On Guard...

The AMERICAN HOME

15¢

GOOD MODERN HOUSE • EASY-TO-SERVE THANKSGIVING DINNER • HOBBIES

November 1944

PAINT WILL DO IT — EVERY TIME!

MODERN... *but planned for friendly living*

PERHAPS you've often thought that some day you'd like to have a really modern home. But you've hesitated because you weren't sure you'd like to live with it.

Well, look at the exciting new home pictured above. It proves that a house planned for *efficient* living can be planned for *friendly* living, too.

You see, modern isn't just a style of decoration like Colonial or French or Queen Anne. With modern you don't have to follow the old rules. For instance, you're used to having every room enclosed by walls or partitions. But do you really need them? Eliminate some, and you can make much better use of your space. That's the kind of modern thinking that makes for more pleasant living.

In your living room right now there are probably several little tables with a lamp on each one. Are they really convenient? Suppose instead, you build in a sweeping shelf-table that serves both couch and chairs—and light your rooms with concealed fixtures that give you all the illumination you want just where you want it. That's modern—sensible and livable, too.

In a traditional home, you'd fill your room with vases of flowers. But when you go modern, you simply bring part of your garden right into the living room. And then frame it with a picture window that slides back into the walls and throws the whole room open to the outdoors.

Modern doesn't mean using only strange new materials either. Instead, the modern decorator uses familiar materials in new ways. Linoleum floors, for example.

In many modern homes you'll find linoleum floors all over the house. Why? Because they are practical, efficient, the easiest of all floors to take care of—and because they offer so many exciting opportunities to bring color and design into your room.

Look at the floor in this home. It's Armstrong's Jaspé—a type of linoleum that you'll find in the living and dining rooms of thousands of traditional homes. But notice the fresh, new way in which it is used.

Modern as tomorrow . . . yet friendly as a handshake. There's room here for everything—and plenty of room for living. A cozy library alcove . . . a luxurious couch with a built-in radio phonograph . . . a dining alcove which seats eight (notice the flattering glow from the built-in lighting fixture in the center of the table). And to form a modern background for everything, a custom-designed floor of Armstrong's Linoleum. The unusual effect was achieved by blending four shades of Jaspé Linoleum—Hunter Green, Malay Brown, Tan, Beige—and interlocking the colors by a simple and inexpensive cutting trick that produces what is called an "icicle edge." Complete list of the furnishings and a sketch of the room plan sent free.

* * *

Four colors of jaspé form a unique design that points up the architecture and color scheme of the whole room. It's functional as well as decorative. And that's modern—the kind of modern you'll love to live with!

Send for "Ideas for Old Rooms and New." It's an exciting book crammed with practical ideas for every room in the house—ideas taken from the personal scrapbook of the famous decorator, Hazel Dell Brown—32 pages, illustrated in full color. For your copy send 10¢ (outside U.S.A., 40¢) to Armstrong Cork Company, Floor Division, 4411 Pine St., Lancaster, Pennsylvania.

ARMSTRONG'S LINOLEUM FLOORS

for every room (A) *in the house*

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

One of the pleasantest household tasks...

To many women, one of the nicest and most satisfying household duties is putting away the laundry.

The white, crisply starched clothes . . . the clean, sweet-smelling linens . . . give you a good feeling of accomplishment and pride.

And the moment of putting them away, neatly, in their accustomed places is your moment of reward for work well done.

But what went before this moment?

Hours of work in the basement . . . trips to the back yard with a heavy basket of clothes to be hung up and taken down again . . . a tedious session over the ironing board.

This is what *doing* the laundry means in too many homes today.

But it need not always be so . . . in your home . . . in *any* home.

For, after the war, you can have a General Electric *all-electric* Laundry:

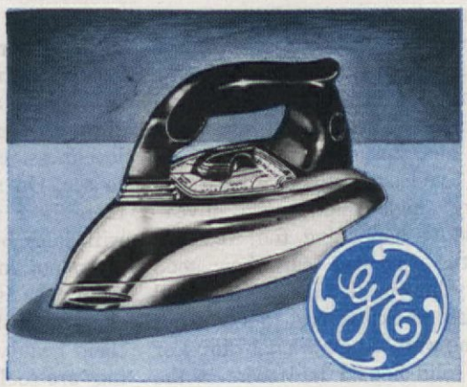
— with *a G-E Automatic Washer* that will wash, rinse, and damp-dry your clothes *all by itself*—at the touch of a switch;

— *a G-E Tumbler Dryer* that dries clothes just the way you want them, right in your laundry. No need to carry clothes outdoors;

— *a G-E Flatplate Ironer* that irons all kinds of clothes. Turns out perfect work—easy as pushing a pencil;

— *a G-E Water Heater* that automatically gives you a blissfully plentiful supply of hot water, *really* hot water.

Yes, you can dream about—and plan for—having a laundry in your home that takes the hard work out of washday . . . makes it almost as easy and as much fun as putting away the clean, freshly laundered clothes.



Light, fast-heating! "Dial-the-Fabric" Hand Iron — another wonderful G-E help to easier, better laundering. Indicator gives correct heat for every material. Extra large ironing surface. A limited number of these irons are now available.

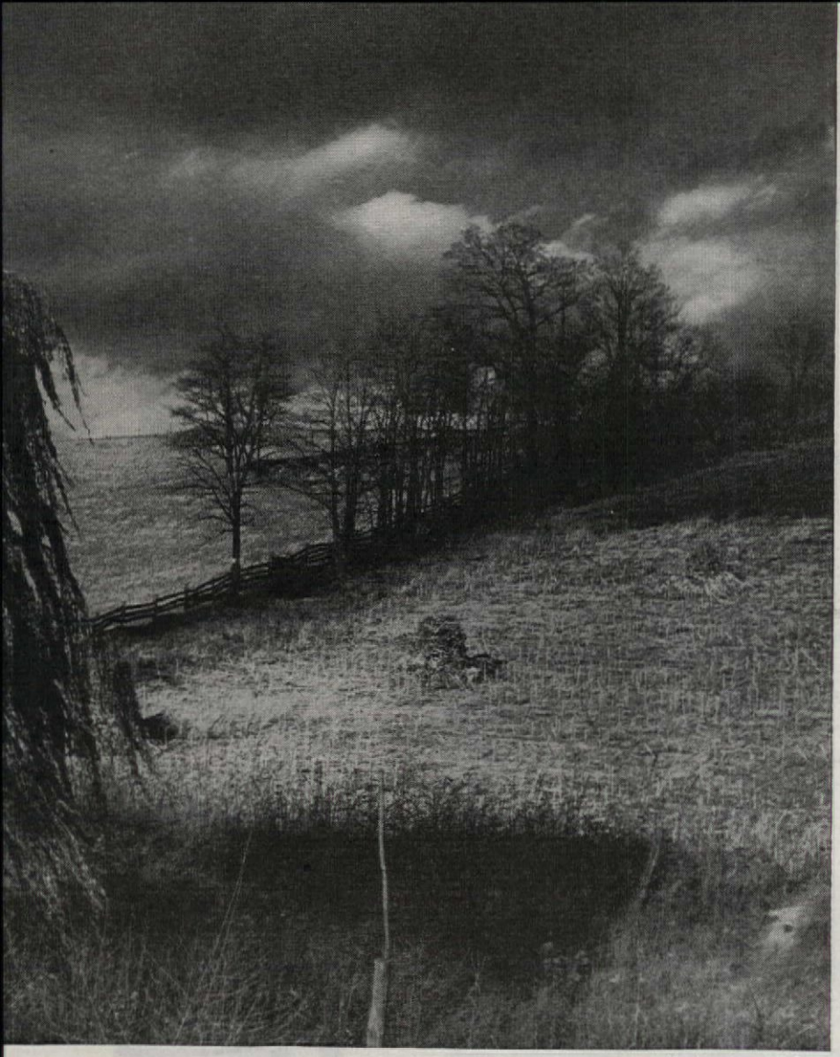
All-Electric Laundry

"Everything Electrical for After-Victory Homes"

GENERAL ELECTRIC

FOR VICTORY—BUY AND HOLD WAR BONDS *NOW!*

TUNE IN: "The G-E All-Girl Orchestra," Sunday 10 p. m., E.W.T., NBC. "The World Today" news, every weekday, 6:45 p. m., E.W.T., CBS.



H. Armstrong Roberts

To Live with Loveliness

HAZEL PICKETT

Poets and mystics are forever bewailing the loveliness we don't even see around us—and their laments don't register very much, either. But these words from a news item about a hardboiled sergeant pack a practical sermon that sinks in: "This stinking life in the line has done one good thing for me. I've learned to get a kick outa every single minute .I'm alive—while it's happening, too! It's funny the way you learn how good everything is. Just before we moved up last week, we had to sweat out a long wait. Know what I did? For one solid hour I laid there in the grass and looked at a little blue flower. Don't know what kind it was, but it was the prettiest flower I've ever seen and I guess I enjoyed that hour more than any other I had ever spent in my life."

I know what he meant. I have heard it called awareness or immediacy. Children have it because they live in the immediate present. Poets, mystics, and some artists and writers have it. I believe that most of our boys who have been facing death every day have it.

We here at home need no baptism of danger to open our eyes to loveliness. But we must take time to see. On my way to the ashpit there is a sagging fence covered with huge blue morning glories. If I am not in too great a hurry to empty the ashes, I see them. Sometimes I just stand and drink in their beauty. Our autumn mornings are cool here in the mountains and usually I build a fire in the kitchen range. The handful of piney kindling sends up a puff of fragrant blue smoke that conjures

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BUY MORE WAR BONDS!

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"Guess who that was!"

"That, ladies, was the Commander's wife—calling *me!*

"Seems one of our crowd of Navy wives told her I knew a few fine tricks for mending sheets. And now she wants me to tell *her*—at tea!

"I'll bet she always *used* to get a stack of *new* sheets every year. But these days *every* red-white-and-blue gal takes special care of what she has, and doesn't buy *anything* she can do without.

"Believe me, I'm treating my lovely Cannon Sheets with new respect. I want to enjoy every smooth wonderful night's sleep they're good for! I'm being careful as can be—but comes a mishap, and I mend!

"Like to hear what I'll be telling the Commander's wife?"

A Trick For a Three-Cornered Tear

Lady, these *are* wicked! Cheer up. Baste a piece of paper under the rip; have the torn edges ju-ust meet. Mend by hand or by machine, using a running stitch back and forth across the rip. Remove paper.

A Prescription For a Patch

This is Rx for worn-thin spots or cigarette burns! Cut out a circular section around the bad area; make four slits an equal distance apart. Turn edges under. (The hole will be square.) Back with a square patch, and stitch twice around the edges.

A Freshener For a Well-Worn Sheet

When that center section wears thin—take steps! *Tear* the sheet in half lengthwise. Flat-seam the selvages together and hem the outer edges. Presto—plenty more nights' sleep on it.

In Case of Emergency . . .

When you must buy sheets—feast your eyes on Cannon Percale Sheets! Feel how soft, how smooth—yet they give you up-in-the-clouds luxury at down-to-earth prices! See how finely woven—with 25% more threads than the best-grade muslin sheets. Grand for wear, too!

Suppose This Happens

If your store is temporarily out of *your* size Cannon Percales—ask about Cannon's Economy *Muslin* Sheets—well-made, long-wearing, a *real value!*

P.S. If it's towels you need, Cannon Towels are your dish!

CANNON MILLS, INC., NEW YORK 13, N. Y.

TRADE MARK CANNON

Cannon Percale Sheets

Made by the Makers of Cannon Towels and Hosiery

For Victory—Buy U. S. War Bonds and Stamps

Are You in the Know?

How much should you tip?
- ☐ 10%
- ☐ A dime for each
- ☐ Fifty cents

A special guest—so you splurged a bit. You can defrost old frozen-face with 10%—a safe tip in restaurants. (Though for a modest tearoom meal, a dime apiece is right.) *Learn* the tipping rules. Why be flustered by uncertainties? Forget even the little worries of trying days by learning the difference between Kotex and ordinary napkins The ends of Kotex don't show for they're *pressed flat* . . . not thick or blunt. With Kotex sanitary napkins there's no telltale outline . . . you'll look *smooth*, feel secure!

What is she doing?
- ☐ Slicing
- ☐ Dribbling
- ☐ Lobbing

While you cheer from the sidelines—your team's star is *dribbling* the ball. She's going places, but fast! And what's to keep *you* from going places—basketball games or wherever? Surely not "difficult" days! Not when the super safety and comfort of Kotex can be yours! You see, Kotex has a 4-ply safety center. It protects you in an *extra special* way. And the softness of Kotex has *staying*-power. Doesn't just "feel" soft at first touch, but actually *stays soft while wearing!* So why *shouldn't* a girl be carefree, more comfortable—with Kotex?

Which neckline flatters a l-o-n-g neck?
- ☐ V
- ☐ Deep oval
- ☐ High

Poets write about "swanlike" necks—but never an ode to an ostrich! No need to emphasize your lovely long throat. Wear your necklines *high*, wide and handsome . . . round or square. "Choker" beads will flatter you, too. So will *personal daintiness.* Don't neglect it, on "those" days above all. Remember Quest Powder, the Kotex deodorant, was *made* for use on sanitary napkins. Quest removes all question of offending. It's the safe, unscented powder that keeps you assured—and sweet.

More women choose KOTEX* than all other napkins put together

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

up memories of campfires among the pines. The rich smell of coffee, the golden brown of the toast, and the taste of honey or the tang of chokeberry jelly make each of the mornings a symphony for me.

From my kitchen window I can glimpse the sunsets with their radiant cloud effects over the Rockies, which are about three miles from my house, and sometimes I have to dash out of doors to watch the rose fade into pale, pearly gray. In the garden are peace and beauty. A mountain tanager, with red head and yellow body, flutters down to eat from the little board nailed to a post and his greenish colored mate soon joins him. Before the sunset colors leave the sky, there is a large star shining brilliantly against the backdrop of deep blue. It seems to shine toward the east.

Along one fence I have planted eleven berry bushes—red currants, red raspberry, and boysenberry. In two or three years they will yield their fruit for jam and jelly. The war will be over then and there will be plenty of sugar. My two apple trees and my blue plum tree did their part this year, as proved by the rows of sauces in the cellar. We canned rhubarb from clumps growing at the end of the garden. The dillweed was allowed to push its feathery spears up wherever it pleased—and our dill pickles were crisp and delicious. There was a ferny row of parsley under the apple tree that went to garnish sizzling steaks whenever we were able to find them or had the points.

Week ends were spent in weeding, hoeing, and puttering. Almost my favorite costume consisted of an old pair of canvas gloves and a floppy garden hat from the dime store, and an ancient smock and flat heeled oxfords, quite disreputable. I'm glad I've learned the Spanish proverb, "Poco a poco, se va lejos" or, "little by little we go a long way." I can enjoy the hush of the garden that means winter is at our threshold. I have the chance to mull over plans for next year—

WHEN YOU CHANGE YOUR ADDRESS

Our subscriptions are filed geographically by city and state. Accordingly, when you change your address, please be sure to give us the old address as well as the new. Otherwise we cannot make the requested change. Also please advise us at least thirty days in advance of any change of address. It requires 22 working days to run our huge subscription list and no changes can be made while it is being run.

Is there a hungry man in your life?

Serve him Heinz Beans

Really oven-baked and drenched in rich tomato sauce

One of the 57 Varieties

"WE'D RATHER SAY *YES*"

We don't like to tell people that they'll have to wait to get a home telephone. We'd much rather say "yes" to requests for service. That's the way it always used to be.

But the needs of war still have first claim on available telephone equipment and on telephone manufacturing facilities and manpower. Delays in filling civilian orders just can't be helped.

All of us telephone people sincerely appreciate your patience and understanding in this war emergency.

BELL TELEPHONE SYSTEM

When that day dawns—

First thoughts of millions of Americans will turn to home once victory is won. Perhaps even now you are laying away ideas for the home you plan to build, or for making your present home modern in tomorrow's bright new day.

Of all the investments you will make, nothing will return more in service and satisfaction than fine-quality plumbing fixtures and fittings.

The name "Kohler," mark of value, will be a guide to excellence. Materials and workmanship . . . design, for the utmost in sanitary protection and style . . . will be up to the high Kohler tradition.

Today all the energy and ingenuity of the men and women at Kohler are concentrated on making products essential to winning the war. Artillery shells and forgings, fuzes and elastic stop nuts, electric generating sets; valves and fittings and piston rings for military aircraft; torpedo tubes and pressure-proof bronze castings for submarines — these are our products for the armed forces, on land and in the air, on and under the sea. Kohler Co. Established 1873. Kohler, Wis.

MEANWHILE, CARE FOR YOUR PRESENT FIXTURES

- Shut off faucets fully without using unnecessary force.
- Keep all surfaces clean and drains open.
- Have your plumber make periodic inspections of bathroom, kitchen and laundry plumbing equipment.

★ *BUY UNITED STATES WAR BONDS* ★

KOHLER OF KOHLER

PLUMBING FIXTURES AND FITTINGS • HEATING EQUIPMENT • ELECTRIC PLANTS

and for sometime. Someday and piecemeal, I'll get my backyard landscaped, and my house remodeled and the inside decorated.

Inside there is plenty to do. I had to have curtains for mother's room recently, so I bought ten yards of unbleached muslin—for twenty cents a yard—and three yards of brown and white chintz for a wide, ruffled valance and the tie-backs. The walls are beige and the woodwork dark and the effect of the curtains is lovely beyond expectation. From pieces of old ribbed undergarments, I fashioned a cuddly rag doll with brown yarn hair like Raggedy Ann's, and with blue overall slacks and a giddy flowered shirt. This was for Anne Elizabeth, my new granddaughter. "Boughten" dolls are expensive and not nearly so well beloved as the slightly imperfect ones that are homemade. And then there had to be a wee bathrobe for the grandson, made from a scrap and not Fifth Avenue tailored, but with love in every stitch of the needle.

Years ago, we had a beautiful modern bungalow but we made bad investments and even lost our home. Loved ones passed on. There were years of working all day away from home. I longed then for a little house, a place that had been lived in and loved, where there were trees. I have been told that the old gentleman who lived in our house before us was loved by all the children in the neighborhood and that the old lady raised the most beautiful flowers which she shared with everyone. I think the vibrations of their happy living are still lingering about the house!

The act of paying attention, the leisurely estimate and savoring of things around us, help us to develop a genius for living. The essence and flavor of things become sharply etched on the consciousness— we find we are living in loveliness: We love living.

Important: Letters requesting information should be accompanied by a stamped, completely addressed envelope. Manuscripts and illustrations will not be returned unless accompanied by the necessary postage. They will be handled with care, but we cannot possibly assume responsibility for their safety.

WEAREVER

Zenith

FOR DISTINGUISHED SERVICE ON EVERY FRONT

By America's Largest Fountain Pen Manufacturer

$5.95

TELESCOPE PRECISION in a smart writing beauty

Wearever Zenith is a flashing beauty of a pen . . . but it is a great deal more besides! It is made with exquisite precision . . . built meticulously, like a fine telescope. And, like a fine telescope, it is thoroughly dependable . . . promising years of devoted service. Zenith, with its 14-carat gold point . . . exclusive "C-Flow" feed, rich styling, is today's most rewarding pen purchase. Made by David Kahn, Inc. (Established 1896)

Wearever Zenith Pen and Pencil Set in fine gift box $2.75

AMERICA'S MOST FAMOUS ILLUSTRATORS LOOK AT M-G-M'S

An American Romance

★ ★

ARTHUR WILLIAM BROWN sketches Brian Donlevy and Ann Richards who so brilliantly portray the roles of "Steve" and "Anna".

HERE ARE unforgettable scenes from a great film hit ! . . It's the Big Parade of our time, our country, our struggles, our drama! It's America's love story! Truly magnificent entertainment that takes its place among M-G-M's most memorable motion pictures!

PETER HELCK, in his drawing, portrays young "Steve" facing the giant forces of his future!

Artist WALTER EARLY depicts the scene wherein the immigrant boy falls in love with the country school teacher!

JOHN JONES, in his beautiful painting, has caught the spirit of a young girl's faith in the man she loves!

Illustrator ALBERT DORNE amusingly reveals the warm humor of the ride that led to fame and fortune!

JOHN GANNAM captures on his canvas the heart-warming arrival of the happy newlyweds at their first home!

★ ★

KING VIDOR'S Production **An American Romance IN TECHNICOLOR**

BRIAN DONLEVY with ANN RICHARDS, WALTER ABEL, JOHN QUALEN, HORACE McNALLY • Produced and Directed by KING VIDOR

Screen Play by Herbert Dalmas and William Ludwig • A Metro-Goldwyn-Mayer Picture

All-American Halfback gets his IRON every day

When iron-rich BOSCO is added, milk drinking becomes fun

Active youngsters drink their quota of milk without coaxing when wonderful-tasting, chocolate-flavored Bosco is added. Not only is Bosco delicious but it is extra rich in Iron and Vitamin D. Remember four teaspoonfuls of Bosco in milk supply the full minimum daily requirement of these two important elements.

★ *War conditions may prevent your grocer giving you all the Bosco you want. When this happens, please ask for it again and be patient if he is temporarily out of stock.*

CONTRIBUTORS

• • • **ARTIE E. APPLETON.** In private life Mrs. Arthur G. Stangland, whose husband also writes, the use of her maiden name is a device intended to avert editorial confusion. It works fine—except that Artie is frequently mistaken for a man's name which is rather puzzling in conjunction with obviously first-hand material on such problems as decorating a home to stand up to the wear and tear that their three small children can give it.

• • • **JEAN OWEN** stood by with words of encouragement, bolstered with sound professional advice, while Luby Pollack did an enviable paint job, peasant designs, mottoes and all, on her kitchen, which is featured among our paint suggestions. Mrs. Owen designed and painted stage scenery for high school and college productions and was fashion artist and served in various executive capacities for department stores. Now married, decorating kitchens and nurseries heads her list of hobbies—a long one that includes stamp and record collecting, cooking, and fishing, and is a fair gauge of ebullient enthusiasm, plus boundless vitality.

• • • **DAN JACOBSEN** is one man whose hobbies hold a keen interest for others. His wife, naturally, is delighted with his saw and hammer activity at home—a most sensible diversion from any housewife's point of view! And his friends take a vicarious pleasure in the beautiful illuminated wall texts, made in the

Simple, isn't it?

SEE HOW EASILY YOU TURN—LIFT—SERVE HOLIDAY TURKEY!

● It's a NESCO turkey . . . crisp brown . . . tender and flavory, easily prepared by the young bride. No disjointed legs or wings caused by "forking" the turkey—if it's in a NESCO Fowl-Fitted Roaster equipped with the NESCO roast rack. The heaviest fowl or roast can be lifted quickly from the deep roasting pan and removed to the serving dish—in perfect condition, a triumph of modern cookery.

Additional Advantages

Dome Cover provides for high-breasted turkeys, chickens—and crown roasts . . . scientifically constructed, Self-Basting Rings reduce hand basting . . . Concave Bottom prevents sticking . . . Gravy Pit catches rich juices—saves time in gravy making . . . NESCO Enameled surface has greater resistance to excessive heat and physical abuse . . . easily kept clean and beautiful with soap and water—cannot absorb food odors and tastes . . . "Stays New Longer."

Restrictions limiting our manufacture of consumer merchandise will mean fewer NESCO Fowl-Fitted Roasters available at your retail stores. However, keep asking for NESCO Roasters—they're worth shopping for.

BUY AND HOLD WAR BONDS

A NESCO PRODUCT

NESCO

NATIONAL ENAMELING AND STAMPING COMPANY

The World's Largest Manufacturers of Housewares

278 N. 12th St. • Milwaukee 1, Wis.

★ ★ ★ ★ ★ ★ ★ ★

★ How Good ★

★ Were the ★

★ Good Old Days? ★

★ ★ ★ ★ ★ ★ ★ ★

Occasionally a whimsical person, yearning for the good old days, wistfully dreams of turning back the hands on the clock of history.

Failing to understand the foundations of contemporary civilization, he longs for a return of the simple pastoral life in which each family was a self-contained unit.

Let's examine such a fantastic aspiration.

If those now on the farms reverted to family agriculture, family processing of foods, and family preparation of livestock into edible meat, there would be far too little food produced to keep the human machine going.

Accordingly, modern packers and food processors should be recognized as social instrumentalities which have made possible a vast upsurge in the standards for gracious living and for leisure.

The superior quality of juicy steaks, palatable pork chops, and tasty sausages reflects in part competent operations in the packing house. Armour achievements include pioneering in the use of artificial refrigeration in chill rooms and cutting rooms. A pace setter in sponsoring natural ice refrigerator cars and first to apply pre-cooled brine to these cars, Armour gave its meats a first-class ticket direct from the farm to the American dinner table, with freshness unimpaired.

Through such dreams realized, under present day specialization and methods for food processing and distribution, fewer than 11 million workers on the farm are providing for the food requirements of a population of 135 million persons. In addition we are exporting food commercially, under Lend-Lease and are helping to feed populations in occupied countries.

Back in 1880, it required almost 8 million workers on the farms to provide food and other agricultural products for a total population of only 50 million. The significance of this difference should be fully appraised.

In 1880, it almost took one person on the farm for every 6 of population.

Now we are providing more and better food with only 1 worker on the farm for every 12 of population.

This improvement in the efficiency of American agriculture was made possible by the introduction of better agricultural machinery, by the increased use of the tractor as a form of mechanical energy, through better understanding of seeds and of the conditions of scientific agriculture.

As a sales outlet for important products of agriculture, Armour and Company and other packing houses take pride in this evidence of far-reaching improvements in the methods of raising and preparing food for the dinner table of the typical American family.

E. A. Eastwood

President, Armour and Company

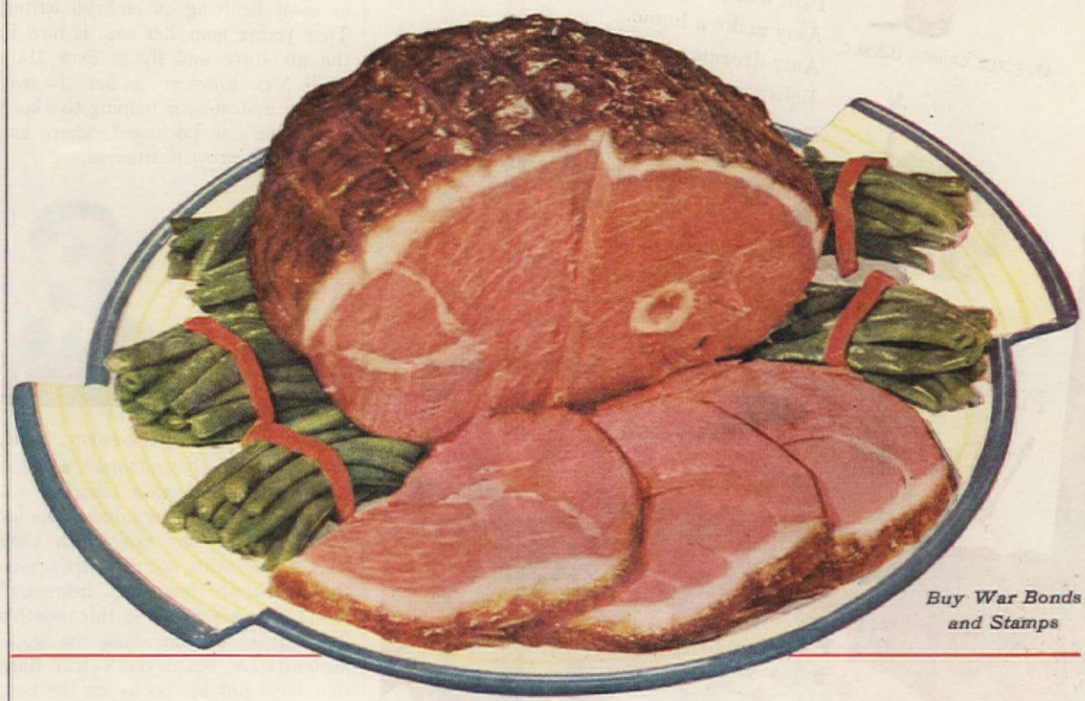
Fourth of a series of statements on the American system of free enterprise which makes possible such institutions for service as Armour and Company.

Armour's Star on this tender, sweet ham promises you the pick of the pack

It is the pledge of Armour and Company that none but the pick of any pack shall ever be labeled with Armour's Star—for Armour's Star means the finest quality available.

A sugar-cured, fragrantly-smoked ham is one of the world's finest meats . . . and the better the ham, the greater your enjoyment will be. Armour's Star Hams are always choice hams . . . for out of its great pack, Armour selects only the best to bear the Armour's Star label . . . those hams which promise the proper marbling, finest texture and juiciest meat. And these choice hams are brought to eating perfection by Armour's exclusive, controlled mellowing.

Buy the best—enjoy the wonderful rich flavor and melting tenderness of an Armour's Star Ham. And be sure to try these fine new recipes soon.



Buy War Bonds and Stamps

Barbecued Armour's Star Ham with Green Beans

Use either shank or butt half of an Armour's Star Ham weighing about 5-6 lbs. Wrap in waxed paper or original ham wrapping and set on rack in open roasting pan, cut side down. Roast in 325° F. oven for 25 minutes to the pound, or to an internal temperature of 150° F. Remove paper and rind and score fat. Brush with Barbecue Sauce (see recipe below) and return to oven to glaze. Add a second coat of Barbecue Sauce after the first 15 minutes of glazing. Serve with extra Barbecue Sauce and buttered green beans with pimiento garnish. If an Armour's Star Bone-in Cooked Ham is used, bake only 10 minutes to the pound to re-heat.

Barbecue Sauce:

- 2 tbsps. ham fat
- 1 cup sliced onions
- ¼ tsp. pepper
- 3 tbsps. brown sugar
- 2 tsps. dry mustard
- 3 tbsps. Worcestershire Sauce
- 1 cup catsup
- ¼ cup vinegar
- ¼ cup water

Lightly brown onions in ham fat and add remaining ingredients. Bring to a boil.

Armour's Star Ham and Noodle Molds

- 1 cup cooked, ground Armour's Star Ham
- 6 oz. noodles
- 2 Cloverbloom Eggs
- ¾ cup milk
- 10 stuffed olives (grind 6 with ham and slice 4 and place in bottom of custard cups)
- ¾ tsp. salt
- ⅛ tsp. pepper

Cook noodles in boiling, salted water for 10-12 minutes. Drain. Beat eggs, add milk, ground Armour's Star ham and olives, seasonings and noodles. Pour into 6 oiled custard cups and set in pan of water. Bake in 350° F. oven for 60 minutes or until set. Serve in bed of buttered peas with cheese sauce.

To make cheese sauce: Melt 1 cup grated Cloverbloom Cheese in 1 cup medium white sauce, season to taste with salt, pepper and Worcestershire sauce.

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Tune in Armour's Exciting New Radio Show, Featuring Hedda Hopper, Every Monday Night over CBS. See Local Papers for Time.

ARMOUR and Company

BIGELOW WEAVERS PRESENT

HEAVEN U.S.A.

TIME: THE FUTURE

WITH

MISS AMY BLISS

LT. PETER GRIMES, U.S.M.C.

PLACE

PLOT: They know exactly what to do
when Pete gets home . . . soon maybe!
Get married, get in a car
and travel till they find
Heaven, U. S. A.
They'll know it when they see it,
a friendly little town,
with an old house for sale.
Pete will hang out his shingle,
Amy make a home.
Amy dreams of fine furniture,
light and gay,
against a flowery rug
of charming traditional pattern
made today to wear and wear.
Such a rug, Amy knows,
will be made by Bigelow,
maybe Beauvais, but Bigelow
it must be, for wear and beauty.

Fine rugs and carpets since 1825

★ BUY MORE WAR BONDS

BIGELOW WEAVERS

Copr. 1944, Bigelow-Sanford Carpet Co., Inc., 140 Madison Ave., N. Y. C. 16

style of the ancient Neapolitan monks. Both hobbies grew out of work—the carpentering as the result of a job with a building contractor, taken when "hard times came a-knocking" at the door of the engineering firm where he had been settled for 10 years, text illuminating from illustration of textbooks for I.C.S.

• • • **EUGENIA BINGHAM** furnishes a fascinating follow-up of her story about the garret that was built for a young man whose lively imagination craved its high, unstereotyped ceiling as most befitting an embryo writer. That young man, her son, is now in the air force and flying over Italy while Mrs. Bingham, as her "I-card" picture indicates, is helping to "keep 'em flying" at Lockheed, where she is an engineering draftsman.

• • • **EDMUND JACOBSON, A.M., PH.D., M.D.,** is that anomaly, a scientific writer whose most laborious research and experiments make popular reading! And why not, when they have to do with sound sleep versus that all-time bugaboo, insomnia? Don't miss his article in this month's issue. It is written along the same authoritative but layman-clear lines that have put his books on the best seller lists. Dr. Jacobson is Director of the Laboratory for Clinical Physiology, Chicago, Illinois.

• • • **FLORENCE THOMPSON HOWE'S** infectious laughter might have been inspired by her own amusing description of the playroom furnishings that aren't there—included, by the way, in our perfectly practical suggestion for refurbishing with paint. She grew up in a "steamboat house" on the Mississippi, worked on a Minneapolis newspaper, married a New England engineer and went to live in Springfield, Massachusetts. A bi-weekly column, radio talks, and the Vermont farm leave no gaps, but she manages to make time to write.

How Soon?

WHEN is that happy day coming—the day when you can buy KitchenAids again? KitchenAid Food Mixers to take the muscle-work out of kitchen-work and to make cooking the delightful science it ought to be? KitchenAid Coffee Mills to give you the full, fresh flavor of home-ground coffee at the mere flip of a switch.

HOW SOON will that day come?

We can't be sure, of course. But we *can* say that when Hobart facilities are released from war-time duties, we'll be back in peace-time production just as quickly as we can. *And we hope it won't be very long!*

KitchenAid Food Mixers will be available in three models. New developments plus pre-war exclusive features make KitchenAids worth waiting for.

KitchenAid Coffee Mills. For freshly ground coffee—full-strength and full-flavor . . . poured out in a jiffy at the flip of a switch! There'll be two models. *Look for them!*

KITCHENAID

The Hobart Manufacturing Co.
KitchenAid Division • Troy, Ohio

"If I had invented a cleanser.. *I'd have made it just like this!*"

Copr. 1944, The Bon Ami Co.

"Frankly, I don't know the first thing about making a cleanser. But, if I did —I'd want it to clean just the way Bon Ami does. Quick and easy—and without a scratch.

"For—today of all days—I want a cleanser that will help me *protect* my things."

Yes, when you're judging a cleanser you must look at results—*after years of using.* And that's where Bon Ami shines. For—unlike harsh, gritty cleansers—it doesn't scar or mar or dull porcelain... doesn't make tiny scratches that catch and hold dirt.

Instead—Bon Ami leaves a lovely high lustre... a smooth polished look! Why don't you start—right now—to make Bon Ami your one and only cleanser? It will keep your things always looking their bright and shining best!

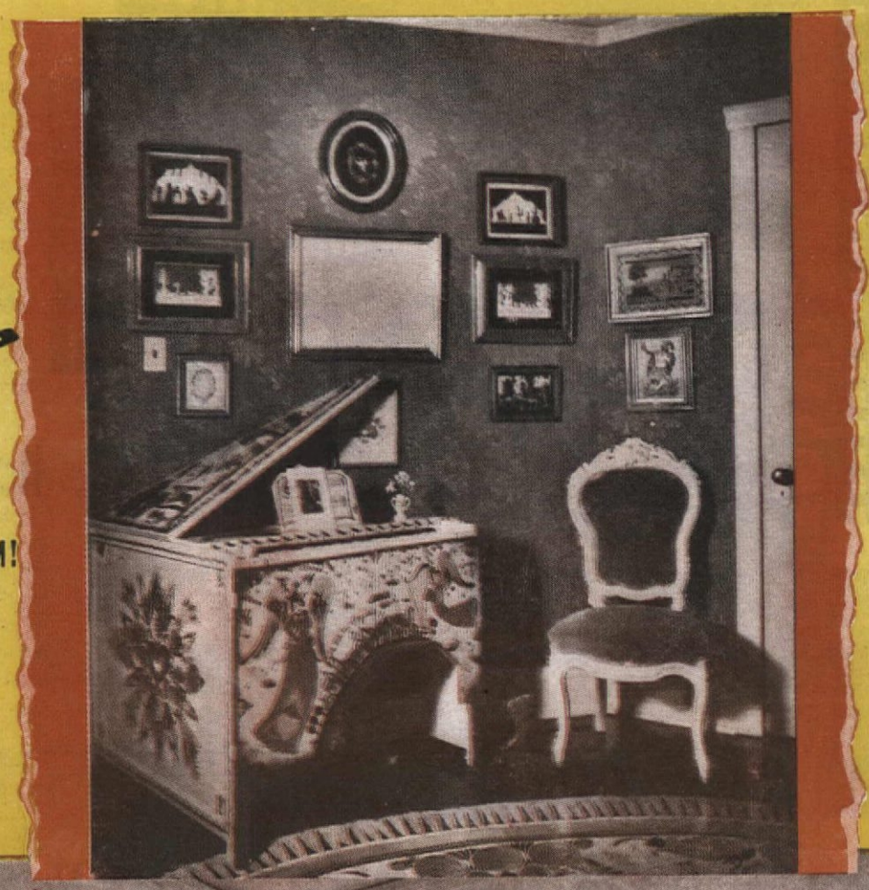
PUT "SPARKLE" IN YOUR WINDOWS!
Use thrifty Bon Ami Cake to clean windows and mirrors. It leaves no dust-catching film, gives every pane of glass a brilliant, crystal-clear polish!

Bon Ami *"hasn't scratched yet!"*

WHILE ON A VISIT TO THE JOHN FRANKS, ARTIST PETER HUNT TOOK A BUSMAN'S HOLIDAY TO SAY "THANK YOU" WITH HIS EXUBERANT PEASANT ART . . . HE PAINTED THE FRINGED OVAL RUG AND THE IRREPRESSIBLY GAY PEASANT MOTIFS

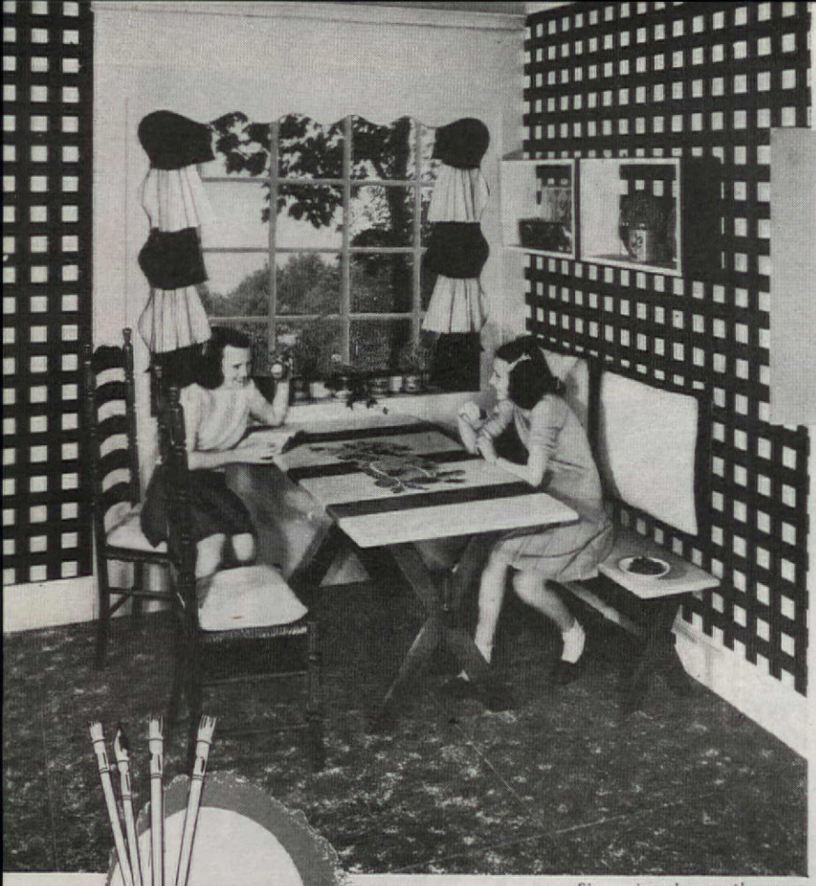
WILL DO IT *Every Time*

THERE'S LIQUID MAGIC IN THE PAINT BUCKET . . . IT CAN REFURBISH FURNITURE OR GROW A GERANIUM! BEST OF ALL, IT'S AMATEUR STUFF!



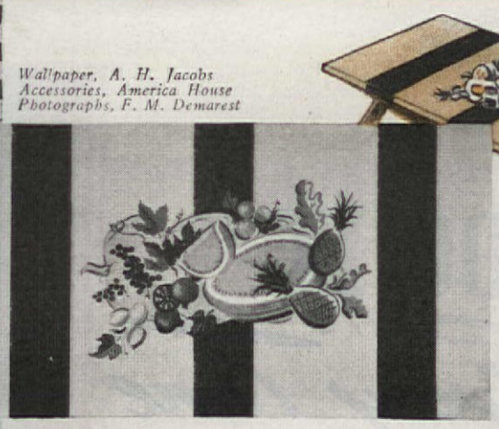
PAINT can do as much for a house as for a woman—the clever application can give it a lift not only by bringing out all its good points but by creating the illusion of some that aren't there. Don't let it deter you that you are not a Peter Hunt, who can whisk a handsome living room rug out of a paint pail! Your tour de force may be infinitely simpler but no less pleasing. And you have the sincere assurance of a kindred amateur that "if you can hold a fork, you can paint. I am one of those who never drew a straight line nor painted a recognizable facsimile of a cow. But my friend Jean Owen is an expert and she insists that we amateurs harbor an uncalled-for fear of paint, that with a bit of 'will' and 'git' we can do a creditable job of peasant designing." So says Luby Pollack who backs up her words with the evidence of her own very creditable job, shown on page 18. On the pages between you will find other copyable ideas including one originated by THE AMERICAN HOME for the dining nook which, we suspect, will make your fingers itch for a paint brush. But let's take notes on the lilting use of color in this transformed living room, with **RUTH W. LEE** telling the story. This room is in the home of John and Louise Frank, Hubbard Woods, Illinois, where their friend, the artist Peter Hunt was visiting, and is filled with Victoriana from their grandparents' home in Natchez. The artist's spontaneous brushwork was a tribute to the Franks' delightful hospitality. He began with the Clavilum, a masterpiece of Mrs. Frank's handicraft—an arrangement of three xylophones played like a clavichord—and painted it inside and out with his whimsical peasant motifs. He painted the oval rug in an off-white ground against the black floor, with hearts and flowers in red and green, and a pale green fringe with one tassel realistically out of line, as though it had just been broken off. White shelves lined in vivid red wallpaper contain the Franks' collection of blue milk glass and blue Bristol and the china cabinet, which, together with the Bavarian peasant chair Mr. Hunt added to the Victoriana, shelters angels. It is a room of delightful contrasts—furniture from an era we regard as decidedly stuffy, chirked up with bright paint applied in a most original and lighthearted manner.

Photographs by Maynard L. Parker



Shown in color on the cover

Wallpaper, A. H. Jacobs
Accessories, America House
Photographs, F. M. Demarest



AMERICAN HOME PATTERN
A-704, 20¢
Tracing for the motif, color chart, and detailed directions for painting it. Send stamps.

THE AMERICAN HOME
55 Fifth Avenue
New York 3, New York

PAINT ON YOUR MAPLE... ON OLD FLOORS...

HAVING a hearty disrespect for any suggestion that smacks of "spinach for others," we rolled up our sleeves to work out a beauty treatment for one of those thoroughly nondescript breakfast rooms—good but starkly plain furniture, neutral walls, worn floor—a bore of a room and nothing but a dull day could come of breakfast in it! We undertook to change it and are frankly pleased with the zesty style achieved. It is reproduced in color for the cover and here in a view from farther back, with a close-up of the attractive table design. The top of the table, the familiar trestle type of maple wood, was first painted a double coat of cream, then decorated with the tray of bright fruit and wide brown bands. Only one bench was used, painted to match the table, and placed against the wall with box pillows, suspended by small rings sewn to the covers, as back rests. The handsome plaid wallpaper, ladder-back chairs, ruffle-tiered curtains in alternating green and yellow and the shadow boxes and ornaments obviously contribute their proportionate share to the attractiveness of the scene. But do take a careful look at the floor, spatter-painted—a most expensive effect for very little money.

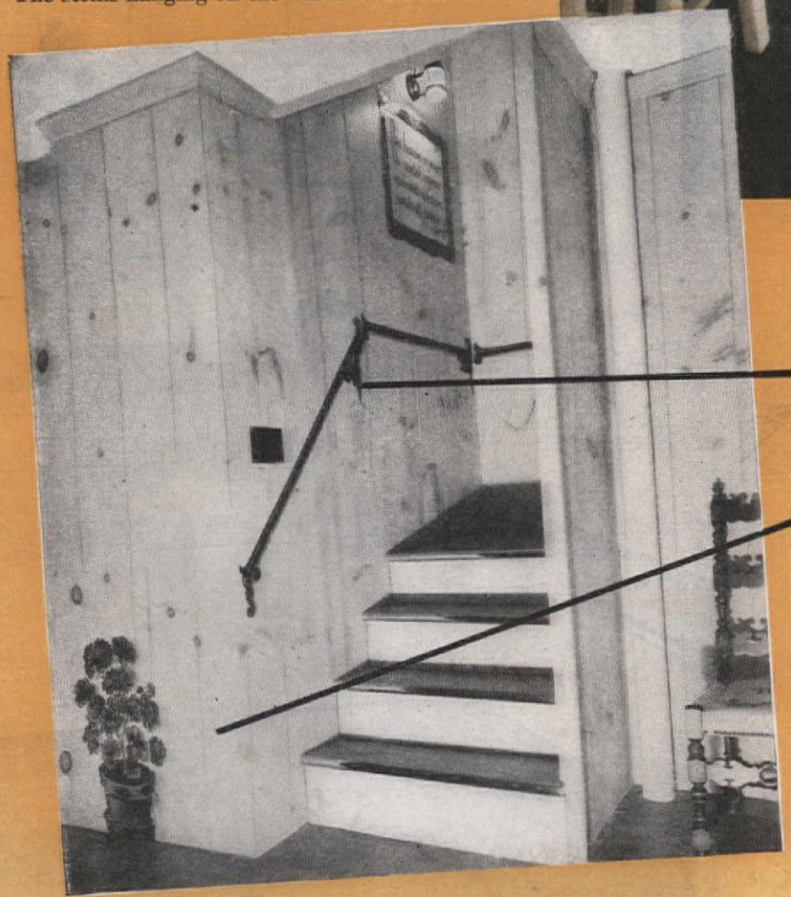
SILHOUETTES, SHUTTERS, HANDSOME TRAY, EVEN BELLOWS, ARE PAINT!

INSTEAD OF FURNITURE!

Now to go from the practical to the frivolous, with **FLORENCE THOMPSON HOWE'S** description of a playroom with silhouettes painted on the wall, geraniums that bloom steadily with never a trace of leaf-spot, decorative bellows that can't be mislaid. Those are a few of the make-believe furnishings favored by Mrs. Max Katz, of Springfield, Massachusetts, as the solution to the empty spaces in her play-room, and which make it into a spot where dull care hasn't a chance. Rain or snow outside, the window shows a bright summer sky with fleecy clouds. Painted! And the shutters don't shut, either, for they, too, are painted on. So is the tickless clock, in continental black and colors, on the wall adjoining the bar. The steins hanging on the wall and the rail for

Leslie E. Bowman Photographs

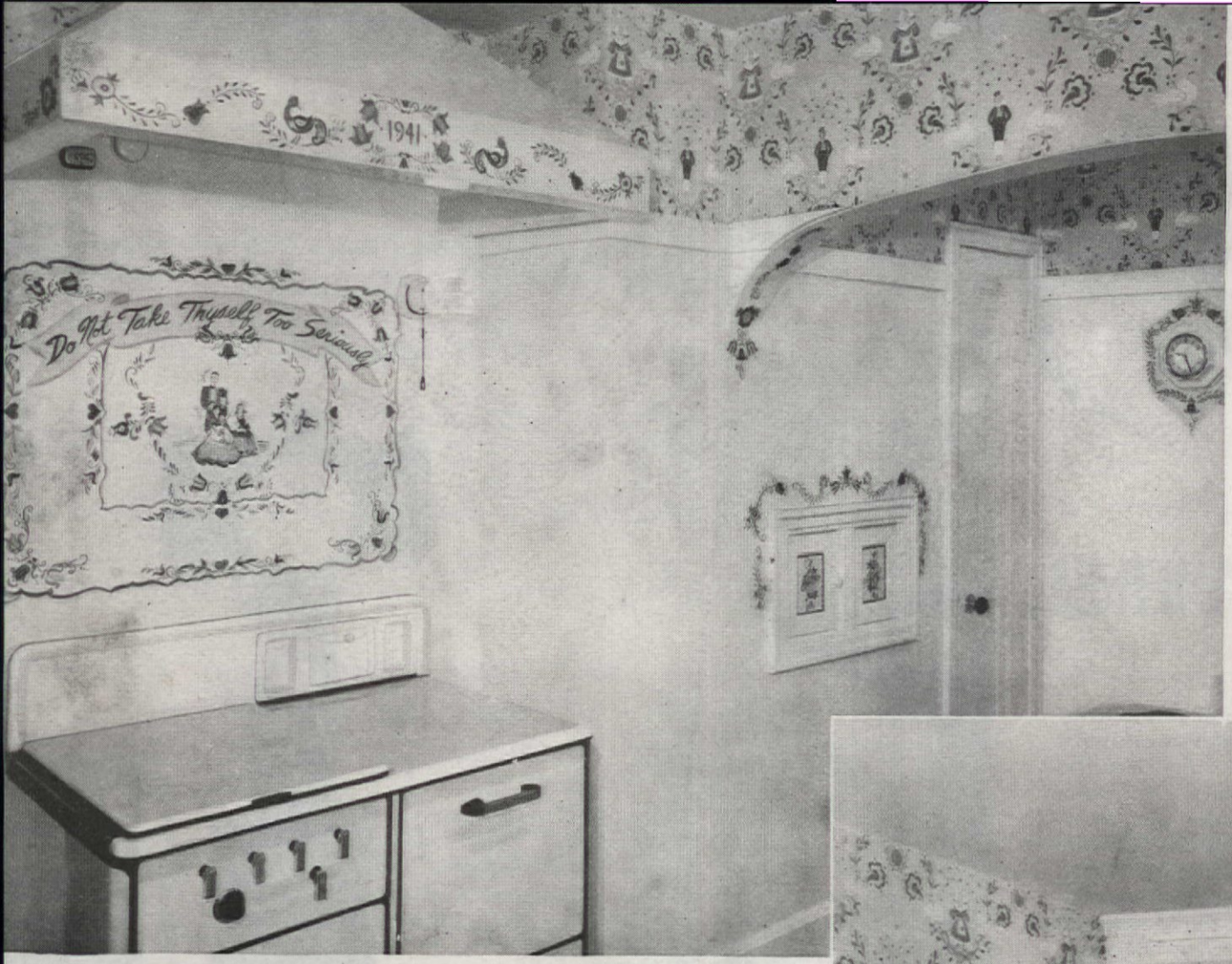
NOT A TIMEPIECE BUT A CONVERSATION PIECE BECAUSE IT'S PAINTED ON—AS ARE THE STEINS, THE STAIR RAIL AND GERANIUMS



FLORENCE THOMPSON HOWE

the stair carry out this illusion in paint. The bar, to be sure, is real and there is a full complement of chairs for it, including one lettered with the advice to sit tight painted across the seat. The entire playroom job, which was done by May Buckley, cost only $125. As Mrs. Katz comments, "This nonsense is as practical as a paper of pins and not much more expensive."

You can supplement your painted furniture with real furniture, painted, if you have old things you wish to incorporate in the room. Functional pieces, such as the old upright piano, for example, can be decorated so as to add an amusing touch and so be saved for service. Furnishing a playroom in paint can become constructive amusement, and a lot less expensive than buying the furniture needed to get the same effect. Much more fun, too. In brush-conscious households the whole family can pitch in and produce a provocative room for the family fun where plants do not have to be watered and there's very little upkeep and precious little dusting to do!



The family saying, above the stove, might very well be a tip to the amateur painter

Paint-shy? Amateurs don't know their own skill says the expert who egged on the amateur painter who is mainly responsible for the professional job, shown at left. Just below it is the "before" picture for extra incentive

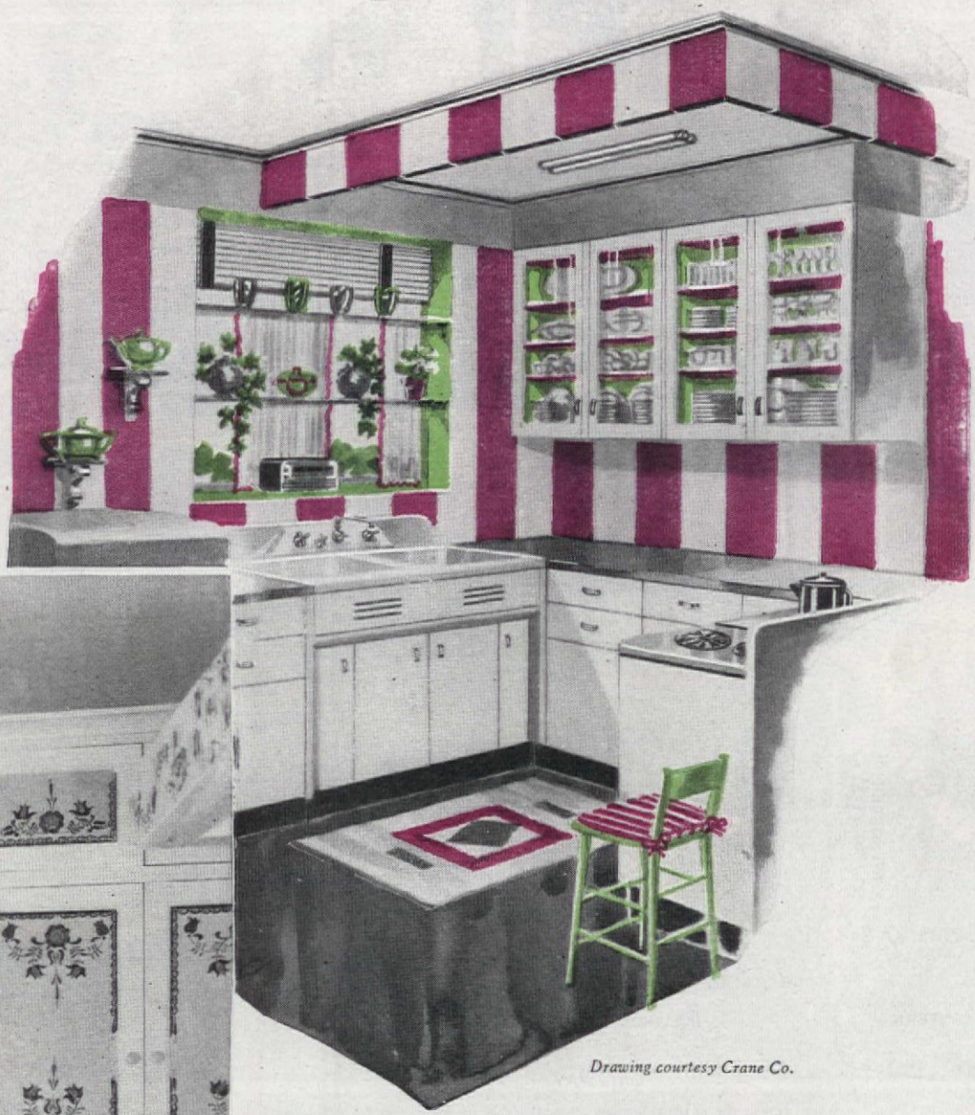
LUBY POLLACK
and
JEAN OWEN

Before any work was done, the plan was decided upon and the effect was clearly fixed in the imagination

PAINT IN THE KITCHEN...

COLOR NEED NOT BE A HANDICAP FOR EFFICIENCY!

IF IT is the lack of what **LUBY POLLACK** and her expert adviser, **JEAN OWEN,** aptly term "paint-pot courage" that is holding you back, this cheerful photograph evidence of what an amateur can do should supply it. The colorful designs and neatly painted woodwork are smoothly professional in finish, but Luby Pollack says: "I can't draw pictures, any more than you can, so I sent away to THE AMERICAN HOME magazine for decorative pattern A-633 shown in a previous issue. Then, armed with tracing paper, a soft pencil and the kind of water colors that are used for show cards, I took the plunge. Be sure, first, that your painted surfaces still have paint. If there are chips or nicks or time-stained spots, it's best to do some rubbing down with sandpaper. I painted all the woodwork white except for the lower cupboards, which I did in bright blue, with thin white lines in the inside panels. With a fresh surface, you are ready for the peasant designs. It's a great help to have a rough plan of the area you intend to paint—no matter if it's rough. I cut up the pattern designs and arranged the sprays on the cupboard door with adhesive tape to get the effect. Then, on tracing paper, I ruled off the exact size of the door and copied the design to fit that exact space.

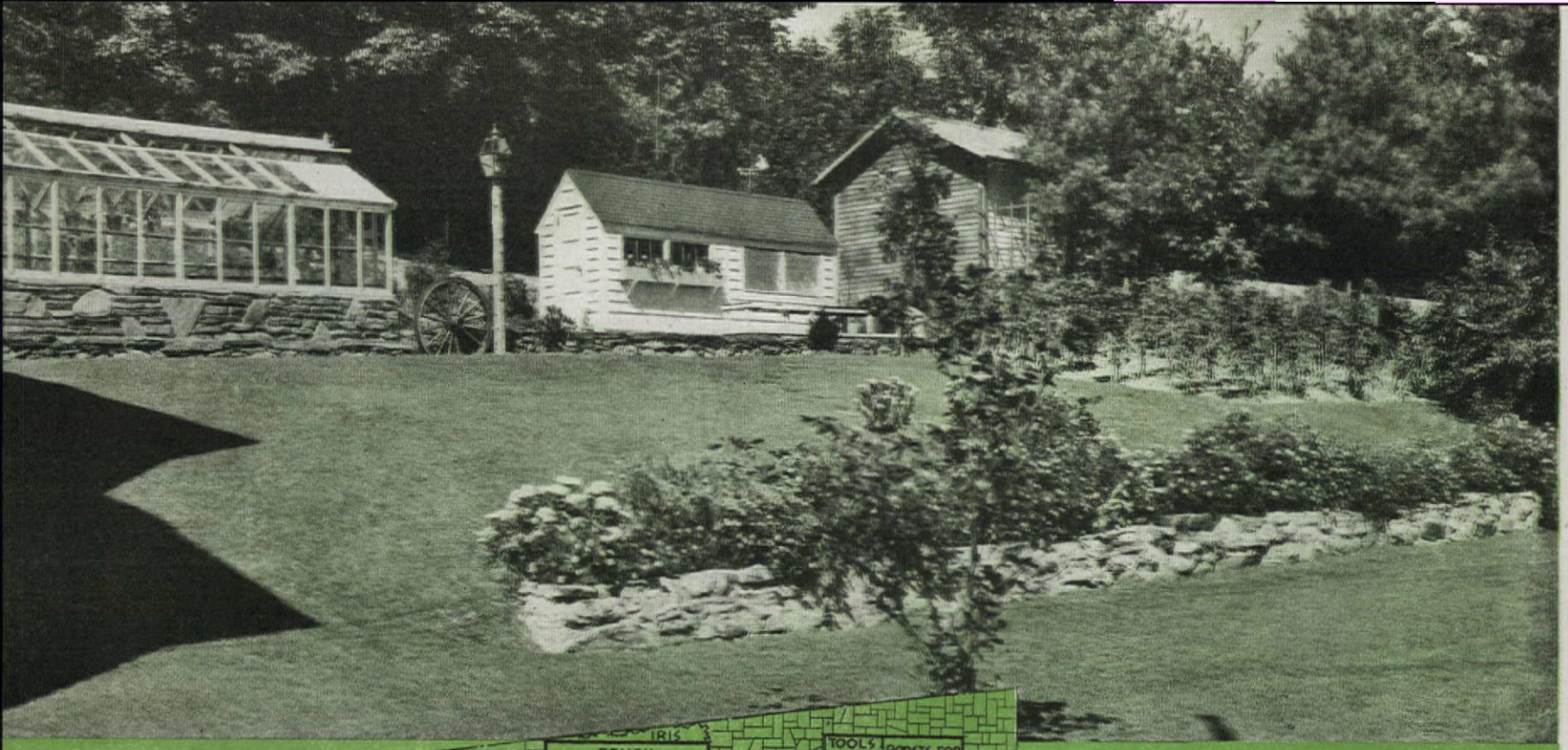


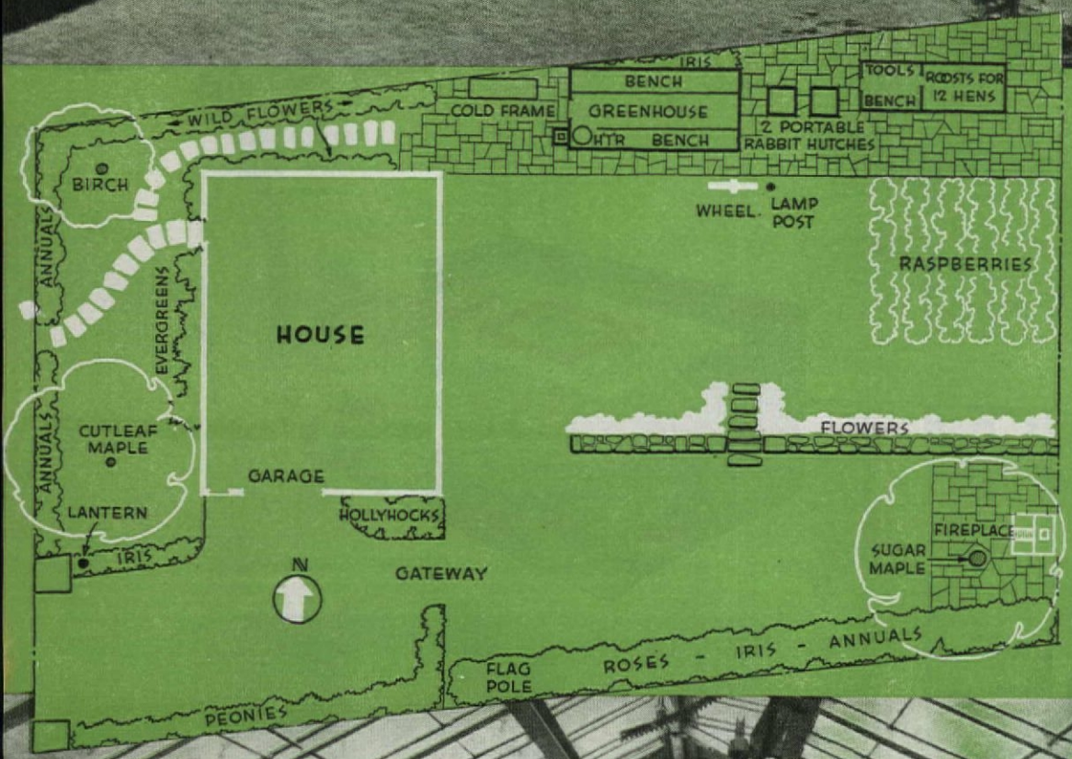
Drawing courtesy Crane Co.

Photographs by Howard Breitwish

"There was just one hitch to the copying—no birds in the pattern, and my heart was sent on them. But there were birds on the upper wallpaper, so I partially traced these and added long, swishing tails. After I had transferred my pencilled copyings to all the cupboard doors, I was ready to paint. Stage fright? Of course, but Jean kept saying 'Go on! You can do it!' So I did!"

Another kitchen that's far from humdrum is the boldly striped one which needs no other embellishment than the neatly arranged dishes, visible through the cupboard doors, and the plants in the window. Whatever the style you like, you can achieve it.





HERE'S WHAT

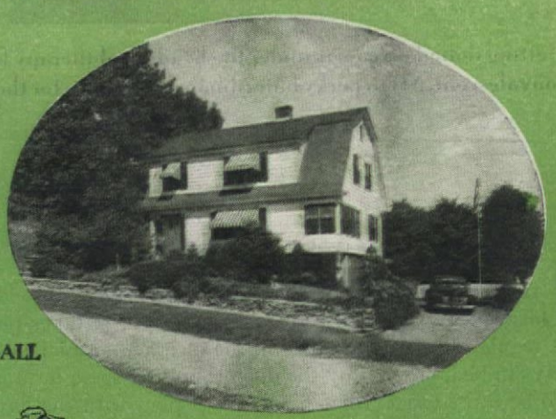
WE HAD only a New England town lot, 74′ x 133′, but here were some of the things we wanted: Cut flowers from spring to fall, to save both trouble and cost of buying them; fresh eggs from our own coop; broilers in season and, in time, a chicken in the pot; a place for wild flowers—like we gather on Sundays in the country; a place to entertain guests during summer's heat and autumn's coolness. . . . Could it be done? Well, we decided to try.

As shown on the plan we made, the driveway space at the front is bordered on the south by a long peony bed and on the north by smaller beds of iris and hollyhocks. Along the front lawn we planned for annuals—zinnias and marigolds and asters in alternating years—but here for the present grow staked tomatoes, practical and colorful. North of the house, in heavy shade, was just the location for a wild flower garden; jack-in-the-pulpit, trillium, solomonseal, ladyslipper, etc. flourish there. East of this, a strip unshaded but constantly wet was, in good time, drained, flagged, and made the site of first a coldframe, and then a small, two-bench greenhouse. Here, in late summer, flower seeds are started for winter bloom, chrysanthemum cuttings are rooted and potted, potted plants from outdoors are given shelter, and geraniums are propagated. As winter sets in, the color here contrasts with the gray or snowy skies; then, come February, newly received vegetable and flower seeds are started, to yield, later, a supply of strong plants for our 20′ x 30′ food garden on the vacant lot north of our plot.

ONE MAN GETS OUT OF A 74′x133′ LOT

The next addition was a dual-purpose structure—tool- and workshed in front, chicken house in rear. We figured that twelve laying hens would supply our family of four, so we buy baby chicks in early spring, raise them to broiler size and put them in our quick freeze unit, keeping a dozen selected pullets for winter laying. Next came a pair of rabbits, two hutches, and a third in readiness for offspring which, in time, will find their way to the kitchen canner. At the rear of the yard is the raspberry patch, popular source of jam and midsummer desserts; before long three dwarf fruit trees will occupy carefully chosen places in the layout of the garden.

The lower, or southeastern, quarter of the yard, reached by passing through a gate at the rear of the driveway or by descending a gentle grass slope from the upper level, is bounded for most of its northern length by a low stone retaining wall, and all the way along its southern side by a bed in which roses and irises are supplemented by a variety of annuals started in the greenhouse benches. At the extreme rear of this part of the garden, in the shade of a sugar maple and surrounded by a flagged terrace, is our outdoor fireplace where, sure enough, we can entertain guests with our own roasted corn, sizzling broilers and (we hope, soon) succulent rabbits. Such our excellent dividends from the small amount of money and limited amount of labor invested. We always have plants to share. When the hens are on full production, there are extra eggs. Cut flowers are abundant at all seasons. We look forward to the years on our farm-at-home.



ARTHUR S. HALL

Cut Flowers

Fresh Eggs

Wild Flowers to Gather on Sundays

Outdoor Picnics

Fruit

Broilers

Rabbits

CONVALESCENT TODDLER

Sick infants stay put . . . school-age invalids have books, games, and cut-outs to while away the hours . . . but how about that most impatient patient, the toddler? With his many interests and short concentration, convalescence is a lively time!

1. Toddlers are so easily pleased that the simplest touches give tray fare a party look. A graham cracker wrapped in the napkin serves as a "surprise"

3. Getting dolled up comes under the heading of therapy for a lady convalescent. My, a perky hair ribbon does things for the morale!

4. Crayons and a drawing pad may be good for 30 minutes' diversion—and that is par! Bold crayon scrawls are what most picture pages seem to need

HOPE RANSLOW BENNETT

Like any other clear-thinking convalescent, the toddler on the mend expects getting well to mean getting up. It takes plenty of diversion at regular intervals to ward off the incipient suspicion that the few more days in bed, ordered by the doctor, are not some form of "durance vile." To be quite exact, what it takes is a plan with the day divided up into hours, even minutes. I discovered this the first day of our Nancy's convalescence. I was so elated at the thought she really was going to get well that in one hour flat I had exhausted every kind of food she was permitted, every change of bed and bedroom—there being but three possibilities, the living room included—and both Nancy and I were exhausted. That would never do! So I spent most of that evening putting us on a recovery regime. It worked so well that not only was my impatient patient willing to stay in her crib but the household operated on something resembling its usual routine. I didn't think of rules at the time, but I can see now that the schedule adhered to these general ones: A plan for each day with variations for every day; a definite attempt to capitalize on duties as well as pleasures—i.e. dressing to become an art, the bathroom procedure an excursion, bathing a game, every meal a party; a minimum of "spoiling" but where spoiling would save the hour, we'd spoil; playthings brought in one by one with a flourish and whisked away at the end of that particular period so there would be no confusing clutter in the nursery except when clutter was the idea; nights as long as possible—no arising at the crack of dawn to bake a custard or change a diaper; a nap or a rest for all concerned.

Next morning, I didn't rush into Nancy's room at the first creak of her crib. The waking-up sounds denoted content, so I dashed to the kitchen and put the toast and coffee on the table and had a bite and a sip while preparing her tray, a very tempting number with a special blue oilcloth doily, glass of orange juice, cereal, dried toast, milk, and, wrapped inside the napkin, a "surprise"—a graham cracker. Depositing the tray outside the nursery, I made my entrance with the cheery smile for which nurses are famous. A quick change of nighties, a cunning bedjacket, literally an old, washed-out Turkish toweling robe which Nancy loves for its hood, a fresh pillow from Mommie's room, and she was all set to be the glamour girl breakfasting in bed. The following morning I prepared three breakfast trays and we all had a party in her room.

2. It's astonishing how much less ado is made about the horrid medicine when the spoon is proffered by Daddy. Let him take over when at home!

my active-minded patient—and, also, got my own work done.

With the doctor telephoned, supper ordered and luncheon on the way, we took time for a calming story before Nancy had her tray. A dash of paprika for the mashed potato and a crescent of lemon poised atop the rim of the water glass made luncheon chitchat and afterward there was another story to pave the way for nap time for us both. This kept Nancy to her normal routine and put me in form for the rest of the afternoon, which, in general, followed the same pattern as the morning. An invitation to "watch Mommie dress" was accepted with flattering enthusiasm and we had a cozy discussion of girdles, bras and slips, and the color of my dress and jacket. We decided we needed to brush our hair and then Nancy wanted a "pitty dress, too"—a healthy symptom and a very modest reward for taking some horrid stuff out of a bottle. Strange to say, we couldn't find her shoes. I hope I'll not be held to account on judgment day for insisting they were lost. By then, it was almost time to begin watching for Daddy, so over to the window by the street went the crib, and I went about getting supper. The arrival of the fond papa freed me of all responsibilities. Then, after their fine play hour and her supper, our charming Miss Nancy was undressed and tucked away until tomorrow, when the same sort of schedule but a different set of "surprises" made time pass pleasantly for her and quite easily for me.

5. Being read to is the most engrossing of diversions, especially when the story has been told so many times it is known by heart

6. A cheerful nurse makes a cheerful patient and for that reason alone a nap is important to both. And "surprises" must go on

Having a strong feeling that fathers are rather special, I didn't try to take all the reproaches and tears for thrusting disagreeable medicine down our small one's throat. I let the man of the house do his share. I laid out the spoon and medicine and left them together. Wonder of wonders! No screams, no tantrums! When I returned to the scene, all was over and Nancy and her father were singing "London Bridge Is Falling Down." By the time he had to leave for the "opfice" there was another surprise—the dining table bell all wrapped in tissue paper. I am not sure that I like this pacifier, but to its tune the dishes were cleaned up and the kitchen swept. After that, a sponge bath, with the novelty of being bathed in one's crib, and a very special, dress-up pair of pajamas, with a ribbon for those curly locks. "Pitty! Nancy's Pitty," was the approving comment. Then, with an appropriate flurry of excitement over the drawing book and crayons that were intended to occupy another convalescent half-hour, I went back to the housework. The next surprise, due at the end of the 30 minutes, was a glass of pineapple juice, already cooling in the refrigerator, and, after that, a wooden inlay puzzle, very simple, which was to last a similar period—just about long enough to get the living room slicked up! By having some small diversion to offer at 30-minute intervals, I forestalled boredom and restlessness on the part of

Photographs by F. M. Demarest

WHAT'S IN A

David Moreton found the excitement as well as real camaraderie in

A COLLECTOR meets such interesting people! In his quest for these beautifully patterned Early American pressed glass goblets, David Moreton came across a long-lost relative. Credibly enough, the relative, who was living in the house that had been built by Ohio's first governor, turned out to be a collector of antiques with many similar interests. The quick camaraderie that springs from a common interest is, Mr. Moreton thinks, one of the most satisfying things about such a hobby. He only began the collection four years ago. At that time, Mrs. Moreton had charge of rounding up the glass exhibits for the Antique Show held annually at the Woman's Club in Wilmette, Illinois, where they live. At first both the Moretons were intrigued by various pieces of pressed glass—sugar bowls, creamers, and goblets—but it wasn't long before Mr. Moreton centered his interest in the goblets and began buying and studying all available books on the subject in order to identify and catalogue every piece he acquired. He found that between 1845 and 1895, almost two thousand different patterns were made by the American glass factories. In his brief collecting career, Mr. Moreton has come upon more than two hundred examples of the pattern glass, and amazingly enough, no two of which are alike.

Pre-Pearl Harbor trips to towns in Illinois and the neighboring states of Ohio, Indiana, and Wisconsin combined the pleasure of driving about the countryside with the insidious excitement of prospecting—for pressed glass. In Ripley, Ohio, he found the goblet in the deer and pine tree pattern and four huge goblets in clear glass which had been used as beer and ale schooners on the passenger boats plying the Ohio River in the gay eighties and nineties. Another memorable trip was through Indiana, via the National Highway. Almost every family and type of Early American pressed glass is now represented in his collection. There are many Grape patterns and a separate Fruit group, Thumbnail prints of all kinds, Hobnail and Swirl types, Ribbon and Ribbed goblets, Leaf patterns, both stippled and frosted; and a number of varieties of the Colonial patterns. The Moretons enjoy using their collection for entertaining and derive quiet amusement from waiting to see how long it takes their guests to discover that there are twelve different goblets in fine old glass on the table. This alone would provide the conversational spark for an entire evening, for everyone has a bit of the collector in him and we all love to trade stories!

RUTH W. LEE

Liberty Bell

Fleur de Lis

In four years of collecting, over 200 patterns in Early American pressed goblets—no two alike! More than 50 different patterns are in this group

Swirl

Girl and Fan

Shell and Tassel

HOBBY?

of exploring, the thrill of discovery, collecting goblets

Photographs by Nowell Ward
Sketches by J. Lewicki

Four individual designs in the Thumbprint pattern

Barrel Thumbprint

Pointed Thumbprint

Baby Thumbprint

Larger Baby Thumbprint

Large Clear Glass Goblets

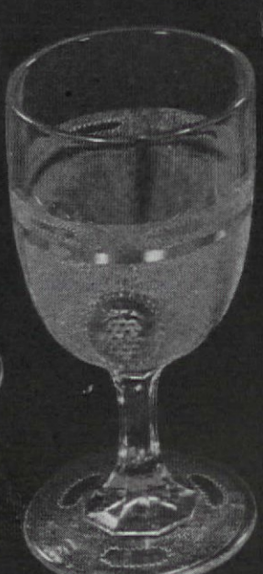
Discovers Long-lost Relative . . .

On a collector's jaunt through Ohio, Mr. Moreton found a long-lost relative, also an antique fancier. It's this element of surprise that makes the pursuit of such a hobby a keenly exciting pastime

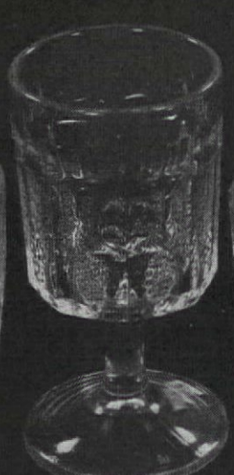
Ohio River Boats

Huge, clear glass goblets, another Ohio find, saw glamorous service on the old-time passenger boats which operated on the river during the flamboyant eighties and nineties

Magnet and Grape, Clear Leaf



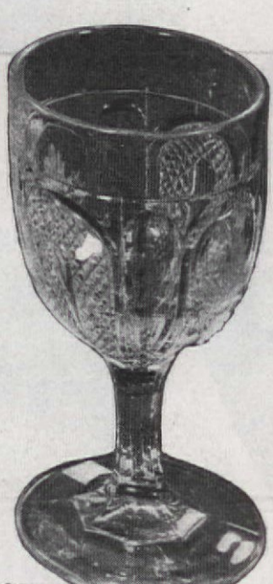
Medallion Grape



Grape with Thumbprint Band

Heavy Paneled Grape

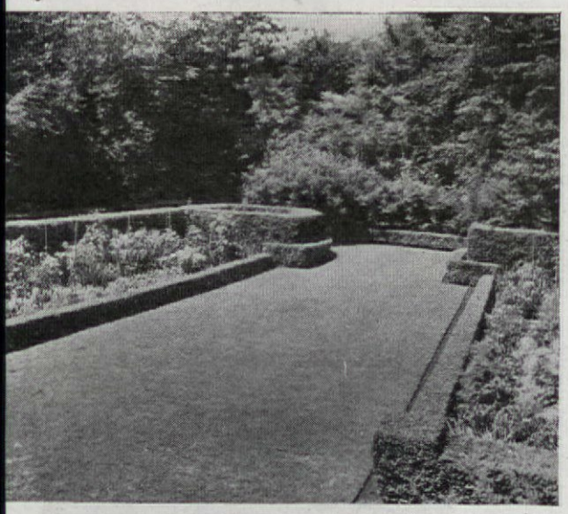
Grape with Patterned Base



Magnet and Grape, Stippled Leaf

PRIMER FOR THE AMERICAN

Two gardens demonstrate the successful planned use of space for special objectives



Garden of Mrs. T. A. Kearney, Winnetka, Illinois

Landscaping by C. D. Wagstaff and Co.
Renderings by H. McClelland
Photographs by Charles H. Keller and Nowell Ward

PLAY HOUSE
POOL
S
E
W
N
VEGETABLE GARDEN
DRYING YARD
MOTOR COURT
SCREENED PORCH
BIRD BATH
DRIVEWAY
GRASS PANEL

HOME GARDENER LESSON 8

Planting Plans and Purposes... Part 2

E. L. D. SEYMOUR

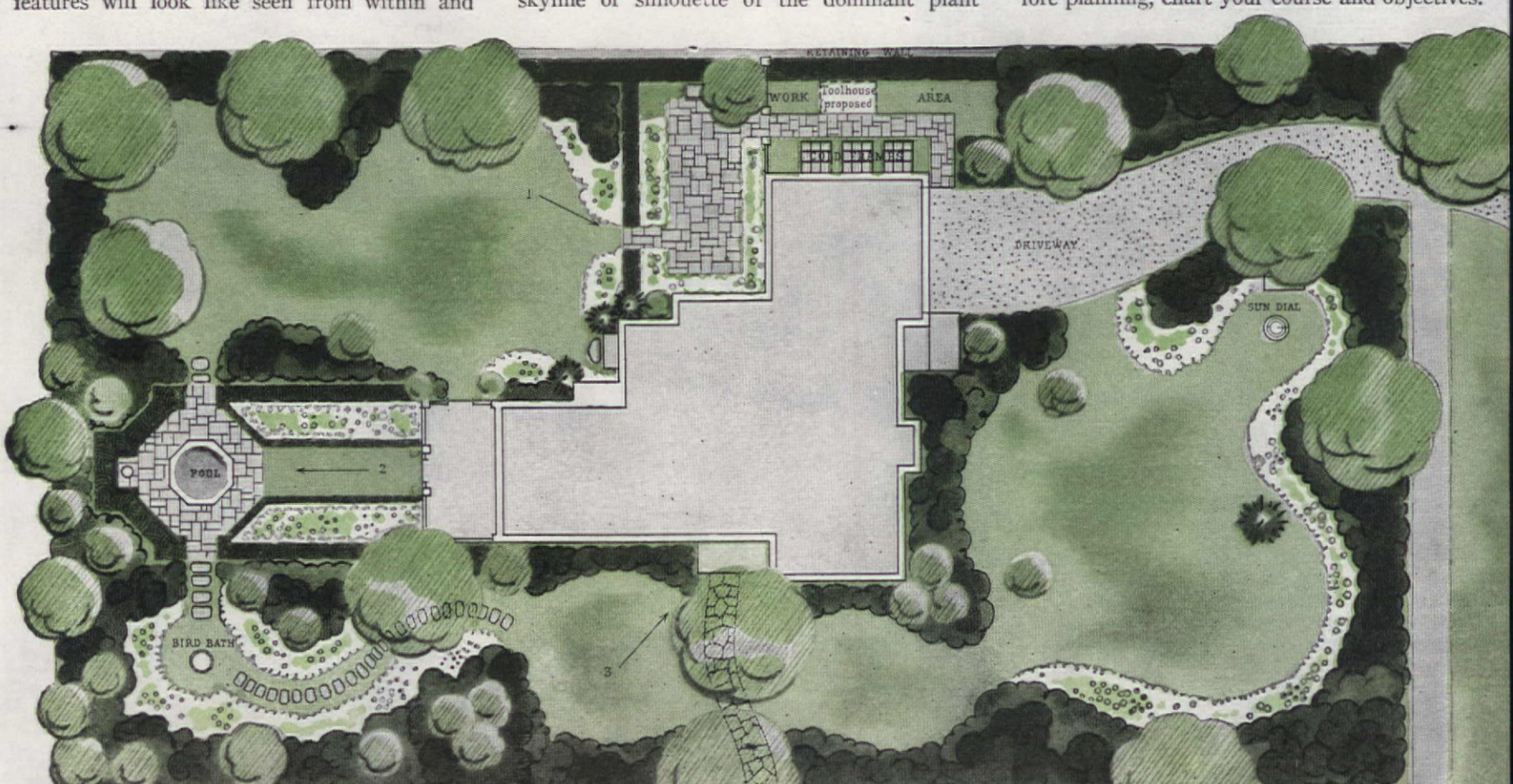
The garden below was designed (and made in three years by Forrest D. Siefkin, its owner) to provide various "rooms," with privacy and contrast between formal and informal. The views, numbered also on plan, show (1) rose-bordered terrace, (2) formal garden from porch, (3) entrance

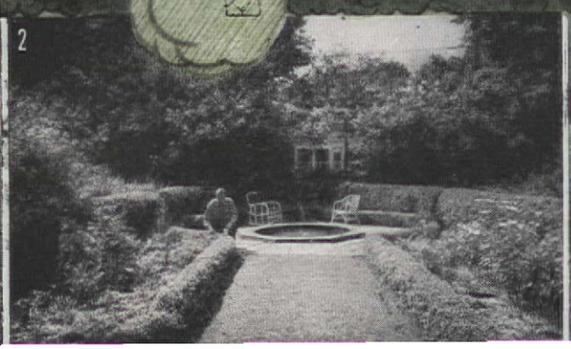
As POINTED out in Part I of this discussion, in October, the first step in developing a garden plan is an analysis of the garden's purposes or objectives. Next comes the drafting of a plan or "map," on which, if the project is starting from scratch, the first task is locating and orienting the house and other buildings with relation to (a) the natural features of the property, (b) the purposes decided on, and (c) the walks, drives and other approaches from the highway. However, if those details are already settled, the next decision is as to what elements are needed or desired in the design, such as lawn areas, flower beds and borders, boundary plantings, special plant effects, paths, etc. These are located on the plan in what are found or judged to be their best locations and relations, after which one's imagination and knowledge of plant materials are drawn upon to develop a series of pictures, or what architects call "elevations." These, whether actually drawn or merely mental images, are simply vertical projections of what is indicated on the ground plan, intended to show what the various features will look like seen from within and without the house and the garden. In other words, these elevations visualize the plants and trees when grown to their normal stature.

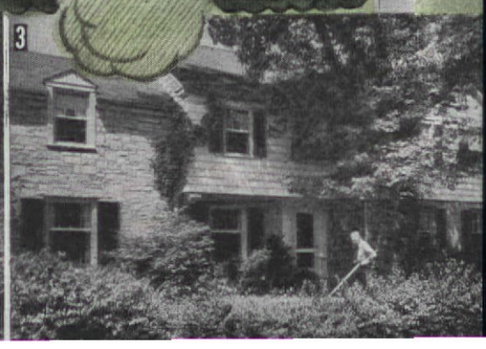
The elements of any home garden are usually grouped under such main heads as (a) the public area, along the highway; (b) the service area, including drive, clothes yard, etc., and (c) the private or garden area which may be designed for living, for hobby enjoyment, or just to be looked at. A further breakdown of these areas may introduce a transition area between house and garden, stretches of shrub-bordered lawn, flower borders, a cutting garden, space for vegetables and fruits and architectural details such as pergolas, benches, pools, etc.

Thus far the development of the plan seems to have been based largely on practical or utilitarian considerations. Yet, in handling such a project, the professional designer keeps constantly in mind certain principles and aims of art and composition; and the amateur should try to do the same. These principles deal with such things as "distribution of mass" in the various pictures; light and shade relations; the skyline or silhouette of the dominant plant forms; simplicity; scale and scale relationship; balance, and the focalization of interest. In all these matters, the characteristics of the plant materials available and suitable are of major importance—size (when mature), form, growth habit, texture and color of foliage, color of flowers or fruit or both, seasonal change, and the like. This is one of the powerful arguments in favor of securing expert, professional advice in the making of even a simple garden plan.

Of course, the making of the plan is only a part of the whole task of developing a home setting. But it is a very necessary part. And the fact that a plan is made in advance, on paper, does not, as many think, imply stiff formality in the result. Indeed, careful planning is, if anything, even more essential in the laying out of a "naturalistic" garden than in the designing of a "formal" or geometrical area. For many, a perspective sketch is much easier to understand than a flat, floor plan; but the latter is far easier to make, whether drawn or worked out with scaled cutouts of the different features of the design. So, before planting, plan; and before planning, chart your course and objectives.







ASH HOIST THAT WORKS!

• Simple • Rugged • Low-Priced •

IF the winter's furnace ashes are your problem; if the weekly wrestling of barrels up the cellar stairs palls; if your strength and patience are near the breaking point, you will appreciate this simple device and want one in *your* cellar. You will need for it only: several 12′ 2x4's for the rails (tracks) and carriage frame; flooring or sheathing for top and back of carriage; four bed castors of 1″ or more diameter; ⅜″ rope (See Fig. 5 for amount) and two pulleys to fit it; spikes, nails, and lag screws. The one-can capacity carriage with the castors mounted beneath to suit the pitch of the stairs, is hauled by means of the rope and pulleys up the rails which have notches near the top to provide a locking device. This enables you to drop the rope and use both hands to roll the can onto the path. Then a vertical lift of the rope disengages the castors from the notches and lets the carriage run down for another load. At its lowest point, the carriage fits into a pit dug deep enough into the cellar floor so that the platform rests firmly and flush with the surface.

An idea may be the by-product of a brainstorm, the child of necessity, or sired by laziness. This is a mongrel—all utility

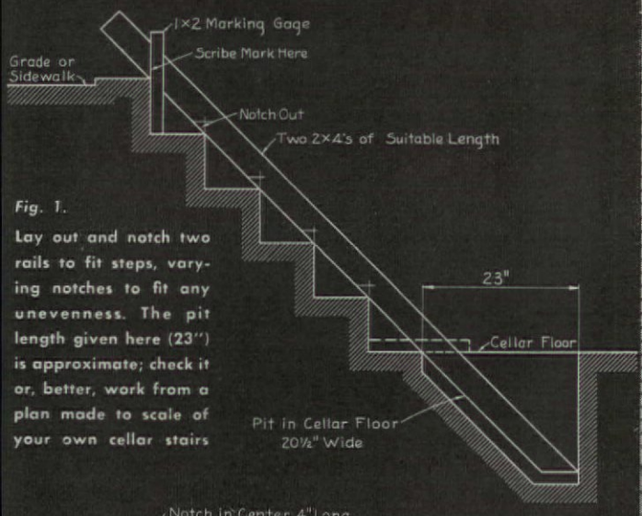


Fig. 1. Lay out and notch two rails to fit steps, varying notches to fit any unevenness. The pit length given here (23″) is approximate; check it or, better, work from a plan made to scale of your own cellar stairs

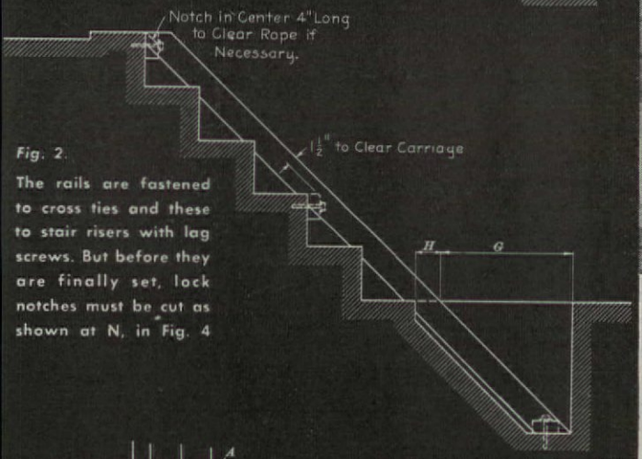


Fig. 2. The rails are fastened to cross ties and these to stair risers with lag screws. But before they are finally set, lock notches must be cut as shown at N, in Fig. 4

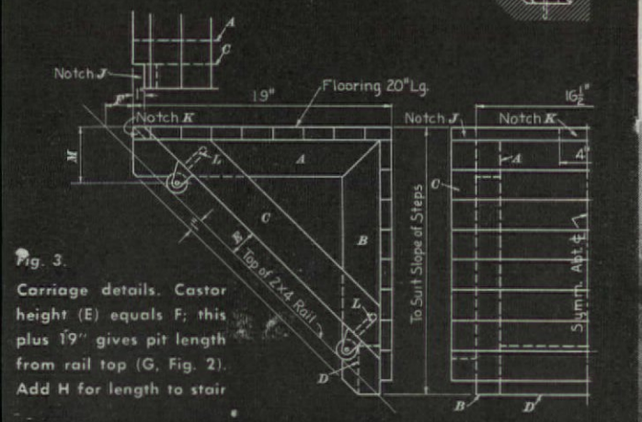


Fig. 3. Carriage details. Castor height (E) equals F; this plus 19″ gives pit length from rail top (G, Fig. 2). Add H for length to stair

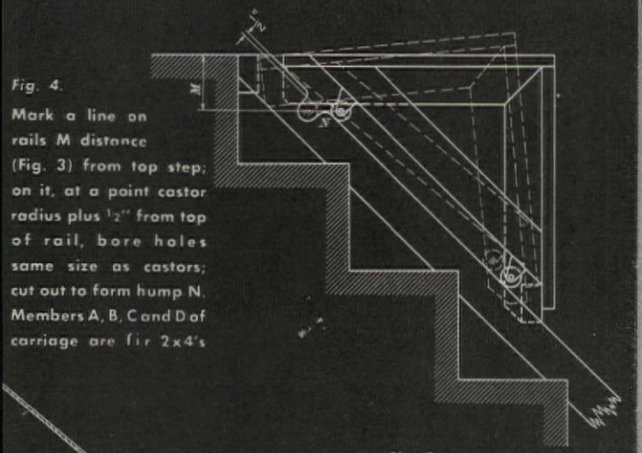


Fig. 4. Mark a line on rails M distance (Fig. 3) from top step; on it, at a point castor radius plus ½″ from top of rail, bore holes same size as castors; cut out to form hump N. Members A, B, C and D of carriage are fir 2x4's

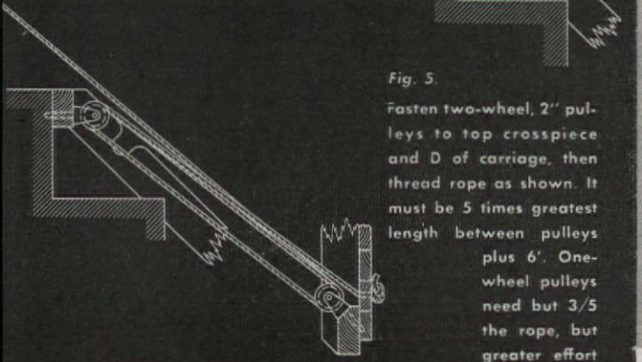
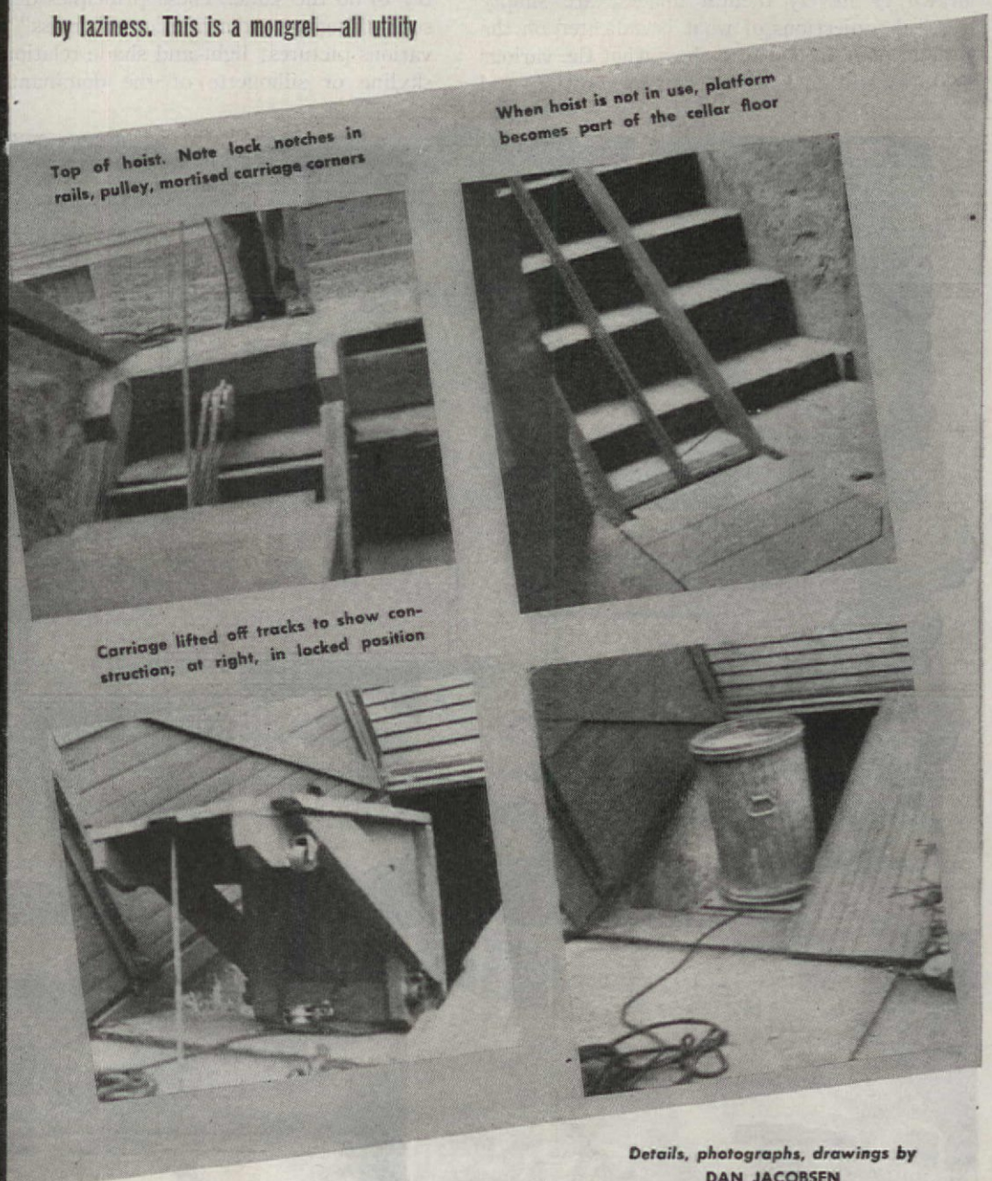


Fig. 5. Fasten two-wheel, 2″ pulleys to top crosspiece and D of carriage, then thread rope as shown. It must be 5 times greatest length between pulleys plus 6′. One-wheel pulleys need but 3/5 the rope, but greater effort



Top of hoist. Note lock notches in rails, pulley, mortised carriage corners

When hoist is not in use, platform becomes part of the cellar floor

Carriage lifted off tracks to show construction; at right, in locked position

Details, photographs, drawings by **DAN JACOBSEN**

There's a long path ahead . . .

FIRST TRIP to the shoe store—first *real* shoes!

Which way to the future will those small feet point—toward business, or the law, or medicine—or maybe to a career completely undreamed of in this year one thousand, nine hundred and forty-four! Whatever way—it will certainly be with a firm sure step if Dad has anything to say about it.

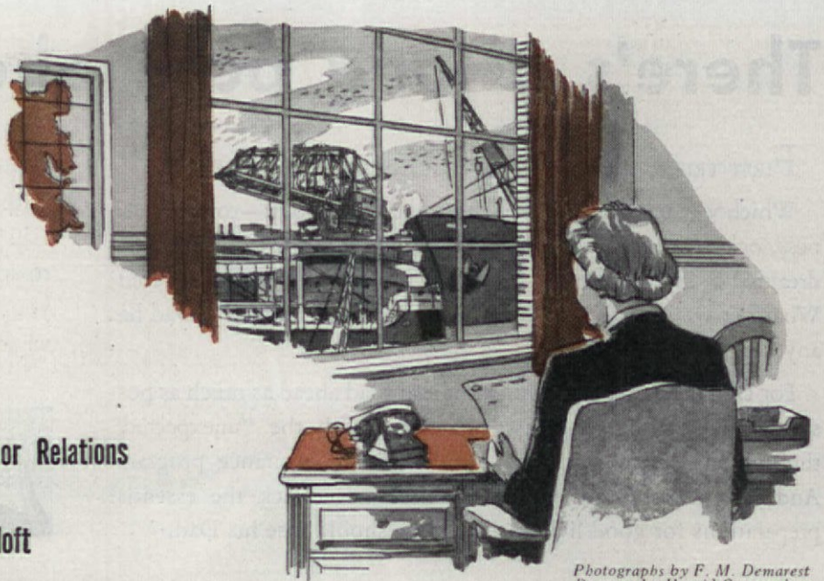
For Dad is already smoothing out that road ahead as much as possible. He's guarding against encounters with the "unexpected" through his carefully planned Prudential life insurance program. And so one more American boy need never lack the essential preparations for good living—even if he should lose his Dad.

In the same way, your family can be protected against future want, or the embarrassing lack of funds when they would need them most. Call your neighborhood Prudential agent and let him show you how to arrange for this kind of family protection. He will be glad to let you know, without obligation, how conveniently, safely, and at what low cost it can be done.

THE PRUDENTIAL
INSURANCE COMPANY OF AMERICA
A mutual life insurance company
HOME OFFICE: NEWARK, NEW JERSEY

THE FUTURE BELONGS TO THOSE WHO PREPARE FOR IT

Home is Where You Make It!



Elinore Herrick, Director of Personnel and Labor Relations of the Todd Shipyards, creates her unusual home in a city factory loft

MAYBELLE MANNING

Photographs by F. M. Demarest
Drawing by Harold Cressingham

WE stood before a gaping warehouse entrance whose wide, portal was commodious enough for a Mack truck. With bewilderment we again consulted the written address. Yes, Mrs. Elinore Herrick lived here the elevator man assured us as we lunged upward in a noisy freight contraption and were directed through a maze of grim, tin-lined walls to the correct apartment. We were prepared for some sort of exotic thrust into a bohemia, but not for the completely airy surprise of an old-world room, mellow with charm and dignity.

Broad sun stripes patterned the carpet from triple-high windows. There was the polished gleam of fine dark furniture, paneled columns of colorful books and an expanse of tawny gray walls which someone described as the color of a "misty, invisible elephant"—this fascinating abode redeemed from a factory loft which not so long ago hummed with power machines and buzzed with garment workers. The great living room perched so crazily over the tops

Because no other container protects like the Can...

My soldier son gets good home-grown tomatoes . . . thanks to the can.

No other container combines *all these 4 advantages . . .*

1. SAFETY: Your fighting man eats food from home on any battle front . . . thanks to the steel-and-tin can. No other container so *completely* safeguards against air, light, moisture, dirt, and spoilage!

2. ECONOMY: Wise shoppers at home know canned tomatoes are inexpensive all year round! Because cans are easy to make, ship, and handle, your money goes for what's *in* the can. No wonder over 135 American industries prefer to pack about 2500 products in cans.

3. QUALITY PROTECTION: Cans give *lasting* protection to flavor, color, and vitamins. Canned foods frequently retain *more* vitamins and minerals than do many foods bought in market and cooked at home.

4. CONVENIENCE: Cans are a "buy-word" for convenience. Cans don't break. They're easy to carry and easy to store. Easy to open, easy to dispose of. No other container gives *all* these advantages.

CAN MANUFACTURERS' INSTITUTE, INC., NEW YORK

Cans are Front Line Fighters! Our Army, Navy, and Air Force demand prodigious quantities of steel-and-tin cans. Therefore, the cans we have at home today are fewer than normal peacetime needs. After Victory, cans will be back . . . with new and old products. *Meanwhile, please turn empty cans in for salvage.*

FOOD FIGHTS for freedom

for an EXTRA-GOOD appetizer

"Fresh Vegetables"

In a delicious glass of wintry-cold V-8* Cocktail the *combined* juices of a whole garden of fresh vegetables produce its fresh and tingling *extra-good* flavor. And too, V-8 contains Vitamins A, B_1, C, Calcium and Iron. So serve V-8 before any meal—it's *so* appetizing and each glass is an enjoyable "helping of fresh vegetables" *the Tasty Way*

Juices of
- Spinach
- Lettuce
- Tomatoes
- Celery
- Parsley
- Beets
- Watercress
- Carrots

Deliciously Combined

ASK FOR V-8 AT YOUR FOOD STORE

*V-8 is a trade-mark owned in the United States by Standard Brands Incorporated; in Canada by Standard Brands Limited.

For Vegetables the Tasty Way - Drink V-8 Every Day!

of pluming, green plane trees (that Brooklyn species of tree)—the iron-grilled balcony, curved like a ship's bridge spanning an open-air courtyard opened up to a wide, broad, high sky, resembled nothing so much as a ship's prow jutting out to sea. The surrounding terra cotta facades, lacy as gingerbread fretting with their myriads of fire-escapes, were a colorful and effective decor which seemed to be skillfully incorporated as a still-life decor into the serene gray room with its charming yellow chintzes.

Two large rooms fulfill the requirements for an adequate entertaining area. All is geared to informal living. A cupboard kitchen, compact as a ship's galley, is bright as the jacket of a mystery novel with its tiers of gaily labeled home-canned recipes.

Homemaking and home-keeping are a fetish with Mrs. Herrick, one of America's most vital and important women executives.

"However one is forced to roam," said Elinore Herrick, "one can always have a home." With admiration she cited out service wives who've painted rugs on grim barrack floors that never had a rug, padded orange crates into dressing tables and cozy baby cribs.

While the photographers set up their equipment, I asked Mrs. Herrick, who has complete jurisdiction over 135,000 men and women, what she most admired in the new American woman. Quickly she replied: "Her adaptability and readiness to tackle any job or problem, in or out of the home."

Just twenty-three years ago, Mrs. Elinore Herrick entered the mill as a factory girl, carving out in remarkable time one of the most amazing women's careers in history. Strictly on her own, she managed to support, raise, and finely educate two sons, Lt. Snowden T. Herrick of the 13th Air Force, in Italy, and Sgt. Terry Herrick of the Air Force in England. With eyes as gay as a rippling brook, Elinore Herrick will tell you that she has worked as hard as ten people, but has tripled it all in fun.

In her important executive position in which it is her responsibility to act as an arbitrator of strikes and keep a deadline schedule on ship building, Elinore Herrick operates on this simple principle, learned from a New England mother—"Learn to 'tend' to your own knitting."

The home-entertaining life of Elinore Herrick is far removed from that usually expected of or usually created by professional people. A heterogeneous and wholly interesting lot of people are mixed together on the salad plan—just a blending of good ingredients. Her guests will run the whole gamut—from newspapermen, women editors, statesmen, artists, professors, technicians to factory women—you'll find a factory forewoman talking with novelist Fannie Hurst, or it's likely Greer Garson may be spellbound with the experiences of a woman's prison warden. Not an eye would be batted, even if Frank Sinatra slipped in, sat on the floor, and ate his supper. The busy homemaking executive thinks nothing of whipping up a buffet supper for from thirty to fifty people.

Rooms that perfectly fulfill the requirements of the owner always are good rooms, says Mrs. Herrick. The painting in her bedroom is an American primitive which hung in her grandmother's kitchen

There's a long-dreamed-for surprise awaiting "the boys" when they come home, a first real home in the country. The precious spare moments out of Mrs. Herrick's busy life are spent skittling around to junk shops. Perhaps when "the boys" come home, we'll take you out to the old house to let you see how it's been fixed up.

"We should be so aware of what life has taught us today," said Mrs. Herrick, as we awaited while that freight contraption lumbered up—"that as women, we are no longer content in gazing at one another, but in looking outward together in the same direction." Let's remember that.

You don't have to work overtime to tempt appetites this way!

Everything's under control if you have Del Monte Fruit Cocktail ready-chilled. Five to seven servings in the large can or jar. Dish them up and dinner's launched in no time.

But don't stop there! This tempting fruit combination can save you work and bother—early or late, any day.

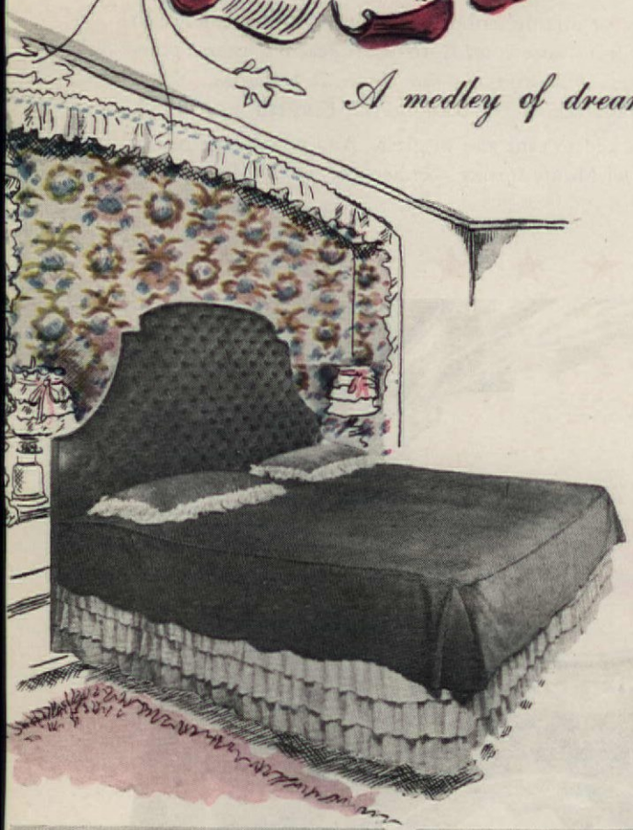
See how it whets breakfast appetites. For lunch, combine it with cottage cheese or other salad makings. Let it add fruity zest to made-up desserts—like rice pudding. And when it's meat you want to dress up, drained Del Monte Fruit Cocktail makes one of the finest meat garnishes you ever tasted.

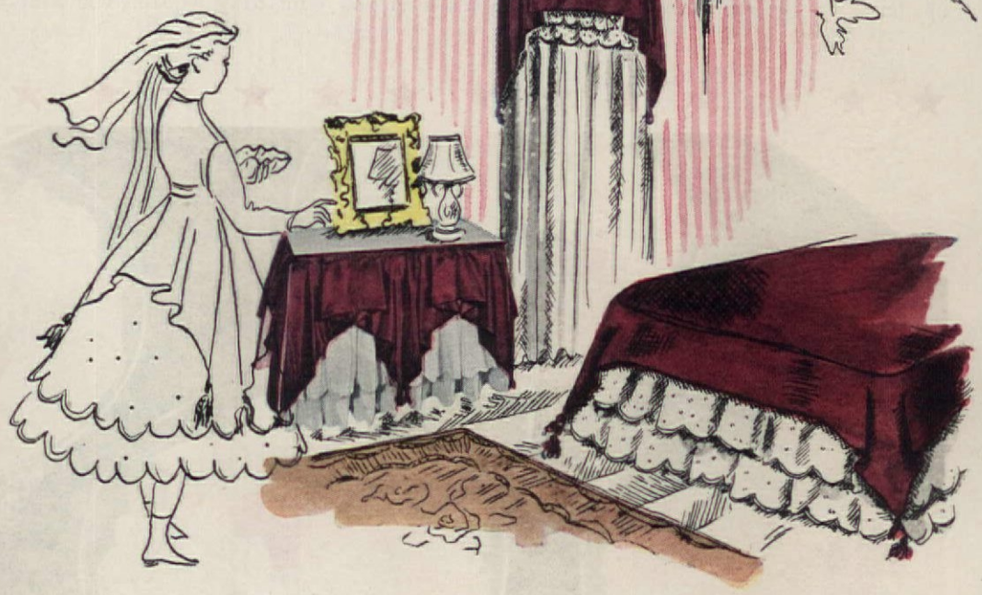
No peeling, dicing or mixing, either. Think what a convenience to have such tempting fruit variety ready to use! Peaches, pears, pineapple, grapes, cherries. *Five* fruits *in just the right proportion.* You'll appreciate the flavor balance of Del Monte Fruit Cocktail most of all.

Remember, it's packed in cans and in glass. And you're sure of the quality you want—Del Monte quality—either way.

INSPIRED

A medley of dreamy ideas—new and old.





PATTERN A-698—40 cents

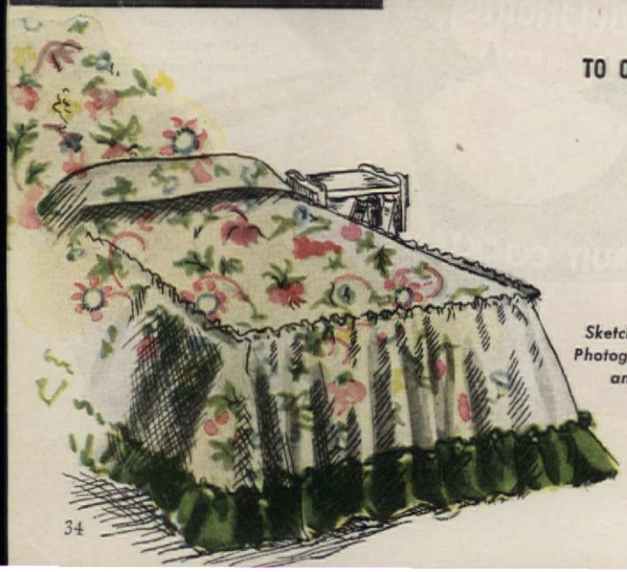
An unusual fabric back of the bed lends dramatic interest. We have adapted the idea at top left from a design by Felicite Reynolds whose bed we show. Brunschwig, Fils fabric

Sleeping beauty from styles of old! Scalloped, ruffled white grenadine combined with wine red taffeta makes a three-piece bedroom ensemble that is smart and attractive. Pattern A-698

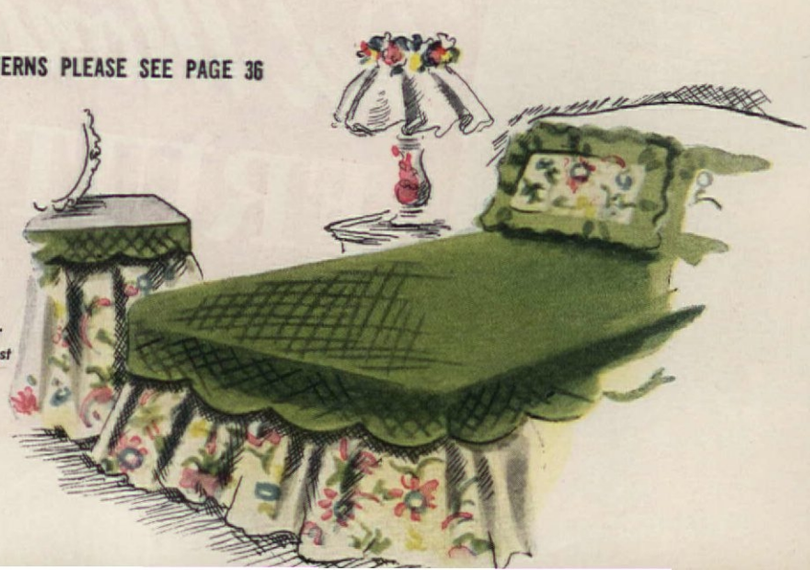
Two "different" window treatments. In the shutter effect at left the print is tacked on to a hinged wooden frame. Blue-green and corn yellow are used for the draperies at right. Interest is obtained by the ruffled trimming, which is applied in an unusual manner. Suggestions by Polly Cramer, executed by the Shillito Home Decorating Shop

Ruffled spreads are always effective and easy to fashion. One is entirely of flowered chintz with a flounce of the same chintz edged with a ruffle of plain green. The other has a green quilted top and wide dust ruffle of the print. Old-fashioned pillow shams replace the regulation tailored fold that is used with the figured spread

TO ORDER YOUR PATTERNS PLEASE SEE PAGE 36



Sketches by Hope Hendler
Photographs: F. M. Demarest and Frank Willming

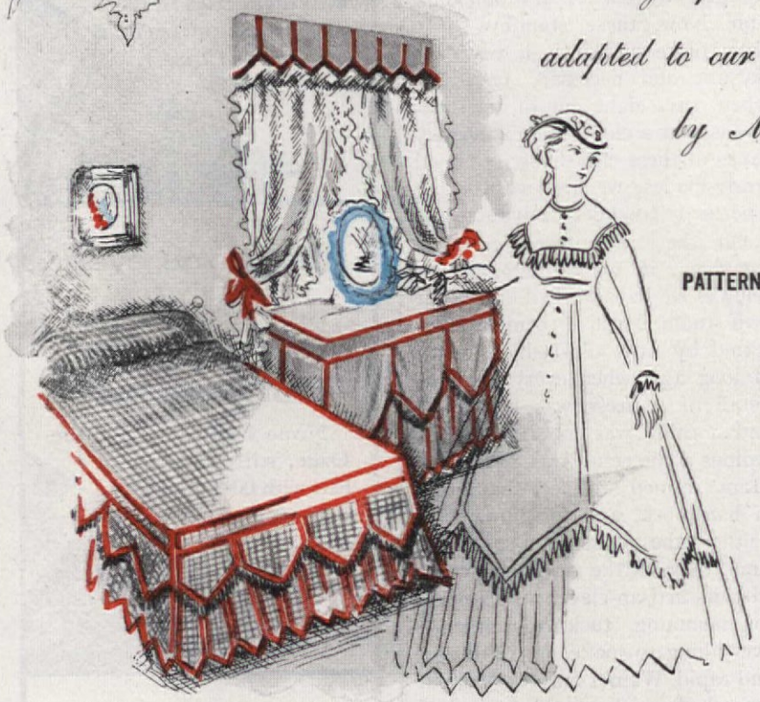


BEDROOMS

Style prints of lovely ladies

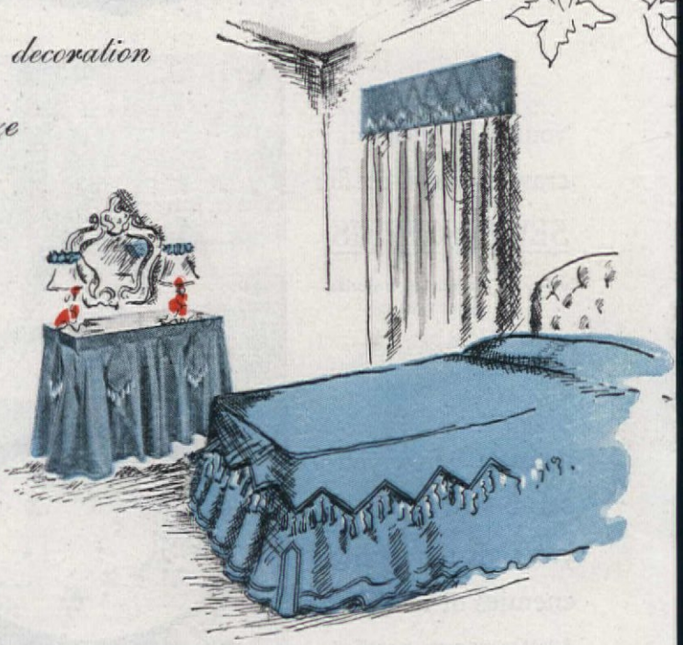
adapted to our present-day decoration

by Mary Monze



PATTERN A-700

Black and white taffeta trimmed with black fringe and a narrow orange piping make this quaint checked three-piece ensemble for the bedroom. Pattern A-700, 40c

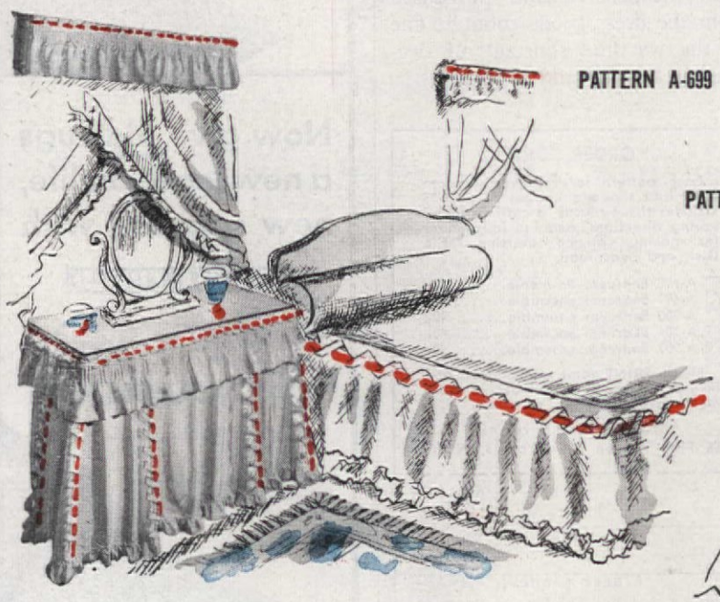


PATTERN A-702

Simple elegance aptly describes this blue taffeta trio with its white tassel fringe and effective detail of trimming. Not a combination to pall, ever! Pattern A-702, 40c

WE think you will agree that, "decoratively speaking," bedrooms are the rooms usually slighted in any house. On the average, a woman is inclined to expend considerable thought and most of her budget on the decoration of the main living rooms of the house. The bedrooms have to skimp along on whatever may be left of enthusiasm and money. We place enthusiasm first because, so often, there is enough money but the enthusiasm for decorating is all gone. For that reason we proffer these suggestions as enticements primarily, and as patterns, perhaps. A final, fond glance leads us to believe they possess the eye-opening potential of the latest hats.

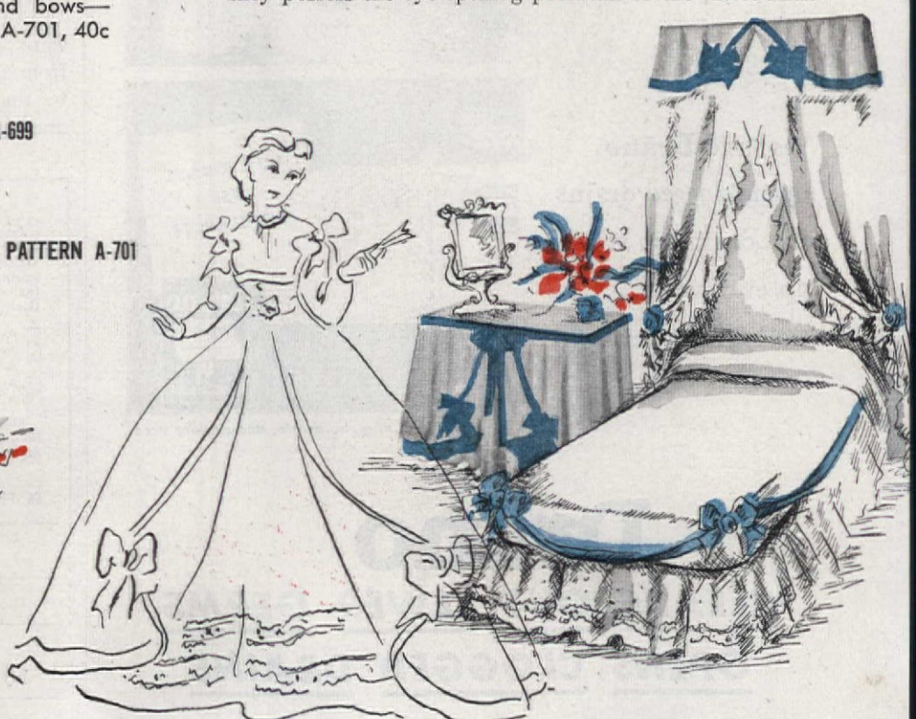
Fine tucking and a fascinating use of rickrack, laced with a ribbon in a contrasting color—very party-dressy and feminine. A-699, 40c



PATTERN A-699

Another gala inspiration from a beautiful old print. Ivory brocaded satin, blue trimming and bows—and very lovely. Pattern A-701, 40c

PATTERN A-701



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Survey by Molnar Laboratories, New York City

no matter how you scrub and scour, you can't touch these enemies of health

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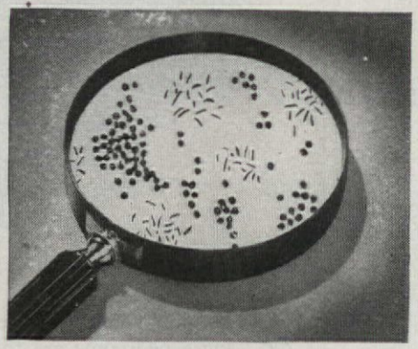

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OPENS CLOGGED DRAINS

In our opinion, it is just as inconsistent to dress up the living rooms and disregard the bedrooms as it is to wear a fashionable and becoming frock with an old hat.

Seeing so much of the same thing in the way of bedroom accessories—the ever-available, ruffled tie-back curtains with exactly matching dressing table skirts and spreads, we get myopia of the imagination. Now, these standbys have their place and it is a very important and necessary one. But when, say, eight out of ten bedrooms bear a close resemblance because of these effortlessly obtained ready-mades, we are overworking a perfectly good decorative scheme.

On the two preceding pages we show, in color, bedroom ensembles we have worked out in our own studio. Most of them were inspired by rare, old-fashion prints of long ago, when every precious detail of a dress was handmade and nothing was too intricate or tedious if the result was a creation. Many women still feel that pride in handwork, and for those with neither the inclination nor the time, there is the sewing machine with its artisan-clever attachments for hemming, tucking, ruffling—everything to make sewing simple and rapid. We not only worked out these bedroom ensembles; we had patterns made of them, too. These include tissue pattern pieces, a cutting guide, sewing directions, and full instructions for making the valances, dressing table skirts and bedspreads, so that they may be easily followed and fashioned by either hand or machine method. Here are fresh ideas for every age and every taste whether it be simple and tailored or feminine and fussy. The fabrics we selected were inexpensive and purchased from the dress goods counter, due to the wartime shortage of decorating fabrics and trimmings.

ORDER FORM

Each pattern for all five bedroom ensembles shown on pages 34 and 35 includes tissue pieces, a cutting guide, sewing directions, and full instructions for making valance, dressing table skirt, and bedspread.

- ☐ A-698 Bedroom ensemble.....40¢
- ☐ A-699 Bedroom ensemble.....40¢
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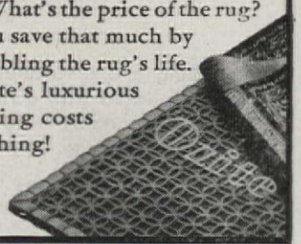
Do you know that an Ozite Cushion saves more than it costs?

What's the price of the rug? You save that much by doubling the rug's life. Ozite's luxurious feeling costs nothing!



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CIRCLE TREAD Ozite
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Send for free Booklet 501, on Care of Rugs, including facts on stain removal. Clinton Carpet Company, Merchandise Mart, Chicago 54, Ill.

"Anyone can put up TRIMZ READY-PASTED WALLPAPER . . . it's so Quick, Clean, Easy!" says Claudette Colbert

TRADEMARK

One of the Seven Stars in the
David O. Selznick production
"SINCE YOU WENT AWAY"

★

"Just dip in water, and up it goes!
No help needed—
no tearing up the house—
anyone can do it and have fun!"

Ivy pattern No. 4200

When Claudette Colbert sings the praises of this exciting new way to redecorate, you may be sure the results are beautiful! Her home is one of the most charming in Hollywood, style center of the world!

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"The TRIMZ patterns," says Miss Colbert, "offer a grand choice of smart designs and colors. And they certainly solve today's help shortage—*anyone* can put up TRIMZ." Yes, all you do is dip this miracle wallpaper in water and put it up. In 20 minutes, it's dry! No paste, no tools, no mess in the house. Do the whole job in spare time, start and stop as you please. Three boxes do an average 10 by 12-ft. room for as little as $5.94 complete with matching border . . . you actually *save up to 60%!*

So why not take this tip from Claudette Colbert . . . do as millions of America's resourceful home makers are doing . . . *be your own decorator* with TRIMZ Ready-Pasted Wallpaper! *Prove* how easy and thrifty it is by doing one room first. A simple chart tells how many boxes you need, what patterns to select for any color scheme. They're all washable, fade-proof, guaranteed to stick or your money back!

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Use TRIMZ Cedar Closet Paper too! Ready-pasted, ready to apply. Gives your closets the rich beauty of natural cedar wood grain. Looks and smells like cedar—made from real cedar wood! Only $1.98 per box—two boxes do most closets, both walls and ceiling!

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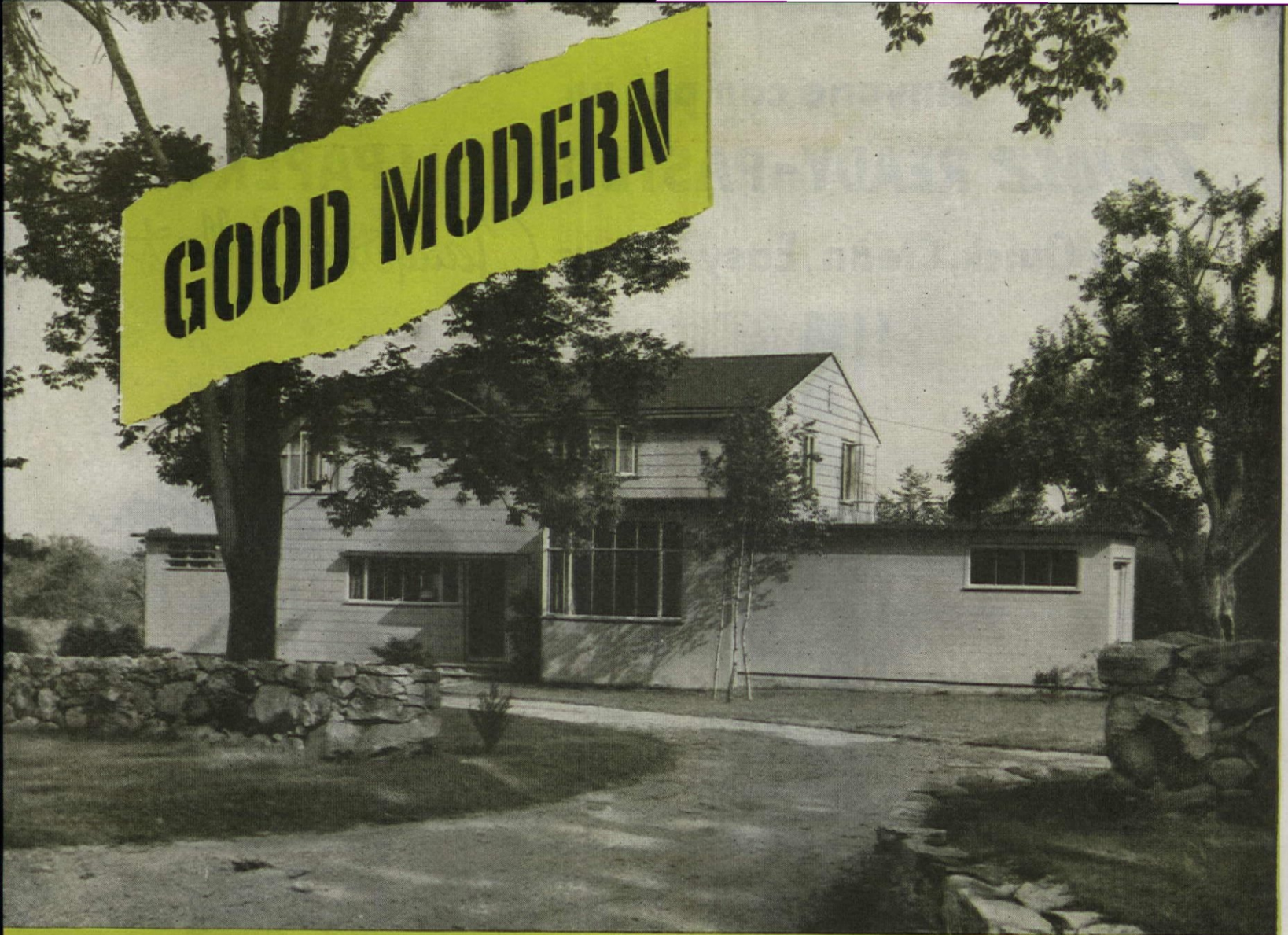
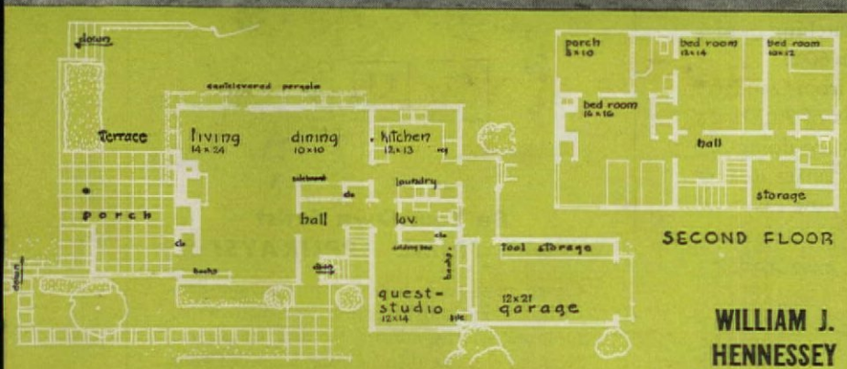
GOOD MODERN

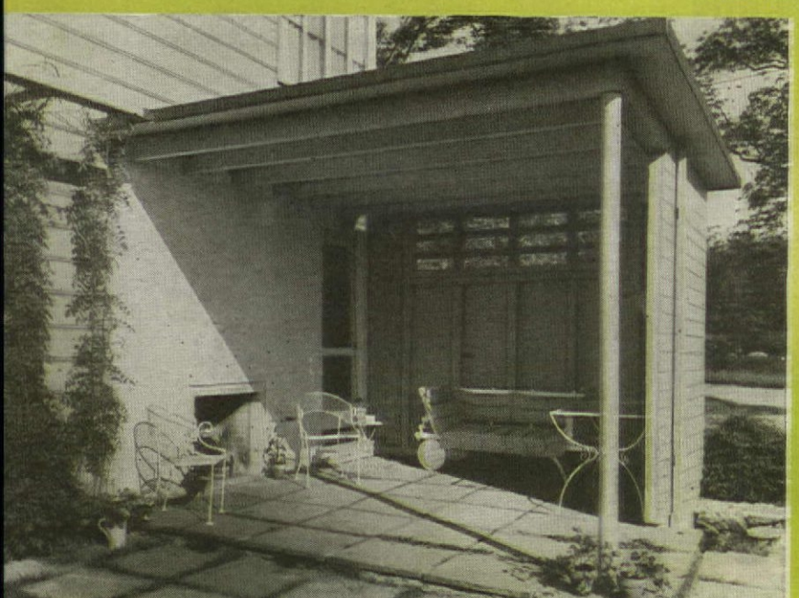


Photographs: George Van Anda



WILLIAM J. HENNESSEY

SOMETHING old, something new—the old singsong phrase, usually accompanied by strains of Lohengrin, is just as apt when describing good modern design. Nothing lasting has ever been evolved which disregarded completely the good that went before. To overlook the advantages which our present age has to offer would be just as foolhardy. We feel that Architect Willis N. Mills, in designing his own home, has most cleverly combined the old with the new. Its lines are uniquely those of early New England; its use of material and planning are definitely contemporary. Instead of resorting to the tiny traditional windows, Mr. Mills logically opened up the walls to catch every square inch of the surrounding rolling hills. Partially covered



THE NEW CANAAN, CONNECTICUT HOME OF WILLIS NATHANIEL MILLS, ARCHITECT

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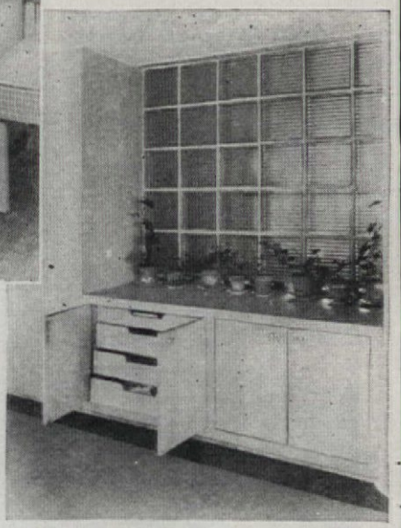
CITY STATE

Study with its numerous built-ins is easily converted into a comfortable guest room

Cupboards beneath glass brick dining room wall provide extra storage space



and equipped with its own fireplace, the terrace affords comfortable outdoor living even when there's a definite fall tang in the air.

The house, itself, facing southeast is of frame construction covered with gray painted redwood boarding. Black mastic shingles cover the roof. Trim and steel sash are painted white. The house plan expresses the collective and individual tastes of the Mills family. In order to entertain large numbers of people without any feeling of overcrowding, living and dining rooms were combined. Mrs. Mills has found this a most successful arrangement. Plaster walls have been painted a pale warm grey; major accents are of deep red violet. Excellent working light is provided in the north studio where the owner does most of his designing. Here built-ins keep everything shipshape and in place. A concealed bed quickly converts the room into an impromptu guest room with adjoining bath. Laundry tubs are located in the kitchen convenient to the adjacent drying yard. While the house has a basement, extra storage space is provided in garage and off the second floor corridor.

A built-in feature of the child's room is the special bed with a wide sliding drawer for an electric train set. No more setting up and tearing down of tracks for Dad, and Junior's room need no longer resemble Fibber McGee's closet.

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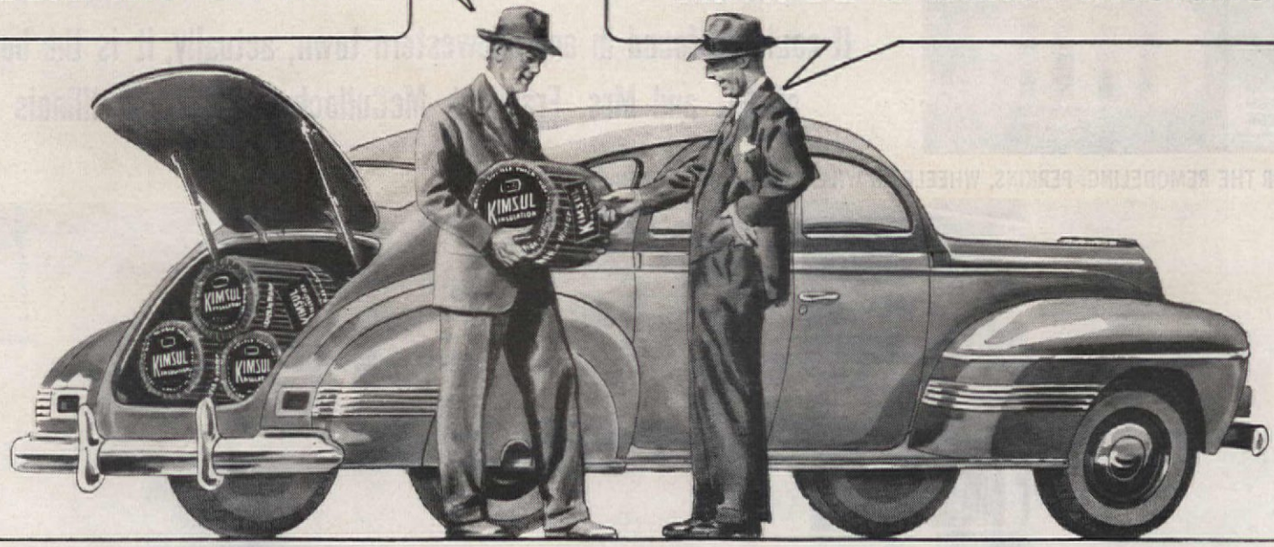
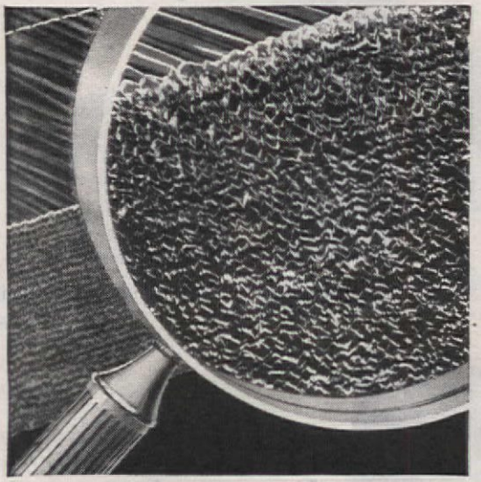
It's the many-layer construction that makes KIMSUL a better insulation



Why KIMSUL is scientifically superior—easier to install



44† Layers in One Blanket—With 44 separate layers of insulation backed with heavy water-proof paper and stitched together, KIMSUL is scientifically superior to loose, bulk insulation in these important ways: (1) *Provides uniform insulation*—assures unvarying performance over every inch of insulated area. (2) *Retains original thickness*—no sagging . . . no sifting . . . no settling.

Installing is Easy as A B C—Anyone who can use a hammer can install KIMSUL. Put it between joists of the unfloored attic . . . or between rafters of the sloping roof, if your attic is floored. Extremely light in weight and compressed into a convenient, compact roll, you'll find KIMSUL easy to carry. And pleasant to handle . . . it contains no sharp, metal-like ingredients to irritate the skin.

Enjoy New Comfort—With KIMSUL installed in your attic, your home will be far more comfortable all year 'round. In winter you'll have warmth aplenty with as much as 30% less fuel. And summer will bring you an extra KIMSUL dividend in the form of a cooler, more livable home. Order KIMSUL today from your lumber or building supply dealer, hardware or department store.

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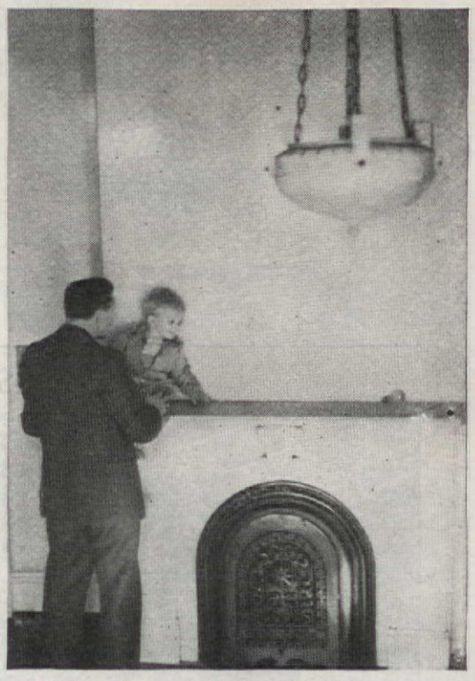
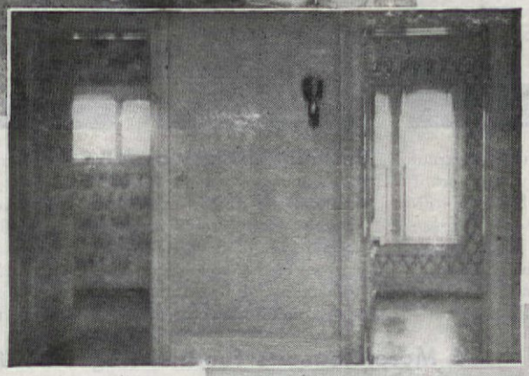
WHERE IS IT?

It could be found in any Midwestern town; actually, it is the home of Mr. and Mrs. Frank W. McCulloch in Evanston, Illinois

ARCHITECTS FOR THE REMODELING, PERKINS, WHEELER & WILL. DECORATOR, FLORENCE CLARK



Modern ideas of heat and light changed the tiny fireplace and huge chandelier



Unnecessary doors were closed up to make wall space for such attractive furniture groups as photographed here in the music room, formerly a "back parlor"

It could even be the house down at the corner of your block wherever you live. Our penchant for the rococo in architecture put its impress on every neighborhood 50 to 100 years ago. The well-to-do, in particular, indulged in the building of these white or gray clapboard houses with their prim side entrance porches, green shuttered eyebrow windows, woodwork trim, fancy as tatting around the sloping roofs—and the pipes in the back parlor matter-of-factly exposed! As solid as the citizens who built them, they stand as landmarks, somehow, in spite of weatherbeaten shabbiness, suggesting a Victorian disdain for change. And yet, as the Frank McCullochs have demonstrated, this old residential style is surprisingly adaptable to our modern demands. They happen to like Victorian furniture and bought the house because they wanted to do it over. The pictures tell the story of the transformation. The attractive, comfortable living room has ceiling-to-floor bookcases where a diagonal door into the entrance hall used to be You can see what happened to the poky little fireplace and to the cumbersome chandelier with its dim-out bowl for a shade. At the right, the doorway into the music room was knocked out and the arch raised to the ceiling to give the feeling of one large room rather than that of two small parlors. Wall space was gained in the music room by the simple pro-

RUTH W. LEE

Photographs by Charles H. Keller

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Every Wednesday Night—9 to 9:30 E.W.T.
The Blue Network

ALWAYS ASK FOR GENUINE KEM-TONE AT YOUR NEAREST DEALER'S!

With white paint, bright designs, and the red Mexican chairs, the roomy old kitchen has become a completely delightful spot in which to breakfast or have a snack

cedure of closing up unnecessary doors into the guest study and the porch. The door to the hall was removed and the opening cut to picture molding to make the room seem larger. Of course, those exposed pipes were walled up! The two rooms were treated as one, with the walls painted a blue-green and the floors covered with a rose-beige carpet. White madras curtains were used in both rooms

This is Bill's room, equipped with plenty of shelves for his toys, and decorated to a gentleman's taste in lively shades of red and blue with white woodwork

In the guest-study, this wall is painted terra cotta to match the convenient, space saving built-in units flanking the studio bed. The other walls are papered

The theme here might be "how to keep a maid," for every thought has been given to comfort and charm to make the maid's room as attractive as any other

Head boards for the twin beds in the master bedroom belonged to one single bed, found in an antique shop. By omitting the foot boards from the beds, they don't seem as large and the room, in turn, appears larger

One of the gayest rooms in the McCullochs' house is the guest room. The bouquet wallpaper is blue, rose and yellow and the rug yellow. Beds and night stand are mellow maple. The colors blend restfully

Open your rooms to DAYLIGHT and VIEWS

with

WINDOW WALLS

insulated by

Thermopane

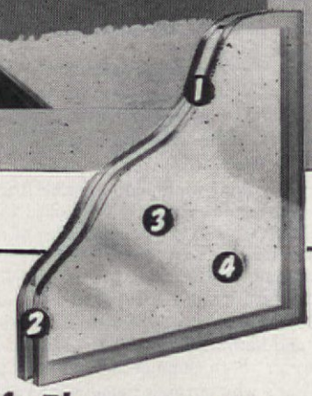
Architect: John Franklin, Pittsburgh

Here's good news for planners of postwar homes

One of those "better things" we've all dreamed about for the postwar home has become a reality. It's a *windowpane that insulates*—Thermopane—a development of Libbey·Owens·Ford.

Thermopane is a transparent, double-glass insulating unit. It fits into a modified single sash, just like a single pane of regular glass. Thus, there is no extra glass to put up or take down.

Before you plan the windows for your postwar home, get all the facts about this revolutionary new windowpane. Write to Libbey·Owens·Ford Glass Company, 1114 Nicholas Building, Toledo 3, Ohio.



4 important features of Thermopane

1. **INSULATING AIR SPACE.** The layer of air inside the Thermopane units is hermetically-sealed at the factory. When desired, Thermopane also is made with three or more panes of glass.
2. **BONDERMETIC SEAL.** This patented, metal-to-glass seal bonds the two panes of glass into one unit to prevent dirt and moisture from entering the air space.
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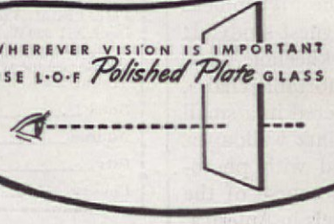
4. **ONLY TWO SURFACES TO CLEAN.** The glass surfaces inside each unit are specially cleaned at the factory . . . and stay clean!

WHEREVER VISION IS IMPORTANT
USE L·O·F *Polished Plate* GLASS



L O F **LIBBEY·OWENS·FORD**

a Great Name in **GLASS**

WE LOOKED AT ALL...AND CHOSE

FORCED HOT WATER HEAT

BECAUSE

WE WERE AWFULLY TIRED OF ALL THIS...

Too hot one minute . . . Too cold the next . . . And never enough hot water to bathe a bird!

We asked our heating contractor, "What's all this about B & G Triple Duty Heating? Will it really do everything claimed for it?"

"Will it!" says he. "Your neighbors down the street have a B & G System—let's ask them what *they* think."

So we went, we looked, we listened . . . *and came home sold!*

This is what we found out. The B & G Triple Duty System is a *forced hot water system*, so perfectly controlled that it always matches the heat supply to the weather . . . with never a bit of fuel wasted. At all times it delivers *just enough* heat to keep the house at the temperature you like best. No alternate chills and overheating . . . but unbelievable comfort from Fall to Spring. Recognized by authorities, too, as ideal for the new panel heating.

Besides, this system features a method of heating water for kitchen, laundry and bath *with the same boiler that heats the house*. All you can use, 24 hours a day . . . both summer and winter!

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Your present hot water heating system can be quickly converted to a modern *forced circulation* system by installing a B & G Circulating Pump, Flo Control Valve and other simple equipment required. Ask your heating contractor.

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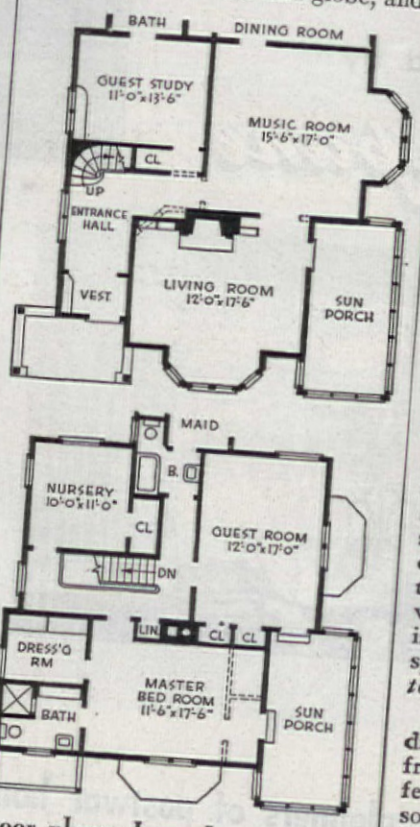
CITY.....STATE.....

Careful selection and arrangement of furniture further contributes to the sense of space. The living room sofa, against the wall at a right angle to the fireplace, is slip-covered in brown chintz with rose and yellow leaf patterns. Facing it, at the right, is a rose damask fireside chair. Brass andirons, a painted tole woodbox, and crystal lamps on small pedestal tables give the room an air of individuality and charm. In the music room back of the piano there is a desk group which includes an old Biedermeier desk, Trafalgar side table and globe, and



Floor plans show the section of the house which was remodelled

rose and beige wing chair. English hunting prints and an old barometer make an interesting and attractive wall treatment. In the bay window is a curved sofa covered with red corduroy, with red and yellow corduroy pillows, and, flanking the sofa, a pair of Trafalgar side chairs with red, green and yellow striped seats. The coffee table and tea set have been in the family for generations. Mrs. McCulloch made the needle-point seats of the Victorian side chairs and decorated the wall behind the piano with framed manuscript music.

Next to the "back parlor" is a small room which the McCullochs have turned into a guest-study. It is furnished with a kneehole desk, studio bed, and comfortable chairs. Three walls are papered in a small patterned brown chintz wallpaper, the fourth decorated with photographs taken in the course of the family's various travels in America.

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YES, this water saves half the drudgery! Dishes washed in ordinary *hard* water are left with a smeary soap curd that must be wiped off. But when they're washed—and then *rinsed*—with Permutit-softened water, every bit of soap and grease is removed, dishes quickly dry to a spic-and-span sparkle—*without any toweling at all!*

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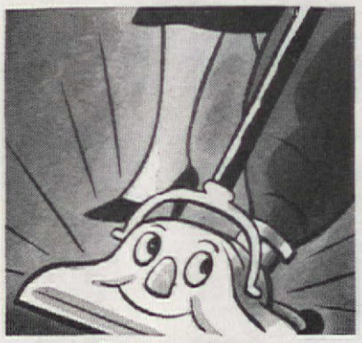


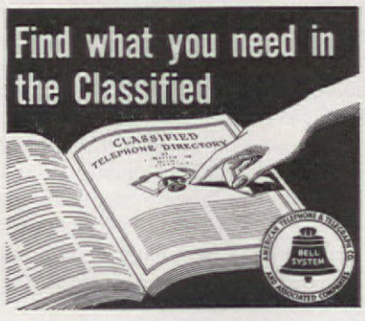
SLICK

MORAL: When the cleaner lacks power... or your watch goes sour— Look in the Classified!

That popular guide—the Classified section of your telephone book—is ready with helpful information for all kinds of trouble.

It lists conveniently located authorized service outlets of cleaners, refrigerators, radios and other appliances under their trade marks with addresses and telephone numbers.

The Classified also helps industrial buyers find branch offices when business and industrial equipment needs repairs or parts.



For the dining room they chose a splashy rose chrysanthemum wallpaper. Here are Statton maple ladder back, rush bottom chairs and a 200-year-old dropleaf mahogany table with the base of an old maple Welsh dresser. A cleverly designed frame for the radiator provides space for Mrs. McCulloch's fine collection of green Staffordshire. White organdy ruffled tie-backs give a provincial accent to the room. One of the most changed rooms is the kitchen with its modern, built-in white steel cabinets and bright Pennsylvania Dutch details. The floor is covered in blue linoleum, walls are painted white with a ceiling wallpaper border of red birds and blue tulips. A decorative set of shelves displays an old butter mold, copper kettle, coffee grinder, and old family teacups.

The maid's cosy room at the back has been given maximum charm, color and comfort by thoughtful decorating. The walls are papered in blue and yellow plaid wallpaper and a red provincial small-patterned chintz is used for slip-covering the studio bed and valances above white organdy curtains. A Statton maple desk and chair, maple chest and radio provide the essential comforts.

Upstairs, the guest room was decorated in a light mood, with an all over yellow, blue and rose bouquet wallpaper for walls and ceiling, offset by a yellow rug. The beds and night stands are dark yellow maple with white candlewick spreads. Godey prints and an angel collection add to the gaiety. The wallpaper for the master bedroom is in a yellow and white striped pattern with a green ribbon ceiling border that echoes the green and white checked gingham used for the bed dust ruffles. The corner whatnot with Victorian bibelots came from Mr. McCulloch's mother's home. An ivy-sprigged teapot with white p'que shade makes an amusing lamp. A pair of old Victorian chests and rockers and a rug in pale green needlepoint with matching fringe complete the room. The third, tiny bedroom is Bill's and decorated to suit his bubbling twenty-two months' old personality.

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INSULATE NOW WITH BALSAM-WOOL ATTIC INSULATION

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What should a female write in V-Mail?

1

"I've found an apartment
as cute as can be!"
Writes Ann to her husband
who's sailing the sea.

2

She tells him: "It's airy
and streaming with sun!"
(No mention of windows
that have to be done.)

3

She isn't a girl
who would bother her Bill
With the tale of her troubles
—because they are nil.

4

With WINDEX it's almost
as easy as dreaming
To polish your windows
and get them a-gleaming.

5

A spray and a wipe—
they are done in a flash,
At less than a penny
per window in cash!

6

Get WINDEX—the 20-ounce
bottle's a buy!
(P.S. *Do* be cheerful
when writing your guy!)

Get Brighter Windows Quicker With—

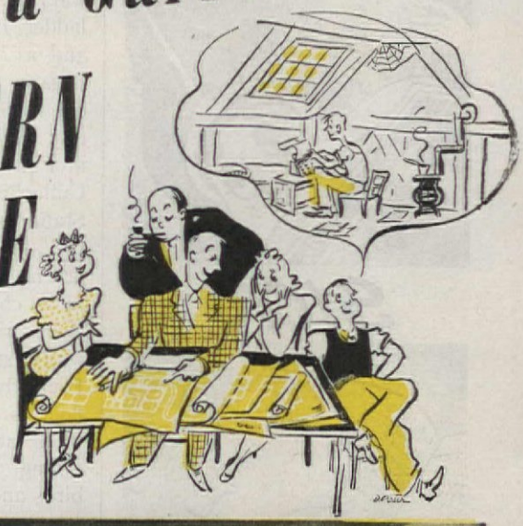
WINDEX

DON'T TRUST cheap substitutes. There's no streaking, no film, when you insist on this noninflammable, oil-free cleaner that costs less than a penny per window.

For Extra Economy, Buy the Big 20-ounce Size

Copr. 1944, The Drackett Co.

Life in a Garret MODERN STYLE



EUGENIA BINGHAM

Sketches, Dorothy Porter

Architect, Robert Cassidy

STRANGER ways of planning a house may have been found but, at the time, beginning with the garret did seem to me a complete reversal of logical designing. It was Junior's idea from the start, and what a campaign he waged for his pet idea! No amount of argument could make him change his teen-age mind. Over and over again the family was exposed to the crystal clear reasonings of his crusade. To his way of thinking a house without a good usable garret was no house at all. Up there a fellow's imagination would have plenty of room to romp around—how many struggling artists have given birth to world shaking creations in just such an atmosphere. We were informed in no uncertain terms that flat ceilings were definitely a handicap. Why, just look at his present room—that untidy cubicle which we always skipped when leading visitors through the house—could Jack London ever have written "The Call of the Wild" in such a dump? After many exposures to this type of reasoning, we were entirely disarmed. Why struggle further?

WE'RE SAVING OUR FUEL WITH CONTINUOUS CIRCULATION

Guardian of your fuel and comfort

HOFFMAN CONTROLS for hot water heating systems prevent over-heating waste

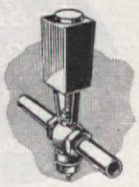
You can now stretch your fuel unbelievably, yet be more comfortable than you ever thought possible. Hoffman Hot Water Controlled Heat equipment installed on your hot water system *anticipates the weather and adjusts fuel consumption accordingly!*

Hoffman Controlled Heat operating units maintain a *continuous circulation* of hot water to the radiators. The temperature of this circulating water is regulated by a set of Indoor-Outdoor Controls to the exact degree required to keep your home at a *constant temperature* in any kind of weather. No overheating waste—no underheating chills.

ONLY 3 SIMPLE CONTROLS REQUIRED

Any type of oil, gas or stoker-fired hot water system in new or old homes can be equipped with Hoffman Hot Water Controlled Heat. Ask your heating contractor.

The Hoffman Circulating Pump maintains continuous circulation *in the system.*



The Hoffman Control Valve opens and closes to admit the proper amount of hot boiler water to the radiators.

This is the Hoffman Temperature Controller, the amazing "balancer" which keeps room temperature constantly at the comfort level.

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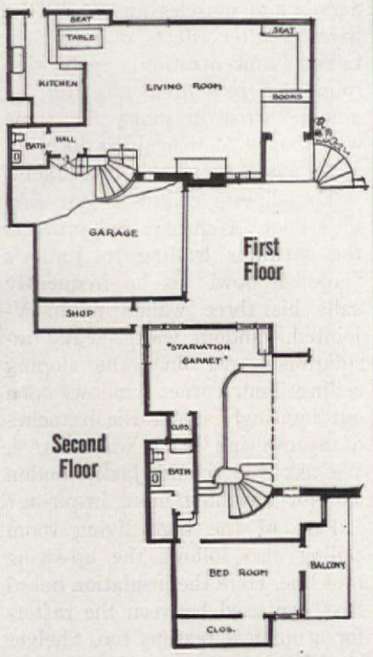
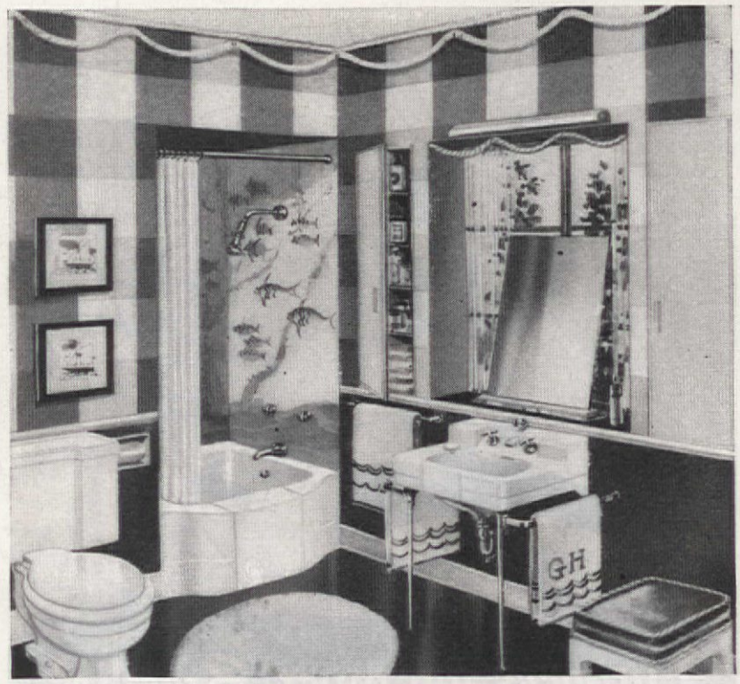
The garret became an all important part of our house plan. In fact, it became the focal point around which other rooms played their necessary, secondary rôles.

The above remarks have been made without one ounce of regret. We're all very proud of our exposed garret—each and everyone of the family enjoys its advantages just as thoroughly as Junior. Having an architect for a husband is certainly an asset when evolving a house that is "different." Father



and son could well see eye to eye as fellow artists. If we were to nurture a budding writer in the household—well, we'd see that he had plenty of room in which to do his budding. There was plenty of waste space above the kitchen and lower bath. Here was ideal space to include a projecting balcony with a stair for direct approach. By eliminating the upper wall on that side of the living room, the garret became an integral part of that room. Knotty pine walls made it quite reminiscent of a sprawling mountain lodge. Ponderosa pine was selected for two very good reasons. First, it was easy to in-



PLAN NOW FOR YOUR MODERNIZED Home of Tomorrow

Since the war began millions of Americans have necessarily postponed home modernization. Now, however, as the time approaches when restrictions will be removed, dreams of cheery, efficient kitchens and bright, new bathrooms become more real.

If you plan to remodel your bathroom and kitchen, you'll find it wise to start planning now. The first step is to begin thinking on paper. Study the space—provide for ample storage space—consider the architectural features—decide on a color scheme—select the plumbing equipment.

You'll find the fixtures for your new rooms . . . whatever your budget . . . in the quality Crane postwar line. When they become available, your plumbing contractor will help you select your sparkling new Crane fixtures. He can also help you in planning, and his knowledge and skill may often save many dollars on the final installation.

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CRANE

To help you plan, the new Crane book, "Step Planning Your Bathroom and Kitchen," will be sent on request.

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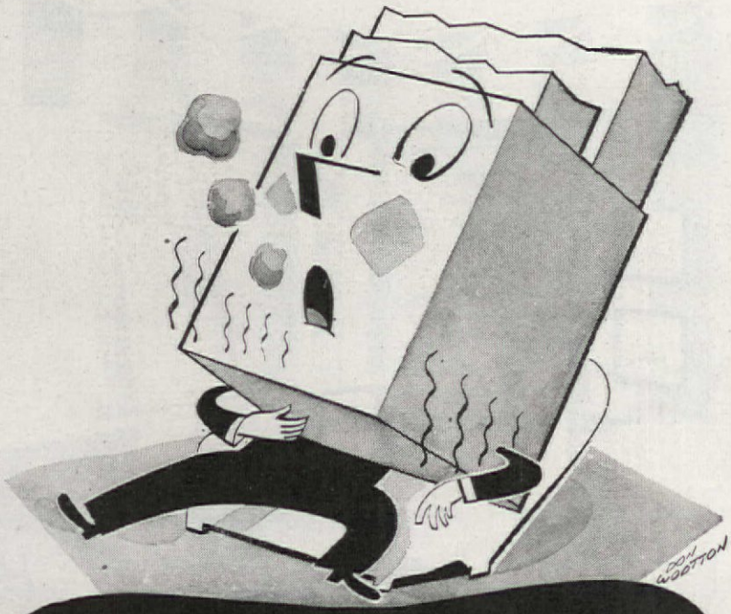
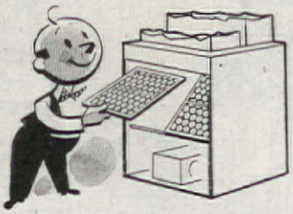


Furnaces too, must "Breathe" or *they waste precious fuel*

1 **Even** a forced-warm-air furnace, noted for its clean, thrifty heat, must be able to *breathe* freely or it wastes a lot of fuel. Reason for this is that . . .

2 **The same** air filters that make this heat so *clean*, in time become clogged with dust and prevent the warm air from circulating as it should.



3 **Long before** this happens, dirty filters should be replaced—changed at least once a year. And be sure to get Dust-Stops*, they're original equipment in most forced-warm-air furnaces.

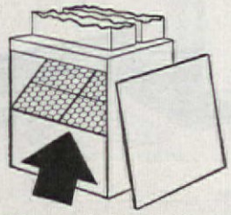
4 **New Dust-Stops** cost but little, and save plenty of fuel. They also keep your home *cleaner*, doubly important today.

Look in the classified telephone directory for Dust-Stop dealers, or order from your local department or hardware store. Most sizes cost only $1.50 each.

DUSTOP*

*T. M. REG. U. S. PAT. OFF.

AIR FILTERS



Filters are inside the blower cabinet. Just remove the panel to replace.

Owens-Corning Fiberglas Corp., 1905 Nicholas Bldg., Toledo 1, Ohio
In Canada: Fiberglas Canada, Ltd., Oshawa, Ontario

stall; secondly, when used in combination with sound deadening insulating board, it developed marvelous acoustical properties. The latter requirement was most necessary in our house with Junior about.

After living in the house for some time, we began to realize the wisdom of our son's arguments. Every creative worker hankers after an environment 'round which his imagination can run riot. Roomy, broken surfaces, whether walls or ceiling, send one's thoughts a-rambling, tend to relax tired nerves and muscles and undo the harmful after effects of long sustained concentration. Such surroundings pay dividends for the sincere artist in much the same way that a good business location is always a successful investment.

The dinette ceiling is our garret's floor. A chrome rail protects the catwalks leading to Junior's "goldfish bowl" as he frequently calls his three walled room. V-jointed, random width heavy insulation board lines the sloping ceiling. Four corner windows open out invitingly under the branches of a towering black walnut tree. We ask you, could Jack London ask for anything more inspiring?

Part of the high living room ceiling also follows the up-swing roof line. Here the insulation board has been used between the rafters for acoustical reasons too. Shelves surprise you from under balcony floors and above windows. Bookcases pop out of walls in places bookcases never grew before. Some climb straight up vertical sides of doorways, then wander across the top of flat arches 'till stopped by walls. Others are tucked away in walls flanking the windows. Truly there's no limit to the structural surprises of our home. A tight little circular stair, starting beside the fireplace, subtracts but eighteen square feet from the living room floor area. Ten transparent plastic rods of varying lengths have been utilized to hold up its strange rail. These rods are an inch and one-eighth in diameter while the polished metal newel post is two and one-half inches across. All eleven "posts" are fitted into a curving heading with a flat top accommodating graceful ivy tendrils. To eliminate tripping, tread nosings have been omitted.

Perhaps I've given the impression that our home is just a garret with an attached living room. The house itself is on a fifty by one hundred and fifty foot lot midway between Hollywood and Los Angeles in California. By stringing our rooms along the

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Timely Tips From Frigidaire:

HOW TO GET HOLIDAY HELP FROM YOUR REFRIGERATOR

You'll be busier than ever this Holiday season, so Frigidaire here tells you how your refrigerator can help you get the most out of these festive occasions with the least amount of time and trouble.

Mark the Calendar a week ahead for your refrigerator can help you do much of the work in advance. Plan what you'll do each day and start on schedule.

Morale Boosters in Color! It's surprising what a few gaily decorated sweets can do to pick spirits up. These brightly decorated refrigerator cookies not only are taste-ticklers, but make interesting gifts for children and grown-ups, too, especially when packaged with ribbon and cellophane. They're easy and fun to make with your refrigerator because the cookie dough can be made in advance and stored for several days in your refrigerator. Bake the cookies as you find time. Decorate at leisure. See a typical recipe on this page.

Refrigerator Rolls can be started in spare time a week ahead. Make enough dough to last over the holiday week-end. Store in refrigerator in mixing bowl large enough to permit rising and use as needed.

Save Time with the Dressing by stuffing your turkey the day before. Chill the dressed bird 3 to 4 hours in the refrigerator. Stuff the *chilled* fowl with *chilled* dressing. Refrigerate until oven time. Flavors mingle deliciously.

Try these Time-Savers, too! Keep a supply of crisp radishes, carrots and celery hearts in your refrigerator's vegetable compartment ready for an attractive relish plate. If you use cranberry jelly chill thoroughly in your refrigerator *before* opening can. Save tidbits of meat from turkey bones. Use for gravies or chop fine, add relish for sandwich spread. Many folks like cold turkey, too. So wrap your leftover bird carefully in waxed paper and place in food compartment of your refrigerator for other nourishing and tasty treats!

A Recipe for Holiday Cookies

1 cup shortening	1 tablespoon orange rind (grated)
½ cup brown sugar	2¾ cups sifted all-purpose flour
½ cup white sugar	¼ teaspoon salt
1 egg	¼ teaspoon soda
2 tablespoons orange juice	½ cup pecan nut meats (broken)

Cream shortening and add sugars gradually, while beating constantly. Add egg, well beaten, orange juice and orange rind. Sift flour, soda, and salt together and add with the broken nut meats. Form into rolls, wrap in waxed paper. Store in refrigerator until ready to use. Slice thin, place on greased cookie sheets. Bake at 375° F. for 12 to 15 minutes. (Makes about 3 dozen small cookies). These cookies may be decorated with Christmas candies *before* baking or iced and decorated *after* baking, as you like, or use your favorite cookie recipe and cut dough into shapes as shown.

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Every Sunday Afternoon, NBC Network

WHY VICTORY MUST BE WON

Christmas in America—"stockings all hung by the chimney with care"; the cool, clean odor of spruce; the gleam of many lights much mirrored in multi-colored ornaments; the magic mystery of bundles half-hidden by the branches. In the memory of Christmas Past and the joy of Christmas Present let us remember that upon the staunch support of Our Country's struggle for Liberty rests the only assurance of Christmases Yet to Come with Our Men in Service home once more in a Free America.

You invest personally in Victory when you buy WAR BONDS.

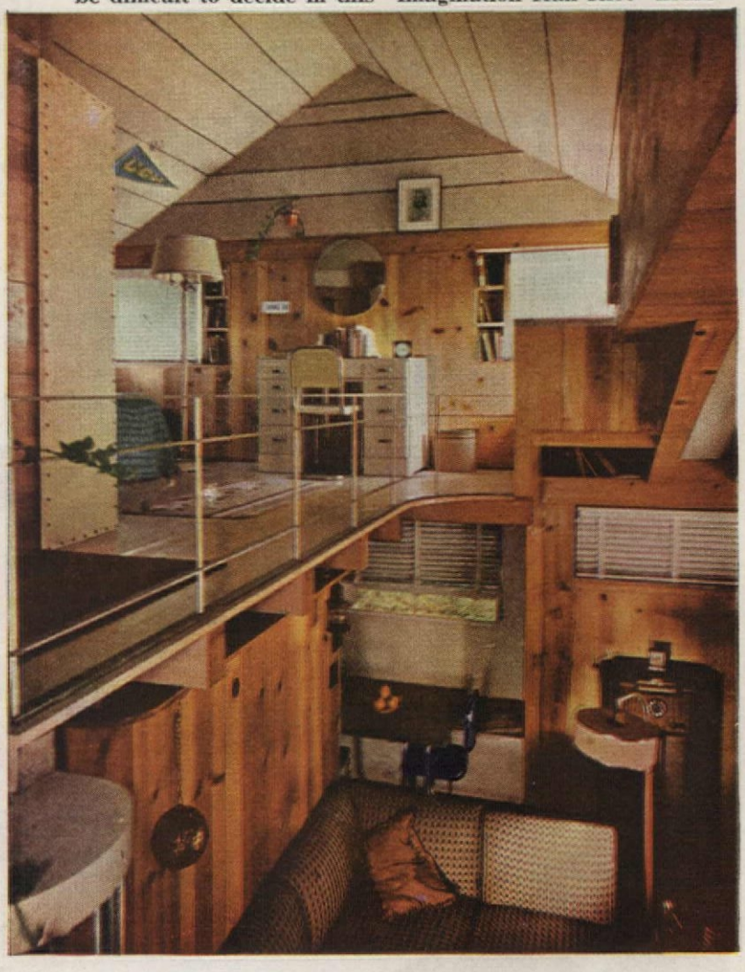
Dundee TOWELS

From the Looms of DUNDEE MILLS, Incorporated, Griffin, Ga.

Showrooms: 40 Worth Street, N. Y. C.

Dundee—THE NAME TO REMEMBER WHEN BUYING TOWELS

Where Junior's garret begins and the living room ends would be difficult to decide in this "Imagination Run Riot" house



north lot line from east to west, each and everyone of them receives maximum sunlight and cross ventilation. Beginning at the east end of the lot, we come to an eight-by-ten kitchen on the north side. At the same end but facing south is our living room, fifteen by eighteen, not large but plenty practical for our household. This overlooks a most attractive patio. Still working eastward, the architect placed a bedroom with its projecting outdoor balcony above the double garage. West of the garage, he planned a storage room and machine shop. Under the living room, a spacious basement has become a jolly recreation room.

Living room and kitchen are connected by a diminutive but splashingly gay dinette. My household office is eight steps up from the living room. The same landing leads to the main bedroom. Being separated by this small amount from the rest of the house gives me just the kind of quiet and privacy I desire when going over the household accounts.

"Young man—you have it!" said the Wizard of Menlo Park

IT IS A warm August evening in 1896. Around a banquet table on Long Island sit Thomas A. Edison and the country's leading men of the electrical industry.

The talk swings to politics, to Bryan and McKinley and the Cuban situation—then back again to business. There is high discussion about storage batteries to drive America's "horseless carriages". Someone points to young Henry Ford, Chief Engineer of the Detroit Edison Company, and says: "There's a man who has built a *gas* car!"

At once, Edison eagerly begins to ask questions—and to listen. "How do you explode the gas in the cylinder? Do you do it by contact or a spark?"

On the back of a menu, Henry Ford sketches the details of his engine. Edison thumps the table so hard the glassware tinkles.

"Young man, that's the thing—you have it. Keep at it. Your car is self-contained—carries its own power plant—no fire, no boiler, no smoke, and no steam. *Keep at it!*"

Here was just the challenge and encouragement which Henry Ford needed most. It was something he never forgot. And through the years, keeping-at-it has remained a firm tradition of the Ford Motor Company as it has created 30 million reliable cars and trucks.

It is this keeping-at-it in research, in engineering and production, that has made the Ford name a synonym for smart, comfortable, economical transportation, priced to serve the needs of the greatest number.

In the peaceful days ahead, the new Ford, Mercury and Lincoln cars will reflect all the established Ford skills and inventiveness. Their advanced styling will match their famous quality leadership, and they will benefit by the newer knowledge of materials and techniques being achieved as Ford *keeps at it* in making the tools of victory.

FORD MOTOR COMPANY Ford

Only the meat* is missing

REMEMBER when you selected the meat *first*, then planned the rest of the meal? Today it's smart to plan dishes, like this Mazola menu, that go well with *any* meat (or fish) you can buy.

Authorities say "use salad oil in cooking". Mazola is a pure, all-vegetable salad oil that adds delicate flavor and food value to your meals.

You always may depend on the purity and quality of Mazola—in general cooking as well as for making fresh, delicious salad dressings.

MAZOLA makes so many good things

1. MAZOLA MASHED POTATOES

9 medium, pared potatoes *⅓ cup Mazola*
¾ cup scalded milk (about)

Cook potatoes, mash thoroughly, until no lumps remain. Beat vigorously and add Mazola and milk. Drop from tip of a tablespoon onto a lightly greased baking sheet; brush with Mazola and brown under broiler or in a very hot oven (450 degrees F.). Makes 6 servings.

3. PIQUANTE SALAD DRESSING

1 cup Mazola *¼ teaspoon white pepper*
6 tablespoons vinegar *2 teaspoons paprika*
1 teaspoon salt *2 tablespoons pimiento*
1 hard-boiled egg, chopped

Combine Mazola, vinegar, salt, pepper and paprika and beat with a rotary beater. Add pimiento and chopped egg. Makes 1½ cups dressing. Use with tossed green salad and tomato aspic stars. For the stars make your favorite recipe for tomato aspic and either mold in stars or chill in a pan and cut in cubes.

2. CAULIFLOWER WITH MAZOLA CRUMBS

3 tablespoons Mazola *½ cup cracker crumbs*
1 medium cooked cauliflower

Heat Mazola in frying pan. Add crumbs and brown lightly, stirring frequently. Sprinkle over cooked cauliflower. Makes 6 servings.

4. CRANBERRY AND ORANGE PIE

Filling:

1¼ cups sugar
3 tablespoons flour
¼ teaspoon salt
½ cup Red Label Karo
½ cup orange juice
4½ cups fresh cranberries
Grated rind of 1 orange
2 tablespoons butter or margarine
2 egg whites

Combine 1 cup of the sugar, flour, and salt; stir in Karo and orange juice, and heat until blended. Wash cranberries and remove stems. Add to first mixture, and continue cooking until skins pop open. Add orange rind and butter; cool, but do not stir.

Pastry:

1 cup sifted flour *¼ cup Mazola*
¼ teaspoon salt *3 tablespoons cold water (about)*

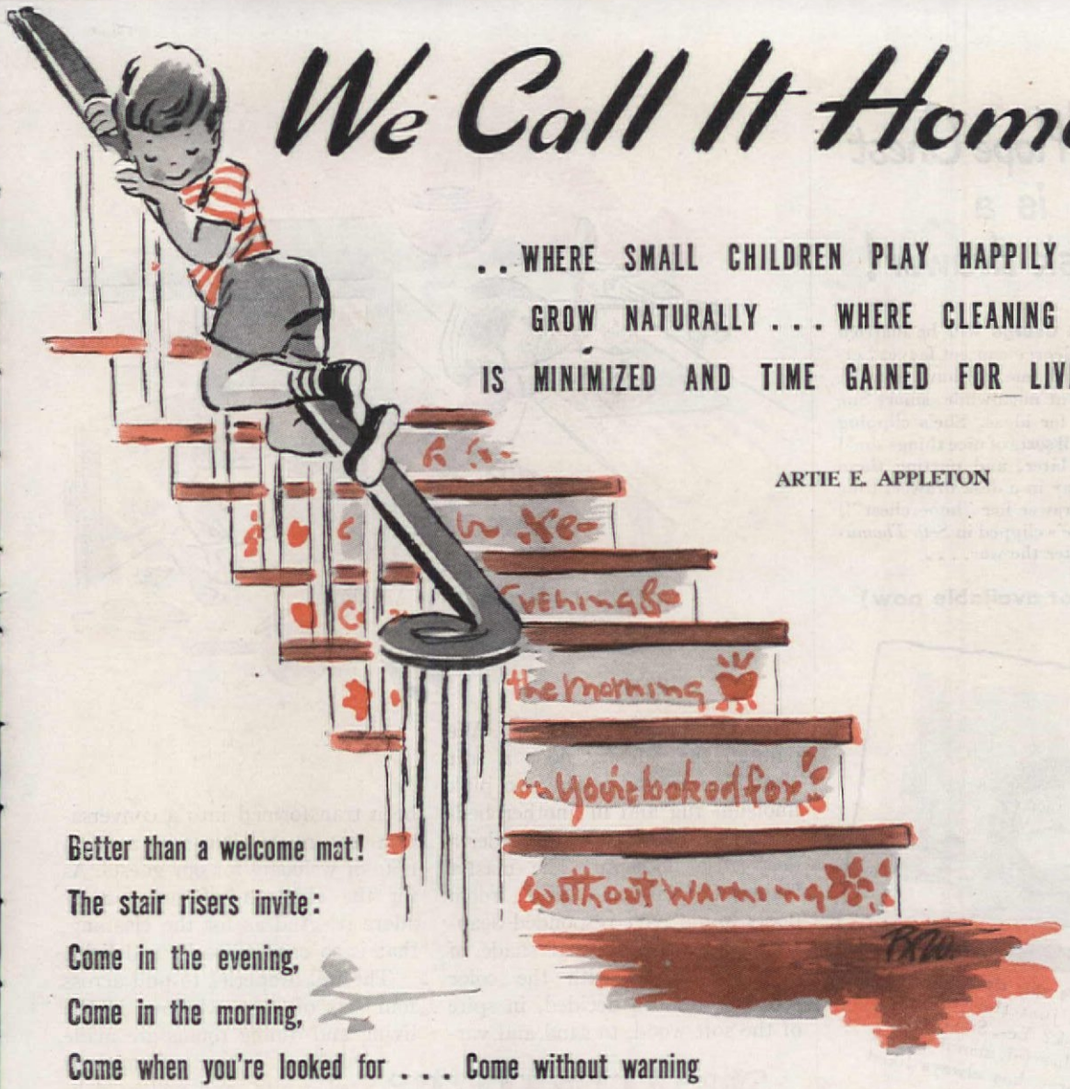
Sift together flour and salt. Mix in Mazola lightly with a fork or pastry blender. Add water and blend. (The dough should be soft). Roll out immediately on floured board. Fit into a 9-inch pie plate and flute edge. Pour the cranberry mixture into pie shell. Bake in a hot oven (425 degrees F.) 25 mins. Beat egg whites until moist peaks are formed. Gradually beat in remaining sugar, one tablespoon at a time. Make a border around edge of pie by dropping meringue from tip of a tablespoon. Bake in a moderately slow oven (325 degrees F.) until light brown, about 10 mins. Makes 6 servings.

© Corn Products Sales Co.

We Call It Home!

. . WHERE SMALL CHILDREN PLAY HAPPILY AND GROW NATURALLY . . . WHERE CLEANING IS MINIMIZED AND TIME GAINED FOR LIVING

ARTIE E. APPLETON



Better than a welcome mat!
The stair risers invite:
Come in the evening,
Come in the morning,
Come when you're looked for . . . Come without warning

SHINY black woodwork in the bathroom, a rich chocolate color in the kitchen, and nice, clear passages through halls and rooms for non-stop kiddie car expresses. . . . Those are the things we especially like about our new home. That last, in fact, is the reason we took it. But when I laughingly pointed out the traffic advantage in roominess to a friend paying her first visit since we have moved in, she looked at me somewhat in horror and began talking about friends who keep their children in a nursery, where they play quite happily, so the rest of their house is always in perfect order. I didn't say anything at the time, but I have been wondering if we have not lost our sense of values somewhere through the years and if many of our youth problems may not stem from the modern practice of trying to relegate our children to one small niche in our lives. We give them a room of their own, a schedule of their own, a social life of their own, but no real part in family or community life. Of course, that probably does assure more comfort to the grown-ups. But, more important than that is the cost to the child.

As soon as we discovered that a third baby was on the way—before the first one was even three years old!—we took a careful inventory of our resources and decided on the kind of life we wanted to live. We definitely wanted it to be a life *with* our children. Our finances didn't run to a beautiful new house and lots of space, too, so we settled for space. We are convinced that crowded living, no matter how conveniently it is arranged, makes for ragged nerves and uncertain dispositions. We found an inexpensive old house with seven good-sized rooms. It wasn't exactly what we wanted but we knew we could make it do until we could have something better. We refinished the entire place in bright, clear colors which seem to show the wear and tear much less than neutral ones. Perhaps the cheerful hues distract attention from the defects which are there, of course!

Having in mind three industrious toddlers who would leave fingerprints everywhere, we painted the bathroom woodwork that unheard-of black, very shiny, and with pale peach walls, the effect is much better than you might think. And with a sigh for heavenly white kitchens, we did ours in rich, chocolate brown, with sunny yellow walls. Decals and hand-painted designs add a further touch of light-hearted informality which matches our style of living. Some day I shall have a gleaming white kitchen but in the meantime a two- and a three-year-old can spend many unreprimanded hours "cooking" in the kitchen sink and there will be no little finger marks to ruffle Mother's temper.

Throughout the rest of the house, where living is not quite so wearing, the woodwork was done in snowy white. This can be wiped easily and often with a good commercial cleanser. Floors were our next problem and I held out for bare ones with a few scatter rugs. Ten or fifteen minutes daily with a broom and dust mop and one thorough cleaning a week suffice to keep them neat. If you imagine you couldn't abide painted floors, more than likely it's because you object to the mousy gray and tan paints generally used for floors. Deck paint comes in a wide variety of lovely colors and wears even better than ordinary floor paint. Or, you might have your dealer mix the

Sketches by Ruth Wood

Midget locomotion, express travel with limited stops, requires lots of space and rugged, easily cleaned floors

Sue's "Hope Chest" is a desk drawer!

1. Sue and George will be married as soon as George can get leave. Setting up their home will have to wait, of course. But meanwhile, smart Sue is scouting for ideas. She's clipping pictures of all sorts of nice things she'd like to get later, and putting them lovingly away in a desk drawer. (She calls that drawer her "hope chest"!) See what she's clipped in *Seth Thomas clocks* for after the war. . . .

(Remember, Seth Thomas clocks are *not* available now)

2. Sue's tastes in living rooms run to Early American. So what could be lovelier than *this* Seth Thomas? Even its mellow bell suggests powdered wigs and soft candlelight.

3. Wouldn't this clock by Seth Thomas be just the thing for George's desk? Yes, Sue decided. It's such a cheerful, mannish clock —and George has always liked things nautical.

4. Hours in the kitchen, Sue's decided, will be pleasanter when timed by this clock in plastic and chromium. And the sweep second hand will see that George's three-minute eggs are boiled three minutes *exactly!*

5. Even if Sue could set up housekeeping right now, she couldn't buy Seth Thomas clocks, of course. But she can buy War Bonds—so she can help George furnish their home after the war. *Smart Sue!*

6. When you plan your post-war home—and why not start a scrapbook today? —remember that few things give a room such warmth and character as does a fine clock—a Seth Thomas clock. Seth Thomas clocks for homes are not being made now. But just as soon as our country no longer needs our entire productive capacity, there'll be even more surprising values in Seth Thomas clocks than ever before! . . . All these clocks will be notable for exquisite design, faultless timekeeping, and long-lived dependability—as all Seth Thomas clocks have been for more than a century . . . *They're something to look forward to!*

Remember, Seth Thomas clocks are NOT available now. **Seth Thomas Clocks, Thomaston, Connecticut. A Division of General Time Instruments Corporation.**

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

Seth Thomas Clocks

SELF-STARTING ELECTRIC, OR KEY-WOUND

The best is ALWAYS worth looking forward to

color you particularly fancy. We painted the nursery floor a soft clear blue around a blue and pink linoleum rug and in another bedroom used black paint to border a deep rose linoleum. The master bedroom, living and dining room floors would have responded beautifully to some unusual shade of paint to fit in with the color schemes, but we decided, in spite of the soft wood, to sand and varnish these for very easy cleaning.

At first, the stairway seemed impossible. Goodbye to any dream of a gracious curved stairway! This one was uncompromisingly dark and steep—until we painted the treads a tile red, matching the hall floor, and the hand-rail and risers the same light blue we used with such cheerful results in the living room cupboards and bookcases. And on the risers, interspersed with peasant decals, we lettered in white script the old sampler verse:

"Come in the evening,
Come in the morning;
Come when you're looked for,
Come without warning."

The stairway I cried over has been transformed into a conversation feature and it carries a warm note of welcome for our guests. As for the children, of course they adore it! And as for the cleaning, that is so easy as to be a delight.

The full draperies to pull across four sets of large windows in the living and dining rooms are made of blue denim, trimmed in red, white, and yellow rick-rack. This material made new window shades unnecessary. Moreover, it seems to be impervious to the tugs of small children continually hoisting themselves up to look out of windows. The slip covers are in blue and white seersucker, are easily tubbed—their real beauty is that they need no ironing!

Next to "cooking" in the kitchen sink, there is nothing like a game of hide-and-seek in draperies that were made to take it!

No doubt my housekeeping leaves much to be desired, but with three babies to be kept healthy and happy, some of the other frills have to be eliminated. We feel that with careful planning we have been able to reduce the work to a minimum and still have succeeded in creating an attractive and cheerful home. Neither the expected nor the unexpected guest can send Mother into a panic and it's a home where small children play happily, knowing full well that it is theirs just as much as it is Daddy's and Mother's.

Russell Bennett

NOW ON SONORA RECORDS

Dean of Broadway orchestrators, Russell Bennett has written the original sparkling arrangements for more hit musical shows than probably any other man. Who could interpret the spirit and lilt of these "Melodies That Will Live Forever" with greater feeling than the creator of the orchestrations? Hear them on SONORA records with all the brilliant bell-like quality of tone that only SONORA records achieve.

In this one album are:

I Love You (*Mexican Hayride*); *Oh What a Beautiful Morning* (*Oklahoma*); *Thou Swell* (*Connecticut Yankee*); *You Are Love* (*Showboat*); *Why Do I Love You* (*Showboat*); *Summertime* (*Porgy and Bess*); *Speak Low* (*One Touch of Venus*); *Surrey With The Fringe on Top* (*Oklahoma*).

MELODIES THAT WILL LIVE FOREVER

Sonora Records
Clear as a Bell

SONORA PRODUCTS, INC. • CHICAGO, ILL.

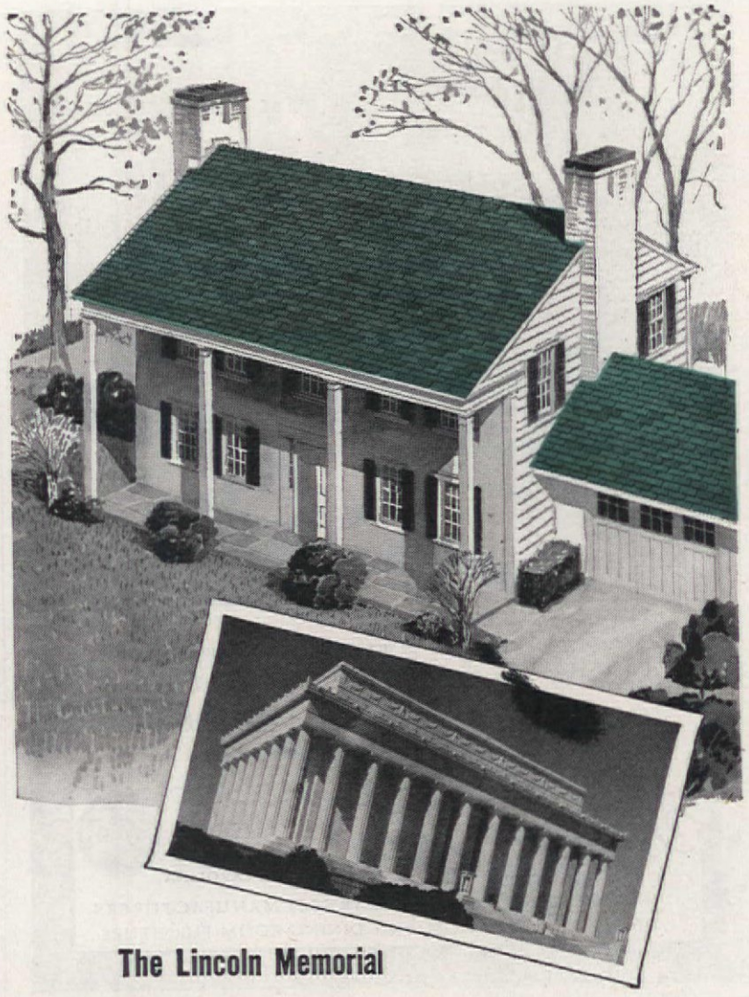
Sketches by Hope Hendler

Recover Your SHADE Lamp Owners!

ANN HERST and VIRGINIA SKINNER

This isn't too difficult. It takes a little muscle, average patience, a good frame —one that isn't bent or out of shape— and you're all set for a new "lamp-do"

THERE is one decorative accessory that is constantly in the spotlight—the lamp shade. Moreover, when it gets worn or soiled it puts the entire room in a bad light! If you will master the simple, basic principles, you can recover your shade in the material that pleases you. You need a No. 4 needle, strong thread, a thimble that fits, lots of pins, and the fabric. For the lining, use white or off-white cotton, silk, celanese, satin, taffeta or crepe. For the outside covering you have a wide choice of attractive, pliable materials—just avoid the ones that are stiff and inelastic. These are suggested: celanese satin, messaline (the old name for soft satin), taffeta, soft plain or printed linen, challis — a soft dress material which makes up charmingly for the bedroom lamp, rayon taffeta of good quality, all-over laces and embroideries, silk or rayon crepe, sateens, plain and unglazed chintzes. You need one yard each of materials for lining and covering a shade frame measuring 16 inches in diameter across the bottom; one and one-fourth yards each for an 18-inch diameter; and two yards each for lining and covering a shade with a larger



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BOTH BARRETT-ROOFED

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DOUBLE LIFE Curtains

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LOVELY CHRISTMAS GIFTS TOO! —can be made with this new craft. No art training is necessary and the articles can be washed or dry cleaned without losing color.

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Dept. AH-1

THE AMERICAN CRAYON COMPANY

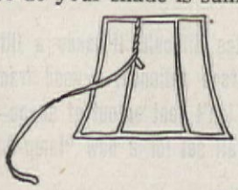
1706 HAYES AVENUE SANDUSKY, OHIO

NEW YORK SAN FRANCISCO DALLAS

The idea is "pin, fit and stretch" until the new cover is nicely taut

diameter across the bottom. Allow twice as many yards of seam binding as the total measurement of side wires and three to four yards of firm binding tape, depending on the size of the shade, in the same color as the lining. If you use braid for trimming, get enough to go around the top of the shade and down two side wires. Trimming should conceal the stitches.

As far as skill goes, what it takes to re-do your shade is summed up



Frame wires are wrapped like this

in a few brief words—"pin, fit and stretch." With that rule, you can recover almost any lamp shade but the easiest are the drum and bell shapes. Before you set about the actual recovering, test the frame for broken or loose wires and have the broken ones repaired by soldering or welding. Then wrap the wires tightly, pulling down on the tape as you wrap. For the top and bottom of the frame, use binding tape one-half inch in width. Sometimes the two side wires on which the material is sewn are wrapped with binding tape. For this, the strips should be about one yard long, the wrapping begun at the top and folded over double to secure it, then finished at the bottom with a flat knot. You might like to wrap the side wires with strips of lining material. This should be folded over so there are no raw edges or loose threads to show when the lamp is lighted.

The covering is made in two pieces and so is the lining. Work with one piece at a time, beginning with the lining. Take one of the pieces and fold it double to make a vertical crease through the center. Use this crease as a guide and pin it to the exact center of top and

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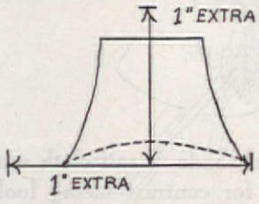
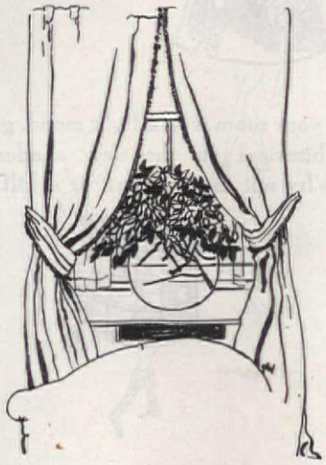
bottom of one-half the frame. Now, pin material on to half of shade, first one side, then the other, alternating sides and stretching the cloth tight to gradually eliminate the bubbles from it. Here is the step-by-step procedure: Pin and stretch material tight on extreme sides of shade; pin and stretch material halfway down on both sides of shade; pin and stretch to lowest corner on both sides; ease on lower center front; pin out top and bottom and sides. At this stage, your material should be tightly stretched on one side of the shade. With the scissors clip the sides of the material, horizontally, up to about one-half inch from the side pinning. This eases the span. You are now ready to sew the material to the frame. Double your thread and use the overhand stitch. As you sew, pull material tight with the left hand and remove the



pins as you progress. When you have finished sewing the material to the frame, turn back the excess and lightly pin it to shade. Pin and sew the second half of the lining in the same manner, and duplicate the steps for sewing the outer covering into place. Be careful to stretch material taut. Neatly trim off side material of both lining and covering. On top and bottom, however, trim the outer cover only—leave an excess of the lining, which



YES. Now that wool has been released for civilian use, you can shop for real *quality* again! Of course, you shouldn't buy new blankets if your present ones are serviceable; buy *extra* War Bonds instead. But if you *really* need new blankets, buy Chathams—they launder beautifully and last for years.

How can I be sure I'm getting good value?

Look for the famous Informative Label on every Chatham Blanket. It gives all the facts about size, weight, construction, durability, colorfastness, shrinkage—facts you need to *compare* values. Sometimes a lower-priced Chatham Blanket will suit your requirements as well as a more luxurious one. The Informative Label helps you to decide.

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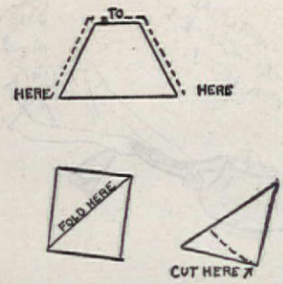

For circular overskirt, measure from bottom at one side to other, cut square that size, fold 3 times, mark center depth at side and cut off excess. Cut out center to fit, trim at bottom, tack on and adjust

Frothy overskirts can be whipped up of organdy and dotted veiling, with a flower or ribbon trimming

Tailored shade of sail cloth with eyelets for contrast lacing looks professional and is easy to make

Trim a shade like a turban, with jeweled buckle and draped ribbon topping the plain tailored cover

If your room is in a light mood, go whimsical on the new shades. Why not an overcoat, or a kilt?

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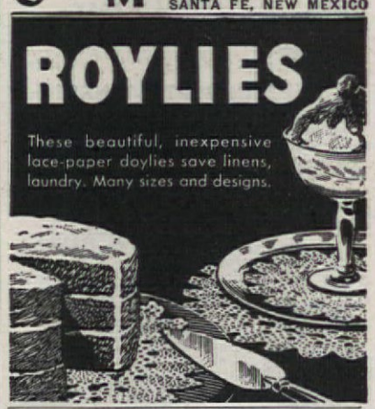

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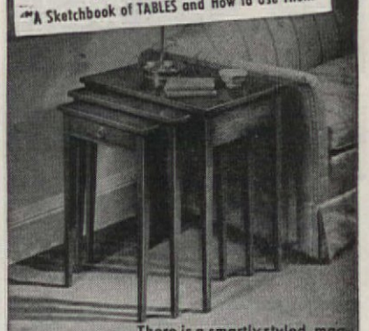

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WHY TAKE CHANCES! "When it's CLOROX-CLEAN it's hygienically clean!"

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Headquarters for game room equipment, accessories for the home. Unusual games, novelties, barbecue supplies, etc. **Write for! "Successful Entertaining At Home." It's Free!**

Hat tricks—buckles, bows, flowers —can be used for trimming shade

is then turned back, whipped into place, and trimmed. Sew braid or ruching around the top and down the two side wires, or use trimming of self material cut into strips, folded to about one-half inch in width, with raw edges turned under and pressed flat.

Change the plain drum type with embroidery and a bouffant skirt

Material for a shade that is wider at the top than through the middle must be cut on the bias. Otherwise, the material may be cut straight or on the bias as you prefer.

You can make a pattern from your old shade if it is still firm and you remove carefully to prevent stretching and tearing. In cutting your new material by it, allow a bit extra for seams and stitch the two pieces together at the ends on the sewing machine. Slip the covering on the frame with the seams inside and fit and sew as already directed. Make the lining from the same pattern, with the material cut in a little through the middle of the shade to make it stand away from the wires on the inside. Another method for making a pattern is to outline the material on the frame by pinning it to fit, then penciling pattern outline.

You'll scarcely believe it's YOU!

♪ If you have never gratified your yearning to play beautiful music, you're missing a great deal. But you can still enjoy this rich experience . . . no matter how far your present playing falls short of your desires. In fact, you can express the music you feel so easily and so beautifully you'll hardly believe it's you playing.

♪♪ This might seem like an exaggeration but it's true. The first time you sit down to the Hammond Organ your playing will take on unbelievable richness. And as the colorful, mellow tones flow from under your fingers, you'll feel a satisfaction you have never felt before.

♪♪♪ Yes, the Hammond Organ can bring the deep enjoyment of musical self expression into your home as it has into thousands of others. It's the ideal instrument for the home . . . for with all its impressive richness and fulness of tone... the Hammond Organ is styled to fit snugly even into an apartment living room.

As we are still busy with war work, Hammond Organs are not available now. But you can hear and play a Hammond Organ at almost any dealer's. Come in and try it... it's an experience you shouldn't miss.

ARMY E NAVY Plants 1 and 4

HAMMOND ORGAN

FREE—*Write for your subscription to* HAMMOND TIMES, *monthly magazine about organ music for the home. Hammond Instrument Company, 2941 N. Western Ave., Chicago 18, Illinois*

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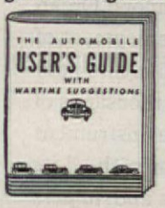
DOWN through the years, you will treasure your lovely, livable pieces of Old Colony Furniture. You'll admire the way these distinctive designs add decorative charm and sparkle to your rooms. You will enjoy their authentic, traditional "hominess."

● Old Colony Furniture is available in limited quantities just now. After the war, better stores everywhere will have these quaint designs in wide variety . . . enough for everyone and for every room in the home.

HEYWOOD-WAKEFIELD
GARDNER, MASSACHUSETTS
FINE FURNITURE SINCE 1826

Will Your Car Outlast the War?

As a wartime service to owners of ALL MAKES of cars, General Motors offers a new edition of The Automobile User's Guide, containing 196 practical suggestions on such subjects as *how to get better gasoline economy, how to prolong tire life, how to keep your car in the best operating condition, how to preserve exterior finish, etc.*



You can get a FREE COPY from any General Motors dealer or by using the coupon below.

Customer Research Dept., Room 1738
GENERAL MOTORS, DETROIT 2, MICH.
Please send FREE COPY of new 64-page "AUTOMOBILE USER'S GUIDE"
Name..... please print
Address..... please print
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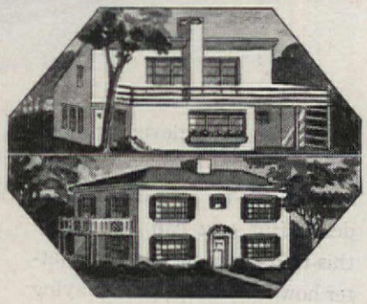
Make & Model of Car Owned.....



NEWS for TOMORROW'S HOME OWNERS

THERE'S a new *engineered* way to build your post-war home—proved by $8,000,000 of private homes and $30,000,000 of Government housing. Homasote Precision-Built* Construction gives you *the home you design*—any size, any style, anywhere—with new standards of year-round comfort and sound dollar value. Write today for the *free* book that tells just how you get mass-production economies in a home built to your individual taste.

*Reg. U. S. Pat. Off.

HOMASOTE TRADE MARK *Precision-Built* **HOMES**

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Dept. 119, Trenton, N. J.
Please send this FREE book.
We now live in
☐ Our own house ☐ Rented house ☐ Apartment

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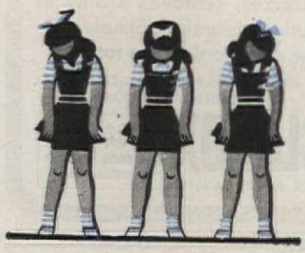
CITY..... STATE.....

Conspiracy!

Drawings by J. Lewicki

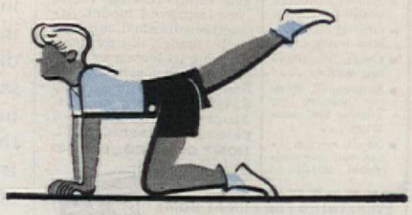
Old Grizzly has gone hunting for honey. Bend way over, head down, arms limp, feet flat, and hunt with him . . .

Ginger, your Hobbyhorse, never tires of rocking you in his saddle, but can you rock back and forth as he does . . .



Sleepy little Daisies droop their heads, bend back and forth, to each side, and slowly 'round and 'round. . .

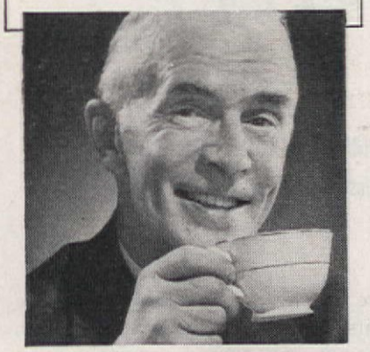
Dashing Cowboy gallops over the desert. He rides with his knees bent, heels down, and with his back rounded out



Sir Frog is the "funniest thing of all." He kicks first one leg and then the other. Try being as funny as old Sir Frog

WHEN STRENGTH WANES

After You Reach 60-Try This "Building" Food



TO maintain strength and vitality in one's later years—when digestion is weakened or mastication difficult—Ovaltine can help in three important ways:

First, when taken at bedtime Ovaltine invites refreshing sleep, entirely without drugs.

Second, Ovaltine is one of the richest food sources of vitamins and minerals in the world. Each glass, made with milk as directed, supplies significant amounts of essential Vitamins A, B_1, D and G, and Minerals Calcium, Phosphorus and Iron. These vital elements are often deficient in limited diets of elderly people.

Third, Ovaltine also supplies the *basic* food substances—complete proteins absolutely necessary to rebuild muscle, nerve and body cells—and high-energy foods for vigorous health. It is specially processed for easy digestion so elderly people can gain from this food the strength and vitality they need. So why not turn to Ovaltine today?

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FIXES NICKS FAST!

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Personal **PHOTO CHRISTMAS CARDS**

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Get Yulecards—photographic Christmas cards made from your very own negative. They're original—beautiful—of the highest quality and very inexpensive. You send us negative of family, children, pet, home, etc., and we make beautiful free sample. *Then you can see your card before you buy.* Send any size negative (not print) of your snapshot, this ad and 3c for return postage. We will return to you immediately free Yulecard, illustrated folder and your negative. No obligation. After Nov. 15 send 6c. for *1st class* return postage. Free offer expires Dec. 1.

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Conspiracy

with his favorite storybook characters make the daily exercise period an excursion to fairyland. Pretending lends excitement . . . being a bear, horse, frog, or cowboy is fun in any child's world

PHOEBE RADCLIFFE

DOES your child rebel at doing exercises needed to improve posture, build up muscles and develop stamina? Too often children find exercising tedious and are bored to the point of revolt. Since corrective exercise, to be effective, must be continued over a long period of time, the wise mother will be artful in her approach.

Most children enjoy using their bodies in specific patterns. To stimulate a lasting interest in required movements, make use of a child's eager imagination. Relate the exercises to things he knows and loves. Give them names from animals, flowers or toys—or ask the child to name them. With a small child you can pretend you're in a barn yard, a toy shop or a forest inhabited by fairies, gnomes, and all kinds of fabulous land and water creatures. Let the daily exercise period be a time of gaiety, fun, and imagery.

The advantages of establishing good postural habits and a liking for exercise early in life cannot be overestimated. Many middle-aged adults are paying a sad penalty today for their previous neglect. Faulty posture in children is apt to be the result of muscular weakness brought on by growing very fast in a short period of time or by illness. When a child gets up after a week or more in bed he may droop to a marked degree. With returning strength most children will resume their normal good carriage—but some do not. The new bad posture remains a habit after its cause has been removed. It may, in fact, grow worse. Keep a weather eye on your offspring at such a time. Take your child, if need be, to an orthopedic physician or a qualified physical education teacher for a check-up and a set of corrective exercises. Armed with these, be a designing woman and entice your child into an interest in the use of his body. It will be an incalculable adjunct to his future health and good looks.

Showers tonight and *every* night!

NO drought for this home! No dry gurgle, no tired trickle of water, even when the shower is turned on in a top-floor bathroom.

This home, you see, has rust-proof and corrosion-resistant water pipe . . . Chase Copper Water Tube. Folks who live here can have their showers tonight —and every night for many, many years to come.

If you like a *brisk* shower, if you expect a quick surge of clean water when you turn on a faucet anywhere in your home—remember Chase Red Brass Pipe and Copper Water Tube Plumbing. Talk it over with your architect or plumber now, and you'll be all set to go the moment we can again supply these fine metals for home use.

Chase

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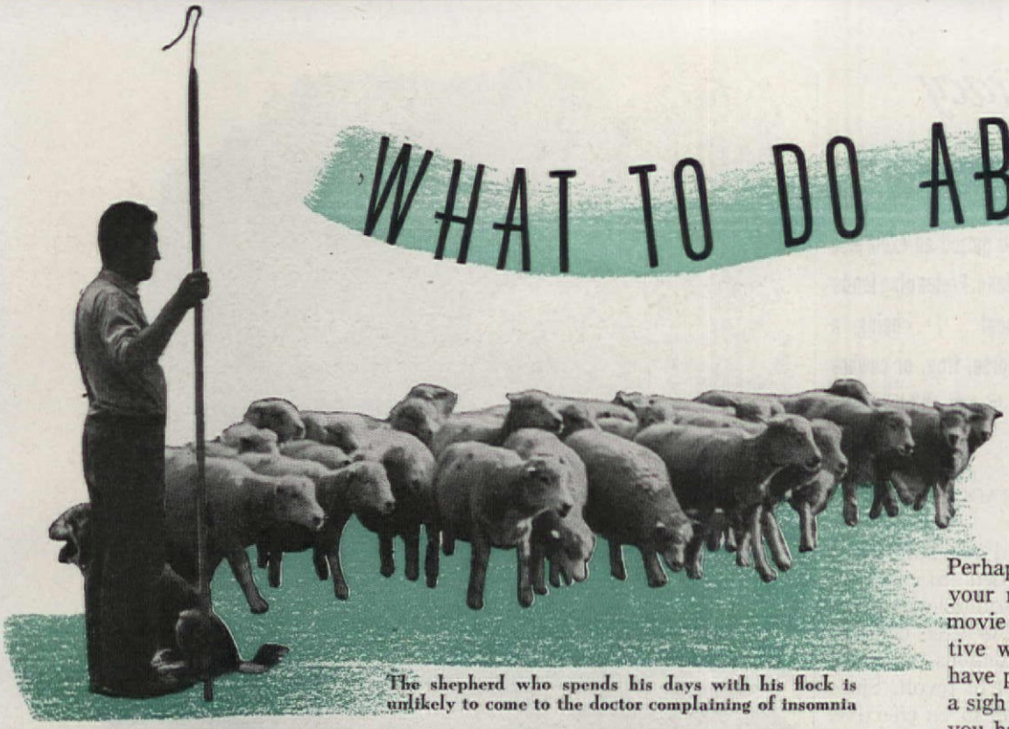
Waterbury, Connecticut

After the war, enjoy Chase Red Brass Pipe or Copper Water Tube, Chase Bronze Screen Cloth, Chase Copper Gutters, Downspouts and Flashings, in your house. And install good brass and bronze hardware and brass plumbing supplies, too.

WHAT TO DO ABOUT SLEEP!

EDMUND JACOBSON, M. D.
Guest Health Editor of the Month



The shepherd who spends his days with his flock is unlikely to come to the doctor complaining of insomnia

IF YOU are the average person, there have been nights when you have not slept well. Perhaps you went to a movie and retired promptly upon your return home. You were very tired that day and the movie had proved exciting. The bed did not look attractive when you walked into your bedroom, and you would have preferred to chat for a while or even to read. But with a sigh you recalled that tomorrow was another busy day and you had better not stay up any longer.

In bed it was interesting to recall various scenes from one or the other of the double-header films which had impressed you. It was not long until you were thinking of other matters, some which had happened during the day and some which had happened long ago. From time to time you thought also of future matters, some pleasant and some disturbing and even of events which were very unlikely to happen at any time. Perhaps an hour later the clock was sounding and you were not yet asleep. You needed your rest for the coming day. Making up your mind that this would not do, you turned over on your side in order to get to sleep at once. Soon thereafter you found yourself thinking again, this time about something which you must do tomorrow. And so it went on until finally you did get to sleep but on the next morning you were not so refreshed as you had hoped to be.

Or perhaps it was an evening of bridge which preceded the sleepless hours. The cards kept recurring to you—what you might have played, as well as what you did play. Also, there were hands which flashed into your imagination which you had never held but which it would be interesting to hold. Various things said during the evening were also recalled as you lay without sleeping, possibly into the wee hours of the morning. Sometimes you even felt that it was worth your while to lie sleepless, for you could think clearly and

Do lie down in your favorite position, preferably with your limbs resting directly on the bed; closing eyes, let your limbs, trunk, head relax gradually, completely and enjoyably

Don't make an effort to get to sleep, screwing up your forehead, clenching your hands and working at it with your feet until you and your bedclothes are equally messed.

Photographs by F. M. Demarest
Frederic Lewis and Ewing Galloway

"but the *Big Smash* happened to me *after* the accident"

1 John Stevens was always doing nice things for people. It never occurred to him to refuse when a hitchhiker said, "Going out as far as the golf club, Mister?"

2 They got to talking, and somehow John forgot to slow down for that bad intersection at Bay and Forest. It all happened so quickly that only the policeman seemed to know which driver was to blame.

3 John wasn't scratched and the man didn't seem badly hurt either; just shaken up a bit. John saw to it that he got to the hospital safely, and called up to find out how he was doing the next few days.

4 **(Months later).** The man sued John, who was uninsured. Claimed successfully that shock made it impossible for him to work—and received a $12,000 judgment!

WITH wartime taxes and higher cost of living, few families can meet an award in a suit for damages, out of income. The alternative is digting into your precious savings, or, even worse, mortgaging your home or future income—*unless you are protected by insurance.*

Adequate and complete insurance protection never was more important than it is today. You need to be adequately insured against loss from fire, accident and burglary; and from serious money loss, such as automobile or personal liability damage suits.

To protect what you have, *know* what you have. A little talk with your local insurance man may show that you are *under*-insured. Why not check up now on what you have, and should protect? Your insurance Agent or Broker will gladly tell you how little it costs for North America protection.

Insurance Company of North America, founded in 1792, oldest stock fire and marine insurance company in the country, heads the group of North America Companies which write practically all types of Fire, Marine, Automobile and Casualty insurance through your own Agent or Broker. North America Agents are listed in local Classified Telephone Directories.

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Ageless Beauty

Archt., Willis Mills, New York City

for *your* home!

Cabot's Shingle Stains enhance the natural loveliness of wood—create beauty that *grows* through the years—give homes lasting protection. Cabot's fine-quality stains come in brilliant colors as well as the effective weathering grays and browns—cost less than half as much as good paints yet give maximum protection and beauty.

FREE BOOKLET. Send today for your copy of "Stained Houses". Contains full information. Samuel Cabot, Inc., 1204 Oliver Bldg., Boston 9, Mass.

Cabot's SHINGLE STAINS

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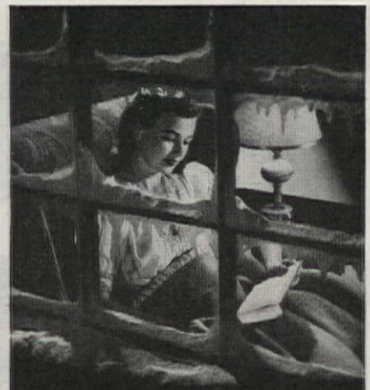

A WARM GIFT FROM A WARM HEART — A LADY SEYMOUR SNOOZER

She'll thank you for a hundred catnaps, Snoozer-snug on chilly afternoons. She'll thank you for an extra coverlet on wintry nights. And she'll thank you for the beauty of her Lady Seymour Snoozer, too. Their basket-weave design gives them unique lightness. Lady Seymour Snoozers are all pure wool. They're rayon satin bound, size 60 x 72 inches, and come in your favorite colors.

Lady Seymour
ALL WOOL SNOOZER
SEYMOUR WOOLEN MILLS
SEYMOUR, INDIANA
ALSO MAKERS OF SEYMOUR ALL WOOL FLANNELS

you needed to solve various problems. But there came a time when you did not seem to be getting anywhere in thinking or in sleeping, and then you began to wonder what to do about it, which is also the subject of this article.

Almost everyone has had the experience of failing to sleep after an exciting day. Perhaps you are an employee, obliged to work near someone who nags or says things from time to time which "get under your skin" and call for an answer. When the boss says something derogatory and perhaps threatens your future, the after-effects may become conspicuous during the night hours. But success also can make for sleeplessness. One does not sleep so well when thrilled over what has been accomplished and pleasantly excited by many compliments.

These are but a few examples of events that can play havoc with the hours which you would prefer to devote to rest. You may fill in the list with others from your own experience. You will find that whatever excites you unduly, be it pleasant or painful, tends to disturb your sleep, because it keeps your emotions and your reflections active during the night hours.

During wartime, there are extraordinary conditions which affect sleep, usually adversely. Workers in factories are in many instances compelled to sleep by day, to which they are unaccustomed. Noises often disturb them. Furthermore, many people work much harder than usual.

Under difficult conditions, some people resort to sedatives. Perhaps you have heard some neighbor say that he has taken bromides, phenobarbital or some other nerve quieter. The first dose might have been given at the hospital when he was sick and the doctor believed that he needed sleep badly. Thereafter he used it occasionally. The temptation was always great to turn to it again whenever sleep failed to come naturally. In some such manner habits of dependence upon sedatives are often formed. The habitual use of sedatives is generally condemned.

What causes poor sleep in the average person? So far as this question can be answered in a single word or phrase, the trouble arises from heightened nervous tension. What brings this on? Various examples have already been mentioned above. In general, it is the kind of life we lead which is usually most responsible.

The shepherd who spends his days with his flock, the cowboy

Your house plants will stay more lustrous and beautiful if you feed them with Vigoro Tablets, the complete plant food that supplies all the elements necessary for finest growth.

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A Product of Swift & Company
Makers of Vigoro, famous plant food

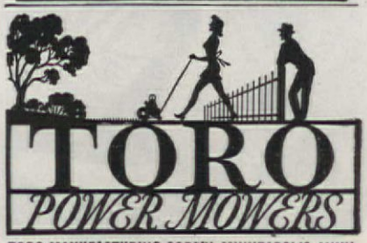
Economical and easy to use. Costs only 10¢

Fulton's
PLANTABBS

Grow Beautiful Potted Plants

Give plants one *tablet* weekly, have amazingly beautiful green plants and gorgeous blooms *despite* furnace heat. Each tablet a complete meal Plus invigorating Vitamin B1. Won't burn. Four tablets to gallon make *rich liquid* food. 25c-50c-$1-$2.75. Success guaranteed. If dealers can't supply, postpaid Plantabbs Co., Baltimore 1, Md.

PLANT FOOD IN TABLET FORM



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If you live in the anthracite (hard coal) burning territory, this informative booklet carefully analyzes future sources of automatic heat for your home. It outlines the superior efficiency and economy of equipment which will be available. Mail the coupon below to the manufacturers of . . .

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HERSHEY MACHINE & FOUNDRY CO.
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Please send me your free booklet: "What can I expect from Automatic Heat in the future?"

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LEPAGE'S MODEL AEROPLANE GLUE

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New pliable plastic stops heat leaks—saves fuel. Weatherstrips windows, doors, baseboards, casements. Keeps out dust and dirt. Plugs cracks around drainboards, bathtubs.

Use inside or outside. Can be painted.

EASY TO APPLY

Unrolls like ribbon. Just press into place and it stays put. Does not crack, chip or shrink. A roll covers about 80 feet, enough for 5 windows.

At your Dealer's $1.25
Higher West of Rockies and Canada

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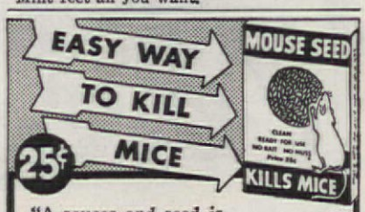
J. W. MORTELL CO.
524 Burch St. Kankakee, Ill.

Brenda—Will You Step Out With Me Tonight?

I know I've been an awful grouch not taking you any place lately. But after standing all day at my new job, my feet darn near killed me with callouses and burning. Now I've reformed—or rather my feet have—thanks to the Ice-Mint you advised. Never tried anything that seemed to draw the pain and fire right out so fast—and the way it helps soften callouses is nobody's business! Been able to get some extra overtime money—so what do you say, let's go dancing tonight. You can step on my Ice-Mint feet all you want.



"A saucer and seed is all you need" to kill mice. No baits, no traps, no muss. Just put *Mouse Seed* in saucer and place where mice appear. They eat the kernels of the tiny, chemically treated seed. Then they die. Clean, easy way to kill mice. Excellent results for over 50 years. Avoid substitutes. Get the genuine. At drug and other dealers. No mail orders. W. G. Reardon Laboratories, Inc., Port Chester, N. Y.

Junior's right! Dogs like hearty Milk-Bone dog food. For it is a skillful blend of nourishing whole wheat flour, high protein meat meal, milk, yeast and fish liver oil, plus important minerals and vitamins A, B_1, D, E, and G.

Start your dog on a Milk-Bone diet today. For breakfast give him crunchy Milk-Bone Biscuit. For supper feed him Milk-Bone Tiny-Bits . . . just add warm water, soup, broth or vegetables, and bits of meat if you wish. Ask your dealer for Milk-Bone dog food today.

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Send me Free Sample Milk-Bone Biscuit and Tiny-Bits. Also Booklet: "How To Care For And Feed Your Dog." (Please print. Paste coupon on postcard if you wish.)

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One Best Home Way To

BUILD UP RED BLOOD

To Get More Strength If You Lack Blood Iron!

You girls who suffer from simple anemia or who lose so much during monthly periods that you are pale, feel tired, weak, "dragged out"—due to low blood-iron—try Lydia Pinkham's TABLETS *at once!*

Pinkham's Tablets are one of the greatest blood-iron tonics you can buy to help build up red blood to give more strength and energy—in such cases.

Just try them for 30 days—then see if you, too, don't remarkably benefit. Follow label directions. *Well worth trying!*

Lydia Pinkham's TABLETS

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OR BERLOU PAYS FOR THE DAMAGE

Five years is a long time for moth-proofing to last but Berlou guarantees against moth damage for five whole years. Berlou is colorless, odorless, non-inflammable. It won't stain or shrink even the finest fabrics. Will withstand repeated dry cleaning. Berlou is not new or untried. Has been used and guaranteed by thousands of cleaners and laundries since 1930.

WRITTEN 5-YEAR GUARANTEE

If Berlou fails, we repair, replace or pay actual value of articles. Ask for Berlou at department, furniture, drug and hardware stores.

Better Cleaners Offer Berlou Service

FREE BOOKLET: "How to Prevent Damage by Moths". Write today . . . a post card will do.

BERLOU MFG. CO., Dept. 96, Marion, Ohio

BERLOU *Guaranteed* **MOTHSPRAY**

who watches and rides with the herd, the countryfolk who lead simple, healthful lives are unlikely to come to the doctor complaining of insomnia. Why? Obviously, because the momentum of their daily living is far from high. They can readily slow down at night, attaining peaceful slumber as a rule. In contrast, the city dweller, particularly the New Yorker, often exemplifies the peak of high tension living. His efforts at business and at amusing himself and others are often almost unceasing, by day and at night. Mealtimes often are given over to conferences or social pursuits, rather than devoted chiefly toward refueling. Wartimes have only accentuated the tendencies to over-activity among military men as well as civilians.

High tension living is characterized by varieties of efforts. Efforts consist of contractions of muscles. Everything we do, including walking, talking, breathing, and writing, is made up of such contractions, just as a musical performance consists of notes played on one or more instruments. What quiet represents to music, sleep represents to these variable efforts of daily life: sleep is the absence of effort, which I have called "relaxation."

The average person does not relax fully, even when he closes his eyes and lies down to rest at night. A certain tension remains over, for which the name "residual tension" seemed to me most appropriate. In plain terms, people become so stimulated in present-day affairs that they generally fail to discontinue their efforts entirely, even when they lie down to rest. Even so, it is possible for a person to fall asleep incompletely relaxed, provided that the efforts are not too great or too variable from moment to moment. Monotony is conducive to sleep, even when it is monotony of effort. However, when you go to sleep without relaxing most of your muscles completely, the rest is disturbed with dreaming. There may even be nightmares. Next morning you are not

Lifetime Home Insulation ...in a few hours!

REYNOLDS COTTON INSULATION

More efficient per inch thickness than any other insulation now available.

1. Dept. of Agriculture inspected, approved.
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Your Architect and Building Contractor are experts. Consult them about cotton insulation. Skilled insulation applicators are available to install Reynolds Cotton Insulation upon request.

Install Reynolds Cotton Insulation yourself . . . and permanently enjoy all-season comfort . . .

Don't blame your furnace for an enormous appetite . . . far too much of its precious heat escapes through your roof. If you had cotton in your attic, your furnace would keep you comfortably warm *on much less fuel!*

Anyone can insulate an attic easily, *in a few hours,* with Reynolds Cotton Insulation—the choice of the Army and Navy in over 200 war-housing projects from Alaska to Cuba! This amazing, snowy-light insulation is *now available to you!*

Any heating engineer will tell you that Reynolds Cotton Insulation is a lifetime investment in all-season comfort . . . takes the shiver out of winter and the swelter out of summer! It saves up to 30% fuel . . . quickly *pays for itself!*

Enough insulation for an average size unfloored attic costs as little as $55. Ask any Reynolds Insulation dealer for an estimate. Only $5 monthly to pay. Get the *true facts* about home insulation, mail the coupon *today!*

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Insulation Division, Richmond 19, Virginia
Mail me your free booklet: "Here Are The Answers To Your Questions About Home Insulation."

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City..... *State*.....
(Paste on a penny postal card and mail today!)

REYNOLDS COTTON INSULATION is sold by skilled applicators who will install it if desired. Sold from coast to coast by Firestone Stores and dealers under brand name of PARTEMP and by General Electric Supply dealers under the brand name of REYN-O-CELL

Don't carry a LOAD on your head

NO.. you wouldn't carry a load of groceries on your head, but... are you loading your mind with a clutter of daily details? If you are, you should read the new booklet, "How to Remember by Forgetting" that dramatizes the Robinson Reminder System with cartoons and a sizzling story. It's FREE . . . write today to Dept. H10. Perforated Coupons—each memo separate—Tear out when attended to. $1 to $10 at stationery, department and leather stores.

THE MEMORY SYSTEM THAT NEVER FORGETS

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ROBINSON REMINDERS
WESTFIELD, MASS.

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● Once-over-lightly does it! Removes grease and grime instantly. No washing, rinsing or drying. Harmless to hands. Try it. At Sherwin-Williams paint stores, leading department and hardware stores. The Blind-X Company, Minneapolis 8, Minnesota.

Blind-x for VENETIAN BLINDS

LIKE STERLING SILVER

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Stop the waste of "orphan" sheets and envelopes. Buy Eaton papers on a fill-in-as-needed basis . . matching sheets and envelopes together or separately. Wherever fine paper is sold.

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Clean, bright, like new!

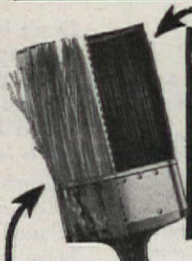
YOU can keep any rug or carpet clean and new-looking, including light colors and twists—without liquids, suds, or hard work! Continue your usual care. Once or twice a month sprinkle on Powder-ene. Brush it in. After an hour or two vacuum it off. Clean entire room easily, and small areas without leaving rings. VON SCHRADER MANUFACTURING CO., Racine, Wisconsin.

Powder-ene

Powder-ene is endorsed by Bigelow-Sanford Carpet Co., Inc.

Guaranteed by Good Housekeeping

Makers of fine rugs and carpets since 1825



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RESTORE *OLD* BRUSHES. . . Use DIC-A-DOO Paint Brush Bath. Bring valuable bristles back to useful work. Remove *every trace* of old, hard paint. SAVE *NEW* BRUSHES, hard to buy. Keep bristles soft, clean, flexible. Buy 5¢ package, good for several baths, or 10¢ box—at PAINT, HARDWARE, FIVE & TEN CENT STORES. The Patent Cereals Co., Geneva, New York—makers of Dic-A-Doo Paint Cleaners.

DIC-A-DOO PAINT BRUSH BATH

BROKEN CHINA REPAIRED EASILY

Mends furniture, dishes, glassware, luggage and toys.

DU PONT DUCO CEMENT

so refreshed as you should be.

The facts mentioned above have been ascertained by clinical observations and by electrical measurements of the nervous and mental states of individuals asleep or at rest awake. These instruments are extremely sensitive and had to be invented in order to measure states of nervousness and tenseness directly. If they are not yet universally known, it is because their use is highly technical, making it a little difficult for doctors as well as laymen to become familiar with them. Notwithstanding these difficulties which have appeared in the path of promoting a better understanding of the nature of sleep and of relaxation, there are signs that the real meaning of the word relaxation is gradually seeping into the popular consciousness.

Sleep is restful recuperation, which includes the removal of fatigue and other waste products from tissues in which they have accumulated during previous activity. Some of these products must be detoxified, others eliminated in the exhaled air, through the skin, in the urine, and in the stool. It is a complex business, conducted along mathematical lines. Fortunately the solutions of these problems occur automatically and are not left exclusively to the engineering genius of each individual.

To a large extent, however, each individual is ordained by nature to be the engineer of his own body. The body is provided with a signal system, mediated through the nerves, indicating to him his needs. This system works instinctively.

The sense of fatigue is the most important signal leading to sleep. Certain chemical products which accumulate in the blood and in the tissues upon exertion, are responsible for the signal. In animals the signal of fatigue is generally followed automatically by sleep, but man often fails to follow the signal unless it is so strong that it overcomes other sensations which distract him during his active life.

However important for health, many persons make a practice of ignoring the signal from fatigue, when they can get away with it. Since man is a creature of habit, ignoring the signal becomes easier with continued practice. Wishful thinking helps the individual to overlook his fatigue; he "feels fine," he may tell himself, even if he has spent few hours in bed of late. We can also steel ourselves to a certain extent to overlook fatigue by the use of stimulants such as coffee, tea, alcohol, or the use of sedatives. For certain ends, this

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ZANGERLE Tables LOOK FOR THE LABEL

Start planning your favorite room with Zangerle Tables—their effortless beauty and graceful 18th Century elegance are the "common denominator" for any interior. See the many popularly priced designs at leading stores everywhere.

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Just apply this wonder-working polish. You'll see ugly scratches vanish before your eyes. And you'll be delighted to discover how easily you can "make over" your furniture to look so new and *shining* bright! At all stores.

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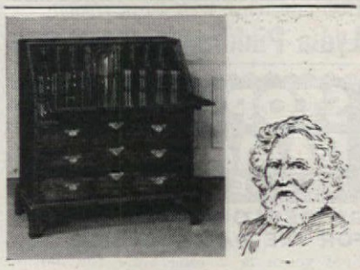
Made by the Makers of Old English Wax



from Longfellow's Study

In form and detail this superb reproduction of his personal desk reflects the quiet dignity and sensitive taste of the beloved American poet. Reproduced by permission from the original in the Edison Institute at Dearborn. Other Colonial reproductions available at leading stores. COLONIAL MANUFACTURING CO., 610 Colonial Avenue, Zeeland, Michigan.

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Three generations of mothers have depended on Packer's to care for children's hair and scalp. No soap is safer or more gentle. And its quick, thick lather cleanses so thoroughly . . . rinses so easily.

What's more, your child will like its rich pine-cone color . . . its fragrant pine-woods smell. And remember, shampoos with Packer's average only about one-fourth the cost of bottled shampoos. Get a large 25¢ or 10¢ cake today.

Shampoos for less than a penny

PACKER'S TAR SOAP

PROTECTS THE NOSE AND THROAT

● There is no more effective nasal spray or gargle than an inexpensive and easily made MU-COL solution — a hygienic cleanser and mucous solvent. Sensitive membranes are grateful to its cooling, soothing properties. Safe for the family medicine cabinet. Sample free.

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GLAMOROUS FASHIONS DENIED

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because of —

PSORIASIS

If you suffer from such a handicap — try *SIROIL*. It might alter the picture for you considerably. *SIROIL* tends to remove the crusts and scales of psoriasis which are external in character and located on the outer layer of the skin. If or when your psoriasis lesions recur, light applications of *SIROIL* will help keep them under control. Applied externally, *SIROIL* does not stain clothing or bed linen, nor does it interfere in any way with your daily routine. Try it. Certainly it's worth a trial, particularly since it's offered to you on a two-weeks'-satisfaction-or-money-refunded basis.

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Write for interesting booklet on Psoriasis—

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Siroil of Canada, Ltd., Box 488, Windsor, Ont.

Please send me your booklet on Psoriasis.

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can be a useful practice, particularly if we wish to be night-owls; but obviously it can be overdone.

Above all, what commonly leads most persons to ignore fatigue is what might loosely be called the zest of living. The modern child characteristically does not want to go to sleep and makes every excuse he can to delay going to bed. Only when "worn out" do many children give up their resistance.

What has been said of children applies substantially to adults as well, for the chief difference lies in the increasing variety of the external signals which act during later life.

Slight states of fatigue commonly give weak signals which can all the more readily be ignored. Indeed, in my experience, patients require special training as a rule to enable them to sense the lighter grades of fatigue. Failure to recognize that they are overstepping nature's limits can lead to various forms of nervousness, eventually even to breakdown. But any organ of the body can be influenced unfavorably. The results include nervous indigestion, spastic colitis and ulcers of the stomach and intestines, high blood pressure and heart strain, and many other chronic ailments. No class of people is immune to these maladies of nervous hypertension—not even the doctors themselves who often lose themselves in the interest and service of their profession and fail to observe the fatigue signal until breakdown stops them.

We all know that prevention is often better than cure and there is much which you can do to avert undue fatigue. When you exercise, you can ascertain your reasonable limit beyond which exhaustion supervenes in order to learn to avoid excess. You can see to it that you do your daily work and your pleasures as tirelessly as possible. It will prove worth your while to desist from your work from time to time during the day, taking several minutes off for rest in a chair, letting all your muscles relax as well as you know how and not setting yourself to think about anything

You can't put a "damper" on this party!

This floor resists water spots —IT'S TAVERN WAXED!

White Hart Inn at Henfield, England, immortalized in Shakespeare's Henry VII

3 kinds of Tavern Waxes have been developed by Socony-Vacuum to do all your household jobs. There's a right one to put a shine on everything from floors to picture frames! Water spots won't dim the lustre. Tavern waxes are easy to use—easy to buy. Ask for them today at your favorite department, grocery or hardware store.

GET THE RIGHT TAVERN WAX FOR YOUR NEEDS

TAVERN NON-RUB FLOOR WAX shines linoleum, rubber and asphalt tile floors. Dries in 20 minutes. Damp mopping won't wash off the finish.

TAVERN PASTE AND LIQUID WAXES clean as they polish. Ideal for woodwork, wood floors, painted surfaces, furniture, traffic spots. Easy to buff.

TAVERN HOME PRODUCTS by SOCONY-VACUUM

Guaranteed by Good Housekeeping

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Tavern Window Cleaner • Tavern Parowax or Paraseal Wax
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Stein Song

The stately stein will ever be a symbol of good fellowship and good times. And what more fitting background for a handsome collection of pottery than warm and friendly paneling of Western Pines!*

These gracious woods have a knowing way of doing their job, whether it be to create a cheery rumpus room in the basement or lend their distinguished charm to the finishing of a lovely drawing-room.

Today, building and remodeling are biding their time until Victory. But scheming and planning are as timely as buying War Bonds. To help you dream your dreams, we'll gladly send you a beautiful picture book of home interiors—absolutely FREE. Write for your copy of "Western Pine Camera Views" today. Address: Western Pine Association, Dept. 191-F, Yeon Building, Portland 4, Oregon.

*Idaho White Pine *Ponderosa Pine *Sugar Pine

THESE ARE THE WESTERN PINES

Starting from "SCRATCH"

QUICK... THE IODINE BOTTLE!

• There are dangerous claws in those little paws. Serious infection can start from just a tiny scratch. Never neglect one. Play safe. Do as doctors do... paint every scratch, every cut or scrape, with Iodine—a first aid essential with our armed forces.

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All leading curtain manufacturers and retailers feature those organdies and marquisettes which stay fresh and crisp indefinitely . . .

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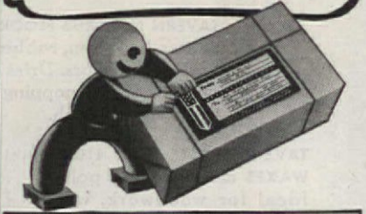
FOR "PERMANENT" BEAUTY • THEY NEED NO STARCH
BELLMAN BROOK BLEACHERY CO., FAIRVIEW, N. J.

The Dennison Handy Helper says:
Don't Just Think About It, Write
Send It V-Mail, Keep It Light



AND ON THEIR PACKAGES USE
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SERVICEMEN'S LABELS
At Stationery Departments Everywhere

during this brief interval. In addition, perhaps you are one of those persons so fortunately situated that you can arrange to take an hour of complete rest before or after lunch and again before dinner. Breaking up your day's efforts with an interval of at least an hour's rest can do much toward averting fatigue. This hour of rest should not be taken during evening, soon before you go to bed; for it tends to remove fatigue products, which are conducive to sleep. Therefore, if your hour of rest should nevertheless be taken during the evening, you will do well to insert some mild exercise such as a walk between the rest and the time of retirement, so that fatigue products may be regained to assist you towards sleep.

Any kind of room will do for sleep, if you know how to relax. Since the average person does not know how to relax under unfavorable conditions, it is fortunate that most American homes provide fairly comfortable beds. Featherbeds have been largely discarded, at least in America, and would generally be regarded here as too soft and too warm for comfort. Yielding mattresses are often employed by those who have the means to purchase them. Individuals differ, but most persons probably sleep best on the kind of mattress which they prefer. However, persons subject to arthritic pains, especially backache, will commonly do well to seek a comfortable, yielding mattress, and the luxury of a box spring may not be excessive. A vogue has arisen to insert hard boards under a thin mattress for persons subject to backache and other pains, and some profit by this; but there is no good evidence that this accomplishes much for most sufferers, excepting for the psychological influence of the belief that they are making a gain.

Mattress makers would do well to provide especially for persons who habitually sleep on their back. In these persons, pressure on the heel, which is a small area, commonly results from the weight of the leg. Often this produces a certain discomfort which could be eliminated if mattresses were made 6 to 12 inches shorter than is the present custom, so that the weight of the leg would be supported by the entire calf. The foot would then extend over the end of the mattress, which might appear ridiculous at first to those unaccustomed to the novelty; but the sleeper on his back would profit by the change.

The sleeper's room should be darkened, so far as possible, and

DO THIS TONIGHT!
To Relieve Miseries of Your
BABY'S COLD
As He Sleeps

Now most young mothers use this modern way to relieve miseries of a child's cold. Even as you rub it on, Vicks VapoRub starts to soothe irritation in nose and throat, loosen phlegm, ease coughing. Then, as baby sleeps, VapoRub . . .

PENETRATES to upper bronchial tubes with its special medicinal vapors.

STIMULATES chest and back surfaces like a warming poultice.

Often by morning most of the misery of the cold is gone. Remember, Mother . . .

ONLY VAPORUB Gives You this special double action. It's time-tested, home-proved . . . the best known home remedy for relieving miseries of children's colds.

VICKS VAPORUB

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when you use VERNAX—the *greaseless* beauty cream. A few drops produce a lovely *dry* sheen. Get the economical pint size bottle. $1.00 at your department store or dealer or send 10¢ for sample bottle to Schieffelin & Co.
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THE BEAUTY CREAM FOR FURNITURE

New FOOT RELIEF

Try Dr. Scholl's KUROTEX—soft, flesh color foot plaster. Gives quick relief when used on corns, callouses, bunions and tender toes. Cushions sensitive spots. Prevents blisters, instep ridges, chafed heels. Economical! At Drug, Shoe, Dept. and 10c Stores.

Dr. Scholl's KUROTEX

Now She Shops "Cash and Carry"
Without Painful Backache

Many sufferers relieve nagging backache quickly, once they discover that the real cause of their trouble may be tired kidneys.

The kidneys are Nature's chief way of taking the excess acids and waste out of the blood. They help most people pass about 3 pints a day.

When disorder of kidney function permits poisonous matter to remain in your blood, it may cause nagging backache, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness.

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 your blood. Get Doan's Pills.

Working for today

By the thousand, Norge men—factory workers and distributors, dealers and dealers' salesmen—have taken "time out" from their normal useful tasks to attend to other duties—grim, dangerous, deadly duties. And Norge plunged into the maelstrom with these men . . . supplying them and others with the sinews of war that increased their proficiency and will hasten the day of their triumphant return.

Planning for tomorrow

Norge dealers of every type—department or furniture store, hardware or home appliance shop—are now planning for that great day when showrooms will again be filled with new Norge washers, electric ranges, home heaters, gas ranges and Rollator refrigerators. Your Norge dealer is confident that when the time comes you will want to visit his store to view the newest Norge *products of experience*. Old customers as well as new ones will find that the Norge dealer has something for them that was well worth waiting for—a line of products which, because of Norge's wartime production experience, are even better designed, better engineered and better built.

NORGE, A BORG-WARNER INDUSTRY

Norge is the trade-mark of Norge Division, Borg-Warner Corporation, Detroit 26, Michigan. In Canada: Addison Industries, Ltd., Toronto, Ontario.

"for outstanding production of war materials."

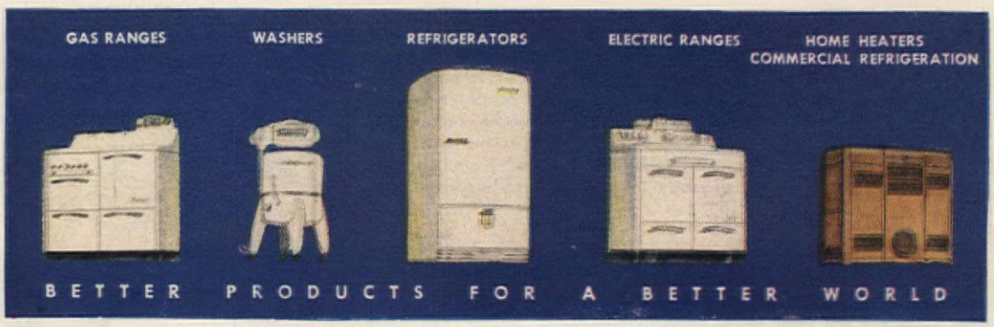
NORGE

HOUSEHOLD APPLIANCES

Ready for Today

Without interfering with the steady flow of war material from the Norge factories, a limited quantity of brand-new, full-size, full-quality gas ranges are being produced and are now available for essential users.

SEE NORGE BEFORE YOU BUY

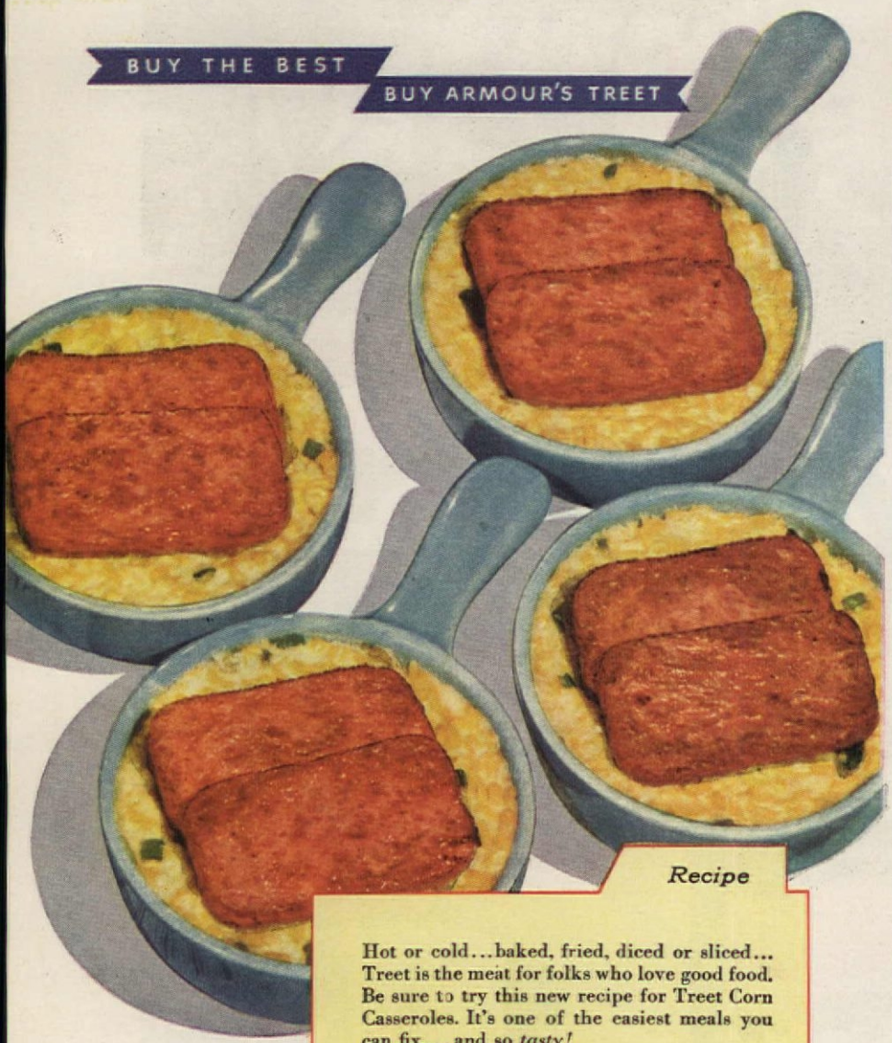


Treet gives new goodness to quick and easy meals

Here's another new Treet recipe to add to your collection of favorites!

BUY THE BEST

BUY ARMOUR'S TREET



Recipe

Hot or cold...baked, fried, diced or sliced... Treet is the meat for folks who love good food. Be sure to try this new recipe for Treet Corn Casseroles. It's one of the easiest meals you can fix... and so *tasty!*

Treet Corn Casseroles

1 can Armour's Treet
¼ cup Mayflower Margarine or drippings
½ cup chopped onions
5 tbsps. flour
2 cups milk
1¾ tsps. salt
⅛ tsp. pepper
2½ cups cooked whole kernel corn (No. 2 can)
⅓ cup chopped green pepper
⅓ cup dry bread crumbs

Melt fat and lightly brown onions. Blend in flour. Add milk gradually and stir until thick. Add seasonings, corn and green pepper. Fill 4 individual casseroles or 1 large casserole half full with corn mixture. Sprinkle with crumbs and finish filling with corn. Cut loaf of Treet into 8 slices and place 2 on top of each corn casserole. Bake 30 minutes in 350° F. oven. 4 servings.

Treet is Mighty Good Cold, Too!

For a quick, cool meal, slice chilled Treet and serve with potato salad on tomato slices. Treet is tender, juicy pork shoulder meat... delicately seasoned, then vacuum cooked in its own juices. It's an excellent source of vital Vitamin B1. Enjoy it often! Keep an extra can of ready-to-serve Treet always on hand.

Buy War Bonds and Stamps

Tune in Armour's Exciting New Radio Show, Featuring Hedda Hopper, Every Monday Night over CBS. See Local Papers for Time.

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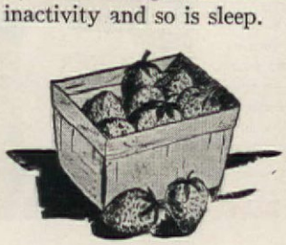
ARMOUR and Company

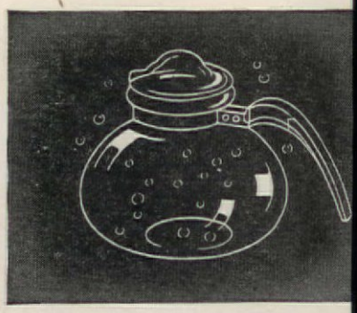
reasonably free from noises or other sources of disturbance; but it is unprofitable to carry this precaution to the extreme. For when the would-be sleeper begins to try to eliminate every disturbing noise his every effort results in further discomfiture. The secret of good sleep is learning to relax in the presence of discomfort. Pampering yourself with excess pillows under various parts of your body is therefore the wrong thing to do.

Fresh air from open windows makes a room more attractive to the sleeper. There are instances, however, in which this can be overdone. Persons with respiratory ailments may need to learn to sleep as peacefully with the windows closed as if they were open. The example of animals suggests that fresh air while sleeping is not so essential to health as is commonly regarded. We recall that the bear retires to a cave, if he can find one, and puts his snout into his furry paws to sleep, oblivious of the health requirements described in the health columns.

The best sleep is relaxed sleep and the relaxed individual approaches the hour of retirement with an *insouciance* which is in itself a phase of relaxation. When fears of not sleeping become dominant, leading the individual to purchase night blinders and ear plugs, these measures will certainly fail in the long run to effect the results which the individual seeks. For his very efforts to secure sleep will mean the absence of relaxation. As in seeking salvation, Jesus taught you must be ready to give up your life in order to save it for eternity, so here the same sort of paradox reappears; to relax to sleep in comfort, you must give up all active efforts to make yourself comfortable.

A final word of caution. There is much popular writing on the subject of relaxation which is a product of the writers' imagination rather than the critical result of scientific research. For example, when you read of "relaxation exercises," you had better put on your skeptic's cap, for there are no such things. There are helpful exercises to promote circulation and health in general, but exercise is a positive thing, the very opposite of relaxation, which is negative. Relaxation is inactivity and so is sleep.





WATCH THE BUBBLES

Jane Dunbar

"See the food cooking from any part of the kitchen—no extra steps to keep track of cooking progress—just one of the nice things about my beautiful cooking glass. You'll love the charming teapot pictured above—like all of my cooking glass, it's durable—easy to keep clean and sparkling. The cool plastic handles assure comfortable lifting. A joy to use—an attractive gift. Popularly priced."

For my free booklet "Glamour in Glass," send postcard to Jane Dunbar, Dunbar Glass Corp., 511 Payne Ave., Dunbar, West Virginia. Est. 1911

GENUINE DUNBAR COOKING GLASS

Plan Now for V-DAY in Your Kitchen

● For two yea while our plant h been busy day a night making amm nition and landin craft equipment, c signers and engineer have been improvi St. Charles Custo Built Steel Kitche They have developed new kitchen arran ments and conveniences, special purp units, and a new finish of extra luster and lo life. Your St. Charles Kitchen, after "V-Da will be finer, more convenient, more beauti than ever.

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Your St. Charles Steel Kitchen will have gre strength and rigidity; smooth, easy-to-cle surfaces; non-sticking doors and drawe continuous sanitary work surfaces. It will designed for your home—lighten your lab save steps, and sparkle with smartness a beauty.

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Be among the first to have a St. Char Kitchen. Let us help you plan it now. Se today for this 16-page FRE BOOK showing St. Char Kitchens and accessori also details of our planni service.

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St. Charles CUSTOM BUILT Steel Kitchens

ARMY E NAVY

One cup! One bowl! No creaming!

...for this glorious Swans Down "Mix-Easy" cake!

Beating cut in half! Richer taste! Keeps fresh longer!

So much quicker. . . easier . . . more successful! That's cake-making now . . . with Swans Down and Swans Down's new *perfected* "Mix-Easy" Method!

No creaming—all ingredients go into the bowl together—no extra cup-and-bowl dishwashing — only 3 minutes beating. And your cake tastes richer—keeps fresh longer, too!

This new "Mix-Easy" method is so simple to follow—a child can do it!

Yet you get all the famous Swans Down qualities . . . the fine, soft "downy" texture, the beautiful even grain, the delicious melting tenderness.

Get a package of Swans Down . . . try this "Mix-Easy" recipe—and see how heavenly a quick cake can be! *Swans Down guarantees it . . . but not with any other cake flour!* Double the cost of your cake back if you aren't delighted with it . . . when you use Swans Down.

Send for "The Swans Down Mix-Easy Cake Book"!

All your favorites made the new "Mix-Easy" way. Send 6¢ in stamps to Dept. A.H. 11-44, General Foods, Battle Creek, Mich. Good in U.S.A. only. Offer expires April 30, 1945.

SWANS DOWN INDIAN SUMMER CAKE

Preparations:

Have the shortening at room temperature. Grease 13x9x2-inch pan, line bottom with waxed paper, and grease again. Start oven for moderate heat (350° F.). Sift flour once before measuring.

Measurements:

Measure into sifter:
- 2½ cups sifted Swans Down Cake Flour (and be sure it's Swans Down)
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon allspice

Measure into bowl:
- ¾ cup vegetable shortening

Measure into cup:
- 1 cup buttermilk or sour milk*

Have ready:
- 1½ cups brown sugar, firmly packed
- 3 eggs, unbeaten
- 1 cup chopped nuts
- 1 cup raisins, cooked and chopped

*To sour fresh milk, add 1 tablespoon vinegar to 1 cup milk and let stand in warm place a few minutes.

Now—Swans Down's "Mix-Easy" Part!

(Mix by hand or with electric mixer on low speed.) Stir or mix shortening just to soften. Sift in dry ingredients. Add brown sugar. (Force through sieve to remove lumps, if necessary.) Add ½ of liquid and the eggs. Mix until all flour is dampened; then *beat 1 minute*. Add remaining liquid, nuts, and raisins, blend, and *beat 2 minutes* longer. (Count only *actual* beating time. Or count beating strokes—allowing at least 100 full strokes per minute. Scrape bowl and spoon often.)

Baking:

Bake in moderate oven (350° F.) 50 minutes, or until done. Cool and spread with confectioners' icing or any favorite frosting. Decorate with walnut halves.

GUARANTEE

Double the cost of all ingredients back, if you don't think your Swans Down "Mix-Easy" Cake is better than any similar cake you've baked with any other flour!

The makers of Swans Down can give you this guarantee because Swans Down has made supremely fine cakes for 50 years. Today more women choose Swans Down than all other packaged cake flours together.

TUNE IN: Kate Smith Speaks—CBS Network

BAKE A BETTER CAKE WITH SWANS DOWN

AMERICAN INSTITUTIONS

The Feast of Thanksgiving

JULIA BLISS JOYNER

THE harvest is in. From fields, orchards, and gardens summer's bounty has been gathered and stored in ordered rows on cellar shelves. We are about to observe the most American of all festivals, The Feast of Thanksgiving. This year it is a victory harvest as truly as it was when the Pilgrim fathers celebrated it first, and the Pilgrim mothers prepared a feast from the fruits of their toil and soil.

It was a soil, strange and new, in which this treasured institution started its growth, but its roots are deeply planted and it lives to influence a nation. It is a time of homecoming and gathering of the family, a time when we long for the faces and laughter of old friends. Preparations begin days ahead. Homes are alive with excitement.

Our hardy pioneer ancestors had no trouble in selecting a menu. With grateful hearts they prepared the vegetables they had grown in the cleared patches around their cabins —potatoes, turnips, onions and pumpkins. Turkey, then as now, was the miracle of the feast. A native bird from the deep forest, it was brought back in triumph by the master of the house, hanging from the flintlock on his shoulder. Down all the growing years of our national heritage to this day these foods have been, with local and current variations, the traditional feast. Again this year we are eating what lies at hand and again we are grateful. Our men and women in all parts of

FOOD TRADITIONAL, SERVICE "ABRIDGED," WITH FATHER PRESIDING AT SIDE TABLE

tware and Holloware—Dirilyte from American Art Alloys, Inc., China— dding, McBean & Co., Napkins—Courtesy of Bloomingdale Bros., Victory rden Centerpiece—idea by Milly Connor, Photographs by F. M. Demarest

IF YOU DON'T WANT A HEATING "PROBLEM CHILD"...

. . . here's how to avoid it!

LIVING ROOM SETTING FROM R. H. MACY & CO., INC.

A BIG CHIMNEY tells you a lot about any home you plan to buy or build. It tells you that home can be heated by *any* fuel, not just the expensive ones. Be sure your chimney is big enough to handle Bituminous Coal—the cheapest, most plentiful, most popular fuel available—and one that is "automatic" when used with a modern coal-stoker.

★ The chimney of your post-war home can become a "problem child" that will literally *eat you out of house and home*—as well as shrink the re-sale value. That's what often happens when a chimney is too small to handle *all* fuels equally well.

The sensible thing to do is to plan on an *adequate* chimney . . . a chimney that is *large enough* to handle gas, oil or coal.

The extra cost of such a chimney is small—but its savings can be large. In fact they can actually be large enough to pay a good part of your taxes or mortgage interest!

That's because an adequate chimney gives you freedom of choice to heat with *any* fuel, including Bituminous Coal. And, as you probably know, Bituminous Coal is far-and-away the *cheapest* home-heating fuel available. No wonder 4 out of every 7 homes in the United States depend on it for steady, reliable heat! And, when properly burned, Bituminous Coal is clean and odorless.

Discuss this with your architect or builder. Be sure your plans provide a chimney big enough to supply sufficient draft to burn Bituminous Coal. That's the smart way to insure minimum fuel bills!

BITUMINOUS COAL INSTITUTE, 60 EAST 42ND STREET, NEW YORK 17, N. Y.

the world will enjoy on November 23rd a turkey dinner as nearly as possible like the one mother used to cook. Here at home all of us may not have turkey. Instead, we may dine on chicken or other fowl or on meat in some form with the traditional stuffing.

The Thanksgiving dinner suggested here is planned to save effort in cooking and serving. Thus the family can come together in the spirit of the celebration. Begin by eliminating the first course and serve cranberry and orange juice cocktail in the living room.

Of course, father has always carved. This time, however, he and the boys, together with their masculine guests, will take over the service completely in the spirit of casual gaiety. Meanwhile, mother and the girls, having done their part in the kitchen, sit at the table as relaxed and expectant as if they were guests. For convenience all the food is placed on a serving table. Father's sharp carving knife piles up thin juicy slices of light and dark meat while his helpers serve the vegetables and pass the plates. Later, when the plates are taken out they will bring in the dessert and coffee from the kitchen and this time mother will do the serving.

Each dish of cooked vegetables is a double symphony in flavor, color, and economy of effort. Green beans and tiny white onions are cooked in the same saucepan, seasoned and served. Turnips and potatoes are cooked together until soft, whipped with cream or milk, seasoned and piled in a serving dish. The dessert is pumpkin pie topped with golden brown molasses meringue.

Since encroaching civilization has deprived father of the glory of being the huntsman, mother is letting him display his victory garden in miniature as the festive centerpiece of the table. This is a round platter or tray in which a bed of chopped outside cabbage leaves make the "ground" or foundation for the garden. It is laid out in six sections with dividing walks of minced parsley and in the sections are crisp relishes. Additional relishes may be served in a bowl if you wish to keep the garden intact. Or, eat the garden!

Roast Turkey—Mushroom Stuffing
Giblet Gravy • Pickled Peaches
Whipped Potatoes and Turnips
Buttered Green Beans with Onions
Hot Rolls • Butter
Victory Garden Relishes
Pumpkin Pie—Molasses Meringue
Cider • Coffee

• mushroom stuffing

• Thanksgiving vegetables

• pumpkin pie—molasses meringue

• victory garden centerpiece

• mushroom stuffing

Preparation time: 45 min.

1 lb. sausage meat
turkey liver chopped
½ lb. mushrooms chopped
½ cup chopped onion
8 cups day-old bread crumbs
1½ tsp. salt
1 tsp. grated lemon rind
2 tsp. Worcestershire sauce
2 tbs. chopped parsley
3 eggs well beaten

PLACE sausage meat, liver, mushrooms, and onion in a frying pan. Cover and cook over medium heat until sausage is tender. Break the sausage in small pieces with a fork. Remove from heat, add bread crumbs, seasonings and eggs and mix well. Stuffs a 10 to 12 pound turkey.
Note: If mushrooms are not available substitute 1 cup diced celery.

Serves 10-12 ***91 cal. per serving*** ***Source of vitamins C, B complex***

Tested in THE AMERICAN HOME KITCHEN

• Thanksgiving vegetables

Whipped potatoes and turnips ***Preparation time: 55 min.***

4 medium potatoes (leave whole)
2 cups diced turnips
boiling water
salt, pepper
butter or margarine
¼ cup cream or evaporated milk (scalded)

PLACE potatoes and turnips in a saucepan. Add boiling water so that there is about 1 inch of water in the bottom of the pan. Cover and cook until tender about 35-40 minutes. Mash thoroughly until no lumps remain. Season to taste with salt, pepper, and butter. Add cream and whip until fluffy.

Serves 6 ***106 cal. per serving*** ***Source of Vitamins A, C.***

Buttered green beans with onions ***Preparation time: 50 min.***

1-lb. green beans
18 small white onions
boiling water
salt
dash pepper
butter or margarine

PLACE beans and onions in a saucepan. Add boiling water so that there is about 1 inch of water in the bottom of the pan. Cover and cook until vegetables are tender about 35 minutes. Drain and reserve liquid for soup or sauce. Season to taste with salt, pepper and butter.

Serves 6 ***114 cal. per serving*** ***Source of vitamins A, C, B, complex***

Tested in THE AMERICAN HOME KITCHEN

• pumpkin pie—molasses meringue

Preparation time: 2 hours.

1 cup light cream or evaporated milk
¾ cup sugar
1½ cups cooked or canned pumpkin
1 tsp. salt
¼ tsp. cloves
1 tsp. ginger
1 tsp. cinnamon
½ tsp. vanilla
1 tbs. molasses
1 egg
2 egg yolks
pastry for a 9 inch pie

COMBINE the cream, sugar and pumpkin and mix well. Add salt, spices, vanilla and molasses. Mix thoroughly and add egg and yolks beaten together. (Reserve the remaining egg whites for meringue.) Pour into a 9 inch pie pan lined with pastry and bake in a hot oven (450° F) for 20 minutes. Reduce heat to a moderate oven (325° F) and bake 45 minutes. Cool slightly, cover with molasses meringue, and sprinkle with the nuts. Bake in a moderate oven (325° F) for 15 to 20 minutes. Make the molasses meringue as follows:

Molasses meringue

2 tbs. molasses
3 tbs. sugar
2 egg whites
few grains of salt
⅛ tsp. cream of tartar
¼ cup chopped walnuts or almonds

COOK molasses and 2 tbs. of the sugar to 238° F or until a little of the mixture dropped in cold water forms a soft ball. Cool slightly. Beat egg whites until frothy; add salt and cream of tartar and continue beating adding the remaining 1 tbs. of sugar and the molasses mixture.

Serves 6 ***313 cal. per serving*** ***Source of vitamins A, B complex***

Tested in THE AMERICAN HOME KITCHEN

• victory garden centerpiece

Preparation time: 1 hour

COVER a platter or tray with chopped outside cabbage leaves and lay the garden out in six sections with dividing walks of minced parsley. If desired, sprinkle cabbage with chopped nuts to give the effect of earth. Make flowers and vegetables as follows:

Daisies—Use slices of white turnips and cut outside edges to make petals. Fasten a small slice of carrot to the center with a toothpick.
Black-eyed Susans—Use three or four thin slices of carrots. Lap them near one edge to make the flower, put a small piece of ripe olive in the center and fasten together with a toothpick.
Cauliflower Plot—Break small flowerets from a head of cauliflower. Place in plot and surround each piece with parsley to give the effect of the outside leaves.
Brussels Sprouts Plot—Sprinkle the plot with chopped raw cauliflower to make a light background and more effective display. Lay the Brussels sprouts in rows on the plot.
Pumpkin Patch—Shape pumpkins from large pieces of cooked carrots. Insert whole cloves in one end for the stem. Put on plot and if desired, decorate with vines.
Radish Rose Bed—Cut strips of red peel almost through to the stem of each radish. If radishes are not available use stuffed olives. Cut in sections and pull back to form petals.

Daisies, black-eyed Susans, cauliflower, and radishes may be crisped in ice water before using.

Idea submitted by Milly Connor

WHENEVER I am very hungry, I like to remember the savory surreptitious meals which in my grammar-school days I used eat at the Widow Meek's. She had a small income, a large family, a house overflowing with guests. These were the children of neighborhood who loved nothing better than to be caught there rain too heavy to allow them to go home—until after dinner.

Though she would have been aghast to hear it, Mrs. Meek was heart a great chef, a gourmet. I realize now that practically all meats were the less tender cuts of native beef, and occasionally h grown lamb, the kind which America-on-the-budget will eat with profit and I hope with pleasure this coming winter. But she prepared it with such skill that it emerged from her heavy old iron pot or from an equally heavy closed roaster dripping with juice and delight and soft enough for any child's fork to cut without using the slightest pressure.

Braising
- ✓ Brown meat in hot fat
- ✓ Add small amount of liquid
- ✓ Simmer until tender

One of my favorites was a generous beef stew served with great mounds of tender homemade noodles or fluffs of dumplings—and woe to the child who peeked into the pot. A shank bone on the Meek table was as aristocratic a feast a standing rib roast or a filet mignon would have been anywhere e

How did my old neighbor achieve this magic? She has been g these many years and, alas, I was too young when I saw her last ask her secret. But the recipes we are giving here are as nearly a can make them a modern approximation of what I imagine she wo

Cooking

Stewing
- ✓ Brown meat cut in cubes in hot fat
- ✓ Add water to cover
- ✓ Simmer until tender

do with the same ingredie

Professionally, the civil supply of beef this season spoken of as "unfinished." T means that the customary fe ing or "fattening up" with exercise has been omitted cause of many wartime nece ties. The animal goes to mar leaner and, therefore less tend The meat does not have that intermingling marbled appearance fat and lean which we find in the top quality cuts. This does not m as some think that the animal is old. It is just as good in flavor a nutritive value as the best cuts. In many parts of the country i preferred to more finished meat.

To a cook like Mrs. Meek this kind of meat is a challenge and an opportunity. Always it will take a bit of grinding and moist, slow cooking but the result is tasty and tender. The variety of methods of cooking given here offers a wide choice. No family even one which serves beef often should grow tired or bored if these variations are used in rotation. One household may favor one method and another one of the others. An added advantage at this time is that it requires no ration points.

Grinding
- ✓ Grind meat with extra fat
- ✓ Make meat cakes or loaf
- ✓ Brown cakes in hot fat; bake loaf

Photograph printed on back of each recipe

• braised short ribs

• boiled beef
horseradish applesauce

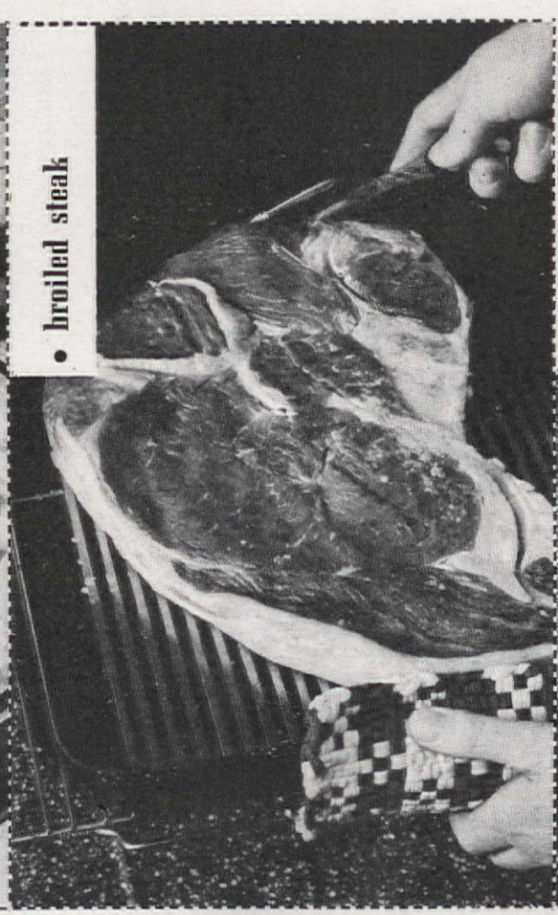
• sour cream beef loaf

Recipe printed on back of each photograph *Photographs by F. M. Demarest*

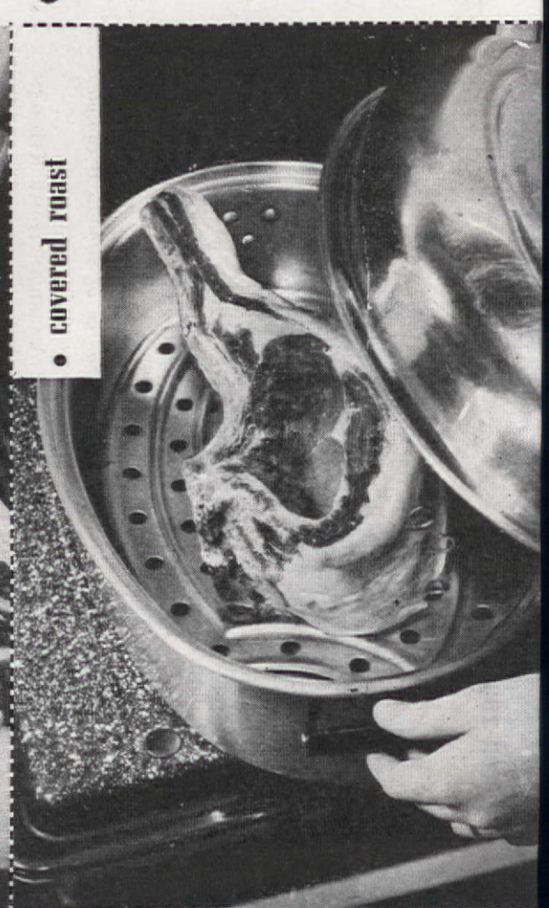
this Season's Beef Supply

NEED NOT BECOME MONOTONOUS WITH THESE SIX VARIATIONS

• spicy beef stew



• broiled steak



• covered roast

• covered roast

Preparation time: 4 hrs.

ALLOW about ½ pound of meat and bone per serving. Use rib, sirloin, or rump roast. Rub roast with salt and pepper and if desired with a cut clove of garlic or onion. Put in roaster leaving the fat side up if possible while cooking. If the roast will not stand up, lay flat side down as shown in photograph on opposite side. Cover and cook 3 or 4 hours in a moderate oven 350° F. or until tender. Do not add water. Make gravy as follows: Remove roast from pan and pour fat into a saucepan. Measure 6 tablespoons of fat and return to roasting pan. Place over low heat. Add 6 tablespoons of flour and brown flour in hot fat. Add 3 cups of cold water while stirring constantly. Cook and stir until the gravy thickens. Season to taste with salt, pepper, and condiment sauce. Tomato juice, vegetable liquid, beef stock or milk may be used instead of the water. Makes 3 cups of gravy.

496 cal. per person ***Source of vitamin B complex***

Tested in THE AMERICAN HOME KITCHEN

• broiled steak

Preparation time: 5-6 hours

USE Porterhouse, sirloin or available top cuts of steak and allow about ¼ to ½ pound per person. Have the butcher cut the steak not more than 1 inch thick and pound it lightly to break the tissue. Place on platter or dish, cover with French dressing, buttermilk or grapefruit juice and allow to stand 5 or 6 hours in the refrigerator.

Put on broiling rack and broil 10 to 15 minutes, turning once. If grapefruit juice is used for soaking, spread steak with prepared mustard before broiling. Arrange steak on platter, sprinkle with salt and pepper and pour over it the drippings in the broiler pan or spread with butter or margarine.

200-400 cal. per serving ***Source of vitamin B complex***

Tested in THE AMERICAN HOME KITCHEN

• spicy beef stew

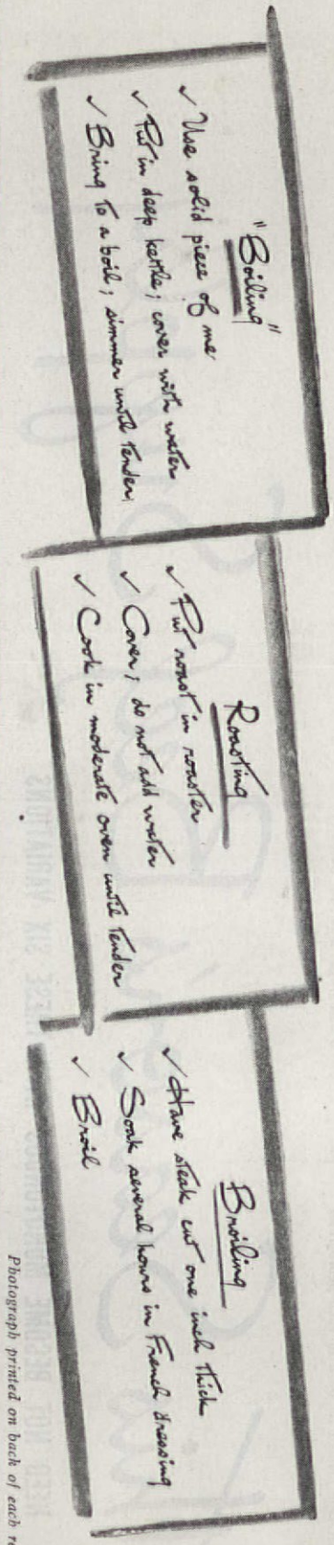
Preparation time: 2½ hrs.

1½ lbs. stewing beef cut in 1½ inch cubes
2 tbs. salad oil or melted fat
2 medium onions sliced
½ cup diced celery
2 tsp. salt
dash of pepper
1 tbs. prepared mustard
1 tbs. chili sauce
1 bay leaf
4 cups boiling water
6 small carrots
1 6-oz. pkg. wide noodles cooked

BROWN beef on all sides in hot oil or fat. Add all the remaining ingredients except carrots and noodles. Cover and simmer 1½ hours or until meat is tender. Add carrots and simmer ½ hour longer or until meat and carrots are tender. Add more water if necessary. Thicken if desired with ¼ cup of crushed ginger snaps or 1½ tbs. flour mixed with 2 tbs. water for each cup of liquid. Place in casserole or serving dish and top with noodles.

Serves: 6 ***418 cal. per serving*** ***Source of vitamins A, B complex***

Tested in THE AMERICAN HOME KITCHEN



Photograph printed on back of each recip

• sour cream beef loaf

Preparation time: 1 hour

2 lbs. ground beef
2 tbs. chopped onion
¾ cup soft bread crumbs
2 cups grated raw carrots
½ cup thick sour cream
1 tsp. salt
dash of pepper
1 egg well beaten
3 slices of bacon

COMBINE all ingredients except the bacon and mix well. Shape into a loaf, put in a greased baking pan and top with bacon. Cover and bake in a hot oven (425° F) for 45 minutes. Uncover and bake 10 minutes longer. Place on platter and garnish with parsley. Serve with sour cream parsley gravy made as follows:

1½ tbs. enriched flour
1 cup thick sour cream
1 tsp. vinegar
½ tsp. sugar
1 beef bouillon cube
few grains pepper
1½ tbs. chopped parsley

MIX the flour and sour cream in a double boiler, add vinegar, sugar, bouillon cube and pepper. Cook, stirring constantly until thickened, about 5 minutes. Add parsley and serve.

Serves: 6 ***540 cal. per serving*** ***Source of vitamins A, B complex***

Tested in THE AMERICAN HOME KITCHEN

• boiled beef horseradish applesauce

Preparation time: 2½ to 3 hrs.

4 lbs. lean beef
1 tsp. whole cloves
1 medium onion
2 tbs. vinegar
2 tsp. salt
1 tbs. sugar
1 bay leaf
boiling water

PUT meat in a heavy deep kettle, add seasonings and spices and pour in enough boiling water to cover the meat. Cover the kettle and bring the water to a boil. Reduce the heat and simmer 2½ hours or until meat is tender. Do not boil. Slice and serve with horseradish apple sauce. Brisket, shank, heel of round, plate or short ribs of beef may be used.

Horseradish applesauce

1 cup tart applesauce
1½ tsp prepared horseradish
dash salt

Combine applesauce, horseradish, and salt.

Serves: 6 to 8 ***481 cal. per serving*** ***Source of vitamin B complex***

Tested in THE AMERICAN HOME KITCHEN

• braised short ribs of beef

Preparation time: 2½ hrs.

6 portions short ribs of beef (about 4 lbs.)
flour
2 tsp. salt
dash of pepper
2 tbs. salad oil or melted fat
1 cup boiling water
1 cup cooked or canned tomatoes
1 clove garlic
6 medium potatoes
12 small onions
6 medium carrots

DREDGE short ribs in flour mixed with salt and pepper and brown on all sides in hot oil or fat. Place in kettle or Dutch oven; add water, tomatoes and garlic; cover and simmer over low heat 1½ hours. Add pared vegetables and cook about ½ to 1 hour or until vegetables and meat are tender. Arrange meat and vegetables on platter. Thicken gravy with 1½ tbs. flour and 2 tbs. water for each cup of liquid. Serve over meat or in gravy boat.

Serves 6 ***864 cal. per serving*** ***Source of vitamins A, C, B complex***

Tested in THE AMERICAN HOME KITCHEN

Something for Parents to Think About

It would be wise for all you parents to dig out your insurance policies and see if you have this kind of protection.

Suppose, for example, one of your children is riding a bike, or roller skating, or doing one of the many things that make up a normal child's life . . . and that child accidentally hits and injures someone. Would your insurance cover the medical expenses or the law suits that might be involved?

Or, suppose you yourself are out shopping, or playing golf, or hunting or fishing or just going about your business and you accidentally injure someone. Is the liability insurance on your home broad enough to cover such common "off-the-premises" accidents?

Maybe you have this protection. Yes, and maybe you're paying much more than you should for it. For now you can buy a new Employers' Group *Family* Liability Policy which covers all of these accidents and a great many more *for a very low cost.*

• For only $10.00 a year, this new policy covers the liability (up to $10,000) and medical expenses (up to $250) involved in any accident exclusive of automobile, caused, either on or off the premises, by husband, wife, children, family pets, and relatives living in the same household.

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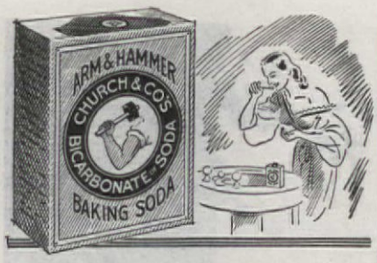

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DID YOU KNOW?

That crystal scratches crystal . . . silver improves with careful use . . . sudden temperature changes ruin china?

SILVER

Its most alluring lustre derives from everyday use and the concomitant chores—washing, drying and regular polishing—provided they are performed according to the approved technique for silver care. Silver should always be washed in water that is clean, hot, and soapy, rinsed, then wiped dry. This imparts a shine, and polishing can be limited to once a month. When you polish, apply the liquid or paste with a soft cloth or silver brush and rub lengthwise, never in a circular motion. Wash in warm sudsy water, rinse, and dry.

Silver should be washed first, in hot soapy water, rinsed and wiped dry. This keeps its shine and cuts down on the polishing

Use a silver brush in polishing the highly ornamented pieces to get at all the fine crevices in an intricate and beautiful design

Cleanliness Bureau, Twin Arts Photographs

Apply polish lengthwise, never in crosswise or circular motion. Wash in warm sudsy water, rinse, and go on polishing as you dry

To save future polishing on small decorative accessories, coat with metal lacquer or a colorless nail polish. Not for the food service!

GLASSWARE

Crystal literally cuts crystal and the expert rule for washing fine glassware is: One piece at a time. Each piece should be washed separately in warm, not hot, sudsy water. A dash of ammonia can be added occasionally, but not too often. When paper again becomes plentiful and no longer needed by Uncle Sam, use some crumpled tissue for a final polish. That gives it a professional sparkle. Such meticulous treatment takes too much time to be a regular dishwashing measure but it's a nice thing to know when you are dealing with

After the silver, wash the glass, then the china, separately and in that order. Use warm sudsy water for glass, occasionally ammonia

Water should be sudsy and warm but not hot and the best pieces should be washed one at a time—as a safeguard against scratches

When paper is again plentiful, a final polish with crumpled tissue will bring out the lustre. Until then use a lintless cloth

Fix these words in your mind:

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This Zenith Policy is your assurance of the World's Finest in your coming New Radio

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It's a broad field, RADIONICS. A field so revolutionary and fast-moving that it requires complete concentration to remain its master. That's why Zenith specializes in "RADIONICS EXCLUSIVELY." No spreading out into unrelated fields like refrigerators, washers, electric irons, cooking ranges and vacuum cleaners. Zenith has no intention of competing with lifelong *specialists* in those fields.

This policy of "RADIONICS EXCLUSIVELY" has made Zenith one of the largest Radio manufacturers in the world.

It is the reason why millions of owners of pre-war Zeniths are still enjoying top radio performance with least service expense.

And it is the reason why today, down vast Zenith production lines, flow record numbers of superbly performing Radionic devices for the armed services—many of them so "hush-hush" they can only be hinted at. They are not only helping to save lives and win battles but they are also doing their jobs under the most severe fighting and weather conditions.

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Do you like *mid-morning coffee? Use Nescafé . . . made in a minute . . . Save so much work and trouble.*

A teaspoonful → *in a cup*
Add hot water → *it's ready*

A quick cup of FULL FLAVORED COFFEE —that's Nescafé

TEMPORARILY, THE ARMED FORCES ARE TAKING ALL THE NESCAFÉ WE MAKE.
When military requirements have been met, Nescafé will again be available at your grocer's.

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And Nescafé is *so* easy to prepare . . . a coffee extract, powdered for your convenience, it saves *so* much time and work. There's no coffee maker to get ready or to clean, no grounds to dispose of. Each cup is made to individual taste, always delicious, always the same.

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NESCAFÉ (PRONOUNCED NES-CAFAY) IS A NESTLÉ PRODUCT, COMPOSED OF EQUAL PARTS OF SKILLFULLY BREWED SOLUBLE COFFEE AND ADDED CARBOHYDRATES (DEXTRINS, MALTOSE AND DEXTROSE) ADDED SOLELY TO PROTECT THE FLAVOR.

AWARDED SUNBURY NESCAFÉ PLANT

NESTLÉ'S MILK PRODUCTS, INC. . NEW YORK, U. S. A.

cherished pieces. Glass is susceptible to heat and should be rinsed in lukewarm water to be tempered before washing it in hotter suds.

Silver should be washed first, then glass, then china. Use a soft brush, a dish mop, or a cloth, as you please, but do not scrub hard and do not use too hot water.

CHINA

Cut down on both the work and the breakage by making a habit of scraping the plates off carefully as they are brought from the table, then stacking methodically for washing. Use a rich suds of mild soap and after washing rinse the china well in warm water. Do not let the suds dry on the dish. Either use a rubber covered rack or place a towel under your wooden or wire dish drain. In washing especially fine china, it is an excellent idea to place a folded towel in the bottom of the dishpan.

These miscellaneous Don'ts are very important if you are to keep your china at its best. No. 1: Never put your chinaware in a hot oven —it is extremely sensitive to temperature changes and, conversely, a dish which has been thoroughly chilled, in serving ice cream, for example, should not be plunged into warm water. No. 2: Do not leave foods overnight in your prized pieces, for certain food acids are apt to affect the color and gilding. Have special refrigerator dishes or serviceware for this purpose. No. 3: Never pour a hot liquid into a dish until you have first prepared it by heating gradually with warm water. No. 4: Do not leave the dishes with food hardening on them, but if it has dried on and is hard to remove, let the dish soak.

DOING some decorating this fall? Need any help? Our Decorating Staff will suggest new schemes for bringing a dreary room up to date. Send us your problem and a plan drawn to scale of room showing doors, windows, exposures, as well as list of present furnishings, and we will advise you on rearrangement. Send samples whenever possible of wallpaper, paint, floor coverings, and draperies. The charge *per room* is **$1.00.** Minor questions will still be answered for usual 3¢ stamp.

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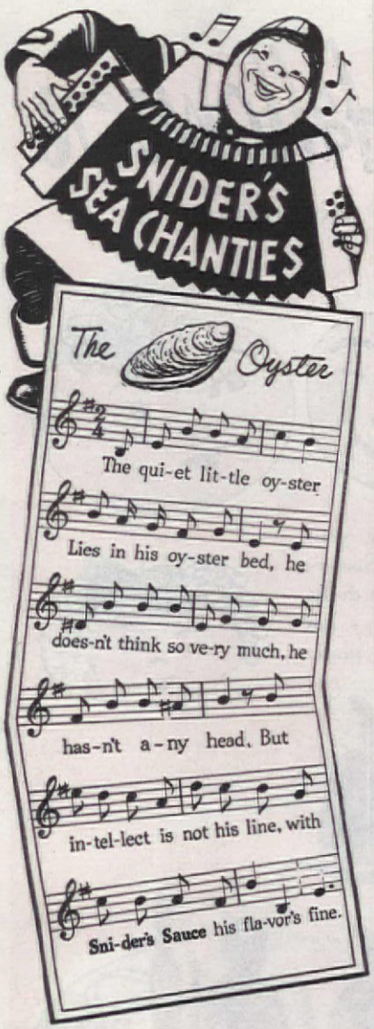

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for all seafood!

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SHORT CUTS FOR THANKSGIVING DINNER

F. M. Demarest

FOR cranberry sauce that's different add ½ cup diced raw celery or pear to cooked or crushed canned sauce. To cook sauce: Put 2 cups cranberries, 1 cup sugar and ¾ cup water in a sauce pan, cover and cook ten minutes.

WHEN a recipe calls for chopped nuts, don't get out the chopping bowl. Put the shelled nuts between a folded-over sheet of paper or cloth and crush with a rolling pin until as fine as desired. Paper or the cloth can be used again.

HERE'S an easy way to make bread crumbs for stuffing. It is important to use day-old bread. Cut the loaf in half. With a fork dig out the inside until only the hollow crust remains. Keep the shell to make dry crumbs later.

New Orleans Molasses Crispet

OWES ITS ENTICING FLAVOR TO BRER RABBIT GREEN LABEL MOLASSES

NEW ORLEANS MOLASSES CRISPET

- ½ cup Brer Rabbit New Orleans Molasses*
- ¼ cup sugar
- ¼ teaspoon salt
- ½ tablespoon butter or margarine
- 6 cups cornflakes

Boil molasses, sugar and salt to 250°F. or until mixture forms a firm ball in cold water. Add butter; pour over cornflakes. Toss lightly with fork. Arrange in buttered ring mould; *do not pack firmly*. Cool. Unmould on serving platter. Fill center with vanilla ice cream, over which pour Molasses Fruit Sauce, made by mixing 2 tablespoons Brer Rabbit **Gold Label** Molasses and ¼ cup orange juice with 1 cup currant jelly. 6 to 8 servings.

*For a rich molasses flavor, use **Green Label**. If you prefer a milder flavor, use **Gold Label**.

Everyone who tries this sensational new dessert raves about its mouth-watering goodness! For just the right flavor, use Brer Rabbit New Orleans Molasses—rich with the luscious goodness of Louisiana sugar cane.

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Green Label Brer Rabbit is a full flavored, dark molasses recommended for cooking. And one tablespoonful added to a glass of cold or warm milk makes a full flavored Brer Rabbit Milk Shake that's *rich in iron* and calcium.

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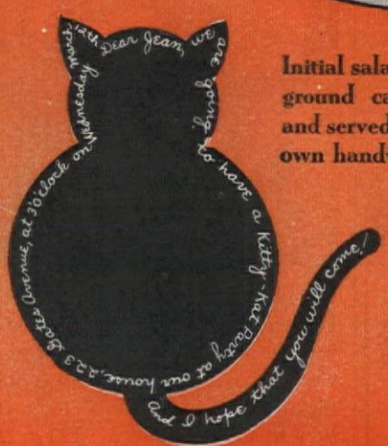
Ideas for Halloween

JUNE COCHRANE ORTGIES

Invite the pumpkin family to be your centerpiece. Faces are painted on. Sister's curls are crepe paper—baby's cap, a doily. A bunch of flowers makes Mama's hat —Papa's stovepipe of construction paper

A black-cat cake can "bewitch" . . . top Tomcat is a cup cake, trimmed cat shape. Small-fry cats are large, soft cookies. Ice with chocolate and use chocolate peppermints for heads. All tails and ears are of chocolate icing.

Sketches by J. Lewicki



Initial salad place cards can be made of ground carrots, peanuts, mayonnaise and served on lettuce. Bottom: Let your own handwriting outline a cat: where, when, how of your party. Or invitations can be cut double, white ink writing inside

Fabulous Fruit

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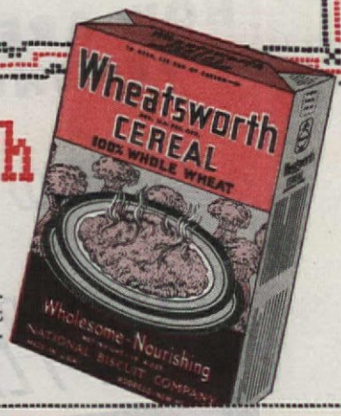

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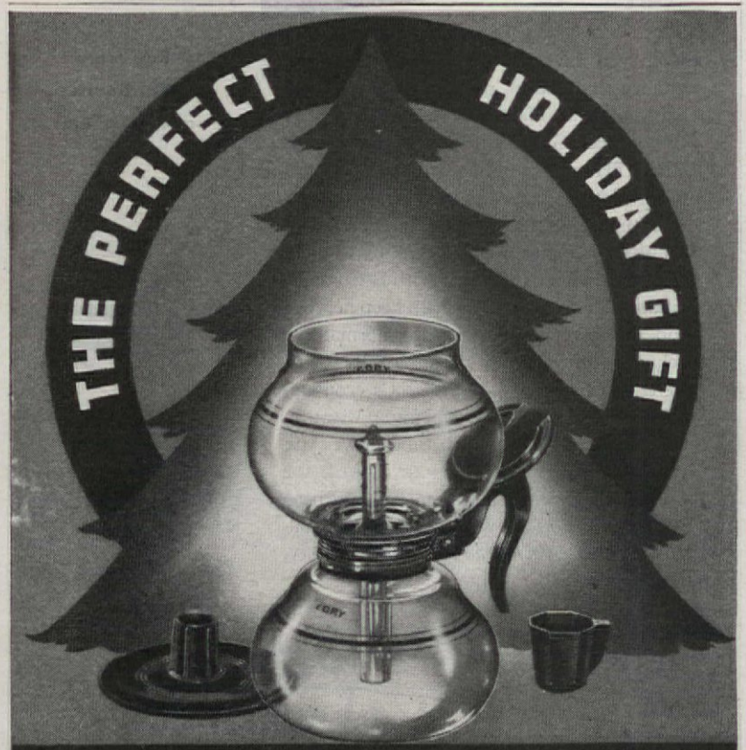

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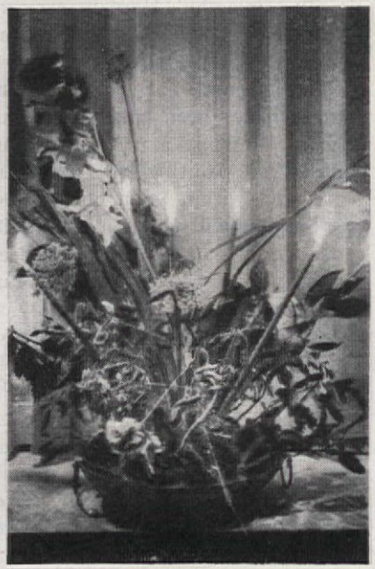
AND Cocomalt has a delicious, chocolatey flavor youngsters *love* —get a jar today!

**2 heaping teaspoons to an 8-oz. glass of milk*

For EXTRA Calcium!

Cocomalt

And grownups too will have a treat
Where light and home
surroundings meet!



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If you'll refresh your soul each day
With light!—a symbol long the way!

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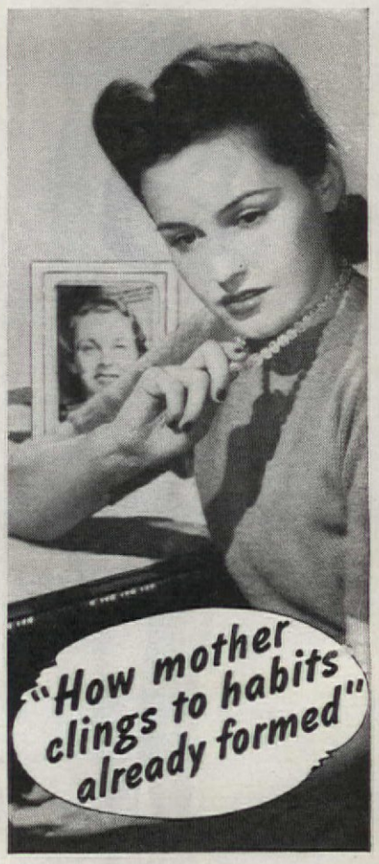

HER mother is a marvelous mother, but a little inclined to cling to habits already formed. If her mind were just a shade younger, how much better she could understand her daughter's modern point of view... Take the subject of monthly sanitary protection, for instance, and the use of *Tampax*. Here the mother might well learn from the daughter, both being of "Tampax age."

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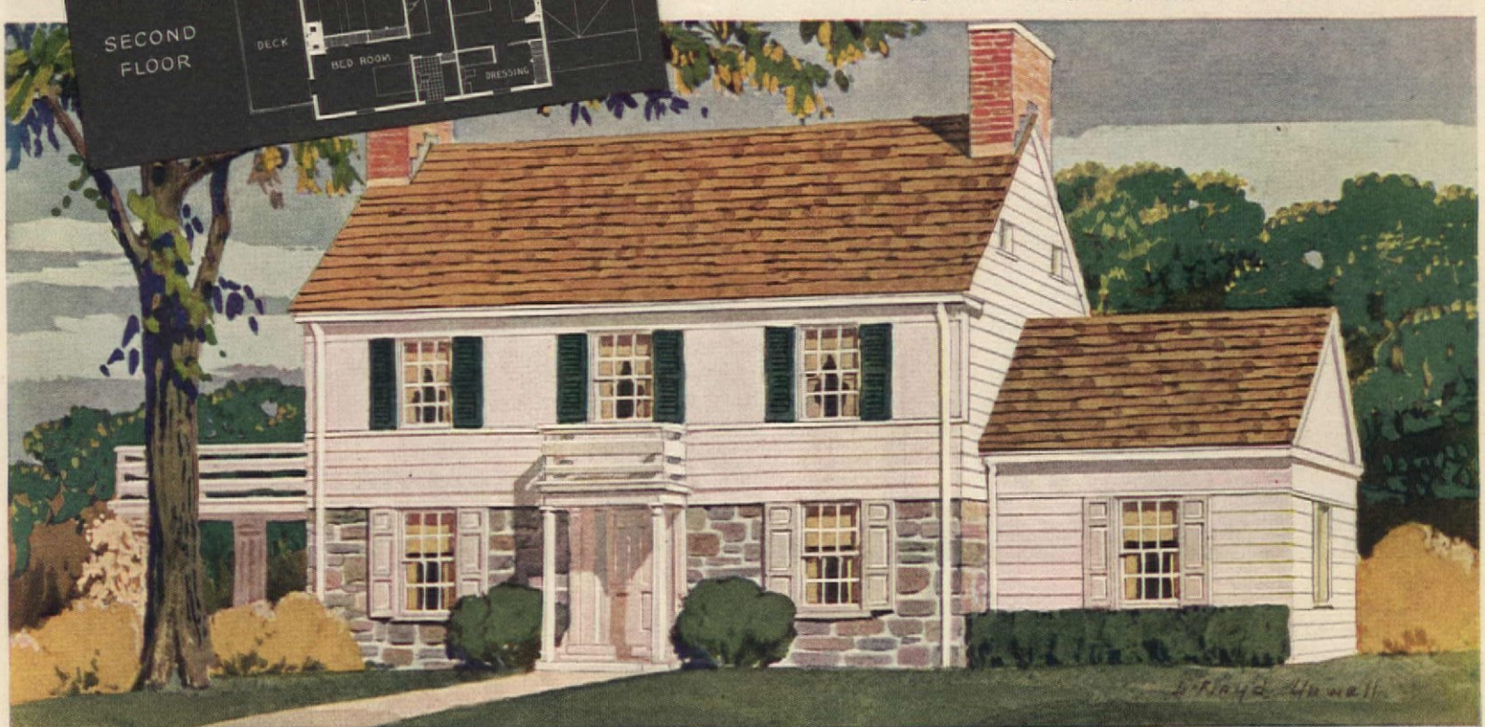
Colonial Type House—Designed by Floyd Yewell, Architect, New York.



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IT'S **Chesterfield**

RIGHT COMBINATION
WORLD'S BEST TOBACCOS

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The AMERICAN HOME

Vol. XXXII

June to November, 1944

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