children loved doing their homework within the family circle, in front of the open fireplace in the winter, in the patio in the spring? Night after night, all of these years, you have been a compact little family circle, and now this sudden blight has come upon that circle because of your daughter's retirement from the family unit.

Now, even if her father doesn't get a glimmer of the reason for this sudden love of solitude, you certainly should be able to recognize the symptoms and understand your daughter's motives. You were a girl that age once yourself, unsure, growing into womanhood, confused by life as it surged around you. Now you are watching your own daughter enter those famous "adolescent" years, go through the struggles you once knew, and you find yourself unable to help her, despite having experienced just such a time in your own life.

Father has been groping and blundering along trying to please her, but instead, he has only infuriated her! Try and explain to him what is happening within her soul—her emotional instability, because she is learning to live with her newly discovered, semi-adult self. She is becoming aware of many things that heretofore were completely out of her line of vision; she is impressed and embarrassed by

KAY BROWN, daughter of Mr. and Mrs. Peter Brown, of Northbrook, Illinois, is three years old, and a very feminine young lady. Her room suits her today and yet it is so well planned, it will be appropriate for several years. The wallpaper is a pink and white dotted design with white ruffle ceiling border. Kay's mother used this border to frame the window alcove, where she placed Kay's grown-up dressing table. Of course, the skirt of the dressing table matches the bed spread, which Mrs. Brown made out of plain white muslin with ruffle trim. Curtains back of the dressing table are pink and blue striped cotton with a tiny bowknot design. Kay's daddy made the imposing canopy bed out of a simple studio couch and Mrs. Brown decorated it with white muslin panels and eyelet embroidery ruffles. The checkerboard rag rug has all the colors of the room combined in its pink, blue, and white mixture.

RUTH W. LEE

She NEEDS to be Alone!

ELINOR SCOVILLE

her budding body; she is learning to her surprise and excitement that all males aren't brothers and brother's friends; she is learning the ways of the adult social world, and meanwhile she is taking unto herself the folkways of her own particular social group.

Because your daughter goes into the solitude of her own room instead of staying in the kitchen to talk with you a while doesn't mean that she has no more need of you. Not at all. All you have given her in the past is being digested, now that she has practical need of that carefully stored knowledge. Life is going on around her so fast that she hasn't time to take on any more information, but she knows from those past experiences that your counsel will be ready when she needs it—if you give her unstintingly of humor, understanding, and sympathetic moral support now more than ever.

Make it a point that the family respect your daughter's privacy concerning her mail, her phone calls, her reticence to talk of her own comings and goings—but most important of all—give her a room *really* her own! Her room is her one secure sanctum, containing both exciting and frightening mementoes of her present life, and comforting ones of her past little-girl life.

Control yourself, and *see that father controls himself*, and unless she offers, don't ask where she is going, who she was talking to on the phone, doesn't-she-want-to-go-to-the-movies-please-this-once-with-the-family-instead-of-moping-at-home? She isn't moping, and nothing is worse at a certain age than to be seen with the family when other girls will attend the same affair with boys. If she wants to walk to church alone and sit alone, don't push her into the family car and family pew. If she wants to walk downtown alone, don't insist that she take her little sister along, for playing nursemaid is no glamour job and it may embarrass her terribly. It doesn't mean that she cares any less for her sister, or for the rest of the family. She is just learning, the hard way no doubt, but *her* way, to live with herself and as yet that knowledge and way of life does not necessarily include the family.

You may feel at times that you can never reach this disturbing young daughter of yours— Instead of worrying, remember the times that you have wanted to be left alone to think problems through, or to savor exciting experiences? In your aloneness you wanted to remain that way whether it was pleasant or not! Perhaps she has undefined worries that she either doesn't want to put into words or can't put into words. Aside from incoherence of words there is an incoherence of actual thought that makes it impossible to seek the counsel of others, so all we can hope to do as parents is to prepare for this time

Thirteen-year-old Patricia didn't like her room AT ALL —and did it over herself—including wallpapering!

so that there is a reserve store of sympathy and security on which the child can depend.

Mothers have a doubly difficult time during their daughter's adolescent years, for they must keep peace between the daughter and the world, and between the daughter and her equally difficult father and brothers who don't understand what goes on anyway. The male members of the family are either openly rebellious about their sudden exclusion from her private life, or they are what they like to call "humorous" about it. Those jeers won't make the time pass any more quickly for any of you, and they will add to that intense feeling at the dinnertable; her wants and needs are serious and pressing to her, and they must be respected by the family. Her privacy is important, more so now than at any other time in her life, and it must be respected too. Her confidence must not be forced, but it can be encouraged. No intelligent mother goes upstairs, opens her daughter's door without knocking and says "Now tell me all about it this minute." But let mothers provide quiet times together when the men are off on an excursion which they think was their own idea! Mothers who make a pan of fudge and take it upstairs in the evening, leaving it just outside the door, are more apt to be called in than the kind who nag. Mothers who buy a new lipstick or bottle of nail polish and leave it on daughter's dresser for an unexpected and unnecessary surprise, are more apt to be confided in than less thoughtful mothers.

Now that the time of maturing has come, mothers can recall those books they read with their daughters in the early years, explaining the physical processes that are going on within a young girl's body during the teen years. When a terrible burst of crying is nearly spent, those mothers help to analyze the physical processes taking place that make for emotional instability, and perhaps explain some particular point with a personal experience. Understanding must be shown always.

Just about the time you have given up all hope of having your daughter in the bosom of the family again, despite your best efforts, here she will be the first one up in the morning, joking with her brothers, offering to type letters for Father, and telling you not to work so hard, that she will clean the upstairs bathroom every Saturday! She will have come to terms with herself, that new and exciting adult self; she will have taken that fateful leap into womanhood, no matter how much of a little girl she remains to her parents! She has adjusted herself to her new status, and she will have developed a great love and respect for her family. She is a new person, a mature young lady, revealing new and fascinating personality quirks that you never suspected existed. Enter the new member of your family, your charming grown-up daughter.

Thirteen-Year-Old Plans Her Own Room

MRS. DAN S. HUGHES

WHEN a girl is thirteen years old she begins to notice many things. Her clothes grow out of style quickly; this isn't being worn—that isn't being done. Now Patricia is thirteen and her room didn't suit her at all. She liked her furniture but wanted it dressed differently. Even the wallpaper would have to be changed before she would be satisfied. When she brought up the subject of wallpaper she was flatly informed that if the room was to be repapered she would have to do it herself—and she did just that!

After looking at every sample in many stores she began to ask the price and found a special sale on a ceiling paper of white with tiny clusters of blue stars. This thirty-five cent paper she bought for ten cents a roll. Paper, border, paste, and brush cost Patricia $1.95. Ceiling was not papered.

None of us knew anything about hanging paper. Patricia insisted that she knew *all* about it. She had "helped paste" while visiting her aunt on the farm last summer when a bedroom was papered. She recruited eleven-year-old Rodney, from next door, to do the pasting. Feeling very confident the youngsters tackled the job. At times it resembled a Marx Brothers movie but somehow we all lived through it. Surprisingly the result is quite pleasing. If, in a few places the stars merge into startling constellations, it merely makes the room more interesting! She rummaged in our paint supply and located a gallon of flat white which she appropriated for her woodwork. This she painted one coat. There was enough paint left for an undercoat on all her furniture. These pieces were finished with a gleaming coat of white enamel.

From here on Mother was drafted for service. Broadcloth was purchased that matched exactly with the blue stars in the wallpaper. The bed, dressing table, chair pads, and valances are blue. The bed started out as an ordinary iron frame. The head was cut off, at the side rails, and the foot made an excellent frame for a headboard. Some worn bedding was used for padding with a tight cover of unbleached muslin. The blue broadcloth was quilted to cover the headboard and to make the dust ruffles. The tufting of the headboard is made with small white star buttons from the dime store. The spread is white waffle cloth with monogram and bands of blue. The top of dressing table is of the quilted blue with skirt of white. The curtains are in keeping with the color scheme with blue ball trimming on white waffle cloth, and cornice boards are covered with the quilted blue as are the seats of the rocking and desk chairs. The slipper chair has a blue seat and back with white yarn tufts, a ruffle of white.

The window seat alcove is the most used spot in the room. The large pad is made of old comforters with a thick top of cotton and covered with the blue broadcloth tufted in white. Pillows match the color scheme. The little windows hold her Toby Jug collection. The pictures over the bed are silhouettes clipped from a magazine. These were carefully mounted with quilted blue mats, in inexpensive but attractive white frames.

So Patricia has her "new room." By keeping the labor in the family and using what was "on hand" the total expenditure was $7.69, believe it or not!

Patricia enjoys and shares her bright, new room

Miss Betty Cramer uses Fence Wire and Bed Ticking

BETTY was very sure she wasn't going to like her room even a little bit. It simply wasn't in the picture to make a change right then, but we did want her to be satisfied. We racked the weary old brain. What could we do that would be smart and not at all expensive? A roll of flower border wire, sitting in front of a hardware store, and some red and white bed ticking started us merrily on the way. First—the mediocre bed had its foot-

Photos by George Rolsen

board cut off for a newer effect. Then its ivory paint was covered up with gleaming white enamel as was all the furniture. Her open bookshelves were painted blue on the inside surfaces.

While this paint was drying, out came the sewing machine and its motor simply wouldn't turn the wheels fast enough, so anxious were we to get things together. A friend was coming for the weekend and it just had to be completed—even as Betty met her at the station, the dressing table skirt was just being finished. When the girls came back, it was with much interest we watched their expressions. They both loved it—they really did!

The bed had a red and white striped bed ticking ruffle hanging to the floor. The tailored, boxed spread, bound with red bias tape was made from white sheeting and quilted in a diamond pattern, by machine. Pillows had ruffled day covers of the ticking, too. The chair in front of the dressing table had a ticking cover for its pad. The circular skirt on the dressing table was made of white sheeting with diamond quilted bands down the front, red bias tape edging and an embroidered red and white braid that we'd been keeping for no particular reason, was used down each side of the quilted bands. The mirror frame was padded and covered with this braid also. The wing chair is slip covered in red glazed chintz, gayly flowered in blue and white. White ruffled curtains, already on hand, had to be used and didn't add much. But here's where the wire came in.

We will have to admit that the man of the house lost his temper more than once as we had no wire shears and were forced to use pliers to clip part of the width of the flower border wire. The ends of the wire were turned under to hook over the curtain rods. Wide red satin ribbon was run through the red painted wire and tied in a pert bow right in front. Then we felt we had something. Small windows at either side of the bed have white hour glass curtains tied with red ribbon, too.

Still those blank, blank walls. But fashion pictures in black ten cent frames lifted those blah walls out of the commonplace.

The sixteen-year-old daughter in our household thought her room in the house we had just rented a complete washout! POLLY CRAMER

In front of the dressing table is a small white fur rug but the others are rec with deep white cotton fringe at the ends—the best parts of a discarded stair carpet and fringe that once adorned the living room sofa. The blue is picked up in the color of old Bristol perfume bottles on the dressing table and the lamp by the bed—the base a blue ink bottle. The plain parchment shade hadn't been much to start with, so we crocheted, out of blue carpet warp, a cover to fit over the old shade. (Directions for the asking!) When the crocheting was finished, we wrapped the original shade in waxed paper to protect it, dipped the crocheted slip in very thick starch, wrung it out as dry as possible and then slipped it over the waxed paper covered shade. Try one, we feel sure you will succeed with it and receive as many compliments on it as we have on ours.

Foxtail-lilies and lilacs

Fall Bulbs

Trout-lily

THERE is every indication that we will be thinking hard about food gardens next spring and for some years to come. (Probably by then we will be so sold on the common sense and benefits of home-grown vegetables and fruits that we will keep on raising them even if the need is not so urgent.) But that doesn't mean that we need or should forego that glorious thrill of springtime—the uplifting color and beauty of the early flowers that come from fall-planted bulbs. Of course there is plenty to do about the place, right up to snowfall; but surely some time can be found for burying a few of those ordinary looking, hard, dry objects in carefully chosen spots in the shrub or perennial border or along some of the edges and paths of the Victory Garden. In fact, some digging, conditioning and fertilizing in advance of bulb planting will be just the thing to put the soil in better shape for another season. You can place the new bulbs (or any that you dig up and replant) with two objectives in mind: the creation of improved garden effects, which means that the flowers will be allowed to remain on the plants; or the providing of more cut flowers for the house, for friends or for service men and women in camps, hospitals and so on. For the latter purpose the bulbs will best go in straight rows to be cultivated like any crop. The important thing is to decide *right away*

Allium neapolitanum

Brodiaea

Name—Botanical and Common	Height—Form—Flower color	Use—special requirements	Reported supplies—Notes
Allium—Ornamental onion species	3—10″: round flower heads: pink, purple	Rock garden, borders: full sun: light soil	Sufficient to limited: hardy, easily grown
Anthericum—St. Bernard-lily, St. Bruno-lily	To 2′: slender racemes wh. flws.: grassy lvs.	Border, rock garden give light winter mulch	Sufficient to limited: increase by dividing roots
Brodiaea—Blue-dicks, etc. (in West)	To 18″: waxy flws. in clusters, yel., bl., pur.	Full sun: loose soil: perfect drainage	Suf.: western natives: use in rock gardens elsewhere
Calochortus—Mariposa- or Globe-tulips	1—2′: delicate flws. pastel petals and eyes	Sunny border, good drainage, light mulch	Suf.: dig when foliage ripens, store over summer
Camassia—Quamash	2—3′: tall spikes of starry flws., wh. to bl.	Naturalizing, border: light, moist soil	Suf.: easy to grow, hardy: once an Indian food
Chionodoxa—Glory-of-the-snow	6″: graceful: bright blue, white centers	Rock gar., or near shrubs in big drifts	Very limited: hardy, long-lasting: top-dress in fall
Convallaria—Lily-of-the-Valley	6-8″: nodding wh. bell-shaped flws.: broad lvs.	Ground cover, naturalizing: likes moisture	Limited stocks for garden, none for forcing
Crocus	To 5″: cup-shaped; wh. yel. orange, bl., purple	In drifts, border or lawn: let lvs. ripen ere you mow	Very lim. to unavailable. No more importations
Eranthis—Winter-aconite	To 8″: buttercuplike flws.: lvs. in flat whorl	Mix in with scillas, snowdrops; etc.	Practically unavailable: Plant early any obtained
Eremurus—Foxtail-lily, Desert-candle	To 8′: dense spikes: wh., yel., pi.; yuccalike lvs.	Among shrubs, perennials: deep rich soil	Limited to suf.: plant carefully, protect in winter

Daffodils or trumpet narcissi

Meadow lily (Lilium canadense)

Walter L. Greene

for Future Beauty

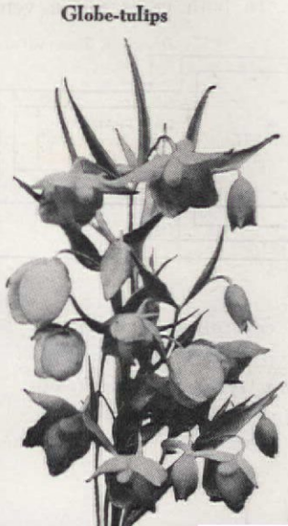
what you want to and can do, and then order your bulbs without delay. For even the flower bulb business is being cramped and crushed under the iron heel of Old Man Mars.

In the normal past, our fall bulbs came, by hundreds of millions, from overseas, mainly Europe and the Far East. The war has dried up those sources (except for a trickle of tulips and hyacinths still to be had from indomitable England) and, of course, put a premium on the stocks of enterprising, energetic American growers. But an industry cannot be built up in a couple of years, or a dozen or a score. Even in the case of daffodils, which for some time we have been turning out in quantity, quality and a steadily improving selection of varieties, the war's effect on labor, cultural machinery and other factors has been to hamper the growing, handling and shipping of standard sorts and the development and propagation of new and improved varieties. Oh yes, retail firms have made arrangements for as nearly as possible average supplies of many items, and their catalogues will list attractive assortments at prices which, though higher than formerly, are fair enough "considering." But it is likely that growers, with their skeleton forces, have not attempted to dig more than those average quantities, and may not be able to in spite of insistent, last minute demands and appeals. So the threat of bare bulb bins is a very real one for this year, and even more ominous for the future. The tables present the approximate situation as revealed by a canvass of bulb men who were asked whether the available supply for each type is abundant, sufficient, limited or virtually non-existent. Allowing for local variations and special conditions, there was striking unanimity of opinion. Translated it says, get and plant bulbs while you can for tomorrow's enjoyment.

Name—Botanical and Common	Height—Form—Flower color	Use—special requirements	Reported supplies—Notes
Erythronium—Trout-lily, Dogstooth-violet	8-18": dainty nodding: wh., yel., pink, pur.	Semi-shade: gritty, well drained soil	Sufficient: plant 3" deep in groups; leave alone
Galanthus—Snowdrop	10": small, sturdy, white bellshaped flws.	Informal borders in drifts with scillas	Very short to unavailable: hardy, lasting, reliable
Hyacinth	1': uniform dense heads wh., pink, blue, purple	Formal borders or clumps: rich sandy soil	Very limited: few imported or grown here
Iris—(bulbous) Dutch, English, Spanish	2-3': open beardless flws. white, yel., blues	Sunny border, well-drained: light mulch	Generally sufficient but florists buy and force many
Leucojum—Snowflake	6-8": green-tinged wh. drooping little flws.	Informal border; full sun, well drained loam	Suf. to limited: plant 4" deep, leave alone
Lilium—Lily (hardy, mostly native kinds)	2-8': various forms, sizes: wh., yel., red, or.	Border, background, open woods: rich soil	Limited to suf., depending on type: effective
Muscari—Grape-hyacinth	4-6": tight spikes clear deep blue flws.	Informal border or edge of woodland	Sufficient: hardy, easy to establish, lasting
Narcissus—Daffodil, jonquil, etc.	6-18": long and short-cups: wh., yel. and both	Borders, rock gar., in meadows: best massed	Sufficient standard sorts: novelties very limited
Scilla campanulata—Wood-hyacinth	To 15": spikes of drooping bell flws. wh., blue	Borders; sun or part shade; plant 6" deep	Suf. to limited. S. sibirica (Squill) unavailable
Tulip	To 30": Wide range of color, form, season	Formal and informal borders, beds, etc.	Sufficient good assortment; some kinds limited

10 Photographs, De La Mare

Globe-tulips



Wood-hyacinths (Scilla campanulata)

Darwin tulips

Glory-of-the-snow

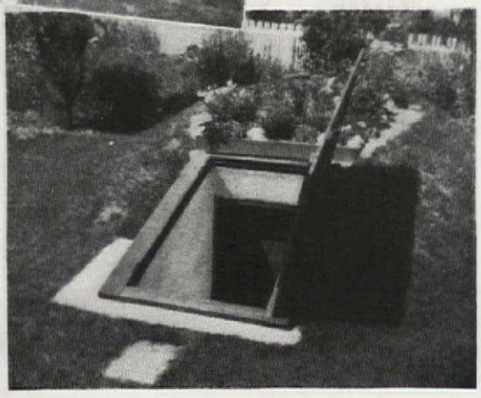
Snowflakes (Leucojum)

Spanish iris

Grape-hyacinths (Muscari)

It's Next that's

Contributors to this article
JOHN C. TAYLOR
Washington State Extension Horticulturist
MATTHEW KLEPP
Colorado

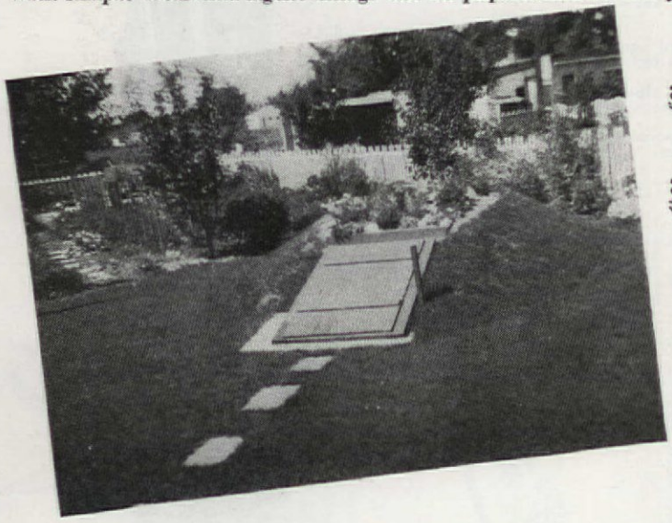


Making this storage cellar in his yard took Matthew Klepp five Sundays, the evenings of three intervening weeks and one extra day when he had a friend's help. Says he: "I'm not a builder or anything of the kind, but I can work with simple tools and figure things out on paper. And so can you."

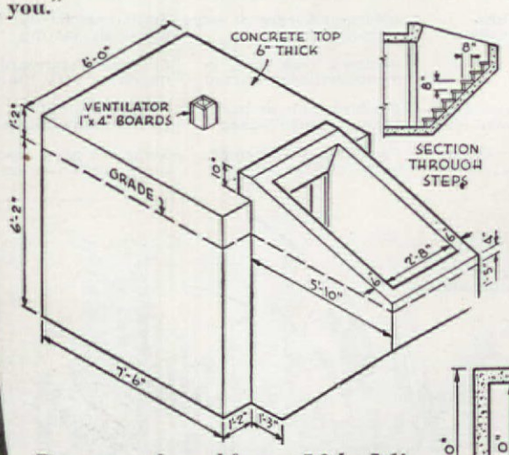
AND, in six months, it will be worrying many victory gardeners, unless they do more about it than just garden. They may think they are sitting pretty with their flourishing rows of fresh vegetables. But current crops won't satisfy next winter's hunger unless part of them are put away—processed in one of the ways discussed last month, or stored in what is called natural cold storage.

Storing vegetables is simple, requiring no elaborate equipment or special technique if a few commonsense principles (★) are followed. Methods suitable for some of the most important crops can be fitted into any kind or size garden in convenient, yet out of the way, places—yes, right in the garden itself. As far as storage is concerned, victory garden crops fall into two classes: Those that require a moist storage place, as potatoes, carrots, beets, turnips, parsnips, cabbage, celery, etc., and those that need dry surroundings—squash, pumpkins and onions. For both types the temperature may approach, but should not reach freezing—32 degrees F. To construct a simple storage pit for the first type, level off a high, well drained spot in the garden, loosen the soil to a depth of 4 or 5 inches and on it make a bed of straw, tomato vines or any similar dry, waste material. Heap the vegetables on it in a conical pile that will shed water when covered. If several kinds are to be stored, a month's or fortnight's supply of each placed together in a small pit, all to be taken out when it is opened, saves the trouble of closing up a large pit again. When vegetables are first put in a pit, say in late October, their internal temperature or "field heat" is fairly high, so the pit must have a ventilator that will let this heat escape and carry off surplus moisture. Fill an old apple box or orange crate with straw, set it, upside down, on top of the pile of vegetables after covering the latter with straw, then cover the straw (not the box) with a couple of inches of soil. By the time freezing weather arrives the heat will have passed out and the ventilator can be removed and the soil covering completed. Finally add 5 or 6 inches of straw and that much more soil, making the latter thicker or thinner according to the demands of the weather.

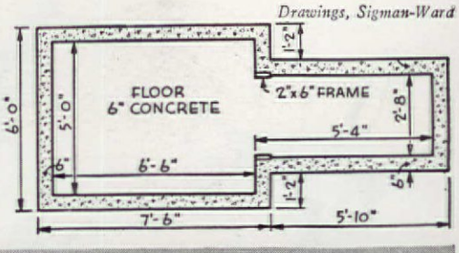
Simple modifications of this pit that increase its capacity consist of (1) digging it into the ground and (2) putting a board roof under the first straw covering to keep the soil from caving in; this simplifies later removal of vegetables. In both cases use a ven-



Removing the sod from a 12 by 16′ area, he excavated 14 cubic yards of dirt, about half of which later went to form the mound on top



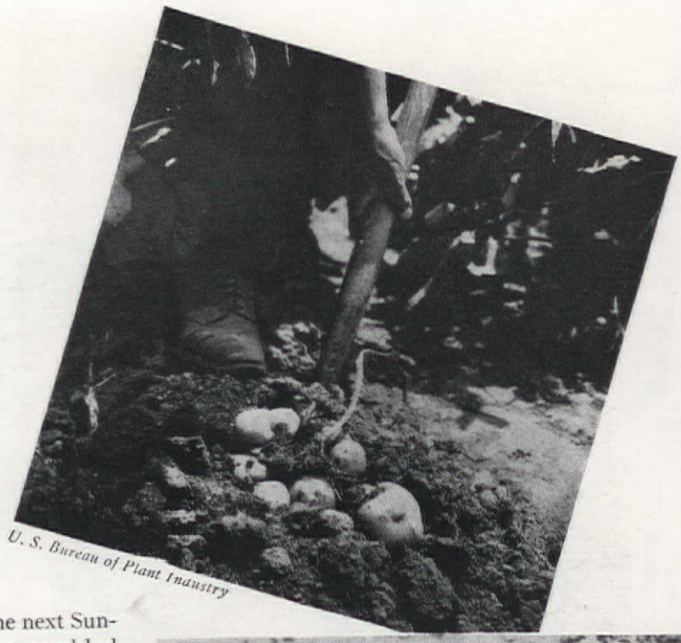
Drawings, Sigman-Ward



★ RULES FOR HOME STORAGE

Storage pit or cellar must be frost-proof, perfectly drained, with controlled ventilation. Don't harvest crops for winter storage too early. Until frost they keep best in the ground. Dig, harvest, and handle all crops with great care to avoid bruising, scratching, marring. Don't wash vegetables for storage; brush off excess soil; remove all but an inch of root tops.

Winter's Food worrying us!



U. S. Bureau of Plant Industry

tilator as noted above. To store late cabbage, dig a trench 3 or 4 inches deep, 2 to 3 feet wide and as long as necessary, line it with straw and in it pack, *upside down*, good, solid heads that have been pulled roots and all. Cover the heads with 6 inches of straw and 2 of soil, leaving the roots exposed. Freezing will not hurt the heads if they do not freeze and thaw repeatedly. Celery plants, dug carefully and pack-in *right side up*, can also be stored in such a trench made deep enough so the plants do not quite reach the top. Cover with enough straw and soil to prevent them from freezing.

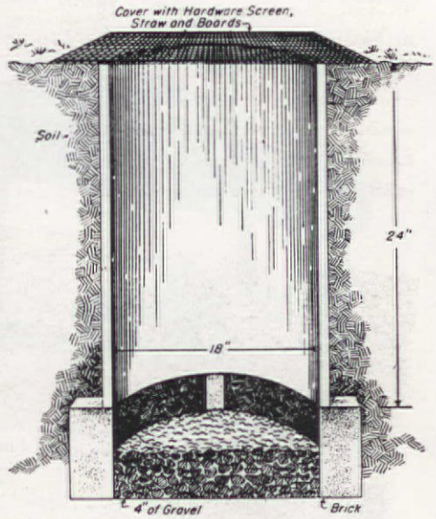
If you have time, ambition and the desire for a more permanent storage place, you may decide to build a real root cellar like Matthew Klepp's. Noting the trend toward small, compact houses without basements or adequate cold storage space, and recalling the "dugouts" of his early days on the farm, he built a modified one in the northwest corner of his 50 by 90′ city backyard, facing the entrance to the south so it would not be snowed up. Removing the sod from a 12 by 16′ area, he dug a hole about 6′ deep with straight, smooth sides to serve as the outside of the mould for his concrete walls. (The sandy loam soil left after making the mound over the cellar he later used to lighten the clay soil in his garden.) The next, and perhaps biggest, job was building the form 6″ within the excavation. This called for 400 ft. of No. 4 western pine and a few 2x4′s and 1x2′s. The main part included a 2½ by 6′ door frame; the other (entrance) section included the stairs and a sloping top for the trap door. An old bed spring reinforced the 6″ concrete roof in which he embedded a 4″ square, 2′ high wooden ventilator. He laid 20′ of old pipe from the house as a conduit for a wire to an electric light in the dugout. Other accessories used were a door handle, hasp, receptacle, hinges, bolts and nails. The concrete called for 22 bags of cement and about six yards of pit run gravel. With the form set on bricks, he poured the first concrete so it would run under and form the floor in one piece with the walls, sloping it slightly to a hole in the center that would drain off any moisture that might collect in the dugout.

Says Mr. Klepp: "I used only tools that most everybody has around the house and here, roughly, is how I did the job: First Sunday, lifted the sod and dug most of the hole; that week, working some three hours an evening, made the forms

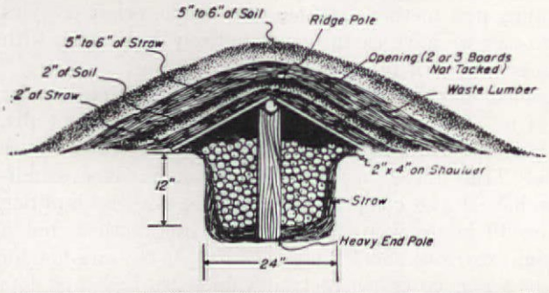
which, the next Sunday, I assembled after finishing the hole. On Tuesday, another man and I poured the concrete which set by the third Sunday so I could remove the forms, mound up the soil and sod all but the part I made a rock garden. Fourth Sunday, cut and fitted steps, whitewashed walls, made trap door and stained it green. That week, made inside door and shelves (of old form boards), painted them and, Sunday, put them up for some canned goods."

Whatever storage method is used, keep in mind the nature and requirements of the vegetables. Remember that they are living plant material, even though dormant, and must be given suitable living conditions. Also they must be harvested and handled with the utmost care so as to avoid any bruising, cutting or scratching.

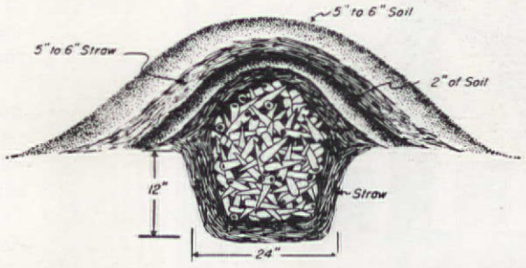
Among possible modifications is barrel or box laid on side, soil covered; and a vitrified tile on brick or cement base (below). Select perfect specimens; handle carefully

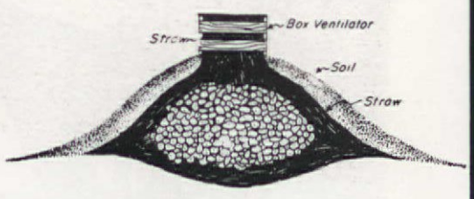


Effective and cheap, if less permanent than a concrete dugout, is a simple, straw-lined pit, board-roofed and covered with straw and soil



Even the boards can be dispensed with, giving this pit, or the surface storage (below, right). Always install a ventilator for the first weeks





To save time, labor, fuel, containers, don't can or dry crops that can be stored. Best temperature and humidity conditions are: Just above freezing (32°) and moist (90-98%) for beets, cabbage, carrots, celery, parsnip, potato, winter radish, salsify, turnip. Cold, but drier (70-75%) for onions. Same humidity but temperature 50-55° for pumpkin, winter squash, sweet potato. The first nine do well in outdoor pit storage; parsnip and salsify can be left in ground over winter and dug as needed.

Photographs: Nellie Faulkner Mosgrove Data: Lois Scarboro

Adobe brick home of Gilbert Jertberg, Fresno, California

Limestone house of Walter Godbey, Kendall, Florida

Built by the John Schoneman family, Escandido, California

Rammed earth house near Washington, D. C.

Mrs. Schoneman making adobe brick

Out of the will come

IT MAY seem a long cry from mud pie making to building a house—but actually are the two so far apart? The sand castles built during our happy childhood days at the beach were actually prompted by a desire hidden in all of us—the urge to create, to fashion with our own hands. We used sand or earth because it was handy, there's always so much of it. For centuries primitive man built his shelter from earth and clay. Later generations carried on the art, developing new methods, refining the crude, original styles until to-day we have earth houses entirely in keeping with the times—modern in style and planning.

Rammed earth houses hold a peculiar fascination for most of us. There's a tremendous thrill in building walls, using only the dirt and clay dug from the very earth under our feet. True, there's a lot of hard work involved, conditions have to be completely favorable, else the building of an earth house will prove not only impractical, but a downright extravagance. Rammed earth houses are not for those living in cities where land values are high and lots small. Nor is it practical as a money saver to a man with no general knowledge of building practices. Patience and scrupulous attention to every detail are necessary. If you are unable to supervise the entire project—then beware!

However, houses built of earth are certainly the answer

There's No Priority on Planning

Dig your own house—build it of rammed earth—hard work, perhaps, but what satisfaction!

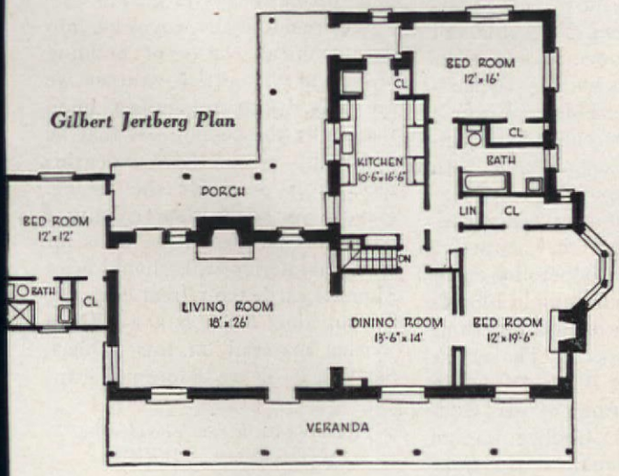
for the homeowner who wants space, individuality and comfort. The thick walls and solid construction display a strength not often found in low-cost houses of to-day. Except in very dry climates it is necessary to waterproof plain rammed earth with stucco or a mixture of cement and mud. The wall itself is made by tamping a mixture of moist earth into a movable form. As the form fills, it is moved upwards until the desired height is reached. As the walls are finished, the inside may be sized and painted any desired color. The top surface is always protected against exposure to moisture.

The matter of roofing and flooring depends entirely on the individual. The most economical earth house has no cellar, using a utility room for heating equipment. Concrete, plain or covered, makes a good flooring. However, the general design of a rammed earth house is anything you wish. Costs vary greatly in this method of construction since labor is the biggest item involved. Don't forget, before you start your rammed earth home, all starry-eyed and eager, there's a lot of hard work involved. If this does not appeal—then give up the idea before it's too late to regret you ever started.

Now to get down to cases, Mr. and Mrs. Gilbert Jertberg of Fresno, California decided when planning their home to build it of adobe brick. This to them was a natural choice inasmuch as the houses built by the early Spanish settlers had been of this same material. However, by a method of "stabilizing" the earth mixture, their walls have the added advantage of being waterproof and weatherproof. The thick walls keep out summer's intense heat and help the house to remain cosy all during the winter months.

Good Earth our Dream House!

Federal Works Agency, photograph by Highton



Top: dining room detail, Jertberg house
Center: bedroom, rammed earth house, Alexandria, Va.
Bottom: spacious interior, Jertberg house

Safe for the Night

SWEET DREAMS, little lady, and sleep tight! You're *safe.*

You can't know what that means to Mother, as she tucks you in . . . or to Daddy, somewhere overseas. You're too young to know. But someday you'll understand . . .That is one of the things he is fighting for . . . to keep you *safe* . . . to help make all children safe—all over the world.

• • •

Under a Kenwood Blanket—big and beautiful, soft and warm, this lucky little American will sleep the whole night through. You, too, are fortunate if *your* home is equipped with Kenwoods. Take good care of them. They are more precious than ever now.

You won't buy new blankets, of course, unless you *need* them . . . but if you do, don't assume you can't get Kenwoods until you have tried. Like other blanket manufacturers, we are largely engaged in war work. But we are making some blankets for the home. They are the same superbly woven Kenwoods that have long been known for their beauty, warmth and sleeping comfort. Their lasting satisfaction in service will make them treasured possessions through the years. Ask for Kenwood Blankets at your favorite fine store. **KENWOOD MILLS, Albany, New York**

GOOD INVESTMENTS

Kenwood Blankets

These walls, too, provide a natural insulation. The Jertberg house, like many earth houses, is a one story affair, using an ell-shaped plan to gain maximum exposure. Its heavy overhanging shake roof extends to include a long, cool porch. The rooms across the front, living room, dining room, and bedroom, with their wide door openings, give the interior an attractive appearance of great openness.

The building of the John Schoneman house was entirely a family affair. It was long hard work but the Schonemans had one objective—they wanted a HOME of their own! So with their own hands and aided by the most meagre equipment, they dug the house themselves. Granddad and grandson shoveled the dirt and mixed the mud. Mother and the girls molded the brick and washed the forms. Dad, by the way, was earning the bread and butter elsewhere but joined in on weekends. Starting late in the summer, they decided to build just one big room the first year. The bricks, 12″ by 18″ by 4″, weighed forty pounds each. It was granddad's job to lay these while mother pointed them up with a trowel. Barbed wire was used as reinforcement against earthquake tremors. Eucalyptus poles were erected as porch supports and the roof covered with tar paper. Interior walls were given a coat of cold water casein paint, pale ivory in tone. The first winter, everyone slept on the porches. A kitchen wing was added the next summer. Mrs. Schoneman remembers well the first night of heavy rain when the entire family waited with anxiety lest the walls wash away. They didn't and the house today is as safe and sound as you can imagine!

We could go on forever giving examples of fine homes built from the good earth—sturdy, fire-resistant, livable houses. We could tell of the research done on a number of defense houses built by the government in Alexandria, Virginia to house military enlisted personnel. Warm and comfortable with their natural wood panelled interior walls and open beam construction. There's the attractive house of Walter Godbey, too, built on five acres of pine land in Florida —built from the oolitic limestone dug on the property. The entire house, measuring 100 feet from tip to tip, was the work of Mr. Godbey himself. Mr. Godbey was an automobile salesman at the time, conducting a very successful business—so the house really had to be erected in his spare time. The walls of the house were built with the use of a portable back-board 8 x 10 feet which was set in place on the foundation, plumbed and braced. The face rock wall was built up in front, loose rock packed in back to form an air-conditioned wall and concrete was then poured in back against the back-board giving a poured concrete surface averaging about two inches thick. Reinforcing rods were placed in each corner and a continuous reinforced con-

Photo by Hibben, F.S.A.

Worker using hand tamp

crete lintel poured over the top of the wall in order to properly bolt the roof firmly. A small section of the wall was done at a time and the back-board then moved along.

The walls of the house were 18 inches thick. Precast concrete window frames were built and steel sash used throughout. The inside walls of the living and dining rooms were also built of hand-chopped rock. Open beamed ceilings were used in all main rooms. This is not a rammed earth house, to be sure, but we've included it in this group because it was dug from the earth and it was built by the owner himself. A fitting tribute to those of us who know what we want and overcome all hardships to get it.

We are not in any way going into the technical phases of building houses in this article—rather we are only trying to impress upon the reader the possibilities that lie within his grasp, right under his feet, as it were, for the asking. Have a workable plan. Eliminate frills, concentrate on the walls for even the interior walls should be of rammed earth too if real economy is your aim. There is a wealth of written material on this subject. Send for it—learn before you leap!

Rammed earth data provided by
ANTHONY F. MERRILL

Write THE AMERICAN HOME Architectural Department for list of available rammed earth literature. Enclose a 3-cent stamp to cover postage and handling. Address: 444 Madison Avenue, N. Y.

Why the Carlsons Left the Movies Early...

Mr. and Mrs. Carlson were plenty worried. The hot water heater was still going . . . and right in the best part of the picture, they had to rush home, turn the heater off, and spend the rest of their "one night out" at home.

It's an old family custom to forget the hot water heater . . . and to worry about it when you're out of the house. And it is really something to worry about. For hot water heaters and boilers can be bombs . . . if they are neglected ...and when they "let go", the damage to your home is serious. Your financial loss can be great.

There's one important thing to do. See *The Man with the Plan* . . . your local Employers' Group Agent . . . and let him show you how completely and economically Employers' Group Residence Boiler Insurance repays you for damages and costs caused by explosions of furnaces, steam or hot water heating boilers, water heaters, tanks, or any other type of heating equipment. Better yet, have him explain how Employers' Group engineering services help *prevent* such explosions in your home.

Let *The Man with the Plan* make your home safer and more secure. Ask him to make a free, complete analysis of all your fire and casualty insurance. This analysis will give you a quick visual record...in book form...of your present protection. It will contain many helpful suggestions which will guide you in buying better and more up-to-date insurance for yourself, your family and your property.

THE EMPLOYERS' GROUP MAN IS

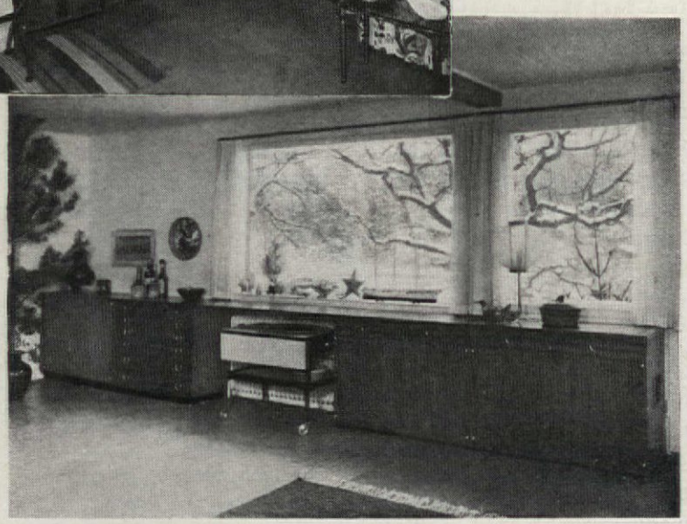
The Man with the Plan

THE EMPLOYERS' GROUP

110 Milk Street, Boston

THE EMPLOYERS' LIABILITY ASSURANCE CORP., LTD. • THE EMPLOYERS' FIRE INSURANCE CO. • AMERICAN EMPLOYERS' INSURANCE CO

Photographs, The American Swedish News Exchange, Inc.



Swedish living room with its skillful architectural proportions and pleasantly grouped furniture emphasizes atmosphere of calm that outlook from windows naturally gives. Near-white walls, grass matting provide ideal background for cheerful printed textiles and decorative objects. Note artistic arrangement of simple wild flowers

GEORGE WETHERBY REPORTS ON

"Swedish Modern" in Sweden

THE world-movement which in pre-war days was widely known as "Swedish modern" still keeps on even under war conditions. The effort of those behind the movement in time of peace had always been to provide a good *standard*. By this is meant not necessarily standardization, but rather some measure by which people today could recognize what was suitable for them—just as George Washington had no shadow of doubt as to what kind of chair to order, but bought a chair just built for *him*—not one copied from a model for his grandmother (or some still more distant ancestor in England who lived about the time of William the Conqueror). In this way the difference between rich and poor is eliminated as regards design, and all classes can live with the comforting thought that what they have is *right for today's living*. Such is the theory on which the modern movement developed. Whether it thrived owing to the idea suiting the awakened social consciousness of our time, or simply owing to the fact that simplicity is now recognized as that which is really and durably pleasant, is immaterial. Our concern is with the effect.

Much that was bad was passed along to the American public as "Swedish Modern," and we think you will be interested to see not only what Swedish Modern is in Sweden, but *how* it is used. Chintzes, Windsor chairs, a Chinese Ancestor portrait—all blend perfectly with the essential keynote of Swedish Modern—which is simplicity, lightness

Somebody's going to get $1,000 for a day dream!

49 other War Savings Prizes for letters telling "How We Hope to Fix Up Our Home After the War"

PRIZES

1st Prize	$1000 War Bond
2nd Prize	$500 War Bond
3rd Prize	$100 War Bond
4th to 10th incl. . . .	$50 War Bond
11th to 20th incl. . .	$25 War Bond
21st to 50th incl. . .	$10 in War Savings Stamps

Also: *Extra* monthly and local store prizes: See below.

HERE ARE THE EASY CONTEST RULES

1. Write a letter to Alexander Smith & Sons Carpet Co., Yonkers, New York on the subject: "How we hope to fix up our home after the war." Confine your letter to the interior (furnishings and decoration).
2. Mail to the above address, or to any store holding the same contest in your vicinity, at any time before midnight, October 31, 1943. *All* letters so received will be considered *both* for the final contest *and* for monthly prizes for the month in which they were mailed.
3. Letters may be any length you wish but no special consideration will be given long ones. You may submit as many entries as you wish. Do not submit sketches. None will be submitted to the judges. Illustrations or clippings from newspapers or magazines may be submitted.
4. All winners of both monthly and final contests will be notified by mail and all names of winners will be published in February 1944 issue of House Beautiful Magazine.
5. Any resident of the United States may compete except employees of Alexander Smith & Sons Carpet Co., their advertising agency and their families.
6. Entries will be judged for their interest and completeness. The judges, whose decision will be final, will be guided by an analysis of the entries to be made by Crossley, Inc., well known research firm. Duplicate prizes will be awarded in case of ties. No entries will be returned. Letters become the property of Alexander Smith & Sons Carpet Co.

Here's how easy it is to enter this contest. Just pretend you're writing to your husband or a friend, and tell in your own words what you'd like to do to make your home more pleasant, more beautiful and more comfortable when the war's over.

Would you "do over" inexpensively by changing the colors? Would you want new things throughout? What about carpets and rugs? Any special color? Plain or figured? How about bedroom carpet? Any particular style or period in your decorative scheme? Have you thought of any new ideas you would like to have in your home? Just put your dreams in a letter. You will not only have fun, but you may win a valuable prize.

If You Need a Rug NOW—

don't hesitate to buy one. You're not meant to go without one or to keep on with one that's dingy and threadbare. But do be patient if your favorite store does not have complete selections of Alexander Smith Floor-Plan Rugs and Alexander Smith Broadloom Carpets. Because our facilities are heavily engaged in war work, we cannot supply our dealers as well as we have always done in times of peace. Alexander Smith & Sons Carpet Co., Yonkers, N. Y.

ALEXANDER SMITH
AS ADVERTISED IN GOOD HOUSEKEEPING
ALL WOOL PILE

ALEXANDER SMITH FLOOR-PLAN RUGS
"Nearly Right Won't Do"

Extra!

Special Prizes Every Month!

In addition to the prizes above, Alexander Smith offers prizes of $100, $50 and $25 War Bonds for the best three letters received each month through October.

Watch for announcements of this contest by stores that sell Alexander Smith Rugs and Carpets. If you see such an announcement you may submit your entry *through* your store, and may win an *additional* store prize.

In American homes the grim business of war comes first. Families have toughened themselves to their job—are working and sacrificing without complaint. But they're keeping an eye on that better world ahead . . . that dawn of peace they know is coming . . . and saving War Bonds so they can buy the things they must now do without.

One of the things many families are saving for is the Hammond Organ. They have learned that no other home instrument can give them such satisfaction and pleasure from music.

Like the thousands of families who already own Hammond Organs, they have found that rich, flowing organ music is delightfully *easy* to play.

We cannot make the Hammond Organ again until victory ends our war work. But you can hear and play it NOW—most Hammond dealers have set one aside for this purpose. Visit your dealer soon and learn how much you and your family could enjoy the Hammond Organ in your home.

ANOTHER HAMMOND INSTRUMENT

The Solovox attaches to your piano, is played with the right hand. Gives you brilliant instrumental effects—violin, trumpet, flute, trombone and many more—blending with your left-hand piano accompaniment.

FREE—*Write for your subscription to* HAMMOND TIMES, *monthly magazine about organ music for the home. Hammond Instrument Co., 2941 North Western Avenue, Chicago*

HAMMOND ORGAN

MORE THAN 1000 HAMMOND ORGANS ARE DOING WAR DUTY WITH THE ARMY, NAVY AND MARINE CORPS

and the "quiet" color of natural wood. The rooms are modern in every sense—without the hospitalized air so many American designers would foist upon us as the one-and-only true "modern" style.

No attempt is made to make the furniture look more expensive by the addition of cheap ornament; light wood in natural finish is allowed to reveal its own beauty—and restfulness. It does not announce its presence rudely, forcing itself on the attention, but retires gracefully into the background and does its job. And against this quiet, restful background all that brings the color and movement into the room—textiles, flowers, books, the ladies' dresses—comes into its own naturally and harmoniously. No one is interested nowadays in what one has paid for a piece of furniture or an interior; all that counts ultimately is that it should be in *good taste*.

These interiors also give an indication of the origins of the modern movement: the ornamental objects might suggest China, but a moment's reflection will reveal the tasteful and unencumbered traditional Japanese interior as the ultimate source (the elaborate cupboarding, and the carpentry of the cupboards, particularly reveal this). In the 1920's the impulse from the East was transformed in Vienna to accord with Western ideas of what is necessary in an interior. The basic ideas remained, however—the reduction of the number of individual pieces of furniture, and construction as light as is compatible with the needed strength. In Vienna however the idea remained in the sphere of interior decoration for the rich; therefore it stayed also in the sphere of pretentiousness. It remained for the socially-minded Swedes to translate the idea into the sphere of true functionalism and beauty *for every man*.

Baby Shower

A BABY shower can be "small, but oh my!" if you dress it up like this. Drag out your folding clothes rack and decorate it with pink and blue streamers; perch a stork on the top. From his bill, hang a white handkerchief, folded like the most essential piece of baby apparel, and tuck in a little card and money, a highly useful gift these days! Purchase a dozen diapers, fold each in half, and then with a safety pin hang each one by its four corners to a satin ribbon tied to the rack. Into each diaper, wrapped in pink or blue paper, go small baby essentials like talcum powder and cotton dabs.—

H. Cobbett Williams

MRS. CHARLES W. TURY

BUY MORE WAR BONDS

with money you save when you use

Kem-Tone

TRADE MARK Reg. U.S. Pat. Off.

MIRACLE WALL FINISH

DOES AN AVERAGE ROOM for only $2.98

War Bonds Come First! Be patriotic . . . be thrifty! Invest at least 10% of your salary every payday in War Stamps and Bonds. Then save money by carrying out *needed decoration* with Kem-Tone—and buy yourself *more* stamps and bonds with the "difference"!

ONE GALLON ($2.98) DOES THE AVERAGE ROOM!

$2.98* PER GALLON PASTE FORM

You add ½ gallon of water, which brings your cost down to only $1.98 per gallon.

(*Prices slightly higher in Rocky Mt. Area.)

Kem-Tone

TRADE MARK Reg. U.S. Pat. Off.

MIRACLE WALL FINISH!

1. REAL ECONOMY —One gallon does an average room
2. ONE COAT COVERS painted walls, wallboard, most wallpapers, basement walls
3. APPLIES LIKE MAGIC
4. DRIES IN ONE HOUR
5. WASHES EASILY
6. NO OFFENSIVE PAINT ODOR
7. ONE GALLON "does" the average room

Always ask for genuine Kem-Tone accept no substitutes!

ROLL IT ON! Apply Kem-Tone with a wide brush or with the new Kem-Tone Roller-Koater which rolls Kem-Tone over your walls quickly, easily, smoothly.

Kem-Tone Roller-Koater 89¢

KEM-TONE IS DISTRIBUTED BY THESE LEADING PAINT COMPANIES:

ACME WHITE LEAD & COLOR WORKS Detroit, Michigan	DETROIT WHITE LEAD WORKS Detroit, Michigan	W. W. LAWRENCE & COMPANY Pittsburgh, Pennsylvania
LINCOLN PAINT & COLOR COMPANY Lincoln, Nebraska	THE LOWE BROTHERS COMPANY Dayton, Ohio	JOHN LUCAS & COMPANY, INC. Philadelphia, Pennsylvania
THE MARTIN-SENOUR COMPANY Chicago, Illinois	PENINSULAR PAINT & VARNISH CO. Detroit, Michigan	THE SHERWIN-WILLIAMS CO. Cleveland, Ohio

TRIM IT! Use the smart, new Kem-Tone border trims. Gummed, ready-to-apply. In a variety of color-fast patterns. Washable.

Kem-Tone Trims AS LOW AS 15¢ A ROLL

GET Kem-Tone AT YOUR NEAREST HARDWARE, PAINT, LUMBER OR DEPARTMENT STORE!

No bone, no waste, TREET is ALL meat

ARMOUR'S MEAL-IN-A-MINUTE MEAT

A hearty meat meal at a little more than one point per person

Yes, lady—here's a good point-thrifty way to feed a meat-hungry family. Just ask for Treet—Armour's ready-to-eat meat. One tin gives you a big meat meal for 4 . . . at just a little more than 1 point per person!

Treat your family to Creamed Treet in Toast Baskets tonight. It's a high-nutrition, high-vitamin meal your family will love. Yet takes only minutes to fix.

Baked, fried or simply sliced cold, nourishing Treet always makes a big hit. For Treet's made only from juicy pork shoulder meat and tender, flavorful ham. Try Treet these war-busy days. It saves you time . . . and red stamps, too!

Because our fighting men get so much Treet, your dealer may be out of it occasionally. But he'll have it again in a few days. So keep on asking for Treet!

Sandwich Idea! On one slice enriched white bread place 2 slices Armour's Treet. Spread other slice with egg salad. (1 can of Treet makes 5 to 6 tasty, nourishing sandwiches.)

Creamed Treet and Eggs

Use one can of Treet. Cut 4 slices, dice the rest. Brown ¼ cup diced onion, ¼ cup sliced celery and Treet cubes in ¼ cup butter. Blend in 6 tbsps. flour. Add 1½ cups milk gradually. Cook until thickened. Add 3 chopped, hard-cooked Cloverbloom eggs just before serving. Place in toast baskets made by hollowing out thick slices of day-old bread, brushing with melted butter and toasting under broiler. Fill baskets with Treet and Eggs, serve with the 4 Treet slices lightly fried. Serves 4 to 5.

© ARMOUR AND COMPANY

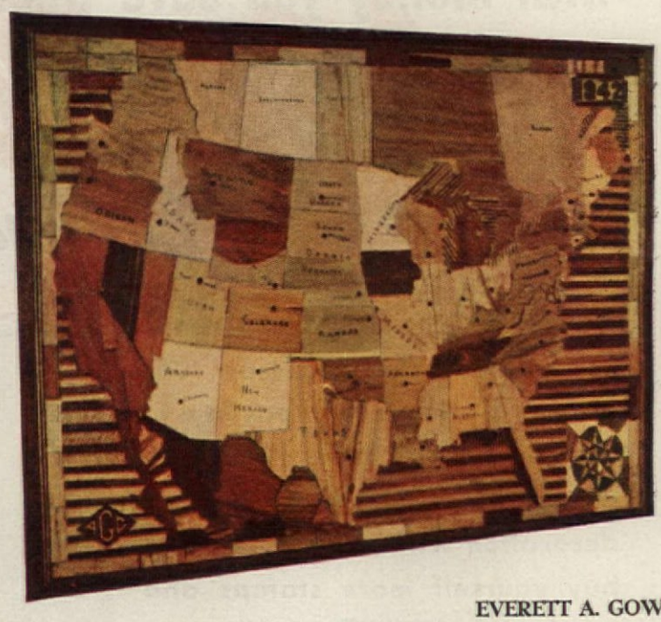
Armour and Company

For finest quality and flavor ask for:

Star Canned Meats, Star Ham and Bacon
Star Beef, Veal and Lamb, Star Sausages
Cloverbloom Poultry and Dairy Products.

—A TEN-MONTH MAP PROJECT

It's All-American



EVERETT A. GOWDY

THE son of a carpenter, my hobby is woodworking. My love for handling wood led me to make a mosaic or jigsaw map of the United States using the woods most representative of or common to the forty-eight states, and wherever possible the wood of the officially designated "state trees." It took 641 pieces for the top and 212 for the four legs and in the state list one tree was used four times, one three times, nine twice and the rest once each. On a five-ply plywood base I traced the map, then cut out each state from its particular wood and attached it with Cascamite. For a border, I used pieces of the state woods 2½″ x ¾″ arranged alphabetically clockwise around the map with Alabama in the upper left-hand corner. The whole thing is bound with alternating ⅛″ strips of black walnut and white wood and an outer ⅜″ black walnut strip. The oceans, lakes, and Gulf of Mexico are of alternate strips of red and white wood and the state capitals of ebony and mahogany turned up round on the lathe. When complete, the map was sanded at a local mill and where the jigsaw had not run true, filling in was done with Cascamite and whiting. Then the states were lettered with an electric pencil in gold, and the capitals, the bodies of water, and the bordering identification pieces in silver. Incidentally, Canada's provinces are all made of northern woods and the states of Mexico are made appropriately of various colorful tropical hard woods.

Two of the legs of the table (which are hinged so the map can be used as a wall piece, too) are made of alternating lengthwise strips of black walnut and white wood. The other two are built up of pieces left over from the states laid crosswise, alternating in color and grain and reinforced by two ¼″ steel rods that run the full length of the legs. To finish the table I used ten coats of diluted varnish, the first eight rubbed down with pumice stone and the last two with rotten-stone which brings out the natural colors and the beautiful grains of the wood.

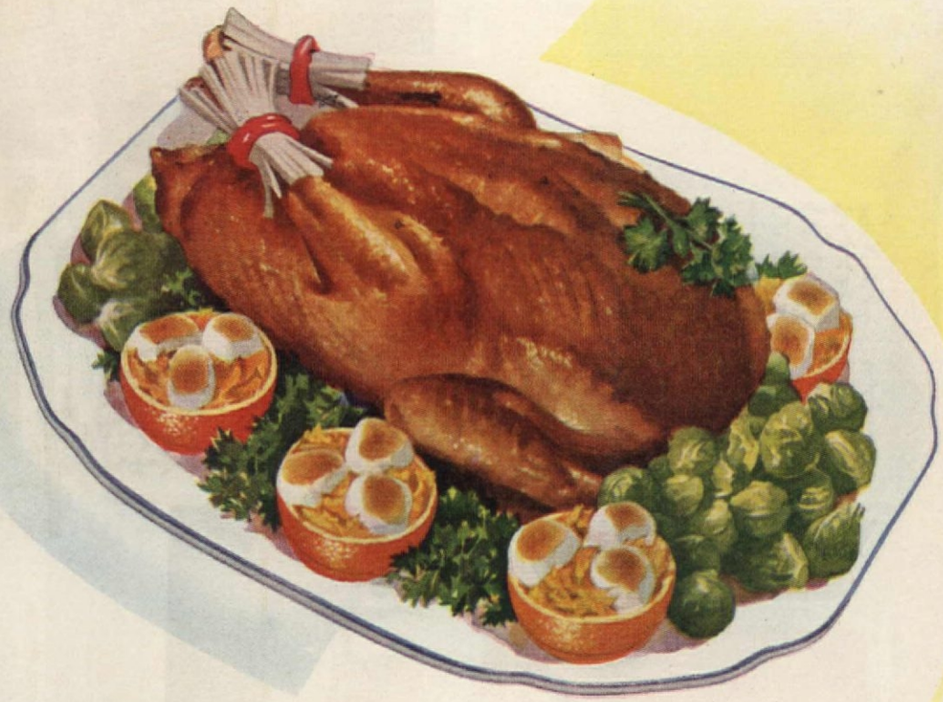
This map represents more than ten months or approximately 200 hours of spare time work, but the joy of accomplishment and the pleasure of giving it to my son and daughter made it all worth while. The map is my outstanding achievement and I don't believe there is another like it in the land.

Upon receipt of a 3-cent stamp we'll send you a list of woods with their corresponding states for your woodworking hobby. THE AMERICAN HOME, 444 Madison Avenue, N. Y., N. Y.

PRESENTING

The Beautiful Duckling

...TOAST OF THE TABLE



She always was one of the most popular of the smart Long Island set, but, since point rationing began, people everywhere are taking her up enthusiastically. Of course, she *is* a bit plump—but the Inner Man likes her that way. With a corsage of parsley on her oven-tanned bosom, she makes a pretty sight on the table. It is my privilege to introduce her, because, if I do say so myself, I enjoy the companionship and society of all fine dishes.

I, Budweiser, usher in the appetizers. My flavor brings out their flavors. I present the fish course to our host and see that the vegetables get a warm welcome along with the entree.

I can be at your service, too, at mealtimes. Just call for me. Even with a few simple sandwiches, I am always ready to demonstrate how I can make all foods taste better.

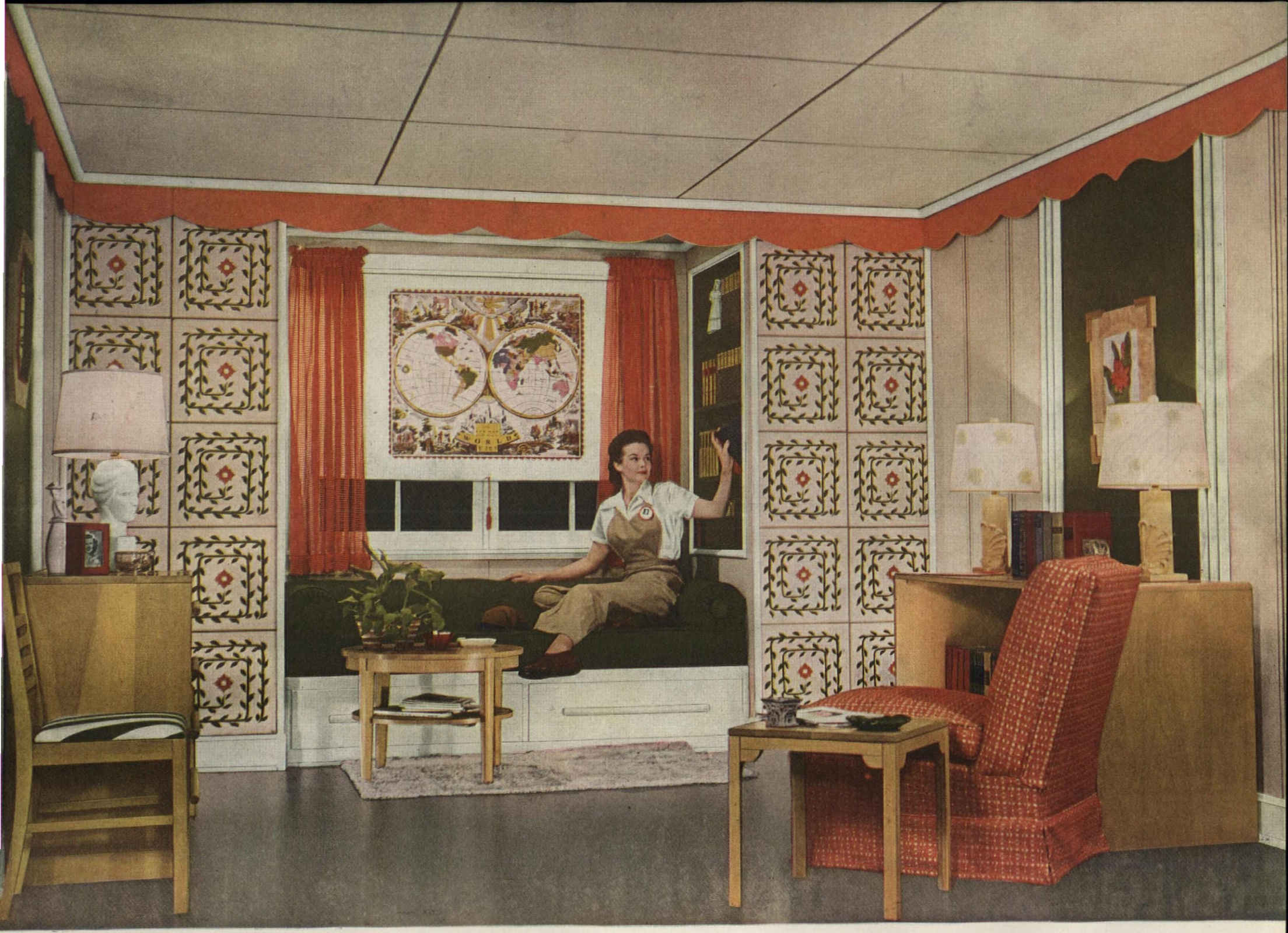
Budweiser

TRADE MARK REG. U. S. PAT. OFF.

Food's Favorite Companion

©1943

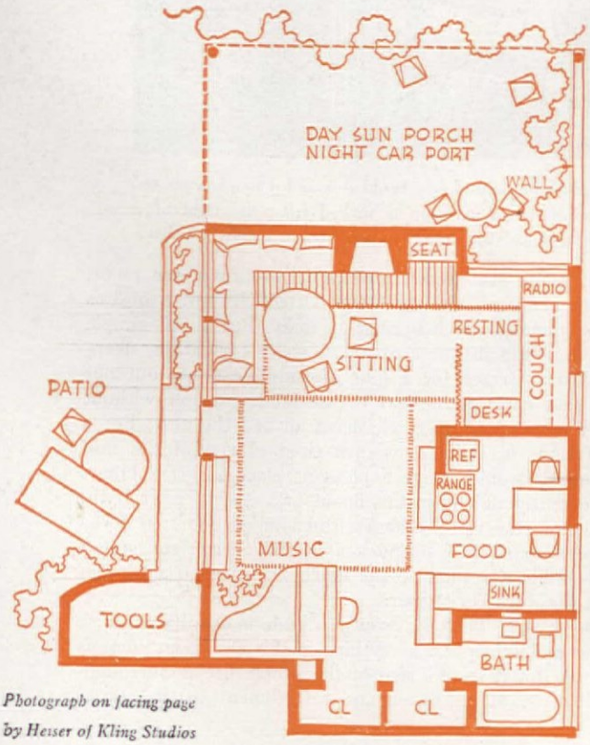
ANHEUSER-BUSCH • • • SAINT LOUIS



2 Solutions for MINIMUM HOUSEKEEPING, GRACIOUS SURROUNDINGS for BUSY PEOPLE!

IN A world at war, the order of the day is for simple living! That one can have gracious surroundings, and at the same time little maintenance expense and minimum housekeeping we hereby set out to prove.

The lovely room on your left is one done by the Celotex Corporation who wanted to do a cheerful, livable room for a warworker with a suggestive idea in mind that home owners in war production areas can re-do a spare or attic room in this manner. Ceiling and walls, based on a room 12′ x 16′ amounts to $60.50—(all Celotex products, of course!) The furniture purchased at Marshall Field & Co. unpainted, including the chest, 2 side chairs, coffee table, upholstered chair and end table, amounts to $94. The cost of finishing this in blonde color shown was $26. The twin lamps on the table are



Photograph on facing page by Heiser of Kling Studios

Photographs, Julius Shulman

The one-room home of Mr. and Mrs. Alfred Nederman
RICHARD NEUTRA, *Architect*

Built in couches, a single chair, a small coffee table, completely furnish fireplace end. Ivory white plaster walls are given contrast by natural brick of fireplace

Absent-ee-minded

How, you ask, can you be all-out for Victory on days like this . . . when you feel all in?

That's strange talk . . . coming from *you!* You who were so proud to carry the blow torch for Uncle Sam . . . first in your plant to sign the scroll pledging you'd *stay on the job.*

And now you're telling yourself that girls are different . . . and that one little layoff day won't matter. When you *know* that if it weren't for stay-at-homes, scores more ships . . . tanks . . . bombers would reach our boys!

That's how important it is to learn that loyalty never watches the clock . . . or the calendar! As Marge, your welder friend, said in the locker room—"When a girl takes over a man's work, it's up to her to see it through!"

And then didn't she say—"Trouble is, some girls *still* don't know what a big difference *real comfort* can make. The kind you get from Kotex sanitary napkins." Could be . . . she meant *you!*

Get Up and GO!

If *millions* can keep going in comfort *every* day, so can you! You'll understand why, when you discover that Kotex is made to stay soft while wearing . . . ever so different from pads that only feel soft at first touch. (None of that snowball sort of softness that packs hard under pressure!)

And to keep your secret *strictly* private . . . to give you confidence and poise . . . Kotex has flat pressed ends that don't show, because they're not stubby. Then, there's a special 4-ply safety center for added protection. So . . . it's not surprising that more girls choose Kotex than all other brands of pads put together! Don't you agree?

Then c'mon . . . hop into those victory togs and help your plant win that precious "E". You'll deserve an "E" of your own . . . for being an "Everydayer"!

Keep going in comfort -with Kotex!*

WHY WONDER about what to do and not to do on "Difficult" days? The bright little booklet "As One Girl To Another" gives you all the angles on activities, grooming, social contacts. Get *your* copy quick! It's FREE! Mail your name and address to P. O. Box 3434, Dept. AH-9, Chicago.

You can't be too careful! Fortunately there is a *sure way* to avoid offending. Just sprinkle QUEST, the Kotex Deodorant Powder, on your sanitary pad! Created expressly for this use, QUEST *destroys* odors completely—without retarding napkin absorbency.

(*T. M. Reg. U. S. Pat. Off.)

$3.95 each complete; the lamp on the chest is $4.50 complete. The Puerto Rican cotton rugs are $8.95 each. The map pasted on the shade is $3. The mirror, made especially, was only $6.50. The picture, also purchased at Field's, is $4.95. The upholstery materials and upholstering cost $56. Naturally, costs of labor, painting, etc., vary in different localities, but very definitely they have proved that a really good room can be done inexpensively. Our point in giving all prices is to prove just that, too! The room was designed by Howard W. Rapport, Art Director of The Celotex Corporation, Chicago, and Ivo Meucci, Consultant Decorator for The Celotex Corporation.

Closets at the far end of the room, a few shelves for books tucked into wall and plenty of room for the grand piano. A single reed chair and a low chest of drawers are all that is needed with the piano to make a charming furniture grouping

Come into the kitchen, hidden behind two bookcases and a bamboo screen! While the confusion of food preparation is tucked from the sight of a visitor, the kitchen worker can still enjoy conversation over low partition

ETHEL McCALL HEAD sends still another example to prove our point. "Obviously, the one room home of Mr. and Mrs. Alfred Nederman of Los Angeles is not the kind of home in which to raise a family. But in this simple rectangular room which combines in one area ample space for eating, sleeping, music and books, with a terrace for a spot of sunshine or an outdoor meal, it does provide an easy comfortable way of life for the couple without children, or for the older parents whose chicks have all fled the nest. For a pair of congenial men friends or business women tired of run of the mill apartments or hotel rooms, it would assure a pleasant place for free hours.

There are only three separate cubicles in this home, two closets and a bathroom which are shut off from the rest by honest-to-goodness doors. But the kitchen is alcoved and partitioned only by bookcases, so you can continue a conversation with friends while whipping up the lunch, or listen to a Chopin sonata while peeling the potatoes for dinner.

Straw rugs that can be washed with the hose . . . built in furniture . . . a spot for quickie meals in the kitchen . . . everything in this one room home is for comfort and economy! But it speaks also of the simple life in surroundings that give a large measure of relaxation and refreshment to the spirit!

How I Chased the "Dingy House" Blues 1 2 3

1 ***PUT UP JOB!*** IMAGINE LITTLE ME PAPERING THE LIVING, DINING AND BEDROOMS MYSELF IT WAS EASY - IT WAS FUN WITH AMAZING

TRIMZ Ready-Pasted Wallpaper

"Yes, I just dipped these washable, fade-proof rolls in water and put 'em up! Then I smoothed them over with a sponge and presto! In 20 minutes the paper was dry! A simple chart in the store showed me correct color combinations and how many boxes I needed (3 boxes are enough for the average room). The cost? As low as $1.98 per box, including borders. And $1.39 a box for ceiling paper!"

At Chain, Drug, Dept., and General Stores

Made by TRIMZ COMPANY, INC., 1008 So. Spaulding, Chicago

2 ***STAR BORDER!*** I SURE GAVE MY KITCHEN AND BATHROOM NEW GLAMOR WITH

TRIMZ Ready-Pasted Borders for Plain or Painted Walls

"Gracious! How these borders made my kitchen and bathroom walls sparkle! I just wet them, and put them up. I'm going to frame my living room windows with 'em, too. You can get them at your 5 & 10, department, or paint store—only 15c, 20c and 29c for 12-foot rolls—all washable, fade-proof and style-tested!" Get some, today!

Sole Distributors, MEYERCORD COMPANY
5327 West Lake Street, Chicago

3 ***HEAVEN SCENT!*** I GAVE MY CLOSETS AND DRESSER DRAWERS THE LOOK AND SMELL OF REAL CEDAR PANELING WITH SENSATIONAL

TRIMZ Ready-Pasted "Cedar Closet" Paper

"I've always wanted 'cedar closets' and now I've got 'em! This marvelous wallpaper contains *real* cedar wood, and has a true cedar grain pattern! And the cedar *scent*—that wonderfully clean, cedar smell—is right in it, too! I just wet it—and put it up in *all* my closets, including the inside of the doors! It's the finishing touch to the TRIMZ treatment that will cure *your* 'dingy house' blues, too!"

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Made by TRIMZ COMPANY
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I did it!...So anyone can do it! With new amazing

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TRADE MARK

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Ready-Pasted Borders *for Painted Walls*
Ready-Pasted "Cedar Closet" Paper

JUST WET 'EM—AND HANG 'EM

They're guaranteed to stick—or money back

IRON
Won't stick
THIS
Won't pull
EASY
It's sm-o-o-th
WAY

Get that yellow box at any of 275,000 grocery stores.

A lady writes: **"My first box of Quick Elastic—it is a pleasure to iron after using it! No bother of adding anything and my iron never sticks now."**

You can starch and iron your next basket of freshly washed things **quickly—easily—beautifully.** Get Quick Elastic and see. It makes sm-o-o-th hot starch . . . cooked and ready to use in 30 seconds. It penetrates, giving cottons, curtains, dresses, shirts a fresh, clean-smelling body and finish. And those gliders mixed in **powdered** Quick Elastic end sticking, pulling. . . . make your iron fairly glide along.

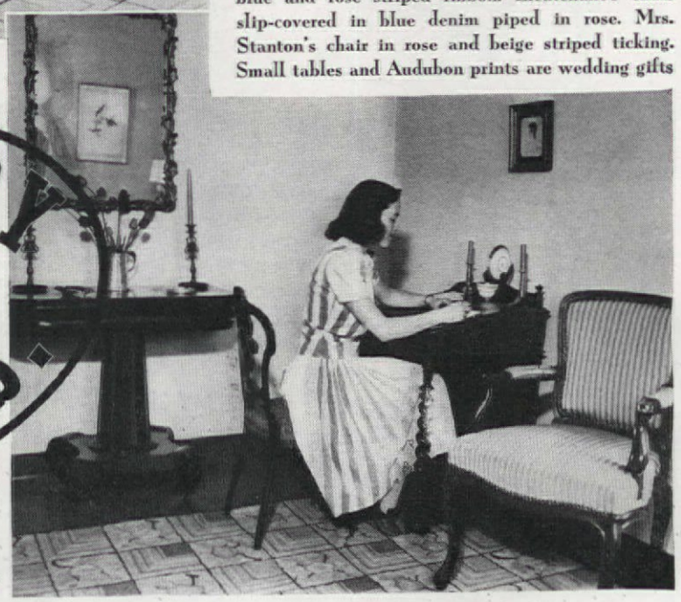
Why **stick** with the old kind any longer? For quick starching . . . sm-o-o-th ironing . . . join the thousands changing to this wonderful invention. Get Quick Elastic—**that quick starch.** One test convinces.

CHANGE NOW, TO QUICK-COOKED STARCH

First, cream a little Quick Elastic and cool water together.

Now, bring it to the hot point, cook it, by adding boiling water.

Walls, pale Rose tarleton curtains tied back with blue and rose striped ribbon. Lieutenant's chair slip-covered in blue denim piped in rose. Mrs. Stanton's chair in rose and beige striped ticking. Small tables and Audubon prints are wedding gifts



TEMPORARY HDQRS.

THE "HOME ON A DIME"

of Lieutenant and Mrs. James H. Stanton, Glencoe, Illinois. Story by RUTH W. LEE

WHEN Lucy Jane Keeler married Lieutenant Stanton a few months ago, she knew she would be lucky to have even a few months with her navy husband. He is stationed temporarily at Great Lakes Naval Training Station and is able to come home every night and Sunday. They therefore wanted a real home, however temporarily it might be occupied.

They ran into the prevailing housing shortage and not until after days of searching in every village within a radius of ten miles did they happen upon a tiny cottage at the back of a large estate in Glencoe, which was closed for the duration. It had been the chauffeur's quarters and it was in a sadly neglected condition, but it was far from hopeless.

They quickly saw its possibilities, rented it, and went to work. Because they knew it was temporary, they did not want to spend any money on it. By dint of much

scrubbing and scraping, they converted the place into a livable four-room home. Then they ransacked their family attics and gathered a few comfortable chairs, sofas, chests, tables, and a bed. They found enough to furnish their living room, combination dining-study and bedroom. The tiny kitchen and bath needed very little added equipment.

Lieutenant Stanton's parents had recently closed their oversized country house and built a one-story, informal kind of small house, which they decorated with fresh lovely chintzes and wallpapers. By using tag ends and panels of wall papers from his parents' new home, Lt. Stanton highlighted each room of their four-room cottage. Odds and ends of material were used to slipcover old chairs, garnered from the attic. They bought colorful tarleton, which they used for curtains, tied back with gay ribbons. A few delightful wedding gifts provided all the accessories which each room required. The result is a home which any young couple would love to move into tomorrow.

They like to say they did it all "on a dime." It is true that what they spent was mighty little and most of that was invested at the dime store. But they combined a lot of hard work, including papering and painting the walls, with plenty of ingenuity. They were lucky to have family attics bursting with lovely old chests, tables, and chairs. They were even more fortunate to have wedding gifts which added all the pleasant touches to each room. To assemble their attic antiques appropriately in each small room and to give them a face-lifting with fresh slipcovers shows a real gift for home-making. Because a naval lieutenant never knows how long he will be stationed at Great Lakes, they did not want to spend any great amount of money on temporary quarters. For all that, they have a delightful home to enjoy for as long as they may, thanks to the fun and the work they have put into it. Whatever the future may hold in the way of changes which may have to be made to other locations, for the present one young couple can start their life together in the normal background to which they have been accustomed, and which may continue to exist as a pleasant memory long after it has served the purpose for which the setting was so admirably designed.

The gayest room is the bedroom, thanks to the morning glory wallpaper. They had only enough for two walls, painted the other two a soft sky blue. Curtains tied back with garlands of dime store red carnations. Crocheted bedspread is a treasure of Mrs. Stanton's, made when she was a baby by her childhood nurse

"Room for your bride, son? we'll make a room for her!

That's easy to do with BESTWALL

● If you haven't a spare room, it's simple enough to make one with Bestwall Gypsum Wallboard. Knock out a partition here, add one there—or finish off an attic . . . and there you are! Adding an attractive room for your son's war bride, or to ease the housing shortage for war workers is *both* patriotic and practical! And that's easy with Bestwall . . . for it comes in big, speedily-applied panels made of fireproof gypsum! Its recessed edges form smooth, "seamless" walls and ceilings. It's the way to make new, *permanent* walls, or repairs to old ones, at minimum expense. There's plenty of Bestwall available, too.

From this . . . To THIS . . .

FREE BOOKLET! *How to turn* waste space *into* useful rooms *with Bestwall. Write to Dept. B-4, Certain-teed Products Corp., 120 S. LaSalle Street, Chicago, Ill.*

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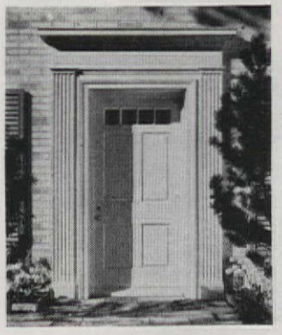
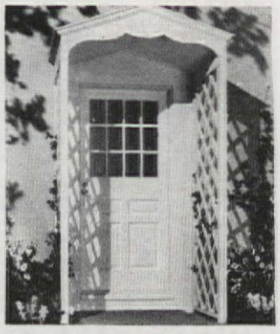
Have FUN choosing woodwork for your home-to-be!

To its famous line of beautiful woodwork, Curtis has added many new designs—all authentic in styling—*all low in cost*—and all built with the sturdy construction features which have always distinguished Curtis Woodwork. It's fun to choose . . . when you choose Curtis!



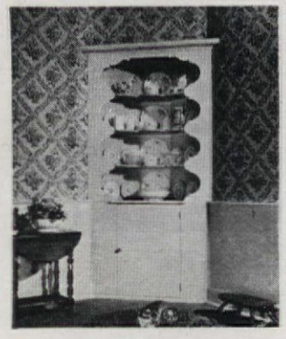
Is it simple dignity you want? Here's a Curtis low cost stock entrance that will add good taste to any home.



Or here is the entrance for that vine-covered cottage of your dreams! A famous architect created it for Curtis.

Picture it as the focal point in a gracious living room. Notice the fine detail. Remember, this is Curtis *stock woodwork*—low in cost.

—Or perhaps you want a mantel that suggests Early American tradition. Here it is—the famous Webb-Wells Mantel by Curtis.



This Curtis china closet has all the dignity and charm of old-time hospitality! Ideal for a small room. One of numerous designs by Curtis.

Have you always wanted a beautiful, graceful front stairway? With Curtis stock stair parts, you'll find it within your budget.

Curtis has added many new stock woodwork designs . . . all low or moderate in cost . . . all made of enduring Ponderosa Pine. Have fun choosing—now! Send for the Curtis Woodwork book of ideas on making your postwar home more attractive and livable.

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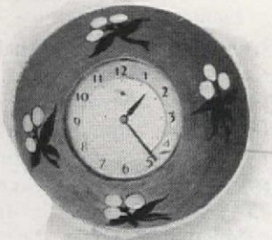
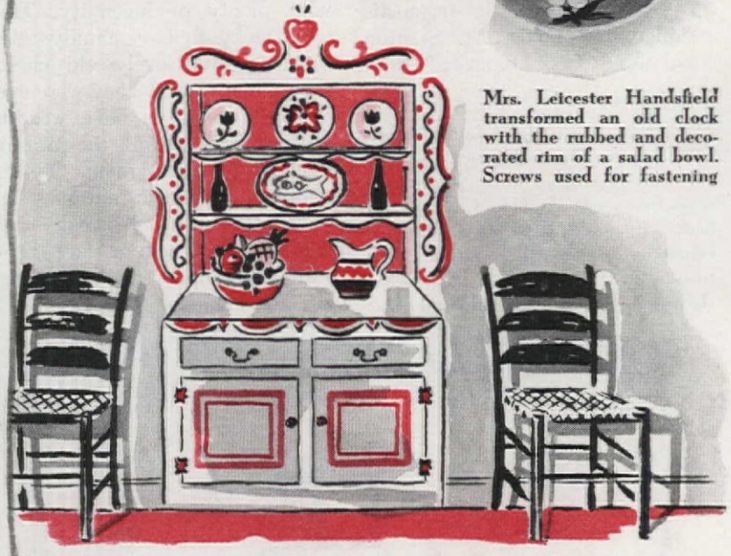
Smart Decorating

Even the old familiar fluted cake tin can become quite smart and glamorous when it is filled with colorful fruit for decoration. Mercedes Cooper's idea

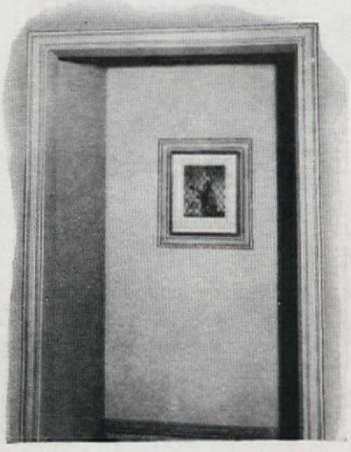


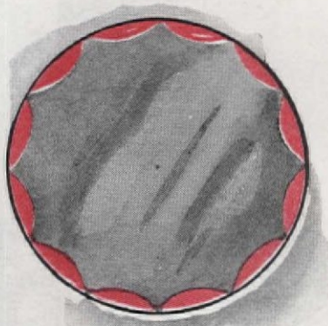
Mrs. Leicester Handsfield transformed an old clock with the rubbed and decorated rim of a salad bowl. Screws used for fastening



Pastel shades and a brush wielded by Mrs. Edward Carter created this fantastic cupboard to ornament the wall of an otherwise commonplace breakfast nook arrangement

Sketches by Isabelle Vaughan

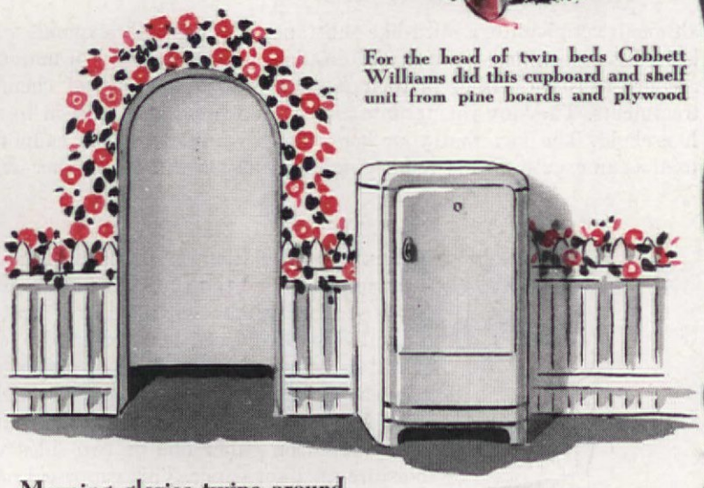




Twin borders: Matching doorway and picture by Trimz. Rosemary Christ ornaments her damaged mirror with paint and cut-out motif from wallpaper. Isabelle Vaughan rescues hand mirror with "decal"

Tricks for Renters

For the head of twin beds Cobbett Williams did this cupboard and shelf unit from pine boards and plywood



Morning glories twine around the door from the paint brush of Mrs. Edward Carter, who uses souvenir table mats with painted frames in a wall decoration

Clambering morning glories and a gauze ruffle frame a window of bright ornaments

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Imagine it! Incendiary bombs, Army and Navy flares, explosives, and tank parts being made by a wallpaper company! *But that's our job for Uncle Sam . . . and, for outstanding merit in war production, the employees of United Wall Paper Factories have been awarded the Army-Navy "E" for excellence!*

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THIS IS A CIVILIAN'S WAR TOO!

ARE YOU DOING YOUR FULL SHARE TO COMBAT THE FUEL SHORTAGE?

WE ON the Home Front have our own weapons of war—weapons that can help enormously in bringing early defeat to the enemy. Today our country faces an acute fuel shortage. Every effort must be made to conserve this vital material. Last winter many of us were caught unprepared—war and its privations were still unreal to us. Consequently our homes were uncomfortable places, full of chills and dangerous drafts. Let's not repeat this experience. Even though your allotment of fuel may be less than last year's, homes can be made snug and warm if proper steps are taken NOW! Protect your family's health—and at the same time perform an important patriotic duty. See that your house is properly insulated. Good insulation—and we mean GOOD insulation—has never been a luxury. On the contrary, it will bring about a fuel saving of 40% in the average home. Therefore, the initial cost is negligible when considering the benefits gained. But, remember, no job is better than the material used and its proper installation. Don't rush in blindly—consult a reputable dealer, get his advice. Houses vary in size and design—geographic location makes a great deal of difference in the type of job required. If there's a labor shortage in your locality, don't let it act as a deterrent—many forms of insulation can be installed today by the layman. Theoretically the best way to insulate your home would be to surround it completely with a vacuum. With but a smattering of high school physics, most of us realize that this is impossible. Well, the most practical substitute is dead air space. Except for reflective metallic insulation, discussed later, dead air space is the barrier to heat transference most generally used commercially today.

WELL, let's see how this dead air barrier works. Would we go out during a blizzard in a linen coat? Of course not. We'd select wool for this job and for a very logical reason. Because of its loosely woven character and because the physical quality of the yarn used keeps it from becoming easily crushed, small air cells are created in the fabric performing the same job that good insulation does. Our body heat is retained within the coat and we feel warm and comfortable. There is the performance of most insulation in a nutshell. Since the air space in an uninsulated house cannot truthfully be called "dead," heat is dissipated through the walls by radiation. During winter months the amount of heat loss through the average stud wall may run as high as 60% while 40% finds escape through the roof. During summer months, these figures are reversed. In other words, walls and roofs that are unprotected act as veritable sieves. Think of the extra fuel burned to overcome these losses! Today when every ounce of fuel must do double duty, a stop *must* be put on such extravagances. It is within our power to do so right now! First let's see just what types of insulation are available. Grouped generally there are three types—fill, rigid, and flexible. Dry fill is the form of insulation most commonly used in existing buildings where access to stud spaces is difficult. Access to the walls is usually from the outside and does not entail too much labor. After removing small areas of shingle, clapboard or even brick, the insulating matter is blown into the wall areas. Where access to attic floor areas is a much easier proposition, the fill is poured into place by hand. Powdered, granulated or shredded forms of mineral or fiber products are most commonly used,

—HOME INSULATION WILL HELP BUT YOU MUST ACT QUICKLY

although vermiculite, a mica-like substance which greatly expands when heated is a popular type of dry fill insulation. The majority of materials are fire resistant, either in their natural form or because of chemical treatments. They are rot, termite and vermin proof also, a boon to any household. The fact that your house has no insulation now cannot be used as an excuse for not remedying the situation without further delay.

FLEXIBLE insulation is perhaps the most commonly used type in home construction. Its loose density makes it ideal as a heat retardant. Usually placed between studs, joists or rafters, it is extremely light in weight and very easily installed. Today, most flexible insulation comes in the form of batts or in blankets covered on either one or two sides with moisture resistant paper. This vaporseal paper does wonders in reducing condensation on the inside face of exterior walls. Condensation can be most destructive. Caused by warm, heavily water-laden air escaping through outside walls and coming in contact with the cold outside air it may well cause cracking plaster and paint. However, though moisture resistant paper will go a long way towards correcting this condition, keep a weather eye on the humidity in your house. Relative humidity should never run over 40% during normal weather and never more than 20% when outside temperatures are freezing. The basic material used in flexible insulation are mineral wools which include rock, slag and glass wool; wood fibre, animal hair, cork, sundry vegetable fibers and cotton. It may be purchased in a number of thicknesses and widths, designed to meet every condition in the average home. Most are fire-resistant, decay and termite proof. Make certain the one you install has proven its worth—make each penny count!

RIGID insulation should never be confused with wallboard. The latter, more densely manufactured, offers none of the air cell barriers so essential to proper insulation. Though the more loosely designed insulating boards are not quite as efficient as most other types of insulation, due to their rigidity, they serve a definite purpose and are most effective when used in combination with either fill or one of the flexible types. The boards come in a number of thicknesses and in convenient widths, usually 4′0″. They are most adaptable and easily installed. Materials used are wood or vegetable fiber with cement, gypsum or resin binders. For interior partition work, blocks 3″ thick may be obtained. Because of its strength insulation board is often used as sheathing, many having vapor seal coverings to ward off condensation and dampness. Most of the boards come already

Warm—Patriotic

Another cold winter lies before us—be prepared—guard your family's health; insulate your home now!

prepared to take a plaster finish; others, because of their decorative appearance can be used "as is." Because of their acoustical properties, this type of board is a great boon in kitchens and nurseries where quiet is of prime value. Unused attic spaces may be readily turned into comfortable, attractive living quarters with the aid of rigid insulation, enlarging your house without the expense of extensive alteration.

OPERATING on a very different principle are the metal reflective types of home insulation. Because a great percentage of escaping heat is radiant heat, the bright metallic surfaces of thin sheets of metal or metal foil is efficient in reflecting back and therefore conserving this form of heat. Put it to a test. Place a shiny metallic surface within a quarter inch of your face. In a short time you'll begin to feel the warmth reflected back at you. Of course, most of the materials going into the manufacture of reflective insulation have gone to war. Still, no discussion of home insulation would be complete without its mention. Perhaps some form of reflective insulation will be back with us again soon. Investigate. In the past it has taken various forms—thin metal sheets, foil, plain and crumpled and even paper coated with metal on one or two sides. Coming in convenient widths it is easy to install between studs. It's especially effective in roof construction because the sun's heat is radiant. Reflectivity is not impaired by the gathering of thin coats of dust; some efficiency is lost, however, when lacquers are applied to the surface. Shiny metal sheets behind radiators will increase their efficiency greatly—easy to install and they are good fuel savers!

NOW for some general rules. First of all, no matter what type of insulation you use, always provide for cross ventilation above the insulation in an attic space. This helps dampness to escape and dissipates any concentrated heat or cold that may gather in that area. Insulation can be likened to a blanket covering your house—place it in all outside walls and over all occupied or used attic areas. Here it is most effective and economical. Also don't let insulation carry the entire burden of fuel conservation—it will do more than its share but please help it along. Use storm sash at every exterior door and window—use weatherstripping, there are many kinds on the market including felt, new weatherstrip plastic tape, and the metal variety which has permanence as a very important asset; caulk around all exterior cracks, anywhere the cold winter drafts may find entrance to your home; keep your shades drawn—cold glass areas eat up a great amount of your heat; every night shut off your bedroom radiators, close each bedroom door and, as a special precaution, weatherstrip the doors. Just use common sense—your heat will try to escape at every opportunity—Jack Frost will try to get in—SO plan your own battle strategy, right in your own home. Fuel must be conserved at all cost—do your share—we're certain that our fighting forces scattered throughout the world will offer their blessings if you do. Plan your line of action—RIGHT NOW!

"War Casualty? Not my house!"

Don't let your home be a war casualty for lack of a coat of paint! The F. H. A. says, "You have a responsibility to keep property in good repair... one way is not to neglect necessary painting!"

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Because this *is* a war year, you have greater responsibility to take care of your possessions... to make them last. Eagle White Lead, one of the most durable and foolproof paints known, has protected American homes through 100 years and four other wars, and we recommend that you use it during this one.

Especially as this famous formulation of *pure* white lead in *pure* linseed oil has not been penalized by substitutions or replacements. This century-old paint with the beautiful finish that laughs at weather and wears like elephant hide is still available, too, in adequate quantities.

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Eagle White Lead anchors deeply into the surface, ages slowly and evenly, preparing itself for eventual repainting. It is sold by the pound—not the gallon. $2.67 per gallon of finish coat is the average national cost of Eagle White Lead in oil. (In your community it may even be less.) Contact a good painter, specify Eagle White Lead—and be money ahead!

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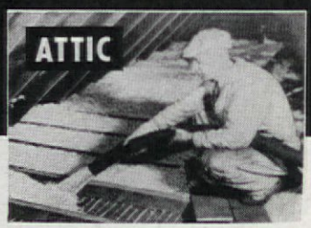

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After the war you can be first in your community to build the carefully planned, charming, firesafe home you've always wanted. Indications are that there will be a rush to build homes when war restrictions are lifted.

Here's how to get a postwar priority on a low annual cost concrete house so you'll not have to wait.

Buy and keep all the War Savings Bonds you can possibly afford. They will help to finance your home.

Have an architect prepare your plans and specifications NOW. This will save time. Then arrange with a concrete builder to put you on his postwar preferred list.

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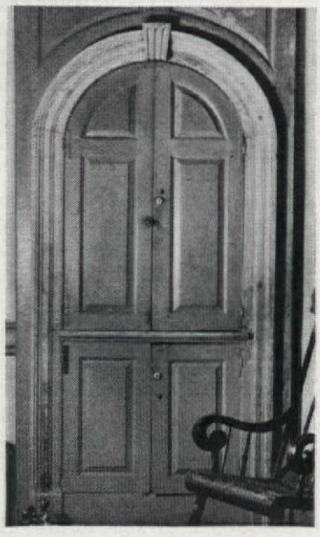
Photographs, Margaret E. Prusatis



Bugaboos Begone!

—or how one woman and two boys restored their haven in the country without benefit of hired labor

ANN KILBORN COLE

AMONG the several bugaboos that seem to be holding back those of my friends who are yearning to escape to the peace and security of a country home are two: Priorities and Scarcity of Labor. "If we did find a place we like," they will argue, "how would we ever be able to do any remodeling in wartime?"

Now while materials and labor for extensive remodeling and modernizing are scarce, this should not restrain anyone from picking up that "little gem of a house nestling 'neath century-old shade" as the ads like to put it. Until you try, you have no idea how much you can do yourself, nor how much native material lies close at hand to supplant the more modern equipment absorbed by the defense industries. In fact, you may find it a lot easier to make a staunch old house livable than to build or buy a new one, but make certain that it is structurally sound, as no amount of money or effort can redeem defective construction. Given sound foundations and walls, however, it is amazing how much rejuvenation can be done to a place just by slicking up and needed repair work alone.

I know because in the last ten years my two boys—now in their late teens—and I have "fixed up" four old country houses without benefit of professional help. The first three places we rented for summer week-ends and vacations, the fourth we bought for a home. Naturally the more permanent work has been done on the last house, but we have learned a lot from all four, from using a brace and bit to laying a dry stone wall. We started it for fun and we are ending up doing our own work as a part of wartime necessity.

The first stage in this amateur face-lifting is the clean-up—and if you think this is not important just try and see what carting away a few loads of trash, trimming the grass and shrubs, removing old posts and sagging fences, washing windows, delineating old driveways and paths, and a general housecleaning will do. "Why," you think, "the old place doesn't look bad just as it is!" and then you

PICTURE OF A MAN LOOKING INTO THE FUTURE

ROW UPON ROW of bassinets—and a nurse holding up a baby. *The* baby!

But Dad sees much more than just a newborn son. He sees a long future stretching far ahead . . . a future of good companionship and good fun . . . of kite flying . . . of camping trips . . . of electric trains . . . a thousand confidences to be shared.

Yes, being a father is a big job—with a big future. And that future is by far the most important thing in the world. In the years to come, that little tot in the nurse's arms will look toward you, depend on you. Don't let him down, Dad—the future belongs to those who prepare for it.

* * *

Today, just as it has been since the year 1875, The Prudential's business is with the future—*your* family's future, and that of some 8,000,000 other American families. Our job is to help make those tomorrows safe and secure—and to make *today* happier by giving you the peace of mind that wisely bought life insurance can bring.

Your friendly Prudential agent is always ready to help you. He is one of your neighbors you ought to know well.

BUY WAR SAVINGS STAMPS
FROM YOUR PRUDENTIAL AGENT

The PRUDENTIAL

INSURANCE COMPANY OF AMERICA

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HOME OFFICE: NEWARK, NEW JERSEY

THE FUTURE BELONGS TO THOSE WHO PREPARE FOR IT

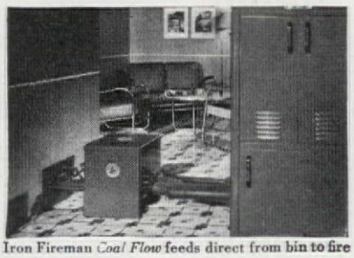
War bonds help your country now... they will help your country and you when peace comes

NO ONE knows how long this war will last... but we do know that purchase of war bonds will hasten victory.

When the warmth of peace flows over the world again, owners of war bonds will open up a reservoir of buying power that will keep our factories running to supply them with the things they had to do without for the duration. Why not plan now how that money will be spent?

Earmark bonds now for an Iron Fireman automatic stoker. Iron Fireman firing provides a steady flow of mellow warmth and extracts the maximum heat from every pound of coal—America's plentiful fuel. Present research and developments by Iron Fireman engineers promise even better heating from coal after the war.

Production of Iron Fireman stokers is restricted now to models for commercial buildings and industrial plants. But plan *today*—with bonds—to enjoy the comfort and economy of Iron Fireman when this restriction is lifted. Iron Fireman Manufacturing Co., 3631 W. 106th St., Cleveland 11, Ohio. Plants at Portland, Ore.; Cleveland; Toronto.



Iron Fireman *Coal Flow* feeds direct from bin to fire

THE MACHINE THAT MADE COAL AN AUTOMATIC FUEL

THE IRON FIREMAN

IRON FIREMAN

AUTOMATIC COAL STOKERS

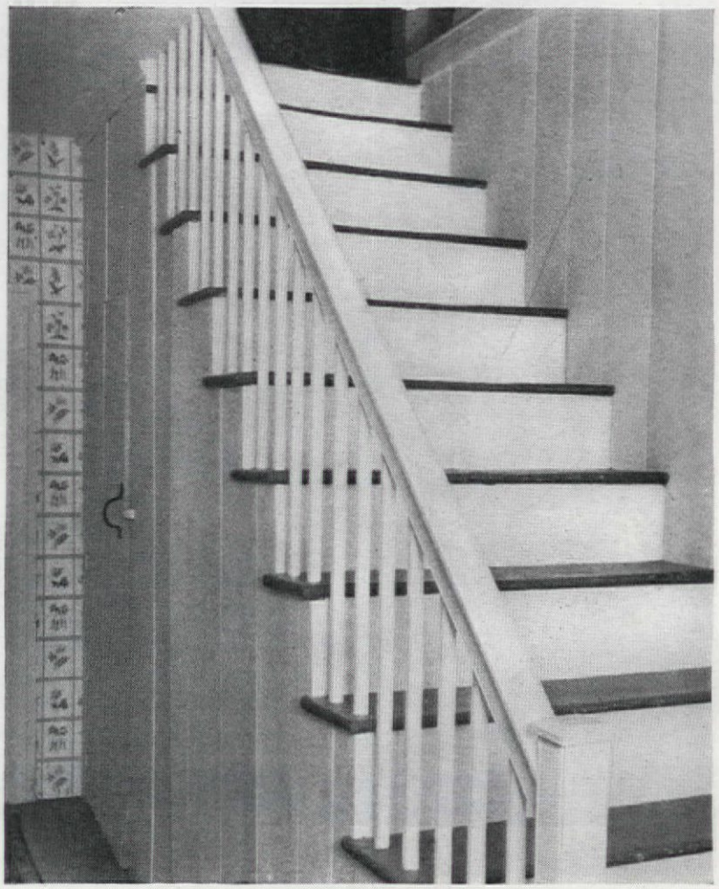
immediately scratch a few items from your remodeling estimate. For the beginner without the professional's long view this first step is a hard one and really important.

Next come repairs, the things you would do to any house, the jobs that can't wait, broken window-panes, missing slats, loose shingles, falling plaster, the rat-holes—ah yes, the rat-holes! They have probably been covered with pieces cut from old tin cans, efficient but not beautiful. Your modern equipment for food storage will not encourage rats so you can fill these holes substantially. Plug them first with wood. I've done it by sawing inch-thick blocks from seasoned tree branches of the right diameter and forcing them in with a hammer. Then I finish off if necessary with faithful plastic wood.

What a boon to the amateur those plastics are, especially now in the face of priorities! The stained wood and crack fillers, the plasters, the cements and the new putties that will even stick to stone —I have them all on my workshop shelf. After trial and error I have learned to use them very professionally. To keep them from shrinking and not sticking, the main thing to remember is to have the hole or crack well soaked with water, shellac or paint according to the material of the filler. Newspapers which have soaked can be used to fill cracks or small holes and when the pulp is hard, I finish off with a better filler. It's an old country trick but it still works well. Grandma was pretty clever.

Another trick that I am proud of I discovered when I tried to fill a hole in an old wainscoting. There was nothing back of the panel to hold the filler that I wanted to use. What to do? If I removed the panel I would get into trouble—you always do in an old house. So I hunted up a scrap of old, wire window-screening and crushed it into the hole. There was enough spring to hold it from slipping back of the paneling, and it made a fine base for the plastic wood modeling. Tricky but workable!

When the house is clean and in good repair comes the "slicking up," the first modernizing touch, the painting, papering, conditioning floors, opening of fireplaces, building of closets and cupboards, making window-sash uniform, tear-



This graceful stairway emerged as the result of very little expense and effort required to open the original boxed in stair, and the change improved the center hall tremendously

Tomorrow's Homes
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HOMES

ANY SIZE – ANY TYPE
– ANYWHERE

YOUR SAVINGS IN WAR BONDS CAN BUY YOUR HOMASOTE HOME

Today, we're filling war orders. Tomorrow—we'll have an important announcement for home owners. May we put you on our mailing list?

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TRENTON, N. J.

PRATT & LAMBERT-INC. • BUFFALO, N.Y.

ing off gingerbread. So far the lines of the house are unchanged, nothing added, nothing torn down. At this stage you may yearn to put in a bath or heating system and here is where you may bump up against your bugaboos. But don't forget the second-hand market and house-wrecking concerns when you go shopping for fixtures. In the country you may find a local handy man will be all you may need to lay the few necessary pipes for a sink or downstairs bathroom, while a pipeless heater or big comfy wood-burning stoves may turn the trick for the duration. One family I know has rigged up an ingenious bath in an enclosed end of a porch. The second-hand tub drains through terra cotta pipes to a distant cesspool, and is filled with a hose attached to the kitchen faucet located close by.

We were fortunate in having furnace, bath, and electricity in the house we bought, for with these comforts assured a halt can be called on the less necessary work for years. That is what we did. We moved in and lived in the place and our more drastic remodeling is still to come. And we won't make mistakes by waiting. In fact, it is a good axiom to lay down for all home remodelers: *Live in the house first.* Your ideas change. What you thought essentials may not be necessary at all. What you called an "eyesore" may turn out to fit into the picture far better than a too-modern improvement. We know because we did it.

Paint plays a big role in the slicking-up stage. The paint dealer tells me there will be enough paint, and that colors will run fairly numerous. I use the best paint I can get. It pays because it not only lasts longer but covers better, an item for the amateur to remember. Semi-gloss seems to work best for woodwork, and a hard-surface paint for my floors. The man where I buy my paint taught me a trick for old floors. For a first filling coat I use this same paint thinned down considerably with turpentine. This stains as it fills. For walls I do swear by the new casein paints as they will go over almost anything, old lime, plaster, wood, and even over old wallpaper.

As with paint, so with tools, I believe when I am doing my own work I should buy the best. There will be some priorities on tools this year. You may not be able to get just what you want. But what about borrowing? And lending? It is a good old country habit anyway. I'd suggest a survey of the neighborhood. Most farmers have

IS YOUR HOME READY FOR WINTER?

An Important Message about Johns-Manville Home Insulation

JM PRODUCTS

AUTHORITIES WARN that fuel of all kinds for home heating will be scarce this winter. In order to make the fuel that is available go as far as possible and keep warm, too, we must make our homes heat-tight. And the government recommends home insulation as the first step.

With the heating season "just around the corner," home owners who have not yet ordered Johns-Manville Rock Wool Home Insulation are urged to do so *now* if they want to enjoy all its benefits this winter—*including cutting fuel consumption up to 30%!*

Last year, the demand for J-M Home Insulation was so heavy, many families who failed to place their orders until late in the fall suffered because their insulation could not be installed until after cold weather had set in. Johns-Manville warns that those who delay ordering now run the same risk.

The demand for Johns-Manville Insulation is greater than ever

Despite the fact that our factories have been working seven days a week, 24 hours a day, the demand from home owners for J-M Rock Wool Insulation has been so heavy we have not been able to build up a reserve supply.

In addition, J-M Rock Wool is constantly needed for such war uses as: barracks, hospitals and other structures at military bases; refrigerators for food transportation and storage; insulating blankets for army field kitchens; crew quarters aboard ships . . . etc.

Prepare for next winter . . . NOW

Please don't delay in placing your order. This will help us to *help you* before cold weather really starts. We can assure you that *the sooner you order J-M Rock Wool Home Insulation, the more certain you can be that your home will be insulated before winter comes.*

The coupon below will bring you promptly the facts about Johns-Manville Home Insulation.

Johns-Manville, Dept. AH-A9
22 East 40th St., New York 16, N. Y.

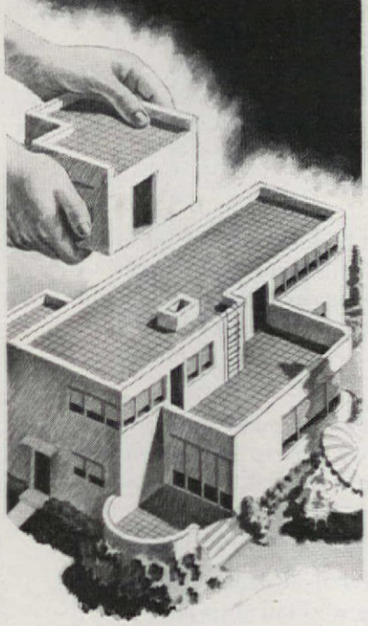
Without obligation, I would like a copy of your Home Insulation Book and a free estimate from your nearest representative on the cost of insulating my house.

Name_____

Address_____ **Phone**_____

City_____ **State**_____

There's a GREAT DAY COMING!



Your post-war home will know no bounds

That tomorrow's home will be scientifically lighted, dustless, draftless, and air-and-sound-conditioned, now seems inevitable to many authorities. But its greatest contribution to better living will, they predict, come from its *structural flexibility*. Literally, it will know no bounds!

Many architects agree that the only fixed unit of this home will be a central control room, or "power-house". Around it can be built as many rooms of varying dimensions as you desire—each chosen from your dealer's stock of pre-fabricated sections that permit a wide variance in individual home design. Extra rooms may easily be added any time your family's growth or desires dictate.

The interior of this home will be amazingly adaptable, too. Walls and partitions may be moved at will. One room may be made into two, or two into one . . . or the side of your house opened to the garden . . . quickly and easily.

Naturally, this post-war home will require comfort and convenience equipment in keeping with its functional modernity. Delco Appliance will provide it, once peace comes. Until then, *"Victory Is Our Business"*.

Delco Appliances include Automatic Delco-Heat (oil-coal-gas), Delco Water Systems, Delco-Light Power Plants and Delco-Light Batteries.

DELCO APPLIANCE

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DIVISION of GENERAL MOTORS

During War or Peace DELCO APPLIANCES *Do the Job Better*

a good tool collection and if you have something to offer in return, will gladly lend what they have. Tools will go astray. To mark them *indelibly*, we burn our name in the handles. Visit the country sales if you need tools. Nails will be scarce too. But did you know that your local blacksmith can make nails for you from old iron? They will be quite super in your old house too. It may also be possible to rent certain tools from your local hardware shop, such things as sanders, for instance. It will cost about ten dollars to sand a medium-sized floor for oiling and waxing. And while you have it in the house you may wish to sand down a few old boards for those book-shelves or cupboards you are going to put up, or to take the paint off those cupboard doors down to the mellow old wood.

This paint-removing job is something to reckon with. We have tried everything, for under three and four layers of paint lies two-hundred-year-old pine to be brought to life. We have found patient scraping and sanding best in the long run, and many a winter evening while the fire crackles and the smell of apples and popcorn lingers in the study, one of the boys will take up a scraper and say, "Well, I think I'll tackle that panel tonight for some pastime."

Mending old pine should be done with old wood if possible. A board from the attic floor or the barn bin will often match up. A pipe-hole which desecrated the thirty-inch panel over our dining-room fireplace was mended with —guess what? A piece of thin old pine from an antique trunk tray, the grain matching like a jigsaw puzzle. In our house we save old wood as some people would save old silver. But don't get too discouraged if your new pine does not match the old. New wood will darken with exposure in time. A good stain that approximates old pine can be made from a solution of permanganate of potash crystals. It will be a bright purple, but it will scorch the pine to a dull brown, the depth depending upon the strength of your solution.

When you do your own work you will find your local mills and shops a great help. I was amazed to see how much could be done at the lumber mill. We decided to open the stairs that ran up from our lovely center hall. They were boxed in with a door at the second step, which gave me claustrophobia not to mention aesthetic jitters. We took off the random-width side paneling, juggled it around to get

Plan a more beautiful postwar living room with this 32-page IDEA BOOK!

Yes, this 32-page idea-packed booklet, "The New Open House," shows how to put more beauty, more convenience, into your postwar living room—and into every other room as well! It shows you how to judge a home by its pine woodwork—how to get more value with doors, windows and woodwork of durable, toxic-treated Ponderosa Pine. With dozens of illustrations and diagrams, it helps you work wonders with wood—the ideal post-war building material.

Here are some of the subjects covered in "The New Open House"—

- **How to plan for doors that save steps**
- **How to get more cheer into the dining room**
- **Better planned bedrooms and bathrooms**
- **Adding more charm to kitchen efficiency**
- **Planning "double duty" rooms**
- **Basement and attic rooms**
- **Saving fuel with the right doors and windows**

Ponderosa Pine WOODWORK

SEND ONLY TEN CENTS FOR THIS STOREHOUSE OF IDEAS

If you plan to build a new home or remodel your present one in the postwar period, "The New Open House" is a must. *Only ten cents brings you this source of inspiration and ideas. Mail the coupon.*

PONDEROSA PINE WOODWORK
Dept. YA-9, 111 W. Washington St.
Chicago 2, Illinois

Please send me a copy of *"The New Open House."* I enclose 10c.

Name.....

Address.....

City.....*State*.....

two wide boards through which a battened cellar-door could be cut at the back, and had the mill make the simple grooved spindles, newel-post, and graceful handrail all copied from a house of the same vintage in the neighborhood.

The local blacksmith has been a great help too. He has restored old hinges and latches, has made various fixtures from such things as old wagon-wheel rims, auto scrap, and other such bits which the plow and lawn-mower turn up around any old farm. One trick I employ is to use a new hinge, and then quite close to it on the outside of the door, screw on the strap of an old hinge finally giving it all a coat of new flat black.

When I heard the local paper-hanger was a woman I decided what she could do I could too. Knowing the hitch would be the ceilings, I painted them white with casein paint and papered the side walls, not too hard even for an amateur. Ready-mixed paste containing a little glue makes the paper stick even to old walls. If the plaster has never been sized—and usually it has not—do it first, by all means, using a powdered glue size to be bought in any hardware store. Here is a *must*.

This year we plan to shingle our own roof. The boys learned the trick last year, experimenting on the roof of a small tool-shed. We are also going to make our own stone terrace, to replace our rotting front porch floor, taking lessons from some friends over the hill whose progress we watched last summer. Our dry stone facing has been laid all winter and filled with dirt to settle well. We shall add the winter collection of cinders, then the concrete, poured in small sections, and then our collection of flat field stones which we have been saving like dollars in the bank towards this latest feat. We know we shall have to make a pattern of the stones before we mix and pour the concrete, because there can be no hesitating then. It will be like putting together a big jig-saw. We have had some experience because we laid a new raised hearth in fire-proof cement so our largest chimney would draw better, and last summer we made a stone terrace just large enough for table and chairs on the foundations of an ancient pig-pen.

With all this in mind, do you blame me for telling my friends that if one woman and two growing boys can accomplish such a substantial amount of remodeling they should have no fears for restoring that haven in the country?

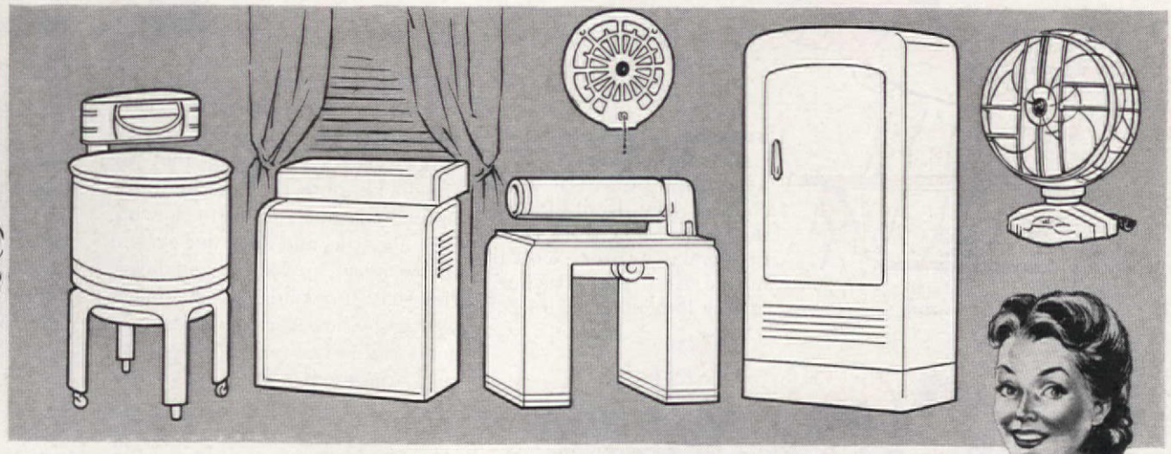
This Sewing Machine Motor Started Something!

An historic event—at the turn of the century—was the development of an Emerson-Electric Motor for attachment to the foot-power sewing machine, then in use.

This simple motor application marked the beginning of an era in which an entire industry was founded, bringing a multitude of labor-saving, motor-driven appliances and comfort conveniences for the home.

Throughout this long period, Emerson-Electric Motors have played a major role in powering these appliances. They have lifted the yoke of household drudgery and created the opportunity for American Womanhood to achieve a fuller life.

THE ELECTRIC MOTOR ENTERS THE HOME!
Sewing Machine reproduced from Emerson-Electric advertising of 1899



Types of Home Appliances Powered by Emerson-Electric Motors

When war came, the entire resources of Emerson-Electric's 53 years' experience were quickly converted and tremendously expanded for manufacturing vital implements of war—power-operated revolving gun turrets, shell parts, and many new types of electric motors for aircraft.

Out of the urgencies of war will come entirely new conceptions of electric motor design, construction and efficiency. "After Victory", manufacturers of the new and improved motor-driven appliances and equipment will confidently power their products with these motors.

"Until the war, I never fully appreciated the importance of the electric motors on my home appliances."

THE EMERSON ELECTRIC MANUFACTURING COMPANY
SAINT LOUIS • *Branches:* New York • Detroit • Chicago • Los Angeles • Davenport

In recognition of their "patriotism and great work", Emerson-Electric workers were presented with the Army-Navy "E" Award.

275

EMERSON ELECTRIC

MOTORS • FANS • APPLIANCES • A. C. ARC WELDERS

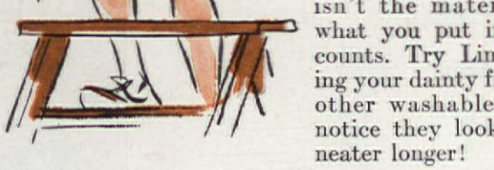
LINNY *Down on the Farm* BY Rose

1

NEAT—NOT DOWDY! Bravely these simple washables face the perils of the farm—they resist rumpling and soiling because they're starched with penetrating Linit.

2

READY FOR ACTION. The battle on the food front means hard work and long hours. But a woman can do anything if she knows she looks beautiful doing it.



3

GLAMOR IN GINGHAM! It isn't the material—it's what you put in it that counts. Try Linit-starching your dainty frocks and other washables. You'll notice they look fresher, neater longer!

FOR VICTORY
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LINNY: It's our patriotic duty to make things last. Linit is the modern starch that penetrates and protects fabrics.

ALL GROCERS SELL LINIT

Seeing Them for the

Campion, and buttercup and blackberry leaves in slender caper bottle

Photographs by
RUTHERFORD PLATT

Arrangements by
MRS. S. C. REYNOLDS, JR.

THIS mechanical age has brought so many accelerators into our lives to constantly hurry us along, that we should be more grateful for those individuals who help us to slow up, look about us and open our eyes to the wonders, mysteries and beauties that surround us. The faster we move—however convenient and comfortable our means of locomotion—the more blurred and indistinct become our impressions of what we see and what goes on around us. More and more the huge masses, the strong colors and the dominant shapes register on our senses, influence our points of view, and determine our conclusions. And yet, as some one has pointed out, the lives of most of us are made up not of great experiences, resounding symphonies, and heroic deeds, but of "a lot of little things." If we are blind and deaf to their significance and loveliness, how much we lose of the potential richness of existence!

Those gentle, serene, observant souls who help reveal the worthwhileness of what is around us work in various fields, through various media. Some have been scientists, like Charles Darwin and Henri Fabre; some artist-naturalists, like Audubon and Ernest Thompson Seton; others philosophers, like Thoreau and Maeterlinck. Still others are enthusiasts who illustrate and emphasize their message with the aid of modern photographic technique; men like Henry B. Kane, Edwin Way Teale, and Rutherford Platt.

We dwell on that last name, not only as that of a good friend, but because we are happy to be able to share with our readers some of the studies by which he is bringing us a better knowledge of nature, a closer understanding of her friendly, beneficent miracles. In his excitingly revealing and beautifully illustrated book, "This Green World," Mr. Platt says: "If wild flowers appear to you as haphazard as a font of pied type, maybe you're missing a point." Also he calls to our attention, in making surprisingly clear the phenomenon of color, the fact that "The mind is an instrument for producing hues as well as for enjoying them. * * * The mind's eye is the converter. There is no blue, green or red, or any tint or hue as we think of them . . . until we think of them. * * * It follows that with a little conscious attention we can see and enjoy much more color in the world around us." And, later he says, "It may seem strange that there are no disharmonies of color in nature. If you put pink, green, magenta, yellow, and turquoise in a woman's dress, the colors would fight. But the flowers of the woods and fields, the foliage, bark, rocks and hills and clouds never clash. This means, of course, that these colors never conflict in *our minds* * * *"

THOSE observations—and, in fact, practically all of the book in which they appear—deal with plants as we see them if we go out and study them where they grow.

First Time

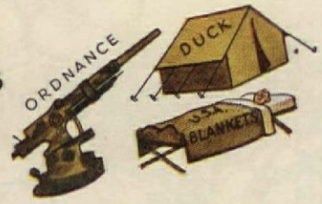
THIS SALVAGED OIL CAN HOLDS FALSE-SOLOMONSEAL, SUMAC BERRIES, WILD PARSNIP, AND CLEMATIS FOLIAGE

PITCHER MEDLEY OF ELECAMPANE, VERVAIN, MILKWEED, AND EVENING-PRIMROSE

This twin mantel arrangement uses honey jars containing pearly everlasting against foliage of sugar maple, sweetfern, blackberry, and blueberry. The design on the sun-flooded terrace (right), photographed in late fall, consists of leaves of sugar maple and sumac with the yellow-flowered witch-hazel in a simple wooden mixing bowl

You're in the war now

and so is Bigelow



But we're looking forward

In your home of tomorrow floor coverings will take a much more important place. Wide sunlit spaces will need impressive rugs and carpets. Bigelow will have them for you . . . enchanting colors, fascinating textures, new patterns . . . in the fine grade of carpet you can depend on...Bigelow BEAUVAIS.

Powder-ene dry cleans rugs at home

Now you can dry clean your rugs at home. Simply brush on Powder-ene. Let stand. Vacuum off. No liquid. No suds. It's easy, economical and safe. For FREE booklet on rug care, write Bigelow Weavers, Dept. 93A, 140 Madison Ave., New York 16, N. Y.

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Makers of fine rugs and carpets since 1825

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The pictures on these pages, however, illustrate the kind of beauty we can bring in with us to our homes if only we will cultivate the habit of really looking at the fields, roadsides, hedgerows and woodlands that are actually so near at hand and yet, all too often, as far away as if they didn't exist. How and why the photographs came to be made, Mr. Platt explains in these words:

"In these days, with restrictions on gas and travel, people are thrown back on their own resources for diversion and recreation. On the roads around town, neighbors are meeting each other and becoming acquainted as never before. They are out walking. There is something a little old-fashioned about it all. Some of the simple resources for pleasure-giving that have always existed around home are suddenly recognized again. And when you take a walk in the country (instead of whizzing around in a car) the little things by the wayside, such as flowers and berries, suddenly appear and arouse new interest and curiosity—as though you were actually seeing them with interest for the first time.

"It is good conservation doctrine to point out how many of these countryside treasures may be picked, brought home, and enjoyed. Of course, you must recognize which flowers are *not* to be picked and should be left where they grow; and others which, if picked, wilt quickly. However, the sturdy, longlasting kinds are almost countless, and there is a fresh assortment every week throughout the summer. Add to them the hardy leaves, the colorful twigs and buds, seed pods and berries—all to be found freely and in great profusion—and you have for the joyful seeking the most marvelous array of materials for flower arranging. It's partly art, partly science and partly a game to play, this matter of making flower arrangements. Compared with such arts as drawing and painting, it's easy. You can hardly put twigs and leaves and flowers together without at least achieving a blend of natural colors and some sort of picture that will give you joy.

This corsage, made at home for a blue cloth coat, is of heath asters and spleenwort ferns

Beside a living-room chair, a five-cent ash tray holds small berried sprays of redosier dogwood and blueberry leaves

"Then up on the top pantry shelf or hidden away in cupboard or attic you will find all sorts of discarded objects that are just begging to be turned into flower containers. Not only vases but bottles, cans, sugar-bowls, pitchers, cooking utensils, ash trays and such. Out in the shed there may be an old marmalade jar of ski grease, or an oil can which will make an amazingly smart container when you remove its battered and worn out spout.

"Inspired by these thoughts, I asked Mrs. S.

C. Reynolds, Jr., who has taken many prizes for her flower arrangement work, if she would like to try her skill at combining some of the common, everyday gifts of the countryside with equally common household containers. She said she would. And we met every two weeks throughout the season, recording in arrangements and pictures the flowers as they came along from June until fall-foliage time in October. We could have gone on through the winter with pine cones, evergreens, and berries, not to mention the brackens and ferns and mosses, but we felt that our efforts had proved our point and demonstrated its possibilities. To supplement the necessarily brief captions that accompany the illustrations, I might note that red leaves of blackberry (such as are pictured on page 50) and strawberry, often found in summer are not really fall colors but result from some injury or drought or other special condition. The large arrangement on page 51 contains, in addition to elecampane, vervain, swamp milkweed and evening-primrose, the roadside 'butter-and-eggs' (*Linaria vulgaris*), wild bergamot, and leaves of meadowrue. In the bread-pan collection above, the red accent berries are of the common barberry, the reddish twigs are those of our native silky dogwood or kinni-kinnick (*Cornus amomum*), and the tall spire is a seed pod of motherwort, which belongs to a genus of plants called 'lions tail.' Finally, the smaller yellow flowers in the cream pitcher group came from a weed with the botanical name Zizia aurea and the rather imposing common one, the lovely 'golden alexanders.'

"These pictures of the arrangements which Mrs. Reynolds designed and created were recorded by a Graphic-view 4 x 5 camera, using Kelvin 3200 lamps for illumination. Since the material is so fluid and varied, one could go on indefinitely taking such pictures. That is part of their charm and lure; of the joy of making them."

Barberry, goldenrod, wintercress and others in—what? A bread pan!

Marsh-marigold, wintercress, and apple leaves in a cream pitcher

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3. *Dries evenly — no streaks.*
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5. *No sizing, primer or thinners needed.*
6. *Just mix with water from your tap.*
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10. *Saves metal for victory because it's dehydrated, packed in cartons. Saves the weight — and cost — of shipping water — you use your own.*

One coat covers wall-paper

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'53

Why hoard your magazines in the cellar or attic when the best of everything in THE AMERICAN HOME is in our attractive Service Books?

Hoarding?

In selecting contents for these five new books, the Editorial Staff of THE AMERICAN HOME has carefully edited the material which appeared in the magazine and is now offered in this compact form as part of our reader service.

YOUR DREAM HOME

A convenient and easy way of filing all of the fascinating material, photographs, and details so helpful in making your Dream Home a reality. Large enough to take an AMERICAN HOME page. The covers are attractively printed in full color. We also include ten manila index sheets, ten linen index tabs, and a bright red shoestring to tie the portfolio. This Dream Home Portfolio will expand to any size, and will make a handsome addition to your library table. Order it now, and save all the worthwhile material which is appearing in the magazine. This filing device sent complete, postpaid, only 35 cents.

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Slip covers, draperies, dressing tables and bedspreads. Fresh off the press . . . revised now to 64 pages . . . this book will stimulate your desire to bring color and charm into your home. In these saving wartime days you will be thrilled to find the dozens of original and economical ideas for dressing up windows, beds, tables; *how* to make just that very pretty something you've craved long enough. The gay illustrations, many in color, will make you hurry to get out scissors, needle and thread and go to work. A perfect all-year gift to yourself or to a homemaking friend. Mailed postpaid anywhere in the United States. Only 50 cents.

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We have just published one of the finest, most helpful books on interior decoration. 228 pages, over 105 in color, giving complete decorating schemes for living rooms, bedrooms, hallways, kitchens, and bathrooms. Dozens of "before and after" photographs, to show you what wonders a few deft touches can achieve. Fundamental for your home library. This book is sold on a money-back guarantee, and is mailed anywhere in the United States, postpaid, for $1.00. For sale, too, on newsstands.

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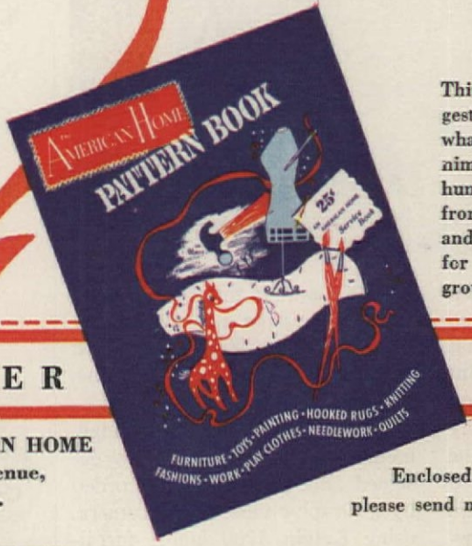
This is another of THE AMERICAN HOME famous House Plan books to help you plan the postwar home you will build some day. It is devoted entirely to the low cost ($2,000 to $6,000) field and stresses newly developed building materials and techniques. Dozens of striking exteriors made of batten board, adobe, plywood, concrete, and many other materials. A total of 85 complete plans that represent the cream of postwar thinking by the country's leading architects. Mailed, postpaid, anywhere in the United States; the price, only 50 cents.



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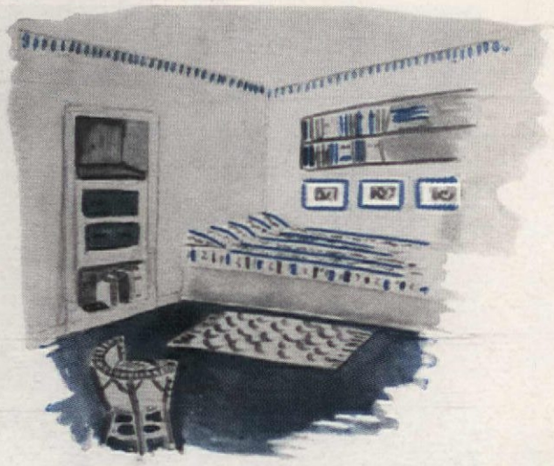

Let a Picture Guide You

STELLA PERKINS

YOU have a room to do over? The problem of color scheme and properly related furnishings and decorative details baffles you. In desperation you think, "Oh, if I were only an artist!" . . . Well, there's the answer. Even if you aren't an artist, let an artist help you by getting a good, even if inexpensive, reproduction of a really fine picture around which to develop an ensemble. Then study carefully and thoroughly its color scheme and use that as your key to harmony and a pleasing effect. If it is a room for general use on which you are working, choose a picture that the whole family likes; one that you will all enjoy living with. We settled on Hopper's "Lighthouse at Two Lights," because it suggested the strength, quiet, and peace which we believe home should symbolize; because it "belonged" over our white plaster fireplace; because in the colors of its towers, grass, yellow sand, sea, sky, and clouds were keynotes for ceiling, walls, broadloom carpet, drapes, upholstery, also for the smaller fixtures in our room.

Bedrooms can be furnished and decorated according to more personal, individual preferences. A ballet picture, for example, like "Les Sylphides"—which supplied the motif for full, white, tarlatan-skirt curtains, pale green walls, and a satin valance and decorations done in white roses and green leaves. Or Stryjenska's "Fire Dance," which gave rise to a brilliant gypsy room of red, yellow and black, with brass bell-edged curtains, a goat skin rug, a dresser mirror framed as by a tambourine. Three Godey prints hung in a vertical group determined the style and simple colors of the room shown below, while three etchings in rich brown and black tones, hung below a book shelf, supplied the shades that made the tiny bunk room pictured above the restful and homey kind of domain appealing to the average man.

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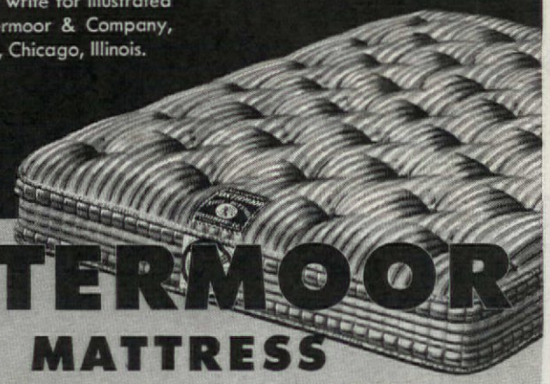

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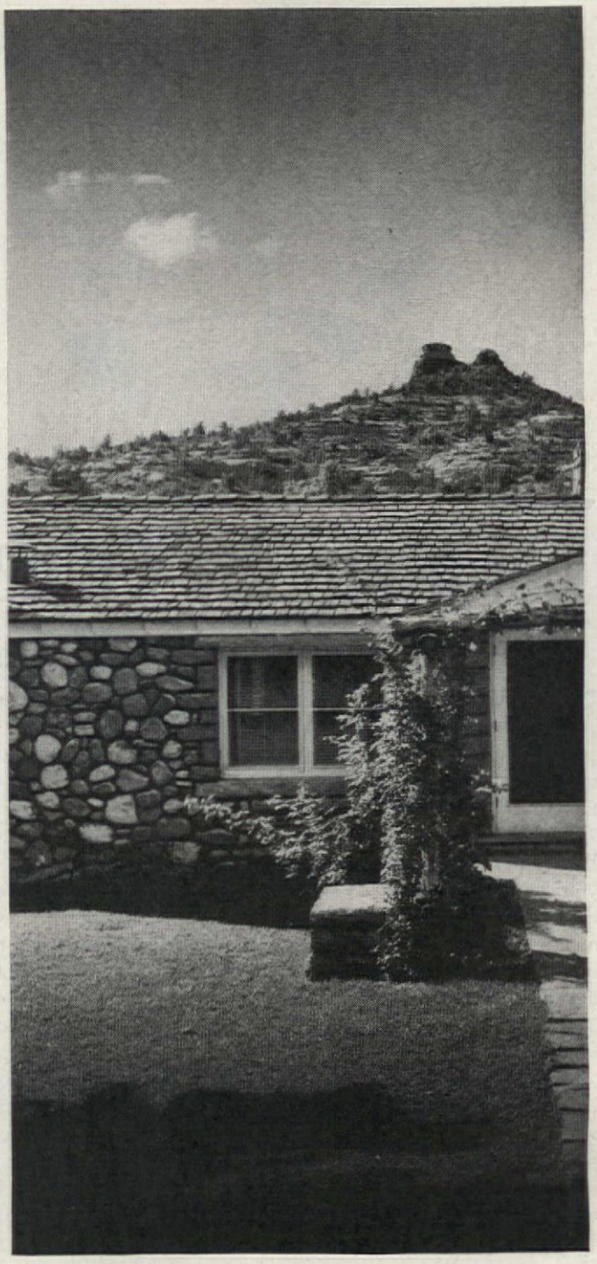
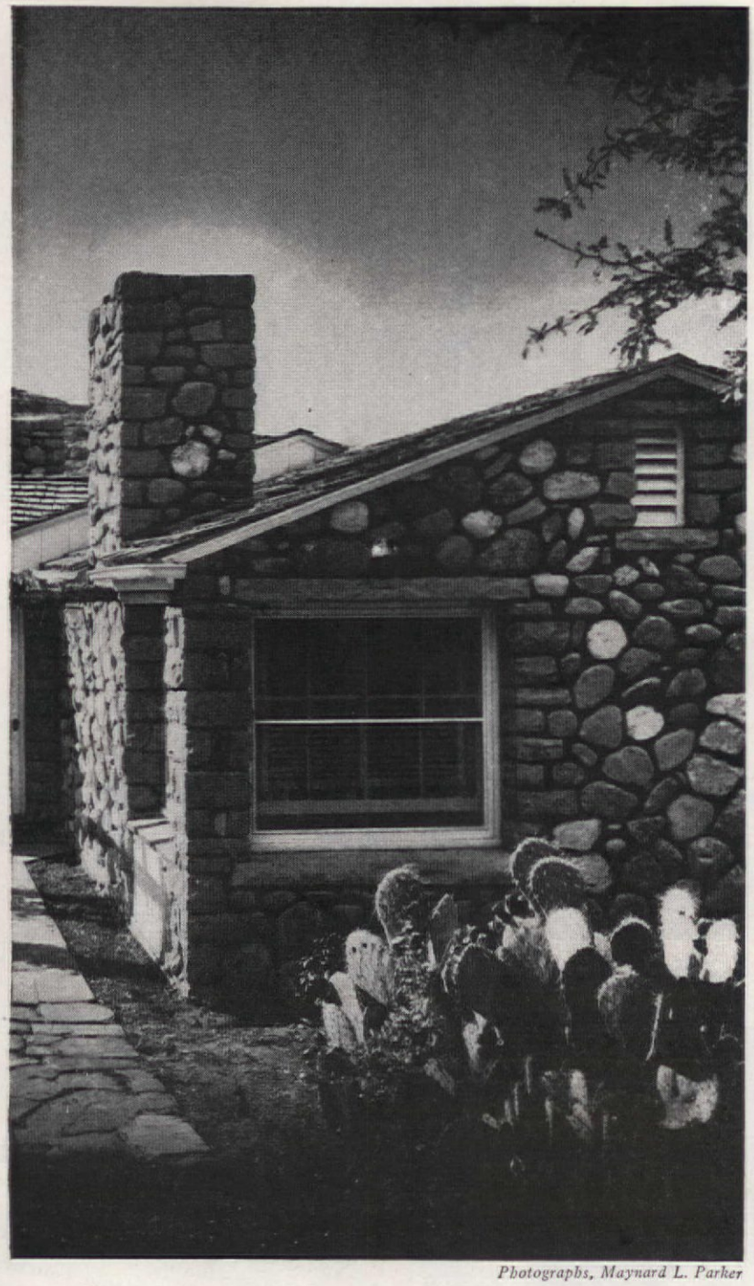


STONE WALLS—

INSIDE and out, all round about—we find stone used in this comfortable California home. In every case the stone was dug right on the site. No wonder the house has an appearance of really belonging to the surrounding rugged landscape.

There's variety, too, in the kinds of stone used. For example how different in color and texture is the exterior rubble with its lack of restraint, from the more orderly beige limestone framing the ample



Photographs, Maynard L. Parker

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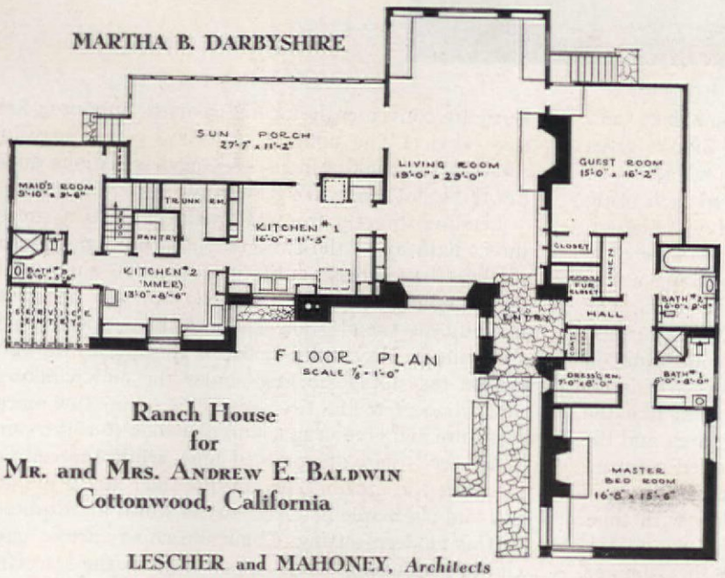

FLOOR PLAN
SCALE 1/8" = 1'-0"

Ranch House
for
Mr. and Mrs. Andrew E. Baldwin
Cottonwood, California

LESCHER and MAHONEY, *Architects*

WHAT A WELCOME THIS DOOR WILL SEE!

• When the war is over, and the boys—and girls—come marching home, nearly every house in America will be the scene of a joyous reunion.

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Better Living

What of these millions of Americans who look to us for better living? They are too young to fight . . . too young to man the machines of industry . . . too young to either condemn or praise our individual wartime roles.

Stakes are high in this global War! Our enemies lust for Power. And Power is neither territory nor raw materials. Power is people! Power is absolute life and death control over the minds and bodies and futures of those who now are free.

That's why this War demands unity of purpose, unity of action from the Fighting, Producing and Civilian fronts. That's why Oil-O-Matic skill, facilities and productive capacity now work for Victory—to speed that day when they will again build the products of better living. Because better living *begins* with Victory!

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ARMY E NAVY

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WILLIAMS OIL-O-MATIC HEATING

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BLOOMINGTON, ILLINOIS

Happy combination of stone and wood give a surprising feeling of warm, good living to the interiors

No hardship at all being an overnight guest—thanks to the built-in comfortable living room couches

fireplaces. Yet this appearance of stone here and there throughout the interior of the house gives a surprising amount of unity to the whole.

First glance at the el-shaped plan may well bring a sense of surprise. It's not the tiny house the exterior would suggest. The architects have cleverly given a "cottagey" look to a house packing a tremendous amount of livability behind its walls. The well proportioned living room serves a triple purpose —that of living, dining and guest room. Built-in couches at one end are often used as extra beds for overnight guests. Special built-in features like the china cupboards adjacent to the dining area and the bookcases flanking the fireplace are added conveniences. The entire room inciuding thc ceiling is of natural finished wood which will mellow with time.

An unusual feature of the plan is the two adjoining kitchens, one used exclusively in the summer. Both are conveniently located near the sunporch for easy service. The summer kitchen is comparatively small in size making housekeeping less tedious during these hot, enervating months.

Leading directly from the main entry is a short direct hallway to the two generous bedrooms. Both of these have cross ventilation, separate baths and very ample closets. The master room also boasts a magnificent broad stone chimney breast. Carrying the built-in idea to this wing of the house, we find closets for storage located under the end windows and adjacent to the fireplace. This eliminates extra furniture and gives a spacious, airy look to this room. Wood walls here are painted blue, while the ceiling is finished in cream. The antique tiger stripe maple bed and old maple bed lend an old world atmosphere to this modern setting. Chair slip covers are of gay chintz adding a graceful appearance to the interior.

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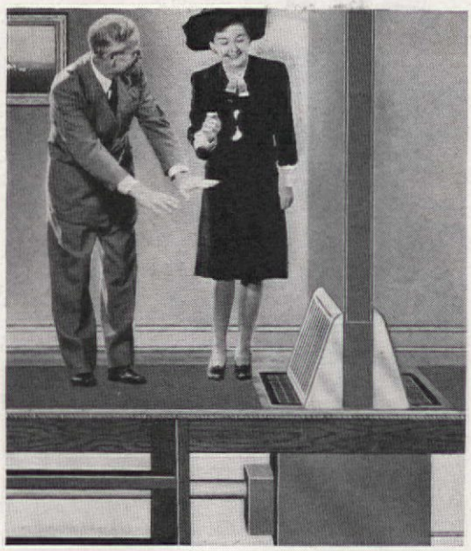

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1. YOU'LL ALWAYS have plenty of fresh food that stays really fresh, when you have this new kind of refrigerator in your kitchen. Owners say Coolerator is the finest refrigerator they ever owned. And here is why they're sold on Coolerator—

2. WASHED, PURE humidified cold air circulates through food chamber. Because Coolerator uses ice in a new way, foods stay fresh and food odors are carried away.

3. AND JUST SEE how big and roomy this new Coolerator is! It's a full family size refrigerator—and you always have plenty of pure, crystal-clear, taste-free ice for beverages and salads.

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Save with Coolerator and buy War Bonds and Stamps

Coolerator
WASHED AIR REFRIGERATOR

Odds and Ends!

POLLY CRAMER

NO MATTER what shortages come upon us, as long as there is a scrap bag, an attic, or an old trunk of discards left there need be no dearth of clever decorating. You'll surprise yourself—to say nothing of other people—if you pull out a little of this and that and see what you can get together. Yes, and it will be a lot of fun, too, to see just what you find!

For instance, there's the slip cover at the top of this page, made from a green-and-white bedspread which once was an inexpensive copy of an old homespun coverlet. An equally effective one for a boudoir chair, by the way, was a candlewick spread in a new role. The shadow box over the mantel shelf started as an old gilt picture frame, to which a green painted plywood box about four inches deep was attached and fitted with shelves cut from the original glass. A tubular electric bulb in the bottom furnishes illumination.

Then there's that folding screen—simply an unfinished, inexpensive one of beaverboard which we covered with copies of Currier & Ives prints applied with wallpaper paste and given frames of enameled adhesive tape which looks like black patent leather. The prints came from calendars sent out by an insurance company for three years! It's a print collection and screen in one.

Telephone tables are only too often the "forgotten man" when we decorate. Not the one at the bottom of the page, though, for it has a lamp as delightful as any in the house. Maybe you, too, can root out an old brown jug, give it a coat of flat white paint, and decorate it with either hand painting or an attractive decal. For the wall, a pair of flower prints dressed up with some of Sister's plaid hair-ribbon, applied to the frames with clear cement, will take a new lease on life.

There's always a place for those odds-and-ends of wallpaper that have a way of accumulating; one trick we learned was to cut out the figures and paste them on white shutters against the white clapboard wall of our screened-in porch, surrounding them with red rickrack for a more unified effect. With turquoise furniture and red-and-white gingham covers, it suits us to a T.

One thing leads to another, and now our fingers itch to get at that old filet lace tablecloth we are going to make into bathroom curtains—and the bedroom screen to be covered with framed pictures of the children—and a red rickrack line on that ugly oak frame of our long wall mirror—and—but this *must* come to an end!

Make that unused homespun or candlewick bedspread into a delightful slip cover! And for a folding screen, decorate an unfinished one with old print reproductions. Cut-outs of wallpaper figures will snap up sheltered white porch shutters, too. And finally, an old jug becomes a lovely table lamp

Photographs, George Rolsen

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Please send information about Orangeburg Fibre Pipe. Also name of nearest dealer. (AH-9)

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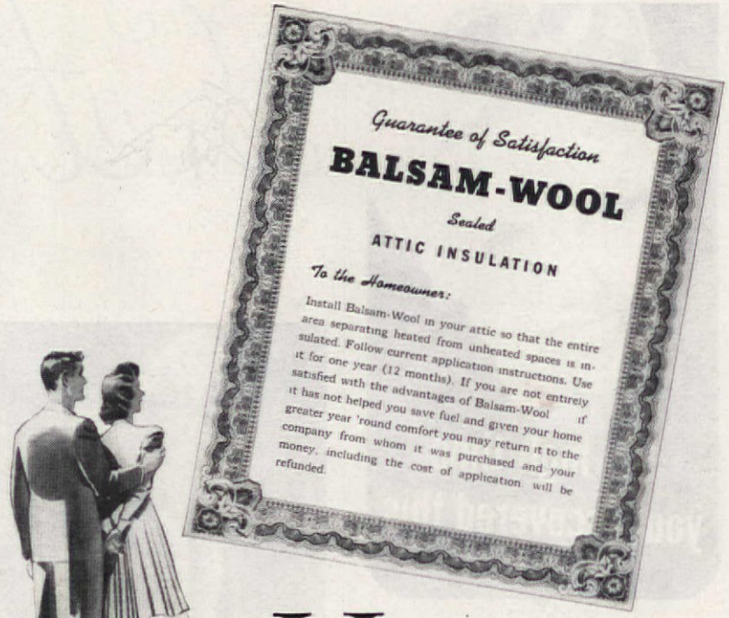
First secure a board at least 4½ feet long by 12 inches wide. Then make your forms, using narrow strips of wood on all sides. These forms will enable you to pour the six sides for the pot at one time. Each section is 8 inches across the top, tapering to 5 inches at the bottom. The concrete mixture consists of water and two pounds of cement (costing a few cents) to 16 pounds of sand, which you can generally get for nothing. Pour the mixture into the forms about ½ inch deep and then let it harden.

Make holes along the sides as indicated, big enough to take a piece of baling wire. One way to do this is to drive nails at measured intervals along the sides of the forms and then pour the mixture around them. When nearly dry, pull the nails out of the holes.

When the six sides are removed from the forms, wire together, fastening all the wires on the inside of the pot. Now stand the bottomless container on an even board and pour ½ inch of concrete into it, thus forming a good bottom. And don't forget to make two or three holes the size of a pencil in this bottom, for drainage. For the finishing touches, pour cement into the cracks at the sides around the wires. **MAUD A. FOX**

PICNIC LUNCH—HOBO STYLE: Boys will flock to picnics if their sandwiches and bananas are wrapped so that they aren't ashamed to carry them. Tie them securely in red bandanas at the end of sticks. In each package place the tin or granite cups and any other implements, and it will make the youngsters feel like seasoned adventurers. — DORIS H. MOSS



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Tampax saves time for the active, busy woman. It saves embarrassment for the sensitive woman. And it preserves the "silhouette" of the smart woman. It is made of long-fiber surgical cotton, extremely absorbent. So compact that an average month's supply will slip into your purse. Sold at drug stores, notion counters. Introductory size, 20¢. Bargain Economy Package contains 4 months' requirements. Tampax Incorporated, Palmer, Mass.

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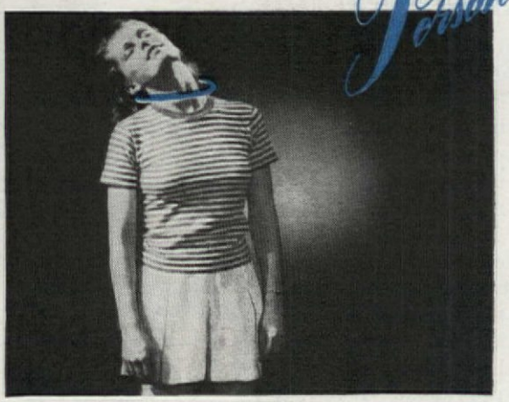


HEAD ROTARY: **First, stand easily erect, arms at sides. Then, to loosen up, drop head forward, back and to the sides. Now make slow deep circles with the head. *Do as effortlessly as possible*, eight times each side**

SHOULDER ROTARY: **Still standing easily, feet a little apart, make big even circles with the shoulders, from front to back, arms tagging along as they will. It's all slow, easy motion that does the relaxation trick. Eight times**

"I'D LOVE to go out tonight, but I'm simply worn out" . . . "I know I should exercise every day, but I'm too tired" . . . "The house is a mess but I'm too exhausted to clean it." Old refrains that are becoming more and more popular as we dash along at an ever increasing pace. Sure, maidless houses, stored cars, war work, and rationing have changed our lives. We do have more things to take our strength and energy than we did have. But is it the main reason for being tense and high strung, is it the only reason for our going to bed exhausted and getting up in the same nervous state?

Naturally, it *is* a contributing factor, but Nature, that wise old lady, didn't plan things that way. The real answer is, unless of course there is some organic difficulty, we aren't giving our bodies a chance to catch up with the new tempo. The way most of us are working these days, without relaxation, without rest, is just as sensible as whipping a horse that's tied to a post to make him get where he can't get faster. Seems pretty silly, but it's true in too, too many cases. Just what gods and goddesses we think we are that can lead a stepped-up life without making some preparations for it is one of the great mysteries of the age! We do nothing to give our busier bodies a lift. We get all tied up in knots, physically and spiritually, and then things happen. We develop unknown bad dispositions, we're tense and run on nervous energy, we're tired out before we begin. We've changed the natural tempo of the body which nature set up as fitting and proper. We've become brittle instead of limber and supple as we were intended to be.

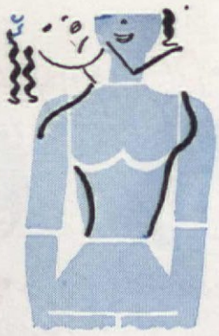
All is not lost, however, there is something quite simple that can be done to help things along. It has to do with exercises that will loosen up the main articulation points of the body, as indicated on the little lady at the bottom of the page, and let Nature take her course of refreshing and resting the body. These exercises that we've photographed are simple and easy to do. If you follow them, a little time each day, you'll get your body into new and relaxed habits. The tight knots of muscles and taut nerves you've been working up will straighten out and calm down. All those important points of energy distribution will be cleared for action and efficiency.

When you do these exercises, get yourself in a rag-doll state of mind. There should be no more effort involved in doing them than Raggedy Ann would use, if she had nerves, muscles, and circulation. You won't burst any blood vessels or get Charlie Horse in your muscles doing these exercises. You *will* get a sense of relaxation and rest, however, *if* you let yourself go!

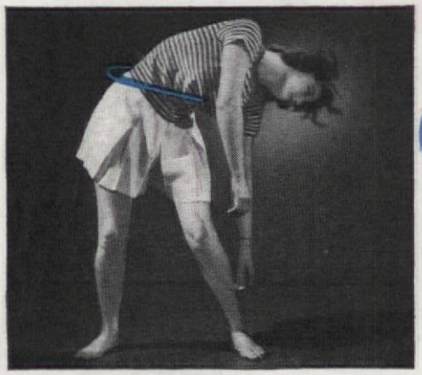
F. M. Demarest photographs

Clare McCanna sketches

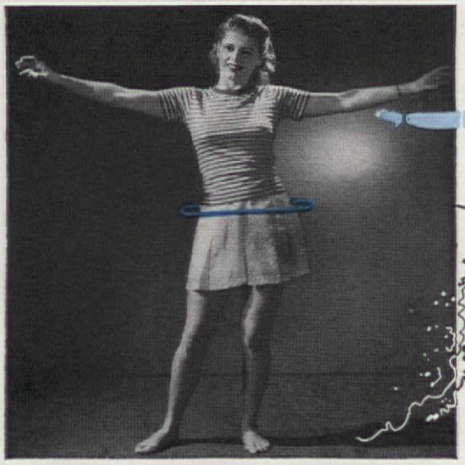
Circles indicate articulation points that need relaxation



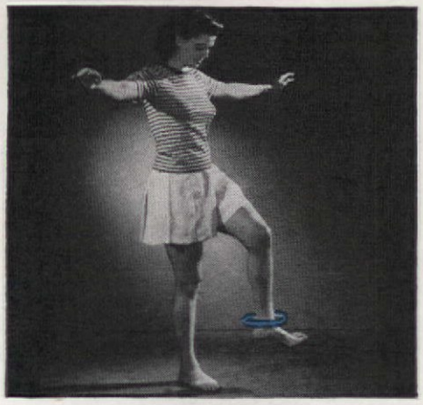
CENTER ROTARY: To relax that mid-riff. Imagine a ring around the body at the level of the "wish-bone." Make circular movements with the upper body along this line, head and arms relaxed and tagging along



WAIST ROTARY: Drop upper body forward, back and to sides, from the waist. Then make slow, even circles, four times in each direction. The feet are comfortably apart, knees flexible, head and arms follow



HIP ROTARY: Feet apart, knees slightly bent. As warm-up, tuck fanny in then push out in a sway back position. Push hips to each side. Now make smooth circles with hip section, with rest of body relaxed



FOOT ROTARY: Standing on one foot, arms outstretched for balance, raise the other knee. Stretch foot up, down, and to the sides, then make eight even circles with the foot. Repeat the gentle process reversed

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You may be startled by this frankly-written story . . . But wise wives will see the answer to many an unhappy marriage!

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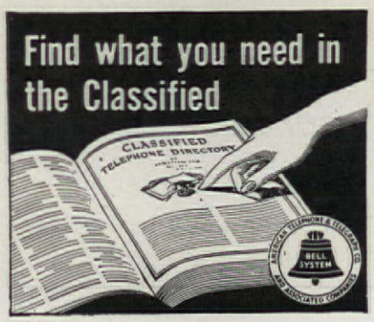

HERE·WE·GO·ROUND the MULBERRY·BUSH

3370: Sweet!! Dress takes 1⅜ yds. of 35″ fabric, apron, 1⅛ for size 2. 1⅜ yds. of edging. Sizes 1 to 6. Advance Pattern, 25¢

3373: In size 2, striped shirt takes ⅝ yard of 35″ fabric, ¾ for shorts and suspenders. Sizes 1 to 6. Advance Pattern, 25¢

and THIS IS THE WAY WE WEAR OUR

Clare McCanna sketches

"YOUTH must be served!" So we're dishing out what we think are some pretty cute tricks. We figure that the little things of life like the simple things of life, so that was our yardstick in picking these particular patterns. They are simple to look at, simple to do, and simple to upkeep. And the lucky youngster whose mother picks one or more will look simply divine. The mother can look pretty smug, too, when she sees what her own two hands, needle and thread can do in not too much time at all. That's one way in which she can improve on Nature's little wonders. We think any one of these charming garments could be The Favorite that gets worn to a frazzle at school or "round the mulberry bush" before it is reluctantly passed on to the rag stage.

3360: Irresistible we think this little outfit is for the 6 months to 3 year Little Miss. The dress and bonnet for a two-year-old takes 1¼ yards of 35″ fabric. Coat and bonnet for the same, in 54″ material, 1⅛ yards. Advance Pattern, 25¢

3351: For big sister, (all of 12!) we like the smart looks of this dress that's all sweet simplicity. This 12 year size takes 2⅜ yards of 39″ material, and ¼ yard of contrast. Happy in rayon or wool. 4 to 12. Advance Pattern, 15¢

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A blissful bunny, too winsome not to be touchable, so we designed him, too, to be crocheted. It isn't often you can buy a winsome rabbit and shaggy dog for 15 cents.

American Home Pattern 622

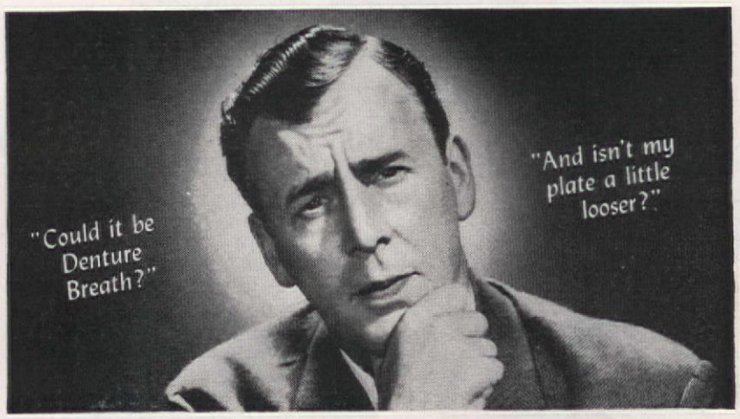
F. M. Demarest photographs

622: A squeezable scotty, right out of the picture by Lietta. Angus there, he's the shaggiest fellow, and not hard to do. Pattern includes directions for crocheting and stuffing. He could very well be the shaggy dog to end all shaggy dog stories!

3355 3270

3355: These striped he-man pajamas should make even the Sand Man jealous. Little Junior can get into and out of them quick like a bunny. He'll sleep like an angel, too. Two to four year sizes, a size four takes 2 yards of 35" material. Advance Pattern, 15¢

3270: When the young lady of the house is "at home" for her more intimate moments! This perky little number, gay in plaid, sweet in flowers, snappy in stripes is for the 2 to 12 ladies. A size 12 takes 2⅞ of 35" material and is a honey! Advance Pattern, 15¢



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X Late Fruits

ONLY apples, grapes, peaches, pears, and plums are included in the discussion of late fruits. Perhaps cranberries should have been included since they are truly a native American berry! But some dividing line had to be used . . . early fruits, late fruits. The five fruits included in this monograph have several common factors. One of them is that they all ripen about the same time and their varied and brilliant colorings add a tone of gaiety to orchards, vineyards, and markets.

Another common factor is that all five fruits can boast of long, honorable ancestry their cultivation having taken centuries. Banquet scenes portrayed on early Greek and Roman sculpture and vases depict generous trays of fruit laden with apples, grapes, peaches, pears, and plums. All five fruits are just as popular today!

Which brings us to another interesting point of these quintuplet fruits; that is, their versatility permits man to enjoy the fruit fresh, canned, dried or crushed into juice. For the second serving of fruit which nutritionists advise all mankind to eat, a wise selection would be from one of these fruits and, served as a juice, or canned, dried, or fresh, any stale monotony can easily be avoided, still accommodating family tastes.

Nutritionally, all these fruits have a fair amount of all the important vitamins: A, ascorbutic acid, thiamin, riboflavin, and niacin and in addition they also have some calcium and iron. So, these fruits have a contribution to make and do enhance any meal.

All five fruits under discussion require pampered care and thrive best in temperate climate, with no severity of extreme hot or cold. With such cultivation they live to ripe old age continuing faithfully to produce luscious fruit year after year.

Commercially speaking, the five fruits are very important. Apples are canned, dried, or crushed into juice. Grapes are dried into raisins or crushed into juice which may or may not be fermented into wine. Peaches are canned and dried, pears are popular when canned, and plums are canned or dried into prunes. Which truly makes them year 'round fruits with their availability in many forms during the twelve months of the year. And strangely enough when dried, as in the case of raisins and prunes, the nutritional value of the fruit is actually enhanced! Such are the wonders of nature!

Coming—

XI. OILS AND FATS
XII. WILD GAME
XIII. NUTS

Photographs: Kable Brothers Co., J. Horace McFarland, F. M. Demarest

Previously published—

I. APPLES—*November, 1942*
II. CHEESE—*January, 1943*
III. CITRUS FRUITS—*February, 1943*
IV. GRAINS—*March, 1943*
V. CANNED FRUITS—*April, 1943*
VI. MEATS—*May, 1943*
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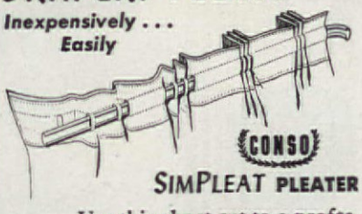

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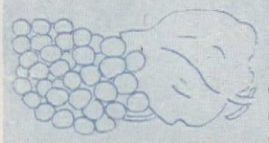
APPLES: The significance of "an apple a day" has nutritional soundness inasmuch as the apple has a moderate amount of all the essential vitamins and minerals. Ever since the first wild apples were growing centuries ago in Europe, raw or cooked apples have always been popular. The annual crop of 100,000,000 barrels in our country comes from orchards in Washington, New York, Virginia, California and Pennsylvania. Scientists have discovered that apples ripening on the sunny side of the branch have more vitamins than underneath the shady leaves. Also, long storage decreases the nutritional value. According to nutritionists apples should be eaten raw with skins, but baked apples, apple sauce, and apply pie are great favorites.



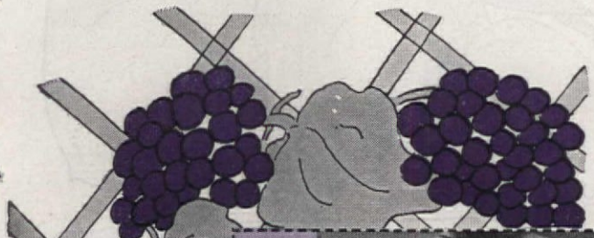
GRAPES: Grape culture has been thriving in our country since the time when explorers found so many vines that the country was called "Vineland." Through the centuries, although many varieties have been introduced, the most popular kinds are still the purple Concord, grown east of the Rockies, the Catawba and the Mission grape growing in California. Their versatility enhances their value. When crushed into juice grapes provide a refreshing beverage; fermented the juice becomes wine. Grape jelly is still man's favorite and eaten raw, grapes lead in popularity. Nutritionally, fresh grapes have a portion of all the vitamins and minerals. When dried as raisins are, the iron content of grapes is considerably increased.

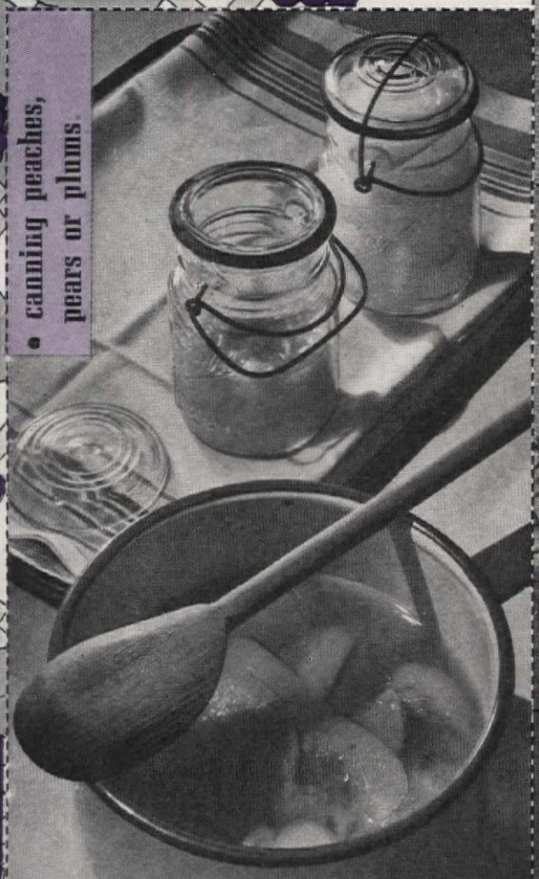
PEACHES: The luscious color, fragrance, and texture of the peach has lured song writers and poets to ecstasy, and the nutritionist now adds her song of praise. The yellow fleshed peach (there are two main varieties, white-fleshed and yellow-fleshed) is important for its abundance of vitamin A, the all-essential vitamin to counteract night blindness and infections. The other vitamins, thiamin, riboflavin, niacin, and ascorbutic acid are also present, as well as calcium and iron. From the time Spanish explorers brought peach trees to American shores cultivation has further developed two types, the clingstone and freestone peach. The pit is crushed for flavoring. Peaches rank next to apples in importance in the fruit industry in the United States.

PEARS: Although reported not as popular in the United States as in Europe, pear trees have flourishingly offered the popular Seckel or Bartlett for fresh market and for commercial canning. Pear trees like to be pampered and thrive best in an even climate, not too hot, nor too cold. Consumed raw, the pear is valuable for its moderate percentage of all the important vitamins, A, C, thiamin, riboflavin, and niacin. Portions of calcium and iron are also found in pears. Unfortunately, pears ripen at the same time as the apple and peach. This has affected somewhat the popularity of a perishable fruit which demands much care throughout its growing and harvesting season; also pears are usually allowed to ripen in storage.

PLUMS: The colonial housewife quickly learned that the wild small plum made good plum butter or jam just as the provider of today's meals has learned that the cultivated plum has much to offer in varying meals: plum pie, coffee cake, jams, and butter. Eaten raw the fruit is a source of vitamin C, about 20 plums supplying the equivalent of a day's quota of ascorbutic acid. Some varieties of plums when dried in the sun become prunes and who doesn't know that prunes are excellent as a source of iron? Varying in color from green to deep purple, in size from a large cherry to a small apple, in shape from oval to globular, the modern plum varieties are a great improvement over the early American type of wild plum. The Damson plum is delectable; particularly popular both for cooking and preserving.

Recipe printed on back of each photograph





• canning peaches, pears or plums

• fruit butters

• wartime plum shortcake

• shortening saver cake (wartime recipe)

• sour cream plum pie

• quick wartime fruit coffee cake

Photographs, F. M. Demarest

• wartime plum shortcake

Preparation time: 1 hour

Filling:
3½ cups fresh cooking plums
1 cup sugar
½ tsp. cinnamon
3 tbs. butter or vitaminized margarine
2 tbs. flour

Dough:
2 tsp. baking powder
1 tsp. salt
6 tbs. shortening
2 tbs. sugar
½ cup milk
1½ cups flour

REMOVE pits and slice plums. Add sugar, 2 tbs. flour, and cinnamon to fruit. Put prepared plums into oiled deep dish pie pan or a shallow casserole. Mix the soft dough by cutting the shortening into the dry ingredients; add milk. Roll out dough and cover plums in dish. Sprinkle slightly with sugar and bake at 350° F. for 40 minutes.

Serves: 6 to 8 ***Source of vitamins: B complex and C. 357 cal. per serving***

Tested in THE AMERICAN HOME KITCHEN

• shortening saver cake (wartime recipe)

Preparation time: 50 minutes

1 cup cake flour
1 tsp. double action baking powder
1 cup sugar
2 tsp. lemon juice
6 tbs. hot milk
3 eggs
¼ tsp. salt

SIFT flour once, measure and add baking powder and salt. Sift again three times. Beat eggs with rotary egg beater until thick enough to stand up in peaks (5 to 7 mins.). Add sugar gradually while continuing to beat. Add lemon juice. Fold in flour, a small amount at a time. Add hot milk and stir quickly until thoroughly blended. Turn at once into ungreased tube pan and bake in moderate oven (350° F.) for 35 minutes or until done. Remove from oven and invert pan on cake rack. Allow to cool for 1 hour before removing from pan. Frost on top and sides with Fruit Fluff Topping.

Serves: 6 to 8 ***Source of vitamins: A, B complex and C. 190 cal. per serving***

Fruit fluff topping

Combine 1 unbeaten egg white, ½ cup sugar, dash of salt and ⅓ cup sliced fruit (peaches or berries) in top of double boiler and beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water until mixture stands in soft peaks (3 min.), beating constantly. Remove from heat and fold in another ⅓ cup of sliced fruit.

Tested in THE AMERICAN HOME KITCHEN
Recipe courtesy of GENERAL FOODS CORP.

• sour cream plum pie

Preparation time: 65 minutes

½ cup sugar
1 egg
½ cup cooking plums
½ cup sour cream
⅛ tsp. nutmeg
⅛ tsp. salt
2 tsp. lemon juice

PEEL, pit, and cut plums into small pieces. Beat eggs, add the sugar, and continue beating until mixture is light. Whip sour cream (if not already whipped) and fold into the egg mixture. Add the plums, salt, lemon juice, and nutmeg and mix together thoroughly. Line a pie pan with rolled out pastry dough. Pour in pie filling and cover with a top crust. Crimp edges to seal. Bake pie at 425° F. for 5 minutes; then reduce heat to 375° F. and continue baking for 40 minutes. Serve cold. The flavor of the plums and sour cream is particularly tantalizing.

Serves: 6 to 8 ***Source of vitamins: A and B complex. 180 cal. per serving***

Tested in THE AMERICAN HOME KITCHEN

• quick wartime fruit coffee cake

Preparation time: 60 minutes

2 cups flour
½ tsp. salt
3 tbs. sugar
1 egg
4 tsp. baking powder
4 tbs. shortening
¾ cup milk

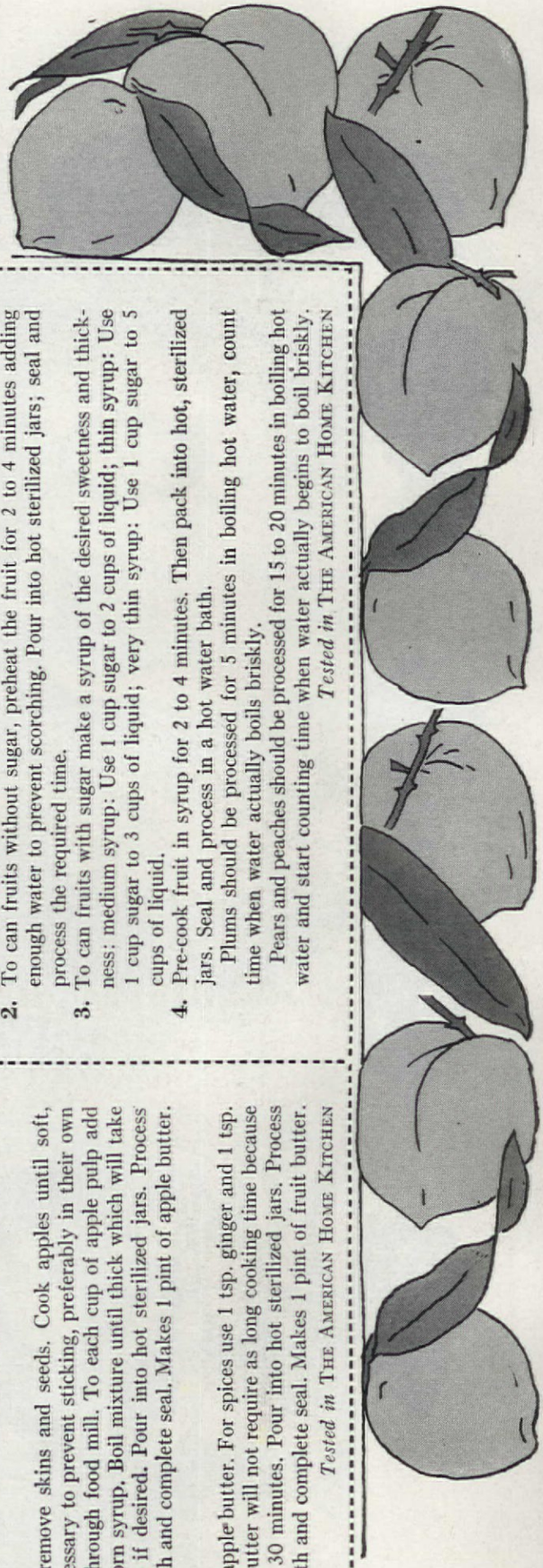
SIFT flour once before measuring. Measure and sift flour, salt, sugar, and baking powder together. Cut in shortening with pastry blender or 2 knives. Add beaten egg and milk. Spread in shallow greased pan (8 x 8 x 2 inches). Arrange fruit on top. Bake 45 minutes at 350° F. Serve hot or cold. This cake is better when eaten fresh.

Fruit topping: apples, peaches, or plums

Use 1½ cup of fresh fruit. Slice apples; pit and slice peaches; pit and halve cooking plums. Place the fruit in rows or in a fancy design on top of batter in pan, pressing fruit slightly into batter. Mix 1 tsp. cinnamon with 2 tbs. sugar and sprinkle over fruit slices.

Serves: 6 to 8 ***Source of vitamins: A and B complex. 190 cal. per serving***

Tested in THE AMERICAN HOME KITCHEN



Photograph printed on back of each recipe

• canning peaches, pears or plums

1. Select and use only choice fruit for good results. Wash, peel and pit fruit. Halve or slice.
2. To can fruits without sugar, preheat the fruit for 2 to 4 minutes adding enough water to prevent scorching. Pour into hot sterilized jars; seal and process the required time.
3. To can fruits with sugar make a syrup of the desired sweetness and thickness: medium syrup: Use 1 cup sugar to 2 cups of liquid; thin syrup: Use 1 cup sugar to 3 cups of liquid; very thin syrup: Use 1 cup sugar to 5 cups of liquid.
4. Pre-cook fruit in syrup for 2 to 4 minutes. Then pack into hot, sterilized jars. Seal and process in a hot water bath.

Plums should be processed for 5 minutes in boiling hot water, count time when water actually boils briskly.

Pears and peaches should be processed for 15 to 20 minutes in boiling hot water and start counting time when water actually begins to boil briskly.

Tested in THE AMERICAN HOME KITCHEN

• fruit butters

Preparation time: 2 hours

Apple butter:
1 cup apple pulp
¼ cup sugar
¼ cup corn syrup
1 tsp. lemon juice
2 tsp. cinnamon (if desired)

WASH apples, remove skins and seeds. Cook apples until soft, adding a little water if necessary to prevent sticking, preferably in their own juice. When tender press through food mill. To each cup of apple pulp add ¼ cup sugar and ¼ cup corn syrup. Boil mixture until thick which will take 1 to 1½ hours. Add spice if desired. Pour into hot sterilized jars. Process 10 minutes in hot water bath and complete seal. Makes 1 pint of apple butter.

Peach or plum butter

Use the same recipe as for apple butter. For spices use 1 tsp. ginger and 1 tsp. cinnamon. Peach or plum butter will not require as long cooking time because it should thicken in about 30 minutes. Pour into hot sterilized jars. Process 10 minutes in hot water bath and complete seal. Makes 1 pint of fruit butter.

Tested in THE AMERICAN HOME KITCHEN

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YOU may not know it, but your refrigerator is one of the best time-finders you've got! Right now, when you are busy managing a household and doing your utmost to help win the war, it can be especially helpful.

With your refrigerator, you can market when most convenient, and buy for days ahead. You can prepare dishes or even entire meals in advance, then turn them over to your refrigerator for safe-keeping. When meal-getting time rolls around your food is ready to serve or to cook without further fuss. Here are but a few of many ways your refrigerator can help you with meal preparation and allow you to budget your time to best advantage!

Hot breads for breakfast bring smiles of delight from the family. They are easy to make and are ready in a jiffy with the help of your refrigerator. Most of the work can be done the night before! To make muffins and biscuits, measure and combine all dry ingredients in a mixing bowl ready for liquid to be added in the morning. Cover and store mixture in your refrigerator. Waffle and pancake batter can be *completely* mixed the night before and stored, covered, ready for instant use.

Before leaving for the day get a head start on tonight's dinner. Clean and prepare vegetables ready to cook. Cover and store them in your refrigerator. *Don't let them stand in water or they will lose food value.* Cook, cool and store unpeeled potatoes — tonight they can be fried or creamed. Leaving "jackets" on avoids peeling waste and saves vitamins. Greens for salad can also be prepared and put in vegetable pan. Marinate or add salad dressing just before serving.

For meals in a hurry . . .

Keep sandwich spreads in covered refrigerator jars. Ideas for making and keeping spreads are given on Page 23 of WARTIME SUGGESTIONS.★

Keep stewed fruits or gelatine salads ready for use.

Keep custards or gelatine desserts handy on shelf just below freezer. Keep frozen creams in freezer.

Keep dough for rolls or pastry, ready in refrigerator. Chilled pastry dough is more tender, more flaky!

FREE! Get WARTIME SUGGESTIONS★ from your Frigidaire Dealer

This valuable 36-page booklet is filled with many other ideas and dozens of practical suggestions to help make your refrigerator serve better, last longer. Millions have been distributed! Get your free copy now. Look for your dealer's Frigidaire sign; find his address in your classified telephone directory under REFRIGERATORS; or write Frigidaire Division of General Motors Corporation, 395 Taylor St., Dayton 1, Ohio.

HOW TO SAVE LAST MINUTE TIME

At a moment's notice your refrigerator can practically hand you a ready-to-serve meal . . . *if* you have planned ahead! For example, when points permit and you have a roast for the weekend, get one large enough for another meal later in the week. Cover and refrigerate the remainder. During the week, serve it sliced cold, along with potato salad made and stored, covered, the night before. Give the meal added zest with a hot soup made from soup stock kept in refrigerator. See WARTIME SUGGESTIONS★ for soup stock and soup recipes.

***Next Month:* "How to Use Leftovers"**

Here's a quick meal that can be built around a meat loaf, stew, or ragout, made and stored in advance. To make a delicious jellied meat loaf, sprinkle 1 tbsp. gelatine over ¼ cup cold water; let stand 5 minutes. Add ¾ cup boiling water, 1 tsp. salt; stir, chill. When mixture begins to thicken, add 1½ tsps. grated onion, 1 tbsp. prepared horseradish, ½ cup mayonnaise. Blend. Fold in 2½ cups coarsely ground cooked beef, 1 cup chopped celery. Turn into loaf pan first dipped in cold water. Chill overnight. Add a hot vegetable. Serves 4-6.

Solve the dessert problem with Vanilla Cream, quick 'n easy to make. Heat 1 cup of milk or coffee cream. Add 1½ cups sweetened condensed milk. Blend. Add 2 more cups milk, or cream, and 2 tsps. lemon juice. Pour into tray and freeze with control at coldest position. When frozen, remove to bowl; add 2 tsps. vanilla and whip until light and creamy. Complete freezing immediately, then turn temperature control halfway back to normal to hold dessert until serving time. See WARTIME SUGGESTIONS★ for other frozen dessert recipes.

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"Success with your jams and jellies is so certain when you use Certo!" rejoices Mrs. Floyd Marrs, whose delicious grape jelly took First Prize at the Kansas State Fair last year. Yes, with Certo, the famous pure fruit pectin, it is easy to jell even difficult fruits! And Certo gives you further help. Since all fruits can't be handled alike, the Certo recipe book, which comes with each bottle, gives a separate recipe for *each kind* of fruit!

"Busy women bless Certo," says Mrs. Marrs. "For with Certo you boil the mixture only half-a-minute for jelly, a minute or so for jam. You can be all through—your jam or jelly

poured and paraffined—15 minutes after the fruit is prepared! And this short boil, with Certo, leaves the nice fresh flavor in the fruit . . . gives lovely, clear color.

"And what a welcome bonus those 4 extra glasses you get by the short-boil method with Certo are these

days! With Certo, you don't boil the juice away . . . get 11 glasses from the same amount that gives only 7 glasses by the old-fashioned 'boil-down' method. So your jellies cost less per glass, and you have the satisfaction of getting the very most from your fruit."

A Product of General Foods

Mrs. Floyd Marrs
Hutchinson, Kansas

Accordin'

JESSIE HOOPER

Take a tip from the Chinese: cut vegetables and meat the same size

THE food emergencies of the present war, struggling with ration coupons and what the grocer or butcher has to sell, reminds me of how my mother coped with her problems during the last war. "It's all accordin' to taste," my mother would say to me.

At first when news floated about food scarcity and then when rationing coupons arrived to become standard equipment, I fussed and fumed and worried besides overworking myself. I shopped frantically (sometimes foolishly and most unpatriotically) loading my storage shelves with canned goods and staples that we never used. I marketed unwisely and my family did not appreciate their meals.

Then one day I pulled myself together, locked myself in a room, and with pencil and paper tackled the problem "straight from the shoulder," as my mother would say. First of all, I decided to list the essentials in cooking for a family of four with two of the members working in a defense factory. Certainly cooking for the two defense workers is an essential job besides keeping the rest of the family well fed. Then I listed other essentials and came up with this listing: (1) food restrictions and scarcities; (2) family tastes; (3) costs; and (4) time for planning and preparation of meals. Pondering over each factor and giving each one due consideration, I found that *Family Tastes* headed the list in importance, while *Time for planning and preparation of meals* was least to worry about in my estimation at the present time.

With the necessary rationing and scarcity of foods plus the rising costs of foods, I found that I could satisfy my family's needs but I was the one who would have to adjust—that is, I would have to work a little harder on planning meals and even give more time to their preparation if necessary. I

Double Duty Meat Loaf provides meat flavored sauce for spaghetti

Sketches, Dolly Tingle

to Taste!

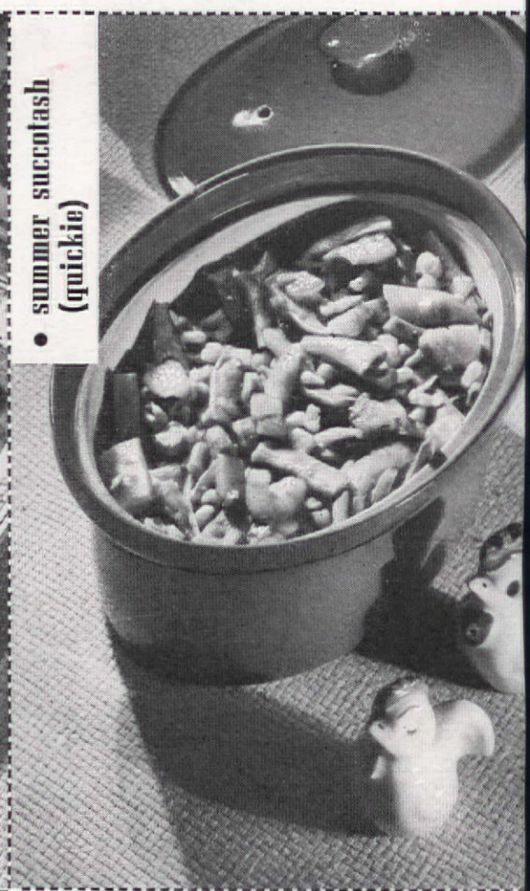
—OR WHAT TO DO WHEN YOUR FAMILY SETS UP A HOWL FOR RATION RESTRICTED DISHES

Photographs, F. M. Demarest

Recipe printed on back of each photograph

• sweet and pungent

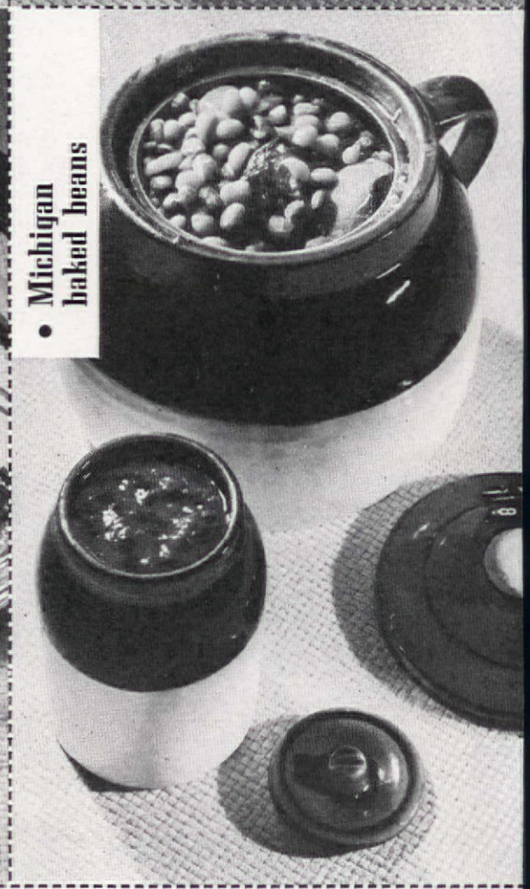
• beef stroganoff



• summer succotash (quickie)

• garden casserole

• double duty meat loaf with tomato sauce



• Michigan baked beans

• Michigan baked beans

Preparation time: overnight soaking of beans plus 2½ hours

1 lb. navy beans
2 cups water
1 onion
¼ lb. salt pork
½ cup brown sugar
½ cup vinegar
1 teaspoon dry mustard

Soak beans overnight. Parboil in water until tender. Put them with juice into a bean pot. Add onion, salt pork. Mix brown sugar with vinegar and mustard and blend into beans. Bake at 350° F. for 2 hours or longer. Water may be added during baking process if the beans seem too dry. This is another way to bake beans which the family will enjoy.

Serves: 4 ***Source of vitamins: A and B complex. 500 cal. per serving***

Recipe submitted by JESSIE HOOPER
Tested in THE AMERICAN HOME KITCHEN

• double duty meat loaf with tomato sauce

Preparation time: 1½ hours

Meat loaf:
1 lb. chopped beef
1 cup corn flakes
1 egg, beaten
2 tbs. onion, chopped
1 tsp. salt
⅛ tsp. pepper

Sauce:
1 garlic clove
2 small onions, chopped
1 green pepper, chopped
½ cup tomato paste and
1 cup of water or
1½ cups of home canned tomatoes
½ tsp. pepper
1 tsp. salt
3 bay leaves

Sauté onions and green peppers in skillet using very little fat drippings. Add garlic clove for a few minutes. Add tomato paste and water, or canned tomatoes, pepper, salt and bay leaves. Simmer for a few minutes and pour around meat loaf. Bake at 350° F. for 1 hour.

Note: Sauce is not served with meat loaf but saved and served with spaghetti.

Serves: 4 ***Source of vitamins: A, B complex and C. 225 cal. per serving***

Recipe submitted by JESSIE HOOPER
Tested in THE AMERICAN HOME KITCHEN

• garden casserole

Preparation time: 2 hours

12 oz. dried lima beans, *or*
2 cups fresh lima beans
4 cups water
bouquet of herbs using bay leaves, cloves, tarragon, summer savory
2 large onions, chopped
1 green pepper, chopped
3 large tomatoes, chopped
½ cup celery, chopped
2 tsp. salt
½ tsp. pepper
¼ tsp. paprika
¼ cup parsley, chopped

Cook dried lima beans for 20 minutes and let stand for 40 minutes in the hot water. Then cook again in the same water adding the bouquet of herbs until tender. Blend onions, pepper, tomatoes, celery, and add to cooked lima beans. Add seasoning of salt, pepper, and paprika. Pour into greased casserole and bake at 350° F. for 45 minutes. Just before serving blend in chopped parsley. Fresh lima beans may be used while they are in season. Of course fresh lima beans require no precooking and soaking. Cook with herbs and proceed with directions.

Serves: 4 ***Source of vitamins: A, B complex and C. 440 cal. per serving***

Tested in THE AMERICAN HOME KITCHEN

• summer succotash (quickie)

Preparation time: 25 minutes

1 lb. fresh green snap beans
1 cup fresh corn off-the-cob
⅛ lb. salt pork or bacon
1 tsp. salt

Add salt to snap beans which have been cut into inch size pieces and cook in a very small amount of water for 20 minutes. Fry salt pork or bacon which has been cut into small pieces until crisp. Just before serving combine the crisp pork or bacon and drippings with beans. Add freshly cooked corn cut from the cob. This dish has an unusual flavor from the snap beans and fresh corn combination. Nice way to use victory garden vegetables.

Serves: 4 ***Source of vitamins: A, B complex and C. 147 cal. per serving***

Recipe submitted by JESSIE HOOPER
Tested in THE AMERICAN HOME KITCHEN

• beef stroganoff

Preparation time: 1½ hours

1 lb. round steak
2 onions, sliced thin
1 tbs. fat or drippings
1 tsp. dry mustard
¼ tsp. pepper
1 tbs. tomato paste or canned tomato
1 tbs. vinegar
½ tsp. salt
½ cup sour cream

Cut the 1 lb. of round steak into very thin narrow strips. Brown meat thoroughly in a moderately hot skillet. When sufficiently browned, remove meat from skillet. Sauté the 2 sliced onions in fat or drippings. Combine meat with onions in same skillet. Add mustard, pepper, tomato paste, vinegar, and salt. Cook slowly over a simmering fire for 1 hour. Just before serving stir in sour cream. Heat thoroughly and serve piping hot.

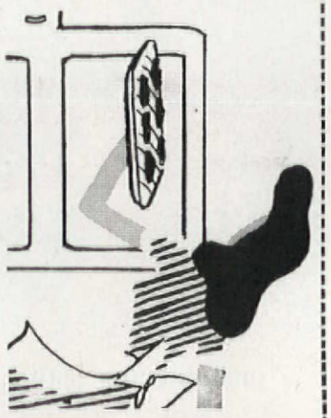
Serves: 4 ***Source of vitamins: A, B complex and C. 330 cal. per serving***

Recipe submitted by JESSIE HOOPER
Tested in THE AMERICAN HOME KITCHEN

• sweet and pungent

Preparation time: 45 minutes

1 lb. pork *or*
1½ lbs. chicken
1½ cups water
2 pieces ginger root
1 tbs. flour
1 tbs. cornstarch
1 tbs. fat or drippings
2 onions, cut into pieces
4 green peppers, cut into piece
1 tbs. sugar
2 tbs. pickle juice
½ tsp. salt
3 tbs. soya sauce
½ cup diced pineapple



Boil the pork or halved chicken in water with ginger root. Drain the meat and save the liquid. Cut meat same size as vegetables, roll in mixture of flour and cornstarch and fry crisp in drippings. Remove meat and saute the vegetables. Combine broth and remaining ingredients with the vegetables cooking for 5 min. Add the meat and cook 2 min. longer. Serve on boiled rice.

Serves: 4 ***Source of vitamins: B complex and C. 445 cal. per serving.***

Recipe submitted by JESSIE HOOPER
Tested in THE AMERICAN HOME KITCHEN

Photograph printed on back of each recipe

found that I could economize on housework time and give it instead to the food side of the ledger.

Since two members of my family work in a defense factory, I decided that keeping them well fed and happy is my patriotic contribution to the war effort. The hours I had been devoting to volunteer services would have to be curtailed because my two defense workers and family now come first in my duties. I still find time to do some volunteer work and the hours devoted to it give me a peace of mind because I know that my first job of making a home for my family is being efficiently done.

In attacking the problem of planning meals for my family, I quickly dispensed with planning meals a week or so in advance. It just doesn't work for me these days when I never know what will

Photograph printed on back of each recipe

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Preserves and Jellies

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Please be patient if your grocer is temporarily out of EVERBEST PRODUCTS. Our armed forces must come first!

be available at the store, particularly in the meat department. However, I always do have on hand a dozen or more meal plans which I can use freely in emergencies since they are not dependent on uncertain food supplies.

None of my family like what they call "soupy" dishes. These include all soups, stews, boiled dinner, fricasseed chickens, and so on. They should, but they just don't. On the other hand, they all like highly or well-seasoned dishes, and they exempt from the "soupy" class any dish with an interesting sauce, such as Beef Strogonoff. I still cannot see where one is more or less "soupy" than the others, but they can and I am out, one hundred per cent, to keep them well fed and satisfied with their meals. Nor does my family enjoy entirely meatless meals, no matter how good they may be. I can stretch meat for them, or add a meat flavor, but they believe that they haven't eaten at all unless their dinners have a meat flavor in the main dish. Nor, alas and woe with me, do they like kidneys, hearts, and brains. I know they should, but dishes prepared with them are wasted and untasted.

Since my family will not eat soup, I cannot use vegetable juices for the traditional soup pot. But I do save the juices for moistening meat loaves, for mixing with tomato juice cocktail, for the liquid in poultry stuffing. If I make a stew with a minimum of water and then bake for 30 minutes, my hungry eaters beg for more!

I have revived some of my childhood dishes to everyone's delight. Do you remember crisply fried salt pork with cream gravy? Or southern succotash with green string beans, salt pork and fresh corn? Instead of serving Welsh Rarebit on toast, which is not substantial enough for defense workers, I serve it on waffles, or rice, or fried cornmeal mush or noodles. Although we live in New England my family prefers the kind of baked beans which mother always served; that is, baked with brown sugar, vinegar, and mustard.

The Chinese make a real contribution with their recipes since they extend the meat flavor. A secret of Chinese dishes is to cut all vegetables and meat the same size. If the meat is minced, so are the vegetables finely minced.

Another trick I've learned is a Double Duty Meat Loaf which is baked with lots of tomato sauce. The loaf is served separately and the sauce is saved for spaghetti. Extra tricks are savers in the end.

Prem *with Mexican* Corn Pudding

6 Big Portions! Ready in 35 Minutes!

To 2 well-beaten egg yolks, add 1 c. milk, ½ t. salt, ⅛ t. pepper, ½ T. sugar, 2 t. flour, 2 T. minced green pepper, 1 T. minced pimiento, and ½ can cubed Prem. Combine, add 2 cups cooked fresh (or canned) corn. Fold in 2 stiffly beaten egg whites. Pour in greased shallow casserole. Top with slices of remaining Prem. Place in pan of hot water. Bake in oven (350°F.) about 35 minutes, or until firm.

Only 12 ounces of meat in this big dish! Yet every portion is full of meat and meat flavor because the meat is Prem. All meat, no waste, Prem goes further. Sugar-cured, Prem is extra good. Try it.

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Meanwhile—BUY WAR BONDS

Dear Working Wife:

HOLDING down two jobs these days, the one at the defense factory and the other which is equally important, keeping house, must task all your ingenuity. There are some efficiency tips which should make your housework and cooking just that much easier and get better results.

COOK a piece of lemon with cauliflower and you will always have a whiter looking vegetable. If some of the vegetables have that tired look, soak them for an hour in ice cold water and add the juice of a lemon. Lemon juice added to rinse water will also keep that desired glossy finish when washing slightly dull woodwork.

ARE you having trouble with your cake baking? I read in a booklet issued by the Tappan Range Company that if cakes rise higher on one side the cause may be one of three: the batter was not spread evenly in pan, or the pans were set too close to sides of oven, or the range may not be level. If your cake burns on one side then your oven may be too full or too hot, or the pans were placed too close to sides of oven. Cake cracking on top may be caused by too hot an oven or the cake batter is too thick.

This same booklet advises that if flat cookie sheets are used for baking cookies be sure there is proper heat circulation. Don't have too large a sheet for the oven. The pan should be 4 inches less than the oven width and 3 inches shorter than the oven depth.

Another leaflet which is filled to overflowing with good wartime suggestions comes from Frigidaire. For real efficiency you'll want to prepare some foods in advance. Do you make up enough waffle or pancake batter for a week? You can, you know, and store the unused batter in the cold part of your refrigerator. Muffin batter, cookie or biscuit dough, or pie crust can be made a week in advance. Nothing like having some hot muffins for dinner when the rest of the meal may seem to be uninteresting.

WHILE preparing dinner or after dinner you can fix your sandwiches for your lunch box. Wrap the sandwiches in waxed paper and store in a cool part of the refrigerator and the next morning all you'll have to do is put them in your lunch box. Do you want some sandwich filling suggestions? Here are a few which can be prepared in advance and what a help that is! Add enough honey to peanut butter to spread easily. This mixture will keep for a week or longer if stored in the refrigerator. Another idea is to chop hard cooked eggs and add either a little ground ham or other sausage, or pickle, or green pepper, and moisten with salad dressing, either cooked or mayonnaise. Make enough for several days and store in the refrigerator using a jar which may be carefully covered.

INSTEAD of putting lettuce in the sandwich, wrap separately in waxed paper and take along. To vary the beverage you carry in the vacuum bottle it is a good idea to keep on hand in the refrigerator a supply of chilled tomato juice, or grapefruit juice or consomme, and try hot cocoa or chocolate milk sometimes instead of the usual milk, tea or coffee. It will be a welcome change and turn the old humdrum lunch time into an exciting anticipated occasion.

I saw a new paper lunch box the other day all packed with enough paper containers to last a month. Using paper containers with lids helps to vary that dreaded monotony of carrying lunches. Carry along fruit, or puddings, or salads, or any cold dishes. In other words the lunch you carry should be just as nutritious and as attractive as the one you would fix for yourself at home. And be sure to eat breakfast before you go to work! You'll really feel better, you know.

If you have any tricks up your sleeve pass them along to me, but please, no military secrets!

Molly Fixit

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ARLETTA CARSON

WITH the baby boom in full swing over the entire country the problem of something new and different in a stork shower confronts quite a few of us. Instead of the stork, cradle, and baby motifs which had become a bit overworked, it would be fun to have for my next party what I called a "Mother Goose Jamboree," by way of variety.

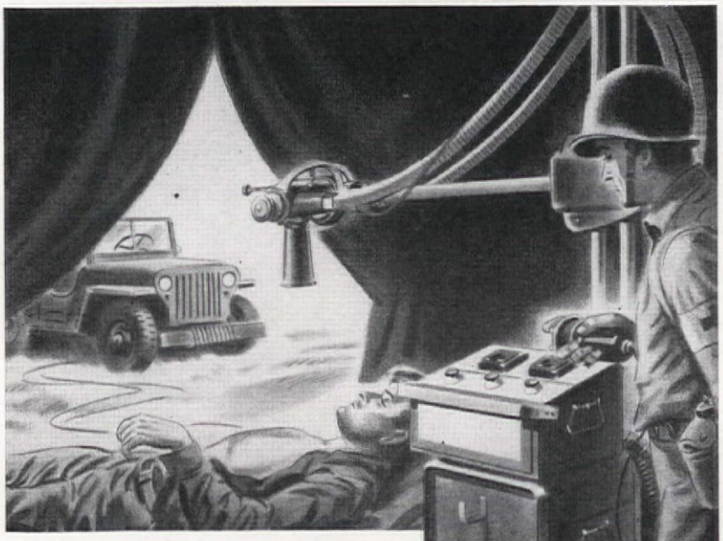
Illustrated invitations in verse form were written on juvenile notepaper with crayons, to look as if they might have been written by a child. It had been my idea in planning the party to think of the later, trying times when my guests were beset with the cry, "Mother, tell me a story." Lest they forget the Mother Goose rhymes and stories of their own childhood, we would brush up on them in the meantime.

Each guest was asked to recall and recite aloud a Mother Goose rhyme. Failure to remember any called for a penalty. One of the contests planned was a name-suggesting game. Two lists of names were to be thought of by each guest for the baby-to-be, one girls' and the other boys' names from the characters in Mother Goose. Nursery rhyme books were given to the persons with the longest lists. For another contest guests were asked to identify pictures of nursery rhyme characters. A nursery lamp with Jack and Jill on the shade was the prize. Finally the guest of honor was presented with a book of nursery jingles in which certain rhymes had been marked with a gold star as a hint to the location of shower gifts. "Little Jack Horner" contained a clue to a gift "in the corner," and the rhyme "Pussy-cat, Pussy-cat" to a gift "under a chair." This proved to be quite diverting.

Refreshments were served at card tables decorated with centerpieces representing nursery rhymes. Guests found their tables by matching lines of nursery rhymes with the centerpieces, one of which was "Humpty-Dumpty" and another "Mary, Mary Quite Contrary." Miniature story books were used as place cards. Very juvenile was cheese covered popcorn served in small sand pails. Merry-go-rounds went right along with the party and together with ginger ale were much applauded. For the body of the Merry-go-round, lime sherbet frozen in a souffle cup was placed in the centre of a large sugar cookie. Animal crackers around the edge of the cookie, secured with a bit of icing, and a cover over the sherbet of red and white paper to represent a tent canopy, completed the illusion of a Merry-go-round.

Sketches, Clare McCanna

TAKING THE CLINIC TO THE FOXHOLE



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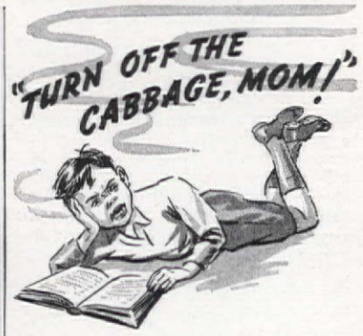
Music
HATH CHARMS

IN TIMES of strife and trouble music is both solace and inspiration. And those who have a Winter & Company Musette in their homes or can find this fine instrument at their dealers, are indeed fortunate—for *no pianos are being manufactured in this country today.* But you can be sure that Winter & Company's skilled craftsmen will again be making Musettes *when this war is won*—and in as complete a range of beautiful and authentic Period Models as before.

NEW YORK Winter & Company Musette



Sounds silly, doesn't it? But what Junior means is, "Switch on that Victor In-Bilt Ventilator and send those kitchen odors skedaddling . . . to be replaced with fresh, clean air from out-of-doors."

But there's nothing silly about keeping a kitchen—or any other room in the house, for that matter—free from stale air resulting from improper ventilation. Tomorrow's homes won't wait for a vagrant breeze to strike from the right direction. They'll make their own breeze with Victor In-Bilt Ventilators.

Write today for your free copy of Victor's new booklet on post-war ventilation, "You'll Do It 26 Thousand Times Today." Address Dept. IB-737.

Victor—ready over here when it's over "over there".

VICTOR ELECTRIC PRODUCTS, Inc.
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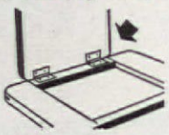
What to look for

WHEN YOU BUY A CLOTHES HAMPER

Style and colors and size, of course, but we mean those things that make a hamper *last.*

First off there's the lid. Will it break off easily? Or does it have a "stop-hinge" that prevents the lid from opening too far? A *stop-hinge is desirable* and it should be attached with large head screws.



Then there's the top frame. Some are simply held together with brads. These are apt to break apart. Look for one that is completely *tenoned* and *glued.* This gives your hamper strength and rigidity.

Don't forget, the legs are the main support of your hamper. If they are nailed to the frame the hamper is apt to be weak. Be sure the legs are *doweled* and *chucked* and *glued* into the frame.

It is well to notice the handles (if any). They should be *moulded* and *smoothly sanded.* On cheap hampers they may be rough and poorly shaped.

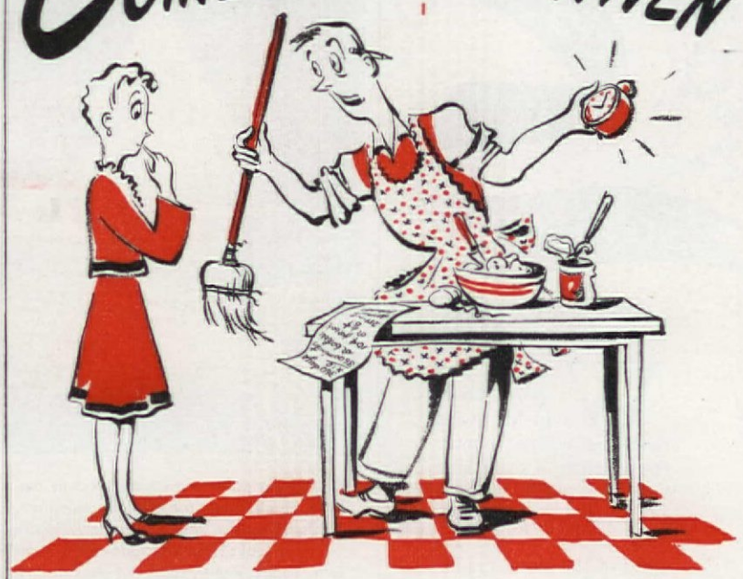
Now stand off and look at the fabric. A well made hamper has the *fabric tightly shrunken* to the frame. (No loose fitting sides.)

You might also feel the frame on the inside. It should be *smoothly sanded* to prevent rough surfaces.

In a Whitney Hamper you will find *all* these features and others too. In fact they are shown on the guarantee tag that comes attached to every Whitney Hamper. So actually *the first thing to look for* when you buy a hamper is the name "Whitney."

ADVT.

"COMES A TIME WHEN A MAN GETS FED UP!"



Dorothy B. Porter

BILL MICHAELS

INTO every man's life there comes a time when he gets fed up! For this particular male, that time is here. After perusing scores of humorous and supposedly true-to-life articles ridiculing the poor, helpless husband in the kitchen, turned loose on his own to cope with the household tasks, I think the judgment day is just around the corner. It's time one of us got up on his hind legs and had this thing out from start to finish. It's time somebody explained the facts of life to everybody in general, and the gals in particular, about the bull-in-the-china-closet-idea concerning the make of the species in the kitchen. It's libelous. It's erroneous. And most of all, it's aggravating, when as a matter of fact 99 out of 100 women could take lessons in efficiency in the kitchen from their husbands. Now that's not just idle talk. There are indisputable facts to back it up, gathered and reported by your not-so-humble correspondent.

Here was the situation in our little FHA domicile, and I daresay the same conditions hold true in countless other American homes, if the wives will only be honest about the whole business. When, what we thought was to be our son and heir, was on the way (it turned out to be a seven-pound girl), my wife had to cut out the more strenuous household tasks on doctor's orders; so I was faced with two alternatives: I could hire a maid; but a hurried financial checkup showed my liabilities to be precariously close to my assets in volume, so the maid was out; or I could dig in and help with the housework myself. As assistant sports editor of a morning paper, my normal working hours were from 4 p.m. to midnight; leaving me at home most of the day with plenty of time to take care of the house if I so desired. I was hooked, and I knew it, so I had to make the best of it.

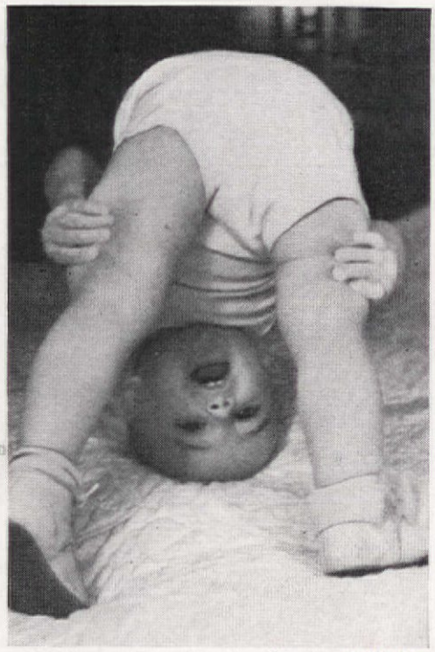
New rugs in the living and dining rooms had to be swept daily and sometimes oftener, in order to train their long nap to lie flat and orderly. Two days of struggling with a limp, scraggly broom had me muttering viciously to myself about long-napped rugs, and bedraggled brooms. Then my ire shifted to its proper objective. "For gosh sakes!" I yelled at my beloved spouse, who was interestedly watching my efforts from a reclining position on the sofa, "Haven't you anything better to sweep these rugs with than this bunch of straw? I spend an hour a day on these carpets and they still don't look swept. What about that long-handled brush that salesman was trying to sell you the other day? I thought you were going to get one." Yes, that was right. She *was* going to get one, but it seems that the brush cost 94 cents and she just didn't feel it was quite right to spend that much on a rug broom when she still had the other one. That, it seems, was her idea of being economical. Here's mine: I squandered the 94 cents the following Saturday on the rug broom. I now finish the rug in 15 minutes and do a better job. Boiling those facts down, I save 45 minutes a day. The new broom will be in good condition for at least six months, or 180 days. By that time we can discard it and use only the vacuum cleaner. Very well, that makes 45 minutes of sweeping saved daily for 180 days, or 135 working hours. We paid 94 cents for 135 work hours of sweeping or about seven-tenths of a cent per hour. If any wives want to work at those wages, come around any time!

My wife has a can opener. Husbands aren't the only ones who use them. It isn't much of a can opener, to be perfectly frank. I think it cost ten cents, bought at the same time she bought her paring knife. For 25 cents she could have bought a pretty good piece of machinery, the kind that fastens on the wall and does all the work at the turn of a crank while the can turns around. She can still get one at 25 cents, despite the defense emergency. But the salesman doesn't live who can talk my wife into throwing away that ten-cent temper-tester she has in her kitchen drawer taking up valuable space.

Right now my wife is in the hospital with little Marcella. When she gets back with the new member of the family she'll find a new potato peeler in the kitchen; a good steel carving knife; an expensive 25-cent can opener; all her miscellaneous hoardings thrown out of the various cupboards and the ice box; that new broom hanging on a hook in the rearranged kitchen closet; a timer on the kitchen stove with an alarm that rings when your particular piece of culinary art is finished; an inexpensive outfit that resembles a screen globe to cook rice in a jiffy; a new set of ice trays in the refrigerator, trays from which you can get the ice cubes individually and without getting soaked to the skin with splashes of water from the hydrant; and another idea is being initiated—

there's a pad for scratch paper hanging inside the cupboard door on which to jot down notes in the future about improvements. There won't be any law against her using the pad as a grocery memo, so that she will not be continually running out of bread just before meal time, or butter, or salt, or pepper. I wonder what would happen down at the paper I work on if the pressman discovered at press time that there wasn't enough paper to run off the edition. But I don't have to wonder long. I seem to hear a voice telling me what would happen. The only trouble is, you can't fire your wife. She's under contract—and am I lucky she is!

Dear New Mother



Mary Brandel Hopkins

DID you realize that the formula you are feeding your baby has the same valuable and necessary food constituents as you're supposed to eat? The milk and egg in your baby's food furnishes protein, vitamin, and minerals. The orange juice adds vitamin C or ascorbic acid which is very necessary. The cereal and vegetables which you start feeding the baby when he is just a few months old give the necessary carbohydrates, vitamins, and minerals for building a strong body.

BY THE same token you should be eating well balanced meals. Milk and eggs are good animal proteins which every growing child and adult needs. Then there are vitamins and minerals in vegetables and fruits which shouldn't be missed a single day. You're careful with your baby's food; be just as careful with your own and see that you eat enough of the right kind, protein, vitamins, and minerals. Fortunately, the non-rationed fresh fruits and vegetables, milk, and eggs are abundant in these necessary attributes.

HAVE you been worrying because your baby doesn't weigh as much as Mary Jane's new baby boy? Then stop your fretting. Small framed babies do not need to weigh as much as large boned babies. If your baby eats and enjoys his food and makes a consistent gain, then you should be content. After all, babies are individuals just as much as adults and all babies do not have to weigh the same, anymore than all adults weigh the same at a given age.

Katharine Lenroot, who is Chief of the Children's Bureau in Washington, D. C., wrote some pertinent facts in a letter the other day. She said that if ever children needed mothering and fathering, they need it now. Doctors say that more affection is needed in wartime than in peace. A child's security must be built for him, a security that is strong although the world about is constantly changing. Even that small mite of a baby is aware of changes. That's why I keep reminding about the importance of schedules. Feeding should be on time, sleeping provided the same hours and do find time to play with your young child. How soon they grow up—no longer children.

BY THE way, speaking of feeding schedules, did you know why babies shouldn't be fed too frequently? That is so they will have a chance to get hungry. When a baby is hungry, he will eat. Don't doubt it. But if their little tummies are already filled from the previous bottle or dish of porridge, you can't blame them too much if some stubborn resistance shoves the food away.

I've been writing about food this time because it is so important. But a child must also be fed love and affection to thrive today just as in other days. Even if you haven't heard from your soldier or sailor husband, chin up and resolve to keep smiling with the baby.

Aunt Sue

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Preparedness is the Watchword of this Timely Danger Signal in the Ninth of the Series on Family Health

MARGARET S. AREY

Assistant Consultant Orthopedic Nursing
Graduate Massachusetts General Hospital

Infantile Paralysis

What Can be Done About It?

THIS is the time of year, late summer and early fall, when poliomyelitis, or infantile paralysis, is most likely to strike. It is the time we should be especially watchful of our children, particularly those between the ages of one and five. But remember, also, that people of all ages may be affected. This year we must be unusually alert since those who study this disease tell us that a large number of cases is expected. Much is being done on all fronts, with the National Foundation for Infantile Paralysis leading the fight. Through grants to hospitals and scientific laboratories, through scholarships for education, it is enlarging tremendously the scope of research and the service given.

A great deal has been learned about all phases of the disease, but much still remains a puzzle. Infantile paralysis is caused by a virus which is a form of germ so fine that it will slip through the finest filter in the laboratory and it cannot be seen even under the most powerful microscope. This virus has been found in body discharges, sewage, and in flies. How it enters the body has not been proved though it is fairly certain that it is either swallowed or is breathed in through the nasal passages. The virus then attacks the nerve cells in the spinal cord, which may result in injury to the nerves and muscles which may be followed by paralysis of some part of the body. How the virus spreads through communities is not completely known either, though doctors feel that different people may get the disease from the same source rather than from each other.

You are probably asking, "What can I do to protect my family from poliomyelitis?" No vaccine or serum has yet been proved of practical value. However, there are some general measures that should be followed, as listed on opposite page.

The time it takes for the symptoms to appear after the virus enters the body varies. It is usually from four to ten days. The symptoms are many and varied and each patient does not have them all. In an "abortive" case of poliomyelitis the symptoms are mild and rather fleeting. Sometimes the child may have a cold or a cough, or a sore throat. He may be constipated or have a stomach upset. He may just feel not quite up to par. These symptoms last only a few days and then the child is well.

The child whose illness is more severe may have these same mild symptoms followed by a few days when he is apparently well, after which he becomes sick again. This time the symptoms are much more definite in character. They include headache, stiff back and neck, and some fever. Paralysis may or may not develop. Tightness or spasm of some part of the body may be observed, such as the head drawn to the side, or a leg with the knee bent and drawn up towards the chest. Other children (and these are in the minority) will have definite paralysis of some part of the body. At the time of acute illness when paralysis appears to be present, no one can tell whether or not the part is really paralyzed because there is no way of knowing if the nerve cells have actually been destroyed, or have just been temporarily put out of action. This cannot be determined until later.

At the very first sign of illness a doctor should be summoned. If no doctor is available, the local public health nurse will be glad to help you locate one. This child should be put to bed immediately and kept quiet. This is especially important since the rest and quiet may aid in preventing the spread of the virus within the body and may help to limit the damage to the nerve cells which have already become hurtfully involved.

The concept of infantile paralysis and its treatment has been changing in the last two or three years. Previous to this time patients were kept rigidly splinted and immobilized to protect the muscles which were affected. It was believed that the apparently normal muscles on one side of a joint were pulling the paralyzed muscles of the opposite side of the joint out of position thus causing deformities. This treatment was followed by careful re-education of the muscles to bring back as complete use of the muscles as possible. Many excellent results were thus obtained.

In 1940 an Australian nurse, Sister Elizabeth Kenny, came to this country with a new concept of the disease and its treatment. Everyone is now familiar with the story of how in Australia she was confronted with a number of patients with infantile paralysis with no doctor available for immediate supervision. Noting the acute pain and sensitiveness of these patients she applied moist heat to the affected parts. She observed that

Photographs, National Foundation for Infantile Paralysis, Brooklyn Visiting Nurse Association

these hot packs which she kept changing at regular and frequent intervals gave much relief to the patients. She observed that the muscles that had previously been thought to be normal were in reality affected by the disease and were in spasm. Further observation convinced her that if spasm were allowed to continue, the muscles on the opposite side of the joint would refuse to function. Incoordination of muscle action would follow, meaning that other muscles would attempt to take over the work of the affected muscles.

General Measures to Follow in the Prevention of Poliomyelitis

1. Keep your child away from crowds of any kind—at theaters, at picnics, and country fairs.
2. Stay away from swimming pools.
3. Always wash hands well before meals.
4. Wash fruit and vegetables carefully before eating.
5. Make sure that the house has screens on all windows and doors.
6. Avoid unnecessary visiting to sick persons, keeping children away entirely.
7. Follow general rules of good nutrition with simple, nourishing meals.
8. Get plenty of rest and avoid fatigue.
9. Learn what your local health department says about health rules for this time of year and follow faithfully the advice given.
10. See your doctor when your child is ill.

Sister Kenny then evolved a careful system of muscle re-education, not unlike other methods that had already been developed. Of course, the Kenny treatment like all other methods of treatment, is not a *cure* for infantile paralysis. However, in comparison with other treatments, Sister Kenny's treatment does definitely appear to be the most effective one yet devised considering the results.

In caring for these patients certain general measures should be observed. The child should be kept quiet and moved as little as possible. Meticulous care should be observed in disposing of discharges from the nose and throat, and the stools. Discharges from the nose and throat should be burned. Disinfection of the stools before disposing of them is advised, and the hands of patient and attendant should be thoroughly washed.

If splinting and immobilization is used, correct position of the parts in the splints must be maintained at all times. If the Kenny method is used, the hot packs should be begun as soon as the diagnosis is made. This is absolutely essential since the packs are most efficacious during the acute stage of the disease. There are three parts to each pack. The inner pack which is made of material not less than 60 per cent wool, is boiled ten to fifteen minutes and wrung out twice with a hand or electric wringer so that all possible moisture is eliminated. It is then applied immediately to the part. This is covered by the middle pack made of water repellent material. Lastly, the outer pack, made of part wool and part cotton material is applied. The mother is usually a very apt pupil in learning the application of packs, and she generally follows very well the instructions of the nurse or physical therapist. As soon as the acute stage has passed and the pain has subsided, re-education of the affected muscles is begun. In the older method of treatment, muscle training is begun in about six to eight weeks. In the Kenny method this is started in a few days. Some patients who have been left with paralysis may need surgery to improve affected parts.

What results can be expected following the occurrence of poliomyelitis? A large number of patients will recover completely. A certain number will have a moderate amount of paralysis, and, unfortunately, a few will be left with more marked paralysis.

What can the reader do, individually and collectively, with regard to poliomyelitis? There is much to be done. First, get in touch with the organization in your community that has been set up for the care of poliomyelitis patients and work closely with it under the direction of the person in charge. Locate and have ready for immediate use, equipment both standard and improvised. This would include materials for packs, old woolen blankets, water repellent material, hand wringers, equipment for beds, and large numbers of safety pins. Help would be needed in cutting and assembling sets of packs. Material of this sort would be needed in the event of a large number of cases of poliomyelitis occurring at the same time. Make sure that funds are available for braces and other appliances which may be needed.

Have you workers in your community who are trained in the care of poliomyelitis? Many areas already have active organizations with staffs especially trained in orthopedics including the Kenny method, such as hospital and public health nurses and physical therapists in hospitals, health departments, visiting nurse associations, and in convalescent homes. If your city does not have people so prepared, take steps to make this an actuality. Citizens' groups and other civic organizations always stand ready to help. Federal and state funds in connection with the Social Security Act are available. Information regarding these funds can be obtained from the crippled children's division in your state. The National Foundation for Infantile Paralysis advises that a good use of local chapter funds is to train people in the care of poliomyelitis patients. (See October, 1942 and January, 1943 National News bulletins.) Much has been done in the past. Much remains to be done, and we are looking forward to still greater achievements in the future.

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MR. IVES: No. It looks as if I'll be working from 9 to 5 as long as I can keep going. After all these years, we can't afford to accept Social Security when it is due.

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Helps Build Up Resistance Against It!

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Taken regularly—Pinkham's helps build up resistance against such symptoms. Also a fine stomachic tonic! Follow label directions.

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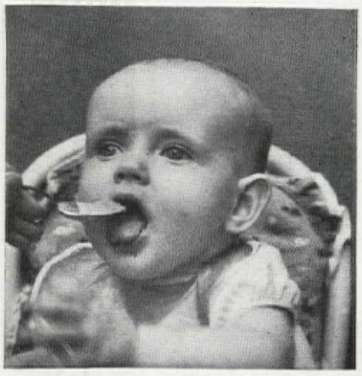
Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will help the 15 miles of kidney tubes flush out poisonous waste from the blood. Get Doan's Pills.

HIGH CHAIR MANNERS

MARY BRANDEL HOPKINS

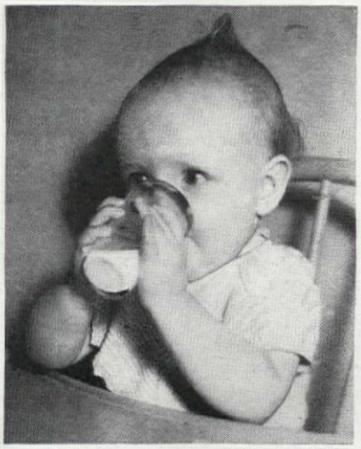
Photographs by the author



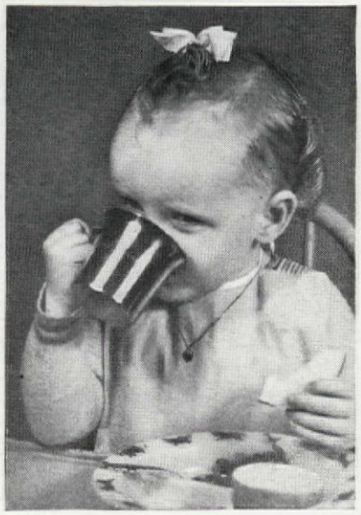
How your cherub eats his way through life will be an unerring index to his breeding so start in gently but early to train him in the way he should go. Shortly after three months the child will take semi-solid foods from a spoon and soon his mouth will open expectantly at the sight of the spoon. After he has celebrated his

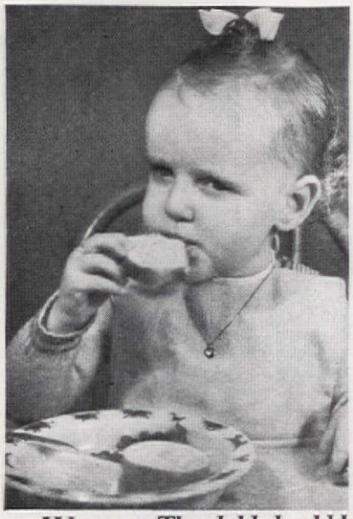
first birthday he may learn to use a spoon in helping himself. Before he is two, he will be able to eat cereal and vegetables from his plate with his own small or curved-handled silver spoon held tightly in a chubby fist. About this time he may also gain sufficient dexterity to scoop an orange from its

shell in which the sections are cut to make it easier. It will take time and effort to help him learn to find his mouth without mishap, but his skill will be your reward for resisting the impulse to feed him yourself when moments are precious. In early attempts



at taking a drink unaided have the baby hold the glass firmly in both hands. When the second milestone is reached, he will be able to manage with one hand grasping the cup by the handle and waving it proudly aloft.



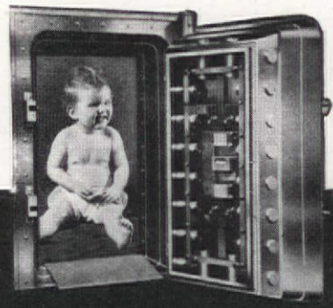


Toast or bread and butter at this stage is ably handled in small buttered pieces; Mother should insist that the piece be returned to the plate and not put down on the table. Mastery of a child-size fork, the tines upward, will be accomplished with little difficulty. From now until he is five or six years old, progress will be rapid and encouraging to the wise mother who has devoted helpful moments from each meal to careful training. But there is one important

Warning: The child should be hardly aware of your training Above all, don't make mealtime an unpleasant experience

Suggestions should be made as quietly as possible and care should be taken not to correct a child before other people

The well trained child of six or seven will manage a knife and fork as capably as most adults. Meat is cut with knife in the right hand; the fork in the left with prongs downward. After the knife is laid on the edge of the plate, the fork is transferred to the right hand with prongs upward. Your child will benefit always from the advantage of sound training



Even if you could keep baby in a safe, he would not be protected against harmful germs in the air everywhere. But you can give skin extra protection against germs with Mennen *Antiseptic* Powder.

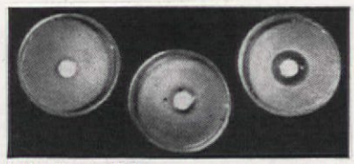
Baby's normal motions (shown by speed camera) create constant friction and danger of chafing. New protection is provided by improved Mennen baby powder, pounded to amazing fineness by special "hammerizing" process

STARTLING DIFFERENCES IN BABY POWDERS!

3 out of 4 Physicians stated in survey baby powder should be *antiseptic.*

EVERY MOTHER wants the *best* for her baby...but many don't realize that today *great differences* exist between baby powders! Laboratory tests *prove* that Mennen baby powder is *more antiseptic* than others—hence protects baby's skin better against diaper rash, prickly heat and other skin troubles in which *germs* play a part. Tests also show Mennen powder is *smoother* than others, thus guards skin better against painful chafing. (See photos at right) Delicate new scent of Mennen powder also keeps babies *lovelier.* You owe it to your baby to use the *best* powder, Mennen antiseptic baby powder. Best for baby, it is also best for you. *Pharmaceutical Division, The Mennen Co., Newark, N. J., San Francisco.*

Greater smoothness of "hammerized" Mennen baby powder is proved above. Photos taken thru microscope compare leading baby powders. Mennen (extreme right) is smoother, finer, more uniform in texture, guards skin *better* against chafing. Use Mennen Powder in diapers, and all over body.



Antiseptic superiority of Mennen baby powder is shown above in test by U. S. Gov't method. Center of each round plate contains a different baby powder. In gray areas, germs are thriving; but in dark band around center of Mennen plate (right), germ growth has been prevented.

Put 'em away, Susan—

That's a job for SANI-FLUSH

Why make extra work for yourself? You don't need a cleanser *plus a disinfectant* for toilet sanitation. Sani-Flush was made especially to keep toilet bowls sparkling clean. Acts quickly . . . easily. Removes film, stains and incrustations where toilet germs lurk. Cleans away a cause of toilet odors. Use Sani-Flush at least twice a week.

Don't confuse Sani-Flush with ordinary cleansers. It works chemically. Even cleans the hidden trap. *Cannot injure septic tanks* or their action and is safe in toilet connections when used according to directions on the can.* Sold everywhere. Two convenient sizes.

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Guaranteed by Good Housekeeping

CLEANS TOILET BOWLS WITHOUT SCOURING

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New pliable plastic stops leaks, saves fuel. Weatherstrips windows, doors, baseboards — caulks casements; makes packing, gaskets.

Easy to apply. Unrolls like ribbon. Just press into place and it stays put. Does not crack, chip, dry out or shrink.

About 80 ft. to box. At Hardware, Plumbing, Mill Supply Dealers or $1.25 prepaid ($1.40 west of Rockies)

Send for Circular

No Drip — **STOPS THAT DRIP**

A sure cure for condensation drip from tanks, pipes, walls, ceilings, etc. Apply with brush, trowel or spray. At stores or $1.90 for 1 gal. prepaid ($2.10 west of Rockies). Free Circular.

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"Do you take this man...?"

Photograph by Roy Pinney from Monkmeyer Press

ELINOR SCOVILLE and MARCELLA RYSER

DO YOU take this man to be your lawfully wedded husband, even though he is in the Service and you may have just a few hours, a day, or a weekend for the wedding and honeymoon. It needn't stop you.

The traditional approach to weddings is to save the bride from confusion and bustle. The groom shelters her from every inconvenience, arriving at the appointed place with ring, license, and bride's bouquet. This was all very well in other days, but in these days the bride not only arranges for the chapel or civil ceremony, but buys her own ring and gardenias, and yet she arrives dewey-eyed and lovely to greet her handsome groom.

There are times when delay, convention, and fuss must be dispensed with—and today's bride must discard all of these if she is to spend all of that precious leave with her groom. The bride must work out the most efficient way of utilizing the available time. Because his leave is short he cannot be wasting his time rushing around doing the things the bride can just as well do ahead of time. In fact, the bride must manage, and at the same time avoid any appearance of being a *managing woman!*

Remember you brides, when meeting *the* man at the station, your appearance is of great importance. Whether the groom is a soldier, sailor, marine or flyer, he lives day after day in a uniformed, masculine atmosphere, so don't give him more of same when he arrives to marry you. Even though you are very proud of your uniform and have worked long hours to earn it, if possible meet your groom in the prettiest dress you own. If you buy a new one, make it a feminine one, in his favorite color; he is the one who looks at you and he is going to carry away with him a picture of you, so be sure that it's a pretty picture.

Don't let your wedding be spoiled because you can not have a white satin dress and lace veil; for your wedding costume get a bright colored suit or coat dress, for you will be wearing dark, practical clothes on the other, less important days. That bright suit will pep you up every time you wear it. If you insist on being practical and having a gray or black suit, hop it up with a frilled, unmilitary looking blouse, bright colored accessories, and a pretty flower hat. Go a little mad when you get the hat, unless something tells you he prefers conservative hats!

Arrange time off from your job to coincide with the groom's leave; not many bosses are so hard hearted that they aren't touched by a wedding. Not many of the girls in the office will refuse to take over your work, in exchange for a similar courtesy another time. During your working hours, before the wedding day, write out the wedding notice that you want to appear in the paper, and mail it just after the ceremony. If you have known for some time that the wedding would be held on the groom's first leave and you *do* plan to send out announcements, have him send you a list of those people whom he wants to have informed, long before the actual date of mailing is impending.

You will need these names far enough ahead so that all of the envelopes will be addressed before the wedding. Of course the aid of

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Giant Trumpets—yellow, white, bi-color, mixed. Guaranteed. 5 Bulbs 25c; 22 for $1., postpaid. *Fall Bulb Book FREE.*

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This splendid selection of BLOOMING-SIZE American grown Tulip bulbs are all long stemmed, May-flowering of selected colors. Supplied in lots of 100 only at $3.30 per 100 postpaid.

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Giant Yellow Trumpet Daffodils, for beds, borders, edgings or under trees, a permanent addition to the garden. 100 for $4.00; 500 for $19.00 postpaid.

6 MERTENSIA VIRGINICA $1.00

VIRGINIA BLUE BELLS. Beautiful hardy perennial, grows 1 to 1½ feet tall bearing flower clusters of soft porcelain blue shade. Blooms during Daffodil-time. Most delightful effect is obtained by interplanting with Golden Daffodils. 12 for $1.70; 25 for $3.25 postpaid.

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30 Golden Daffodils & 6 Mertensia Virginica for $2.05

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STASSEN FLORAL GARDENS, Box 19, Roslyn Heights, N. Y.

an efficient friend is to be desired by the harried bride—one to whom you can turn over the list of names, addresses, and announcements, with postage, thus relieving you of that tiresome task.

If you both want to have an attendant, and his is to be a brother serviceman on leave, choose for your maid-of-honor a girl who likes to do things he likes to do, choose a non-predatory, non-extravagant girl who will be fun for the best man to take around.

You naturally will have planned to take the minimum of luggage on your honeymoon so that tipping porters will be no financial burden to the groom. If each of you takes a small bag you can handle them yourselves. Let yours be filled with bride-like and feminine apparel, a lovely flattering housecoat, dainty gown and slips, fresh white gloves and handkerchiefs, and your favorite soap with matching scent. Men detest highly perfumed women, but they love discreetly and daintily scented ones.

Let everything about this wedding and honeymoon be fun. You can arrange it easily and quickly, and yet have the permanency and security of a peacetime wedding. Of course it must all be done not only on short notice, but on a limited budget. Your own salary is thoroughly routed each month, allowing you no extra luxuries, and his monthly G.I. check will give you no honeymoon at the Ritz. But need that interfere with your honeymoon plans? No. You can take a bus or trolley to a small country place for the honeymoon, but try to get away from the city if you can. The city is expensive and an inexpensive city hotel might give your lovely honeymoon a less than enjoyable atmosphere!

These are some of the things you will have to plan on doing if you are to be a "quick-bride," with no rehearsal dinner, no family reception, no long honeymoon. The important thing is the short time you have together. The groom is just as sentimental about weddings as you are, so make it a real wedding with all of the joy you can inject into it. The wedding, the honeymoon, and the marriage will be what you make them, so make them truly memorable days.

MENUS for SEPTEMBER

They'll carry you through the "daily three" for the entire month . . . also market orders and time schedules. Price 10¢. Send stamps and ask for Sept. #150.

THE AMERICAN HOME

251 Fourth Avenue, N.Y., N.Y.

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Band NOW with TREE TANGLEFOOT

Don't let climbing insects sabotage America's fruit production in this vital year of war. Canker-worms and other tree damaging pests are on the march, and infestations will strike in unexpected places. Take no chances—band your fruit trees and vines with TREE TANGLEFOOT now. Shade trees, too, require the protection of TREE TANGLEFOOT. But since its constituent materials are on the critical list, we sincerely trust that all will be sufficiently patriotic to restrict its use solely to the purpose of food production. For sale at department, drug, hardware and seed stores. Write for informative booklet.

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Beauty of Livermere—Very dark velvety red.
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Flowers measure 8 in. in diameter. Order now. The roots must be planted this fall to bloom next Spring and each year. Planting Directions Included.

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Havemeyer Hybrid Lily

Lilium Centifolium Hybrid

This glorified Regal Lily is delightfully fragrant and superbly showy with immense white trumpets on 6 to 8 feet stems. Flower July and August after the Regales have passed. Supply limited. Top size bulbs.

6—7" Each .75¢ Dozen $7.50

Havemeyer Hybrid Lilies

Magnificent blooms ranging in color from straw yellow thru amber to soft coppery orange. Sensational.

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Unique with Wayside. Composed of over 200 choice collector's varieties; also all our tested unnamed seedlings. A rare offer. Top size bulbs.

25—$4.00 50—$7.00
100—$12.50 1000—$110.00

(250 or more may be had at the 1000 rate)

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Start to Swap

Story by KATE ANDREWS

Sketches by DOROTHY B. PORTER

1. Mrs. McDey is due at a nurse's aid class and her baby sitter is late. So her

2. neighbor helps her out and Mrs. McDey in return helps with the family sewing.

3. "Good idea, swapping," says Greta Reyburn. "Now can I get those piano lessons?"

4. "Why not?" Ruth Jebson replies. "If you'll teach me some tricks about cooking."

5. I'm no furniture repairer. But Margaret is so she will fix my squeaky old

6. chair if I make her one of my little braided rugs. "It's a deal." I shout.

7. It is the same with Mrs. Small. She does the Shadfords' laundry and that day "Shaddy" cooks the Smalls' din-

8. ner. In Denver, Cynthia has a fine, big victory garden. Fran doesn't enjoy growing plants, but gladly helps harvest the

9. crops and also puts up all the surplus for both families to share between producing seasons. The

10. swap system is fine for groups, too. Our Rag Pickers Club first made rag rugs, then shared ideas, and now help each other

11. out of tough spots. Marian had paint but no painter, so we put on

12. our aprons and jeans and went to work. You should see her house now - inside and out, from garret to basement. Or Belle may say,

13. "My corn is going to need hoeing in a week or so. Can some of you come out for the day?" Or it may be

14. that there are berries ready to be picked and can we help? Of course we can - and do. And it may be anything from

15. planting or sowing in the spring, to mowing the lawn in summer or putting the garden to bed in fall. Then,

16. when the time comes, she will turn to when the bunch assembles to tackle a job of fall housecleaning for one of us. Yes sir, swapping is cer-

17. tainly grand; it is thrifty, fun and makes for victory. - KATE ANDREWS

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A New Beauty Treatment for Your Home!

SPRED ... *a revolutionary paint_ made from soy beans*

There's nothing like SPRED—because it is the only water-mix paint made from soy beans. And you'll understand what a big difference that makes when you see how easily and quickly *you* can beautify the interior of your home with SPRED.

SPRED is the product of four years research in the famous Time-Tested Laboratories. It comes to you as a creamy Alpha-Protein* concentrate which mixes with water to produce an enduring, washable paint. Here are some of its advantages in the wartime home.

Easily Applied without Experience. Many housewives, whose painters have gone to war, have used SPRED with perfect results. It goes on fast—and leaves no brushmarks.

One Coat Covers. You can't beat SPRED's "hiding" qualities. One coat is usually enough for wallpaper, plaster, woodwork, wallboards—brick, tile and concrete sometimes require two.

Dries in ½ Hour—An "All-Season" Paint. You can move into a SPRED-painted room thirty minutes after the last brush-stroke. No airing is needed . . . there is no "painty" odor . . . use it Summer or Winter.

Super-Washability. SPRED's durable finish is unsurpassed in ability to take repeated washing. And its smooth surface cleans easily with a damp cloth or soap and water.

And So Economical. A gallon of SPRED concentrate mixed with ½ gallon of water makes enough paint for an average-size room. Think of it—a room like new for only . . . . . $2.98 A GALLON *(Slightly higher in Rocky Mt. Area)*

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SEE SPRED DEMONSTRATED in stores selling these Time-Tested paints: Glidden • Heath & Milligan • Adams & Elting • Climatic • Campbell • T. L. Blood • Royal • Forest City • Billings-Chapin

If your SPRED dealer is temporarily out of stock, it is due to SPRED's popularity and the war's demand for some of the materials needed to produce and package it. But SPRED is worth waiting for. Ask your dealer to call you when his new shipment arrives.

A New Unique Color Book for the Wartime Home! Do you know what colors are stimulating—what colors are soothing—and what colors fit your personality? The color scientists of Time-Tested Laboratories have prepared this book—packed with little-known facts on how *color* is helping beat the Axis—and how you can use *color* to improve health and morale on the home front. Get your copy of "Color Strategy" while the supply lasts. Send 10c in coin or stamps to Roberta Ross, Time-Tested Laboratories, Cleveland, Ohio.

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