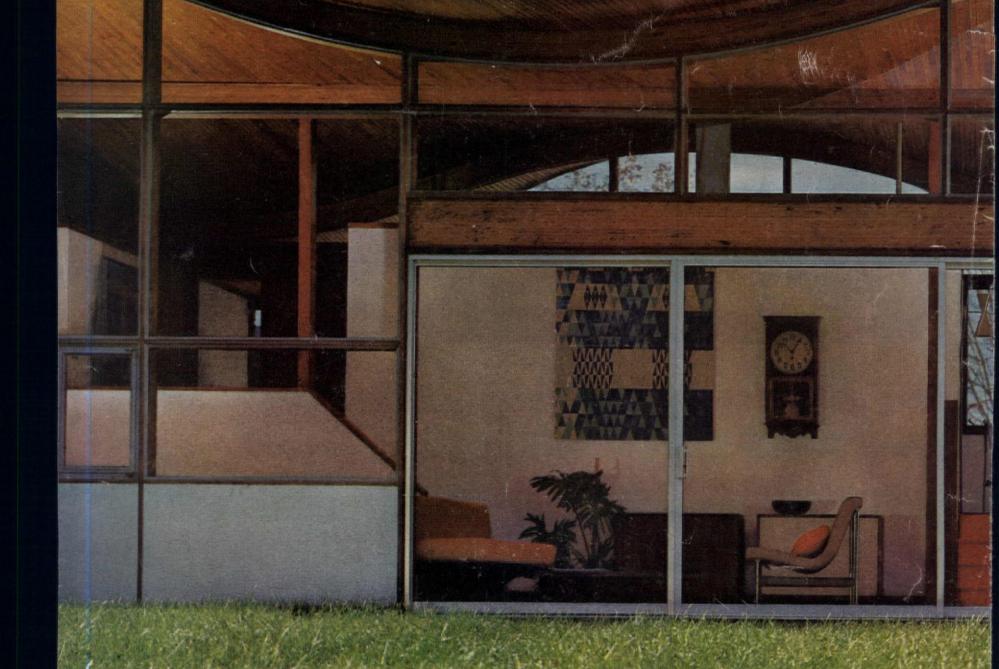
THE AMERICAN January-February THE AMERICAN January-February Janu

SPLASHING NEW WAYS TO DECORATE YOUR BATHROOM
HEARTY EATING FROM THE PENNSYLVANIA DUTCH
THERE ARE HIDDEN DANGERS IN YOUR WATER SUPPLY
YOU PAY DEARLY FOR UNFAIR BUILDING CODES
UNIQUE SPICE RACK FOR YOU TO MAKE





4. Festive supper with a spirit of Sweden

Creamed Smoky Pea Soup. Cook Knorr Smoky Green Pea Soup Mix in 2 cups water for 10 mins. Stir in 1 cup milk, heat. Garnish with grated carrot. Serve with crisp Premium Crackers and canned salmon on lettuce bed, garnished with lemon and radish roses. For added Swedish inspiration: serve dessert of lingonberry, strawberry or raspberry preserves on Premium Crackers.

5. Party supper with the romance of France

Savory Tomato 'N Onion Soup. Cook Knorr Golden Onion Soup Mix in 2 cups of water and 1 cup of tomato juice for 10 mins. Enjoy with bite-size "Top Hat" hamburgers served on crisp Premium Crackers. "Top Hat" Hamburgers: Prepare your favorite hamburger recipe. Shape into tiny balls; press and flatten. Place stuffed green olives on top and broil. Serve hot.

6. Filling supper with a taste of Austria Spring Vegetable Satin Spread. Stir 1 foil pak Knorr Spring Vegetable Soup Mix into 1 pint sour cream. Chill 2 hours. Serve as spread on

Premium Crackers, along with Crab Devilled eggs and grilled Vienna Sausages. Crab Devilled Eggs: Mash yolks of 6 hard-cooked eggs. Add 1/4 cup mayonnaise, 2 or 3 drops lemon juice 1/2 cup crabmeat. Refill egg halves. Chill.











EXTRA FLAVOR AND CRISPNESS BAKED IN BY NABISCO, SEALED IN BY THE STACK PACK



1. Quick supper with the zest of Italy

Garden Vegetable Soup. Cook according to directions on box. Enjoy with crackling-crisp Premium Crackers and tasty Italian antipasto.

Antipasto: Arrange slices of Italian salami, beets, green olives, artichoke hearts and pimiento on bed of lettuce. Top with anchovies. As an extra Italian touch, serve Espresso coffee enhanced with lemon peel or stick of cinnamon.

2. Gala supper with a dash of Switzerland

Swiss Cheese Rarebit. Mix 1 foil pak Knorr® Cream of Leek Soup Mix and ¼ tsp. dry mustard in top of double boiler. Gradually stir in 2 cups milk. Cook over boiling water, stirring till thickened. Cover; cook 5 mins. Add 2 Tbs. margarine. Add ½ lb. shredded Swiss cheese, stirring till cheese melts. Pour over Premium Crackers. Garnish with cooked shrimp. Serves 4.

3. Hearty supper with a flavor of Norway

Hearty Beef Soup. Cook Knorr Hearty Beef Soup Mix as in directions on box. Garnish with grated egg yolk. Enjoy with tomato aspic and crisp Premium Crackers, spread with Crunchy Cheese Spread: Mash 3-oz. pkg. cream cheese. Add 2 Tbs. mayonnaise, ½ cup each finely chopped radishes and green pepper, ¼ tsp. grated onion. Pack into small cup, then unmold.

Explore the flavor of 9 countries with 9 new ideas from Knorr Soups and Premium Saltines

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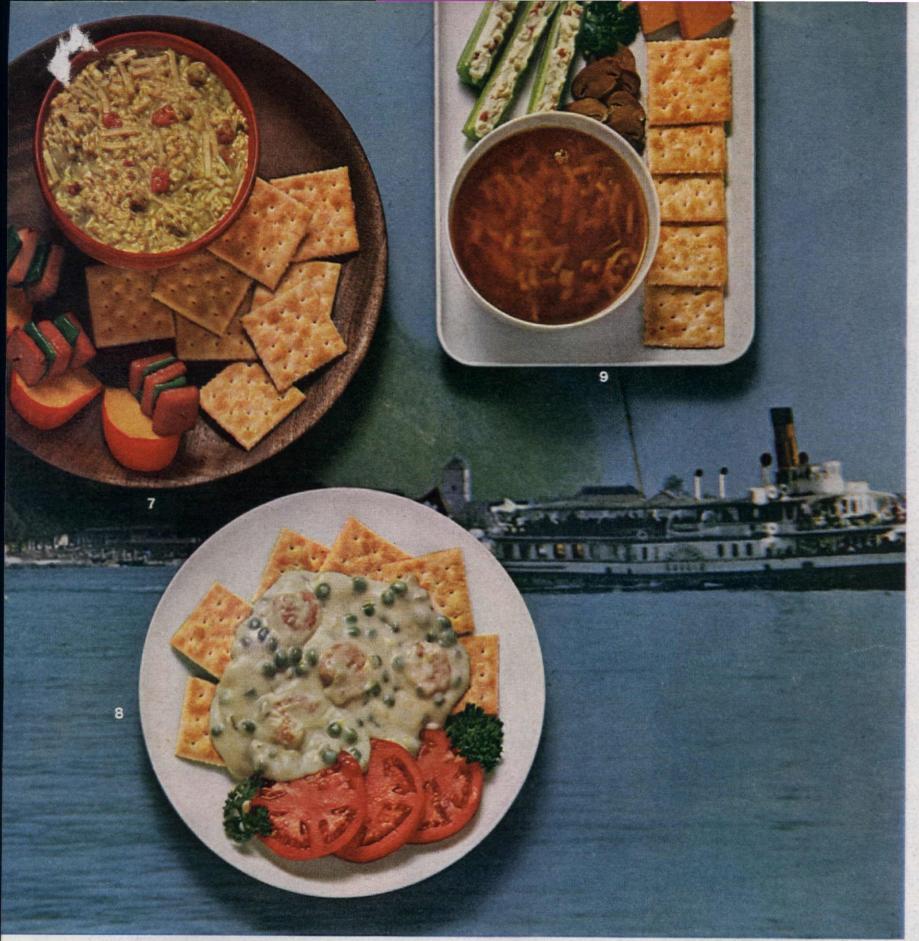












Fun supper with the charm of Holland nicken Noodle Supreme. Cook Knorr Chicken codle Soup Mix as in directions on box. Beat 1 g thoroughly. Pour gradually through strainer to hot soup. Stir and cook 1 minute. Enjoy th crisp Premium Crackers, Ham Kabobs d Gouda Cheese. Ham Kabobs: Alternate unks of ham and green pepper on wooden tootheks. Brush with corn oil and broil. Serve hot.

8. Light supper with a touch of Denmark Shrimp Wiggle. To 1 foil pak Knorr Cream of Mushroom Soup Mix, gradually add 1½ cups milk and 1 cup water, stirring constantly. Cook over low heat, stirring until thickened. Cover and simmer 5 minutes, stirring occasionally. Mix in 1 cup cooked shrimp, 1 cup cooked peas, dash of onion salt. Serve hot over crisp Pre-

mium Crackers. Garnish with tomato. Serves 4.

9. Hurry-up supper with a glow of England Curried Beef Noodle Soup. Follow directions on Knorr Beef Noodle Box; add ½ tsp. curry powder. Pickled Mushrooms: Drain canned mushrooms. Marinate in French dressing. Chill. Stuffed Celery: Mash 3-oz. pkg. cream cheese. Stir in 1 Tbs. mayonnaise, 2 Tbs. chopped pimiento, few drops onion juice. Stuff celery. Chill. Serve with Premium Crackers and cheddar cheese. Serves 4.

9 "snack suppers" seasoned with the enchantment of Europe!



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Gives up typing

"I had a dreary clerk-typist job. Today, I do high-fashion illustrations for one of Albany's largest department store WANDA PICKULSKI, Rexford, N.Y.



Clerk to cartoonist

"I was an airline clerk when I enrolled. Now, after winning Fifth Prize in a national cartoon contest, I've signed a contract to do a daily comic strip." JOHN WHITAKER, Memphis, Tenn.



Becomes art teacher

"Thanks to you, my painting classes overflow with both children and adults. Pve never enjoyed anything so much in my life."

MRS. RAE DOWDY, South Boston, Va.



No more layoffs

"The plant I've worked for has closed its doors. But I'm not worried. Thanks to you, I have my art sales to fall back on." JOSEPH BENNETT, Adrian, Michigan



Wins prizes

Thanks to you, I've won many prizes in exhibitions and have sold most of my paintings. Just last week I got a check from the Buffalo Art Gallery." HELEN D. KAY, Kenmore, N.Y.



Boosts salary \$2,000

"Without your training I would not have my present job as illustrator for the Chicago Sun-Times—at a \$2,000 boost in salary." PAUL BREWER, Chicago, Ill.



Gets "dream" jobs

"With no art training, I was getting nowhere in cartooning. Now I get syndication, greeting cards—really 'dream' jobs."

BETTE FILLEY, Seattle, Wash.



Retires successfully

Thanks to you, I'm doing a satisfying business in my own art studio. I've found fun and profit in my retirement." JOHN WARREN, Morristown, N. I.



Adds to family income

"To think that a mother of six lively young ones, without domestic help, can study art and hold painting classes at home!"

ELIZABETH H. LINCOLN. Ware. Mass.



Doubles salary

'I was a pipefitter's helper when I enrolled. Now, I'm a commercial artist in the advertising department of the same company—at twice the salary!' JOHN BUSKETTA, Uniondale, N.Y.



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'Mine is a 'Cinderella' story, thanks to your Course. I now paint five days a week to keep up with my orders—up to \$400 each." MRS. PATTI DOLEZAL, Yuba City, Cal.



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'My doctor has said time and again that all the medicine in the world could never replace this Course and what it has done for me." THEO. M. BRYANT, Whittier, Cal.



Carpenter to artist

"With no previous art training, I landed a commercial art job by saying I was a FAS student—and showing the work I had done for you." KENNETH W. GUERNSEY, Springfield, Ill.



"We're looking for others who like to draw"... says Norman Rockwell

The people pictured above have changed their lives through art-so can you

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JOHN J. VERONIS, Publisher

IN THIS ISSUE

From cover to cover, our big Winter issue gets you off to a bright and shiny start this New Year of 1963. Want to know what's spanking new in flowers, plants, and shrubs? Planning to panel a room, redecorate the bathroom, entertain the boss? You'll find our pages crammed with ideas. On the more serious side, we bring you a comprehensive report on a new boom in the building industry—the retirement village. Does the retirement village really open a new idyllic life for your parents? Or are older people better off where they are? The answers and many more stimulating articles are on the pages that follow.

The Curtis Publishing Company: MATTHEW J. CULLIGAN, President; CLAY BLAIR JR., Editorial Director

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DEAR READER:

It is a sad but true commentary on modern values that very often many present pleasures are missed because of an overconcern with "tomorrow." We certainly have nothing against an attitude of careful planning, but constant living in the future can do much to dim our enjoyment of those blessings that are already ours.

For instance, when searching for a house, far too many families are more concerned with how much they will be able to sell the house for in the distant and hazy future than with whether or not the house is suited to their particular needs. We don't, of course, believe that if and when a house is sold it is necessary to take a financial licking. But, in view of the fact that a house does provide living quarters for a number of years, it is strange that an expectation of a profit on its future sale should be a primary influence in purchasing. This attitude fosters the belief that you can get something valuable for very little and at the same time capitalize on it. It accepts and encourages an inflationary philosophy. More important, it is an attitude that puts a price tag on the intangibles that are the essence of a home.

The house in which we live is not just a piece of real estate, it is our home-a place for love, laughter, shelter, and comfort. Unlike other investments the family develops strong emotional attachments to it. As such, the house often becomes a symbol to the members of the family of the existence and strength of the family group. If we bring up our children to think of a house as primarily a financial investment, we rob them of the security that comes with a strong association between house and family.

This same preoccupation with financial considerations has prevented many families from making desirable and practical improvements to their home. They often reject these improvements because there is no absolute guarantee that should they ever sell the house, they will get back every last penny they invested.

It is our belief that—just as in selecting a house-home improvements should not be considered in terms of resale value but in the amount of pleasure and convenience they will provide a family over a period of years.

THE EDITOR



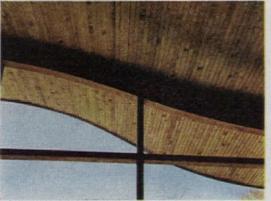
Mommy, can I have a bowl for breakfast, too?

Why not? Anytime, for that matter. New Lipton Chicken and Noodle Soup with Diced Chicken Meat is that delicious. Lipton plumps chunks of succulent white meat (white meat only!) and a shower of tiny fine egg noodles into a golden broth. Try it today. Better yet, try all 12 great soups from Lipton—the soups that taste like mother just cooked them.



BOLD ROOF LINE CITING HOUSE SIDE AND OUT





Solid roof decking is made of 2x3s on edge, rigidly View looking through efficient corridornailed together. It rests on laminated wood beams. type kitchen to dining room and terrace.



As well as showing the entire roof line and the way it "floats" over the house, photo, left, also indicates the architect's desire for eliminating foundation planting.

View below dramatizes the undulating roof from the inside and the band of glass that continues around the house below the laminated wood beams. Scene is from the hallway looking toward the living room and terrace.



A fine floor plan makes this house a very livable one for family life as well as for

formal entertaining.

Reaction to this house will be strong. Either you will be completely captivated by it or completely repelled by it, because there is no middle ground in an architectural statement as strong as this one. If your reaction is negative, it would be well to understand that this is an important house because it states in no uncertain terms certain aspects of residential architecture. In essence, it says that there can be more to a house than just being a shelter from the elements, that there are other important things to consider—space and the way it flows through a house, light coming into the house in the daytime and going out of the house at night, structure as an element of design and decoration, and landscaping as a foil for a house and not just a cover up for design weakness. These are the things the architect owner, Jules Gregory, has so successfully achieved in this unusual and beautiful design created for his own family.

While the bold roof line emulates the rolling New Jersey countryside where the house is located, it was not designed for this purpose. Rather, it was designed to provide a feeling of lightness and to create different feelings of space-in some areas low ceilings for an intimate atmosphere, and in other areas lofty heights for drama and a change of pace. The band of glass that completely encircles the upper portion opens the house to a play of daylight that constantly changes from dawn to dusk. This light is transmitted from room to room because partitions and solid exterior walls go only to a height of 7' from the main floor level-the space between the roof and the top of the partitions being filled in with glass for sound privacy. By referring to the cover picture you will see that it is possible to look right through the house above this 7' height. To emphasize this play of space even

more, the main part of the living room is down a few steps from the rest of the house and an inglenook with fireplace is down a few steps further—creating a soaring 17' ceiling height in this area.

To utilize this whole roof structure to the maximum, the laminated wood beams that carry the roof deck, and even the decking itself, are left exposed to become the dominant element of design and decoration. By eliminating foundation planting and concentrating on landscaping accents away from the house, the building becomes even more of a clear-cut statement of pure design. Perhaps not your concept of a dream house, but nevertheless very significant.

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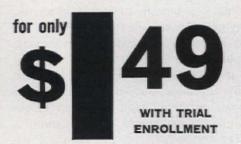
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Look at me now! It is fun to have fun But you have to know how! Excerpt from "The Cat in the Hat"



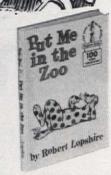
THE CAT IN THE HAT By Dr. Seuss

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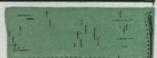
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THE AMERICAN HOME, WINTER, 1963

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At a retirement village in Florida the other day, a deeply tanned, exuberant 62-year-old home owner remarked to a visitor: "I'm so glad I moved to this place; I often feel I've found my heaven right here on earth."

In contrast, at a similar community, a 59-yearold resident recently revealed: "Sure, my arthritis is better in this climate, but I'm going back to Michigan. I guess I'm homesick and bored—miss my grandchildren and old friends too much."

Is the retirement village—that burgeoning phenomenon of our era—a Shangri-La or mirage for the elderly? If you are thinking of a new, warm-climate home for your parents in which they can settle down during their golden years, you should know what they can expect to find.

Communities devoted exclusively or largely to retirees have been springing up all over the country in the past decade and a full-fledged boom appears to be under way now. Certainly they are meant to fill a growing need. Modern medicine is enabling U.S. citizens to live longer, and liberal pensions promote early retirement. Nearly one out of four Americans (over 41 million) is 50 years old or more, with 23 million over 60. When children have married and moved out, the family home often becomes too large and expensive to carry, too much work to maintain. While surveys show that most oldsters stay put in familiar surroundings, one out of ten has enough energy and gumption-or is sufficiently rootless-to pull up stakes for a place where he can warm his thinning blood.

To meet the increasing demand, every year for the next 15 years builders are expected to put up between 100,000 and 125,000 new houses—and at least 50,000 rental units—for our senior citizens. You see these bright new homes not only in Florida, Arizona, California, and New Mexico but in Northern areas as well.

Life at a self-contained true retirement village, occupied entirely or chiefly by the elderly, can be decidedly pleasant, especially in one of the mild, sun-saturated states. Usually there's swimming, shuffleboard, a golf course, uncommonly active church congregations, a community center for dancing, hobby clubs, card games, arts and crafts, adult education courses. At some, people can fish from their back yards or a nearby pier, and a yacht club lures boating enthusiasts. Above all, there's ample social life, based on similar interests, and the leisure to enjoy it. With warmer relationships among neighbors, more home and community parties are staged than in preretirement days.

"There's a pioneer spirit here because we've started a new way of life," one retiree at Sun City, Arizona, observes. "This is not the kind of place where people sit around and wait to die. We don't have enough time for all the things we want to do."

At Port Charlotte, Florida, a 61-year-old former executive put it this way: "We're getting our second wind, just beginning life all over again. We have an upbeat outlook as we watch our community sprout in all directions day after day."

People seem to feel the retirement town is their own to shape and enjoy. There's no fear of being shouldered aside by younger men, no competitive drives. "It's wonderful having everybody on the same level," commented a retired dentist, "where people are not inquisitive about your financial status."

With no heating expenses, low taxes (in some places school taxes are nonexistent) and no winter clothes to buy, the cost of living is held to a minimum. Depending on the kind of home purchased and how much cash was paid for it, residents at Arizona's Sun City, for example, may get along on \$350-\$400 a month. At Florida's Port Charlotte, average expenditures for a two-adult family is estimated at \$332 a month, including groceries, car, home payments, taxes, etc.

What kind of retirement village should your parents consider?

A variety of types is now available. Many are being built by churches, fraternal organizations, and labor unions, often as "high rise" apartments called lodges, manors, or "homes." Prime examples are Moosehaven and Salhaven in Florida and Presbyterian Village in Michigan. Others are converted hotels. Subdivisions of a city or "satellite units" such as at Smithville, Texas; Columbus, New Mexico; and Casa de Sol, adjacent to Mesa, Arizona, are devoted to retirees only. Liberalized federal financing has encouraged big nonprofit apartment projects like California's Senior Citizens Village near Fresno. There are "town houses" in Chicago and co-op apartments such as those in Detroit and at Rossmoor, Seal Beach, south of Los Angeles. Elsewhere the trend is surging.

It's been well established by social scientists that the best place for healthy oldsters to live is in a home of their own, which creates a sense of security and belonging. Among the scores of retirement home villages, several are outstanding:

Sun City, Arizona, 12 miles northwest of Phoenix, developed by the Del Webb Corporation, opened in January, (continued on page 10)

ADMIRAL DUPLEX

Full-size freezer! Full-size refrigerator! 23.5 cu.ft. in one beautiful cabinet!

Now, Admiral brings you the largest capacity, most beautiful refrigeratorfreezer in the world. And there's no defrosting ever! The left side of the Admiral Duplex is all freezer...the right, all refrigerator. No wasted

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18.9 cu. ft.* capacity 7.7 cu. ft. freezer holds 269 lbs., 11.2 cu. ft. refrigerator. 41" wide.



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Best of all, foods stay at peak freshness with Admiral's famous "Moist

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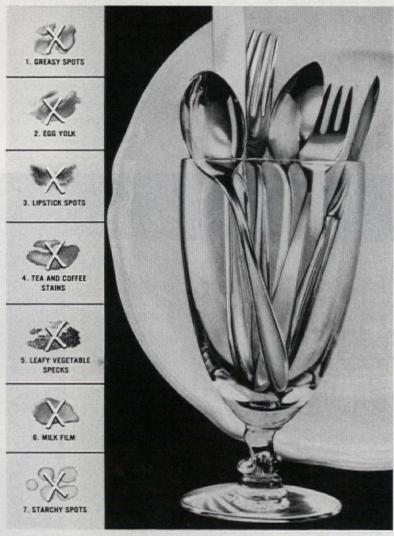


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Retirement Village

(continued from page 8)

1960, as a haven exclusively for "active retirees" 50 or over. Of the current population of 7000 the average age is 62.5. While many home owners come from Arizona and California. the big influx is from states that have severe winters. Facilities range from a woodworking and ceramics shop to lawn bowling courts, golf courses, and a town hall. Activities are organized spontaneously without artificial "recreation director" stimulation. Over 90 clubs and organizations help keep the inhabitants busy. Webb surveys frequently elicit a comment like this: "I have reared my own children but I don't care to rear someone else's." As a former postal employee put it: "We want a restful place free from the usual squabble over schools and their costs." Similar Webb retirement cities have been launched near Tampa, Florida, and at Kern City, California.

Palm City, California, in the warm, dry Coachella Valley 16 miles from Palm Springs, is a budding selfcontained, 560-acre desert community developed by Nels Severin. Present population is about 1000; 1800 homes and co-op apartments are expected to be completed this year. As in Sun City, to be eligible, either spouse must be 50 or over. But Palm City has a unique taboo: children under 18 are permitted only as visitors, not as permanent residents. Here, too, people take advantage of such facilities as horseshoe pits, croquet courts, and shuffleboard, but some remain active in a form of self-employment. The average age of home buyers is 60. A much larger Severin retirement city is rising at Livermore, near San Francisco.

Port Charlotte, Florida, (population 12.000) between Sarasota and Fort Myers, is the largest of the communities appealing to retirees. There is no minimum age for eligibility and the town boasts some 2000 school-age children. The median age of home owners is 47. Opened five years ago by the General Development Corporation, Port Charlotte now has 4000 homes, six churches, a bank, a huge shopping center, an adult education school, public beaches, a bowling alley, country club, and a new hospital. Game fishing and golf are major attractions. Port Charlotte has coined the word "renewment" to replace "retirement"; with cultural and recreational programs life can begin anew for people past their prime.

Cape Coral, Florida, 12 miles from Fort Myers on the Gulf, is another development where retirees blend with families of all ages— a community for oldsters who don't want to be restricted to their age peers. No minimum age requirement has been set up. About 65 per cent of home owners have ostensibly retired but a great many are able to take up a second career, part time or full time. With 455 children of school age, Cape Coral compares with most modern residen-

tial communities. The average age of home owners is 49. A "custom built" 52,000-acre city-in-the-making carefully planned by the Gulf American Land Corporation, Cape Coral (population 2200) is especially designed for waterfront living. Nestling on the mile-wide Caloosahatchee River, twothirds of its homesites front on a Venetian network of navigable waterways which makes boats almost as common as cars. Only four miles from the Gulf of Mexico, Cape Coral has become a fisherman's paradise. The five-year-old "growth town" now has a million-dollar Yacht and Racquet Club, golf course, and a full complement of other recreational resources for old and young. Gulf American is shaping up another self-contained community, Golden Gate Estates. near Naples, also on the Gulf.

Generally, homes in such selfsufficient communities are modestly priced. At Sun City, one-story homes built of concrete block in pleasant pastel colors range from \$10,450 for two bedrooms and bath to \$15,950 for three bedrooms, two baths, and a leisure room. At Palm City, you can get a two- or three-bedroom house for \$12,995 to \$17,250. Cape Coral offers 23 models, all custom built, for anywhere from \$9295 to \$40,000 or over. At Port Charlotte, where houses are of masonry construction, the range is from \$10.310 for a one-bedroom, onebath model to \$30,000 for a waterfront home with swimming pool and air conditioning. Evidently retirees have little trouble obtaining mortgages.

While these "big four" are probably the most publicized developments for retirees, other projects offer diverse inducements. At North Cape May, New Jersey, originally a seashore vacation spot, developer Carl T. Mitnick has sold about half of his 1500 homes to retired people. He advertises the community as "the St. Petersburg of the North," has free ambulance service to nearby hospitals. Another pioneer development, Youngtown, Arizona, near Phoenix, has been aimed at lowincome people who must be 60 or over. Orange Gardens occupies part of the city of Kissimmee, Florida, taking advantage of existing community resources. Green Valley, 25 miles south of Tucson, Arizona, will have single-acre "ranchettes," lowerpriced homes, and rental units. At Cortlandt, New York, Springvaleon-the-Hudson's cottage-like garden apartments are patterned after retirement communities in Scandinavia. The somewhat more affluent can buy into a specialized old-age community like Casa de Mañana at La Jolla, California, operated by the Methodist Church; here, one feature is a guaranteed medical care program.

A retirement village can be a blessing for many, a bane for others. Advantages are readily apparent. With retirement, lowered income, and reduced physical capacity often come loneliness and a feeling of uselessness. Relocation to a (continued on page 17)

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Why does a flower pot have a hole in the bottom?



Why does soap make me clean?



What will I see on the moon?

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THE AMERICAN HOME, WINTER 1963

JACKSON & PERKINS proudly announces The Rose of the Year for 1963

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ROSE OF THE YEAR FOR 1963 - United States

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GOLD MEDAL, INTER-NATIONAL TEST GARDENS -Portland, Oregon

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The First Choice of Professional Rose Experts and The First Choice of 10,000 Home Gardeners!

HERE, WITHOUT DOUBT, IS THE MIRACLE ROSE OF THE CENTURY! The only rose in history to have already won 13 International Awards, *Tropicana* has now just won still another honor . . . for it has been selected by a panel of 10,000 home gardeners as "The Rose of the Year for 1963." Yes, *Tropicana* has now become the first choice of experts and home gardeners!

THE MOST BRILLIANT NEW COLOR EVER CREATED—a radiant, fluorescent orangered...a glowing color that doesn't change, doesn't fade from the moment the blossom bursts open until the spent flower drops off cleanly . . a sparkling orange that holds up even in the hottest sun!

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absolutely free, this brand-new Spring 1963 Catalog of Roses. Just fill in, detach and mail the handy postage-paid card provided. That's all you have to do to receive your FREE Catalog!

And how thrilled you'll be when you look through this wonderful new Catalog of Roses. In it you'll see — all in glowing full color — scores upon scores of the world's finest roses . . . glorious Hybrid Teas that bloom up to 7½" across . . . Floribunda Roses that produce hundreds of blooms on every bush . . . breathtaking Climbers that provide curtains of color to drape over fences, porches, etc. . . magnificent Tree Roses that bloom at eye level . . exquisite Miniature Roses that produce blooms no bigger than your fingertip!

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Orchid Masterpiece; the first orange rose ever created - Tanya; etc.

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Since so many of these J&P Roses will be in very short supply, and since some of them are unobtainable from anyone else — we sin-cerely urge you to send for your free Catalog today. Remember – all you do is fill in, detach and mail the handy postage-paid card provided. Do it now!

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1963

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Retirement Village

(continued from page 10)

meaningful community of neighbors and friends, with dignified living arrangements, can counter these tendencies.

"In a retirement village," says Dr. Edward B. Allen, psychiatrist and Secretary of the American Geriatrics Society, "people can find serenity when they identify with others of a similar age. They speak the same language, have common experiences, and areas of communication-able to exchange reminiscences about the first World War or the good old days of baseball. In this setting, where people are given a chance to make the most of their leisure constructively, there are social stimuli to relax. They can, for example, go dancing at their own pace. From the psychological and psychiatric point of view, they can socialize more comfortably."

Most important, points out Professor Irving Rosow, a sociologist at Western Reserve University, who has made a study of retirement villages, is that the residents—of basically homogeneous composition and backgrounds—share similar values. Many get a feeling of prestige from belonging to a retirement town.

The climate in the sunshine states, of course, is conducive to non-strenuous sports and outdoor hobbies. Gone are the dreaded winters, the slush and snow shoveling. Residents are apt to notice that ailments such as arthritis and asthma seem to have cleared up. In the words of one retired business executive at Sun City, "I feel stronger physically than I have in the past 30 years. That's because I can get out and exercise every day."

Another retirement town home owner comments: "Retirement is a problem. A woman isn't used to having a man around the house all day, telling her how to run her home. That's why our activities are important. There are places for a man to go, things to do. I'm so busy my wife often doesn't see me until dinner."

Who can benefit from life in a retirement town?

"For perhaps 70 per cent of older people it can be satisfying," says Dr. Allen. "Much depends on a person's temperament. Those who are gregarious, extroverted, and have an adventurous spirit are apt to find fulfillment in a dynamic retirement village. If a man has never had much time for relaxation, the force of example will have a good effect on him. Widows and widowers, especially, may find companionship there."

Oldsters who need motivation to socialize and the lonely whose close friends have passed on and who have few social contacts left may find a retirement town ideal. "To relocate," advises Beverly Diamond, housing consultant of the National Council on the Aging, "people should have enough malleability to adjust to a new climate and environment. It helps if they have traveled in the past and

want to be with people their own age."

Of course, a retirement town is not for everyone. Pulling up stakes and moving to another part of the country merely because the climate is milder, and housing and taxes are lower, could be a grave mistake for some. People in their sixties or seventies may discover they don't want to see only old faces and get to feel walled in. "Gerontologists," says Professor Rosow, "prefer to keep old people in their normal familiar surroundings as long as possible because they can maintain continuity in their lives."

Sociologists opposed to restricted retirement havens contend that with "chronological isolation" contacts and interests tend to become narrow.

"The philosophy of the retirement village," says Theodore R. Isenstadt. Director, Project on Aging, Family Service Association of America. "serves to perpetuate the practice of separating older people from a balanced community and family life. When they move into segregated communities, they perpetuate their separation from the mainstream of life and the already existing gap between older people and succeeding generations becomes even wider. We should strive for 'age-balanced' communities in which older people can enjoy contact with the very young, the young, and the middle aged. To be surrounded by people of all ages is to be a part of the world, to feel alive."

Those who probably would not be happy to be transplanted are the shy and introverted, who are reluctant to become "involved" in a new community and may feel too self-conscious about having their limitations exposed. People with strong special interests—in science, art, music—may be bored in a retirement village.

"Generally, people with strong family ties," says Dr. F. J. L. Blassingame, executive vice president, American Medical Association, "who live close to their children and grand-children, or who have a circle of old friends and get satisfaction from church and charitable work or a hobby, have little inclination to move to another part of the country. If, in addition, they have always been reluctant to change neighborhoods, it is doubtful that they will adjust easily to a change of environment."

A good, soundly conceived retirement town, however, can overcome many of the reservations. Such a community fosters self-reliance, dignity, social relationships, and purposeful living for retirees. Residents should be made to use their own initiative and feel a sense of community.

"The critical factor in morale," Professor Rosow says, "is whether an isolated setting is a full-fledged self-contained community. To the extent that it approximates a community with all of a community's facilities, then it seems to support a thriving social life and to integrate its members."

On balance, should your parents seriously consider buying a home in (continued on page 70)

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A degree in horological engineering is a requisite to understanding the subtleties that distinguish the finest watch from less costly look-alikes. Microscopic differences of a few millionths of an inch in the 120-odd parts of a watch can make or break its accuracy and life expectancy. It needs 17 jewels to avoid wear and friction. But the best jewels can cost 100 times more than the cheapest. The difference in price is the difference in perfection.

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The Longines watch factory was the first in the world dedicated to the fabrication of watches of ultimate quality with the help of tooling and machines. No precision manufacturing establishment is better equipped with all the marvels of electronically controlled machines or with measuring and testing devices of the highest order. But these alone cannot produce a watch of the quality of Longines. The missing ingredient would be the trained and experienced Longines watchmakers. In the Longines factory as many as three generations of trained watchmakers find employment side by side. As they advance in skills they are advanced to more demanding roles in the fabrication of Longines watches. Throughout the vast establishment there is a dedication to an ideal, the continu-

ing challenge that the Longines watches of today must surpass in quality the Longines watches of yesterday.

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The Longines watch did not, in its first years, emerge in full splendor like Minerva from the head of Jupiter. In 1867 Longines produced a few hundred watches. Not until 1879 did these pioneers in perfection feel they had approached their goal. In that year a Longines factory-made chronometer was the first of its kind to be classified First at Neuchâtel Observatory. In 1883, at the International Exposition at Antwerp, Longines won its first Grand Prize. From then on Longines has been in continuous public competitions. At 38 World's Fairs and International Expositions, Longines won highest honors. Through wars and peace, through prosperity and panics, unshaken by the fierceness of competition, Longines kept faith with a world-wide community which had come to expect only the best from a watch marked with the name Longines.

In Observatory Competition

Longines is the only watch ever classified *First* in accuracy competitions of the four government observatories—Washington, Kew Teddington, Geneva and Neuchâtel. In the last three years, to advance into the immediate past, Longines wrist watches won 193 observatory *First Prizes*—a greater number than any other manufacturer. In 1961 alone, Longines wrist watches won 43 *First Prizes*—a record unmatched in chronometric competitions.

In view of this record it is not surprising that Longines is recognized as "Official" by leading national and international sports and contest associations all the world over.

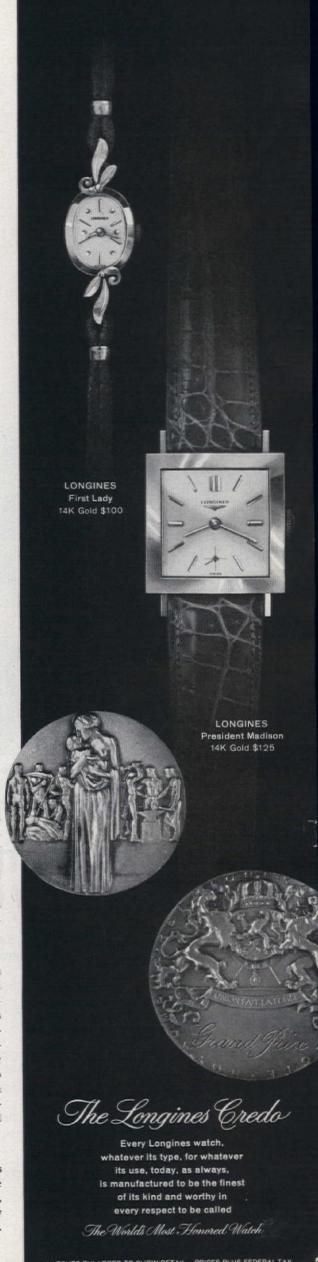
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Standard of Comparison

Thank you for having read this far. Perhaps apologies are in order for the length of this dissertation. But we wished to place on the record the facts about Longines, The World's Most Honored Watch, deservedly, and by virtue of achievement, the world's standard of comparison.

My . Just Garton CHAIRMAN





Kansas family reports on flameless electric home heating

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The Lowell Nibbelinks of Topeka, Kansas, explain why they consider electric heating one of the best investments they've ever made

"Now that we've lived in an electrically heated home for over three years," Lowell Nibbelink tells you, "I doubt that we could ever go back to any other system.

"To my way of thinking, the thing that makes electric heating such a bargain is that to all intents and purposes we're getting its extra comfort and cleanliness free of charge. Since we've moved in, I've kept pretty close track, and I'm convinced electric home heating is comparable in cost to any system we've ever had."

"You know," Martha Nibbelink adds, "since we've had electric heating, I spend so little time on routine housecleaning

that it's almost embarrassing. Except, of course, that it gives me more time for other activities.

"And there's something else about electric home heating that I think is wonderful: it's such an even heat. There are just never any drafts or cold spots anywhere in the house."

Candid opinions like these about the benefits of electric heating help to explain why over a million families all across America have already chosen this modern way to heat their homes. If you're planning to build, buy or modernize, think about flameless electric home heating. There are five basic systems to choose from and your local electric utility company will help you get all the information you need about the system that suits you best.

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PROPER INSULATION throughout the house, partially shown as Lowell Nibbelink begins work on a basement recreation room, is the key to the efficient operation of electric heating and air conditioning. The cost of insulating the Nibbelinks' home has already more than repaid itself in extra savings.

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Wall panel heaters have heating coils located behind a decorative grill. Small fans may be used with this thermostatically controlled unit.



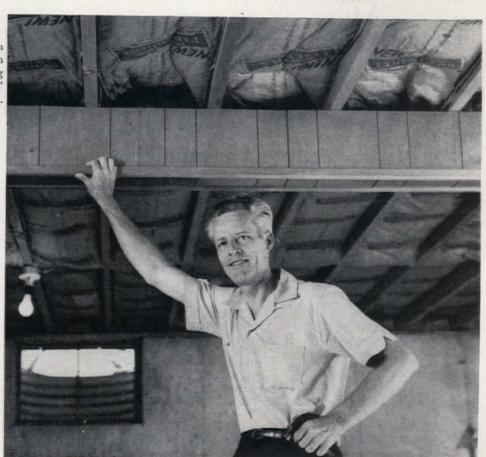
Heat pump heats home in winter, cools it in summer. It's automatically reversible and maintains any desired year-round temperature.



Electric furnaces provide compact central heating systems which can be combined with central air conditioning for year-round use.



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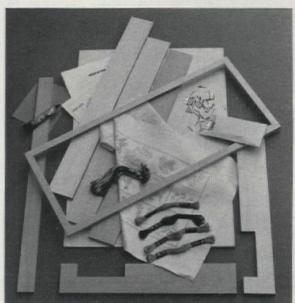
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Spice Rack (continued from page 18)

You can tell at a glance whether to use a pinch of thyme or a dash of rosemary. Colored dots by cow, pig, chicken, lamb, and fish are matched with their appropriate spices and herbs. Over-all size of rack is $23\frac{1}{4}x15\frac{3}{4}x3\frac{1}{2}$ ". Sand smooth, then put together with a few nails and glue (included in kit with instructions for assembling). Stain or paint the rack. Insert the herb chart you have embroidered in the preassembled frame. (Glass is not included.) Kit #PWK-43, price \$10.98.



Lift up the embroidered chart to store extra spice jars, tins, and condiment bottles such as catchup, vinegar, bitters, sauces, baking soda, and baking powders.



Kit includes wood parts cut to size, preassembled frame, stamped linen chart with embroidery floss, nails, glue, sandpaper, and a complete set of instructions.

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The Spice and Herb Rack has been designed especially for *The American Home.* Fill out coupon, enclosing personal check or money order (no stamps, please). Sorry we are unable to handle foreign orders.

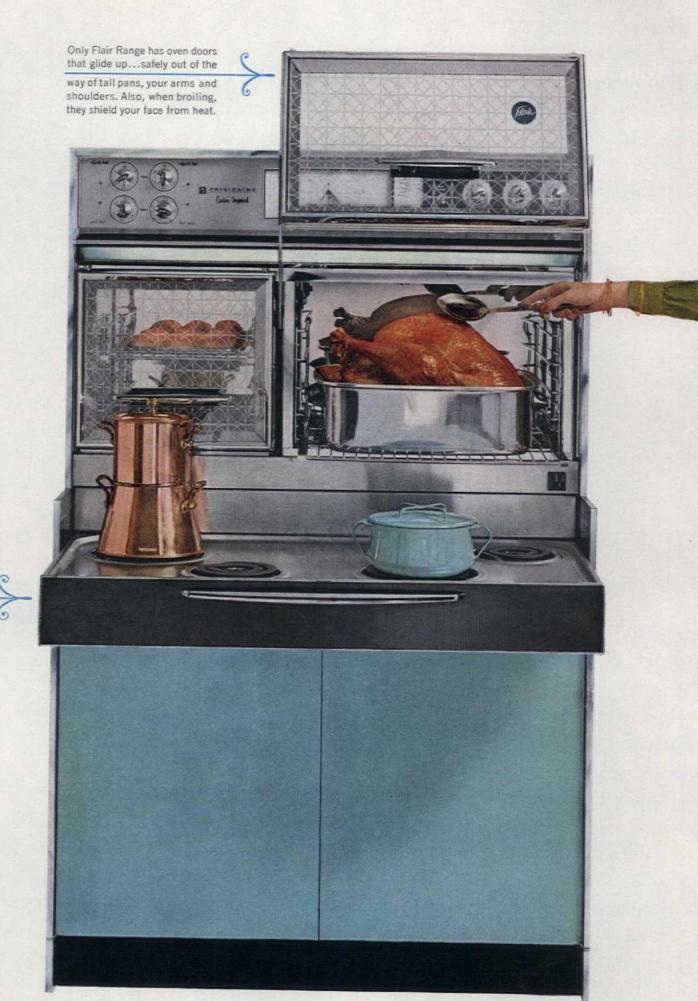
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Please send me____spice rack kit(s) at \$10.98 each. (New York City residents please add 3 % sales tax)

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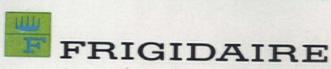
ew York.



Delicious any way you look at it ... FLAIR by Frigidaire

Flair gives your kitchen the most "delicious" built-in look without the expense or fuss of buildingin! It's an electric range you install quickly and easily. But that's not all. Flair cooks "deliciously," too! From timers to automatic controls to quick heating cooking units, pace-setting
Flair gives you all the latest convenience features. Flair by Frigidaire is available in double-oven
models and roomy but compact single-oven models. Prices are surprisingly low. Flair... exciting new member of the Frigidaire family of dependable appliances, products of General Motors.

Model #RCIB-645-2 (base cabinet optional)



Only Flair electric Range has cooking units like this, units

thatslide back under a convenient work surface, completely hidden when not in use. Your telephone almost never needs fixing and if it does, there's no extra charge. Is there anything else you use so often that gives you such trouble-free service?



BELL TELEPHONE SYSTEM



HOSTESS PARTY CUES

With the party season in full swing, now's the time to bone up on what every good hostess should know.

Start with your guest list. Are the folks you'll invite compatible? They don't all have to like the same things, but clashing personalities are no help to any gathering.

Decide what these particular guests like to do and plan your party accordingly. Some people are best at small gatherings—perhaps a special dinner where conversation is the highlight. Others enjoy a large group in which they can move about, meeting new acquaintances and joining in a variety of small talk.

Invitations should give the date, the time (for a cocktail party specify when it is to be over: 4:00-7:00), the type of party, your name and address, and, if written, R.S.V.P. If you are inviting people from out of town, enclose directions for finding your home. Send invitations early so the guests can arrange their schedules and obtain sitters.

Consider the style of serving that would be most suitable for the type of party you are giving—buffet for a large group or seated dinner for a few couples.

Whichever style you choose, use some of the table appointments or equipment now available that make serving and eating easy. At a buffet, so the guests can enjoy the food without fear of spilling it, you might have stack trays or tables, or even pretty trays on the buffet table which will make carrying and eating easier. Put appliances to work—hot trays, chafing dishes, warmers.

For a sit-down dinner where the food will be of a more elaborate nature, you'll be more relaxed if you can employ someone to help with the cooking and serving. Since you may prefer to do the cooking yourself, you might plan a complete oven meal or one in which only the main course is hot. The object is to keep you from missing some of the conversation or from continually jumping up from the table to run to the kitchen.

After the dinner is over clear the table as soon as possible. A tea cart is helpful for this. Pile everything on it and wheel it to the kitchen. If you don't have a dishwasher, stack the dishes as neatly as possible so the kitchen too will look orderly.

The types of beverages to serve may be determined by your guest list. For those who do not prefer the stronger spirits, provide soft drinks, punch, or fruit juice. And, whatever you do, never urge someone to have a drink if he prefers not to.

Provide a coaster for each glass. The type that fits onto the bottom of a glass is excellent if people are moving around.

Serve the drinks on a tray or have a bar set up where guests may help themselves. Be sure there is plenty of ice. If your refrigerator won't supply enough, you can buy it by the bag and keep a couple of ice buckets filled. If you don't want to spend the evening washing glasses, write the name of each guest on a small piece of tape and put it on the glass. This simplifies identification for a refill.

The personal needs of your guests deserve special attention. Keep your walks and entrance steps free of toys, milk bottles, and other items which might become hazards. Be sure the entrance has proper lighting.

Provide coat closet space. Clear out one, preferably near the entrance, and have plenty of hangers. For a big party you might care to rent a coat rack. This is much better than piling coats on a bed where they become wrinkled and crushed. If there is room, place a chair or bench near the closet so guests can sit in case they need to remove or put on overshoes.

Let each guest know where the bathroom or powder room is, and keep the light on. Women will want to freshen up after their arrival and during the evening. The thoughtful hostess will provide plenty of fingertip towels. You might even want to use some of the smart and attractive paper guest towels. Guest soap, combs, aspirin, and mints should be handy. Powder puffs and tissues are important too.

Small children are out of place at an adult party. For a dinner party set the time at 7:30 or 8:00. This will give you time to feed the children and get them ready for bed. The older ones might stay up to greet the guests and then go to their rooms after a few minutes to read or watch TV. Or they might like to spend the night with friends.

The later hour will also give the guests a chance to feed their children and be easier for them to get sitters.

If you're having an early party, 5:00 to 7:00, perhaps one of your friends who is coming to the party could have her sitter take care of your children too.

Pets don't make good guests. They should be put in a separate room or in the basement. Most guests wouldn't appreciate a dog or cat jumping on them or begging for food. Nor should a dog be left outside to bark at the guests as they arrive.

The party's over. Don't urge guests to stay once they start to leave. It should not be necessary for them to explain their reasons for leaving early. They'll appreciate your consideration. Clean-up time. Don't leave everything till the next morning. At least rinse out the glasses, empty the ashtrays, and if you have no dishwasher try to do the dishes or put them to soak. You'll wake up the next morning with pleasanter memories of the party if you don't have to face an untidy house.

M. R. BEASLEY



"How we retired in 15 years with \$300 a month"

"Jane and I are still landlubbers at heart, but we'll get used to this boating life. There are lots of things we're getting used to these days—such as sleeping late, waking up to sunshine every day and doing the things we enjoy most. Best of all, we're getting used to *not* worrying about money!

"Sounds like paradise? Well, almost. We've just retired, financially free and independent, with an income of \$300 a month guaranteed for the rest of our lives.

"I've got to give credit where it's due. If it hadn't been for Jane, we might still be shivering up north instead of relaxing here in Florida.

"It was back in '47, on my fortieth birthday. We had some friends over for a little celebration. There was lots of joking and fun about my hitting the forty mark. Chuck Russell presented me with a cane and remarked, 'Well, old man, you'll be needing this soon!'

"It was good for a laugh at the time, but a few nights later, as Jane and I sat reading, his remark ran through my mind, and this time it wasn't very funny. I began to imagine what it would be like to be old and helpless—dependent upon charity; I wondered what would happen to Jane if I died first; I worried about the day when I'd have to quit working and my income would stop.

"All of a sudden, Jane looked over and interrupted my brooding. Everyone gets to be forty, you know. It's not the end of the world.' I have to admit that Jane always could read my mind.

"It's not the forty that bothers me," I told her. It's the twenty or thirty years still ahead of us. Someday we're going to have to retire, whether we want to or not. And I guess it's high time we started doing something about it."

"She really surprised me. 'I already have!' She showed me an advertisement in Life magazine. It told about Phoenix Mutual Retirement Income Plans. I noticed that the coupon was missing. 'I mailed it this morning!' she announced proudly. Reading my mind again!

"A few days later a booklet arrived in the mail. It described Phoenix Mutual Retirement Income Plans—a means of saving and investing for the future, plus immediate life insurance protection for Jane if anything happened to me. It sounded like just what we needed, so I applied for a plan of my own.

"From that day forward, we never worried about growing old. Fifteen years go by pretty fast. But we haven't minded. In fact, life really begins at fifty-five!"

Send for free booklet

This story is typical. You, too, can plan to have an income of from \$50 to \$300 a month or more—beginning at age 55, 60, 65 or older. Send the coupon and you will receive by mail, and without charge, a booklet which tells about Phoenix Mutual Plans. Similar plans are available for women and for Employee Pension Programs. Don't delay. Send for your free copy today.

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OVER 100 YEARS OF LIFE INSURANCE PROTECTION FOR FAMILIES AND BUSINESS Phoenix Mutual Life Insurance Co. 443 Elm Street, Hartford 15, Conn.

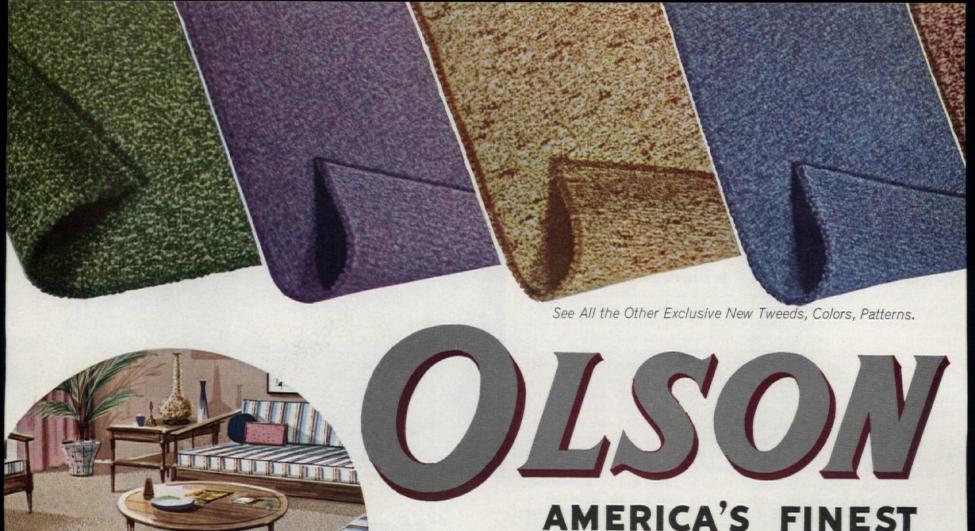
Please mail me, without obligation, your free 16page booklet showing new retirement income plans.

Plan for Men	Plan for Wome	n 🗀

Date of Birth_

Business Address____ Home Address____

THE AMERICAN HOME, WINTER, 1963



YOUR CHOICE of 33 Colors, Tweeds, Patterns

Any size rug in a week, up to 18 feet wide, seamless, any length. Only Olson has looms in 15 widths, (instead of just 3 sizes: 9, 12 or 15 ft.). We eliminate wasted yardage others charge for.

Rich Tweeds Embossed Effects Florals Solid Colors Early American Ovals Tone on Tone Oriental Designs Rounds

> See Them All in Actual Colors Mail Card For Free Olson Catalog





← Char-Brown—a rich, new Tweed

Fascinating new Embossed Effects. ➤

Choice of Gold, Beige, Sandalwood or Green





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SAVE UP TO 1/2 FACTORY-TO-YOU /

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Like Millions of Olson Customers, you, too, can beautify your home inexpensively with luxurious, thicker, longer-wearing, two-sided Olson Broadloom Rugs or Wall-to-Wall Carpeting—Direct from the Factory.

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... Choice New Wool, Nylon and Acetate ... and woven into the loveliest, new, deeptextured, permanently moth-proofed, Reversible Broadloom Rugs, Carpets you have

ever seen for so little money.

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Dinah Shore Says..

"I have known about Olson Reversible Rugs, Carpets for years. Now they are lovelier than ever. I have them in my home.

"If you are planning new rugs, by all means write for the beautiful, new, moneysaving Olson Book and my Decorating Helps. It is free."



TV Star-Popular Hostess.



Only \$5 down carpets 2 or 3 rooms —up to 24 months to pay.

We have Factory trained representatives in most cities who can come to your home with samples if you wish. We will send you his phone number with the catalog.





They'll Think You Paid Twice as Much

No other rugs offer so much for so little money. The thick, deep pile on both sides means double the underfoot luxury, double the wear. No wonder customers say "Olson Rugs wear like iron."

Because our special looms weave both sides at the same time, you do not pay one penny extra for the reverse side. It's like getting 2 rugs for the price of 1.

You Risk Nothing By a Trial—you are fully protected by the famous 89 year old Olson Guarantee, and the guarantee of leading magazines. You must be satisfied or we will cheerfully refund every penny.

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No grease on the glove! No greasy taste in the French fries! So digestible! These unretouched photographs show how potatoes fried right in new Crisco have so little grease after normal draining, you can actually pick them up with a spotless white glove—and see no grease.

Highly unsaturated new Crisco has an exclusive vegetable formula with added, special protection against greasy taste. No other shortening has Crisco's exclusive formula! Everything you fry and bake right in Crisco is extra delicious . . . with Crisco's famous digestibility.

And how reassuring to know that new Crisco is highly unsaturated . . . with double the preferred unsaturates many scientists believe are better for you.

Crisco is America's finest vegetable shortening—contains no animal fats. Try new Crisco for digestible fried foods with no greasy taste.



- EXCLUSIVE VEGETABLE FORMULA
 HIGHLY HINSATHRATER
- HIGHLY UNSATURATED
- SO DIGESTIBLE



WHO IS BLOCKING BUILDING CODE

REFORMS?

The editors of The American Home have long fought for betterquality construction and lower-cost homes. But it has become increasingly clear in recent years that we are being blocked from these twin goals by a maddening combination of outmoded building, plumbing, and wiring codes and arbitrary and restrictive building practices. In many instances reforms are blocked by pressure from unions and special-interest groups, and by a lack of knowledge on the part of building officials.

This not only wastes your money, but prevents the widespread introduction of efficient, top-quality products and laborsaving building methods for houses. As a result, in many parts of the country you pay dearly when you remodel or repair your house—as well as when you buy a new home. You also pay dearly (in inflated taxes) for the construction of schools, hospitals, and other public buildings.

To throw light on the problems and ways you can help solve them, The American Home presents here the first in a series of special articles on our housing dilemma.

You should know, first, that a building code is designed to make your house safe, and protect your family's health. There isn't any doubt that you need some code—even an outdated one. Areas without any codes are open to shoddy practices and the use of inferior materials.

Although much progress has been made in recent years toward modernizing codes, many areas of the country are still saddled with codes that have not been kept up to date. Take the Pittsburgh area, for example. A house that can be built for \$18,000 in Mount Lebanon, one of the city's enlightened suburbs, costs \$19,500 in Pittsburgh proper. This, according to a local builder, is because the Mount Lebanon code allows the use of modern materials and methods, while the Pittsburgh code does not. A case like this is one reason that a recent conference of building-industry leaders reported that where antiquated codes prevail, they take a toll in waste that ". . . is incalculable in terms of money, time, and efficiency." Here are a few examples of wasteful codes.

If you live in Los Angeles, California; Louisville, Kentucky; Lawton, Oklahoma; Minneapolis and St. Paul, Minnesota; and innumerable other places, you pay \$100 to over \$200 extra for your house wiring. The electrical part of your building code restricts the use of less-expensive, easy-to-install nonmetallic sheathed cable, which is perfectly acceptable in hundreds of other towns.

You pay from \$50 to over \$100 extra in excessive plumbing costs in New York City, Pittsburgh, Chicago, and many other places because of arbitrary restrictions on the use of labor-saving copper piping.

The country abounds with a wide variety of other antiquated code requirements. Though prefabricated fireplace forms can save you from \$180 to \$300, compared with laborious, hand-made fireplaces, they are banned in such towns as Springfield, Massachusetts; Green Bay and La Crosse, Wisconsin.

Also outlawed in many parts of the country are such modern and efficient new products as prefabricated metal chimneys, which can save you at least \$50 a house, and strong roof trusses. The latter, one of the brightest building advances of recent years, can cut costs from \$100 to over \$200 a house.

In all, experts have cited literally scores of restrictions and/or requirements often encountered throughout the country. Each individual restriction can cost from \$5 to as much as \$500. Not all, of course, are encountered in every area. It also means that you will pay an average of 10 to 20 per cent more if you remodel or repair your present house.

WHY SUCH WASTE?

One answer is the existence of old *specification* codes, written years ago before the introduction of many new products and methods. They specify exactly which materials and methods you may use in a house, such as 13-inch masonry foundation walls instead of 10-inch, or a 4-inch iron pipe instead of 3-inch. If there's a better product on the market you won't be able to use it—even if it has passed rigid tests and been accepted by countless other communities.

Experts agree, almost to a man, that every specification code should be scrapped entirely in favor of much more efficient *performance* codes. A performance code simply spells out the desired goal to be achieved—for example, a floor that will hold a load of 40 pounds per square foot.

Moreover, a performance code is much easier to keep up to date with technical breakthroughs in building. It is also easy to administer, which can mean great savings in your building department budget.

A specification code is almost impossible to keep up to date. And modifying it to include new products and methods is complicated and expensive. (Continued on Page 76)



THE NEW ORDER OF THE BATH: PRETTY, PRACTICAL AND FULL OF COLOR



An extraordinary remodeling in small space gives a luxurious combination of sunken tub and outdoor view. (The tub is actually a stock model, specially installed.) Where a small window gave little light, the wall was pushed out and replaced with a glass wall topped with louvers for ventilation. Garden, with picturesque plantings, is enclosed with grapestake fencing. Original shower remains at left with new, wider, translucent doors. The marble used around tub also covers storage and lavatory at left. Because lighting is important, there are ceiling fixtures in addition to general illumination. In the home of G. D. Humerick, Los Angeles.

custom designed for a new house, this 20th-century idea of a Roman bath is the newest concept in bathrooms, combining airy privacy, a step-down sunken tub, twin washbowls, good storage, and luxurious materials. The expanse of durable terrazzo and marble counter tops, large mirror, and sliding doors is softened with red and white wallpaper, geranium cotton carpeting and towels. The size of this bathroom, in the home of the I ving Ogners, Beverly Hills, is visually doubled by ceiling lighting, mirrored wall, and light-colored backgrounds, and large window.



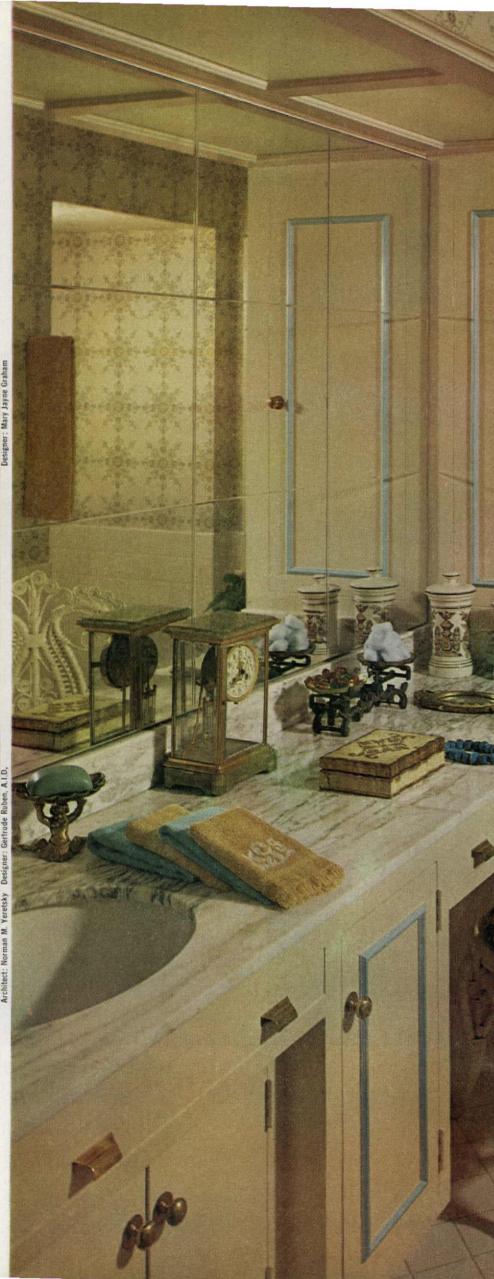
Not since the heydays of the ancient Romans and the gay days of the Victorians has the bath been so important. It's the darling of the decorators, a room in its own right to furnish and accessorize beautifully. Here's how! Whether your bathroom is big or small, new or old, comb these pages for bright decorating ideas.

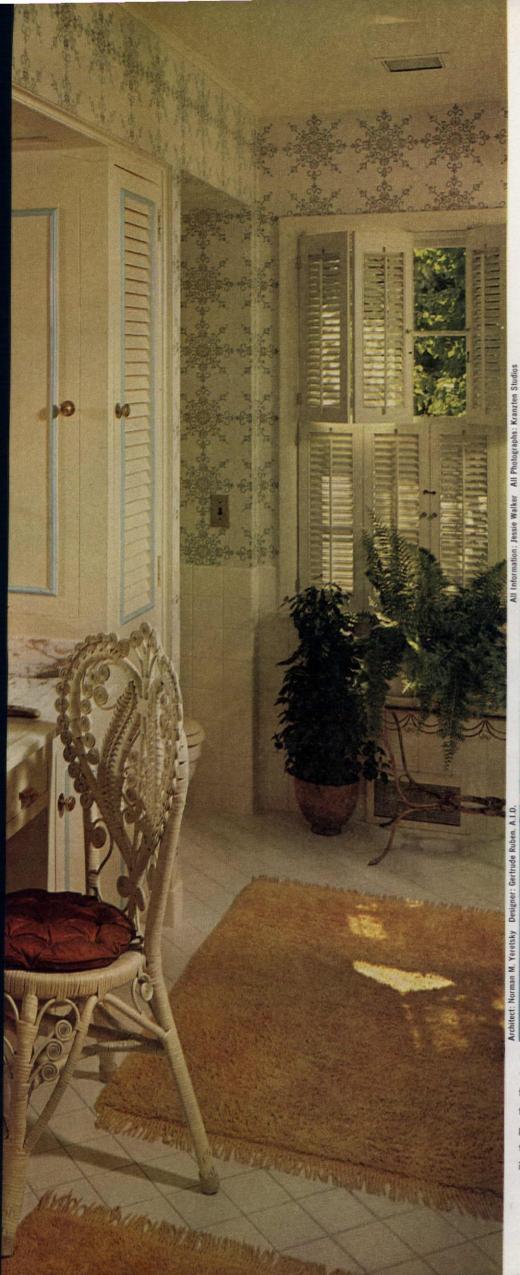
If your bathroom is larger than average or long and narrow, make the most of its size and shape with marvelous, well-planned storage and lavish big-drama decorating.



o morning squabbles in this decentralized bath designed for two lucky girls in the Kenneth Cowans' home. A door closes off tub and shower room. Wash-up area has twin storage and basins. Large curtained window is background for mirrors, adjustable on metal channels.

Cleaming mirror and overhead lighting show off a marble-topped built-in with prettily appointed dressing table in this generous bathroom. Louvered shutters instead of draperies at the window mean easy maintenance. Colors are coordinated with blue, white and gold bedroom.







Shimmering mirrored wall emphasizes the spaciousness of this long, narrow white and blue bathroom. Designed as a bath-dressing room for Mr. and Mrs. Kenneth Cowan of Glencoe, Illinois, one wall is devoted to luxurious marble-topped built-ins and inset blue tub. The feminine primping counter, with storage beneath, has its masculine counterpart at the other end of tub. Opposite wall has a wonderful line-up of storage—including full-length closet, linen shelves, and drawers for accessories.

If you think your bathroom is too small or too cut up to decorate, look at these. There's a world of decorating possibilities for even the smallest space.

Tucked into a cozy dormer, this tiny second bathroom has its own bright personality. The walls and ceiling are covered with spritely red chicken-wire pattern wallpaper to minimize the architectural eccentricities. Real chicken wire on the long paneled window-doors is a charming and inexpensive follow-through. Fresh white batiste curtains shirred on rods let in the sun while camouflaging the dormer beyond. Because accessories become twice as important in a small space, these are carefully chosen. Note the crystal and brass towel bars, the handsome wall mirror and miniature stand with bamboo motif. See through the mirror the clever arrangement with picture on the ceiling.

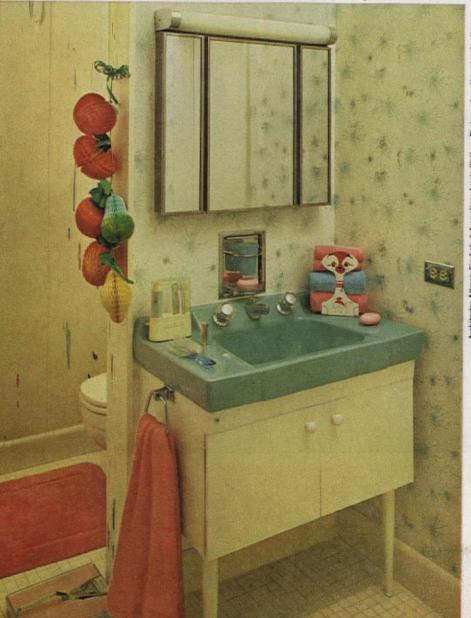
hy not turn a postage-stamp bath into a little gem? Many smart decorating effects that might be out of place in a big, luxurious bath are perfect in a small space, and decorating is so quick and easy, you can redo often. Here a small-scale room is lavished with handsome documentary wall-paper on all walls. Gleaming carriage lamps flank a heavy mahogany-framed mirror for a dramatic lighting effect. Warm pine-paneled, built-in unit houses sink and storage cupboards. There are swinging louvered doors on stall shower to match those of cabinet.







Designer: Richard Himmel, A.I.D



Stylish dignity is given a tiny bathroom in the home of Mr. and Mrs. Lee Marks of Skokie, Illinois, by paneling the walls and storage with walnut plywood. Plywood requires no maintenance, comes in many finishes and is excellent for new or remodeled bathrooms. Acoustical tile ceiling is used here in all but shower stall. Owner-decorator Shirley Marks, N.S.I.D., has used large oval mirror and coach lamps for golden accents.



Quaintly Victorian, this sparkling bathroom is called "favorite room in the house" by the owner. Ornate mirror came from an old chiffonier, was painted black to match shutters. Flashes of red stand out against whiteness of dimensional plastic brick wall covering and luxurious cabinet.

ustom-looking cabinet and lavatory are ready-made solution to small space. Wall covering is vinyl coated, contrasts prettily with painted pecky cypress-board walls. Combination medicine cabinet and hinged mirrors is easy to install. Colorful and whimsical are the accessories.

If you can believe that the four bathrooms below started out with all white fixtures and walls, you will realize the decorating power of colorful paint, paper, and lots of bright towels.

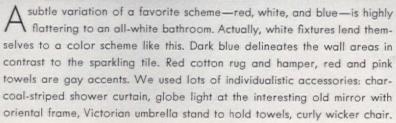


elly green, bright as a meadow, is used with courage in every available paintable area in this little bathroom. Nothing looks fresher and newer against white. Simple lavatory is recessed into an alcove flanked by shallow built-in bottle storage with pull-down hamper below on one side, deeper closets behind the double doors on the other. Shower curtain has white trim added for a custom look. The luxurious rug is machine washable, of course. Tawny tones of orange, yellow, and russet bathroom linens are accents.



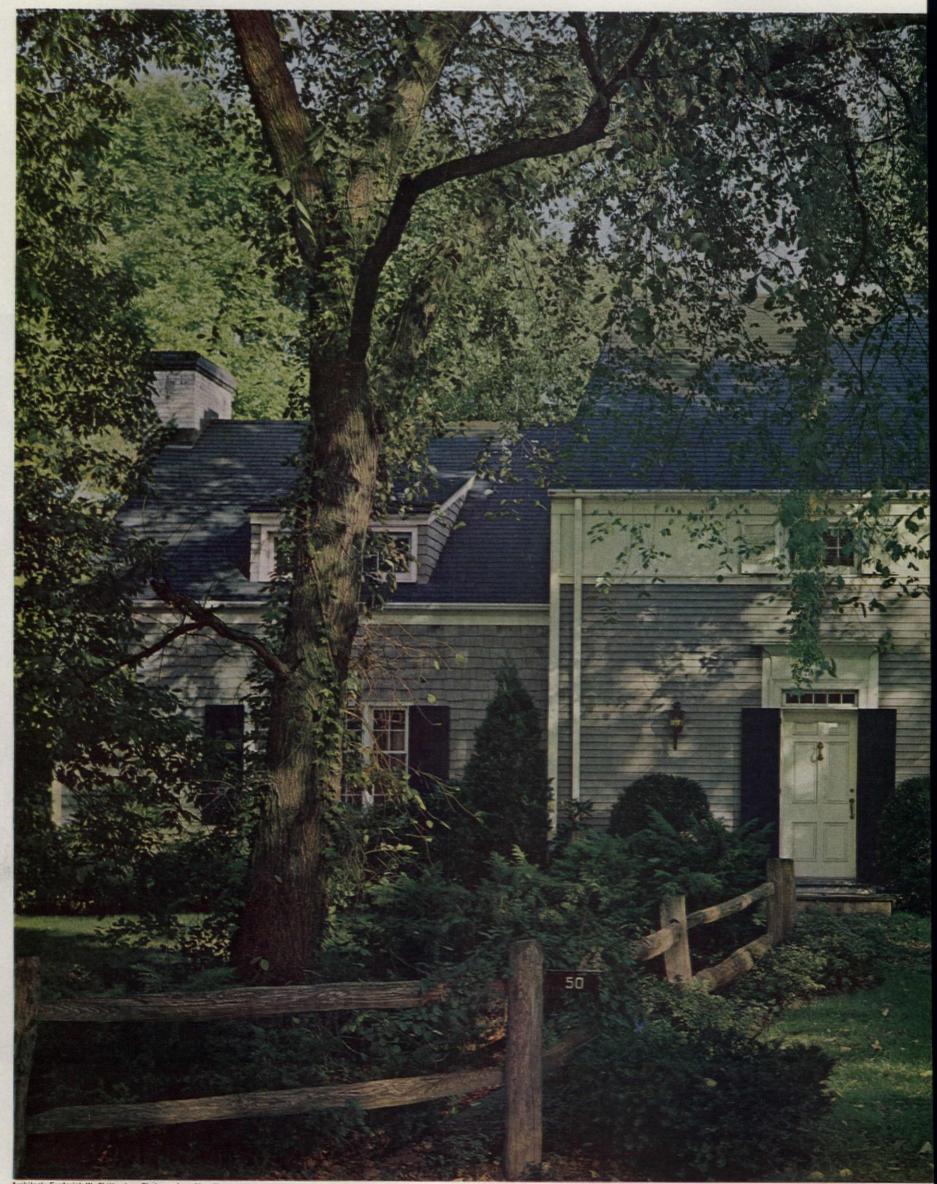
Brilliant light and deep blues are used unsparingly with accents of emerald green towels in a once all-white bathroom. Simple ladder towel rack holds the towels for the whole family. An extra shower curtain has been shirred on rods inside storage door frames at right. Striped wallpaper border over small pattern circles the room. You can have any paper made stain-resistant for a slight extra charge. Glossy painted walls in a bathroom should first have a flat primer coat to make the wallpaper adhere properly.







Sunny yellow is a happy color cure for the plainest of bathrooms and is enhanced here with orange and red orange. Open and airy, the gay-asgingham wallpaper has a companion fabric stitched as a simple border trim on ready-made shower curtains. Stock louvered doors with dark walnut stain ventilate storage areas. Decorative and colorful are the towels piled on high-up shelf, which, incidentally, serves to support hanging lights in the right position over washbowl. Wire mirror and shelves are a light touch.



Architect: Frederick W. Chitty, Jr. Photographer: Lisanti

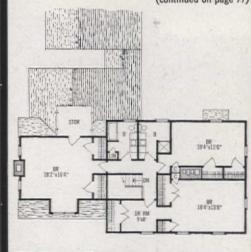


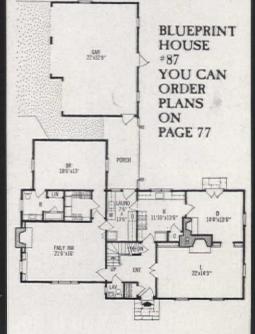
A LOVELY COLONIAL COPY WITH PLANS YOU CAN BUY

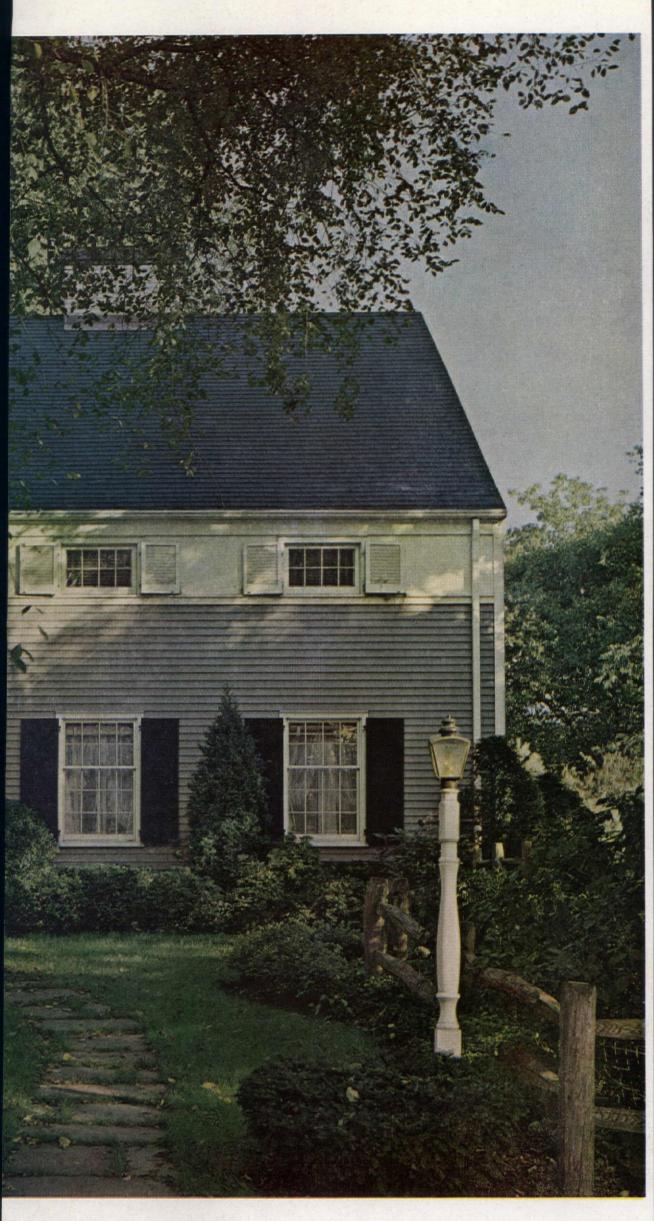
If you've always wanted a home that looks as though it were taken from the pages of American history, this is your chance. A closer copy of the typical Connecticut farmhouse, circa 1750, would be hard to find. Yet, you would find it completely acceptable for today's suburban scene. Enthusiasm for traditional architecture seems to be running higher than ever. Certainly owner Dan Higgins, Jr., of Eggers & Higgins, architects, and his wife love it. When they built they wanted nothing more than a good replica of a colonial home.

What is it about this house that makes it such a good colonial copy? Attention to details. The cellar-size windows on the second floor were built into old farmhouses to accommodate a snow-shedding, steeply pitched roof. Window lights are over the front door instead of in the door. This was because colonial doors were hewn from solid oak, a wood not readily worked with hand tools. (The Higginses used low-grade glass to resemble hand-blown panes.)

The floor plans below show that the house has, of course, been updated for the needs of modern living. Two bathrooms upstairs and one down provide the ultimate in convenience, and the pantry-laundry off the kitchen is a room most new homes mistakenly omit. Don't be concerned if you (continued on page 77)









'CASCADE'
NEW CLASS OF SPECTACULAR FLOWERS



Early blooming, low-growing plants with extra-large flowers in three colors.

ZINNIA 'FIRECRACKER'



Quill petaled, giant-flowered variety; grows 24 to 30 inches tall.

THEODORE A WESTON AND GRETCHEN HARSHBARGER

NEW FLOWERS TO CHIRP

The winds may be howling but spring's in the air **ABUUT** when you start planning the beautiful garden you'll have this year. And what an exciting array of spanking new flowers and plants are available—all yours for the ordering. Seedsmen and nurserymen all over the country have many new items they'll have ready and waiting for you to look over in their display racks, show grounds, and catalogues. Here we're previewing for you the most outstanding of this year's introductions. You'll find new sizes, new shapes, new colors! Some of them, such as the



All-America winners, will be available from almost every garden supply source. Others will be exclusive with individual firms that sell nation-wide. The flowers pictured above are all annuals that are started from seed each spring. You can grow them yourself or buy started plants later on. Seed of most kinds can be sown directly in the soil outdoors where the plants will bloom. Petunias and impatiens, however, should be started early indoors in order to produce flowers by midsummer. You'll find specific information on the (continued on page 88)

WE MUST STOP CONTAING

OUR WATER

MILTON J. E. SENN, M.D. with EVAN McLEOD WYLIE

The American Association for the Advancement of Science, an organization of two million scientists, has recently urged its members to abandon traditional reluctance to become involved in public issues and voice their opinions on subjects of great national importance.

In this challenging article for The American Home, Dr. Milton J. E. Senn, Director of the world-famous Child Study Center at Yale University and one of the nation's most distinguished children's doctors, warns that one of the most vital questions that can be put before the American public is how great is the peril from the polluted waters to which we are being exposed and by what steps can this peril be reduced.

Very recently I returned to the United States from a global journey that had taken me to 14 countries to study the progress that is being made in improving and safeguarding the health of millions of the world's children. In Europe, in Asia, and in islands of the Pacific Ocean, I had seen striking evidence of the elimination of ancient diseases and the improvement of sanitary conditions. Again and again, I had been reminded of how water must always be of immense concern to physicians because it is potentially one of the chief avenues for the transmission of disease. Yet awaiting me on my desk when I returned to New Haven, Connecticut, were disturbing reports of the growing health hazards that confront children in America because of contaminated water.

In Long Island, New York, the underground water table beneath some of the suburban communities, over which my plane had circled as it returned from overseas, was reported to be so polluted by the mingling of sewage wastes that water drawn from kitchen taps is apt to foam thickly with detergent suds from septic tanks and cesspools. In some instances, families living in homes with TV, two-car garages, and all sorts of other modern conveniences have been reduced to boiling their drinking water and drinking from camping jugs.

Striking closer to home was a report in a medical journal concerning a nearby Connecticut community which is notable for its beautiful old colonial homes and high standard of living. Children in the primary grade school had abruptly been stricken with nausea, fever, vomiting, headaches, and abdominal pains. More than 20 cases had occurred and been diagnosed as infectious hepatitis, a virus disease that attacks the liver.

By astute detective work, a team of federal and state disease investigators had been able to pinpoint the source of the hepatitis outbreak to drinking fountains in a corridor near the third-grade classroom in the primary school. These drinking fountains were served by two deep wells separated at what was considered to be a safe distance (100 feet) from the underground septic tanks which served as the school's sewage disposal system.

The tracing of the Connecticut school infectious hepatitis epidemic to sewage-polluted well water reinforced the growing suspicion of United States public health authorities that much of this disease in the country may be moving by contaminated water.

Not long ago an outbreak occurred in a block of adjacent homes in a rural village in Kentucky. The local doctor, suspecting polluted water,

summoned public health experts who found the disease was almost certainly spread by the transmission of the hepatitis virus from the septic tank in the back yard of one home to a series of neighboring drinking water wells. When colored marker dye was poured into the plumbing drains of the suspected house, it appeared in water from seven neighboring wells within a very short time—in one instance within 30 hours—even though these wells were from 80–200 feet deep.

The same situation, a doctor who reported the epidemic noted, might have occurred in many of the huge suburban areas surrounding our large cities where septic tanks and drinking wells are closely intermingled. But would a suburban doctor, he asked, be as quick to suspect water contamination as the common cause of the epidemic?

The disturbing discoveries about the outbreaks of infectious hepatitis and the distasteful detergent suds problems plaguing many communities should drive home to all of us—physicians, home owners, and municipal authorities—that perils to family health from polluted water are steadily increasing. We can no longer afford to enjoy the popular illusion that because we live in America our drinking water is safe. In fact, clean water has become one of the nation's major health problems.

What do we know about polluted water in America in 1962? We know that 100 million Americans get their drinking water from rivers and streams into which 120 million dump their wastes—treated and untreated.

We know that some cities which depend upon rivers for water supplies have such inadequate purification systems that bacterial counts are commonly high in the water mains. In other cities the water is safe but extremely distasteful because of the high chlorination it must undergo to ward off pollution.

We know that aside from the pollution of rivers and streams, there is the contamination of underground water by the billions of gallons of wastes and chemicals poured into the soil by sewage systems, industry, and agriculture. This pollution of underground water is far more serious than that of surface water. Underground water moves slowly. It may take months or even years before evidence of the pollution makes its appearance and it may take many more years for natural forces within the earth to purify it.

Thus, while everyone assumes that scientific barriers protect us from the great water-borne diseases that ravaged nations in the past, more of the earth's water may be contaminated today than at any time in history.

What progress are we making toward protecting ourselves and our children from the known and unknown harmful effects of polluted water? As important as recognizing that a dangerous water problem exists must be understanding that we can do something about it now.

The most immediate concrete action that can be taken is the rigid control and eventual elimination of private septic tanks in the densely populated areas surrounding our cities. In the great postwar rush to these new suburbs, tens of thousands of new homes have been built beyond sewer lines and water mains. Septic tanks have been permitted on small lots in suburban developments involving thousands of homes. It is estimated that 23 million Americans now rely on private septic tanks for sewage disposal and

more than one-third of the new homes now being constructed in the United States also will have private septic tanks, despite the growing concern of the public health authorities.

Any sanitation engineer will tell you there is nothing wrong with a septic tank so long as it is in the right place. In a rural setting, in the right kind of soil and water table, with plenty of underground space between it and drinking wells and running streams, it is a safe and effective means of disposing of domestic sewage. But as one Florida sanitary engineer has put it, "The septic tank is a country cousin that came to town and promptly got into trouble."

Widespread use of the tanks in the new suburban regions during the 1950s has revealed they cannot be relied upon to deal effectively with the enormous amount of water wastes poured into them by washing machines, dishwashers, kitchen garbage disposal units, and multiple bathrooms. Nor can they be counted upon to contain and dissolve the new synthetic detergents.

Mcreover, studies have shown that more than one-half of the soil in the United States actually is unsuitable for handling septic tank wastes from a large number of homes. The minimum requirement for a three-bedroom modern house is approximately 1000 square feet of design areas in what sanitary engineers call a "60-minute-soil." Few existing recommendations of local health departments live up to that standard.

When septic tanks are overburdened, overflows of their liquid wastes are apt to appear on the ground above them. Not only do these overflows create offensive odors but they also are a health menace. They may harbor the germs of dysentery, hepatitis, typhoid, and polio. They are also breeding grounds for mosquitoes and other disease-carrying insects. They are, therefore, particularly a threat to children playing on lawns and in back yards.

In various parts of the country, failure of the tanks has created serious pollution problems. Sewage liquids have backed up into home owners' bathtubs, toilets, and kitchen sinks and flooded whole neighborhoods. In one suburban community outside St. Louis, Missouri, yards and lawns became so flooded with septic tank wastes that families could hardly get their children to school.

Many expanding communities have permitted the installation of septic tanks in new developments on the assumption that adequate centralized sewer systems could be installed later. Instead, they have found themselves trapped by wishful thinking.

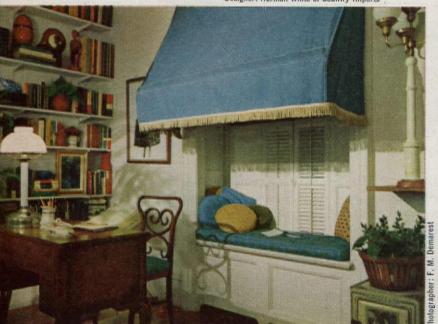
Even when tank failures occur, many home owners, fearing the effect on property values, are reluctant to admit that a problem exists, and refuse to support remedial action by the community. Resistance builds up to floating bond issues and raising taxes to pay for the installation of the sewer system and to the expense and inconvenience of ripping up streets and tearing up lawns, gardens, and shrubbery to install pipe lines. But as the health hazard inevitably increases, the eventual cost of installing the centralized sewer systems in established neighborhoods becomes several times what the cost would have been of placing pipes in the undeveloped land.

Mounting evidence of the dangerous inadequacy of septic tanks has appeared in the many suburban (continued on page 72)

ROOM WITHOUT AVIEW

So you haven't a living room that commands a sweep of the distant mountains, or a dining room so perched that the brook bubbles past your window. Till that day arrives proceed with cover-up decorating. If the vista is a whizzing blur of traffic or a bleak, blank wall, cover up with a magnificent window treatment and let your windows create the view. Dress up, shutter up, blind up. Lavish with luxurious fabrics, colorful glass, interesting panels used architecturally. Till you can see the dogwood blossoms from your window, keep these ideas in mind!

Indoor awning of fringed blue canvas creates a cozy reading nook in the New York apartment of Mr. and Mrs. Sol Tanne. The spanking white louvered shutters let in needed light or air, but screen view. Designer: Norman White of Country Imports



Luminous glass panels framed in rich walnut turn problem windows into a decorating asset in dining area of the Denman Hampsons' city apartment. In pleasing silhouette are cane and bentwood chairs.





In a dramatic living room, bold black filigree sliding panels trace an airy pattern against voluminous wall-to-wall draperies, to draw or not. Windows complement overscaled neo-classic print on sofa.

Woven wood blinds in white, brown, and blue are decorative and efficient. Here they go clear to the floor, their length emphasized by pleated cotton draperies held back by low-placed antique iron brackets mounted inside the window.









Designer: Arthur Burke, N.S.I.D. Information: Elizabeth Rehill Photographer: Lisanti

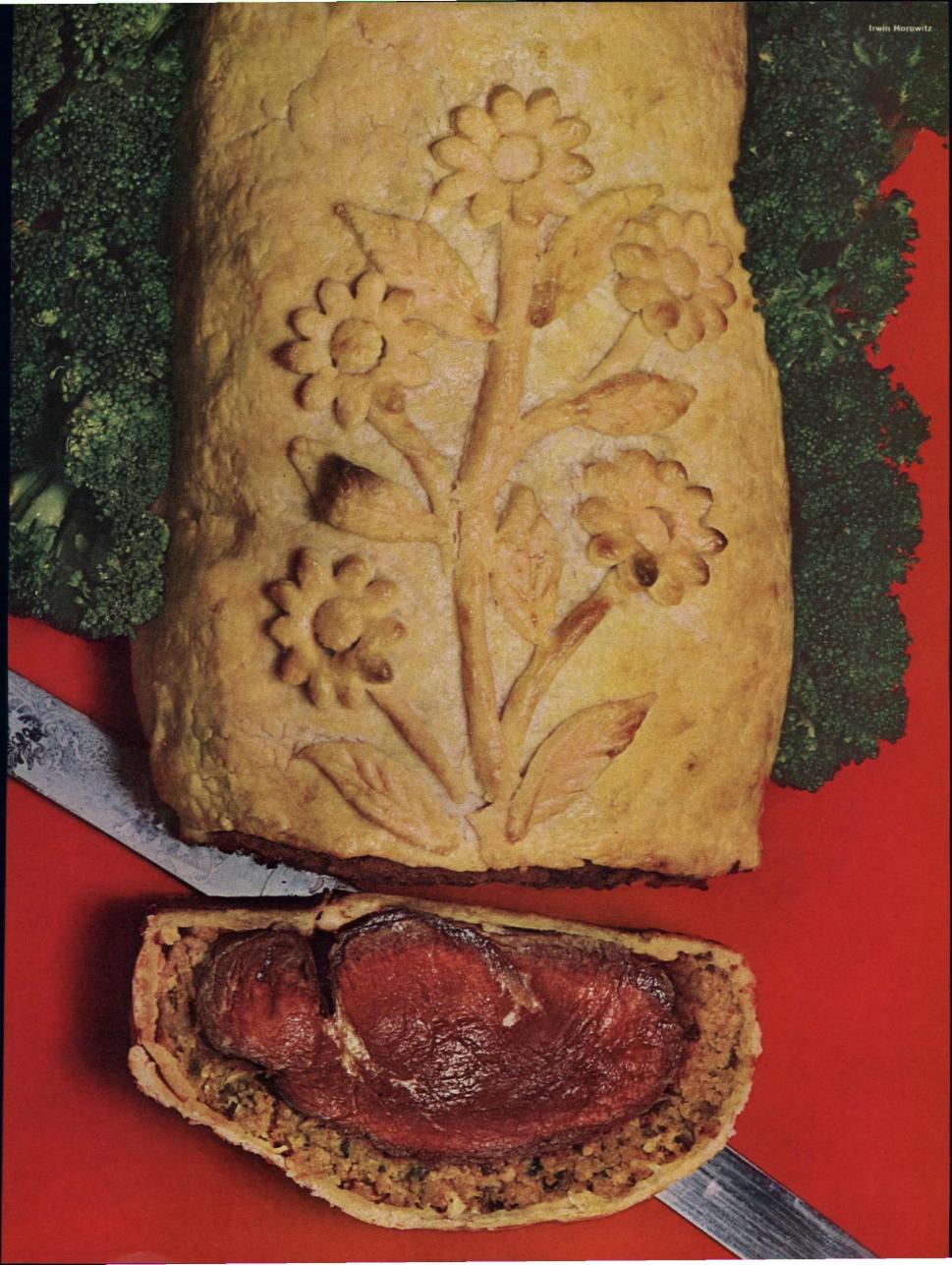


A room of many vistas is created in a long, narrow livingdining area typical of many postwar houses. In the Samuel Dermans' delightful home in Bridgeport, Connecticut, offcenter living room windows are covered with curtained arches alternating with arches in printed damask ticking. Panels slide on tracks for easy access to windows. Translucent linen is used on divider wall arches. Dining room picture window has architectural frame of braid-trimmed ticking.

Draperies hung with classic simplicity within a graceful, arched framework form a distinguished backdrop for the furnishings. Who would guess that Mr. and Mrs. Joseph Greenbaum's living room overlooks the entrance to New Jersey's Garden State Parkway? The architectural window wall blends with the ceiling beams so often found in large, new apartment dwellings. Deep bronze color scheme is sparked with claret red for a Mediterranean flavor.



MEALS TO IMPRESS. Is someone very, very special coming to dinner? Like the boss and his wife or visiting royalty or the Duke of Wellington himself? Then go all out. Let the budget take the hindmost and serve a dinner Escoffier himself would have been proud of. We suggest Filet Wellington. Order nothing but the tenderest tenderloin of beef. Roast to the pink of perfection, let cool, and cover with just a suggestion of a finely chopped ham and mushroom stuffing. Then lovingly encase in a flaky, fancifully decorated crust. It's really easier than you think and you'll score the biggest victory since Waterloo. Guaranteed to get your husband a raise too! You'll find more VIP dishes along with recipes on page 63... Crêpes Crevette, Roast Duckling Madeira, and Suprêmes au Vin Blanc.









Great idea: indoor barbecues Campbells

you make them with Campbells Tomato Soup



BARBECUED HAMBURGERS

2 lb. ground beef 1 tsp. salt Dash pepper 1 can Campbell's Tomato Soup 1/4 cup sweet pickle relish

1/4 cup chopped onion 1 tbsp. brown sugar 1 tbsp. vinegar 1 tbsp. Worcestershire

Mix beef, salt, and pepper; form into 8 patties. Brown in skillet (use shortening if needed); pour off fat. Combine remaining ingredients; pour over burgers. Simmer 20 min. or till done. Stir now and then. 8 servings.

BARBECUED CHICKEN

2 lb. chicken parts 2 tbsp. shortening 1 can Campbell's Tomato Soup 1/3 cup each chopped onion, celery 1 small clove garlic, minced

2 tbsp. brown sugar 2 tbsp. Worcestershire 2 tbsp. lemon juice 2 tsp. prepared mustard 2 to 4 drops Tabasco

In skillet, brown chicken parts in shortening; stir in remaining ingredients. Cover; simmer 45 min. or until chicken is tender, stirring now and then. For an extra-bright touch, garnish chicken with thin lemon slices. 4 to 6 servings.

BARBECUED FRANKFURTERS

1 lb. frankfurters 1/2 cup chopped onion 1/4 tsp. chili powder

2 tbsp. shortening 1 can Campbell's Tomato Soup

1/2 cup water

Slash frankfurters every inch. In skillet, brown frankfurters in shortening. Add chopped onion with chili powder; cook until onion is tender. Stir in soup and water; simmer a few min. Stir now and then. Just before serving add some pickle chips if you like. 4 to 6 servings.



Looks delicious. Tastes elegant. Yet easy on the budget-and the cook. A grand new combination of ground beef and those two versatile favorites from Ballard and Kraft.

Philadelphia Brand Cream Cheese

Does wonders for ground beef. It's the guaranteed fresh cream cheese from Kraft, in the new oval-design label.

Ballard Biscuits

OvenReady® or Buttermilk -surround this bubbling casserole with hearty goodness. Unmistakably home-baked. Utterly delicious!

Get both . . . in your grocer's dairy case

GROUND BEEF GRAND STYLE

- 1 can Ballard OvenReady Biscuits
 1½ pounds ground beef
 1 cup chopped onion
 1 package (8 oz.) Philadelphia Brand Cream Cheese
 1 can (10½ oz.) cream of mushroom or chicken soup
 1 can (10½ oz.) cream of mushroom or chicken soup
 14 cup milk
 1 teaspoon salt
 14 cup catsup
 15 cup sliced stuffed olives, if desired
 15 cup ground beef and onions drain

Brown ground beef and onions, drain.

Combine softened cream cheese, soup, milk. Add salt, cat-sup, olives, ground beef. Pour into 2-quart casserole. Bake at 375°, 10 minutes.

Place Biscuits around edge of casserole; if desired, top with olive slices. Bake at 375°, 15-20 minutes until golden brown. Makes 5-6 servings.

SUKIYAKI

3 medium onions, thinly sliced
1 c. sliced celery
1 c. bamboo shoots, thinly sliced
1/2 lb. sliced mushrooms
1 c. shredded spinach
4 green onions, sliced
1 lb. vermicelli, cooked and drained*

Preparation time: 25 min. Cooking time: 10 min.

. ITALIAN STUFFED RIGATONI

1½ lbs, sirloin steak, sliced paper thin and cut in pieces ¼ c. pure vegetable oil ½ c. bouillon ½ c. soy sauce 1 tbs. sugar 1 tbs. sherry

 Brown steak in hot oil in large skillet. Combine bouillon, soy sauce, sugar, and sherry.
 Add half to meat. Push meat to side of pan. Add onions and celery and cook over low heat for 3 minutes. Add remaining bouillon mixture, bamboo shoots, mushrooms, and spinach; cook 3 minutes. Add green onions; cook 1 minute. Place hot cooked vermicelli on one side of platter and sukiyaki on other side; or serve directly from skillet. Serve at once

*Or use folded fedelini.

Makes 6 servings

701 cal. per serving

Source of Vitamins A, B, C

TESTED IN THE AMERICAN HOME KITCHENS

BURMESE CHICKEN

MUSHROOM AND MEAT SAUCE

PARAGUAYAN PASTA WITH

To cook pasta properly, use a large pot and a large quantity of water-3 quarts for each half pound of pasta. Add a teaspoon of salt per quart of water and a teaspoon of olive oil to prevent sticking. Add pasta to vigorously boiling water; cook uncovered until tender but still firm. Drain at once.

> I large onion, finely chopped (1 c.) 2 cloves of garlic, minced 3 tablespoons peanut oil 1 fowl, 5 lbs. 1 can (4 oz.) coconut 1½ c. milk 1/2 tsp. saffron 3/4 tsp. ginger

Chopped cucumber, chopped peanuts, thinly sliced green onions, chili

1 lb. spinach or egg noodles,* cooked and drained

1/2 tsp. dried red pepper flakes 5 tbs. flour

Preparation time: 30 min. Cooking time: 25 min.

chicken bones and skin to broth; simmer until stock is reduced. Reserve 4 cups of broth. Place coconut and milk in saucepan; bring to boiling; remove from heat; let stand 30 minutes. Strain through cheesecloth; squeeze until all milk is extracted. (You should have about 1½ cups of coconut milk.) Sauté onion and garlic in peanut oil; add saffron ginger, red pepper flakes, and flour; mix well. Stir in reserved chicken broth gradually. mix thoroughly; add cubed chicken; simmer 5 minutes. Add salt and coconut milk; hear but do not boil. Spoon over cooked noodles. Serve with listed condiments. Remove meat from bones; cube. use whole wheat spagnetti or mostaccioli. until tender. in salted water Simmer fowl

Makes 6 servings

885 cal. per serving

Source of Vitamins A, B, C
TESTED IN THE AMERICAN HOME KITCHENS

WITH ARTICHOKES

½ tsp. salt
¼ tsp. pepper
½ lb. lobster meat, cubed
1 c. chicken broth
2 tsp. cornstarch
1 tbs. cold water

1/2 Ib. medium broad noodles
Pure vegetable oil
1/2 c. cut green beans, cooked and drained
1/2 Ib. mushrooms, sliced
1/2 c. thinly sliced bamboo shoots
1/3 c. thinly sliced onion

Preparation time: 25 min. Cooking time: 25 min.

LOBSTER AND VEGETABLES CHINESE NOODLES WITH

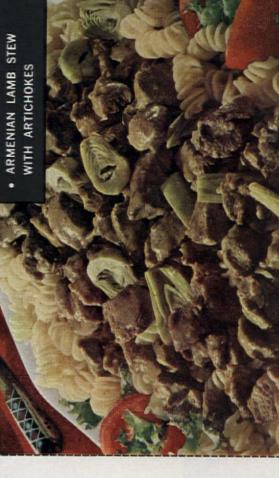
 Boil noodles in salted boiling water 10 minutes; drain; rinse in cold water; drain well.
 Heat 1 inch of oil in 8-inch skillet. When oil is hot, add noodles and press noodles firmly to bottom and sides of skillet, making a nest. Cook until noodles are crisp but not brown. Remove and drain on paper towels. Place on platter. Drain all but 2 tablespoons of oil in skillet. Add beans, mushrooms, bamboo shoots, and onions; sauté 3 minutes. Season with salt and pepper. Add lobster and chicken broth; stir and cook 2 minutes longer. Combine cornstarch and water and add to lobster mixture, cooking until sauce is clear and thickened. Pour lobster and vegetables into noodle nest.

Makes 6 servings

260 cal. per serving

Source of Vitamins A, B, C

TESTED IN THE AMERICAN HOME KITCHENS



AMERICAN HOME RECIPES

Use Your Noodles

(pictured in color on pages 52 and 53)

AMERICAN HOME RECIPES

Use Your Noodles

(pictured in color on pages 52 and 53)

Pretty up a two-crusted pie with a sugar glaze. Brush the top of the pie with slightly beaten egg white, then sprinkle with a tablespoon of sugar. Bake pie as the recipe directs.

Preparation time: 25 min. Cooking time: 1 hr. 20 min.

ARMENIAN LAMB STEW

WITH ARTICHOKES

LOBSTER AND VEGETABLES

CHINESE NOODLES WITH

1 pkg. (10 oz.) frozen artichoke hearts % lb. rotelli (spirals)*, cooked and drained

1 tbs. flour 2 tbs. lemon juice

Brown lamb in oil; add onions; sauté 3 minutes. Add salt, anise seeds, and water to cover. Cover; simmer about 1 hour and 20 minutes, or until meat is tender. Add arti-2 lbs. boned lamb shoulder, cubed 2 tbs. pure vegetable oil 1 large onion, finely chopped (1 c.) 1 tsp. salt 1 tsp. anise seeds

chokes; simmer 5 to 8 minutes, or until artichokes are done. Place hot cooked rotelli on platter. Spoon meat and artichokes over. Thicken broth with flour; add lemon juice; pour gravy over meat. Garnish with tomato wedges and chicory, if desired. *Or use noodles, faralle, gemmele, triangles, or cappelletti.

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TESTED IN THE AMERICAN HOME KITCHENS

Makes 6 servings

625 cal. per serving

BURMESE CHICKEN .

> Fry bacon until crisp; drain on paper towel; crumble. Add onions, ham, and sausage to bacon drippings; sauté lightly. Add tomato sauce, tomato, salt, and pepper; cover;

1 c. grated Cheddar cheese

1 tsp. salt

4/4 tsp. pepper
1 c. finely chopped mushrooms
1 c. bouillon
3/4 lb. rollini (wagon wheels),

3 slices bacon
1 med. onion, chopped (½ c.)
¼ lb. boneless ham, cut in julienne strips
2 Spanish sausages or ½ pound hot Italian
sausage*, thinly sliced
1 can (8 oz.) tomato sauce
1 tomato, chopped

Preparation time: 45 min. Baking time: 25 min.

MUSHROOM AND MEAT SAUCE PARAGUAYAN PASTA WITH

Arrange layers of cooked rollini, sauce, and cheese in 2-quart casserole ending with sauce and cheese. Bake in moderate oven (350° F.) 25 minutes, or until lightly browned.

**Or use millefiore, cut zita, noodles, lumache grande, or fusilli.

*For less hot flavor, use half sweet sausage.

550 cal. per serving

Makes 6 servings

simmer 20 minutes. Add mushrooms, bacon, and bouillon; simmer 15 minutes longer.

ITALIAN STUFFED RIGATONI

Source of Vitamins A, B, C

TESTED IN THE AMERICAN HOME KITCHENS

SUKIYAKI

Preparation time: 1 hr. 30 r Baking time: 35-45 min.

1 bay leaf

cans (6 oz. ea.) tomato paste can (1 lb. 13 oz.) Italian plum tomatoes 1 large onion, finely chopped (1 c.) 3 tbs. olive or pure vegetable oil tbs, salt

1/2 Sp. oregano
1/2 Isp. oregano
1/3 Ib. hot Italian sausage, chopped**
1/4 c. dry bread crumbs
1/5 c. milk

Remove casing from sausage; break up meat; brown well. Add bread crumbs, milk, and egg; mix well. Stuff each rigatoni with filling. Layer sauce and rigatoni into large casserole. Sprinkle with cheese. Bake in moderate oven (350° F.) 35 to 45 minutes. Serve at once. Sauté onion in hot oil until soft, add tomato paste, tomatoes, and water; stir well. Add rigatoni in 5 quarts of salted water 10 minutes. Drain; rinse with cold water; drain well seasonings; cover; simmer 1 hour, stirring occasionally. While sauce is cooking, cook 1/3 c. grated Parmesan cheese 1/2 tsp. pepper

**For less hot flavor, use half sweet sausage. *Or use tufoli, or maruzze.

Makes 6 servings

795 cal. per serving

Source of Vitamins A, B, C TESTED IN THE AMERICAN HOME KITCHENS



6 tough sink stains – and the most effective way to remove them all.

These 6 stains burrow deep into the porcelain of your sink. They hide there, safe from rubbing. You know the trouble they give you and your cleanser. Hard rubbing removes only the surface of the stain... misses the deep part.

You need a cleanser that cleans as deep as the stain is. Comet is the name of that cleanser. Only Comet has Chlorinol...the most effective cleaning, bleaching and disinfecting agent there is.

Food stains can't get away from Comet. It bleaches the fight right out of them. There's nothing left of aluminum potmarks. Comet removes all 6 tough sink stains. Comet gets out stains better than any other leading cleanser.

Get Comet, the stain-removing cleanser. At once, you'll know how much better it works. Every product you use should do its job as well as this one does!

1. COFFEE 2. TEA 3. RASPBERRY 4. GRAPE JUICE 5. BLUEBERRY 6. ALUMINUM POTMARKS



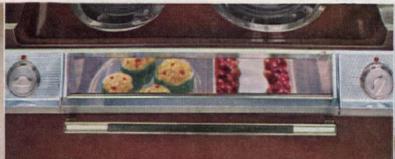
General Electric ushers in the New Contentment...

americana'63

Suddenly there's a new contentment in your cooking...joyous meals, time to spare...a kitchen always fresh and clean—because Americana® has its own built-in exhaust system. It's a complete range...including <u>2 full ovens</u>—but fits your kitchen (no matter how small) because Americana is <u>only 30" wide</u>. And so many new features! Read all about them below.



New built-in exhaust system



New! Skylight® window on lower oven, another unique feature from General Electric. Separate control knobs let you operate this lower oven independently.



Whopping lower oven on the Americana

Model J794 also available, without the exhaust.

Read how these wonderful Americana features bring new contentment to the hours you spend in your kitchen.

New built-in exhaust system is more efficient than separate hood—exhausts vapors, heat and odors both from cooktop and oven. Americana's exhaust system includes permanent filters that are washable.

New Skylight window on lower oven gives you a topside view of your cooking—without the need for stooping.

Sensi-Temp®unit (right front unit) holds any temperature you select—automatically. For

maximum economy, it adjusts to fit 4-inch, 6-inch or 8-inch pans at the touch of a button. Notice the eye-level top oven. It comes with broiler and automatic rotisserie—no extra cost. Chrome backliner is removable. Convenient side-mounted controls.

Whopping lower oven includes a second broiler. Americana is so compact, yet so roomy, you could cook a feast for 50 all at once. Storage drawer underneath, too.

This beauty is no beast to clean. Practically everything that needs cleaning can be washed at the sink. Tilt-lock Calrod® units lift up,

stay up while trim rings and reflector pans are removed. Both ovens are porcelain-lined with rounded corners. Jeweled chrome trim swipes clean as new.

Flameless cooking. General Electric ranges can't soot up pots, pans or walls.

Also available: Americana Model J794, for kitchens where venting is not practical. Identical to Americana Model J795, except for the exhaust feature.

Americana '63 is now on display at your General Electric dealer. Why not drop in and see it sometime this week?

By any measure... There is nothing "just as good as" General Electric

GENERAL @ ELECTRIC



Chicken, turkey, pork—all your favorite frozen dinners—look brighter, taste righter, with Ocean Spray jellied or whole berry sauce. It's the thoughtful little extra touch that makes the big difference. HEIGHTEN THE FLAVOR, BRIGHTEN THE PLATE WITH OCEAN SPRAY







AMERICAN HOME RECIPES

Meals to Impress

(pictured in color on pages 50 and 51)

Baking apples? If you've had the problem of having them crack while they bake, here's a way to avoid it. Remove a one-inch strip

of peel from the top or middle and bake according to recipe.

1 tbs. minced onion 2 tbs. butter or margarine drained, and chopped

2 pkg. (10 oz. each) frozen shelled c. butter or margarine 1/3 c. lemon juice

tbs. melted butter or margarine

1/2 c. milk

c. sifted all-purpose flour stsp. baking powder

salt. egg yolks

Make Crêpes: Beat eggs until foamy; beat in butter or margarine and milk. Beat in dry injuice in double boiler over hot water. Add ½ cup butter or margarine; stir until melted. Add remaining butter or margarine; stir until melted and sauce is thick. Prepare Filling: Cut up teaspoon butter or margarine in 6-inch skillet. Pour in enough crêpe batter to cover pan gredients. Cover; refrigerate several hours. Make Sauce: Combine egg yolks and lemon shrimp. Sauté onion in butter or margarine; mix in shrimp, spinach, and ½ cup sauce. Melt

thinly; brown bottom; turn; brown second side. Repeat to make 12 crêpes. Spoon filling on up. Place in baking dish; cover with sauce. Broil until browned and bubbly 583 cal. per serving

TESTED IN THE AMERICAN HOME KITCHENS

Source of Vitamins A, B,

Makes 6 servings crêpes; roll

REST YOUR EYES WITH

WHEN YOU DO



People of all ages have discovered the pleasant practice of refreshing their eyes every day with Murine. It's a special comfort when your eyes are busy with close work or exposed to dust, wind, glare, etc. Keep a bottle of Murine handy and use it regularly to soothe away that "tired-eye" feeling.

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CRÊPES CREVETTE

Preparation time: 25 min Cooking time: 35 min.

ROAST DUCKLING MADEIRA

Source of Vitamins A, B warm. Pour broth into skillet; stir over medium heat until all brown bits are melted. Crush TESTED IN THE AMERICAN HOME KITCHENS rosemary; add to skillet with salt, pepper, and wine. Return suprêmes to skillet; lower minutes. Arrange suprêmes around potatoes on platter. Garnish Serve pan juices in sauceboat truffles, tomatoes, limes, and parsley, if desired. 574 cal. per serving heat; cover; simmer 5 Makes 8 servings

 e. Bake in hot oven 15 to 20 minutes, or until golden tipped.
 ½ cup butter or margarine in large skillet. Dip suprêmes in toes onto ovenproof platter; smooth with spatula; decorate with potato swirls. Brush with melted butter or margarine. Bake in hot oven 15 to 20 minutes, or until golden tipped. flour; shake off excess. Sauté suprêmes until golden brown on both sides; remove; keep

oven at hot (425° F.). Beat ½ cup melted butter or margarine and egg yolks into potatoes Add milk if needed to soften. Spoon into large pastry bag with star tube. Pipe tower of pota Skin and bone chicken breasts; cut each in half (each half or filet is a suprême). While potatoes bake, melt egg yolks, beaten

1/2 tsp. rosemary 1/2 tsp. salt 1/3 tsp. freshly cracked

or margarine Melted butter

1 c. chicken broth

Preparation time: 35 min. Cooking time: 30 min.

SUPREMES AU VIN BLANC

1/2 c. dry white wine



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AMERICAN HOME RECIPES

Meals to Impress

(pictured in color on pages 50 and 51)



to use for chopping nuts and dicing fruits and vegetables. Hold the handle in your right hand. Hold the tip firmly down on the chopping board with the finger of your left hand. Using the point as a pivot, move the blade up and down and back and forth.

tbs. water egg yolks tbs. water

Chop

floured

On

bowl; cut

Set over

Pat

CRÉPES CREVETTE

Sauté duckling liver in

pour off fat as it accumulates. brown; remove; chop and

hours, or until golden brown;

or

cavity of

put in

handful of

Cut orange into

for sauce.

Shred

on rack in roasting pan.

1/2 c. currant jelly 1 tbs. cornstarch 1/2 c. dry Madeira

orange

over medium heat, stirring

brown bits are blended with juice. Add currant jelly; heat until

into skillet. Cook

concentrate and 1 cup water in skillet until

all

constantly,

WELLINGTON FILET

Preparation time: 30 I

Melted butter or margarine

ground cooked ham 2 lb. mushrooms tbs. butter or mar I lb. ground cooked

cover it; moisten edges; press nd 4 tablespoons water; brush in roasting pan; th fork until mixture clings together. Roll out longer than filet and wide enough to encase if Sprinkle 6 tablespoons water over salt into mixing 25 minutes or until long side. Roast 20 to 25 minutes; remove from er or margarine. and salt into mi aps; arrange on pastry roll; Bake 20 to 25 minutes or ¹/₄ c. sherry or white wine 2 tbs. tomato paste 2 c. sifted all-purpose flour ¹/₂ tsp. salt in from one place on rack Moisten ends; fold in; seal. Beat egg yolks and with melted butter or margarine. Roast 20 to 25 minutes, with melted butter or margarine. Roast 20 to 25 minutes, mushrooms finely; sauté until soft in 3 tablespoons butter mushrooms finely; sauté until soft in 3 tablespoons. filet to d pastry 2 inches fat from filet; Cut designs from pastry scraps; ablespoon at a time; toss with fork until like cornmeal. to baking sheet. filet on Set oven at hot (425° F.). Trim Place flu. shortening until mixture is Transfer carefully to a rectangle well to seal. pastry. board t

h with egg mix-I golden brown.

brush

TESTED IN THE AMERICAN HOME KITCHENS

Source of Vitamins A, B,

850 cal. per

BLANC NIN AU SUPRÊMES

MADEIRA DUCKLING

ROAST

duckling, 4 to 6 lbs

1 can (6 oz.) frozen orange-concentrate, undiluted

Preparation time Cooking time: I

any white; reserve at hot (425° or Set oven

melted. Mix cornstarch and ¼ cup water; stir into jelly mixture. Cook, stirring constantly, until thickened and bubbly. Add wine and reserved liver and orange peel; keep warm. Removeduckling to heated platter; spoon some sauce over duckling. Serve remainder of sauce

n sauceboat, Garnish platter Makes 4 serving:

ing Source of Vitamins A, B, C
TESTED IN THE AMERICAN HOME KITCHENS

with watercress and orange and pineapple slices, if desired

per 583 cal



Applesauce Raisin Real applesauce, plump sliced raisins, fragrant spices give this cake a chewy Early American taste.

Date Nut

An old-fashioned treat! Rich chewy sliced dates, crispy chopped almonds and just a hint of spice add old-time flavor.



Orange

A new taste sensation! Candied orange peel adds extra chewy flavor to the orange essence in this rich, moist cake.

Fudge Nut

Dark and chocolatey! Rich cocoa and the finest chopped pecans make this cake a chewy delight.



6 Good Old-Fashioned Chewy Cakes!

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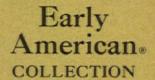












The fruit and nut filled cake mixes

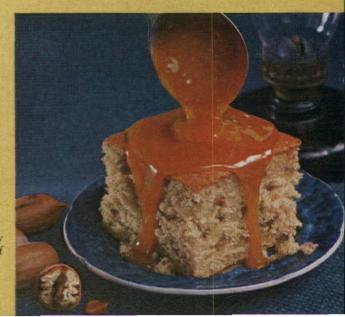


Cherry Almond

What a chewy flavor combination! Chopped maraschino cherries and slivers of toasted almonds right in the cake.

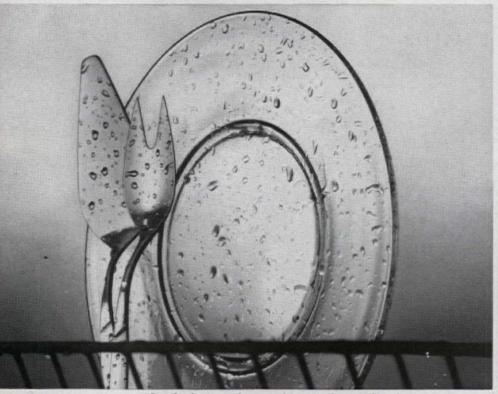
Butter Pecan

There's real butterscotch in this moist, chewy cake and loads of chopped pecans. A favorite everywhere!

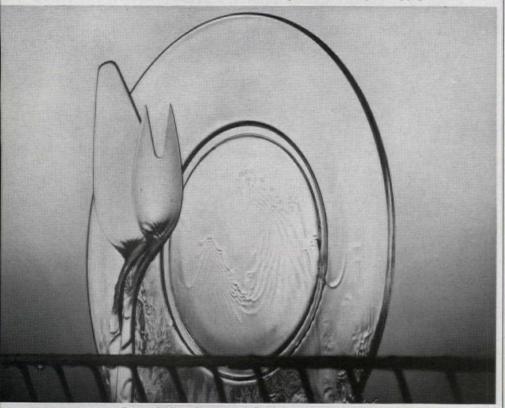


See why more dishwasher owners use Cascade than any other product...

Cascade eliminates drops that dry into spots!



WATER DROPS See what happens when even clean water is sprayed on glassware, silver. This test shows how drops form. These dry into ugly spots.



CASCADE

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MORE DUTCH TREATS

(story begins on page 54)

Upcountry from Philadelphia in the lush Pennsylvania-Dutch land, the air is fragrant with pungent and spicy scents—apples, molasses, sausage, sauerkraut. Heavenly smells of cakes and pies come from every kitchen. Obviously, this is a people who love to eat!

Their hearty diet begins with breakfast—a man-sized meal including meat, potatoes and, if not shoo-fly pie, certainly crumb cakes and cookies. At the big noon meal there will be meat and potatoes, plus several vegetables and other main dishes such as hot rice pudding or potato filling. Of course, there will be the famous sweets and sours. Several fruits and puddings may be served along with pie and cookies, or perhaps two kinds of pie on the same dessert plate. Supper, the evening meal, is the place for homemade soup with plenty of "stuff" in it. Instead of sandwiches, there are coffeecakes, doughnuts, or homemade bread spread with layers of schmierkase (creamy cottage cheese) or lattwarrick (apple butter).

Not too long ago, the delights of this fine old art of cooking were limited to the Dutch. They had to learn at Grandmother's knee how much milk is "just so" and how much shortening is "about like an egg." But, luckily for today's young cooks, many of these traditional recipes have been written and standardized. We've chosen some of the most representative dishes—tried and true favorites that are sure to make a hit with your family.

LEMON STRIP PIE (pictured in color on page 54)

PREPARATION TIME: 25 MIN./BAKING TIME: 35-40 MIN.

1 c. sifted all-purpose flour; 3 tbs. sugar; $\frac{1}{3}$ c. butter or margarine; 4 eggs; $\frac{1}{2}$ c. sugar; 3 tbs. flour; 1 c. molasses; $\frac{1}{3}$ c. water; 1 tsp. grated lemon rind; 2 tbs. lemon juice; 2 tbs. melted butter or margarine; 1 unbaked 9-in. pastry shell

Sift 1 cup flour and 3 ths. sugar into bowl; blend in $\frac{1}{3}$ cup butter or margarine and 1 egg. Roll out on lightly floured board to $\frac{1}{4}$ inch thick. Cut into strips and small rounds or "dollars." Beat remaining 3 eggs until light; mix in $\frac{1}{2}$ cup sugar, 3 tablespoons flour, molasses, water, lemon rind and juice, and 2 tablespoons melted butter or margarine. Pour into unbaked pastry shell. Arrange cut pastry strips carefully on top of pie; secure to edge. Bake in moderate oven (350° F.) 15 minutes. Place pastry rounds or "dollars" between strips; bake 20 to 25 minutes longer, or until center is set. Makes one 9-inch pie.

HAM WITH ONION GRAVY

PREPARATION TIME: 10 MIN./COOKING TIME: 20 MIN.

1 ham steak, $1\frac{1}{2}$ inches thick; 2 cups thinly sliced onions; 1 c. dairy sour cream; $\frac{1}{4}$ c. milk

Trim all but ¼ inch of fat from ham. Render trimmed fat in heavy skillet. Pan broil steak over low heat until golden brown (3 to 4 minutes each side for fully cooked ham; 6 to 8 minutes each side for cook-before-eating type); remove from pan. Pan fry sliced onions in pan drippings until tender and delicately browned; stir in sour cream and milk; heat thoroughly. Pour over ham steak on platter. Makes 4 servings.

FUNERAL PIE

PREPARATION TIME: 25 MIN./BAKING TIME: 35-40 MIN.

2~c. sifted all-purpose flour; 1~tsp. salt; $\frac{2}{3}~c.$ shortening; 6~tbs. water; 2~c. seeded raisins; $2^{1}\!\!/_{\!\!4}~c.$ boiling water; $\frac{2}{3}~c.$ sugar; 2~tbs. flour; 2~tsp. grated lemon rind; 3~tbs. lemon juice (continued)



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BETTER THAN NAILS & SCREWS—Molly anchors let you put fixtures where you want, not just where studs are, Spider backing re-inforces area in which used. Won't pull through, BETTER THAN TOGGLE BOLTS—Easy to install, need much smaller hole, fixtures can be removed and replaced in same anchor! Money-back, guarantee. Ask your hardware supplier for genuine Molly screw anchors, the name is stamped on the cap. FASTEN FIXTURES TO HOLLOW DOORS WITH MOLLY JACK NUT, ANCHORS Jack Nut screw anchors need only 36" expansion space, grip any material 0" to %" thick, Perfect for use in thin materials where nails and screws won't hold. SEND \$1.00 FOR SAMPLE BOX OF 12 CORP., BOX 1139-N READING, PA. Enclosed is \$ for sample box of (check): Molly screw anchors Jack Nut anchors	ST 000 CONTEST	used Molly anchors. Judging will be based on skill in describing your preference for Molly anchors. Win one or more of 58 prizes, 1st prize, 5500. Contest closes July 31, 1953. Write Molly Corp., Box.1139, Reading, Pa., for entry blank and contest rules. Subject to all governmental regulations.
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Enclosed is \$for sample box of (check): Molly screw anchorsJack Nut anchors	Jack Nut screw expansion space to %" thick, Pe	LY JACK NUT ® ANCHORS anchors need only %"' e, grip any material 0" erfect for use in thin ma-
Enclosed is \$for sample box of (check): Molly screw anchors	SEND \$1.0	O FOR SAMPLE BOX OF 12
■ Molly screw anchors ☐ Jack Nut anchors	MO	CORP., BOX 1139-N READING, PA.
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(continued)

Sift 2 cups flour and salt into bowl; cut in shortening with pastry blender or 2 knives until particles are size of peas. Sprinkle with water, a table-spoon at a time, mixing lightly with fork until all flour is moistened. Press dough into ball; turn out on lightly floured board; divide in half. Roll one half out to a 12-inch circle; transfer to pie pan. Roll out second half; cut into ½-inch strips; reserve. Cook raisins and water in covered saucepan 6 to 8 minutes, or until tender. Combine sugar and flour; stir into raisins. Cook over low heat, stirring constantly, until mixture comes to boiling; remove from heat. Stir in lemon rind and juice; pour into pastry-lined pan. Arrange pastry strips crisscross fashion on top of filling; seal strips to edge; flute edge. Bake in hot oven (425° F.) 35 to 40 minutes, or until golden brown. Makes one 9-inch pie.

MORAVIAN SUGAR CAKE

PREPARATION TIME: 25 MIN./RISING TIME: 11/4 HRS./BAKING TIME: 20 MIN.

 $\frac{1}{3}$ c. warm water (105°-115° F.); 1 pkg. active dry yeast or 1 cake compressed yeast; $\frac{1}{4}$ c. sugar; $\frac{3}{4}$ tsp. salt; $\frac{1}{4}$ c. butter or margarine; $\frac{1}{2}$ c. scalded milk; $\frac{1}{2}$ c. hot, mashed potatoes; 1 egg, slightly beaten; $3\frac{1}{4}-3\frac{1}{2}$ c. sifted all-purpose flour; softened butter or margarine; $\frac{1}{2}$ c. melted butter or margarine; 1 c. lt. brown sugar, firmly packed; 2 tsp. cinnamon

Measure warm water into bowl; sprinkle or crumble in yeast; stir until dissolved. Add sugar, salt, and ¼ cup butter or margarine to scalded milk; cool to lukewarm; stir into yeast mixture. Add potatoes, and egg; beat until smooth. Beat in enough flour to make dough that is easily handled. Turn out on floured board; knead until smooth. Place dough in greased bowl; roll over to bring greased surface to top. Cover; let rise in warm place (85° F.), away from draft, about 45 minutes, or until doubled in bulk. Divide dough in half; pat each half into greased 9x9x2-inch pan; brush tops with softened butter or margarine. Cover; let rise about 30 minutes, or until doubled in bulk. Punch holes all over surface of dough with index finger. Pour ¼ cup melted butter or margarine over each cake. Combine brown sugar and cinnamon; sprinkle half on top of each cake. Bake in hot oven (400° F.) 20 minutes, or until rich golden brown. Makes two 9-inch cakes.

POOR MAN'S BROWN FLOUR POTATO SOUP

PREPARATION TIME: 15 MIN./COOKING TIME: 35 MIN.

4 large potatoes, pared and diced (4 c.); $\frac{3}{4}$ c. finely chopped onion; $2\frac{1}{2}$ tsp. salt; water; 1 tbs. butter or margarine; $\frac{1}{4}$ c. flour; 4 c. (1 qt.) milk; 1 hard-cooked egg, chopped; $\frac{1}{8}$ tsp. pepper; salt

Put potatoes, onion, and salt in large saucepan; add enough water to cover. Bring to boiling; boil gently about 25 minutes, or until potatoes are tender. Melt butter or margarine in heavy skillet. Add flour; stir constantly until flour is dark brown; stir in just enough milk to make a smooth paste. Add remaining milk to potatoes; heat to simmering. Add browned flour mixture; mix well; heat about 5 minutes longer. Add egg and pepper, and more salt if necessary. Makes 6 servings.

DAFFODIL CAKE

PREPARATION TIME: 30 MIN./BAKING TIME: 35-40 MIN.

 $1\frac{1}{4}$ c. sifted cake flour; $1\frac{1}{2}$ c. sifted sugar; $1\frac{1}{4}$ c. (10 to 12) egg whites, at room temperature; $\frac{1}{4}$ tsp. salt; $1\frac{1}{2}$ tsp. cream of tartar; $\frac{1}{2}$ tsp. vanilla; 4 egg yolks; 1 tsp. grated orange rind; 2 tbs. orange juice; 2 tbs. sugar; red jam or jelly; confectioners' sugar

Sift flour and $\frac{1}{2}$ cup sugar together. Combine egg whites, salt, cream of tartar, and vanilla in large bowl. Beat with rotary beater, wire whip, or at high speed on electric mixer until soft peaks form. Add remaining sugar, a 1/4 cup at a time, beating well after each addition. If beating by hand, beat 25 strokes or turns after each addition. Sift flour mixture over egg whites, a fourth at a time; fold in lightly. Turn bowl slightly and use 15 folding strokes after each addition. After last addition, fold an extra 10 to 20 strokes. Beat egg yolks, orange rind and juice, and 2 tablespoons sugar in second bowl until very thick and light. Fold in 1/3 of egg-white mixture, using 15 strokes. Layer batter into ungreased 10-inch tube pan as follows: spoon in 1/2 the remaining egg-white mixture; spoon in egg-yolk mixture; top with rest of egg-white mixture. Bake in moderate oven (375° F.) 35 to 40 minutes, or until cake springs back when pressed lightly. Invert pan; cool cake about 2 hours. Loosen gently from sides and center tube; remove from pan. Split into 3 layers; spread enough red jam or jelly between layers to hold them together. Sprinkle top of cake with confectioners' sugar. Makes one 10-inch cake.



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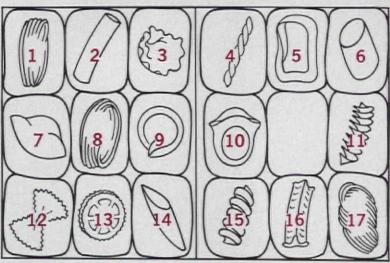
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Use Your Noodles ... (pictured in color on pages 52 and 53)



1. Whole wheat spaghetti. 2. Cut Ziti. 3. Millefiore. 4. Gemelle. 5. Spinach noodles. 6. Tufoli. 7. Maruzze. 8. Low-calorie spinach noodles. 9. Cappelletti (little hats). 10. Lumache grandi. 11. Rotelli. 12. Farfalle (bow ties). 13. Rollini (wagon wheels). 14. Mostaccioli. 15. Fusilli. 16. Triangles. 17. Folded fedelini.

Retirement Village

(continued from page 17)

a retirement town? Based on a concensus of authorities, here is a checklist your parents should bear in mind after visiting a community and inquiring about factors vital to them:

- 1. Are stores, churches, medical and hospital facilities, movies, recreation, and cultural outlets such as adult education courses easily accessible?
 2. Is the retirement village close to all forms of transportation?
- 3. Does the climate permit comfortable outdoor living—swimming, fishing, and golf at least most of the year?
 4. Is an active, modern city of at least medium size not too far off?
- 5. Is there a choice of a variety of homes, in all price ranges, built to take full advantage of the climate? 6. Are neighbors in about the same socio-economic class as your parents, with generally similar interests and background?
- 7. Is there good television and radio reception?
- 8. Are all utilities available—gas, electricity, telephone, palatable water, and sanitary sewage disposal?
- 9. Is the retirement town one in which your parents can become involved in fresh pursuits?

10. Do they want a community exclusively for the elderly or a "balanced" one with younger people?

Clearly, no single pattern of a retirement town fits the needs and desires of all oldsters. But there are plenty of choices. If your parents do decide on a retirement town, Dr. Allen suggests: "Go there in a positive, receptive frame of mind and you're likely to enjoy and profit from a retirement community. Try to get interested in other people, be open to new ideas, join clubs, share your problems with others, say 'yes' when you're asked to take part in a civic activity. If you retire to rather than from, you're in for longer, satisfying, and creative years."

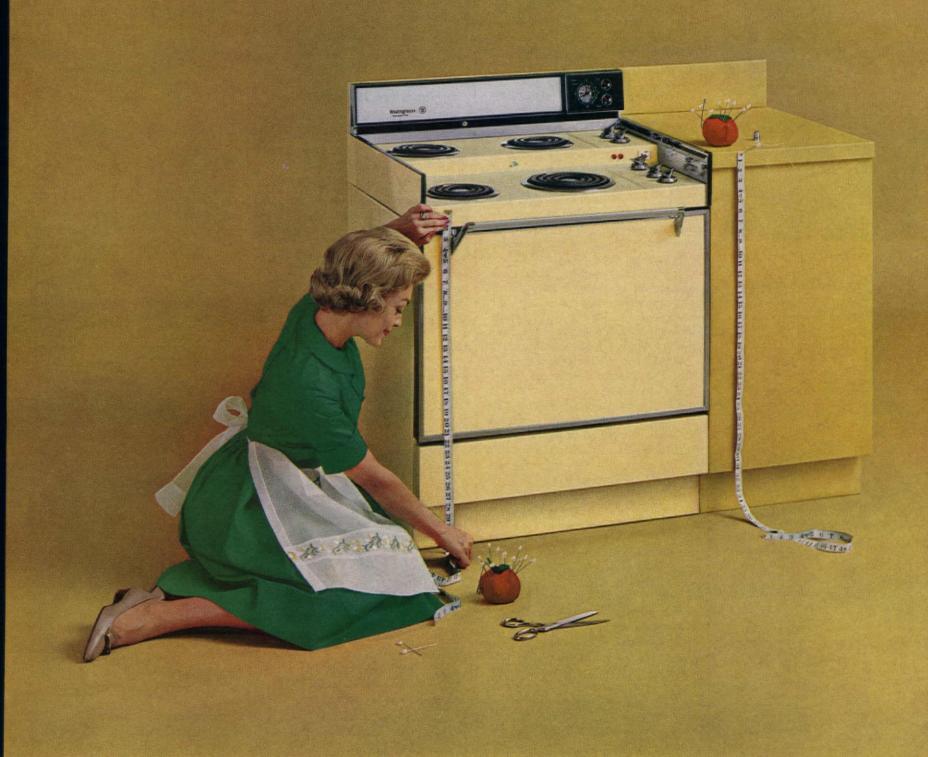
FOR EASIER LIVING

What type of home is best for retirement? Primarily, the three most important factors are low cost, easy maintenance, and provision for safe, easy living. Many retirees are partially infirm and others are apt to become physically limited in later years. For such home owners, leading architects suggest:

- The house should be on one floor, with few if any steps, inside or out.
- It should be laid out so that living areas receive maximum sunlight and are provided with good quality, artificial lighting, since vision tends to diminish with advancing years.
- Materials used should require : minimum of maintenance.
- Nonslip terrazzo floors are preferable.
- Projecting thresholds should be eliminated.
- Because the elderly are acutely sensitive to noise, soundproofing is essential.
- Storage units, appliances, and electric outlets should be located to eliminate as much stooping and stretching as possible. Walk-in type closets are desirable, with shelves lower than usual.
- Halls and doors, as well as the space in the bathroom, should be large enough for a wheelchair.
- Windows should be easy to operate and clean (sliding or casement preferred), the sills low enough to look out from a sitting position.
- Handrails should be next to stairs (if any), bathtub, and toilet seat.
- Shower and tub bottoms should be non-skid. Shower stalls should be at least four feet in one dimension for an inside bench.
- Laundry facilities should be easily accessible, simple to operate.
- Doors should be three feet wide.Master light switches which turn
- all lights on and off are helpful.

 A sit-down kitchen sink at avera
- A sit-down kitchen sink at average height, with disposer, spray singlehandle faucet is useful. THE END





Engineered by a 5'4" housewife

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Syracuse 5, N.Y.

Contaminated Water

(continued from page 45)

communities where undecomposed detergent suds cause drinking water to foam thickly. Extensive research studies by detergent manufacturers indicate that the suds are not injurious to human health. But their presence provides a dramatic warning that sewage also may be making a round trip from sinks and toilets into the septic tank, out into the surrounding soil, and into nearby wells which supply drinking water. No one can be sure what bacteria or virus organisms may accompany the detergent suds on their underground travels since these are not obliging enough to foam, taste, smell, or add color to the water.

As new expressways reach farther out into the country, new suburbs will rise in the 1960s in totally undeveloped rural lands. Along with them must rise thousands of new shopping centers, schools, and industries. Facing up to the fact that septic tanks have no place in such new residential areas is the first task of all Americans. The time has come for home builders. municipal authorities, contractors, medical societies, and citizen groups to join together in campaigns to eradicate septic tanks from heavily populated areas and eliminate them from most new home building projects.

If your family dwells in a community with modern centralized sewage and water-supply systems, you may feel that water pollution does not affect you. Yet contaminated water is an acute concern of all public health authorities from coast to coast.

If you live in a city, the rural and woodland reservoirs which provide your water supply may be menaced by pollution from new suburban and exurban developments. The lake and ocean beaches surrounding most of our major cities are frequently closed because of sewage pollution. Health commissioners warn that such beaches may be closed to millions of bathers unless there is diversion and treatment of the sewage which is polluting their waters.

Many of the municipal waste treatment processes in use today were designed for the wastes of forty years ago. For a growing number of cities they are now inadequate.

Many public health authorities now suspect that viruses may be capable of penetrating municipal water systems. Surgeon General Luther Terry has said, "We are by no means sure that at least some viruses are not slipping through our present water purification and disinfectant processes and entering our water mains."

Few ships and boats afloat, from the myriads of outboard runabouts and cabin cruisers that abound in our lakes, rivers, and coastal waters, to the large freighters and ocean liners that enter our harbors, have any facilities for the treatment and disposal of shipboard sewage. Toilet and galley wastes are simply pumped directly overboard into the water.

HOUSE PLAN CATALOGUE

Catalogue of 30 Best Blueprint Houses includes photograph, floor plan, dimensions and square footage of each house.

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STATE

CITY & ZONE

Now that the St. Lawrence Seaway has opened the Great Lakes regions to ships from all over the world, communities along the lakes' shores must beware of water-borne diseases brought by these vessels that may find their way into water-supply systems-particularly diseases from other countries which have long been gone from America or never before achieved a foothold here.

Another great menace to our health from polluted water comes from chemical compounds. In the last 20 years at least half a million new chemical compounds have come into existence and at least 10,000 new compounds now are developed each year.

Admittedly, great benefits are derived from these wonders that the chemical industry has given us, but much more research is required of their long-range effects for us to find out how we can live safely while benefiting from them.

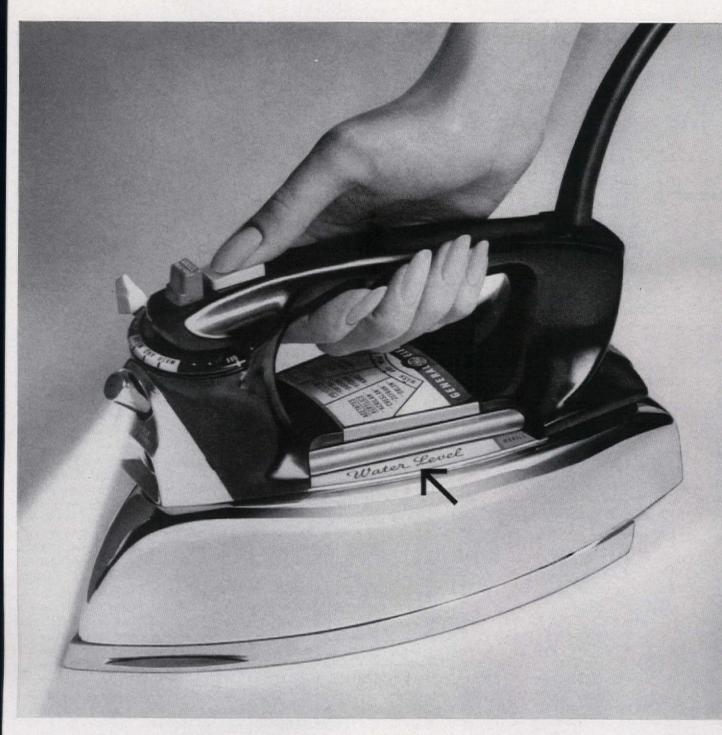
As fast as we manufacture these chemicals we put them into use in our private homes and industries and in most cases, when done with them discharge them into our rivers or streams or into the ground.

Most people have little understanding of the problems these chemicals pose in water contamination. For instance, studies at the United States Public Health Service's Robert A. Taft's Sanitary Engineering Center in Cincinnati, Ohio, have revealed that a large number of new and unusual contaminants may be concealed in the average glass of drinking water. Not only do acceptable wastetreatment processes fail to remove many of these contaminants, but also water-purification processes are equally ineffective.

Pesticides and herbicides in chemical form now are used by the millions of tons by farmer, factory, and housewife. Sprayed, dusted, and scattered over crops, lawns, and trees, they permeate the soil and underground waters and may survive to reach the rivers, streams, reservoirs from which we obtain our drinking water. Some of these new chemicals have been found to be poisonous to birds and fish. At the present time, any estimate of their deleterious effects on our water supplies must be largely guesswork.

Right now, the new chemicals attracting the most attention among sanitary engineers and public health officials are the synthetic household detergents used in washing dishes and laundry. In the short space of ten years they have captured about 90 per cent of the household market. Almost the entire production—currently billions of pounds annually-is eventually flushed down plumbing lines to be discharged into America's surface and underground waters.

Although they are highly effective cleansers, the synthetic detergents differ radically from the animal fats and oils from which we formerly manufactured our soaps in that they have been found to be resistant to being destroyed or neutralized (continued)





This General Electric Iron sprinkles, steams, dry-irons...tells you when to add water!

See the "Water Window" on General Electric's beautiful new iron? This is one iron you don't have to shake to see if there's water inside for steam or spray ironing!

You sprinkle as you iron! Just depress the button up front with your thumb, and a continuous, fine spray of warm water dampens

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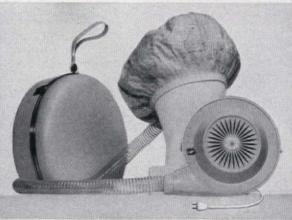
the biggest "Accent on Value." General Electric Company, Housewares & Commercial Equipment Division, Bridgeport 2, Connecticut.

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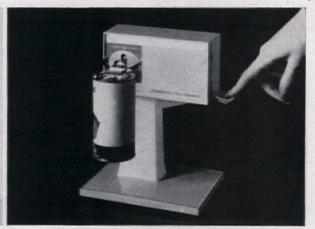
GENERAL & ELECTRIC



New floor polisher with splash guard! It scrubs without splashing, waxes, buffs, even cleans rugs. Complete with attachments and liquid dispenser.



New Portable Hair Dryer. Comes in a stunning new travel case. Straps on waist. Dry your hair as you do other things. Extra-large bouffant bonnet.

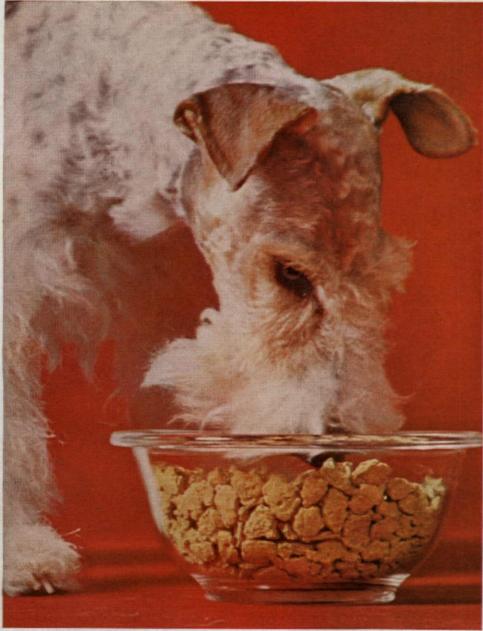


Automatic Can Opener! Opens can safely, cleanly, at a touch of the finger. Removes or hinges lid. Governor-controlled motor helps prevent spillage.

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(continued) by natural bacterial processes or chemical treatments. Even the most modern sewage plants, it's been discovered, remove only 50 to 60 per cent of detergents from water. Chlorination has no effect on them whatsoever.

Hence, almost all treated sewage still contains a residue of detergents. In many instances, this goes directly into rivers and streams and is used again for drinking water by other communities. Research has revealed that some detergents will last for more than 20 days in running river water—long enough for this water to find its way into dozens of city water supply plants far downstream.

The detergent industry is spending millions of dollars in research to resolve the problems connected with the safe disposal of detergent suds. New products which will bring about the breakdown of detergent chemicals in sewage treatment plants presently are in the testing stage. As of now, there is no economical way of getting the remaining unharmful traces of chemicals out of drinking water.

As our civilization has increased in complexity we have found that we must be on guard against the new dangers that accompany scientific progress. Enough is known about the menace of our water pollution problems to make it clear that all Americansmustjoin in a unified effort to protect our lives and the lives of tomorrow's families. We must clean up the water we are contaminating and plan for clean water in the future. Otherwise, dangerous health conditions will spread across the nation before 1970.

HOW SAFE IS YOUR WATER SUPPLY?

1. Is there a septic tank problem in your community? What is being done about it now? How stringent are the controls over septic tanks as far as property zoning and new housing are concerned?

More detailed information about the construction and maintenance of septic tanks can be obtained by writing to Supt. of Documents, Government Printing Office, Washington 25, D.C., requesting Public Health Service Publication No. 526, "A Manual of Septic Tank Procedure," 35 cents. From the same source for 5 cents you can obtain a leaflet, "Septic Tank Care," U.S. Public Health Service Information Series No. 96.

- 2. Are detergent suds and foam appearing in your drinking water or in the streams and brooks and other waters of your community? What are state and local sanitation authorities doing about the problems detergents may present to your community?
- 3. Where does your drinking water come from? How is it purified and protected?
- 4. Does your community have a modern sewage disposal plant? Does your local health department feel that it should be enlarged or modernized?

 5. Are you familiar with the Federal Water Pollution Control Act which permits cities and towns financial

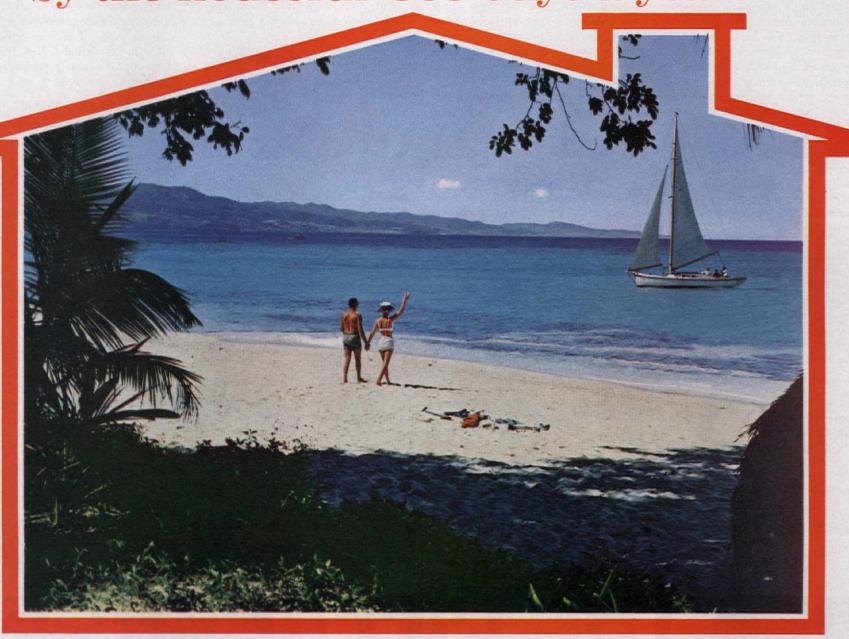
grants for the construction of new sewage plants, for the enforcement of water pollution control, for research and comprehensive water planning for the future? Can the water needs of your own community be aided by the provisions of this Act? What additional assistance is also available from your own state government? (A copy of the Federal Act may be obtained from: The Division of Water Supply and Pollution Control, U.S. Public Health Service, Department of Health, Education, and Welfare, Washington, D.C.)

- 6. Is local industry dumping wastes into your streams, lakes, rivers, or nearby coastal waters? What are the plans to control and purify them?
- 7. Is there a water pollution problem threatening your lakes or beaches? 8. Are you aware that many organizations are banding together to help campaign against the dangers of polluted water? Among them are the National Wildlife Federation, The League of Women Voters, the Izaak Walton League, The American Municipal Association, The American Fisheries Society, and the General Federation of Women's Clubs. Your support of their campaigns can be most helpful. For background information to use with your organization, send for free brochure "The Crisis," and other information. Write to National Water Institute, Room 1250, 420 Lexington Avenue, New York 17, N.Y.
- 9. What are your local newspapers and radio stations doing to bring the water problems of your community to the attention of their readers and listeners? Are the points of view of your local sanitation engineers and board of health and county medical society being properly presented to the public?
- 10. Does your community have a fully organized Clean Water Program and are you actively supporting it? This program is a new U.S. Public Health Service campaign designed to protect America's rivers and streams from the growing challenge of pollution by obtaining the informed and enthusiastic support of the public in every United States community. Interested individuals and organizations can obtain information, films, and additional educational materials about the Clean Water Program, and advice about how to develop their own local campaign by writing to the Division of Water Supply and Pollution Control; U.S. Public Health Service; Department of Health, Education, and Welfare Service, Washington, D.C. THE END

CORRECTION

The church shown on page 4 of our December issue was incorrectly identified as St. Joseph's Catholic Church, Chisholm, Minnesota. The one shown is the First Lutheran Church, Brookings, South Dakota, designed by Cerny Associates.

"WE HAVE PERFECT CLIMATE by the houseful-365 days a year!"



Montego Bay, Jamaica

"Summertime in January and springtime in August is commonplace in our home nowadays. Our economical GM-Delco 365 Conditionair gives us a perfect climate in every room of our home 365 days a year!"

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winter... comfortably cool on the hottest days of the summer... and with windows closed, keeps dust and dirt outdoors.

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"Our GM-Delco 365 Conditionair gives us the confidence of the General Motors name, and (we feel this is so important!) helps increase our home's resale value when the time comes that we want to sell. Everybody else talks about the weather. We do something about it, all year round, with our GM-Delco 365 Conditionair!"

For one of the wisest moves you'll make—when buying, building, modernizing—call your nearest GM-Delco dealer for a free, friendly survey of your heating and air conditioning needs. He's listed in the Yellow Pages. Remember: Delco heating and air conditioning may be installed separately.

Send for your free 16-page Buyer's Guide to Heating and Air Conditioning. Delco Appliance Division, General Motors Corporation, Department A-2, Rochester 1, N.Y. Specialists in reliable, quality-engineered, year-round comfort for your home.



Building Codes

(continued from page 31)

Up until about 1950, by far the great majority of building codes in the United States were oppressive specification codes. Since then, happily, many have been junked in favor of modern performance codes. Not long ago St. Louis finally replaced its notorious old specification code with a modern performance code, after quite a battle. According to a leading engineer, building costs there are already down "some 16 per cent." Much credit for code reforms is due to enlightened building officials, to progressive builders and architects, and to public-spirited groups such as the Chamber of Commerce and League of Women Voters.

But even when you obtain a modern building code, real progress is still not assured. This is because of the conflicting nature of codes from town to town. Even the best codes may vary only slightly from one town to the next. But the smallest variations can often cause a major block to efficient building.

RESTRICTIVE LABOR UNIONS

Obtaining up-to-date codes and bringing down the cost of building is tough to achieve in many towns because of the entrenched and incredibly powerful opposition of a good many craft labor unions. In many areas they are responsible for appallingly wasteful wiring and plumbing restrictions.

When enlightened citizens press for a modern code, restrictive unions often rise up en masse and block their efforts. Sometimes the local union leaders work hand-in-hand behind the scenes with contractors and strong vested-interest manufacturers whose product sales would suffer if new materials were allowed to be used.

Proposed reforms are beaten down, and obsolete rules remain in force. A good many unions fight modern laborsaving products because they fear loss of work for their members, or so they stubbornly claim. (It also should be said that some unions offer excellent training in up-to-date methods for apprentices and also encourage their older members to take these courses.) But where unions do block reforms it matters not that the public is bled (including union members who pay for higher-cost houses). Nor does it matter that a modernized code, through lower building costs, would encourage more construction, thus on net balance increase work for union members. The powerful opposition of restrictive labor unions is particularly evident in such high-cost cities (and their suburbs) as New York, Cleveland, Chicago, and Los Angeles, to name a few.

This is one reason why a house that sells for \$15,000 (without land) in a city with average building costs such as Omaha, may cost from 20 to 30 per cent more in a high-building-cost city such as Chicago. The extra you pay is, of course, due to various reasons. But it is increasingly plain that the highest-cost building areas in the country are invariably those where unions and vested-interest groups are in control.

STANDPAT BUILDING OFFICIALS

Another much overlooked obstacle to code reform and cutting house costs is standpat building officials and sorely understaffed building departments. Sometimes the blocking, in the words of architectural expert Burnham Kelly, is by local officials "who have honest intentions but inadequate knowledge."

Putting it another way, a top engineer in the housing field says, "The men responsible for the administration of our building codes and building departments in a majority of cases are not qualified for such work. They often include retired people without actual building experience, or without the proper education. Such work demands the services of construction experts."

STUBBORN BUILDING INSPECTORS

There are also building inspectors who refuse to accept any new building method that wasn't in use when they started out 20 to 30 years ago. A typical example is an old-time inspector in an Eastern suburb. He rigidly administers and enforces the

local code—as restrictive and wasteful as they come—with a tyrannical stubbornness, permitting virtually no new products or methods. "I've been doing it this way for years," he says, "and nobody is going to change it." Many good builders and contractors will no longer build or remodel a house in his domain. New industry stays out, and local home buyers and taxpayers pay dearly.

WHAT'S THE ANSWER?

These, then, are among the chief reasons why we can't bring down the cost of houses, and for that matter, also get better-built houses.

Our country can no longer put up with the chaotic state of building codes and restrictive building practices. The urgent reforms necessary could sharply cut the cost of both housing and public construction.

What can be done about them? Here are the four most important steps needed to solve the problems. They will be spelled out in future issues of *The American Home*.

- 1. Uniform performance codes for everybody, starting with adoption of existing model codes.
- 2. Clamp down on union and vested-interest-group influences over codes.
- 3. Drive for more capable, experienced building inspectors and efficient building departments.
- 4. National program for industrywide building research. THE END

CHANGE TO ELECTRASOL SEE THE DIFFERENCE!



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THE AMERICAN HOME, WINTER, 1963

ANNOUNCING

A NEW . . . EXCITING . . . HELPFUL . . . SERVICE TO OUR READERS

AMERICAN HOME READER SERVICE KITS

Starting with this issue, *The American Home* will offer to its readers a service that we consider to be of unqualified value and assistance. Designed to extend the kind of personal guidance that might be given were it possible for each of our editors to speak with you individually, this service will take the form of a series of sturdy 12x15" portfolios each devoted to a specific area of building, remodeling, and decorating. Beginning with the fundamental points to be faced in the contemplation and planning of your home project, each guide will then lead you . . . one by one . . . through the basic steps to be followed for the successful completion of this project.

Included in the portfolio, in addition to the amply illustrated basic guide, will be a wealth of helpful related matter...cut-outs and graph paper for accurately scaled planning where applicable; authoritative suggestions for the financing of your home project; lists of Qualified Home Improvement Centers selected to help you with home improvement projects of all types and sizes. Also tucked away in the handy pockets of the portfolio (large enough to hold your own notes, clippings, and related doodlings) will be material suggesting ways in which especially chosen American Home-advertised quality products can serve to make your home project a success.

To inaugurate this service, we are now offering the first two portfolios. They are *The American Home* Exterior Remodeling Guide and *The American Home* Kitchen Planning Guide. Each is available for \$1 and represents, we believe, maximum value. We sincerely feel that both of these portfolios—and those still in the various stages of planning—will prove to be of genuine and immediate help. As is the case with the two now available, each of these kits will be designed with you, our reader, in mind. It is our hope that you will find each of them functional, fascinating, and fun.

AMERICAN HOME READER SERVICE KITS ORDER FORM

Fill out coupon, enclosing personal check or money order (no stamps, please). N.Y. City residents add 3% sales tax. Please allow three weeks for handling and mailing.

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☐ The American Home Kitchen Planning Guide ☐ The American Home Exterior Remodeling Guide
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TIPS FOR SELECTING, PREPARING, AND SERVING

AVOCADOS

The avocado, a green and delicious exotic fruit, is a delightful food with a chameleon personality. For main course foods, appetizers, or salads, it acts as a vegetable; for a superb finale to a special menu, it doubles beautifully as a dessert. It is, however, a food you must know to serve well. It's a delicacy worth getting to know!

GENERAL TIPS

When buying avocados, the simple gauge is to buy them "soft" if you intend using them the same day, "firm" if you're not going to use them for two or three days. Keep avocados in a cool place, but not below 40°F. Firm avocados will soften normally at room temperature. Above 80°F. they will soften rapidly.

TIPS FOR PREPARING

Treat them gently! First cut the avocado lengthwise and then lift out the seed with the point of a knife. Remove the skin by pulling carefully to preserve the vitamin-rich pulp near the skin. Always sprinkle with lemon juice to prevent discoloration. Place the seed back in the cavity if all the fruit is not used. Wrap it tightly.

SERVE WITH A FLAIR!

You'll find that avocados will adapt to your culinary whims. You can dice them, slice them, mash them, or run them through a sieve. Cut them into cubes, rings, or half moons. Pair them with other fruits or vegetables. Carve them into tiny "croutons" to float on soup or toss in a salad. Border hors d'oeuvres trays with thin round slices. Stuff them with crab meat, shrimp, lobster, or chicken mixed with your favorite dressing. Here are three unusual recipes that bring out the best in the avocado. Try them!

TROPICAL CHIFFON PIE

Preparation time: 20 min./Chilling time: 2 hrs.

1 envelope plain gelatin; 6 tbs. hot water; 4 tbs. lemon juice; $\frac{1}{2}$ c. dry sherry; 1 can ($8\frac{1}{2}$ oz.) crushed pineapple; $\frac{1}{2}$ tsp. grated orange rind; $\frac{1}{2}$ c. orange juice; $\frac{1}{4}$ tsp. salt; $\frac{1}{3}$ c. sugar; 1 medium-sized ripe avocado, mashed ($\frac{3}{4}$ c.); 1 c. heavy cream, whipped; 2 to 3 drops green food coloring; 1 baked 9-inch pastry shell.

Soften gelatin in hot water; stir until dissolved. Add lemon juice, sherry, pineapple and juice, orange rind and juice, salt, and sugar. Fold in mashed avocado; fold in whipped cream. Stir in a few drops of green food coloring to make mixture a pastel green. Pour into baked pastry shell. Chill 2 hours, or until firm. Makes 8 servings.

AVOCADO-LIME ICE CREAM

Preparation time: 15 min./Freezing time: 4-5 hrs.

1 medium-sized ripe avocado, mashed $(\frac{3}{4} \text{ c.})$; $\frac{3}{3} \text{ c. sugar}$; $3\frac{1}{2} \text{ tbs.}$ lime juice; 1 c. pineapple juice; $\frac{1}{2} \text{ tsp. salt}$; $1\frac{1}{2} \text{ c. light cream.}$

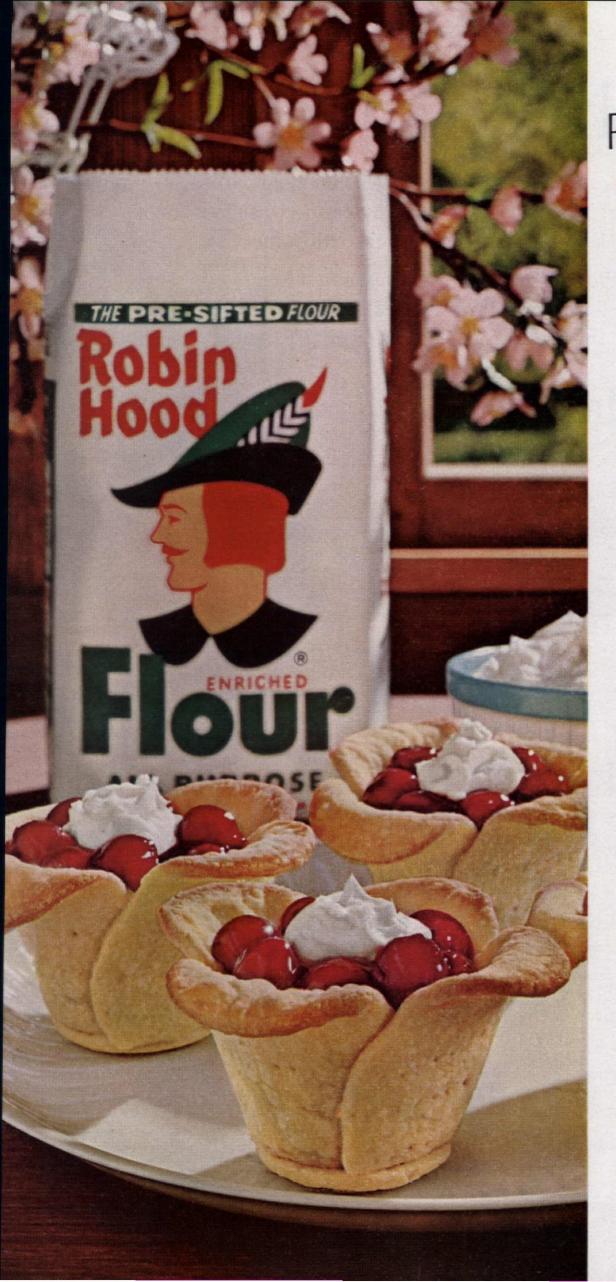
Combine mashed avocado, sugar, lime juice, pineapple juice, salt, and cream in bowl; mix until completely blended. Place in freezer; freeze about 3 hours, or until almost firm. Break up mixture with spoon; whip until fluffy. Leave in bowl or pour into 1-quart mold; freeze 1 to 2 hours or until completely firm. Makes 1 quart.

GUACAMOLE

Preparation time: 15 min./Chilling time: 1 hr.

2 medium-sized ripe avocados; 1 tsp. salt; $1\frac{1}{2}$ tbs. lemon juice; 1 small onion, minced; 1 clove of garlic, crushed; 1 tsp. Worcestershire sauce; $\frac{1}{4}$ tsp. cayenne pepper; dash of liquid hot-pepper sauce; mayonnaise or salad dressing.

Peel and pit avocados; mash in medium-sized bowl. Add salt and lemon juice. Stir in onion, garlic, Worcestershire sauce, pepper, and liquid hot-pepper sauce. Mix until smooth and blended. Cover top with mayonnaise or salad dressing. Refrigerate until ready to serve. Just before serving, stir to blend in mayonnaise or salad dressing. Serve with crackers or potato chips. For variation you can try the addition of crumbled bacon, or some finely chopped tomato, or a small amount of crumbled blue cheese.



Perfect for Parties... Cherry Petal Tarts made the Robin Hood 'No-sift' Way!

Cherry blossom time or not, these dainty Cherry Petal Tarts make a delightful dessert for party occasions. And they're so easy to make the Robin Hood 'no-sift' way.

Because Robin Hood Flour is so fine and uniform and because it is pre-sifted through micro-fine silk, you need never sift again for anything you bake. Spoon Robin Hood straight from the bag into your dry measuring cup. This new, easy way, you'll not only save time and trouble, but get better baking, too!

Next time you are entertaining, delight your guests with some of these tastetempting Cherry Petal Tarts...made this easy Robin Hood 'no-sift' way.

CHERRY PETAL TARTS

PETAL TART SHELLS:

2 cups ROBIN HOOD 3/4 cup shortening All-Purpose Flour 4-5 tbsp. cold 1 tsp. salt* water

SPOON flour (not sifted) into dry measuring cup. Level off and pour measured flour into large mixing bowl.

ADD salt to flour (not sifted) and stir to blend. CUT IN half of shortening until mixture resembles coarse meal; then cut in remaining shortening until particles are the size of

small peas. ADD water, a little at a time, mixing lightly with a fork.

SHAPE dough into firm ball with hands. Divide into two portions.

ROLL OUT each half on lightly-floured clothcovered board. Cut out circles with 2-inch round cutter.

PLACE one circle in bottom of each of 12 muf-fin or custard cups. Then overlap 4 circles along sides of cup. Moisten each edge and press together firmly.

PRICK sides and bottom with fork to prevent shrinking.
BAKE at 475° for 8-10 minutes. Cool for 5 min-

utes in cup before removing.

CHERRY FILLING:

1 can prepared 1-3 oz. pkg. cream cherry pie filling cheese, softened

SPREAD softened cream cheese in bottom of Petal Tart Shells (above).

SPOON in cherry filling. Top with additional softened cream cheese, if desired. YIELD 12 Tarts.

*If you use ROBIN HOOD Pre-sifted Self-Rising Flour omit salt.

ROBIN HOOD FLOUR IS A PRODUCT OF INTERNATIONAL MILLING COMPANY

It's worth the squeeze...

To him... a freshly squeezed Florida Orange gives him more natural Vitamin C than any orange grown. And it tastes better than any powdered substitute or watered-down beverage. (Ask <u>your</u> kids—they can taste the difference.)

And to you... a fresh Florida Orange gives you more juice than other oranges! Orange for orange, thin-skinned Floridas give you about 25% more juice so they cost about 1/3 less.

Fresh Florida Oranges



Lovely Colonial (continued from page 41)

find the home a bit too large for your family's needs. It is big. There are roughly 3300 square feet of living area in it, and, of course, this does not include the breezeway, three-car garage, or basement. If this is the size home you want then, by all means, you should build it.

But if your budget cannot quite stretch to include everything, consider the version below. To begin with, it still retains the integrity of the original design. In fact, the home you see pictured in the rendering was the basic home built by farming families in colonial days. When they needed more space, they simply added wings to the home.

Now take a look at the floor plans. Although the home's size has obviously been reduced, it still is a roomy home, figuring out to slightly under 2200 square feet of living area. As you can see, the first floor has been kept relatively intact. Only minor changes were made along the left wall to replace doors with windows. The second floor has been redesigned to include three large bedrooms, plenty of closet

space, and two bathrooms. When you order the blueprints, you will get plans for both versions of the house. If you build the smaller version, you automatically receive plans for expansion. The fundamentals for adding a wing, two wings, or both wings plus the breezeway and garage are neatly wrapped up in the drawings for the large version of this home. True, your contractor will need to make a few changes, but he'll find it easy to do.

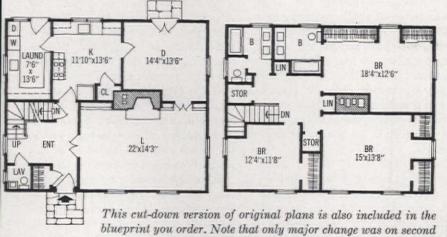
By no means does this end the ways you can build the home. The simplest change would be a conversion of the three-car garage to a two- or one-car garage. As you can see from the full house plans on page 41, this would not impair the design concept nor throw the elements out of balance.

Another possible change in the original plans could be the elimination of the first-floor bedroom. The present family room could then be enlarged.

Whether you choose to build the home as shown in our blueprints or make your own alterations, we strongly urge you to hire a local architect to help you do the best job possible.



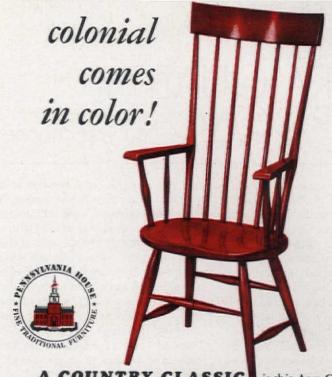
Good colonial lines in design of our blueprint house have remained intact in this smaller version. And there's still plenty of room inside—nearly 2200 square feet of living area.



floor. Space was redesigned to get three bedrooms and two baths.

BLUEPRINT ORDER FORM TO: THE AMERICAN HOME, DEPT. BP, AMERICAN HOME BLDG., FOREST HILLS 75, NEW YORK I enclose personal check or money order in the amount of \$______ for items checked below. If you live in New York City, add 3 per cent sales tax. Please do not send stamps. AMERICAN HOME BLUEPRINT HOUSE#87 1 complete set \$5 CATALOGUE OF 30 BEST BLUEPRINT HOUSES 10c (Catalogue includes photograph, floor plan, over-all dimensions, and square footage of each house. 10c covers cost of handling and moiling.) Print name Print address

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A COUNTRY CLASSIC is this Arm Chair by Pennsylvania House. Elegantly simple —simply elegant! Shown in Antique Red, this Shaker-inspired chair is one of the many hundreds of Pennsylvania House pieces of fine colonial furniture now available in vivid Accent Colors as well as in wood tones of maple and cherry. It's a wonderful feeling to own the finest! Send 25¢ in coin for our colorfully illustrated brochures of Early American furniture.

PENNSYLVANIA HOUSE

DEPARTMENT A-63W, LEWISBURG, PENNSYLVANIA

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For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain — without surgery.

relieve pain — without surgery.

In case after case, while gently relieving pain, actual reduction (shrinkage) took place.

Most amazing of all — results were so thorough that sufferers made astonishing statements like "Piles have ceased to be a problem!"

The secret is a new healing substance (Bio-Dyne®) – discovery of a world-famous research institute.

This substance is now available in suppository or ointment form under the name Preparation H®. Ask for it at all drug counters.



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BY MAKERS OF FA	MOUS PELLA WOOD WINDOWS, PELLA

SAVE MONEY WITH A QUALITY BATHROOM When you choose the best, your dollars won't go down the drain

The individual fixtures, the faucets, and nearly everything else in a bathroom can vary greatly in quality, style, durability, and service. Yet, good-quality parts generally cost only a few dollars more than the poorest, lowest-priced parts. The extra money you pay means better looks, easier maintenance, and longer life. Moreover, the cost of labor to install good-quality parts is no higher.

There are also optional features which you don't get unless you specifically order them. Here is a rundown of what you should know about bathrooms when you build or buy a house, remodel an existing bathroom, or install a new one.

CHOOSING A LAVATORY

Two of the most important features about the lavatory are its size and the quality of the material. The most commonly sold size in lavatory bowls is only 17x19". A larger bowl is essential—at least 19x21"—or you can have a really ample 20x24" bowl for as little as \$3 to \$4 more than the small-lest size.

A lavatory should be no more than 24" deep from wall to front. Deeper ones push you back too far from the mirror to see-your face well. It's usually best when the lavatory extends no more than 21" from the wall.

A drop-in bowl combined with a wide countertop is often preferred because of the countertop space. At least 12 to 18" of countertop is recommended on each side of the bowl (though there are no minimum standards for this). Sometimes the bowl comes built into a factory-made cabinet. You can also have the bowl fitted to a custom-made countertop designed for your bathroom.

There are one-piece integral lavatories which are wall supported, sometimes with chrome legs. These are recommended for a limited space.

Vitreous china is generally considered the best material. It costs only a few dollars more than cast iron with an enamel finish. Vitreous china has a high-gloss finish that is easy to clean and stays good looking the longest. It is practically impervious to stains and pitting. It is also made and sold in the greatest variety of shapes and styles.

BATHTUBS

Bathtubs are made either of cast iron with a glossy enamel finish, or steel with a porcelain finish. The castiron tub leads in sales because it is stronger, tougher, will last longer, is easier to keep clean, and retains its luster longer. It is also available in a greater variety of shapes and styles than steel tubs. A cast-iron tub costs about \$5 to \$10 more than a steel tub, depending on brand and style.

To minimize water splashing on the floor a 16" deep tub is best. The standard length of bathtubs is 5'. There are also $4\frac{1}{2}$ ones for limited spaces and $5\frac{1}{2}$ and 6' lengths for tall people. Width is usually 30" but you can specify a wider 32" model which is considerably more comfortable than it may sound.

The new square tubs range in size from about 3' square for the smallest up to about 4' square for the largest; the exact dimensions vary from brand to brand. A small size is the solution for a limited or odd-shaped space, and is also convenient for bathing small children. A larger one is recommended for maximum convenience when you have the space. You can get them with one or two corner seats.

Both cast-iron and steel tubs are available in about seven basic colors. The colors vary from brand to brand. A colored tub will cost you from 10 to 25 percent more than a white one, depending on size and model.

THE TOILET

The importance of getting a well-made toilet cannot be overemphasized. Most households get the cheapest kind, called a washdown toilet. This term refers to its flush action. It frequently breaks down (requiring new flush parts), easily clogs and overflows (because of small drain passageway), is hard to clean, and can be downright unsanitary.

Next step up in quality, for a few dollars more, is the reverse-trap toilet. It is quiet, more efficient, and easier to clean than the washdown.

Best quality is the siphon-jet toilet, which is the most efficient, easiest to clean, has the largest passageway, thus is least susceptible to clogging and overflowing (some models cannot overflow), and it is quieter than the reverse trap. Cost runs about \$20 to \$50 more than the lowest-cost toilet, depending on model and brand.

A de luxe version of the siphon-jet is the quiet-flush toilet which is highly efficient and practically noiseless in operation. It is a floor-mounted unit that is identified by its one-piece tank-to-bowl construction, and its low-slung tank. The lower the tank, the quieter the flush.

There are also the handsome new wall-hung toilets which are a boon for easy floor cleaning. Some are noisier than others, however. The quietest and more efficient kinds are those with one-piece construction and low-slung tanks.

Many a family is cursed with the problem of water dripping on the bathroom floor due to moisture condensation on the toilet tank. It can happen with the best-quality toilet. It occurs chiefly during hot, humid weather when moist air comes in contact with the cold tank.

There are several solutions. Obtain an insulated tank which will keep the tank surface from getting so cold. There are also tank insulation kits on the market which you can use on any conventional tank. Another remedy is to have a hot-water mixing valve installed in the water supply line to the tank. Hot water is mixed with cold so the tank will not get cold.

FAUCETS

Many faucets quickly tarnish, corrode, lose their luster, and soon drip water (continually requiring new washers). This is because faucets get harder use than almost any other equipment in a home, and also because most faucets installed in houses are the lowest-cost, cheapest quality, "competitive" grade. (But don't necessarily blame the plumber, since many people ask for the lowest-price products.)

For only \$10 to \$15 more you can get excellent-quality faucets that are durable, easy to clean, and seldom drip. You can usually tell a good-quality faucet set by the manufacturer's name clearly imprinted on it.

Good faucets are made of solid brass, though they may be coated with gold, chrome, brushed or polished brass finish. The lowest-grade sets are generally made of lightweight, less-durable zinc or aluminum. Pick up a few sample faucets in a showroom and you'll notice that the better the quality, the heavier.

There is also a third, premiumgrade faucet which costs about \$20 to \$30 more than the middle grade. Depending on the manufacturer, the extra cost may go almost entirely for de luxe styling (including having your monogram on the handles), or largely for the ultimate in durability and service-free operation (giving you faucets that will shine handsomely for years and practically never falter).

Virtually all faucets are interchangeable and can be used on almost any brand of lavatory, bathtub or shower. You need not accept the specific faucets you happen to see in a showroom installed on the lavatory or tub you order. What's more, some of the best-grade faucets are made by manufacturers who make only faucets and not lavatories or tubs. Their faucets must be ordered separately.

Single-control faucets can be used in bathrooms as well as kitchens. They include the single-lever kind and the push-pull dial control. They offer ease of operation (with one hand), easier water-temperature control, and are particularly convenient for children.

SHOWER NOZZLES

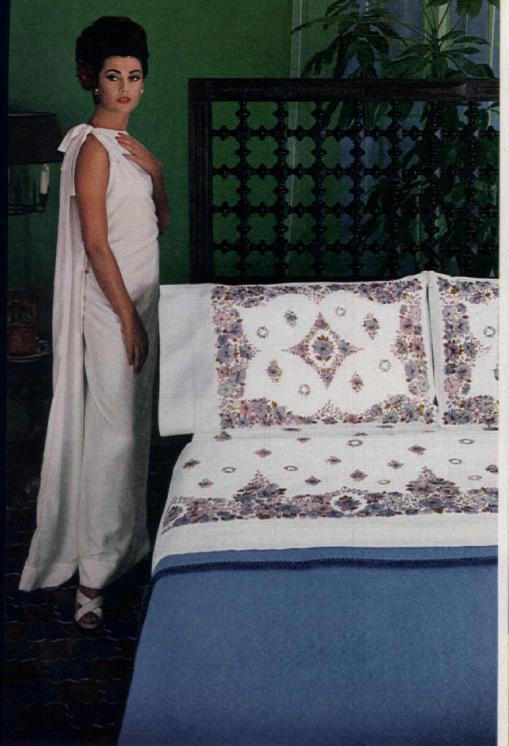
The lowest-quality shower nozzle gives an uneven spray with no spray adjustment, and tends to become rusty and clogged due to poor construction. The better grade offers spray control that enables you to set it for anything from a drenching spray to a fine needle spray. Not only are spray volume and direction easily controlled, but a good nozzle also is self-cleaning so it will not clog or rust. Cost is roughly \$5 to \$10 more than the cheapest nozzle.

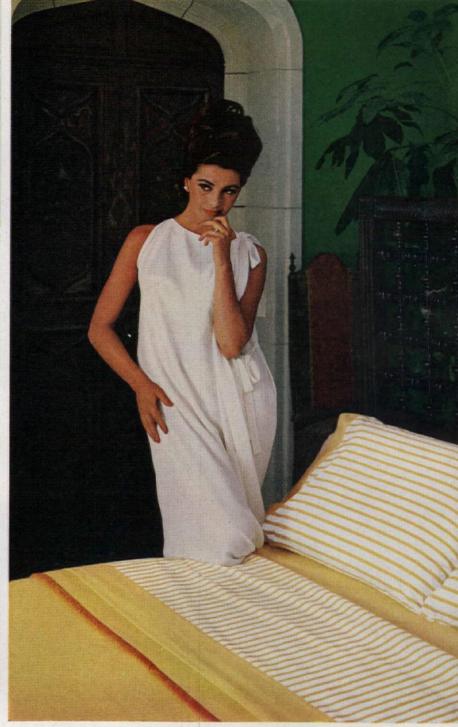
While taking a shower the water may suddenly get scorching hot or icy cold, a maddening experience. This happens when somebody else in the house turns on the cold or hot water, drawing it off from the shower.

It can be avoided by using a new temperature-control shower head. The shower-water temperature is automatically kept constant so that you cannot receive a sudden spurt of excessively hot or cold water. Some brands use a built-in thermostatic mixing-valve control, while others use a special pressure control valve for the same purpose. This feature costs from about \$20 to \$40, depending on type and brand.

SHUT-OFF VALVES

Water supply pipes to the bathroom fixtures should each contain hand shut-off valves. This enables you to turn off the water quickly in case of a sudden emergency or when you change a faucet washer. Without shutoff valves for each fixture you would have to turn off the water to the whole house.





Is your choice "Fleurette"....

or "Solo Stripe"

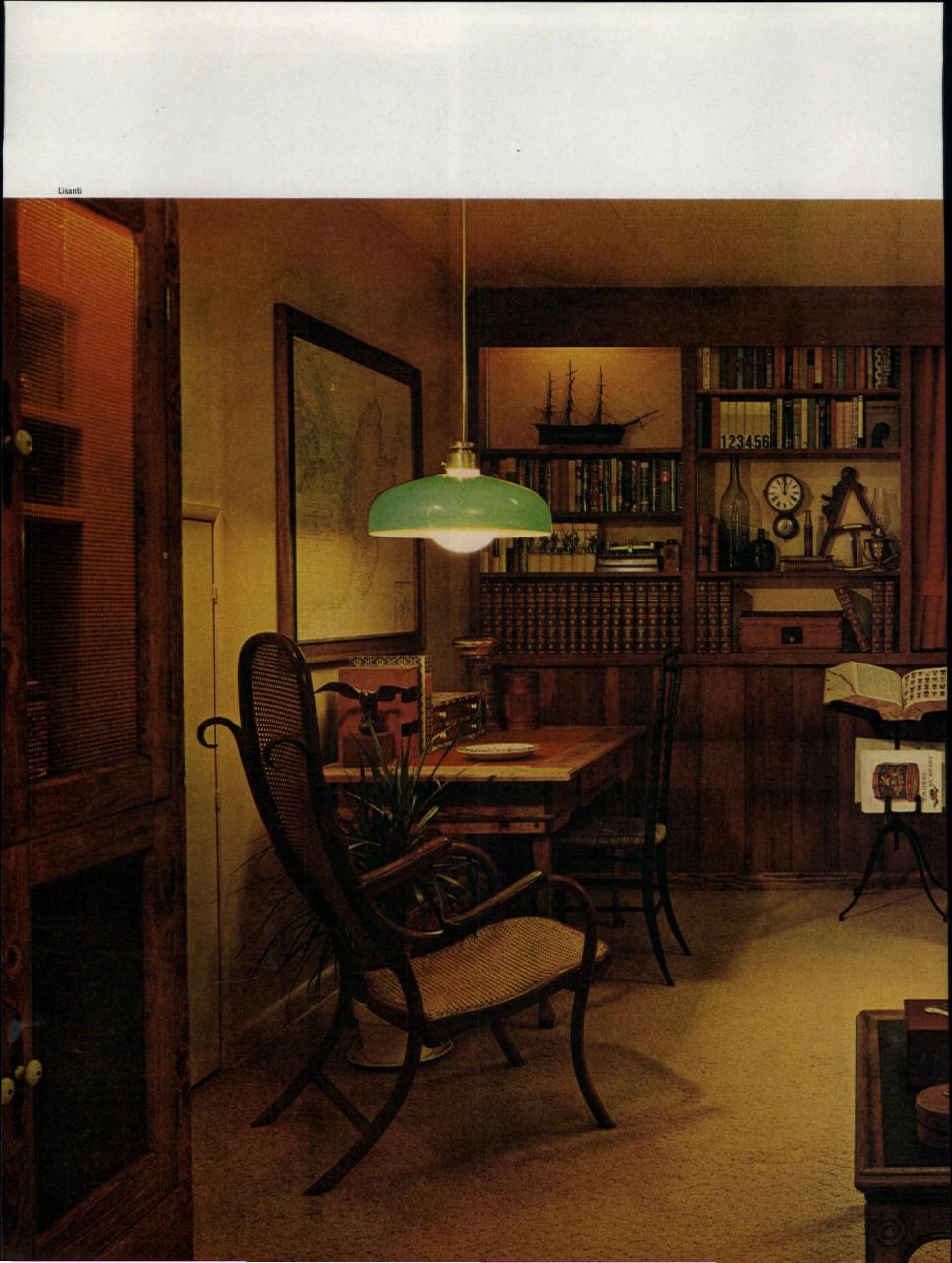
or romantic "Rose Duet"? They're all 180-count percales—why not get them all?

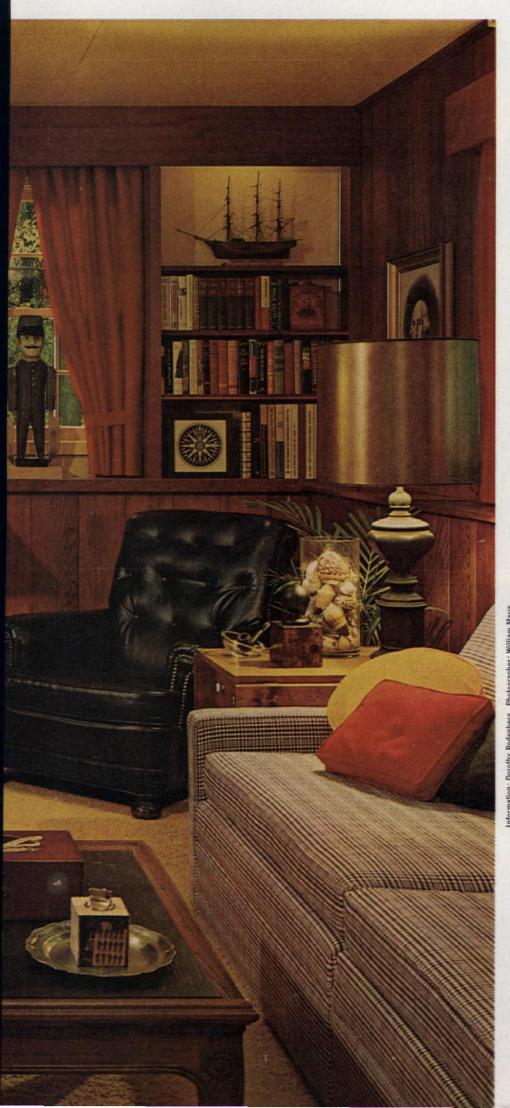


GUESS HOW MUCH?

Less than ever, during current January White Sales. And even though they're famous Lady Pepperells, they cost no more, sometimes even less...

And you get even more. For instance, Lady Pepperell's "Stretch-Fit" fitted sheets, elasticized around both ends, with corners 1/3 stronger. Blankets with Nap-Guard finish for more warmth with less weight. Colors, patterns, sheets, blankets, pillowcases to match. You don't have to guess who gives you all this. It could only be Lady Pepperell





TIRED OF THE SAME FOUR WALLS? SEE WHAT PANELING CAN DO!

A pine-paneled den used to be the dream of every home owner. Today paneling turns up all over the house—upstairs, downstairs, even in the bathroom. And why not? There's nothing like wood paneling to add warmth, texture, and interest to a room. It's instant decorating—immediately sets the tone of a room before a picture is hung or a pillow tossed. It's pleasantly affordable—if rare antique panels aren't within your budget, you can produce handsome effects with inexpensive hardboard. There are as many kinds of paneling as there are trees in the forest, from the most rustic to the most elegant. If knotty pine isn't your cup of timber, take a look at pecky cypress; mellow reddish cherry; dark, glowing walnut; or honey-colored teak! Most paneling comes prefinished ready to put up.



Pine paneling stained white is used in this newly remodeled compartmented bathroom in the home of Mr. and Mrs. Walter Pheiffer of Morristown, New Jersey. Random-width divider is cut-down partition with inverted baluster posts. Pine is also used in cabinets and louvered closets, set off beautifully with green counter, black strap hinges, and knobs.

Must the family room in a typical, front-to-rear split-level home look like every other? We say no! Here, mellow redwood paneling brings character, warmth, and lots of storage to an otherwise average rectangular room. The paneling is V-joint, tongue-in-groove, its handsome graining further enhanced by the yellow wall and carpeting. Under-cornice lighting displays part of a handsome ship-model collection.

Solid wood pecky cypress helps bring the outdoors indoors in this charming kitchen in the home of Mr. and Mrs. Samuel J. Feiner of Westport, Connecticut. The Feiners left the random-width siding on walls and ceiling au naturel, painted the appliances cocoa to blend with the woodsy color scheme. To give the appliances a built-in look, they built shelves around them and at the same time provided a display area for their extensive basket collection. Modern painting and smaller baskets hang on perforated hardboard, painted black. Sliding shoji screens give privacy at night.

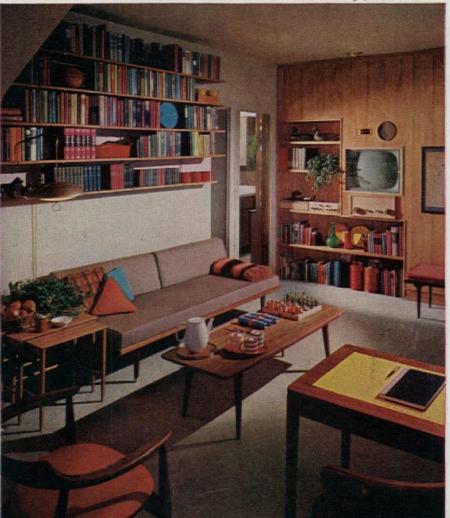
Old wooden doors, each with its own design, give the room below a highly individual character. The warmth of old wood is a handsome backdrop for contemporary furnishings and brilliant modern and pre-Columbian art. Simple blue and green wool flannel draperies spark the room's imaginative color scheme. To produce this unusual paneling, paint was removed from the doors and a coat of liquid wax applied-a good way to give a deep, mellow tone to paneling.



Information: Jessie Walker Photographer: Kranzten Studios



Planned for relaxed recreation, the remodeled room at right has a wall of prefinished oak paneling with built-in storage for stereo, TV, and books. Well-grouped furniture encourages comfort in the home of Mr. and Mrs. Charles J. Seitz, Jr. of Glencoe, Illinois.

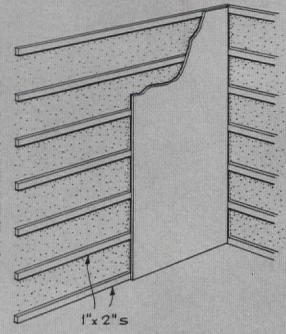


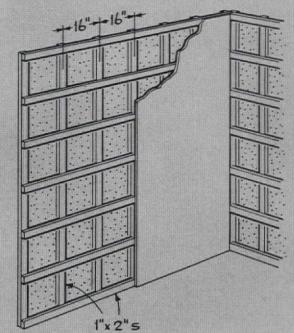
PANELING INSTALLATION FACT SHEET

Paneling your walls is probably the easiest big project you'll tackle around your home. These details should get you on your way in short order. If you want a professional to do the job, check his work against these facts. Save this work sheet, since you may like one wall paneled so much, you'll want to do more.

FOUR GOOD INSTALLATION METHODS

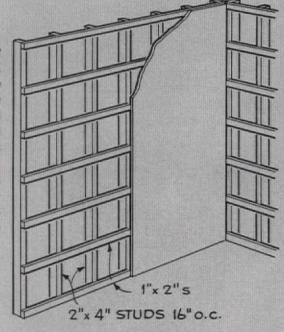
For application over plaster or plasterboard walls, nail 1x2" furring strips to wall horizontally on 16" centers. Nail through to studs. Some instructions will show wider spacing of furring strips, but to make paneling even and firm, method shown here is best. Check vertical alignment of paneling with a level before nailing. Molding will cover spaces at base, ceiling.

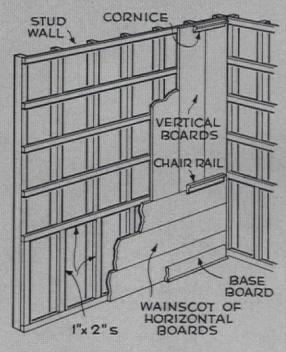




Before applying anything to masonry walls, water-proof the walls. Attach furring strips vertically on 16" centers. Use bolts, screws and dowels, or adhesive anchors. Then nail furring strips horizontally, again on 16" centers. Paneling goes up as before. If any panels must be cut, saw from finished side when using handsaw, unfinished side with power saw.

In a new house, or a new addition to your home, furring strips can be nailed directly to the studs. Paneling is then applied as indicated above. Some instructions will suggest nailing panels to the studs. This is acceptable, provided horizontal cross-bracing is nailed between studs to give panels firm backing. Yet, method here is best.



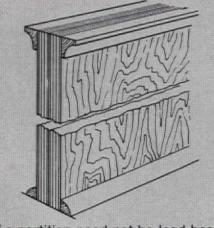


Ordinarily, solid wood paneling is applied as shown above and to far left. Here is a popular alternate method. To level nailing surface for horizontal panels, 1x2" furring strips must be attached to vertical edges of studs. Although it isn't necessary to put chair rail molding in place, décor will benefit by doing so. Use finishing nails.

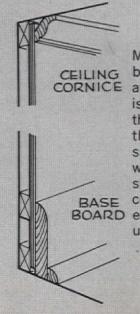
AT EDGES, NAIL INTO SUPPORTS, NOT INTO EDGE OF PANEL A" NAIL EVERY 4" AROUND EDGES OF PANEL WRONG NAIL EVERY 8" AT INTERMEDIATE SUPPORTS IN WALLS, EVERY 6" IN CEILINGS

Details above are best for hardboard. Nail plywood 6" on center at edges, 12" at intermediates. Blind nail solid wood panels at tongue. Check instructions for gluing data.

THREE PANELING TIPS YOU SHOULD KNOW



If a partition need not be load-bearing, this is a good way to erect one fast. Two 3/4" sheets of plywood are laminated, and moldings are added. Job can be done with nails or glue.



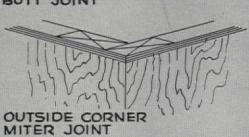
Moldings shown here are but a few of the types available. Attach with finishing nails. Set and fill the nail heads. Notice that furring strip fits snugly into the corner, whereas a small space is shown between floor and ceiling surface and panel BOARD edge. This occurs with uneven floors and ceiling.

(continued)

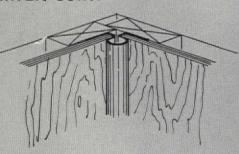
MAKING CORNERS MEET



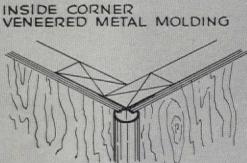
INSIDE CORNER BUTT JOINT



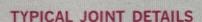
Miter panel edges at outside corner to prevent butt end from showing. Use power saw.



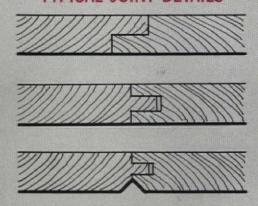
Other methods for handling corners include use of metal molding with a wood print resembling finished panels.

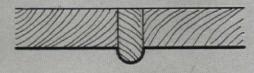


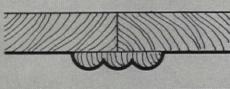
Similar metal strip can be used on outside corner. It's best for plywood or hardboard. Solid wood panels 3/4" thick should have standard butt or miter joint. Note how furring strips provide nailing base for panels.

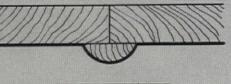


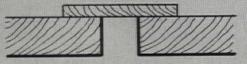
OUTSIDE CORNER VENEERED METAL MOLDING



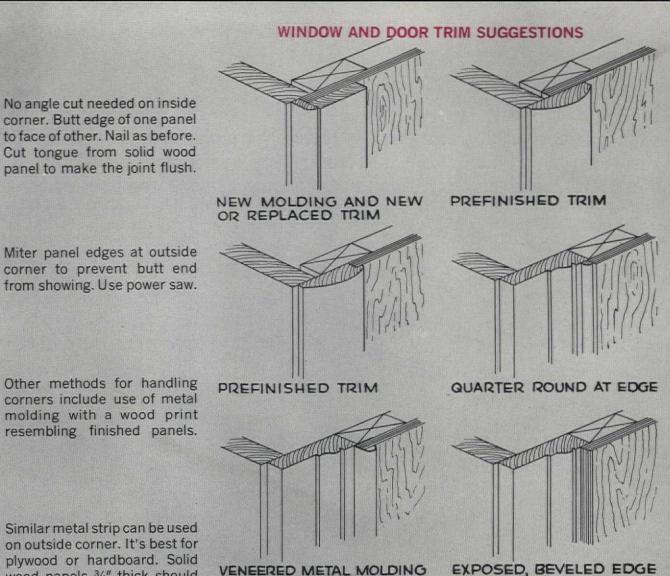




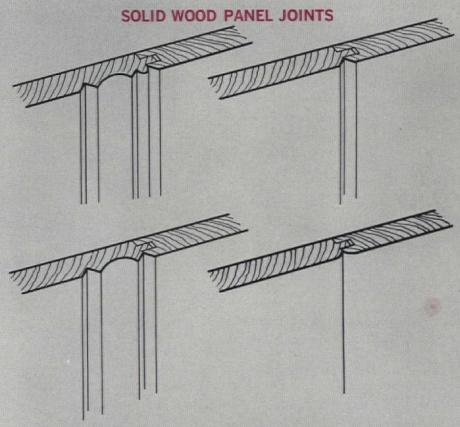




Starting at the top, the most commonly used methods for joining solid wood panels are ship-lap, tongue-and-groove with flush face, and the same with V-joint. For these, toenail panel through inside corner of tongue, set nail heads, and then wedge next panel groove over tongue. As the next four sketches indicate, plywood and hardboard paneling can be joined in a variety of ways. There's an advantage, too, in using moldings or an open joint. It hides any irregularities in the wall that may throw the panel joint off a hair or so. The bumps and cups in the wall surface should be smoothed out by the furring strips, but it isn't always possible to make an absolutely level surface. Moldings should be available with finishes resembling that on panels. If not, stain them.



Here are six ways to turn the corner into a door or window casing. If you choose to remove and replace the old trim, as in upper left sketch, you'll find the easiest way to take off the trim is to drive the nails through with a nail set, rather than pry board away from the wall. Most of the moldings you see here are available from major plywood producers in finishes similar to their paneling. If you select another style of molding, or wish to use solid wood paneling (which some of this molding won't fit), it's quite simple to finish it yourself.



The most popular designs in solid wood paneling are those shown in the sketches at right. Those to the left indicate the range of decorative treatments available to you. The more intricate styles are often used as wainscoting in a dining room or den, or on stairwell wall.

A solid new wagonload of low-cost luxury-Solid is right. Chevy II is solidly engineered and solidly built. And for family wagoning, you can't beat the looks and comfort that Nova below delivers at such a low, low price. As for what's new, this car isn't resting on last year's laurels. From chassis to body in '63, it's loaded with new ways to make it longer lasting and easier to care

for-advances like self-adjusting brakes, longer lived exhaust system, and a battery-saving new Delcotron generator. You've got a full line of 10 models to choose from and if you want to be frugal with a flourish, there's even an extra-cost Super Sport option to spruce up the sport coupe and convertible. As if you didn't know it already, this Chevy II is also a real solid buy.

Chevy II Nova 400 Station Wagon



Corvair Monza Convertible

Kind of moves you even when it's standing still

Being parked is against the Monza's nature. Even so, it has the steering ease and shape to sneak into snug parking spots. Where it really shines though is in motion-town or country. Its rearengine grip and agility are something to marvel at, and this trait we've left untouched for '63. We have added self-adjusting brakes, a more fully aluminized muffler and a few new styling touches both inside and out. But you're not going to get the full Corvair story just looking at it parked there. You'd better drive it. It's wait-

ing impatiently at your Chevrolet dealer's.... Chevrolet Division of General Motors, Detroit 2, Mich.



KEEPS GOING GREAT

CHOOSE THE PANELING THAT'S BEST FOR YOU

You've seen how wood paneling can add warmth to any room in the house. But did you know there are three basic types of wood paneling-solid wood, plywood, and hardboard? Solid wood is just what the name implies-a solid piece of wood. Plywood is made up of several layers of veneers, bonded together with adhesives. The wood veneer used on the face of a plywood panel determines the species name by which it is known. Hardboard panels are made by reducing wood chips into fibers, refining them, and forming them into panels. To provide the face of the hardboard panel with the appearance of wood, the panel surface is printed with a wood-grain reproduction while being manufactured.

At first glance the three types may look similar. But there are differences in their finished appearance, their sizes, and their costs. The information below is intended as a guide to aid you in selecting the type which will best suit your particular needs.

SOLID WOOD

Most frequently asked question: Why should I pay more for solid wood paneling? In the first place, you often don't. Some species—knotty pine for example—cost less than the average plywood panel, and occasionally less than hardboard panels. Costs of some other species are about on a par with much of the plywood material. Advantages include the fact that graining runs through the entire thickness of the board, and can be seen and appreciated at the joints. Nicks, scratches, and small burns can be sanded down and refinished. And because of thickness, the boards will stand up to a great deal of abuse.

What prices? The figure varies with thickness, finish, species of wood, and grade. Knotty pine is the least expensive, running from about 22¢ per square foot. Walnut and cherry paneling are generally at the top of the list—often somewhat over \$1 per square foot. Redwood, cedar, cypress, oak, and others fall in between these extremes.

What sizes? Traditionally, solid wood paneling has been 1" thick. (Dressed thickness is actually $\frac{3}{4}$ ".) Widths range from 6" to 12". Recently, several lumber manufacturers have begun producing boards $\frac{3}{8}$ " thick and $\frac{1}{2}$ " thick to provide the advantages of solid wood at lower cost than 1" boards.

What finishes? Until recently, solid wood paneling has always been unfinished. Now, it is often possible to buy it prefinished—at a nominal increase in cost. When you choose unfinished boards you can stain them, leave them alone completely, wipe with a pigmented stain, or in the case of hardwoods—oil finish and wax.

Where can you install it? Anywhere inside the house except in locations where it will be directly in contact with water. In rooms where moisture is a problem, it is recommended that a lacquer finish be applied.

PLYWOOD

Most frequently asked question: Why is there such a big spread in prices? For example, one company alone produces birch plywood panels that can cost anywhere from 54¢ to 68¢ per square foot. While the 14¢ differential may not seem like much, if you were to buy twenty 4x8′ panels, the cost would be approximately \$100 higher.

The reason is that plywood is a natural product. Wood of the same species differs from tree to tree, even from veneer to veneer in the same tree. The better veneers are found in the higher priced panels. Other factors are the quality of the center ply (or core) between the face and back of the panel, the finish, and even the adhesives used to bond the plies. Among brand-name products this difference should not affect the durability of the panel. However, there is a marked difference in appearance. Price variations among different species are due to the scarcity of the species and the amount of usable veneer obtainable from each tree.

What prices? The majority of hardwood plywood paneling falls into a range between 25¢ and 80¢ per square foot, or \$8 to \$25.60 per 4x8′ panel. The popular lauan mahogany panels are toward the low end of this scale. Birch, some species of oak, elm, gum, and maple are likely to be in the center of this range, and walnut, cherry, ash, and some African mahogany are apt to be priced at the top of the scale. Exotic imported wood paneling can run from about 70¢ up to \$1.75 per square foot. Softwood plywood paneling generally is available in the 25¢ to 40¢ per square foot range.

What sizes? Generally, you will find panels 4x8', $\frac{1}{4}''$ thick. Many dealers do stock 4x7' and 4x10' sizes, and if not, will order them. If you want an odd-size panel, there may be a charge for cutting it down. Most manufacturers produce matching trim.

What finishes? Many of the same species are available in different color tones as well as natural. Most brand-name plywood panels come with a varnish (synthetic and real) and lacquer finish, applied in a multistep process designed to make the panels resistant to most household stains. In the case of nonbranded paneling, it may be necessary to apply additional finish coats. Panels are available in a choice of plain face, V grooves, rough surfaces, ribbon stripes, striations, and some are even curved to meet special needs.

Are there other types? Some newly marketed panels are thicker than 1/4". Cores of many are other than lumber veneers.

Where can you install it? Anywhere in the home where moisture is not a problem. Although it has been installed successfully in bathrooms, most manufacturers do not recommend this use. Where such

installations have worked well, it is because excess moisture is efficiently removed by mechanical ventilation. But the paneling definitely should <u>not</u> be installed in shower or tub areas.

HARDBOARD

Most frequently asked question: Will the panel really stand up to abuse? The answer is ves. The prefinished surface of a woodgrain hardboard is a factory-applied synthetic finish. It is tough and durable under normal wear. Grease, chalk, food, ink, crayon, or dirt will disappear with a rub of a sponge dipped in warm water and mild soap. Surface scratches and nail holes are easily repaired with putty sticks. These come in colors to match the panels. Deep scratches are another thing; you will be wiser to replace the panel. The cost of one panel is relatively low. It's possible to match the old panels since they are machine made, and quality control is quite accurate.

What prices? Average cost is between 22¢ and 25¢ per square foot, or roughly between \$7 and \$8 per 4x8' panel. If you find a lower price among brand-name panels, you've made a good buy. If the charge is higher, check other dealers.

What sizes? Wood-grained hardboard panels are ½" thick. Nearly all panels sold are 4x8', but you can get 4x7' and 4x9' on special order. A 4x10' panel is available, but will be more difficult to order because of a problem of cutting at the mill.

What finishes? All panels are prefinished. The wood-grain pattern comes in about a dozen shades ranging from gray and light buff to deep brown in several commonly recognized wood-grain reproductions.

Where can you install it? Any inside wall except in areas with excessive moisture.

Are there other types? For installation in excessive moisture areas—even around bathtub or shower—there is the melamine (plastic) surfaced hardboard panel. Its cost is from 50¢ to 55¢ per square foot or about \$17 for a 4x8′ panel. Other types of hardboard panels are produced without the wood-grain finish, and with a variety of surface patterns. Prices range from as low as 8¢ to as high as 20¢ per square foot.

If your building materials dealer cannot supply the paneling you want, or if you want more specific information and suggestions how to use the materials in new and imaginative ways, write to:

For solid wood: National Lumber Manufacturers Assn., 1619 Massachusetts Ave., N.W., Washington 6, D.C.

For plywood: Hardwood Plywood Institute, 2310 S. Walter Reed Drive, Arlington 6, Va., and Douglas Fir Plywood Association, 1119 A Street, Tacoma 2, Wash.

For hardboard: American Hardboard Assn., 205 W. Wacker Drive, Chicago 6, III.



See Weldwood paneling on TV. ABC Evening News Report, Thursday and alternate Fridays: "Sam Benedict," NBC, alternate Saturdays.

Room design by Marvin Culbreth, N.S.I.D.

Regency-in cherry paneling-at far less than a king's ransom

These gracefully arched recesses give the whole room a touch of elegance borrowed from another century. Yet they were cut from standard panels of modern Weldwood® Charter® cherry. And enough for a 12' x 8' wall costs only \$65.00. Send for the designer's sketch. It will show you—or your carpenter—how to do the job most simply. Then go to your dealer's and look at Weldwood paneling (there are over 100 different types). See for yourself how its 18-step fine-furniture finish lets the soft radiance of real wood shine through. Compare it with ordinary paneling and you'll know there's no substitute for fine craftsmanship. Insist on Weldwood. Look for this name on the back of each panel.

WELDWOOD

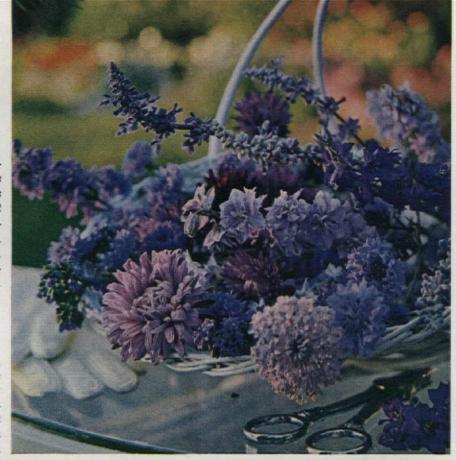
REAL WOOD PANELING

New for Gardens

(continued from page 43)

"Bouquet of Blue" is a mixture of blue-flowered annuals selected to provide flowers for arrangements throughout the summer. The selection includes anchusa, cynoglossum, bachelor's button, larkspur, aster, and salvia 'Blue Bedder.' All are easy to grow.

'Sunrise' snapdragon, below, is so named because it blooms early. It's one of the new F-1 hybrids and includes a variety of brilliant colors. It shows up especially well as a medium-tall bedding plant.





Marigold 'X-15,' at right, is a spectacularly large-flowered F-1 variety. It's named for the famous X-15 rocket ship and makes a vigorous, heavy-stemmed plant about 3 feet tall. The ball-like 5-inch flowers are long stemmed and are wonderful for cutting.





true to its name, is a double form of the popular, compact, plum-and-lavender variety.



'Double Sugar Plum' petunia, 'Bijou' sweetpeas are true dwarfs and so are excellent for use at the front of borders, in low beds, window boxes, and pots. They start blooming before standard early varieties and continue longer. The ruffled blooms, three or four to a stem, make fine cut flowers. Colors are white, blue, mauve, salmon, rose, scarlet. makes an attractive, compact plant. (continued)

cultivation of all these items on the seed packets, as well as data on height, breadth, and sun, soil, and moisture requirements.

First, meet the All-America winners, selected for their distinctiveness and their proven suitability for all parts of the country. They're both zinnias and are pictured on pages 42 and 43. 'Thumbelina' is the most petite and adorable miniature you could imagine. It starts flowering when only a couple of inches high and stops growing at 6 inches.

In contrast, the other All-America zinnia is a giant. Flaming red 'Firecracker' has enormous quilled flowers on vigorous 30-inch plants. It's an F-1 hybrid and shows resistance to mildew.

Marigold 'Mr. Sam,' named for the late Speaker of the House of Representatives Sam Rayburn, has large, rounded, fluffy-textured flowers that are wonderful for cutting as well as for garden effect. It grows about 11/2

The 'X-15' marigold grows to about 3 feet and carries its enormous flowers (up to 5 inches across!) well above the foliage. Unusually heavy stems stand it in good stead both as a garden plant and as a cut flower.

For gardeners whose chief problem is shade, impatiens 'Tangerine' is likely to be the most important item on the list. It's a delightful new color and makes attractive plants a little over a foot tall.

'Cascade' petunias are prolific, extra-early flowering, compact growing, and have spectacular blooms 4 to 5 inches across-a new class that's sure to be tremendously popular. They're available in red, pink, and white.

If you like blue flowers, and if you grow annuals for cutting as well as for garden effect, the new Bouquet of Blue mixture is everything you could ask for. It includes six of the best, easiest-to-grow, blue-flowered annuals and will keep you in flower arrangements all summer long.

And if you'd like some warm-colored, spiketype blooms for cutting, the new 'Sunrise' snapdragon mixture is certainly your best bet. These snaps are unusually early flowering and, besides being fine for cutting, make wonderful summer bedding plants.

Among the most truly distinctive items being introduced this year are the delightful little 'Bijou' sweetpeas. They're real dwarfs, need no staking, and can be planted wherever other small annuals are used—even in window boxes! They're extra-early flowering and include all the standard sweetpea colors.

Its unusual coloring (lavender netted with plum red) made 'Sugar Plum' petunia an instant success a few years ago. This year there'll be a 'Double Sugar Plum' availablethe same color combination but double flowered instead of single. Like the original variety, the new one produces an abundance of sunproof and rainproof 21/2-inch blooms and

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(continued) The new early aster 'Blue Wonder' will produce extra-large, bright-blue blooms. Stems are a good length for cut flowers. Plants are 15 inches high. 'Cascade' is a lovely white variety bred in Denmark. It has long slender curled petals.

For conversation-piece bedding plants, try low-growing crested cockscombs. 'Festival' is an outstanding mixture with mounds of bloom in jewellike colors of pale yellow, gold, rose, and ruby red. Plants stand 14 inches high. Flowers can be dried.

Intriguing novelty geranium is Pelargonium 'Little Read's.' It's a dwarf that loads itself with bloom-often 10 big trusses to one little plant. You can start it from seed. Not all resulting plants will be miniature, but about half will be 6 inches or less in mature height. Many colors.

Cladanthus arabicus is a golden daisy-type flower that blooms quickly from seed (9 to 10 weeks) and continues until frost, growing gradually taller. Eventual height is 2 to 3 feet. Foliage is feathery.

There won't have been a doubleflowered impatiens until 'The Rose' makes its debut this year. It has pink double blooms on a 12-inch plant.

Other petunia debutantes include new colors in the floriferous, double, small-flowered hybrids (multiflora-type) 'Pink Riches,' 'White Riches,' and 'Honey Bunch,' which is salmon. 'Salmon Magic' has large, ruffled flowers on dwarf plants.

Snapdragon 'Torch' is an earlyflowering F-1 hybrid in scarlet rose.

PERENNIALS FOR YOUR PLEASURE

Many new garden chrysanthemums have 5- to 6-inch flowers! Of these, 'Miracle-Mums' in yellow, orange, or red are enormous corsage-types that start blooming in early September. The bird series adds a quartet of pillow-type similar to football mums: 'Marsh Wren,' orange apricot; 'Golden Pheasant,' yellow; 'Mockingbird,' orange-red with gold reverse; and 'Nuthatch,' lavender. From the North Platte, Nebraska, Experiment Station come two giants needing no pampering: 'Stadium Queen,' incurved



Miracle-mum 'Gypsy Queen'

red with gold reverse; 'Star Trail,' yellow of spider-quill type.

A low-growing, smaller-flowered plant for masses of color comes from the University of Minnesota. It's "Tenstrike," producing lavender 11/2inch blooms on plants that are 18 inches high and 30 inches wide in August.

Other tempting perennials for late summer and autumn bloom include: white physostegia 'Summer Snow.' aster 'Fellowship' with pink flowers



Perennial aster 'Golden Sunshine'

on 2-foot stems, rare yellow hardy aster 'Golden Sunshine' growing 3 feet tall, and cultivated goldenrods 'Peter Pan' with horizontally arranged flowers on 2-foot stems and 'Golden Mosa,' with big plumes at 3-foot height.

For earlier summer, try 'Allwood's Perpetual Flowering Pinks,' which begin in spring and don't stop till winter! Flowers are sweet scented, in shades of pink and red. Plants are lowgrowing with silvery foliage which looks well throughout the winter. (continued)

SHOPPING INFORMATION

THE NEW ORDER OF THE BATH

THE NEW ORDER OF THE BATH
Page 33: Fixtures—Crane Co. Towels—Martex. Rug—Cabin Craft. Towel rack, accessories—Hudson Rissman. Pages 34, 35 (Left): Fixtures—Crane Co. Towels—Fieldcrest. Flooring—Amtico. (Center) Fixtures—American-Standard. "Luxor" towels—Martex. (Right) Fixtures—Crane Co. Flooring—Robbins. Towels—Fieldcrest. Page 37 (Top): Fixtures—Crane Co. "Splendor" towels, face cloths—Martex. "Star Dust" counter tops—Formica. (Bottom) Fixtures—American-Standard. Scale—Borg. Towels—Fieldcrest. (Right) Fixtures—American-Standard. Towels—Martex. Page 38 (Left): Fixtures—American-Standard. "Emerald" and "Topaz" towels—Martex. Page 38 (Left): Fixtures—American-Standard. "Robin Blue" and "Jopaz" towels—Callaway. Shower curtain—Jakson. Bench—Wire Frame Shop. Scale—Continental. Rugs—Wunda Weve. Chair—Stendard. "Robin Blue" and "Shamrock" towels—Martex. Aquatized shower curtains—Kleinert's. Rugs—Wunda Weve. Chair—Walls Today. Page 39 (Left): Fixtures—Kohler. Towels—Cannon. Shower curtains—Jakson. Light fixtures—Stoller. Towels—Cannon. Shower curtains—Jakson. Light fixtures—Stoller. Rugs—Wunda Weve. Mirror—Richard Camp. (Right) Fixtures—Kohler. "Bittersweet" and "Topaz" towels—Fieldcrest. Aquatized shower curtains—Kleinert's. Light fixtures—Bonniers. Mirror, shelves, chair—Wire Frame Shop. Rugs—Wunda Weve. Scale—Continental.

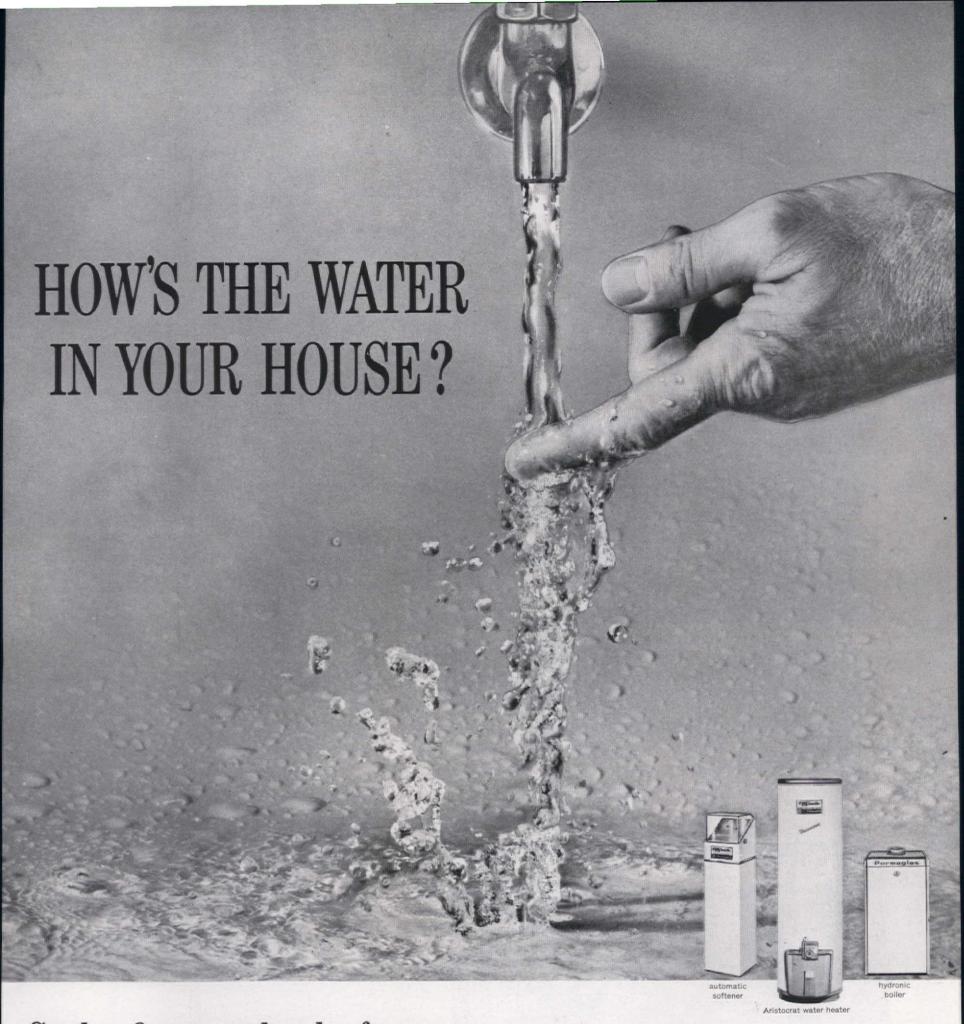
NEW FLOWERS TO CHIRP ABOUT Pages 42, 43, 88: Pictures courtesy of George J. Ball, Inc. Bodger Seeds, Ltd. W. Atlee Burpee Co. Ferry-Morse Seed Co. Northrup, King & Co. Vaughan's Seed Co. George W. Park Seed Co. Pages 90, 92, 95, 96: Armstrong Nurseries. Conard-Pyle Co. Henry Field Seed & Nursery Co. Inter-State Nurseries. Jackson & Perkins Co. Edward H. Scanlon & Assoc. Stark Brothers Nurseries & Orchards Co. Stern's Nurseries. Wayside Gardens Co. Melven E. Wyant.

ROOM WITHOUT A VIEW

Page 48 (Top left): Furniture—Don Russo. Rug—James Lees. Fabric—Eaglesham Prints. Sliding panel—Window Modes. Painting— Bertha Schaefer Gallery. Silver coffee service, flat flatware—International. Black and white creil jar—Mottahedeh. Pages 48, 49 (Bottom): All merchandise—Greenbaum Bros.

SEE WHAT PANELING CAN DO!

Page 80: Hanging lamp—Arco Lighting Center. Coffee table—Henredon Furniture. "Naugahyde" upholstery on club chair—U.S. Rubber. Curtains—Continental Felt. Panel-Rubber. Curtains—Continental Felt. Paneling—Redwood Assoc. Frame around map-FA R Frame Shop. Page 82 (Top right): Refrigerator, freezer—General Electric. Table, chair, lighting fixture—Raymor. (Left center) Lamp—Thalhimer Bros. Chiavarri ladderback chair—Imported by Otto Gerdeau. Archer and goat metal sculptures by Cynthia Morehead-Smith. Painting by Bernard Marin. (Bottom) Carpet—McGee. Desk—Drexel. Sofa, bench, desk chair—Sofa's Inc. Coffee tables, nest of tables, pull-up chair—Segno, Inc. Clock, triangular table—Marion Heuer Interiors, Inc. Molds—antiques.



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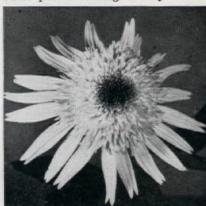
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(continued) Delphinium spires appear in June and often repeat in September. New large-flowered varieties are white 'Dazzler,' deep-purple 'Imperial,' blue 'Celestial,' and lavender-pink 'Bewitching.' In the smaller-flowered, wiry-stemmed belladonna type, delphinium 'Casa Blanca' is pure white.

For midsummer, rudbeckia 'Pink and White' is a gem with stiff white outer petals circling a fully double



Rudbeckia 'Pink and White

center of pink. Achillea 'Moonshine' has sulphur-yellow flowers on 2-foot stems above a cushion of gray foliage. Gaillardia 'Golden Giant' has yellow daisylike blooms.

TREES AND SHRUBS

Flowering crabapples rate high for beauty plus cold-hardiness. Here are three you can be the first in your neighborhood to grow: 'Guiding Star' is a narrow, almost pyramidal-shaped tree, blooming at late lilac time. It has double, fragrant white flowers followed by small yellow fruit. 'Patricia' might be called an improved 'Hopa,' with larger double flowers of deeper pink color. The tree grows 20 feet tall; fruit is dark red, large, and good for jelly, 'Vanguard,' developed by the University of Minnesota, is upright in habit of growth, bearing single flowers of rosy pink. Young leaves are reddish, becoming bright green. Fruits are red and showy, and furnish food for winter birds.

Four new street or shade trees include an upsweeping ash called 'Doctor Pirone,' a columnar Sargent cherry named 'Rancho,' white-flowered 'Scanlon' globe cherry, and fastgrowing 'Rancho' littleleaf linden. All make compact, shapely specimens.



'Scanlon' globe cherry

Shadblows (amelanchier) are small trees and shrubs that bloom showily

very early in spring and have l liantly colored foliage in autur Two newly available are: Amel chier asiatica, a 10-foot-high shi



Delphinium 'Bewitching'

from Japan, has pink-tinted, almor scented flowers, and repeats bloom September. Amelanchier grandiflo rubescens, an American native shru has drooping racemes of deep pir lined flowers which age to flesh col



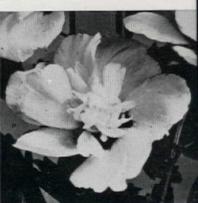
Chrusanthemum 'Golden Pheasan

The bee-bee or sweet-scent to (Evodia danielli) from Korea a China, gets its name from fragra leaves that attract honey bees. Be do such a good job of pollinating t clusters of small white flowers th there's a prolific set of berries. T tree is small sized and hardy.

Russian almond (Prunus tenell 'Fire Hill' is a low-growing shrub feet) with erect stems that are co ered in early April with fiery flowers. Stands cold winters.

For a late-summer flowering shru nothing is showier than althea rose of Sharon (Hibiscus syriacus Two new varieties are 'Morning Star with double creamy white bloom touched with maroon at the base each petal, and 'Red Heart' which has large single white flowers ce tered with a brilliant spot of red.

Butterfly bush (buddleia) 'Africa Queen' has flowers of deep glowin purple. It begins to bloom early



Rose of Sharon 'Morning Star' summer and forms a shrub 4 to feet high and wide.

Cotoneaster 'Autumn Fire' (a va riety of C. salicifolia) is a fast-growing groundcover about 6 inches high Individual plants

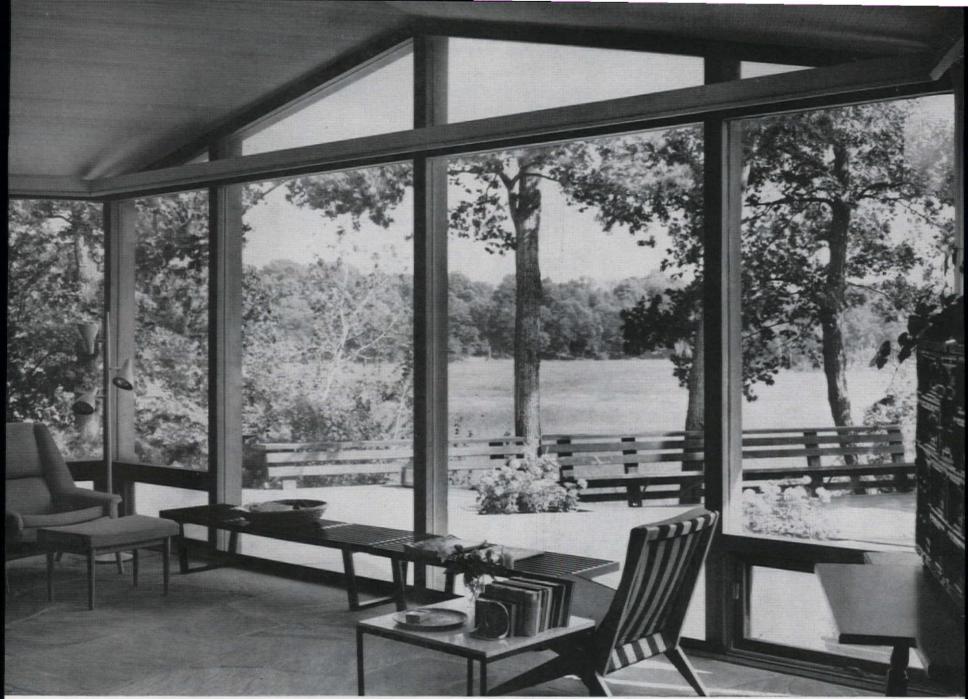


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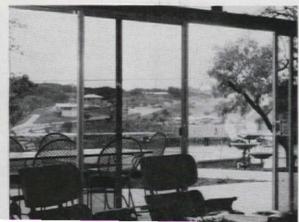
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may cover 8 feet. ontinued) reen willowlike leaves and red fruit. oes well in sun or half shade.

ROSES, ROSES, ROSES

We haven't space to describe them 1! But here's a brief taste of what ou'll be finding in catalogues and arden stores:

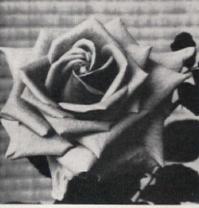
The 1963 All-America winners are ght pink 'Royal Highness' and range-red 'Tropicana.' Both are hyrid teas, as are the following: yelw 'Golden Salute' and 'Summer unshine,' orange 'Floriade' and Prange Flame,' red 'Helene Schoen' nd 'Red American Beauty,' and ink or pink blend 'Chicago Peace,' Columbus Queen,' 'Dixie Belle,' Lively,' and 'Lucky Piece.'



'Lucky Piece'



'Orange Flame'



'Livelu'



'Red American Beauty'

In cluster-flowered floribundas and polyanthas are: yellow 'Seventeen,' orange 'Acapulco,' red-and-yellow 'Rumba,' red 'Happy,' and pink 'Bambi' and 'Pink Eutin.'

Grandifloras, sturdy and profuseflowering, include white 'Mt. Shasta' and red 'Governor Mark Hatfield.'

Among climbers and pillars are red 'Lancaster,' yellow 'Apache,' and pink 'Chevenne' and 'Viking Queen.'

Shrub roses are pink 'Margaret Hilling' and yellow 'Canarybird.'

HANDSOME BULB-FLOWERS

Most talked about new glads are the All-America Gladiolus Selections. Two are miniatures: scarlet 'Frisky' and golden 'Goldilocks.' The others, yellow 'Morning Sun' and scarlet 'Victory,' are majestically tall with large florets. Other good ones include: 'Fiesta' glads, a gaily varied collection of moderate-sized flowers, fascinatingly marked with contrasting colors in their throats; 'Doublette,' double-flowered miniature of creamy yellow with scarlet blotch; 'Jester,' a surprisingly shaped bloom of yellow marked with red whose petals may be narrow and recurved, or broad and ruffled; 'My Love,' a Holland prize winner with enormous rose-pink blooms flecked with vermilion; 'Spring Song,' large ruffled beauty of salmonpink; 'Christmas Red,' tall red formal; and 'Christmas White,' towering white with ruffled florets.

Double achimenes are a new race with unique flower form and colors. 'Crimson Tiger' is a double crimson with tigered vellow throat.

The 4-inch flowers of multiflora begonia 'Picotee Ballerina' are double, ruffled, yellow with red edge, borne in profusion. Good pot plant or for shady summer garden.

Hardy lilies 'Imperial Crimson' (red), 'Imperial Silver' (white), and 'Imperial Gold' (white with gold stripe) are awesomely beautiful and large (up to 10 inches across). They're hybrids of gold band and "rubrum" lilies and good doers in the garden. Another lovely new hardy lily is the Aurelian hybrid 'Lady Allice.' It has 6-inch wide recurving white flowers with apricot star centers.

Canna 'Seven Dwarfs' has added a new color, yellow 'Happy.' This 18inch group can be grown from seed, flowering in three months.

DISTINCTIVE NEW FRUITS

'Bonanza' dwarf peach bush is an exciting toy-sized true dwarf plant that produces full-size, early-ripening freestone peaches of superior quality. Often bears when less than 2 feet tall and does not require cross pollinating by a second plant. Blooms are decoratively semidouble, rose pink. The plant thrives wherever peaches grow satisfactorily, needs little more space than a mature rose bush, can be grown in a container, adapts to bonsai treatment. With light pruning it can be kept at 3 feet, or, if unpruned, will eventually reach 6 to 8 feet.

Semidwarf 'Starkspur Golden Delicious' has apples identical to those of its flavorsome parent, 'Stark Golden Delicious.' But it bears bigger crops, sooner, on a more compact tree, half to two-thirds regular (continued)





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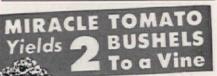


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'Bonanza' dwarf peach

flavor. Tree is hardy, small, pretty when in bloom.

Three fine strawberries are the result of breeding programs at State Experiment Stations. 'Vesper,' a lateripening, high-yielding June-bearer. comes from New Jersey. Early-fruiting June-bearer for extremely cold climates is 'Viking' from Minnesota. 'Geneva' is the first everbearer to be introduced by the New York Station where it is considered the best everbearing variety they've ever tested. Fruits are almost as large as those of June-bearers and excellent for eating, freezing, or preserving.

QUITE A YEAR FOR VEGETABLES!

Five outstanding new vegetables have won All-America awards: (1) Lettuce 'Buttercrunch' is of highest eating quality, comparable to one of its parents, the famous 'Kentucky Bibb.' But 'Buttercrunch' is largerheading, more heat tolerant and slower to bolt to seed. (2) Cabbage 'Emerald Cross' is a hybrid developed in Japan that's early, with firm round heads and slim core. (3) Bush snapbean 'Executive' brings improvement to the popular 'Tendergreen' type bean. It has darker, round pods, with larger plant and yield. Harvesting

season is concentrated, so home ga deners should make successive plan ings at 2-week intervals. (4) Squas 'Hercules' is a 'Butternut' type win ter squash. It's much larger, thicke fleshed, straight-necked, and the vir is more vigorous. Flesh is orang Needs 82 days to mature. (5) Sun mer squash 'Greyzini' is an F-1 Hy brid of zucchini type. It's early, sler der cucumber shape, and a heav bearer on vigorous bushy plants.

Another interesting new squash 'Eat-All' developed at the Universit of New Hampshire. It's a version of the delicata or sweet potato squasi that features hull-less seeds. Whe the fruits are cut in half and baked seeds are left in and have a deliciou nutlike flavor. Flesh is yellow.

Muskmelon 'Wheat City' is a ideal cantaloupe for Northern climate or crowded gardens, for it ripens mor quickly than any other and is of des sert quality. Bred at one of Canada' Dominion Experiment Stations, it 3- to 4-pound fruits grow on compac 4-foot vines.

From the University of Illinois comes sweet corn 'Illini Chief' nick named 'Supersweet' because, accord ing to the University's tests, it i twice as sweet as any other sweet corn. Is delicious when frozen.

New tomato of beefsteak type is 'Pink Hybrid Ponderosa #4.' It's midseason variety with large pink fruits (11/2 pounds or more) that performs outstandingly in the Midwest.

Novel miniature sweet-fruited pepper 'Nosegay' was developed at the University of New Hampshire. Plants grow only 4 to 5 inches tall and produce clusters of 3/4 inch bright red fruits. Delicious for garnishing salads, etc. Use outdoors, or as winter pot

FOUR HOUSE PLANT NOVELTIES

Tomato 'Atom,' a miniature plant only 8 to 12 inches high when full grown, will produce delicious tomatoes during winter in a sunny window. Fruits are red, about an inch in diameter, with 6 to 12 per plant.

'Double Pink-Flowered Calla Begonia' has decorative foliage that's green at the base of the plant, and glistening white at the top—in shapes like little calla lilies. It's reputed easier to grow than the regular singleflowered variety.

Kalanchoe 'Pastel Hybrids' bring new flower colors to these succulentleaved plants that are useful as pot plants in winter and in shady outdoor gardens in summer.

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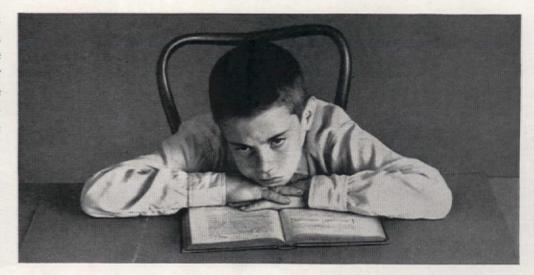
Mrs. Kilpatrick is only one of over 50,000 parents who have turned to The Sound Way to Easy Reading for help in the frustrating problem of a child who can't read. And over 3,000 schools use it.

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Don't think it's all your child's fault if he hasn't learned to read. Many of our brightest children are not able to grasp the "look-and-say" method taught in most schools today. Yet, many educators insist that at least 40% of our children must have formal training in phonics—that they will never master reading without it!

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in the English language. It works for children of all ages-in the earliest grades, and even in high school.

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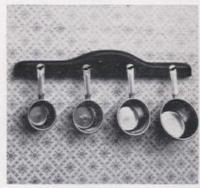
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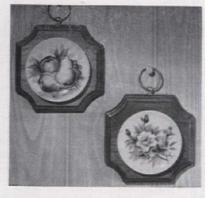
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your favorite dishes will be little ones mounted on wood to hang on your wall. They're decorated with colorful fruit and flower designs that were hand painted on the china plates. Their mount is a 5" plaque with a fruitwood finish, with brass hanging ring. \$2.99 a pair; \$8.69 for six, all different. Add 45c postage. Here's How, 15-AH West 26th St., New York 10, N.Y.





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send a valentine to the sweetheart who learned that the way to win your heart was with her luscious cooking. These four bright red potholders will be a great help to her in the kitchen, and they've got a magnet inside to keep them stuck on the range when she runs to kiss you hello. Set of four quilted hearts, \$1. Order from Miles Kimball, 126 Bond Street, Oshkosh, Wis.

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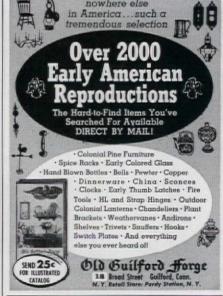
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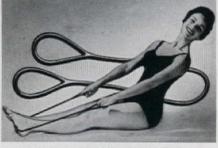
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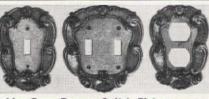
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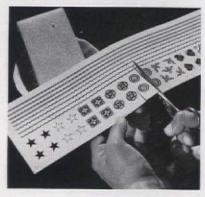
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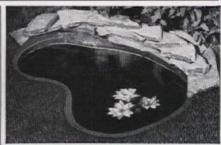
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MARCH IS NATIONAL NUTRITION MONTH: Much has been said and written that might lead Americans into the erroneous belief that they have no nutrition problems. But here is the truth. Americans are in danger of eating their way to poor health. The average senior citizen tends to eat less of the right foods and weigh more than he should. Fat or thin, the average teen-ager is likely to be poorly nourished. The Institute for Nutritional Education urges you to celebrate this National Nutrition Month by taking your family to the doctor and discussing whether yours is a balanced diet. And we echo this sound advice.

WOOD CHIPS AND SAWDUST: These are now within the reach of any hopeful hobbyist or home owner who has a little extra space in a closet. Rockwell Manufacturing Co., maker of Delta Power Tools, has introduced an economy line of light tools called Compactool that can be easily carried and stored anywhere. These small tools are capable of big jobs with good accuracy and are engineered for quiet operation and minimum maintenance. Available in a circular saw, drill press, and jointer, the self-contained units only require plugging into a standard outlet.

FASTEN YOUR SEAT BELT: More and more car owners are installing seat belts, but too few use them except on long trips. For this reason the Eicher Manufacturing Co., of Iowa City, Iowa, has patented a Seat Belt Sentry, a device that simply will not let your car start unless your belt's fastened—and to the normal tightness. A small metal object which fits any seat belt, it is attached by electrical wires to a control box which in turn is wired to the car's ignition. Here goes your last excuse!

THE BUILT-IN BACKGUARD BAKER:

In answer to contemporary needs for quick meal preparation, Norge has designed the "TV Oven" range. It's a small oven built into the backguard of the range and hinged to pull into position on the rear thermostatically controlled top burner. The ovenette can be conveniently used for the preparation of frozen dinners, cakes, biscuits, and infant food. It heats quickly to save time, and uses only about half the fuel needed for a conventional oven. When not in use it is attractively concealed in the backguard of the range.

DIAL A FANCY STITCH: The newest thing in sewing machines today is pushbutton controls. In case you haven't seen them, the new machines from White Sewing Machine Corporation feature a selector dial on their face showing all the pattern designs that can be stitched. You just make your selection and push a button—no changing of discs or cams. The machine reproduces the stitch just as it's shown on the dial.

THEY'RE FREEZING WITH GAS! The first gas-operated, never-frost freezer has been introduced by the Norge Division of Borg-Warner Corporation. It's a 10.2 cubic foot upright model that holds 357 pounds of frozen foods, and defrosts automatically every 24 hours. Come rain or high winds, you'll never have to worry about a power failure causing food spoilage—the Norge freezer will provide continuous refrigeration right through it all.

ALL-DIGIT DIALING BATTLE: When the telephone company first announced it was replacing the letters of the alphabet with digits on its dial telephones, it little realized what a commotion would ensue. Calling it a mathematical necessity because of the telephone explosion in this country, it received little sympathy from many irate subscribers. The fight against "creeping numeralism" has been particularly fierce on the West Coast where an Anti-Digit Dialing League has been formed and the battle threatens to have political overtones. In Washington, D.C., the Committee of Ten Million to Oppose All-Number Calling (hardly a splinter group) offers a special service to subscribers who have already lost their alphabetical exchange; it will help them think up their own personal exchange out of the first three digits. The telephone company contends that All-Number Calling (ANC) is the answer to its dilemma because numbers provide more possible combinations than letters. The reason-letters appear in only eight dial locations as compared with ten locations for numbers. With ANC, there are 800 possible combinations of the first three digits—the central-office code portion of the telephone number.

ANOTHER BONUS FOR BUYING: As if it isn't enough for the American housewife to be courted from store to store by the lure of trading stamps—all offering you bigger and better goodies for spending your dollars in the stores with *their* stamps—manufacturers have also caught the urge to splurge. Now they want to give you something, too. The "Gift Stars" are coming! They will ap-

pear only in test markets this year, but may be nation-wide in 1964. Designed to build brand-name loyalty and give particular manufacturers an edge over their competitors, "Gift Stars" will be packed with certain products. You'll find them on more than 100 categories of items that might wind up in your shopping cart—such as coffee, flour, dog food, baby food, soap, etc., etc. When you get together a hoard of these coupons, you will mail them to a "Gift Star" warehouse where they will be redeemed within 48 hours for the gift you have chosen from their catalogue. Will this cost you anything? "No," say the masterminds of the plan. And they add the reassuring note that this will complement and not compete with your trading stamp programs. So, don't hesitate, step right up, spend your money, and get your free gifts when "Gift Stars" come to your town.

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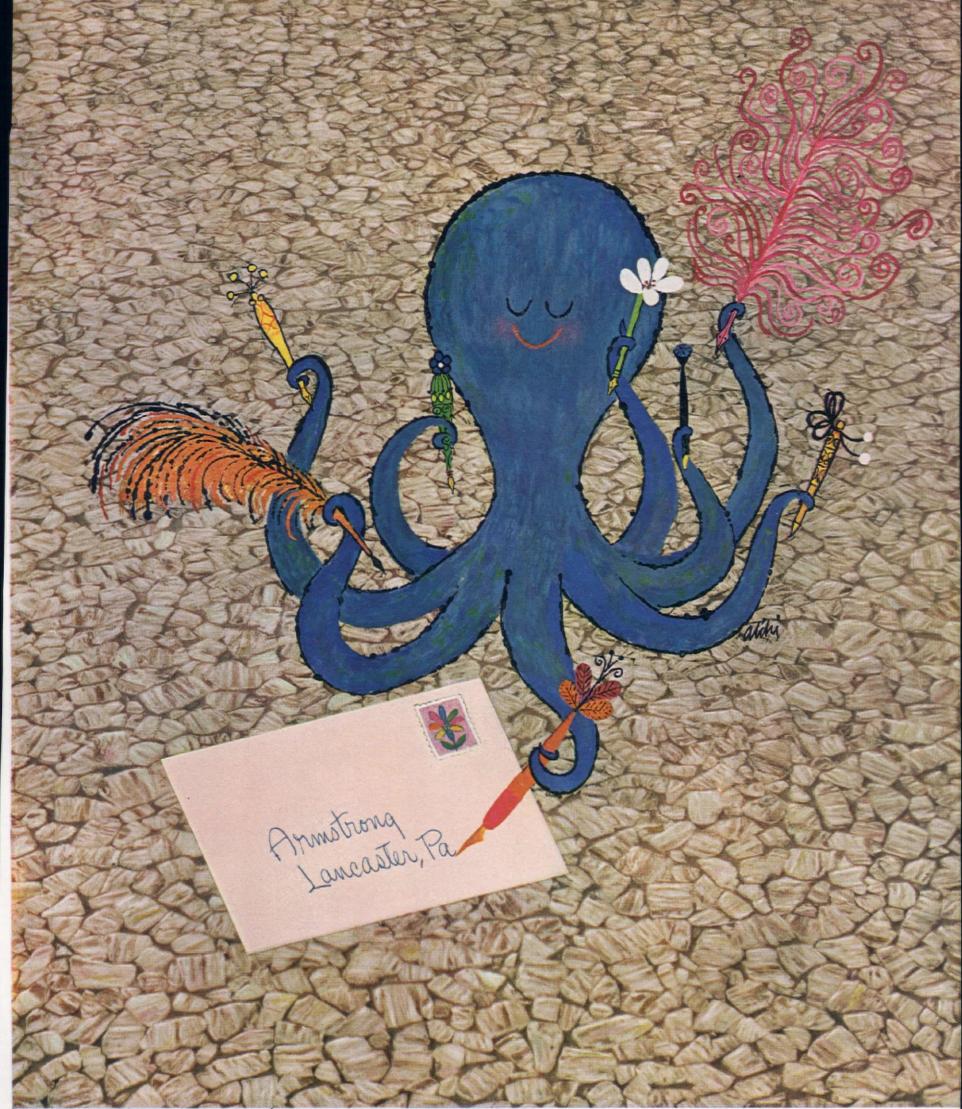
If you are in love with the idea of air conditioning, but hate the thought of a unit perching there on your windowsill like a huge mechanical monster-take heart. Westinghouse has made their new 1963 window air conditioners as pretty and decorative as small furniture pieces. Four handsome wood furniture fronts designed to look like small cabinets cover up the works, fitting snugly over the standard conditioners. You may choose traditional, contemporary, early American, or provincial styles. These fronts will muffle operating sounds and eliminate direct drafts. The cooled air is channeled into the room through the top of the cabinet which has doors that open for access to the controls.

COMMUNITY HEADACHES AHEAD:

Nearly \$40 billion must be spent by 1970 on water and sewerage treatment plants to keep up with the demands of our fast-growing population. That's the prediction of the Department of Commerce. This figure—calling for annual outlays of about \$4½ billion—will be offset slightly by federal grants-in-aid for sewerage treatment plants. This year \$100 million has been set aside, and it may be more in the years ahead. But the bulk of this cash must be drawn from local budgets.

Will treatment-plant costs go down? Yes, but not before 1970, says Walter Picton, director of Water Industries Services for the Commerce Department. Research by private groups and by the Public Health Service will eventually turn up new and less costly methods. When it happens, automation will have much to do with bringing it about.

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Your dentist would much rather prevent cavities than fill them. So he makes a point of advising those preventive measures he believes can help your family.

Besides the care he gives you at your 6-month checkup, he may give advice for daily care at home. He may show you how to brush. He may say what you' should—or shouldn't—eat for fewer cavities.

And he may recommend Crest. If he does, it's because of the evidence he's seen that Crest can help reduce cavities. Tests reported in dental journals. In his own professional journals, your dentist may have read scientific reports of the Crest toothpaste tests. These tests, extending over ten years, showed Crest could help prevent cavities for grade-school, teenage, and young adult groups.

Your dentist has weighed this evidence carefully in relationship to your family. So if he recommends Crest, consider it a tribute to your good sense. It means your dentist realizes that you will use Crest not as a substitute for, but as a part of, a good dental program.

Ask your dentist. As an expert in the field of oral health—and a good friend besides—your dentist stands ready to help you. For your family's sake, seek and follow his recommendations for making your dental health program even better.

One such recommendation may be Crest. Why not ask your dentist about Crest's role at your family's next regular dental checkup.

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