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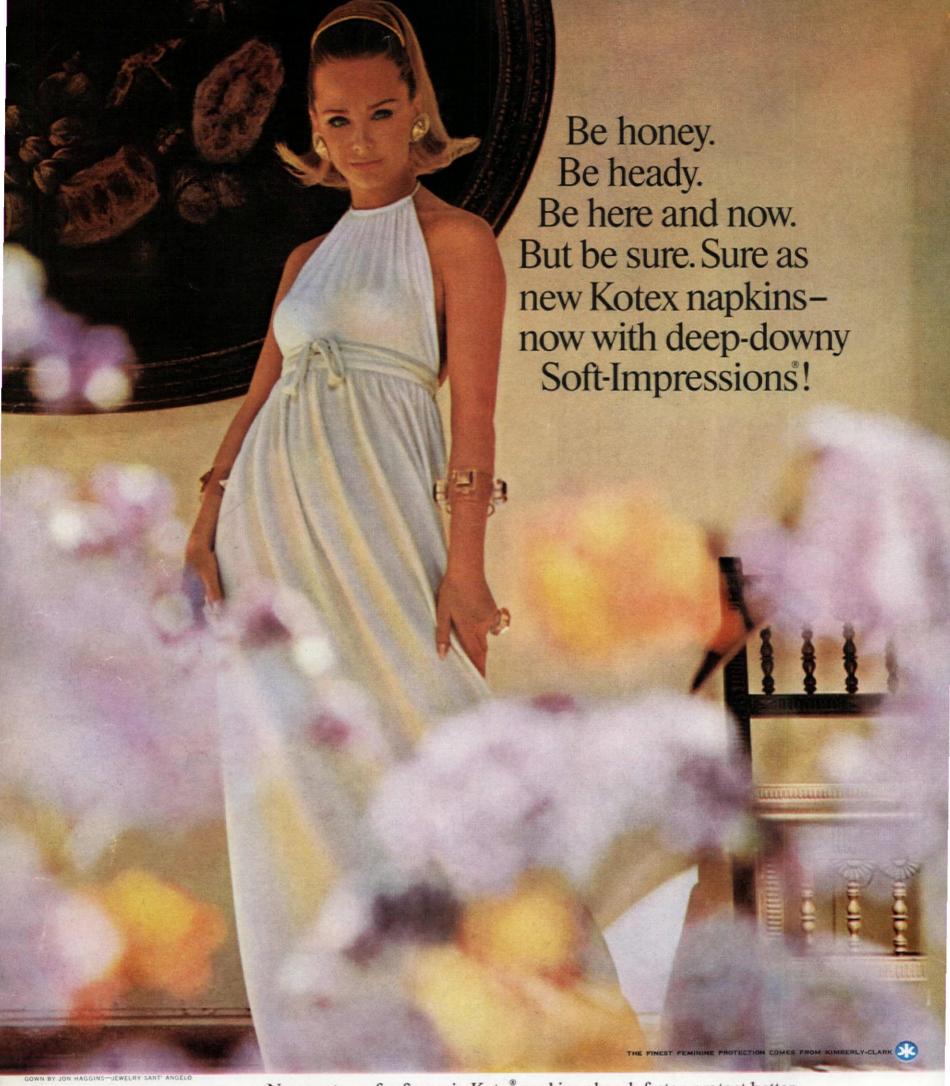
Wine jelly ring dessert-fabulous!

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"Something Wonderful." Only at Sears. Call for shop-at-home service or come see us at Sears...where it's

always the greatest floor show in town.



# Merican Home MARCH, 1969 VOL. LXXII. NO. 2

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OUR COVER: A vacation house remodeled from a chicken coop! Designer: Paul Krauss, A.I.D. Story begins on page 68. Photographer: Alan Krosnick.

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# How to redecorate any room in your home for under \$100

Maybe you've got a room or two going kind of "blah" on you.

But haven't got a small fortune handy for new furniture, rugs, drapes or repainting.

There's a quick, painless, inexpensive way to bring fast, fast relief to tired rooms.

Lighting fixtures.

From Progress Lighting. World's largest manufacturer of lighting fixtures for the home.

New fixtures and chandeliers — and new ideas in lighting — can change the appearance of a room as easily as you change your mind. And give you better lighting where you need it.

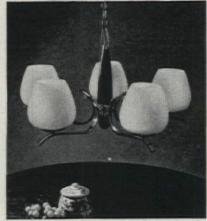
Take a good look at some of those old fixtures that came with your home or apartment. Isn't it time for a change?

Whether you choose one new fixture for \$10, or beautifully styled Progress chandeliers up to \$200, nothing else so inexpensive can make such a dramatic difference in your home.

One idea is this Progress Tiffany model, (under \$100). Try it where you wouldn't expect it to be. At one end of a sofa, for instance. Over an end table. Above a cocktail table. In a library, kitchen, den or bedroom.

Visit a Progress showroom for hundreds of other ideas. The lighting experts there will show you a whole new approach to lighting and decorating your home.

The easy way.



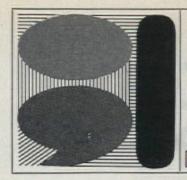
Think of this chandelier in the foyer, bedroom, dining room, or a living room corner. Once you think about it, there's no end to the possibilities. About \$75.



Or try these Vanity lights. Brightest way for him to shave; for her to make-up. They'll beautify a bathroom, dress up a bedroom or foyer, as well. Use one strip, a pair, or three (4 or 6 bulbs to the strip). About \$100 for the three shown here.

Look in the Yellow Pages under "Lighting" for the Progress showroom nearest you.





DEAR READER

For our money one of the best things that have happened in residential housing in many years has been the planned community or so-called "new towns." They are beginning to crop up around the countryside and we feature one in detail in this March issue.

Of course, there is nothing very new about planning a community rather than letting it grow up helter-skelter. This has been the case with so many of this nation's suburban areas built before and since World War II. The face of Western Europe is dotted with new towns, many of them outstanding in their concept and execution. Our nation's capital came about through a master plan and some of the most beautiful sections of Paris started out first as a blueprint. Many of the most attractive villages and towns in this country were developed from a very rigid plan conceived by our forefathers who realized that to achieve a pleasant environment would require not only strict planning but strict adherence to the plan by all members of the community.

There are, of course, many desirable aspects to a planned community. One that we stress in this issue is the efficient utilization of land to provide the maximum amount of housing and, at the same time, recreational areas and open space for the pleasure of all members of the community. One of the things about these new towns or planned communities that impress us is that they can prevent stratification of our society into income and age groups. This so often occurs in the more typical developments, where all the houses are in the same price range, and the same style and size. While planned communities may not be accepted by all, we personally feel that the individual family will have a richer, fuller life if they live in an area where the neighbors are not necessarily in the same age or economic group. We feel it's a very good thing for children to have playmates who come from many walks of life, some who come from richer families and some who come from poorer families. We personally would find a community rather dull if it consisted solely of people in one age and income group. We would miss the chance to learn what we might from the young just as much as we would miss the opportunity to know and learn from our elders. It seems terribly sound to develop a community where there are apartments, rental units, small houses and big houses tastefully mixed together.

We have always found it depressing to go into a community where everyone seems to be the same age, shares the same interests, lives in houses that are all basically similar in design and cost. This desire to be with one's peers might afford a certain amount of comfort and convenience, but it doesn't necessarily make for excitement. One of the great pleasures in life is having wide-range acquaint-ances and the widest is when it encompasses not only a range of income but range of age as well.

HUBBARD COBB EDITOR



As indescribably delicate and exquisite as any rose that ever nestled in the crannied walls of the famous old mission. "Capistrano" is Oneida's newest triumph. Dramatic rose motif deep-set in a rich florentine finish. 50-piece service for 8 in Oneidacraft\* Deluxe Stainless, \$49.95. At fine jewelry and department stores.

Solid stainless by Oneida

# How to build a



# dream room:



## Use rainbow sheer curtains from Sears.

It's the quickest way to change the mood of a room. Down come those hot, heavy drapes. And up go Sears sheer floating panels. In rainbow colors that bring springtime indoors. You can buy them today. Hang them tomorrow. It's that easy.

Sears has sheers in dozens of ways. Short panels. Long panels. Sizes for wide windows, narrow windows. In spectrum stripes, delicate florals, pretty prints. And our very favorite this spring—a clear pastel called "Jewel." Looks romantically fragile, but is actually 100% Dacron® polyester Ninon. 100% machine washable! You'll find it at most Sears stores and in the catalog.

For that dream room you've been yearning after, come to Sears, Roebuck and Co. We'll help you work magic on your windows. In two words—sheer magic.

You've changed a lot lately So has Sears



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#### THE FUN PART OF THE COST OF LIVING

Americans delight in moaning, "Every dime I make goes to pay my taxes." But the cheerful fact is, the taxpayer today manages to get considerable fun for his money. The millions of participants in active sports in this country are spending some 50 billion dollars a year—an increase of more than 500 percent in spending for all facets of recreation, including jobs created, since 1950.

The 90th Congress acknowledged the public's growing interest in outdoor sports and the need to provide more places for enjoying them. Of course, conservation of natural resources was the underlying factor in creating "wild rivers" in seven states in the West and Midwest, and in approving scenic trails and new national parks around the country. But the end result is that more people will be able to have more fun outdoors.

#### IMPACT OF NEW LEISURE

There's not only more money in the average family's paycheck these days, there's more time off the job in which to spend it. Instead of a 60-hour week, it's now more apt to be a 40-hour week or less. In fact, within the past ten years, the average citizen passed a point beyond which he has more free hours than working hours in his lifetime.

With a total of 168 hours a week, if the individual sleeps 8 hours a day or 56 hours altogether, 112 hours are left for work, eating, etc. So a 40-hour week leaves him 72 hours of his own. And even if he commutes 10 hours a week to and from work, he still racks up 60 leisurely hours a week for his own pursuits—recreation,

meals, etc.—with a lot of emphasis on recreation.

As Bill Vaughan in the Kansas City Star predicts: "Before long the average American will work six months and vacation for six, And there will be some sharpie in every office who will figure out a way to take a long weekend on both ends of his half-year off."

The impact of the new leisure can be seen reflected in such sports as cycling, boating, golf, photography, camping, fishing, archery, skating, you name it. Consumer purchases of sporting goods in 1968 alone add up to sums which even Government agency spending would take pride in matching. Estimates furnished by the National Sporting Goods Association show the following in a few of the 19 forms of outdoor summer recreation tabulated by the Department of the Interior. • Golf: \$279 million, up 13

- Golf: \$279 million, up 13 percent over the previous year with 10 million participants.
- Cycling: \$261,300,000, up 8.9 percent with 50 million participants.
- Boating: \$789,900,000, up 5.4 percent with 40 million participants.
- Cameras and equipment \$474 million plus, with nobody knows how many participants.
- Tents (camping): \$70,100,000, up 4.6 with 15 million participants.
- Fishing: \$233,400,000, up 8.1 percent with 50 million participants
- Archery: \$45,300,000, up 8.1 percent with 6 million participants.
- Then there're an estimated 4 million lawn tennis players and 15 million table tennis enthusiasts.

These figures, mind you, don't even include the "casual sportsman" or children. You just can't count all the people who pop up on impulse and say, "Anybody for tennis?" And nobody can record the new emphasis on outdoor recreation.

#### THE LONG WEEKEND

One factor that's changing the pattern of leisure-time use is the family's growing interest in the long weekend, in preference to the two-week vacation, as a means of spreading the fun throughout the year and getting more for the recreation money.

From a financial point of view, weekend spending for sports makes less of a dent in the budget at any one time. It's therefore easier to manage than one big hunk of cash for a two-week splurge. Also, weekend spending for fun is easier to (continued on page 83)

# What's your oven doing after dinner tonight?

#### THESE GENERAL ELECTRIC OVENS WILL CLEAN THEMSELVES.

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And over on the easy-to-clean, seamless surface unit, there's a brand new feature. It's the "Cooktop 'N Grill," a combination broiler and griddle that handles everything from steaks to pancakes.

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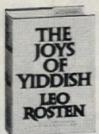
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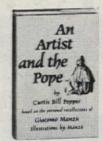
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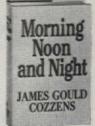
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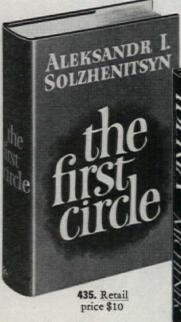


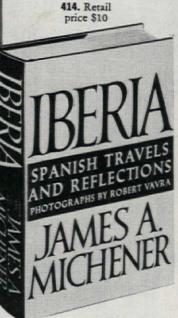
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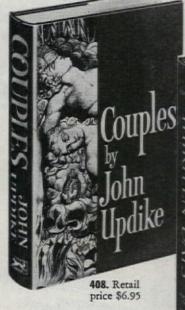


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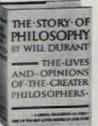
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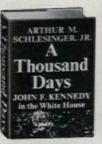
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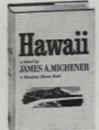
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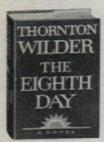
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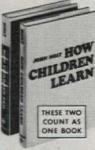
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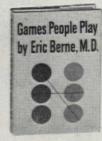
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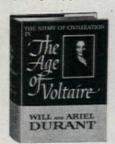
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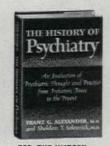
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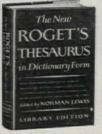
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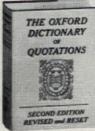
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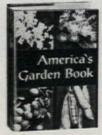
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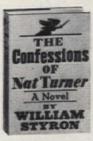
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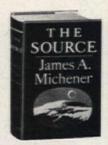
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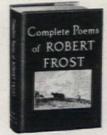
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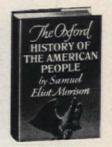
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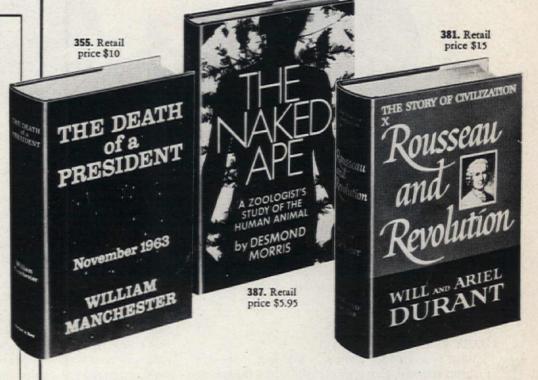
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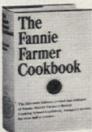
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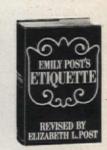
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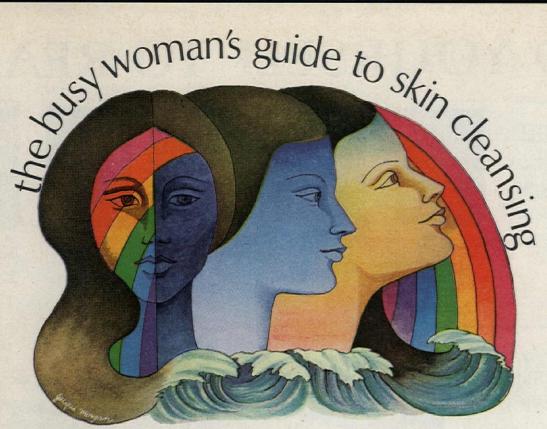


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BEAUTY AT HOME By Constance Bartel

Skin care? Who's got time for anything special-particularly if your skin is quite good right now? You slap on some cream at night and let it go at that. Or you give your face a fast soap-and-rinse, period. But you really ought to take special care of your skin-even nice skin can't shift for itself.

Some skin experts say we would all be shocked if we knew how much dirt remains embedded in skin we claimed we have just cleaned. Especially with air pollution. And considering the fuss we all make over snowy, fresh laundry, and sparkling clean china, it's downright embarrassing to think of skin less than super-clean too!

#### DAILY ROUTINE

What you need for clean skin is a daily routine of makeup removal, thorough cleansing, and freshening or toning—plus a weekly super-cleansing with special attention to special needs. These three steps are easy and take about ten minutes: 1) Remove all makeup with makeup remover and cotton pads until every bit of eye makeup, foundation, and lipstick is gone. Don't rub or scrub, wipe lightly. 2) Dot a small amount of cleanser on your chin, forehead, each cheek, and on your throat and neck. Beginning with your throat and neck, work the cleanser well into your skin with small, circular, upward and outward movements. Remove with tissues or cotton pads. 3) Finish with a skin freshener, toner, conditioner, or astringent. Apply with pads with the same light circular motions, but avoid eye areas.

If you know in advance that you'll never have the energy to do a thorough job after a long day, then just remove your makeup at night and fit in the cleansing and toning in the morning-after the kids have gone to school or after you have the baby settled in the playpen.

How do you choose the right products for your skin? Assuming your skin is middle-of-the-road normal-not perfect, but without extremes of dryness, oiliness, or sensitivity (special conditions we'll go into in a future issue)-you have a tremendous choice.

For step 1 there are several good makeup removers available. However, if you don't want to invest in a special remover, you can take makeup off with your cleanser—just remember you must reapply it for the actual cleaning job.

Your cleanser can take many forms-cream, lotion, gel, foam, a cream-and-water combination, or a good facial soap. Your step 3 toner, designed to tone pores, refine the texture of your skin, and stimulate a healthy glow, can be designated a toner, freshener, or

conditioner. You can narrow the choice by reading labels carefully. Most products clearly state the kind of skin they are meant for. Remember too, that just because your best friend has discovered something new and marvelous, this by no means guarantees her find would be right for you. You can often get very sound guidance at the cosmetic counter but only if you consult an official representative of a reputable company, not just a willing but less informed salesgirl.

#### WEEKLY ROUTINE

The purpose of your daily three-step routine is to remove the day's accumulation of soil and to prevent blackheads, whiteheads, blemishes, and other horrors before they happen-it's largely a preventive measure. Your weekly super-cleansing, on the other hand, is to correct troubles after they have happened or when they're on the verge of happening. Your weekly routine is corrective and curative, and this is what it consists of: Fill a bowl with hot water, drape a towel so that it forms a hood over your head, lean over the bowl and let the warm steam circulate over your face. Then apply your usual cleanser in the usual way. Now go to work on any small patches

of blackheads on your temples, on your forehead, around your nose, or on your chin. Use a facial scrub, a thick lather of facial soap, or facial grains. Gently massage the trouble spots from chin to forehead, with small upward and outward circular movements.

Use your fingers, a medium-rough washcloth, or a complexion brush. What you are trying to do is loosen embedded dirt. Take care to be very gentle, especially with cleansing grains that can scratch. Don't ever press

or squeeze. And don't ever attempt to use a metal instrument on your face. Finish by removing cleanser, rinsing with cold water, and following with a toner. An alternative for your weekly cleansing is the cleansing mask. (This is not to be confused with the firming mask.) The drying action of the cleansing mask is designed to draw dirt to the surface so that it can be rinsed off.

(continued on page 101)

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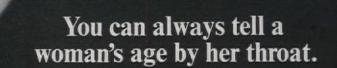
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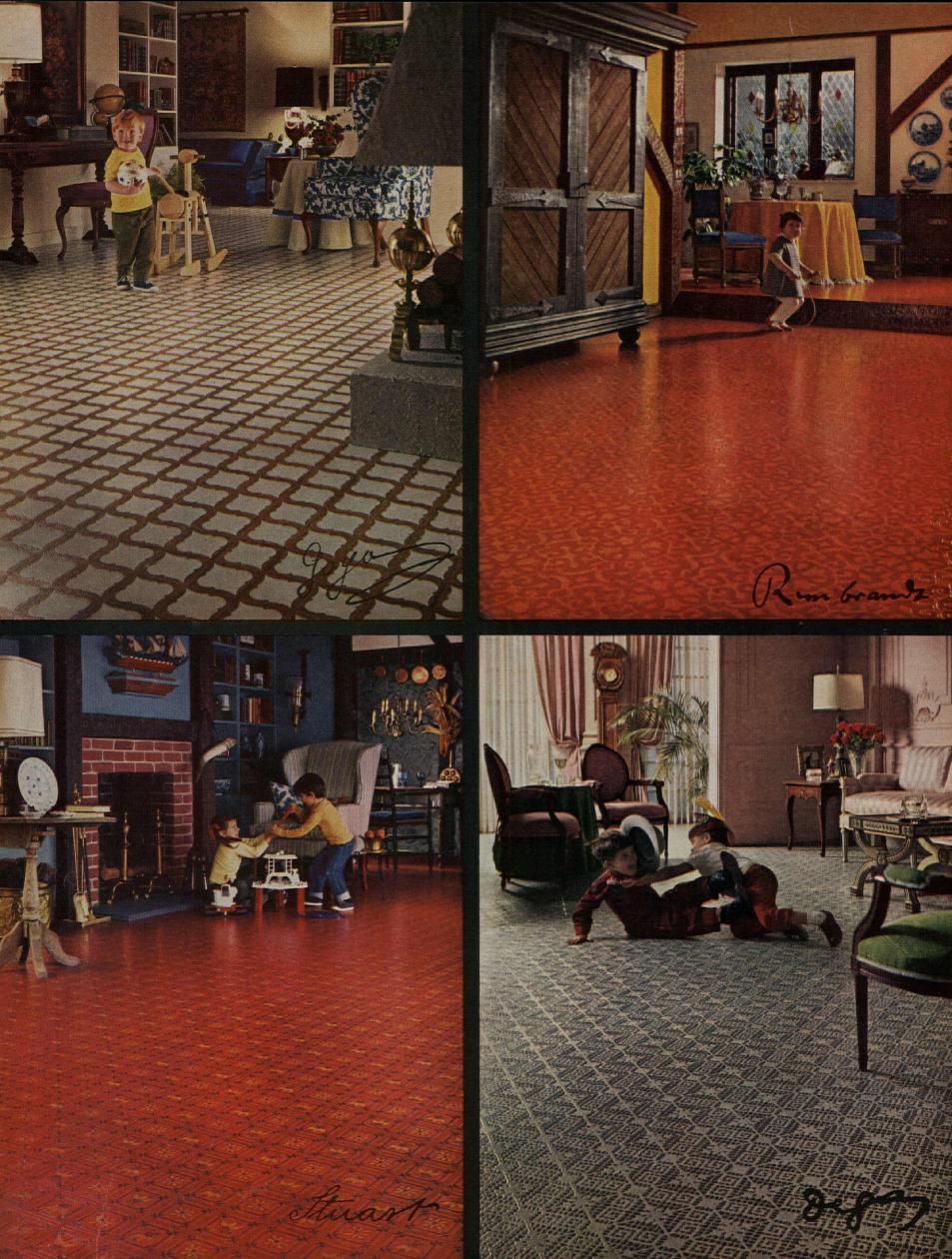
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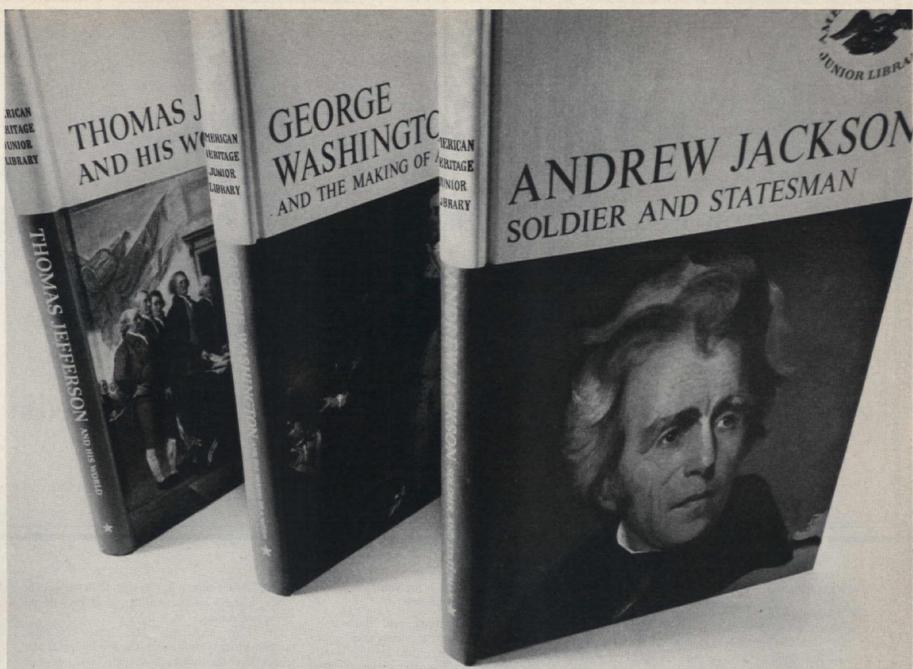
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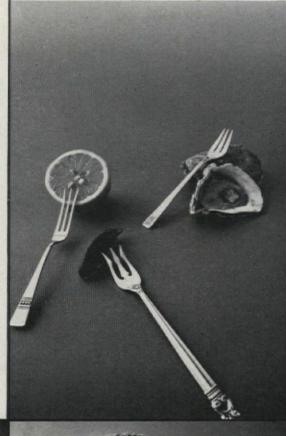
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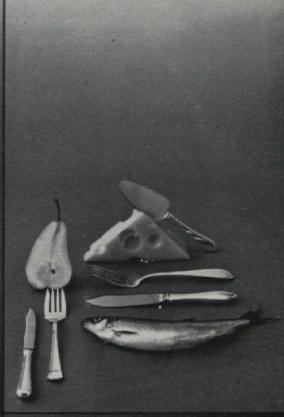
By Alexandra Walker

Although there are fewer pieces of sterling flatware being made today than ever before, there are still enough to confuse all but the etiquette expert. And although silversmiths have narrowed down the number of specialized pieces they make, they've done so by concentrating on interchangeable ones. This either-or situation means that you must now remember two or more alternate uses for many serving tools instead of just one. The threepronged fork is quite correct for lemon or pickle, the salad servers can also be used as a dessert serving spoon and a cold-meat fork. Three (fish and fruit knives, and cocktail fork) are place pieces, but even these can pinch hit in emergencies.

No hard-and-fast rule here. With the exception of the lemon fork (too short for seafood cocktail), little forks like these are usually interchangeable. Each manufacturer has a favorite shape for the delicate little lemon fork (left), the olive or pickle fork (center below), the oyster or seafood cocktail fork (right). Lemon fork by Reed & Barton Silversmiths, pickle fork by The International Silver Co., cocktail fork by Towle Silversmiths.

If you must, improvise when it comes to serving fish and fruit. The fruit knife (left) can go with the salad fork, the fish knife (bottom right) with its own fork, or, again, the salad fork. When setting your table, arrange these pieces in the order of the courses from the outside in to the plate. The cheese knife (top right) stands alone. Fruit knife and fork by The Gorham Co., fish knife and fork by Reed & Barton Silversmiths, cheese knife by The Stieff Co.











The sugar spoon (center front) is often available in two sizes. The larger of the two, about the size of a teaspoon, readily stands in for the jelly server (right). The smaller version can take the place of the bonbon spoon (left). The berry spoon, not shown, is quite a bit larger and looks more like a tablespoon than the jelly server. Sugar spoon by Samuel Kirk & Son, bonbon or nut spoon by The Gorham Co., jelly server by Wallace Silversmiths.

More practical than the conventional cake or pie server is this new version (top) with its straight cutting edge that makes it a universal pastry server. The comblike cake breaker (bottom) does just that—without crushing angel food, sponge, and other delicately textured cakes. The long-handled spoon (center), anywhere from 12 to 14 inches, is practical for poultry stuffing. Pie server, cake breaker by Lunt Silversmiths; stuffing spoon by The Worcester Silver Co.

The cold-meat fork (top left) and serving spoon do double duty. The fork is for serving cold cuts, fish, or is used with the spoon as a salad set (bottom right). The spoon alone can fill a multitude of uses—for vegetables, berries, puddings, and casseroles. The flat server (center left) is ideal for jellied salads, eggs, sliced tomatoes. Cold-meat fork by Tuttle Silversmiths, flat server by Oneida Silversmiths, salad fork and spoon by The International Silver Co.



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their numbers on postpaid card, detach and mail without money today!



146



MPOSSIBLE

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COOL COUNTRY

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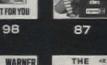




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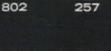






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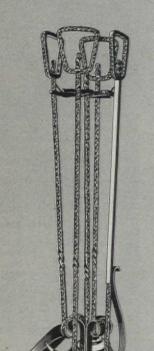
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to help you make the right window decisions for your new home or remodeling project. Send today for in-formative, full-color folder packed with helpful hints and facts plus a description of the Andersen Window line.

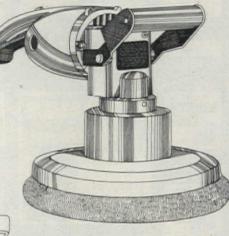
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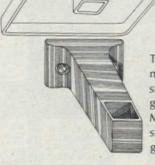




With spring on the way, the family car is due for a cleaning. And to help you, there's a new Polisher/Buffer that gives a professional wax job without danger of burning

the paint. The secret is a 1/2inch orbital action with free-wheeling motion. Press too hard and the buffing pad slows down. By Wen Products, Inc., for about \$60.





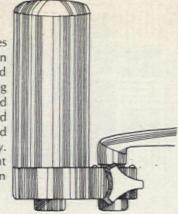
This bathroom soap dish slips out of its mount for easy cleaning. Made of clear, strong plastic, it's attractively styled to go with most decors. From Del Mar Manufacturing Co., for about \$1. A similar toothbrush and tumbler holder goes for the same price.

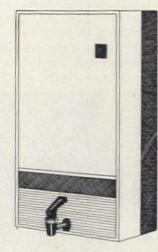
A versatile knife for the hobbyist comes with five blade shapes. To change, you open knife like a pair of scissors, slip out the old blade, slip in a new one. Extras are carried inside the handle. Slim design and light weight make this knife pleasant to use. The Slim-Knife is made by The Stanley Works and costs about \$1.80.

It isn't often that we see a wall plaque we'd recommend for a man's den

or apartment. But Nadia Creations has marketed a line of them that are both novel and handsome enough to qualify. They're 8- to 9-inchdiameter copies of American coins, done in low luster, metal-tone ceramic. About \$5 buys the head- or tail-side of one coin. Choices are the buffalo nickel, Indian and Lincoln pennies, Mercury dime, and Liberty quarter-all available in heads or tails.

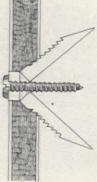
Is bad-tasting coffee causing bad scenes between you and your wife? Try an Aqua-Guard Water Filter. Easily installed on your kitchen tap, it routes cooking and drinking water through activated charcoal, removing sediment, odor, and objectionable taste. The coffee around your house will improve dramatically. Then you and your wife can argue about something constructive. From Guardian Filter Co., for \$25.





Another way around the bad-water problem is offered by Culligan, Inc., who makes the Aqua 1 Water Purifier. It uses a purifying membrane to remove dissolved minerals, as well as cleaning up the taste. Mounts on the wall or on your kitchen cabinets and hooks into the water line. Rents for about \$6 a month, sells for about \$200.

Here's a quicker way to hang fixtures, pictures, hardware on walls of 3/8- or 1/2-inch plasterboard. Hammer a plastic Neetlok fastener into the wall, then drive in a ribbed nail or a screw. It's that simple. The Neetlok expands to grip the plasterboard from behind. Marketed by Reddi Car Corp. for 59c a dozen.



Among the new items offered by Albert Constantine and Son, Inc., is an improved version of the already handy Glue Injector. As the name implies, this tool lets you force glue

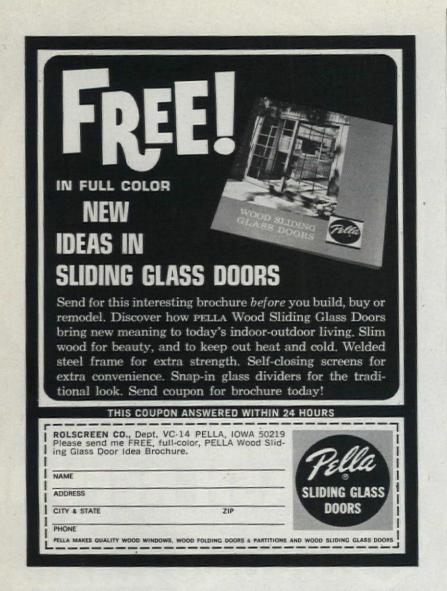
into loose furniture joints, under loose or bubbled veneer, and into other hard-toreach places. Excellent for gluing down bulges in your wallpaper. Price is about

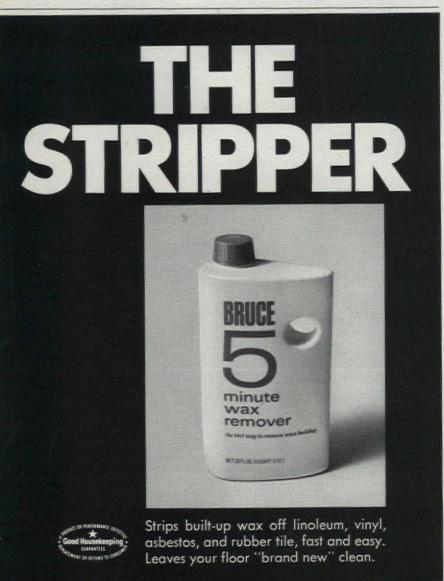


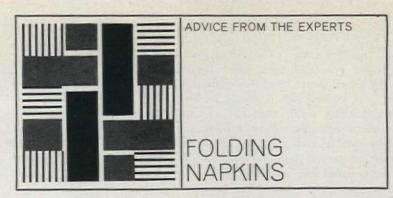
If you're decorating your den or library, take note of this handsome shelf. It's cut from heavy timber, then waxed and polished to a mellow luster. It measures 39 by 7 by 11/4 inches. No two are identical, and some bear traces of old carvings. Straps are black leather with brassette fittings. About \$20, from the Transcan Sales Co.

All prices approximate









One of the easiest—and least practiced—ways of putting your personal signature to your table settings is with napkins. There are so many imaginative ways to fold and arrange them that you can have a whole repertoire for different occasions. Stig Skoglund of Georg Jensen, New York, is a napkin specialist. He first became interested in this lost art as a design student when one of his projects was to simplify the intricate napkin arrangements popular in the 17th-century French court. Below are four of Mr. Skoglund's designs.





1. Candle





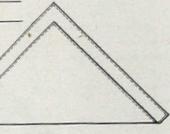


3. Trumpet

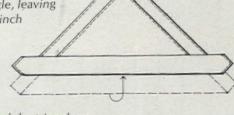
4. Far

#### CANDLE

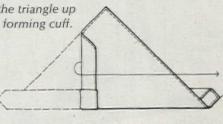
1. Place the open napkin on a flat surface, one point facing you.



2. Turn this point up toward the point directly opposite to form a triangle, leaving about a one inch border.



3. Fold base of the triangle up 1½ to 2 inches, forming cuff.



4. Turn the napkin over and roll it along the cuff. Tuck the final edge into the cuff.

(continued)





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lead to private enclosed courts. Glass lets everything outside inside. Everything, but the weather. There are no disadvantages of summer's heat or winter's cold. Whether you plan the dramatics of a glass wall or an intimate, secluded patio view off the bedroom, today's new glass gives you weather-beating insulation, plus reduced fuel bills in the bargain. Here, on these pages, are just a few of the new



Safety, the new fashion in sliding doors. The use of glass patio doors to bring the outdoors indoors and back again is beautifully interpreted in this California home. PPG HERCULITE® K is the recommended glass for sliding glass doors like this. A tempered safety glass that takes terrific impact. If it ever breaks, it won't shatter into dangerous shards. It crumbles into small pieces. Now is the time to open up your home, wherever you live, with PPG safety glass . . . HERCULITE K.

New wardrobe sliding door mirrors. If you've always thought mirrors just a delightful beauty aid, think again. Here you see how a dull wall has been transformed into a motion picture to give the room added depth and dimension with mirrored sliding wardrobe doors. The magic of PPG HIGH FIDELITY® Mirrors has long been used by professional interior decorators to create spaciousness, elegance and beauty in hallways, living areas, bedrooms—even kitchens. It's a tip worth taking from the professionals.



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glass ideas from today's homes. For hundreds more, send for PPG's new, full-color 56-page book, "Open House USA." See how glass can make your next home or remodeling plan work to let you live spaciously. Dozens of decorating ideas, too. Write: Open House, PPG Industries, Dept. AH-39, One Gateway Center, Pittsburgh, Pa. 15222. Include 25¢ for handling.





Get yourself an inside-outside kitchen. Imaginative use of glass plus a wraparound serving counter makes the kitchen and the great outdoors one big happy unit. Incorporating sliding windows at counter level permits convenient pass-through serving. From then on, it's fifteen seconds flat from pool to hamburger.



New weather-beating insulated windows. This Lincoln, Nebraska, town house typifies the widespread trend to PPG TWINDOW® insulating glass all around the cold country. Two sheets of glass, welded at the edges, with a thermal barrier of air between practically stops the flow of heat towards cold. And does away with storm windows forever. PPG TWINDOW reduces downdrafts, too, keeps your home warmer and reduces fuel bills. It's a beautiful way to save money.



## crunchy fudge sandwiches

Build 'em high and fill 'em tasty with Kellogg's Rice Krispies and Nestlé's Morsels

- 1 6-oz. pkg. (1 cup) NESTLÉ'S® BUTTERSCOTCH MORSELS
- 1/2 cup peanut butter
- 4 cups KELLOGG'S\* RICE KRISPIES\* cereal
- 1 tablespoon water
- 1. Melt Butterscotch Morsels with peanut butter in heavy saucepan over very low heat, stirring constandy until well blended. Remove from heat. 2. Add Rice Krispies cereal, stirring
- until well coated with butterscotch mixture. Press half of cereal mixture into buttered 8x8x2-inch pan. Chill in refrigerator while preparing fudge mixture. Set remaining cereal mix-ture aside.
- 3. Combine Chocolate Morsels, sugar, butter and water; stir over hot water until chocolate melts and until mixture is well blended. Spread over chilled cereal mixture. Spread remaining cereal mixture evenly over top. Press in gently. Chill. Remove

- 1 6-oz. pkg. (1 cup) NESTLÉ'S® SEMI-SWEET CHOCOLATE MORSELS
- 1/2 cup sifted confectioners' sugar
- 2 tablespoons soft butter or margarine

from refrigerator for about 10 minutes before cutting into squares. Yield: about 25 11/2-inch squares.

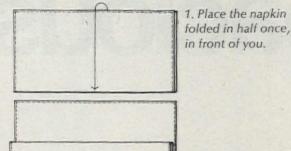




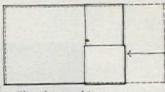
\*Registered Trade Marks of Kellogg Compa

FOLDING NAPKINS (continued)

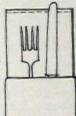
#### BUFFET



2. Turn one top edge back to the center. Upper half of the napkin now is single thickness, lower half is triple thickness.

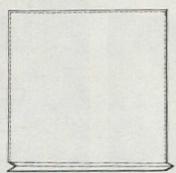


3. Flip the napkin over and fold in quarters.



4. Place knife and fork in the pocket that is formed. This fold can be varied by decreasing the distance the top edge is turned back on itself in step two.

#### FAN



1. Spread napkin out flat.



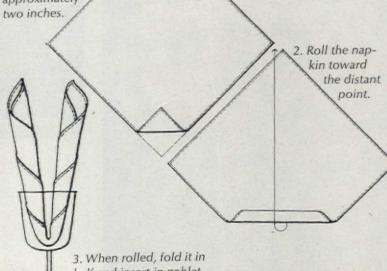
2. Fold into accordion pleats one inch each.



3. Fold in half and put in glass and allow to fan out.

#### TRUMPET

1. Place napkin on flat surface, one point facing you. Turn this point up approximately



half and insert in goblet.

Stouffer's could make Spinach Soufflé with powdered milk instead of fresh.

Or save a few cents buying chopped spinach instead of whole leaf.

Or leave out the egg yolks.
Stouffer's doesn't do any of that.
Because then it wouldn't be
Stouffer's Frozen Spinach Souffle.
For the people you love,

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Hillside landscapes have a special fascination—like the hanging gardens of Babylon or terraced vineyards by the Rhine. While you might do something ordinary with a flat piece of ground and be happy with it, a mountainside frees the imagination. Ever since people first began to garden, terraces were cut into hillsides to make level areas for growing crops. This solution is still valid and beautiful today-especially if you live in an area where lots are carved out of the foothills of mountains, and everyone's backyard goes up. Here's how a California landscape architect solved the problem of a steep slope. Mr. and Mrs. Ortho Thomas are the owners of a lot gouged out of a mountain and left bare of plant life. It's 48 feet long by 24 feet wide, tapering to 12 feet wide. The landscape architect, Henry Cole, divided it into one main level and two smaller ones, one going up the hill, the other descending to the entry and driveway. The three areas are comfortably negotiable, the grade difference being slight and requiring only a step or two. Old brick was used as paving for a mellow look and, since most of the garden area is paved, maintenance is almost nil.

Two circular terraces, 17 and 8 feet wide, give stability to a somewhat dizzying height. As you can see in the closeup (left), the curve continues down the hill via a raised planting bed on the lower terrace. Roses and marigolds fill in between the house and upper terrace.

Under Australian tree ferns, in a shade garden by the front door, grow cyclamen, primroses, and other low-growing, dim-light plants.

Information: Helen Heitkamp Photographer: Richard Gross

# We demand equal air.



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THE ART THING is booming. Escalation has reached such a point that it's hard to tell where you are these days—in a restaurant or an art gallery—a beauty salon or an art gallery—a woman's specialty store or an art gallery. Café Galerie, formerly just another one in the Longchamps chain of restaurants but located in the heart of New York's art district, has been turned into a show-case for nearby galleries with its own art consultant. And we hear that some Elizabeth Arden Salons are going into the art business—just one step behind Bonwit Teller, who not only turned one of their boutiques into an avant-garde modern area complete with art but are actually installing Richard Feigen galleries in several stores. Yes, you'll be able to say "charge it." Art galleries in department stores are an accepted fact of life by now, but Hudson's in Detroit has gone one step farther—showing customers how to live with art in model rooms. The moral: better start collecting.

ANIMALS, whole—not just their pelts, their stripes, and spots—are coming into the house in fashion's newest ploy. But none, be they almost life-size ceramic tigers or salt-cellar-size frogs, has quite the zany charm of Amanda Panda (shown), though her

playmate, Toby Tiger, runs a very close second. Amanda, all six cuddly feet of her, sunbathes dreamily on a field of fresh flowers that border a Bates bedspread. You can buy these household pets, twinsize only, for about \$16.98 each. Animals, a whole exotic menagerie of them, decorate Carlin's Animal Toile sheets and pillowcases. Monkeys, giraffes, a bear, stags, and other inhabitants of this peaceable kingdom come

in typical toile colors on white. At Nordic House pillows are headed for the fashion zoo too. There are three-part monkey pillows, tigers, and a polka-dotted hippo all conducive to Jungle Dreams.

KD to a furniture expert is just another way of saying, "Have furniture—will travel." The initials stand for knock-down construction which should be a boon to all young executive families constantly on the move up. KD means furniture that can be taken apart easily for less expensive and safer shipping—and reassembled with a minimum of trouble and tools. Typical of much current KD styling for a sleek, uncluttered, young look are seating pieces by Du Barry Furniture Ltd. Wood frames come either lacquered or with a spray-on velvetlike finish. Pieces are simply bolted together (for traveling they fold into a carrying case) and upholstery is fastened with Velcro tape instead of zippers. Other new KD groups are even simpler to install because wood frame pieces slot one into the other rather like those inexpensive cardboard drawer dividers or hatstands.

SWINGING TABLE TENNIS—swinging from the ceiling that is. We noticed it while touring the Richardson plant (they make mobile homes in Elkhart, Indiana) and it occurred to us that this might be a great way to store this table for a family with fairly high ceilings. All it takes is a pair of pulleys and up goes the table, net, paddles, and all.

FABRIC-COVERED WALLS can be yours with Clopay's new self-adhesive cottons with peel-off paper backing to hang on any clean, nonporous wall surface. 18-inch-wide rolls come eight feet long—they're widely available in housewares, hardware, and paint stores as well as in other retail outlets.



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# Yes, TAKE A

Most mothers and fathers frankly acknowledge that they haven't either the time or the perspective to choose precisely the right books for children not yet ready to read or who are just beginning to read. That is why parents are happily turning this problem over to the highly qualified editors of Parents' Magazine . . . by enrolling their youngsters in the Read Aloud and Easy Reading Program for Little Listeners and Beginning Readers.

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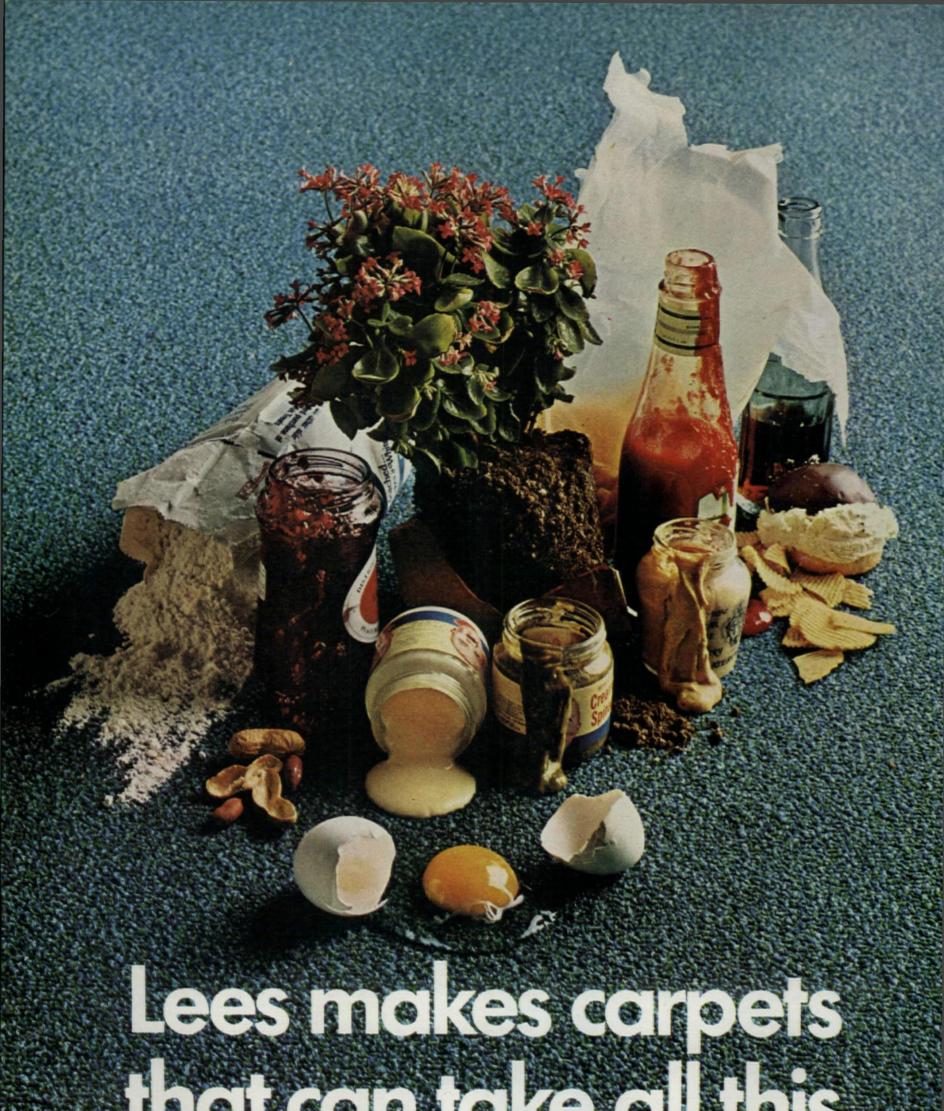


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A GOOD NIGHT'S SLEEP. In the past decade intensive medical research on the mechanisms and patterns of sleep has shed new light on our nocturnal suspension of consciousness. It has been established, for example, that the normal person's sleep pattern begins with a state of drowsiness, shifts to a nondreaming period, which is followed by a deep-sleep period of 70 to 100 minutes duration. This, in turn, is followed by a 15- to 20-minute period of dreaming sleep. About half the night is reported to be spent in an intermediate state between sleep and dreaming, with a dream period estimated to recur every 90 minutes.

A study recently conducted by the British Research Council in Liverpool disclosed that the chances of getting "a good night's sleep" diminish as an individual gets older. Many elderly people, in fact, tend to return to the repeated sleeping and waking pattern characteristic of infants. In this British eight-week study, investigators recorded sleep cycles of 20 men and 20 women in

each decade of age from the twenties through the seventies. Participants averaged less than the long-recommended eight hours a day, and sleep time decreased from the twenties to the fifties, after which age group it showed an increase. Women tended to sleep less than men and to have more sleep disturbances, espe-

cially in their fifties.

At an international symposium on the physiology and pathology of sleep conducted at University of California School of Medicine last year, it was disclosed that insomnia is becoming a more widespread problem in the United States. One pharmaceutical-company spokesman reported that at least 14 percent of all Americans were afflicted with some form of insomnia. It was estimated by other researchers that the use of sedatives has now extended to about 25 percent of the population. One psychiatrist suggested that exercise, sex, and small portions of high-protein foods be substituted for barbiturates to induce sleep.

NO OPEN AND SHUT CASE WHEN IT COMES TO PORES. One of the most common misconceptions of lay people concerning the skin is that a hot shower should be followed by a cold one—"to close the pores." There is, however, no scientific basis for this belief since pores cannot be opened and closed. Pores are tiny openings on the skin's surface of sweat and oil glands and hair follicles, and their size cannot be changed.

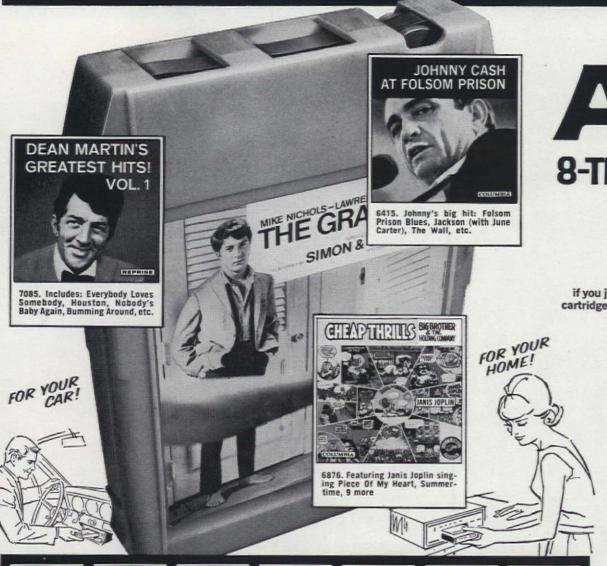
The heat from a hot shower or bath may slightly increase circulation by causing small blood vessels near the surface of the skin to dilate. Although a cold shower immediately after a hot one will constrict the blood vessels, it accomplishes no other dermatological effect.

FISH AND THE AGING PROCESS. New insights into the human aging process may be provided by recent studies of the life of the Pacific salmon. For more than six months a group of scientists aboard the research ship Alpha Helix has studied the process of rapid degeneration that affects salmon as they head inland to spawn. According to one of the researchers, "In a period of two weeks, the salmon deteriorates from a beautiful, shiny, orange-red creature to an aged, almost lifeless fish."

The pituitary gland of the salmon, it was discovered, goes out of control and body fat is consumed in the subsequent metabolic speedup. It is possible that further study of this dramatic change in so-called cold-blooded vertebrates may help shed light on the complex metabolic processes that relate to aging in warmblooded vertebrates—humans.

Mrs. Benjamin is co-author with her husband, Bry Benjamin, M.D., of New Facts of Life for Women (Prentice-Hall) and In Case of Emergency (Doubleday).

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Anyone building or buying a house this year soon becomes joltingly aware of the high price of land—up more than \$5000 per family since 1956. There is, however, a brighter side to the housing picture. Skyrocketing land values have obliged architects and builders to come up with more fruitful ideas for land use. We show some of them in this issue. There are two houses built, imaginatively and superbly, on "impossible



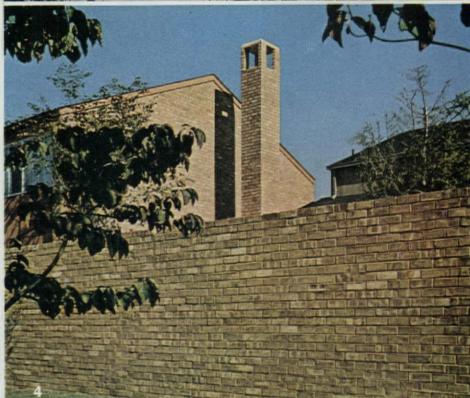
coping with the high price of land

sites." There is the innovative house that sits on an ordinary suburban strip and manages to enhance it, proving that a good house can do a lot for the land under it. And, on the next few pages, we take you to Montgomery Village, one of the man-made "new towns" where open space has been maximized through cluster development. The cluster idea is as old as the New England village where houses sat cozily side by side, fronting on a common green with common pasture land to the rear. This thrifty idea has been brought up to date and now looks like a workable design for tomorrow. Land is going to become more scarce and more expensive. Yet we need space for children to play, grownups to walk freely. Without space for grass and trees to grow our environment becomes sterile and eventually uninhabitable. How can we have the greensward and still accommodate the people? By planning a community full of houses, tightly sited, with the green space dedicated to common use. This is the basic idea behind cluster development. We are finally learning to use the land, not abuse it, and to conserve it where it counts.

# enlightened builder creates a total environment By Alan C. Borg

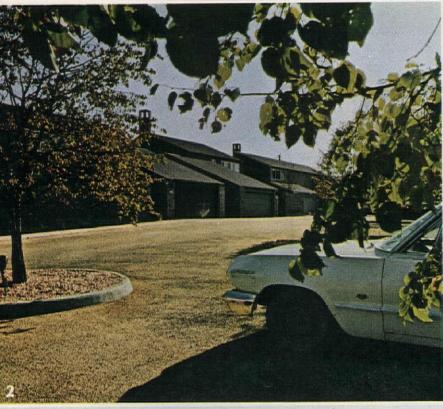




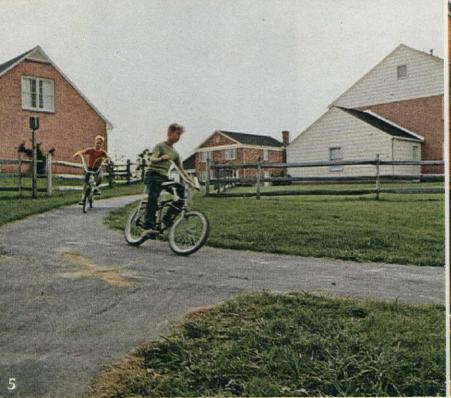


Perhaps the name-Montgomery Village-is the first thing to grab you as you come off highway 70 S outside of Washington, D. C. Village-the magic of that word puts images in your mind. Immediately you begin to think of greenswards, shady lanes, quiet brooks, orchards, split-rail fences, and a brawny blacksmith. As you drive through the beautifully landscaped entry and down the divided main road, you begin to see your mental images take form. While the brawny blacksmith won't be found, you do see everything else that is needed to lead an enriched life in today's complex world. As one mother of five puts it, "We looked everywhere-but driving into Montgomery Village was like a breath of heaven." While the houses are tightly spaced, the greens and open areas that weave through the entire area give a feeling of spaciousness. Somehow or other, while you know this is a builder's development, there is a different feel to this place. It isn't just a row of houses on a street that looks just like the row of houses on the next street. You begin to realize there is a total look, an environment that you can really enjoy, feel human in. And environment was the prime concern of the Kettler Brothers, the builders of this community. (continued)













These photographs This one leads to an indicate the general elementary school. spirit of Montgomery 4 Brick wall separates village. For their common greens from locations, see map, private yards in the

5 Bicycling is a joy 1 Wooden bridge since paths are well over a brook separates away from automobile foot traffic from motor traffic, lead everywhere. traffic. Path con- 6 In the Colonialtinues around lake house section, splitin background. This rail fencing separates is common property common land from to be enjoyed by all. 2 Even parking areas are made a little more human. Trees, plants, lampposts, and gravel paving all help to give a motor-court effect. have been built for exposure to street the green spaces. been built under most a newly planted main thoroughfares. apple orchard.

upper left. courtyard houses. private yards. 7 Eight-foot-high brick walls insure privacy in the court-

yard houses. 8 Meeting places 3 To limit children's the kids throughout traffic, pedestrian This one is a huge underpasses have sandbox, another is

TOTAL ENVIRONMENT (continued)













This is not just a development with models A, B, or C plunked down helterskelter with optional front elevations 1, 2, or 3 attached for variety. This is a planned community in the best sense of the term. In essence, this is a new town. and a successful one at that. Consisting of 2200 acres of beautiful rolling countryside in Gaithersburg, Maryland, this community will eventually house over 35,000 people. A good 20 percent of the total acreage will be devoted to open spaces, recreational facilities, and natural areas. It is good land planning and great land use-for the enjoyment of the people. As echoed by one happy family, "We love the village concept. The children ride their bikes, play, walk to school-and we never have to worry."

Montgomery Village is a lesson for other builders, for it **sh**ows what can be done. The Kettler Brothers have been building and developing in the Washington area for ten years and have seen what poor planning can do to the suburbs. By hiring a top-notch architectural and planning team, Rogers, Taliaferro, Kostritsky & Lamb, they made the right beginning,

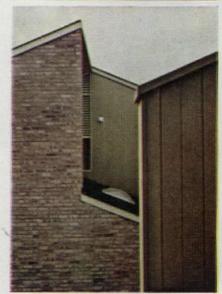
Like any good village or planned community, there are a variety of housing types available. Town houses, rental apartments, and single-family houses of either Colonial or contemporary design offer a full range of choice.

The scenes on the left give the flavor of the Colonial houses and the scenes on the right, those of the contemporary courtyard houses. The two styles blend well because of similar materials and careful planning.













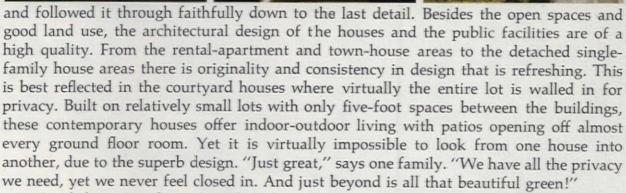




The courtyard houses are good examples of how it is possible to achieve high levels of privacy on small parcels. The photos above show the patios and outdoor spaces that result.

Photos below show some of the facilities available to all resi-

dents: the clubhouse at the 18-hole golf course, the indoor swimming pool, the dock and boat house on the lake.



Good design is also reflected in the various common buildings-golf club, indoor swimming pool, the community building. All these facilities incidentally are available to residents for modest fees. Also built into ownership is a community system for maintaining the green spaces and common property. Aside from the obvious benefits, one owner found an unexpected bonus: With recreation for the children so close at hand,

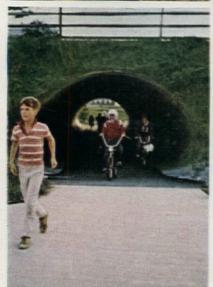
she was able to cut her gas bill (and chauffeuring time) in half.















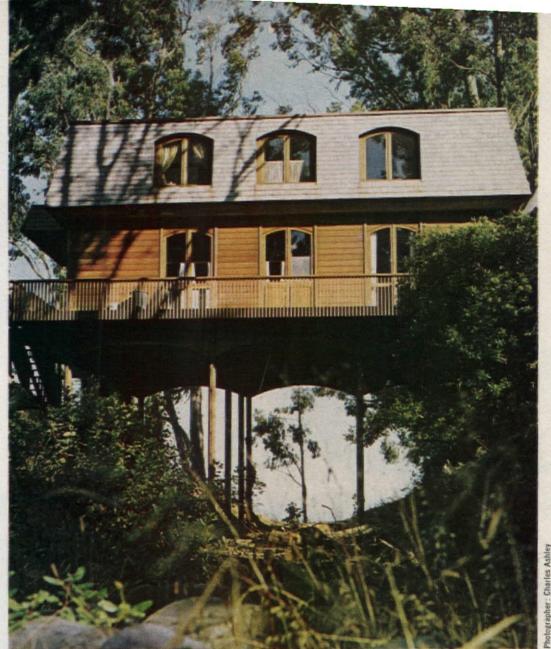


Exposed steel framework of Zimmerman house provides main support from above instead of underneath. "Cupola" on roof is master bedroom, with adjoining sun deck. Attached garage is seen in the foreground. Unusual siding was used on stairway as well as on exterior of the house. It was made by saw-cutting narrow-spaced grooves into common tempered hardboard siding, then applying three coats of paint.

No matter what the weather, occupants are sure of views—from decks or from interior through large glass areas. Tinted glass reduces sun's glare.

## houses on hillsides







Bricker house, a contemporary with strong Victorian overtones, touches ground only on each end. Foundation of massive, laminated, wood beams gets additional support from built-up wood columns.

From the street, house looks like it was built on ordinary lot. But walk onto side deck and you find yourself unexpectedly high above the countryside.

With level building sites becoming scarce, and their prices heading skyward, more and more houses are being built on hillsides and mountains. But why bemoan the fact? Modern technology has made it a fairly simple matter to use such land; instead of digging a foundation in the usual way, you construct a supporting framework that compensates for the slope of the land. This often leads to a more individualistic and interesting design than would have been attempted on flat land. In addition, the home owner often gets the land at a good price. And, last but not least, he gets dramatic views of the surrounding landscape. On the opposite page we show a vacation house built for photographer John Zimmerman by architect Robert Burley. It hangs on steel beams propped upon a Vermont mountainside. Aside from breathtaking views from decks and interior, it has a benefit unique to sloping land—a ski trail that leads right to the door. For more about this house see page 78. The house shown above, built in Marin County, California, by architect Henrik Bull, rests on a hill-side overlooking Tiberon Bay. The owner is John Bricker. With its wood foundation system, it straddles an old, wooded roadbed. Space beneath the house is sheltered, could be used for outdoor living, or children's bad-weather play area.



## the complete house and lot

One of the typical situations to be faced in custom-built housing is piecemeal land. You've got to work with what you can find. If you're building in an older neighborhood, the lots are often small, and sometimes close to heavy traffic, the neighboring houses are almost cheekto-jowl with where you want to put yours, and there is already a standard setback, established by custom if not by ordinance. There are problems of privacy and the matter of making your house fit in harmoniously with the others. That doesn't mean your design choices are hopelessly restricted. Careful thought can turn these deterrents into character-giving features. For instance, as in this house built by architect Jim Henneberg for himself in suburban Glenview, Illinois. As it demonstrates, it's how you use the lot that counts. The house and land are treated as one unit, each part of the overall scheme for pleasant living. To assure separation, from the street noises and to conform with other houses on the street, Jim lined his house up with the others, 80 feet from the street. To provide privacy on the 70-foot-wide lot, the house is oriented to the backyard. The front is a solid brick wall with only a ribbon window between roof and wall, which reflects trees in photo below. The effect is one of restraint, a refuge from noise and activity. To minimize maintenance and to provide a three-dimensional complement for the flat front facade, the front yard consists of brickedged terraces containing eight linden trees that will grow to form an umbrella effect. A side wall screens a garden, extends the architecture into the landscaping. The backyard is sparse, three oak trees and a mounded lawn that merge into the adjacent land without boundary. For interiors, turn page.







Brick grid planters echo materials of house.

Minimal rear landscape extends sense of space. Mansard profile allows imaginative interiors.





THE COMPLETE HOUSE (continued) Inside, the design is of the same high order, as well planned and satisfying as the exterior, with a place for everything. Careful detailing, understated materials, generous space make it ideal

> The kitchen (at left and right) can easily claim attention as the heart of this house. Center island has cook top and sink for preparing vegetables, as well as pull-out ledge for breakfasting. In background are cleanup sink and compartmented storage, built by Jim himself. The kitchen counter extends to dining room to become serving counter for parties.



Guests (at right) help themselves to the buffet set up in the dining room, after relaxing with music and cocktails. Jim is an accomplished cook and likes to entertain informally for a small group. Everyone helps prepare the meal, then they move to living room and rearrange the blue plastic laminate cubes for handy chair-side dining.







The house has three levels (plus basement) with living room on middle one. Photo above shows entry hall in distance, down a few steps. It is on same level as dining room and kitchen. Photo above right shows view from living room up to master bedroom and down to kitchen. Photo at right shows open, expansive view to lawn in rear. Conversation area has a low ceiling.



THE COMPLETE HOUSE (continued)



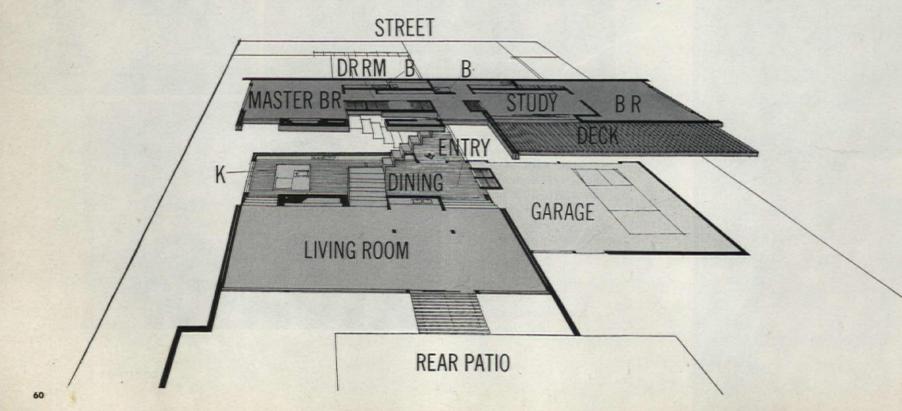
View from stairway (left) shows glimpse of kitchen below and bedroom balcony above. This whole area, although near to the living room, has a secluded feeling because there are no direct views into other rooms. The plan is flexible enough to allow more bedrooms to be added later, as needed, without spoiling the feeling of design.





Guest room is at far left, master bedroom, near left. They fit under slope of mansard roof. Slanted windows at ends of the rooms give subdued cross lighting. Wooden wall of master bedroom continues uninterrupted (photo, right) at the other end to lead into skylighted shower beyond lavatory and dressing area.

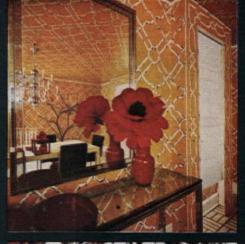
Throughout the house, the strong architectural lines made decorating in the usual sense unnecessary. Simply moving in the required basic furniture and providing subtle lighting (there's no clutter of floor or table lamps) enhanced the good proportions and allowed the luxury of empty space.



















Terra-cotta and white (opposite) are unusually successful combined with two surprise colors—sizzling Mexican pink and yellow. Lesson to be learned here: mix muted down-beat colors with sharp up-beat ones in unequal doses.

Yellow and white (top) have built-in appeal— also built-in dangers caused by lack of contrast. Necessary surprise: brightest red, preferably shiny, and black for definition

Black and white are the surprise background for pastels. Too sugary without them, pastels come alive, look boldly contemporary against a dark color.

Olive and melon pink. Multiply colors for a surprise effect. Green, shading from olive to kelly, and pink, shading to orange, are intriguing.

Brown and white, a winning fashion combination, gain warmth with two surprise additions: strong pea green and egg-yolk yellow.

Blue and white have immediacy in a wholly new context of chrome, glass, plastic, and lacquer. Surprise here: electrifying the blue, sharpening the black.

Photographer: Michael Boys Shopping Information, page 78

Surprise color schemes that ig-

nore all the established rules

are no longer the exception.

Ones that would have been

taboo a year, even a few short

months ago, suddenly seem

super. And we speak not of

the what-will-they-think-of-

next variety but rather the

never-before-dared mixes for

Alone, all colors are fa-

miliar. Combined, they're a

kaleidoscope of always new,

always interesting possibili-

ties. Subtle, clash, or smash-

abstracted from their usual

room contexts are all from a house full of color, by design-

ers Bebe Winkler and Charles

Pengelly. Any one of them

could work in any room of

your house. Color schemes for

specific rooms are auld-lang-

syne decorating, so break

yourself of such inhibiting

questions as "Is this a bed-

room color scheme?" "Is it a

living room scheme or a bath-

room scheme?" Instead, ex-

periment until you know that

a scheme looks right and then

use it. Surprise yourself with

your own color creativity!

Here, surprise color schemes

the choice is yours.

a now look.



Row of town houses (left) is at Rittenhouse Park, a Levitt & Sons community at Willingboro, N.J. Small entry (below left) done in black and greige sets design pace for entire house with surprise touch of brilliant color in a poster. Living room (below right and bottom) mixes patterns and colors in a wonderfully warm and personal manner, proves that individuality can be expressed even though you're working with a coordinated collection. A trick worth noting: All louvered doors were painted to match walls with moldings striped in black, and fitted with handsome new hardware to replace indifferent door pulls.

As you know, each historic period has its own color palette or look, and there is nothing the least bit wrong with doing a pure period room in authentic colors. But do you know that you can also use authentic period colors in a today way if it's a now rather than a then look you want for your home? To make that point, designer Paul Krauss, A.I.D., chose Waverly's beautifully authentic Heirloom Documents Collection of coordinated fabrics, wallpapers, carpets, and rugs. (They bought out a whole textile museum for reference and research material.) Equally authentic are the coordinated wall and floor paints styled by Vera Hahn and Paul Krauss for Sherwin-Williams.

Since the Heirloom Documents Collection is 100 percent American in feeling—designs and weaves range from the Colonial to Federal—American Traditional furniture by Ethan Allen was a natural, particularly because seating pieces come upholstered in the Waverly fabrics. Furniture styles are also a happy mix that spans more than two centuries in time and combines wood and painted finishes.

With these ingredients we could have had a result that was pure Americana, a pseudo-Colonial farmhouse, rather than the one Paul achieved, which is much more updated and sophisticated, and fits the town house much better. Greige, an authoritative neutral that seems modern rather than traditional at first glance, is the surprise basis for the whole color structure here. Although it's not really a typical "Early American" color, it does appear and reappear in nearly every one of the fabrics. It's painted on all downstairs walls that are not papered. It's importantly (continued)



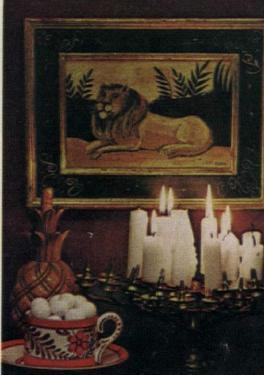




surprise effects with authentic colors

Color surprise in dining room (below left) is use of one print two ways: On papered wall and screen it appears in brown-teal, on table in greige-rose. Room appears larger than it has a right to because of mirror panels by PPG and linen-weave greige draperies. Without the red-check lining they'd be dull. Teal blue Hitchcock-style chairs, stenciled in gold, combine well with warm wood tones of server and china cabinet.







Walls of guest roomstudy (above) are barn red, actually a lovely deep, terra-cotta color that is surprisingly good when combined with pastels: turquoise, peach, and greige. Charming accessories from India add exotic touch.

#### SURPRISE EFFECTS WITH AUTHENTIC COLORS (continued)

repeated in the vinyl tile by Congoleum Nairn and in the painted floors. Because of the open plan, even the kitchen cabinets and the refrigerator were done in greige (not shown). The reason for all this greige? To enlarge the main-floor area visually instead of cutting it up with a variety of different colors and textures. Greige, mixed with black and accented with surprise brights (reds, apple green, sky blue, yellow), adds great style to the family room. In the dining room it's softened through the addition of teal blues, browns, and pinks. Upstairs, too, it plays a special though not a major part. Surprise color switch in the bedrooms is the use of darks-like indigo blue and barn red on walls. But again, it's the steady repetition of greige that holds all the schemes together and makes them work. That and the pickup of surprise colors—like the brilliant Bristol or opaline blue of accessories in the master bedroom. Another surprise use of color is on the floors with their practical (and authentic) decorative spatter and stencil treatments.















In the master bedroom (left and below) the color scheme is indigo and greige, a paraphrase on the blue-and-white abstract shown on page 63 but vastly different here. Deep blue walls make a wonderful backdrop for the mellow glow of the furniture. It also brings out the best in an interesting collection of accessories, many of them in Bristol blue, some in opaline pink. Four-poster bed gains in importance through placement between windows curtained in greige lined in a tidy little bandbox print that's also used to frame the portrait photograph gallery on opposite wall. Quilted bedspread is an Heirloom Documents ready-made in a resist print design.



Shopping Information, page 78 Photographer: Michael Boys





From halfway up the stairs there's a view of both rooms. (Opposite page.) Another pleasant surprise in these rustic surroundings is the furnishings, a nice mixture of country French and cottage English pieces. In bedroom (left) bed slides into knee-wall recess to make room seem larger during the day. Minibath (lower left) carries out bedroom colors too. Stairs (below) are so primitive, they're almost a ladder. Daybed, against rear wall, sleeps a guest in comfort. Against whitewashed walls, unframed, modern paintings.







located to left of main entrance. Its barnsiding doors are practical for camouflage and storage as are the shelves tucked away in the dining area. Tin chandelier was painted black.



It's hard to believe this small, civilized vacation retreat started out in life as a chicken coop. Tons of debris had to be removed before rehabilitation could even begin. Now there's a big living-dining-cooking-working area where the chickens used to roost and an almost as big bedroom (also a dressing room and bath) in the old loft. French doors open onto a new terrace and flood the bedroom with sunshine.

Biggest surprise of all, the floor-based color schemes. Whitewash white with black-coffee brown for the main floor area—with licorice black upstairs. Viable classics both, they adapt to changing moods and fashions. This year's additives are all gusto, like lime, lemon, orange in the living room; poppy, bachelor button blue and Kelly green in the bedroom.

### Learning to cook

How often the mention of having fish for dinner brings forth the comment "Oh, I don't like fish." Many who say this have only known fish that was poorly and probably overcooked. Or, they may only have eaten the same few kinds of fish prepared the same way everytime. No matter where you live, there is a great variety of fish available. Learn how to buy it and cook it properly and you'll discover a whole new world of delightful and flavorful eating.

#### BUYING FISH

#### Fresh Fish

Be sure the fish you buy is really fresh. A whole fish should have bright, bulging eyes, and reddish pink gills. All fish have firm, elastic flesh that springs back when pressed and a pleasant, fresh aroma.

Fresh fish is sold in the market in various forms. These you will find most often:

Whole: This is the fish just as it comes from the water.

Drawn: This is a whole fish from which the insides have been removed.

Dressed or pandressed: This is fish that is ready to cook when you buy it because the scales and insides have been removed. The head, tail, and fins are usually removed.

Steaks: These are pieces or slices, usually about ½ inch thick, that have been cut crosswise from a large, dressed fish.

Filets: These are the sides of the fish that have been cut lengthwise away from the backbone. Filets contain no bones or other waste.

Sticks: These are uniformly cut portions, cut lengthwise or crosswise, from steaks or filets.

Butterfly filets: A butterfly filet is made of the two sides of the fish—the two filets—held together by the uncut flesh and skin.

#### Frozen Fish

Markets today have a wide variety of frozen fish. They may be whole, steaks, filets, or prepared portions. They may be used just as fresh fish after thawing. You will also find some fish that have been partially prepared and others that are breaded or prepared for baking or frying. There are also readyto-heat-and-serve fish, fish in sauce in aluminum containers to heat in the oven, and those in plastic bags to heat immersed in boiling water.

How much fish to buy? Appetites will vary but the rule of thumb is to allow one-third to one-half pound of edible fish per serving. Use this guide:

Whole fish: 1 pound for 1 serving.

Dressed fish or steaks: 1 pound for 2 servings.

Fish filets or sticks: 1 pound for 3 servings.

#### COOKING FISH

Fish does not need long cooking. It is already tender and does not have connective tissue, as meat does, that needs long cooking to break it down. Remember these few secrets:

- Take care not to overcook fish. It is done when the flesh turns cream color and it can be flaked easily with a fork—the flakes should separate easily but still be juicy.
- Try to handle fish as little and as gently as possible during and after cooking. Remember, the flesh is very tender and delicate.
- Lean fish need fat added as they cook to keep them moist and flavorful. Baste often with melted butter or margarine.

There are many ways to cook fish, but let's first learn four of the easiest, basic methods: panfrying or sautéing, broiling, poaching, baking.

#### Panfrying or sautéing:

This is the method of cooking fish in shallow fat. Small whole fish, filets, and steaks are the best for panfrying.

- Fish should be dried thoroughly to prevent spattering when it is put into hot fat.
- Fat should be hot, but not smoking, when the fish is put in.
- Fish should be cooked quickly just until it is golden and crisp—about 3 minutes on each side, and it should be served immediately.

#### FILETS SAUTÉ 3 pounds fish filets Milk

Flour Butter, margarine, or pure vegetable oil

#### 1 tablespoon lemon juice Chopped parsley

- 1. Thaw filets if frozen. Wipe fish dry with paper towels. If filets are small, leave whole. Cut large ones into pieces.
- 2. Put milk into a shallow dish, a pie plate is good to use.
- 3. Put flour into second shallow dish or onto wax paper.

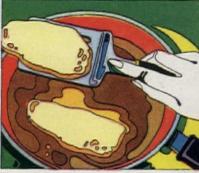


4. Dip fish into milk then roll it in flour. Shake off the extra flour. The fish should be completely, though lightly coated. 5. Heat enough butter, margarine, or oil in a large skillet so it just covers the bottom when heated. It should be no more than ½ inch deep.



6. Put filets carefully into hot fat. Drop them away from you so you won't be spattered.

7. Cook about 3 minutes or until fish is brown on the bottom.



8. Lift fish with a broad spatula or pancake turner and turn it over carefully. Brown the second side—about 3 minutes.

- 9. Remove fish and put it on a heated platter.
- 10. Add lemon juice to skillet. Heat through.
- 11. Pour mixture from skillet over fish. Sprinkle with parsley. Makes 6 servings.

#### Broiling

Steaks; filets; split, dressed whole fish; and whole fish may be broiled. Here's what to do:
• Preheat broiler and broiler pan. Grease the broiler pan or

pan. Grease the broiler pan or line it with aluminum foil and grease the foil. Greasing keeps fish from sticking.



 Place fish in pan. Put filets and split fish skin side down.
 These are not turned in cooking. Steaks and whole fish are cooked on one side, turned and cooked on the second side.

Broil fish filets and split fish
 inches from the heat for 5 to
 minutes.

Broil 1-inch-thick steaks 2 inches from the heat for 3 minutes on the first side and 5 minutes on the second side.

Whole fish should be placed 4 to 6 inches from the heat and broiled for 5 minutes on each side.

#### **Poaching**

This method of cooking in seasoned water, either in oven or on top of the rang one of the easiest to learn do. It is good for thick f steaks, and whole fish.

#### POACHED SALMON STEAM 6 salmon steaks (11/4 inches thick each)

1 bay leaf

1/4 cup sliced onion (1 small. Few sprigs of parsley

1 teaspoon salt Hot water

1 tablespoon lemon juice

1. Wipe salmon steaks dry w paper towels. Place the ste in a large skillet in a single lay 2. Add bay leaf, onion, parsl and salt. Pour in enough l



water so top of water is ever with top of steaks. Add lemoi juice. Cover skillet.

- 3. Heat until water comes to boiling. Reduce heat so water simmers. Simmer 8 to 10 minutes or until fish flakes easily when tested with a fork.
- Remove fish carefully from liquid in pan. A broad spatula or pancake turner—or two in the case of whole fish—will be the best utensil to use. Serve fish garnished with lemon. Makes 6 servings.

#### **Baking**

Dressed whole fish, steaks, and filets may be baked—one of the simplest ways to cook fish.

- Heat oven to 400° F.
- Season fish with salt and pepper.
- Place in shallow, greased baking dish. Brush fish with melted butter or margarine.
- Bake, uncovered, basting lean fish frequently with melted butter or margarine. Allow 8 to 10 minutes per pound for whole fish and steaks, slightly less for filets. The time required will vary with the size and kind of fish—it is done when it loses its translucency and flakes easily when tested with a fork.
- Whole fish may be stuffed and baked. Cut several gashes through the skin to keep fish from bursting. Season it inside and out with salt and pepper. Fill cavity two-thirds full with stuffing—your own or packaged. Place in greased, shallow baking dish. Brush with melted butter or margarine. Bake as above.



# Little fish in a big sauce



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Regional cookery at its best. See page 90 for tempting dishes selected from cookbooks across the land.

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By DORIS E. STEBBINS

#### THE FRAGRANT, CANDY-COLORED SWEET PEA

A garden coup, even a simple one, will earn you a reputation as a master, an initiate of the tricky plant cult. And the sweet pea is one of the cult plants—veiled in mystery, lovely and ethereal. Only the chosen can grow them. Nonsense! They will grow and bloom for you even if you don't plight your soul to the Earth Mother. As a matter of fact, sweet peas will respond with almost poignant eagerness to the simplest of organic gardening techniques.

If you decide to dabble in them this year, just keep in mind that they are fond of cool weather and should be treated accordingly. If you like to collect bits of botanic trivia, they are known formally as Lathyrus odoratus, and they're related to the peas you eat. Although the familiar sweet pea is a climber (via tendrils), hybridizers have developed dwarf, non-climbing types that are well suited to today's less-than-manor-size gardens and your busy schedule.

Before elaborating on the simple joys of sweet-pea culture, let's clarify "cool weather." You can plant sweet peas as soon as the soil has thawed to about eight inches deep. In Connecticut, late March would be the right time if spring is early, or early April. In milder climates, where winter is not very severe, you can sow seeds in November so they'll get an early start in spring. If necessary, mulch fall-seeded beds with a threeto four-inch layer of straw or saltmarsh hay, after a hard frost. Don't remove the covering until freezing weather is over.

#### NITTY-GRITTY FACTS

On some seed packets it says "Dig a trench two feet wide and at least 18 inches deep." That's enough to discourage Earth Mamma herself. All you have to do is dig down to the depth of easily workable soil, about six inches. Mix in lots of well-rotted manure, compost, or other organic materials, and rake. If your soil is acid, rake in a top dressing of lime or finely ground limestone. The best time to do this is the previous fall, to give the soil time to enrich itself with all those decomposing organic conditioners, and so it will settle and be good and firm by spring. Sweet peas like a firm bed.

If you live near woods, collect rotting bottom leaves and work them into the sweet-pea bed. This will definitely get you a reputation as a witch, but it's good for the soil.

After you've prepared the soil and dug your six-inch-deep trench, pack it as firmly as you can; give it a few days or a week to settle before you go ahead and sow the seeds.

Here's a trick that will hasten seed germination: Soak seeds in tepid water for several hours before sowing. When they begin to swell, they're ready for the soil. The most important secret of all, however, is nitrogen-fixing bacteria. Any well-stocked garden store sells cultures of these bacteria under various brand names, and they work wonders with all the pea-related plants: beans, lupines, thermopsis. The culture is not expensive, and full directions come with it.

Now that you're ready to sow, drop the seeds four inches apart in the trench, then cover with two inches of soil—no more! As the plants grow, gradually fill in soil around them until the planting row is level with the surrounding area.

#### **CLIMBING VINES**

If you grow the climbing sweet peas, you'll have to provide something for them to twine their tendrils around. Chicken netting is practical although not terribly chic, or you can use rows of heavy twine held tight between posts at either end of the rows. If you have a birdhouse on a post, run strings up to the top and plant your sweet peas around it.

After the plants have grown a bit, you must thin them, no matter how much it hurts you to do it! Every other plant must come out to give the remaining ones room to develop. If you have room, transplant the extras to another part of the garden.

Don't let your sweet peas dry out in hot weather. Around the first of June, soak the plants thoroughly and apply a mulch of straw or other light, nonmatting material close up to the plants along both sides of the row. It will keep roots cool.

If mildew or aphids are a problem, spray or dust the bed with a sulphur fungicide after each rain.

#### PICK YOUR COLOR

The sweet pea originally came from Sicily and eventually found its way to northern European and American gardens. The original, wild sweet pea was probably purple, but thanks to hybridizing work we have countless shapes, colors, and varieties to choose from today. There are ruffled, frilled, even dwarf, nonclimbing, heat-resistant, and perennial types.

In 1961 'Gigi' and 'Sachet' were awarded prizes by the Scottish National Sweet Pea Society. Both are like an ice cream sundae—cool, sweet, and delicately scented. Other sweetpea treats to try are 'Cranberry Rose,' 'Valentine,' 'Milky Way,' 'Neptune' (a clear blue), and 'Venus' (soft pink suffused with salmon). Cuthbertson's 'Daisy White,' 'Oxblood Crimson,' and 'Rosey Lavender' are choice, so why not plant them all? And remember, sweet peas are like pansies-the more you pick, the faster they bloom. Cut some every day for arrangements!

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omatoes in South America but only one the lushest, most delicious and easiesto-grow of them all! And that one was nade over after four years of hybridizing the Half Moon Bay — working with various iniversities — discarding weaker, keeping tronger strains — until the final super rariety was ready for you.

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## How to have a kid-proof bath

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Not long ago the noted plantsman, David Leach, predicted: "Your grandchildren may well go to a botanical garden to see plants in the same sense that we go to the zoo to see wild animals . . . we may soon live in a country where the problem will not be how to plant a petunia but whether planting a petunia is possible."

Leach is rightfully concerned about our disappearing resources. The green land is being paved over with freeways, which wipe out the equivalent of a 50-acre park with every mile, eroded by Mother Nature and Careless Man. Quite simply, the quality of the environment is at stake, even our survival. Land filters and stores the water we drink, buffers the air against pollution. If we continue to abuse it we may, before long, warns ecologist Lamont Cole, run out of oxygen.

#### **OUTRAGE BRINGS ACTION**

We can take dubious comfort from the fact that the danger has brought some action. For, as William H. Whyte, author of The Last Landscape, points out, "The less of our landscape there is to save, the better our chances of saving it. It is a shame we have to lose so much land to learn the lesson. . . . People have to be outraged. Most of the new landuse legislation and pioneering programs did not come about as the result of foresighted, thoughtful analysis. They came about because people got mad over something they could see-a line of trees being chopped down for a highway, a meadow being asphalted for a parking area."

We can thank the conservation organizations, imaginative public officials, and just plain citizens for putting up a fight to make this world a decent place to live in.

There are citizens like Mrs. Helen Fenske whose committee raised nearly a million dollars to save New Jersey's Great Swamp from a proposed jetport construction scheme. This 3750-acre tract, just 30 miles from Times Square, is now officially protected as the Nation's "Great Swamp Wildlife Refuge Wilderness." Or, like Mrs. Robert Bastian who spurred the effort to save St. Hilary's remarkable wild-flower tract in Marin County, California.

#### PUBLIC OPINION POWER

The Chicago Open Land Project made citizens of the area aware that Chicago ranks last among big cities in open space and recreation lands. The remaining virgin forests, wild prairies, historic canals and waterways now stand a chance of being preserved because people know they are in danger. The redoubtable quarterly magazine *Cry California* has made Westerners appreciate the dangers in unplanned growth, land grabs, and unbridled highway construction.

We can credit the Sierra Club for its unremitting efforts to preserve the California Redwoods. It can take pride in the establishment of a 58,000-acre national Redwood Park.

When local citizens join together in common purpose they often find that they can accomplish miracles in swaying public officials toward a more constructive land policy. The Staten Island Greenbelt Emergency Conference, an association of 31 local conservation and civic groups, won its fight to reroute a parkway which would have torn through "New York City's last upland area."

Private groups and government agencies are working together to capture land before it goes on the market. The Ford Foundation has guaranteed a \$6 million credit line to the Nature Conservancy allowing it to buy up land earmarked for Federal purchases before the prices skyrocket. The Conservancy itself, a private organization supported by contributions, has managed to save more than 100,000 acres of prime conservation land in ten years.

#### **EVERYBODY'S JOB**

In the next 25 years the look of the land will be set. We can still shape it so that there will be trees, clear-running brooks, unpolluted marshes, ridges unscarred by man, meadows full of wild game. It is a job for everybody to tackle and there are dozens of ways the concerned citizen can help. How? By practicing good conservation in his own backyard, by banding together with others to acquire significant public acreage, by exercising his political muscle to strengthen planning and zoning decisions for open space, by supporting community decisions to buy land for future recreation or conservation needs, by buying into a cluster development and thereby endorsing imaginative land planning.

In the last few years citizens, aroused by the disappearing landscape, have become expert on such land-save techniques as zoning, clusters, easements. ("You give up your right to louse it up," says Whyte in defining easement.) They have learned how to present the case for land philanthropy, knowing that owners of large tracts are anxious to find an alternative to development. By giving property to a private nonprofit group like a local land trust or to the Nature Conservancy, landowners can be sure it will be kept open forever. At the same time, they can realize a tax benefit from the gift.

#### COMMUNITY CONSERVATION

Towns knowledgeable in landsave devices have picked up acreage which gives their community a fine, open look but actually costs very little. Lincoln, Massachusetts, is something of a prototype for this kind of community conservation work.

They have four principal landsaving tools in Lincoln. The area is zoned for two-acre lots. They are buying up land recommended by the Conservation Commission and hope to acquire 1000 acres for public use by 1970, or about ten percent of the town. They have a land trust which will accept gifts from individuals interested in keeping their property open. And, with Yankee ingenuity, they created a Rural Land Foundation that develops large tracts with an eye to donating most of the land to the town or trust. The lots that are sold command a high price because they are desirably protected by open space.

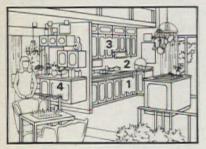
Lincoln is lucky enough to have land to save and a citizenry sold on conservation. Other towns have to scratch around to find land worth preserving and they must also convince the taxpayers that it is good economics to buy up what land is left for future needs.

There are dozens of ways to salvage a spot of green for the common good. In Madison, Connecticut, for example, the town has retained its zoning (continued)

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#### THE LAND WE LOVE (continued)

laws which set minimum lot size, but builders are given the option of clustering houses and dedicating the remainder of the land to a common greenbelt. Under this system, the builder saves construction costs because he can build

his houses closer together and a maximum of green space is saved as well.

#### MEANINGFUL ACREAGE

Successful local action takes imagination, flexibility, and resourcefulness. You have to see the possibilities in an abandoned railroad, aqueduct, or canal right-of-way that could be converted to

a hiking or riding trail; a vacant lot which cleared of rubbish might be an urban park; a derelict waterfront restored to public use as a promenade or sun-bathers' retreat. There is land under elevated highways, around freeway interchanges that could be converted to sports fields or walkways. We must begin to think of "meaningful acreage"

that serves the public hunge for beauty or a place to play Whyte calls it the "micro-environment" and urges us to save the small pieces and hopefully link them into a pattern of open space that is significantly greater than the sum of its parts.

#### **NEW APPROACHES**

The older concept of conservation, expressed in vast western lands and parks like Yellowstone, has given way to a more intimate view of open space. We want green areas to use where we live and work and play, day by day. We don't want to travel thousands of miles to see it. We need land for picnic areas and baseball lots, but a bit of green offers other opportunities.

The lesson of Central Park, in New York City, comes to mind when you consider the uses to which land can be put. For generations the Park stood stolidly in the center of Manhattan, a venerated institution, but largely unused and increasingly forbidding because nobody ventured inside. Then Thomas Hoving took over as Parks Director and turned it into a stage for Happenings. There were music and Shakespeare and art and just the general mingling of people who now felt the park was their own once more. The roadways were cleared of automobiles on weekends so that cyclists and joggers could get a breather from the exhaust fumes and noise.

The state of Wisconsin, for example, has carried out a "landscape value inventory." According to Professor Phillip H. Lewis Jr. of the University of Wisconsin, "We identified 260 elements that were meaningful to some part of our society." They included wabeaches, natural terfalls, springs and bridges, battlefields, caves, wildlife habitats. The goal of the program was to guide growth "in harmony with these natural patterns rather than allowing unguided sprawl to prevail." The meaningful landscape can be preserved forever.

The growing pocket-park movement demonstrates that use, not size alone, determines the effectiveness of recreation land. Perhaps the best-known pocket park is Paley, nestling under Manhattan skyscrapers on the site of the old Stork Club. Visitors come in off the street to sit in peace and watch a manmade waterfall that successfully drowns out the traffic din. Paley proves (continued)





At 121 pounds, I'm able to fit into clothes, chairs and bathtubs—with no squeeze.

I barely fit into my bathtub, until I lost 74 pounds

By Jean Hunter-as told to Ruth L. McCarthy

'm not kidding. I was a tub trying to fit into a tub. 195 pounds! When I think of it now, it's a wonder our trailer wasn't goded daily.

You see, my family and I live in a mobile ome in Marietta, Georgia. And you can't nagine what a squeeze that can be unless ou've been fat and tried to move around a ompact trailer. Especially when your husband weighs over 200 pounds himself. Each ime we tried to pass, one of us had to back up, or step aside.

My weight problem was nothing new to ne. I was twelve pounds at birth, and by the ime I'd reached eighth grade, I'd eaten myself up to 180 pounds. Mashed potatoes, fried chicken, candy, cake, pies—I loved them all.

I'll never forget going to a swim party when I was in high school. One of the boys welled, "Hey Jeannie, you look like an elephant in a mouse suit." I wanted to die.

After graduation, I took up practical nursing. While in training the doctors all went to work on me to reduce. They even prescribed reducing pills, but these only set me on my ear. I was a nervous wreck most of the time. and as soon as I'd lose fifteen pounds, I'd weaken and eat double what I did before.

Was my life dull! No dates. No shape. No un. Only food. I finally decided to join the Navy and see the world. But it was easier aid than done. The fact was I was too fat. needed to lose at least 40 pounds. I'd tried all sorts of diets, liquids, pills and willpower. What was I to try next? A crazy crash diet of baloney and dry bread. I ate this for break-

fast, lunch and dinner, day after day, until I lost enough pounds to be accepted.

Soon after boot camp, however, I began to gain again. But I had a whole year before my next physical, so I didn't care.

Fortunately, I married and left the Navy before the problem presented itself. But my poor husband! He got me on the slim side, but wound up with quite an armful. Particularly after our two lovely daughters were born. They're just a year apart, and believe me, there was a lot of fat in between. My clothes looked like battleship covers. And my stockings were the biggest I could buy. You see, my thighs were tremendous. And just walking caused such chafing, I continually had blisters on the inside of my legs.

At 195 pounds, I not only was ashamed of myself, but ashamed for my husband. But what was I to do?

The radio gave me the answer. I had heard Arthur Godfrey talking about a reducingplan candy made to help you curb your appe-

Before and After Measurements Before After Height 5'5" 5'5" Weight 195 lbs. 121 lbs. Bust 38" 33" Waist 34" 261/2" Hips 48" 36" Dress Size 20 8

tite. It was called Ayds and it contained vitamins and minerals. No harmful drugs. Somehow it sounded right for me, especially when he said eating Ayds was like eating candy before meals. It spoiled your appetite.

Next time I went to the drugstore, I bought a box of the chewy vanilla caramel Ayds. Later, I tried both the fudgy chocolate mint kind and the plain chocolate fudge type.

Well, I started taking one or two Ayds as directed, with a hot drink, three times a day. And it really helped me to eat less. Why, I was able to cut out most of the bread I used to stuff on. And I even passed up desserts without feeling sorry for myself.

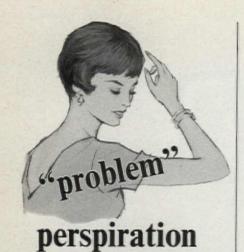
I followed the Ayds Plan one whole winter. Ten pounds came off. Twenty. Thirty. Each month, I took my dresses in more and more, until seam met seam.

In the spring, when I began hanging out my wash, without a coat on, my neighbors hardly knew me. By then, I had lost close to 60 pounds.

My sister, who'd always been much slimmer than I, now was the heavier one. In fact, when she asked me to be her matron of honor at her wedding, Mother had to cut her gown bigger and mine smaller.

When I'd finally reached the weight I wanted, I'd not only lost 74 pounds of ugly fat, but also the blisters on my legs. And that was the most wonderful feeling of all.

Recently, I tried on a pair of my big, old shorts. And it's no baloney when I say, thanks to the Ayds Plan, the leg band now fits around my waist.



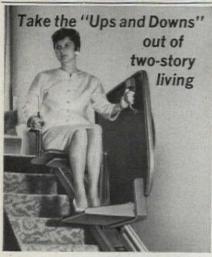
An antiperspirant that really works! Solves underarm problems for many who had despaired of effective help. Mitchum Anti-Perspirant keeps underarms absolutely dry for thousands of grateful users with complete gentleness to normal skin and clothing. This unusual formula from a trustworthy 56-year-old laboratory is guaranteed to satisfy or your drug or toiletry dealer will refund purchase price. So get the positive protection of Mitchum Anti-Perspirant. Liquid or cream. \$3.00, 90-day supply.

# Italian Balm. for chapped skin

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INSTANT A-FRAME STORAGE SHED APPEARS ON P. 20.





# Install an Inclinette

There's no need to sell your two-story home because someone must avoid climbing stairs. Install an Inclinette on your present stairway and ride upstairs and down with the push of a button.

Inclinette is a must for the handicapped and elderly and a real convenience for every member of the family.

# Write for new, free booklet

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INCLINATOR COMPANY OF AMERICA 2251 Paxton St., Harrisburg, Pa. 17105

# THE LAND WE LOVE (continued)

that even a tiny bit of land can be restorative, an antidote to "civilization."

# WHAT YOU CAN DO

How can you help save the land we love so that future generations can have the benefits of green plus clean water and air?

You can become informed on conservation questions. Join national organizations like The Nature Conservancy (1522 K Street, N.W., Washington, D.C. 20005); the National Audubon Society (1130 Fifth Avenue, New York, N.Y. 10028); The Sierra Club (Mills Tower, San Francisco, Calif. 94104). Write for information on their publications and programs and give them a helping hand.

Find out what your own community can do to preserve open land before it is too late. The Open-Space Action Institute (145 East 52 Street, New York, N.Y. 10022) has three publications that can help you develop solutions to local land-use problems. The first book, *Stewardship* (\$3.00) outlines the many ways a landowner can keep his property in its natural state while benefiting both his community and his personal tax situation.

The second, Challenge of the Land (\$3.75) is addressed to municipal officials and civic leaders. Citing case histories, describing successful cluster developments, spelling out government grants-in-aid, this one is a blueprint for municipal action.

The third publication is on Land Trusts (\$2.00) and describes the many ways these citizen-run groups can supplement public conservation efforts. It tells how to start and manage such a trust, provides model by-laws taken from the Redding, Connecticut Land Trust. Emphasis in all three is on action for as Charles E. Little, author of Stewardship and Challenge of the Land, puts it: "No policy document ever saved an acre of land."

You will find it easier, and more effective, to work for conservation through a local group that has it on the agenda. The League of Women Voters and the various Garden Clubs have done much to alert us to soil and water problems. You can push for a Conservation Commission in your home town, go out after land that could be purchased, donated, or salvaged. Ask state and federal officials about grants for land purchase. Become knowledgeable on taxation, zoning, planning. Ask your state or county agricultural agent to help you with his know-how. The Soil and Water Conservation District program can furnish you with detailed soil maps, advise on water pollution and flood control. Use your citizen's voice to question the destruction of the landscape in the name of freeways, utility slash-throughs, indiscriminate bulldozing.

The President's Council on Recreation and Natural Beauty has just published a report on the state of the environment, called From Sea to

Shining Sea (\$2.50 from the U.S. Government Printing Office, Washington, D.C. 20402). It reviews the progress made during the last few years, largely under the direction of former Secretary of the Interior Udall and the prodding of Mrs. Lyndon Johnson. Even more important is the "action guide section" which suggests tools every citizen can use to preserve and protect the land.

William Whyte reminds us that "The land that is still to be saved will have to be saved in the next few years. We have no luxury of choice. We must make our commitments now and look to this landscape as the last one. For us, it will be."

# SHOPPING INFORMATION

Merchandise listed here is available in leading department and specialty stores. If you cannot find it, write to American Home, Reader Service, 641 Lexington Ave., New York, N.Y. 10022, for additional information. Retail stores are listed with their cities. Items not listed may be privately owned or custom made.

### THE SURPRISE COLORS

Page 63: Red glass jars and vase, Venini, Ltd. N.Y.C. Red plastic open cube, Albrizzi, Ltd., N.Y.C. Orange rug, D/R International, N.Y.C. Felt ball, Croquis Gallery, N.Y.C. Yellow lucite items, Hammacher-Schlemmer, N.Y.C. Chrome shelving, Abstracta. White chest, The Door Store, N.Y.C.

# AUTHENTIC COLORS

Page 64: Rug, F. Schumacher & Co. (Bottom): Lamps, Tyndale by Wilmar. Page 65 (left): Brass bowl and candlesticks, Ethan Allen. Napkins, dinnerware, Tablerie, N.Y.C. (Top right): Candle holder, Sona, The Golden One, N.Y.C. (Bottom right): Desk lamp, Woodstock Workshop. Horse, dragon, Sona, The Golden One. Table lamp, Ethan Allen. Page 66 (bottom right): TV, Sony. Radio, RCA. Stuffed porcupine, Harriett Amanda Chapman. Desk lamp, Woodstock Workshop. Page 67 (top): Opaline bottles, Raymor. Necklaces, Sona, The Golden One. (Bottom): Oil lamp, Ethan Allen.

# SURPRISE-PACKAGE HOUSE

Page 69 (top): White tray, Mon Amie coffee set, Seabon. Espresso, Scarabaeus, N.Y.C. (Center left): Bath fixtures, Universal-Rundle Corp. (Center): Orange vase, Scarabaeus. Work basket, Azuma, N.Y.C. (Bottom): Kitchen, Dwyer Products Corp. Double boiler, olive plate, yellow ceramic ladle, oval pans, Tablerie, N.Y.C. Large ashtray, Scarabaeus, N.Y.C. Canisters, Pyrex by Corning Glass. H-shaped ashtrays, Scarabaeus. All flooring by The Flintkote Co. Ponderosa Pine Woodwork: sliding patio doors; American Hardboard Assn.: textured hardboard siding; all available at local lumber dealers.

# THE PERFECT ROAST CHICKEN

Page 84: Plates, Tablerie, N.Y.C. Gravy bowl, Georg Jensen, N.Y.C.

# LADIES' COOKBOOKS

Pages 86, 87: Oval baker (forefront), white cake stand, La Cuisinere, N.Y.C. Meissen platter, Tablerie. Glass cubes, Beylerian, N.Y.C. Aubusson rug, Raphaelian Rug Co., N.Y.C.

# BUILDING ON A HILLSIDE



Like mountain climbing, the bigge problem in building on a hillsic is getting a toehold. When give the commission to design a hous for this steep site (shown on page 54), Architect Bob Burley decided t try a new approach. Instead of elab orate and expensive concrete fool ings and foundations, he merely pu in four huge concrete footings to hold four steel columns. These stee columns in turn support two 80-feet long steel beams and some intermediate bracing. (Photo above was taken at this stage.) The house was then hung from this steel skeletor and built of conventional wood framing. The only thing unconventional is that it is hung from the top instead of supported from the bottom. All the loads except the cars in the garage are carried by the two husky steel beams. There are many other imaginative uses of new materials. Probably foremost is the interesting use of tempered Masonite hardboard for both the exterior and interior wall finishes. Here the architect had a millwork shop cut 1/8inch-deep grooves every inch across the 48-inch wide panel, then coated with DeVoe and Reynolds paint.

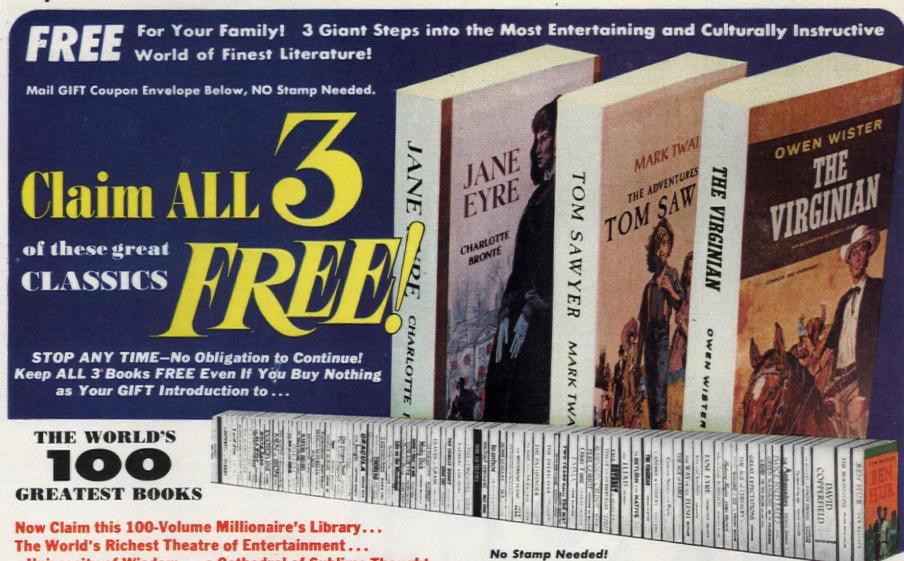
# OTHER PRODUCTS USED

Two types of electric heating were used—Gold Bond Rayboard radiant ceiling panels, and Federal Pacific Electric's baseboard and wall units.

Thermtron Products insulation and double glazing at all windows insure a tight house.

Easy-care Acrilan acrylic carpeting and seamless Torginol are used in the kitchen, baths, and entry hall.

In the kitchen and laundry, Frigidaire appliances and electric Char-Broiler by Harvic help make chores as easy as possible. Nevamar plasticfaced kitchen cabinets by National Industries, Inc., stainless steel sinks by Elkay Manufacturing Co., and a Trade-Wind exhaust fan and hood by Thermador complete the kitchen. Also used are Eljer plumbing fixtures; Alcoa metal trim; a Manchester-Pierce prefab fireplace by Condon-King, Co., Inc.; folding Pella wood door by Rolscreen Co.; hardware by General Lock Co.; window shades by Tropicraft.



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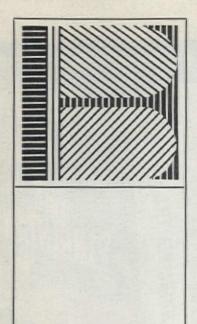
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BOOKS

BOOKLETS

AND

Now that winter's almost over, it's time to start thinking of outdoor life again. Some pertinent publications are listed below. Some are not so pertinent but you may enjoy them anyway.

### BOOKS

Fruits for the Home Garden is a complete guide with information on how to select, grow, and even espalier fruit trees. You can harvest bushels of fruit from your own yard, if you have a gardener's inclination and just a little patience (some of the newer varieties of dwarf fruit trees begin to bear in one or two years). The material is up to date and fills a gap in previously published material that was available. The authors, Ken and Pat Kraft, describe it as a book that firmly keeps its eye fastened on the home gardener and his desires and limitations, which are often quite apart from those of the commercial orchardist. The book has 25 color pictures and 42 pages of line drawings. It discusses getting started, pest control, and pruning, then goes into individual chapters on the different types of fruit trees. \$6.95, William Morrow and Company.

Trees of North America. This book is subtitled "A Guide to Field Identification," and that's exactly what it is. Published with soft-cover, in a pocket-size edition, it's meant to be taken along on hikes and camping trips by

those who find their enjoyment of the outdoors increase if they are able to identify some of the natural resource of the environment. With the leaves due to burst our shortly, you could bone up now at home on the local flora. The author, C. Frank Brockman, has been a professor of forestry and chief park naturalist of Mt. Rainier and Yosemite National Parks. The book is meticulously illustrated by Rebecca A. Merrilees with enough detail to help you identify any tree you're likely to come across. Beside each description is a range map indicating where the tree is found. For nature lovers it's an essential field guide. \$2.95, Golden Press.

The Secret World of Baby by Beth Day and Dr. Margaret Liley. While this book is intended for children, aged ten and over, it will also fascinate any other reader. Whether a woman is expecting her first baby or has had several, she will find the book enlightening, for it is based on recent research. Generously illustrated with photos, the book tells how an unborn baby lives and how his skills develop in the first few months of life. (Yes, he can hear outside noises before he's born, but does not learn to really focus his eyes for some time after birth.) Since it is intended for young readers, it doesn't go into baby care, it is aimed at reminding a child of the tremendous leaps he once took into new experiences, the same leap we have all made and probably forgotten. \$3.95, Random House.

These books may be ordered through your local bookstore.

### BOOKLETS

Idea Book: Business for Beauty. Many people are sincere in their desires to improve the appearance of their towns, but get bogged down in actually selecting a workable, attractive plan. This booklet, distributed by the Cities Service Oil Company in cooperation with an award program sponsored by the General Federation of Women's Clubs, is full of landscaping ideas for improving stores, parking lots, and small businesses—the areas unlikely to have large amounts of money, time, or staff available for landscaping. It is probably the only nontechnical guide to landscaping specifically concerned with the appearance of businesses. It discusses the use of screening, trees, portable and permanent planters, pocket parks, and the problems of parking lots. There are sections on signs and advertising, selection and care of plants. Copies at \$1 each are available through the local clubs of the General Federation of Women's Clubs or by writing to Business for Beauty, Dept. AH, Cities Service Oil Company, P.O. Box 300, Tulsa, Okla. 74102.

The Challenge of Crime, one of a series of pamphlets published by the Public Affairs Committee, was written by Robert Rice, former staff member of the National Crime Commission. It contains a brief summary of some of the principal findings of the President's Commission on Law Enforcement and Administration of Justice. The support and cooperation of the public are essential both in preventing crime and in developing programs to reeducate criminals. As the author points out, the most enduring protection against crime will come from righting the wrongs and curing the illnesses that tempt men to harm their neighbors. 25c. Ask for pamphlet 425 from the Public Affairs Committee, Inc., Dept. AH, 381 Park Avenue South, New York, N.Y. 10016.

Home Vegetable Gardening. Published by the Pennsylvania State University as a home correspondence course, this spiral-bound book provides all the necessary information for planting and nurturing fresh vegetables. Applicable to all the mid-Atlantic states, the book tells when you can expect your harvest and how large it will probably be. Information is included for everything from A to T (asparagus to turnips). Ask for Course 83, Home Vegetable Gardening. Send \$2 to Correspondence Courses in Agriculture and Home Economics, Dept. AH, 202 Agriculture Education Building, The Pennsylvania State University, University Park, Penna. 16802.



# e Fun Part

ntinued from page 10)

ep tabs on. Another bonus is that family has opportunity for a wider ige of recreational activities, with a ore varied environment per year ice different sports inevitably lead em into different areas, even if they n't involve any vast amount of ditional mileage.

The importance of recation to health is made uch of these days by docrs. There are multiple adintages in recharging the attery regularly, rather nan attempting to do it one two-week period in ne year. So for physical tness, as well as more areful money managenent, spread out your receation funds.

# AVERAGE AMILY SPENDING

National averages suggest that the portion of the family income devoted to having fun outdoors is larger today than it ever was. Where from five to six percent of net income was allowed for fun in past years, today that percentage has risen to nearer seven to eight percent of net income. With the general increase in the paycheck, there is a corresponding increase in how much the family puts into sports.

For example, say an average family of four, on a net income of \$11,500, spends 6.5 percent for vear-round recreation. The pattern may be: \$600 to operate a small inboard motor boat; \$50 for cycling for the two children, including \$1 park tours at times but most of the time free on the bike trails provided in almost every area; \$100 for Dad's golf (or maybe this would be for the family's bowling-which may not be literally an outdoor sport, but which is more or less thought of as an outside-the-home participating sport). So total

spending for recreation would be \$750 for this family for the year.

Keeping up with this expenditure on a weekly or monthly regular budget basis is a lot simpler than trying to come up with a lump sum when the two-week vacation rolls around. And not only that. The family who figures that the lump sum of \$600-\$700 spent on a two-week trip is all they spend on recreation that year would be surprised to find that inevitably they actually spend nearer \$1000 a year. They just forget the small sums that go for the occasional

ticket to the ball game, movies, and nonparticipating sports.

# HOW MUCH DOES FUN COST?

One out of two Americans plays an outdoor game of some kind. The average family, of course, plays its games on a modest basis. For some guidelines on how much summer fun can be had for how little money, here are some estimates garnered \$12 for six lessons if he takes them in the winter

· Boating: The novice family can expect to spend a minimum of \$600 a year to operate a 23-foot inboard motorboat, which includes summer dockage, winter storage, insurance, gas. But there are also the rowboat sportsmen who have fun for a lot less. And the families who rent their boat for a certain number of times

· Bowling: While, as I admit, this isn't classified as an outdoor sport necessarily, it's such a popular family-participating sport that takes all members out of the house for recreation, it's worth a look at costwise. In prevailing price ranges, based on varying fees in different areas, a family of four can bowl for about \$5 to \$6 per session. That includes 25 cents for renting shoes per

person, and 60 cents per game, allowing two games for each trip to the bowl-

ing lanes.

# THE NEW IN GROUP

Participation in active sports is unquestionably becoming more of a status factor in American life today. Not the same breed of status symbols typified by the seat on the Stock Exchange and the long, sleek yacht. Or by the Phi Beta Kappa, key and the hard-earned doctorate degree. Rather, it's the status of actively pursued physical fitness, accomplishment through one's own reliance on individual stamina and control. As somebody has remarked, the trouble with life today is that the average person doesn't expose himself to adventures which involve a degree of risk. That missing element increasingly being sought through participation in outdoor sports.

But there's another in group within the sporting elite. It consists of those families who are in the money at the end of the year. Budgeting regularly for fun obliterates any feeling of extravagance and guilt about spending money that could have been used to make more money. All too often the return from the annual two-week vacation leads to worry over how it's to be paid for.

The in group considers another way of having fun within the budget limitsthe free and almost free, low-cost fun available in any community. Cities offer

an enormous source of entertainment that may not come under the head of active sports, but which certainly contributes to the sum total of family recreation. Museums, industrial exhibits, band concerts, skating rinks, and bus tours. Even the most modest little community can provide free fish-

ing, hiking, picknicking.

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year is totted up for the golfer at a conservative guess. These devotees swarm over the nation's 10,000 golf courses and, per capita, spend \$100 a year, but many pay around \$500 for club memberships, greens fees, balls, equipment, or rentals. While the more enthusiastic every-weekend

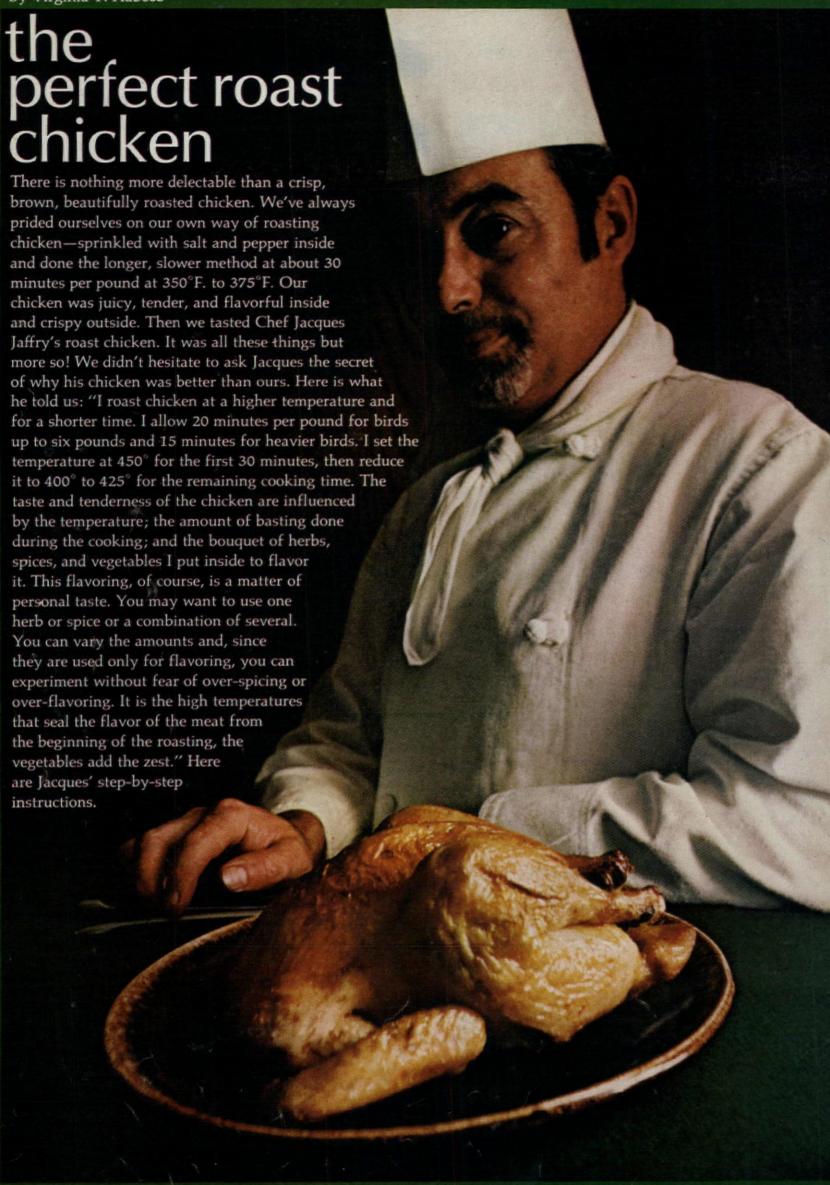
from the people who play outdoors:

· Golfing: An average of 15 rounds a

golfer and family find a way of life at the local country club, the beginner can think in terms of inexpensive clubs and fees. He can allow \$50 for golf clubs and as little as

during summer weekends count too. · Bicycling: A secondhand bike can be had for a low of about \$20-with prices going on up for a multigeared bicycle for from \$60 to \$100. Once this initial cost is covered, the enjoyment is practically a coasting job from then on. Biking trails around the country are wonderfully well planned and laid out, with food stops along the routes. By all means, ask for maps from local park departments, chambers of commerce, state recreation departments in both your own and neighboring states.

Mary Feeley has her own Family Financial Planning Service in New York City and is author of Associated Press's syndicated column, "Live Within Your Income."



# **COOKING LESSON NO.16** THE PERFECT ROAST CHICKEN

1 broiler-fryer (3 to 4 pounds) Salt Pepper 1 small celery stalk 2 or 3 sprigs of parsley 1 small bay leaf 1 tablespoon peppercorns 1/2 teaspoon leaf thyme, crumbled 2 shallots or green onions, coarsely chopped 1 clove of garlic, crushed 3 tablespoons butter or margarine 1 medium-size onion, diced 1 celery stalk, diced 3/4 cup water

1. First I turn the oven

on to heat to 450° F. I

pat the chicken dry with paper towels and sprinkle it

with salt and pepper, inside

and out. The celery stalk,

parsley, bay leaf, pepper-

corns, thyme, shallots or

green onions, and garlic

the chicken. Now for the

trussing. I force the wing

about 2 feet long, is slid under the tail and crossed

tips up and back under the

body and place the chicken

sticks to pull them together.

are put into cavity of

across the breast because it will mark the skin. I brush the chicken with 2 tablespoons butter or margarine and put it on its side in the smallest roasting pan that can hold it. This will keep the vegetables and drippings from burning during cooking. Roast 15 minutes on one side, turn it on the other side and roast another 15 minutes, brushing occasionally with the rest of the butter or margarine.



5. To make the gravy, I heat the vegetables and the drippings in the roasting pan one minute over medium heat, add the water, and bring to boiling, while scraping the pan to dissolve all the brown bits. These contain all the meat essence that adds flavor and color to the gravy. At this point, taste the gravy and add salt and pepper to suit your taste. This is

what we mean when we say

'correct the seasoning.'

boat to serve separately

is removed first. Hold

body with the flat of

the leg away with the

fork until the hip joint

is exposed. Cut through

the joint to separate the

leg from the body.

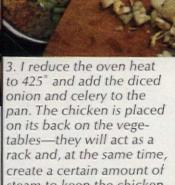
the leg with the fork and

cut the skin between the

leg and body. Steady the

the knife blade and press

Then strain it into a sauce-





feels soft, the chicken is

test I like best: Lift the

and let the juice's run

colorless, the chicken

pan and let it rest in a

warm place while you

make the gravy. Resting

also makes carving easier.

out. If they are clear and

done. This, though, is the

chicken with a two-tine fork

is done. Remove it from the

7. Separate the thigh from the drumstick by cutting through the joint. Cut off the wings at the elbow or second joint. Next, the wishbone is removed. Cut around it with the knife and lift it out with the fork





8. I remove the breast meat from each side in one piece. Make a slit along the breastbone and separate the meat by following the ribs closely with the knife blade. Then cut through the shoulder joint.



6. When it comes to carving, I prefer to do it on a board. The leg of the chicken



9. Cut the breast into two servings. Remove the other breast the same way and cut it in half too. Carving a roast chicken in this manner will give you four servings.

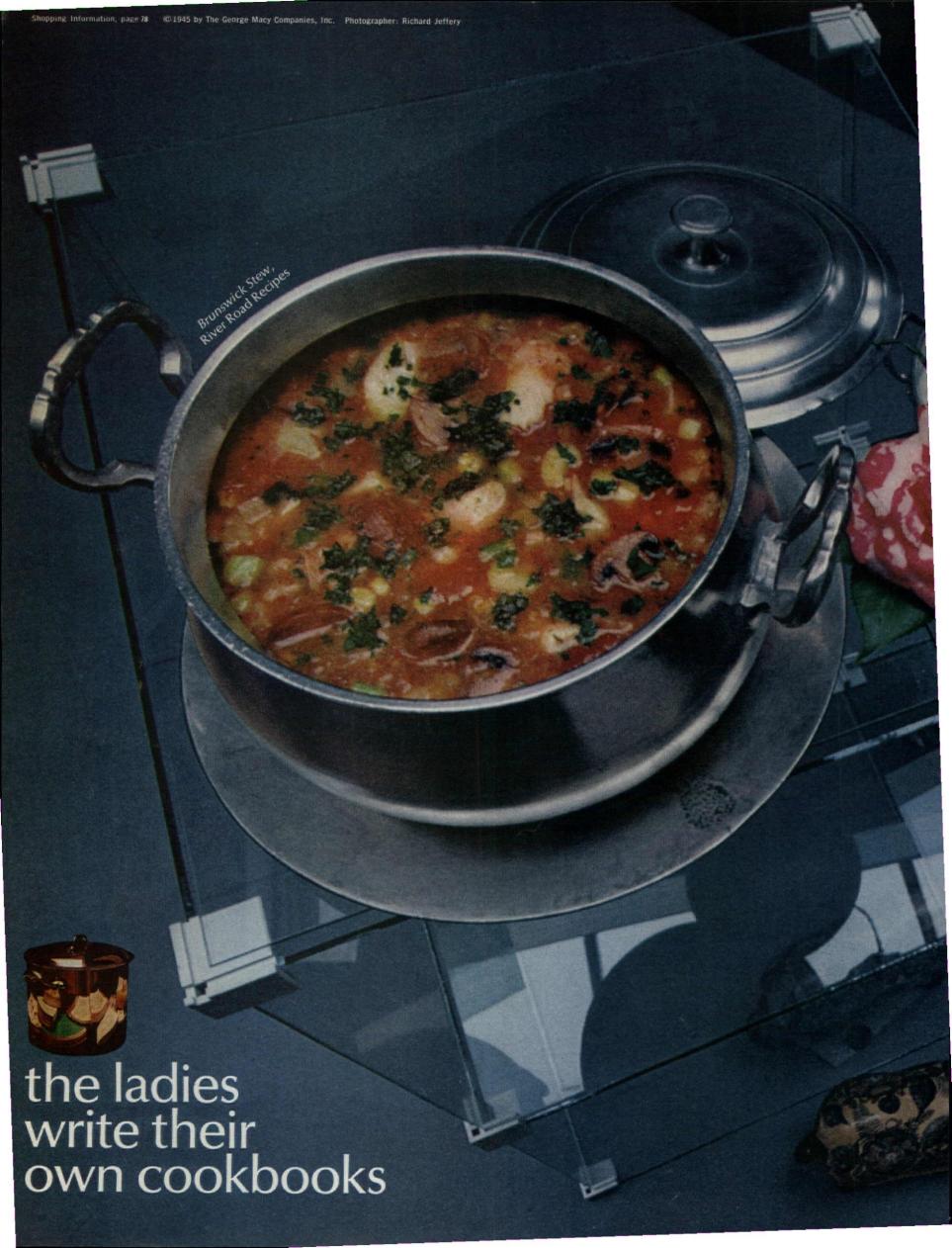


over on its breast, bring the ends of the string up the body and under each wing, and tie the ends securely across the back. Never tie a trussing string

basting it frequently with the drippings, until it s done. To hasten cooking, chefs sometimes cut the trussing string, to separate the legs, about 15 minutes before the time is up. The timetable is a good guide but it's best to test for doneness too. You can insert a meat thermometer between the thigh and body and roast until it registers 180°. Or you can press the drumstick with fingers protected with paper towels. If the meat



Shopping Information, page 78





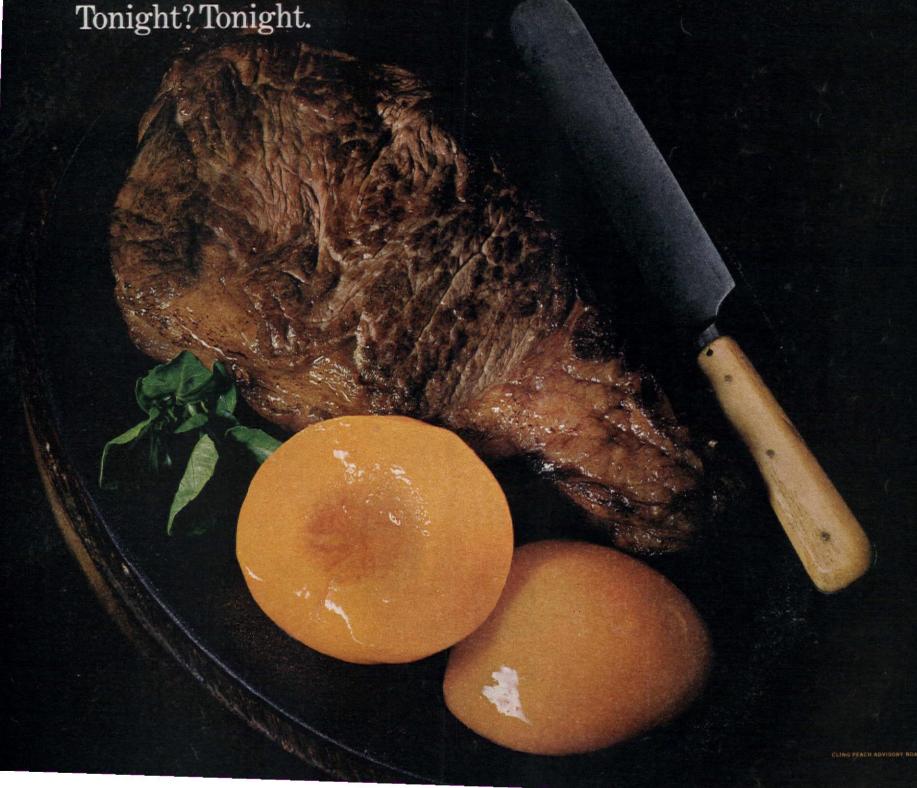


# Next to steak, nothing's better than hot Cling Peaches.

Hot Cling Peaches? Hot Cling Peaches.

That's when they bubble with tangy-sweet flavor that complements steak. California Cling Peaches were made to be served hot: they always hold their shape and color in heating. Just drain.

And broil them with the steak for about 10 minutes.

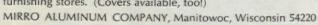






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All the MIRRO range-top utensils shown here are hard-bond Super-Tough Teflon II, safe for metal kitchen tools. To get slickness, get Teflon II, of course. But, to get it all, get MIRRO. At department, hardware and home furnishing stores. (Covers available, too!)



# Ladies' Cookbooks Recipes (continued from page 88)

# **River Road Recipes**

The foreword of this book says "The River Road, from Baton Rouge along the Mississippi River to New Orleans, is a section famous for good cooking. . . ." The Junior League of Baton Rouge has collected recipes of the area and first published them in 1959. This month they anticipate selling their 200,000th copy. All proceeds are used for community projects sponsored by the Junior League. Copies may be obtained by sending \$3.25 (postpaid) to The Junior League of Baton Rouge, Inc., 4950 E. Government Street, Baton Rouge, La. 70806.

## **BRUNSWICK STEW**

large hen

No. 2 can tomatoes 1 tablespoon olive oil

11/2 tablespoons flour

3 tablespoons shortening

2 white onions, chopped

2 cloves garlic, chopped Heart of celery, chopped

pint broth

No. 2 can creamed corn

½ bunch green onions, chopped 1/2 bunch parsley, chopped

1 tablespoon chopped bell pepper 1/2 pound mushrooms, sliced

Salt and pepper to taste

4 hard cooked eggs, cut in half

Boil the chicken until very tender in enough seasoned water to make 1 pint broth. Save the broth and cut the chicken into small pieces. Cook the canned tomatoes in the olive oil until they thicken. Make a roux with the flour, shortening, onions, garlic, and celery. Add to the roux the broth, tomatoes, chicken, corn, green onions, parsley, bell pepper, mushrooms, and salt and pepper to taste. Cook for one hour, adding more broth if needed. When cooked, add hard cooked eggs. Serves 6.

Mrs. Augustine Renaud Foster

# YAM PECAN PIE

1958 Louisiana Yambilee Prize Winning Recipe

11/2 cups sifted all purpose flour 1/2 teaspoon salt 3 tablespoons water 1/2 cup shortening

Sift flour and salt into a bowl. Take out 1/4 cup flour and blend with water to form a paste. Cut shortening into remaining flour until the pieces are the size of small peas. Add flour paste to blended shortening and flour mixture. Mix with a fork until the dough comes together and can be shaped into a ball. Roll out crust 1/8" thick and line 9" pie pan.

# Custard:

1 cup mashed sweet potatoes, cooked or canned 1/3 cup brown sugar 3/4 teaspoon cinnamon 3/4 teaspoon ginger Dash salt 3/4 cup scalded milk 2 eggs, well beaten

Combine sweet potatoes, brown sugar, cinnamon, ginger, salt, milk and eggs. (If fresh sweet potatoes are used, add 1/3 cup granulated sugar.) Cool and fill pie shell. Bake at 375° for 20 minutes. Sprinkle with topping.

### Topping:

1/4 cup butter or margarine, softened 1/2 cup brown sugar 3/4 cup pecans, finely chopped

Combine ingredients. Continue baki for an additional 25 minutes. Serve w. whipped cream when cool.

### Be Milwaukee's Guest

This book is a tribute to the abur dance of good food that is Wiscon sin's heritage. The recipes have bee collected, tested, and published b the Junior League of Milwaukee t support their community projects For a copy, send \$3.25 plus 15c post age and handling to Junior League o Milwaukee-Cookbook, Post Office Box 3622, Milwaukee, Wi. 53217.

### SAUERBRATEN

3 pound round steak, cut about 2" thick

tablespoon salt

1/2 teaspoon pepper

2 onions, sliced

carrot, sliced

stalk celery, chopped

4 cloves

½ teaspoon ground ginger

½ teaspoon ground cinnamon

4 peppercorns

pint red wine vinegar

½ pints water 2 bay leaves

2 tablespoons kidney fat [or butter]

6 tablespoons butter

5 tablespoons flour

tablespoon sugar 8-10 gingersnaps, crushed

Wipe meat with a damp cloth; season with salt and pepper. Place in glass or enamelware bowl. Combine onions, carrot, celery, cloves, ginger, cinnamon, peppercorns, vinegar, bay leaves and enough water to cover meat. Cover and place in refrigerator to marinate for 4 days.

On 5th day drain meat, reserving liquid, sauté in kidney fat and 1 tablespoon butter until seared on all sides (use enameled vessel). Add marinade liquid and bring to a boil; lower heat and simmer for 3 hours. Melt remaining butter in a pan; blend in flour and sugar and let brown; add to simmering meat mixture. Cover and continue cooking until meat is tender (about 1 more hour). Remove meat to serving platter. Stir gingersnaps into the pot juices and cook until thickened. Pour this gravy over the meat and serve. Serves 6-8.

Sally Webb Ratzsch

# POTATO DUMPLINGS

3 pounds white potatoes 3 eggs, beaten 3 tablespoons cornstarch 3 tablespoons raw farina 1/2 teaspoon pepper 11/2 teaspoons salt

1/2 teaspoon grated nutmeg 1 tablespoon chopped celery 1/2 cup finely chopped cooked bacon

2 cups toasted bread cubes (croutons)

2 tablespoons flour

Peel potatoes and boil until just soft enough to mash. Drain, mash thoroughly and add all other ingredients, mixing well. Shape into balls 1-2" in diameter. Drop the dumplings into gently boiling salted water and cook for 10 minutes. Drain well. Serve with gravy or melted, seasoned Sally Webb Ratzsch

### RY PUFF

can cherries (about 2 cups)
p liquid from cherries
p sugar
lespoons quick tapioca
whites
aspoon salt
aspoon cream of tartar
yolks
p sugar
elespoons sifted cake flour

ush cherries with masher. Add cherry d, sugar and tapioca. Simmer 5 minstirring constantly. Beat whites foamy. Add salt and cream of tartar. until stiff. Beat yolks until thick and an colored. Add sugar and beat thorally. Fold yolks into whites, then fold our. Pour cherry mixture into shallow uart casserole. Pour batter on top. 40 minutes at 325°. Serve warm. I should be taken to see that a shallow erole is used or the batter will be too k and may not bake through in the tted time. Serves 6.

Mary Forster Hamilton

# EDISH HORNS

teups flour
teaspoon salt
cups shortening (part butter)
counce cake yeast
egg yolks
teaspoon vanilla
cup sour cream
egg whites, beaten stiff
cup sugar
cup finely chopped pecans
teaspoon vanilla

Combine flour, salt, and shortening as a pie dough. Add crumbled yeast. Add gg yolks, vanilla and sour cream. Knead Il smooth. Divide into six balls of dough. It is sossible on board sprinkled with powered sugar. Spread circle of dough with inxture made by combining egg whites, ugar, nuts and vanilla. Cut dough into it is shaped pieces and roll toward center ke butter horns. Bake 20-30 minutes at 50°. If desired, frost with confectioners cing while warm. Makes 4-5 dozen horns.

Lora Watts Krauthoefer

# **Great Island Cook Book**

This looseleaf book, in its charming calico cover, contains not only good recipes, but some interesting history and lore of the island. It was sponsored by the New Castle Congregational Church and you may obtain a copy by sending \$4.00 (postpaid) to "Great Island Cook Book," P.O. Box 39, New Castle, N.H. 03854.

# MOM'S FISH CHOWDER

Salt Pork: ¼ lb.—make 2 or 3 cuts half way to rind

Onion: 1 large, chopped Potatoes: 4 med., peeled & cubed

Haddock: 2 lbs.—fillet
Milk: 1 qt.—more or less
Butter: 2 tbs.

Salt & pepper: As desired

Put potatoes in 2 qt. kettle or dutch oven. Cover with water, boil gently 'til done—10 to 15 min. Do not overcook. While potatoes are cooking, put salt pork & onion in large skillet—cook until light golden brown over low heat.

Drain potatoes and leave in kettle. Add pork & onions (including any fat in skillet) to potatoes.

Put haddock fillets in skillet used to



cook pork (do not rinse skillet beforehand). Add water to cover fish (nearly to top of skillet). Cook 20-30 min. Fish is done when skin can be easily peeled off.

Add fish and liquid to kettle containing potatoes & pork. Add milk to nearly fill the kettle. Add butter, salt and pepper.

Float 4 or 5 pilot crackers (or halved common crackers) on top of chowder. Heat slowly—do not boil. Chowder is ready when crackers are soft. Serves about 6. Tastes even better day after making.

Rosemary Colliton

### MELT-IN-YOUR-MOUTH BLUEBERRY CAKE

4 eggs separated
2 cups sugar
1 cup shortening
2 tsp. vanilla
½ tsp. salt
3 cups sifted flour

2 tsp. baking powder 3/3 cup milk

3 cups fresh blueberries

Beat egg whites until stiff, then fold in ½ cup sugar & set aside. Cream shortening, add salt, vanilla and the remaining sugar. Add egg yolks and beat mixture until creamy. Add sifted dry ingredients alternately with milk. Fold in beaten egg white mixture & blueberries which have been coated with 1 tbs. of flour. Turn into well-greased 9x13 in. pan and sprinkle with sugar. Bake 45 min. at 350°. [Editor's note: We found ours took longer than this to bake, so check the cake for doneness with a cake tester.]

Nancy McCarthy

# Key to Kentucky Kitchens

This collection of recipes was compiled by the Lexington Alumnae Association of Kappa Kappa Gamma, Lexington, Kentucky. Members of the association have been actively interested in various civic enterprises concerned with youth. National Kappa Kappa Gamma philanthropies, Manchester Center, and the Madeline McDowell Breckenridge Fresh Air Camp will be beneficiaries of the proceeds from the sale of the book. To order, send \$3.00 plus 35c handling charge (plus 5 percent sales tax for Kentucky residents) to Mrs. Richard V. Green, 119 McDowell Road, Lexington, Ky. 40502.

# SQUIRREL JAMBALAYA

(Just as good with Chicken or Ham) Serves 10

5 squirrels (or 2 young chickens or ½ lb. raw ham) [We prefer more.]

1/4 c. hot lard or butter 1/3 c. minced onion

1/2 c. skinned, minced tomato

1 diced green pepper 1/2 c. diced celery

1 c. uncooked rice (not minute rice)

Boiling water

1 bay leaf 1/4 c. chopped parsley

1/4 t. pepper

1/4 t. thyme

1 t. salt

Cut squirrel (chicken or ham) into pieces and saute for 5 minutes in lard. Remove meat from pan. Saute onion and tomato for 3 minutes in lard. Stir in green pepper, celery, and rice. When rice is well coated with lard, stir in sauteed meat. Cover with boiling water. Add bay leaf, parsley, pepper, thyme and salt. Simmer until meat is tender and rice is done. Dry



(continued) out jambalaya, if necessary, by placing in moderate oven for 5 more minutes (350°).

Mrs. Frank Le Rond McVey, III (Harriet Ecton) Frankfort

# KENTUCKY PECAN BOURBON CAKE

1 lb. shelled pecans (2 c.) 1/2 c. butter 3 eggs, separated 1½ c. flour 1 t. baking powder 1 c. plus 2 t. sugar 2 t. nutmeg ½ c. (4 oz.) Kentucky bourbon 1/2 lb. seeded raisins

Break pecans and cut raisins in half. Measure sifted flour and sift twice more. Take 1/2 cup of flour and mix with nuts and raisins. To the rest of flour add the baking powder and sift again. Cream butter and sugar. Add yolks of eggs one at a time and beat until smooth and lemon colored. Soak nutmeg in bourbon for at least 10 minutes. Add [flour and bourbon to] butter mixture alternately, beating as batter is being blended. Slowly fold in raisins and nuts. Fold in stiffly beaten egg whites to which you have added a few grains of salt. Grease metal tube pan, line with wax paper. [We used a 9-inch tube pan.] Bake at 325° for 11/4 hours. Let stand in pan 30 minutes before removing. Slight flavor of nutmeg and bourbon in textured cake makes an unusual, delightful combination. Mrs. Ben L. Cowgill

> What To Cook **Until The Doctor Comes**

(Sue A. Bradford) Lexington

The Woman's Auxiliary of the San Mateo County Medical Society published this cookbook to benefit the American Medical Association Education and Research Foundation whose self-help loan program aids medical students, interns, and residents. It also provides funds for medical schools to use where needs exist in their programs. The book may be obtained by sending \$2.50 plus tax and postage to Medical Cookbook, San Mateo Medical Society, 122 N. El Camino Real, San Mateo, Ca. 94401.

# TAMALE LOAF

1/2 cup oil

onion, chopped

clove of garlic, minced fine

can #21/2 tomatoes

2 cups yellow cornmeal

1 lb. ground round steak

Cook onion and garlic in oil. Add the ground meat, stir until meat is well broken up and beginning to brown, Add cornmeal and tomatoes, Cook 15 minutes. Stir often to prevent sticking. Sometimes it is necessary to add some tomato juice. In a large bowl, mix together:

2 well beaten eggs

cup milk

1 can corn

can drained pitted olives [ripe]

1 tsp. salt

2 Tbsp. Spanish pepper or Chile powder that has been mixed with 1/4 cup water

Add the meat and cornmeal mixture and bake in a moderate oven [350-375° F.] for approximately one hour. [Editor's note: We baked this in a 21/2 quart casserole.] This can be prepared the day before. Improves the flavor. Served with a green salad, French bread and a dessert it is a simple Sunday night supper.

Mrs. Leonard Offield



# Marin Art and Garden Center

"Dedicated to those for whom the love of good food and the love of nature go hand in hand," this cookbook is presented by the members of the Northgate Group. This is one of the organizations affiliated with the Marin Art and Garden Center which is dedicated to the development of the cultural and natural assets of Marin County. For a copy, send \$1.50 to Marin Art and Garden Center, P.O. Box 437, Ross, Ca. 94957.

# **CRABMEAT & ARTICHOKE HEARTS** EN CASSEROLE

Drain a No. 2 can of whole artichoke hearts and arrange them in a buttered shallow baking dish. Spread over them 3/4 pound fresh cooked crabmeat. Saute 1/2 lb. of coarsely-sliced mushrooms in 2 tbls, butter for about 6 to 7 mins, and then add them to the contents of the baking dish. In the meantime, make a medium cream sauce by melting 2 tbls. butter in saucepan and stirring in 21/2 tbls. of flour, 1/2 tsp. salt, 1/4 tsp. pepper and a dash of cayenne and 1 cup of cream. Stir this over low heat until the sauce is smooth, and then add 1 tbl. of Worcestershire sauce and 1/4 cup medium dry sherry. When sauce is smooth and well blended, pour it over contents of baking dish. Sprinkle 1/4 cup grated Parmesan cheese over all, follow that with a sprinkling of paprika and bake 20 mins. in 375° oven. Mrs. H. Gordon Beesley

# **ZUCCHINI OR EGGPLANT TORTE**

3 lbs. zucchini or eggplant 1/4 cup olive oil or salad oil 3 cloves garlic, chopped fine 6 eggs, separated & beaten 3/4 cup parsley, chopped 11/2 lbs. sharp yellow cheese grated Salt & pepper to taste

Slice zucchini, or if eggplant is used, peel and slice. Bring to boil quickly in cold, salted water. Drain immediately and chop coarsely. Saute garlic and parsley in oil until slightly brown. Combine with zucchini or eggplant, beaten egg yolks, most of cheese, salt & pepper. Fold in stiffly beaten egg whites and place mixture in flat baking dish. Sprinkle remaining cheese on top. Bake in pan of water 11/4 to 11/2 hours, at 325° or until set. Serves 6-8.

# NOTE:

This is an excellent Italian type dish. It may be made in the morning with the exception of the egg whites. Add them just before baking. Measurements need not be exact. The torte should be firm enough to cut in squares.

Mrs. Andrew Halley

# WINE JELLY RING DESSERT

2 tbls. unflavored gelatin 1/2 cup cold water 2 cans mandarin oranges and syrup Hot water 1/2 cup sugar 1/4 cup lemon juice 1 cup sherry wine Whipping cream

Soften gelatin in cold water. Drain oranges, measure syrup-add enough water to make 11/2 cups liquid. Heat to almost boiling and add gelatin stirring until dissolved. Add sugar, lemon juice and wine. Arrange orange sections in bottom of chilled ring mold. To hold fruit in pan, pour over a little gelatin mixture to cover



and chill until firm. When firm pour st of gelatin. Chill until firm. At ag time unmold and fill center with tened whipped cream flavored with and or maraschino or fold in season-fruits or serve with ice cream topped fresh or frozen fruit. Mrs. R. D. Lang

# Recipe Jubilee

Junior League of Mobile, Inc., lished this book of members' recand use the proceeds from its for its Community Trust Fund, ch is used to finance its educanal, cultural, and welfare projects. ipes reflect Mobile's unique his—French, Spanish, and American. Id \$3.75 plus 25c mailing costs per by (Alabama residents include 4 cent sales tax, Mobile County idents 6 percent sales tax) to cipe Jubilee, 350 Church Street, bbile, Al. 36600.

## KED SNAPPER

pound snapper or other large fish It pper pur stick butter onion, finely chopped cups chopped celery cup chopped green pepper cups canned tomatoes tablespoon Worcestershire tablespoon catsup teaspoon chili powder lemon garlic clove, minced teaspoon salt ayenne

Dredge fish inside and out with salt, repper and flour. Melt butter; add onion, elery, green pepper and simmer until ender. Add tomatoes, Worcestershire, tatsup, chili powder, lemon, garlic, salt and Cayenne. Cook for about forty-five minutes, then pour over fish and bake an nour or longer, basting frequently.

Mrs. J. P. Courtney, Jr.

# North Suburban Y.M.C.A. Women's Auxiliary Cook Book

To benefit their youth program, the Women's Auxiliary of the Y.M.C.A. collected and present for everyone's enjoyment their "collection of old and new recipes." You can obtain a copy by sending \$2.50 to Post Office Box 121, Northbrook, Il. 60062.

# RANGER CASSEROLE

This is a grand "make-ahead" casserole for casual parties or for a family with a hearty appetite—men love it! Serve with lots of buttery French bread and a green tossed salad.

Brown 1 lb. round steak ground
1 cup sliced onions
½ cup green peppers
Add 1 can tomatoes
½ cup uncooked rice
1 tsp. chili powder
1½ tsp. salt
¼ tsp. pepper

Optional—but the following should be added for company:

# 1/2 cup diced celery 1/2 lb. fresh sliced mushrooms

Bring to boil. Turn into greased casserole, cover and bake at 350 degrees for one hour [or until rice is tender]. Add more liquid if necessary. Serves 4 to 6.

Sue Shanley



# A DELIGHTFUL "ORANGES PIQUANTES" DESSERT

8 to 10 large fresh oranges, or 4 jars or cans (10 oz.) mandarin orange segments

1 jar (8 oz.) orange marmalade 1 cup dairy sour cream

If fresh oranges are used, cut skin off with a sharp knife and slice into sections, avoiding all connecting membranes. Whichever you use, fresh or mandarin oranges, be sure that they are icy cold. They must not be frozen, but next door to it. Individual compotes are best used for this dessert. They can be made up hours ahead and stored in the refrigerator. Arrange the orange segments attractively. Melt orange marmalade in top of double boiler. Spoon this over oranges and top with sour cream. Makes 8 servings.

# Specialties of the House

Here's a book that includes recipes from appetizers to desserts and menus and recipes for special occasions. Proceeds are used for the Child Care Center of Evanston and the Volunteer Bureau Community Services of Evanston, Inc. Send a check or money order for \$3.30 for each copy to The Young Woman's Auxiliary of the Woman's Club of Evanston, 1702 Chicago Avenue, Evanston, II. 60201.

# STUFFED CABBAGE

1 pound ground beef or lamb 10-12 large cabbage leaves,

separated 1 onion, chopped Salt

Pepper

½ cup uncooked rice or 1 cup

1 tablespoon oil

2 tablespoons butter Tarragon (with lamb)

1 egg

1 can tomato sauce

2 bouillon cubes (chicken is good with lamb)

Mix together the meat, egg, rice, spices and half of the onion. Boil each cabbage leaf for 1 minute, until it is pliable (it is often easier to separate them if you boil the whole head first; also, they will roll more easily if you pare the large vein). Meanwhile, cook the rest of the onion in the butter and oil. Divide the meat onto the cabbage leaves and roll up. Brown cabbage rolls with the onion. Add boiling water to the tomato sauce to make 3 cups. Then add bouillon cubes. Lower the heat, pour sauce over the cabbage rolls. Then simmer slowly for 40 minutes, less if the rice is already cooked. The dish may be kept warm or reheated. Serves 4.

Penny Carey (Mrs. Hale)

# PUMPKIN BREAD

3 cups sugar 1 cup salad oil

31/2 cups flour [sifted all-purpose]

1½ teaspoons salt

1 teaspoon cinnamon

½ teaspoon nutmeg

2/3 cup water

2 cups pumpkin (1 can)

4 eggs

2 teaspoons soda

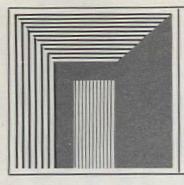
2 cups raisins

1 cup Walnut meats [chopped]

Dissolve sugar in liquid before adding dry ingredients. Mix well. Pour into greased and floured pans, Bake at 350° for 1 hour. Yields: 3 loaves. [We used 9x5x3-inch pans and found the recipe made 2.]

Missy Ware (Mrs. Duane)





# COMPANY'S **COMING TO** SUNDAY DINNER

Here is a menu for a special Sunday dinner, or for any occasion that calls for dinner with an added touch. We like it for Sunday because it doesn't involve spending the day in the kitchen. Lots of convenience-food items, a roast that is popped into the oven, and a doahead dessert are the great time savers in preparing this dinner.



Combination Soup\* Roast Sirloin Tip\* Oven-Roasted Potatoes Creamed Green Beans' **Dilled Baby Carrots** Chocolate Almond Ice Cream Roll\* Coffee

# COMBINATION SOUP

- can (101/2 ounces) condensed chicken broth
- can (101/2 ounces) condensed clear mushroom soup
- 11/2 soup cans water
- 1 can (3 to 4 ounces) sliced button mushrooms, drained

Stir soups together. Blend in water. Add mushrooms. Heat, stirring occasionally. Makes 6 to 8 servings.

## ROAST SIRLOIN TIP

This cut of beef is also known as the silver tip or knuckle roast. It must be cut from high-grade beef for roasting.

- 4- to 41/2-pound sirloin tip
- 2 teaspoons salt
- 1 teaspoon coarsely ground pepper
- 1 small onion, diced
- 1 stalk celery, cut in small pieces
- 1 cup water

Heat oven to 450° F. Place meat, fat side up, on rack in shallow roasting pan. Sprinkle meat with salt and pepper. Roast 25 minutes or until well browned, Reduce oven heat to 375° F. Continue to roast meat allowing 15 to 17 minutes per pound. During last 30 minutes, add onion and celery to pan. When meat is done, remove from pan; let "rest" 15 to 20 minutes before carving. Pour off all fat from pan. Place pan over high heat. Add water; bring to boiling. Stir to dissolve brown particles in pan; strain. Makes 6 to 8 servings.

# CREAMED GREEN BEANS

- 2 packages (9 ounces each) frozen French-style green beans
- 2 tablespoons butter or margarine 1/2 cup minced onion (1 medium)
- 1 tablespoon flour 1/2 teaspoon salt
- 1 cup light cream

Cook beans according to package directions, Drain. Melt butter or margarine in saucepan; cook onion until soft. Stir in flour; cook, stirring, until mixture bubbles and turns a golden brown. Remove from heat. Add salt and cream, Stir rapidly with wooden spoon or wire whisk. Cook over medium heat, stirring constantly, sauce bubbles, Cook 1 minute lon Add beans. Heat, Makes 6 to 8 servi

### CHOCOLATE ALMOND ICE CREAM ROLL

1/2 cup sifted cake flour 1/4 cup cocoa 1 teaspoon baking powder

1/4 teaspoon salt

4 eggs 3/4 cup sugar

2 tablespoons water

1 teaspoon vanilla

Confectioners' sugar

1 quart coffee ice cream 3/4 cup sliced, toasted almonds

Heat oven to 375° F. Grease 15x10x inch jelly-roll pan; line with wax paper grease lightly. Sift flour, cocoa, baki powder, and salt together. Beat eggs high speed on electric mixer about 3 mi utes or until thick and light. Add sug very gradually. Continue beating until mit ture is very thick. Blend in water and ve nilla. Fold in dry ingredients gently, a li tle at a time, taking care not to brea down the lightness of the batter; sprea evenly in prepared pan. Bake 12 to 1 minutes or until cake tests done. Sift cor fectioners' sugar over clean towel. Loose edges of cake; turn out on towel. Peel of paper carefully. Trim off dry crisp edges of cake. Roll up cake and towel, starting with short side of cake. Cool on wire rack. Un roll; remove towel. Soften ice cream ir large mixing bowl. Fold in 1/2 cup almonds. Spread evenly over cake. Roll up gently; wrap in aluminum foil or wax paper. Freeze 3 hours or until firm. To serve, place on platter. Sprinkle with remaining nuts. Makes 8 to 10 servings.





In 1911, Morton perfected a salt that poured when it rained. As significant as that was, if it were the only thing Morton had done, it's not likely they would have stayed America's salt favorite for 57 years. No salt salts like Morton Salt salts.



When it rains it pours.

# DRESS UP YOUR FROZEN DINNERS

Suddenly supermarkets seem bountifully supplied with a variety of frozen prepared foods to give you new menu inspiration.

Frozen dinners top the list in popularity among these items. Have you treated your family to an 'evening out at home" by serving one of them? You can feast in foreign splendor with such choices as Chinese chow mein with water chestnuts, robust. German sauerbraten, spicy Mexican enchiladas, or ever popular Italian pasta. Any one or all of them will make dinner on any night a delicious adventure. Stock your freezer with a selection of international dinners-ready to pop in the oven when your family wants (as so many do) "something different."

First, set the scene. Brighten the table with a special touch—clusters of fresh grapes to complement Italian food, for example. Use your prettiest teapot for a flower arrangement to remind diners of the Orient. Chopsticks are always fun to try too, even though your family may need forks as well.

# MEXICAN FIESTA

There's gaiety in the air when you think of Mexico. So plan a Mexican meal with sunny colors for decorations and flowers for the table. Play evocative music to dine by, recordings of mariachi bands perhaps.

A frozen Mexican dinner has a good bit of spice in the chili, enchiladas, seasoned rice, and hot-pepper sauce. This calls for a cool, refreshing salad as an extra.

Salad Acapulco. Peel, pit, and slice two ripe avocados. Arrange on lettuce on salad plates. Chop a medium-size green pepper; mix with ½ cup French dressing (your own, the bottled kind, or one made from a mix). Spoon over the avocado. Tuck a lemon wedge on each plate. Makes 4 servings.

Garnishes for the frozen dinner itself will make it more of your own specialty. After heating, top the enchiladas with a spoonful of dairy sour cream. Try a little crisp, crumbled bacon on the refried beans and perhaps some chopped ripe olives on the rice portion.

Helado Festivo, a light dessert to soothe the taste buds, is simply sherbet or ice cream. You can even serve it in the national colors of Mexicored, white, and green by combining small scoops of strawberry and vanilla ice cream and lime sherbet. Sprinkle toasted coconut on top and you have an irresistible finishing touch.

ing, you might like to garnish it with chopped salted peanuts or cashews, a few slices of radish, or some watercress. Pass soy sauce for the fried rice.

For a sweet to complete the meal, use refrigerated sugar-cookie dough. Slice the dough, sprinkle with toasted sesame seeds, and bake as directed on the package. Half of a 1-pound, 2-ounce package will make 1½ dozen cookies. With the other half you

compote with a dash of cinnamic and top the tortoni pudding witoasted nuts or coconut.

In an Italian restaurant, everyor enjoys the antipasto that brings variety of delectable nibbles. Arrang a help-yourself antipasto for the fan ily to share before the lasagna dir ner. Include any of the following celery, olives, green pepper rings, he peppers, provolone cheese, Italia sausage or salami.

# HEIDELBERG HOLIDAY

If there's a Bayarian but in your house, you'll wan to treat him to a Germanstyle frozen meal. Wha could be more appetizing sauerbraten with than spatzle (the little noodles)? And it's doubly so if, before heating, you add your own toppers of thin sliced onion to the beef and a bit of shredded cheese or some butter and nutmeg to the spatzle. Serve horseradish and/or sour cream for those who might like a garnish for the beef.

Rounding out this feast-on-a-tray are red cabbage and a prune-apricot compote. The latter will seem even more festive with the addition of grated lemon rind and/or toasted, slivered almonds. And, be prepared—your crowd may call for beer and dark pumpernickel.

# AROUND-THE-WORLD BUFFET

Some evening, just for fun, let the family choose a favorite frozen dinner from any of the four varieties. (You can have this as an impromptu fun party for friends too.)

Add a different appetizer and dessert to make it a merry mixup. Here's a suggestion for a menu.

Mystery Fruit Cup (Mandarin oranges, pineapple, grapes, in ginger ale)

Choice of Frozen
International Dinner
Assorted Sweets
(macaroons, fortune
cookies, nuts)
Coffee Tea

Brighten the table from your collection of knicknacks. Maybe you have a beer stein to use as a centerpiece with greens or flowers. Oriental or Mexican figurines can set the traveling mood too. Or decorate the table with flags of the countries.

Tip: Heating more than one frozen dinner at a time in the oven? Stagger them on the shelves so that the heat can circulate well among the trays. Most ovens will take up to 4 dinners on a shelf—8 to an oven. Heat as directed but allow 5 extra minutes.



# MANDARIN'S MEAL

Longing for a taste of the Orient? Pop Chinese-style dinners into the oven and while they heat, let the family enjoy an appetizer course of fruit punch and nibbles.

Nanking Nibbles. Melt 2 tablespoons butter or margarine in a small pan. Mix in 1/4 teaspoon garlic powder. Add 1 can (3 ounces) chow mein noodles; toss lightly to coat. Makes 2 cups.

The main portion of the frozen Chinese dinner is crispy, well-flavored chicken chow mein. After heatmight make another kind. Slice the cookies, roll in flaked coconut, and top each with a pineapple tidbit. Bake as directed on the package.

# ROMAN REPAST

Let your fancy and your appetite fly to Italy by serving a frozen dinner that features lasagna with meat sauce and chopped spinach italiano. It also includes an apple-peach compote and a tortoni pudding.

For garnish, add sliced ripe olives or mushrooms to the lasagna before baking. After heating, sprinkle the

# EANUTS AND FANUT BUTTER

peanut is a truly all-American i, rich in history as well as flavor.

to the marvelous peawe owe that great disery—pacifier of children tranquilizer of moth peanut butter.

ecent excavations of a tombs, which predate lumbus, indicate that peanut is native to the nericas. It was spread to a and Africa by 16thntury Spanish and Porguese explorers who had und it in the New World. Peanuts were brought the early American colnies on ships carrying from Africa, Alough the peanuts were rimarily intended as food uring the long voyage, ome remained and were lanted on arrival. Thomas efferson was nown grower of "ground eas" as they were then nown-the peanut is a egume, a member of the bea family.

Peanut growing slowly spread throughout the Southern states, which contained sandy soil and offered the necessary four-to five-month growing season. Northern soldiers returned home from the Civil War not only with a song—"Eating Goober Peas"—but with a taste for the South's beloved peanut.

# NEW HEALTH FOOD

And then in 1890 came the great discovery. A St. Louis physician, searching for an easily digested, high-protein food for his patients, ground up some peanuts in a kitchen meat grinder and added salt. His patients—and their friends and families—loved the new "health food."

Thus a new industry was born. By the early 1920s peanut butter was known and appreciated by adults and children. Today it is a staple in 80 percent of American homes.

Peanut butter is one of the most nutritionally valuable foods in daily use today. The U.S. Department of Agriculture in its analysis of 2500 commonly consumed foods, ranks peanut butter near the very top in at least six nutritional categories: protein, food energy, niacin, fats necessary to maintain body balance, phosphorus, and thiamine.

The most popular form of peanut butter is the finely ground smooth or creamy style. For chunky or crunchy peanut butter, the nuts are ground extremely coarse so that a nutty texture remains. New peanut butter products which have appeared in recent years include peanut butter 'n' jelly mixture in one jar, peanut butter with bacon-flavored soy particles, and salt-free peanut butter.

old age group ranked peanut butter as the No. 1 favorite sandwich. Big news was that it is now the favorite at-home sandwich of the 9- to 17year group.

## VARIATIONS ON A THEME

The traditional slice of bread covered with thick swirls of peanut butter will always be popular, but here are some delicious variations:

• For a rich, smooth-tasting sauce for pork chops, stir ½ cup milk and a heaping tablespoon of peanut butter into the pan drippings.

Roast your chicken your usual way.
 Remove it to a platter and stir 1 cup orange juice and 2 tablespoons peanut butter into pan drippings. Bring to boiling, stirring well. Serve over sliced chicken. Do the same with ham or smoked tongue.

• For Southern-style soup, add several tablespoons peanut butter to the milk you blend into canned cream of chicken soup.

 Add a tablespoon or two of peanut butter to your recipe for raisin sauce.

 Blend peanut butter with enough chocolate or maple syrup or honey to make it spoonable. Serve over vanilla ice cream for a delicious sundae.

 Spread peanut butter between slices of toasted pound cake and top with canned, sliced peaches.

## WHOLE PEANUTS

The addition of whole or chopped peanuts is another good technique for varying flavor and texture in everyday foods. Spanish and Virginia-type peanuts are available today in sizes ranging from a small bag for snacking; through 5-ounce, 8-ounce, and 1pound packages in supermarkets; to unlimited bulk purchases in variety and retail nut stores. Many brands of peanuts are also packed in vacuum cans and jars with the most popular sizes the 7-ounce and 14-ounce.

Despite their name, Spanish peanuts might be called the basic American peanut—it is the variety which originated in South America centuries ago. Delicious eaten out of hand, or mixed with other snack foods like raisins, the Spanish peanut is still the most economical nut available to Americans.

Some quick ways to add peanuts and perkiness to routine meals:

 Along with your favorite dressing, use salted peanuts as fruit and vegetable salad toppers instead of croutons

 For an easy homemade candy, melt semi-sweet chocolate and stir in Spanish peanuts. Drop by spoonfuls onto wax paper and chill until firm.

 For crunchy sandwich fillings, add a handful of peanuts to chicken or ham salad or to cream cheese.

 Mix peanuts into ground beef for hamburgers, Shape and cook as usual.

 Sprinkle a handful of peanuts on hot or cold cereals.



Peanut butter is available in various-size glass jars ranging from 6 ounces to 5 pounds.

Peanut butter today is a highquality product which poses no handling or storage problems for the homemaker. It should be kept at room temperature and used within a few weeks after purchase. Storage in the refrigerator is not necessary and only makes the product hard to spread.

It came as no surprise to mothers when a recent food industry survey disclosed that the 2- through 9-year-

- Grill a peanut butter and jelly sandwich. Prepare as usual: Butter the outside of the sandwich and grill until brown and fragrant.
- Combine ½ cup each creamy peanut butter and shredded coconut, ⅓ cup orange juice, and 1 tablespoon grated orange rind. Try on cinnamon-raisin bread.
- Mix 1/3 cup peanut butter, 1/4 cup deviled ham, and 1 tablespoon lemon juice. Very good on rye bread.

The nutty flavor of peanut butter combines with many foods with great versatility for creative cooking: SHOULD YOU RENT THAT MAJOR APPLIANCE? Are you in the market for a major appliance? If so, it may be smarter for you to rent than to buy—particularly if you're in a temporary situation and expect to move within a year or so.

Appliances available for rent include everything except ranges. But don't count on finding all of them in your community. And don't be surprised if you can't find any. Appliance renting varies from lessor to lessor, and in some areas is not available.

# WHO RENTS WHAT?

Several types of firms are in the business. Gas utilities lease gas dryers, water heaters, space heaters, and conversion burners for furnaces. Electric utilities lease electric water hea Fuel-oil dealers handle version burners. And a appliance stores and a rent-all firm handle televi sets, refrigerators, freez washers, dryers, portable of washers, air conditioners, midifiers, and dehumidifie

# **APPLIANCE STORES**

Appliance stores and re all firms are set up to prov short-term rentals—usually a month or more. They a serve a good many peo who rent for a year or to because they do not expe to live in the same comm nity any longer than that. Re tal fees range from about to \$30 per appliance p month plus delivery charg Television sets can be had f as short a time as a week b for other appliances the min mum charge is usually for or

The appliance you rent mabe brand new but is mor likely to be used but in goo condition. Various models ar available. However, almost a kitchen and laundry appliances are white.

## UTILITIES DEALERS

Utilities and fuel-oil dealers rent equipment mainly because they want you to become a major long-term user of the fuel they sell, and therefore lease appliances on very attractive terms. Not only do they often pay for installation, but they also guarantee you against equipment breakdowns. If the appliance you rent needs service or repair, the lessor pays the bill. And when an appliance finally wears out, the lessor installs a new one-again at no cost to you, the lessee.

Rental charges usually vary from \$1 to \$2 per month and are simply tacked on to your monthly gas, electric, or oil bill. In some cases, when the rental you pay over the years adds up to the initial cost of the appliance, ownership is transferred to you.

Will renting appliances from utilities and fuel-oil dealers save you money over buying? There is no easy answer. It will eventually cost you more than if you had bought it if you contract to rent an appliance indefinitely for \$2 a month and it gives you trouble-free service year after year. On the other hand, if the rented appliance requires an average amount of service and has an average life span, then renting may be cheaper than buying. By Stanley Schuler



# QUESTIONS YOU ASK

any of our readers write ach month and ask questions your food preparation and ecipes. We would like to have some of them and our nswers with you, for you may ave been puzzled by the ame things. We welcome any juestions you may have and will answer them as space permits.

Question: I recently made a meringue pie and the filling was very runny. Can you tell me why?

Answer: Cornstarch-in pie fillings or puddings-requires extra care and attention. A filling will become thin if the mixture is undercooked or overcooked. If the mixture is not cooked long enough, the starch granules will not absorb the moisture and the filling will be thin. However, if the filling is overcooked, the starch granules break down and release the moisture they have absorbed, causing the filling to be thin. Be sure to read and follow the recipe directions carefully.

Question: What would cause my sauce in a Filet of Sole Bonne Femme to turn gray? I used dry sherry in place of white wine and I used a castiron skillet. Also, can you explain how to "reduce liquid by half"?

Answer: Using sherry rather than a dry white wine will give your sauce a different color—one somewhat on the beige side. Cast-iron utensils can also discolor a wine sauce, causing it to become grayish. For best results when cooking with wine, use aluminum, stainless steel, or enameled utensils.

To "reduce liquid by half," boil the liquid until only half the original amount is left in the pan. This concentrates the flavor of the liquid.

Question: I made a rice custard pudding that was delicious, but after it had cooled a liquid layer appeared on the bottom of the dish. The recipe called for a quart of milk and 4 eggs. Was there too much milk in the recipe?

Answer: This proportion of eggs to milk is fine for a cus-

The corn that never gets tough on you.



tard. Because custards are delicate mixtures, they must be cooked at a low temperature just until they thicken. Too long a cooking time or too high a temperature will cause the custard to separate, leaving a thin liquidy layer. This is commonly referred to as "weeping." The best method for preventing this is to use a water bath. Fill a large pan with

hot water and place the dish with the custard in the water. As it bakes, the water bath will protect the custard and keep it from cooking too fast.

Question: The past few times I have made Beef Stroganoff, I have purchased quality meat and followed directions carefully. However, the meat always seemed tough. Can you help me with this problem?

Answer: This is a very common complaint when a recipe requires sautéed meat. If you are using a large amount of meat, divide it into two or three parts. Be sure your skillet is very hot and sauté the meat one part at a time. (continued)



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Dries so bright, it still looks wet!



# QUESTIONS YOU ASK (continued)

A large amount of meat cooked at once will cool the pan down and the meat will cook too slowly and lose its juices and tenderness.

Question: Can you give me a source for quantity recipes.

Answer: Many companies have published recipes that serve 50 or more. We suggest you write to the Consumer Service Department of any of the following: Campbell Soup Company 375 Memorial Drive Camden, New Jersey 08101 H. J. Heinz Company Pittsburgh, Pennsylvania 15230

The Quaker Oats Company Merchandise Mart Plaza Chicago, Illinois 60654 Kraft Cuisine Service 500 Peshtigo Court Chicago, Illinois 60690 American Institute of Baking 400 East Ontario Street Chicago, Illinois 60611 National Livestock and Me Board 407 South Dearborn Street Chicago, Illinois 60603

Question: How do I kno when to sift flour?

Answer: Unless flour is the instant type which means it granular in consistency, we recommend that all flour be sifted before measuring. Small amounts of flour in a recipe such as 1 or 2 tablespoons need not be sifted. Some flours are labeled "presifted." However, for uniformity in recipe measurement, we always sift, and recommend sifting even these flours before measuring.

Question: Are there any hints you can give as to how to achieve a good flaky pie crust?

Answer: The secret of making pie crust is in the handling-it should always be done gently and lightly. Once you have cut in the shortening, sprinkle the water, a small amount at a time, onto the flour mixture and blend with a fork, using a tossing motion. Press the dampened particles gently to see whether they stick together. When they all do, you have added enough water. Shape the dough gently into a smooth ball and put it on a lightly floured board. Flatten it with a floured rolling pin. When you roll out the dough, use a light touch. Hold the rolling pin lightly and always roll out toward the edges with quick, light strokes, lifting the rolling pin at the edges. The less you handle the dough and the gentler your handling, the less chance there is of having tough pastry.

Question: Would you suggest the kinds of cheeses that can be removed from their original wrapper and placed on a plate, covered with foil or transparent wrap, refrigerated early in the day, that will be suitably fresh for serving in the evening?

Answer: Any cheese can be handled in the manner you describe. The only caution we might mention is that you may want to avoid putting strong flavored cheeses on the same plate with the milder ones. Cheese, except for cottage cheese, tastes best when served at about room temperature. Allow the cheese to warm up about 30 minutes after removing from the refrigerator.

# 1 Cleansing

inued from page 16)

# FESSIONAL CARE

course another way to the tright skin care is agh the professional sa-(such as Georgette Klingin New York City) that fialize in the treatment of problems. Their approach cientific, and the mania otal, but total, cleanliness the skin's first need ether you're a woman with emplexion problem or have aughter with troubled teenskin.

iome salons even offer contation by mail. You are sent arefully prepared questionere about your skin that you expected to answer equally refully. Back comes an anals of your skin and its needs, the a recommended program care. But it doesn't endere. You send in progress ports and then are advised a what to do next.

# OS AND DON'TS OF SKIN CARE

Don't think that your normal, pretty-good skin will stay nat way without your help.
Don't go to bed with makep on—even if you're dead or sleep.

Don't apply foundation, plushers, or powder with prushes, unless you're prepared to wash the brushes regularly—dirt is your skin's worst enemy.

Don't get skin conditioner in or near your eyes.

Don't touch your face any more than you can help.

Don't squeeze or press.

Do steal the time for a proper daily skin cleansing, even if you can't manage it at the same hour every day.

Do read the labels on cleansing products.

Do look at your skin in a magnifying mirror once in a while for signs of coarsening, blackheads, or flakiness.

Do realize that your skin changes with time, weather, physical condition, and emotional stress, and that last year's cleansers may not be right this year.

Do avoid heavy cake makeup.

Do keep oily hair off your face.

Do pull your hair well out of the way when you're cleaning your face. Otherwise you'll be gingerly and miss spots that shouldn't be missed.

Do remember the key words—thorough and daily.

coming in april

The newer-than-in way to decorate belongs to supergraphics, organic curves, the three-dimensional look. Learn all about these in our big issue coming up. Want privacy in your garden? You'll find ideas galore. PLUS: Foods, foods—to make you, the hostess, look great—all done with convenience foods!



No doubt about it! Pooh's new red, white and blue fashions for Spring are positively great.

They're color-coordinated so they mix and match beautifully. (It's easy for kids to dress themselves without clashing.)

Pooh's durable PERMA-PREST® and stretch nylon fashions are easy for you, too. Tumble dry and no ironing ever. No untidiness or bagging either. Pooh offers classical styling, long wear and builtin mothers' helpers—all at Sears reasonable prices (so they're easy on mommies' budgets, too).

Remember, extra work for yourself is a no-no. So let Pooh bear the burden—with children's fashions from Sears, Roebuck and Co.

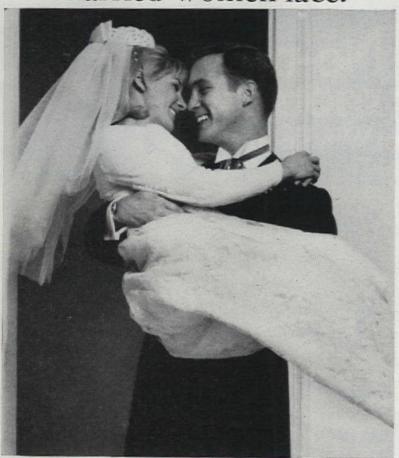


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By MERLE E. DOWD

# WOOD AND WATER DON'T MIX

Decay, fungus stain, rusty nailhead spots, and peeling paint are signs that the wood in your house is suffering from too much water. Rain seeping into joints and cracks and/or moisture from inside the house may be causing the trouble.

Around your house, decay will most likely be found in one or more of the following places:

Porches, steps, and decks-joints between boards and framing are likely to draw water through capillary attraction. The base of outside steps and stairways, along with porch railings and posts, contain many such joints and are likely spots for decay.

Roof edges-leaky or nonexistent gutters expose fascia, molding, sheathing, and rafter ends to frequent and extensive wetting. During rains, enough water can travel horizontally through joints in gravel stops on flat or low-slope roofs to thoroughly soak framing or edge boards beneath.

Exposed structural membersbeams, rafters, and bases of columns all get wet in every rain. The joints usually show decay first.

Decorative elements—exposed shutters, planter boxes, wood railings, or privacy screening are targets.

Screen frames-around windows or enclosed porches, wooden screen frames induce water seepage, decay. Less likely to decay but still potential problems are:

Siding-susceptibility of siding varies according to such design features as width of roof overhang, lack of eave gutters, dormer design, and rainfall pattern. Houses in areas where rainfall is frequently winddriven are more vulnerable. In Southern high-humidity areas, siding may be wet by condensation when a house is air conditioned. Exterior surfaces on north-facing or other walls out of the sun collect water whenever the siding cools below the dew point of humid outside air.

Trim-porch column bases, trim around windows and doors, and boxing around beams are likely spots for decay, particularly exposed end grain.

Windows and doors-with their many joints, swinging casements, exposed wood, window frames and doors are likely to suffer.

# LOOK FOR SYMPTOMS

Even before decay may be apparent, symptoms of water seepage can be spotted in time for corrective action. Examine your house exterior closely for these signs:

Rusty nail stains-paint normally prevents siding nails from rusting at the heads, but wet wood starts rusting the nail shank. Rust spreads from the shank around the head and colors paint from the inside. By time rust spots show, rusting is advanced.

Paint failures-blistering and p ing occur when wood is wet and bond between paint and wood is stroyed. When peeling is more nounced at horizontal siding jo along trim, or where siding a windows and door frames, w seepage is usually the cause, ra than condensation.

Buckling-extreme wetting swelling, followed by drying shrinking, may buckle or warp sidi Repeated cycling splits siding, tr

Nail pulling-closely related buckling and splitting is nail pull due to the alternate swelling a shrinkage of wood siding.

Paint staining-mildew and fur may discolor painted surfaces fro moisture condensed from the air, pa ticularly on north walls. However, gray or black fungus stains occ mostly around joints, water seepa is likely the culprit.

Fungus fruits-most advanced the signals is the appearance orangeish conks or fungus growtl at the edges of wet wood. Howeve extensive decay may occur withou fruiting. Wood soft enough to pus in with your fingernail or wood wit a hollow sound to it indicates deca is well advanced.

## HOW WATER SEEPAGE OCCURS

Surprising amounts of rain wate enter houses with wood siding. Water may actually run into joints, cracks, or other openings, such as holes for light fixtures and hose faucets. Or it may soak into wood around nails after the paint seal is broken. Rain flowing down the surface of siding collects in rivulets between siding and trim, particularly around windows and doors, at corners, or anything extending beyond the siding surface. Any break, split, or crack admits large quantities of water. Capillary seepage admits large quantities of water along the bottom edge of siding boards, particularly at beveled and shiplap joints. Water actually soaks upward through the joint to wet the back side of siding. Butt joints in siding, trim, and structure admit water by both gravity and by capillary action.

Paint offers very little protection against water seepage except when new. The paint at butt joints in siding, for example, rarely remains intact after the first cold-warm cycle. Painting, not just priming, the back surfaces and edges of siding and trim can be effective in reducing the wetting from water that seeps through joints. Most drying of painted siding occurs inward. Thus, vapor-resistant foil or building paper, too often applied over tight sheathing, traps seepage water in the siding or trim.

# **BUILD TO PREVENT TROUBLE**

If you are building or remodeling, water and decay-prevention can be gned into your house with very trouble. Unfortunately, you can't me that because some of these ures aren't common practice in r area that they are unnecessary. The contractors resist using them have to be persuaded.

Vide roof overhangs are most eftive in keeping water from running vn siding surfaces. Hipped roofs vide an overhang around the full of perimeter, thus offer-

more protection than oled designs. Avoid parularly high dormers and oles with narrow roof erhangs.

Full eave gutters and wnspouts will, if kept clogged, prevent splating and splashing of rain om ground into siding. Walls designed to preent water entry and facilite rapid runoff limit war seepage. Helpful details clude flashing to protect oor and window opengs and to keep water out f roof and wall joints, ietal corners or corner im over the ends of drop ding, butt joints calked ermanently, and careful arpentering of joints to void splits and breaks. Cant strips on gable edges of roofs and properly deigned drip caps help keep vater away from siding oints

Walls designed to permit drying to the inside keep water content in wood beow decay levels, even when exterior siding and trim are soaked during rainstorms. Use breathing-type sheathing and sheathing papers. Board-type sheathing also facilitates breathing. In wet or humid locales, siding can be laid on one-inch nailing strips over the sheathing to provide ventilation space between back of siding and sheathing.

Back painting of siding, predipping siding joints with water repellents before installation, or use of materials pressure-treated with pentachlorophenol or other preservatives prevent decay even though materials are frequently water soaked.

Setting such items as stairway cleats, deck planks on beams, column bases, and porch rails in long-life sealants prevents capillary water seepage. (See "New Calks Seal Your House Permanently," American Home, September, 1967.)

To keep framing dry, attics should, at the very least, have louvered vents in the gable ends. More efficient are a combination of gable louvers plus ventilation holes or grids in the eaves. Better yet is a combination of eave vents plus ridge vents. Ridge vents

are preassembled units which the builder sets in the peak of the roof. They let air flow outward, keep rain from flowing inward.

# **FIXING YOUR PRESENT HOUSE**

Depending on the problems you find, the severity of exposure, and your local climate, one or more of the following fixes will help your house.

Treating joints with water repel-

Use penta when the wood is thoroughly dry. Apply material until it runs off. At end-grain locations, apply several times, as capillary action will carry the repellent-preservative into wettable areas through the same seepage process that allows water to penetrate. Wood treated with penta materials may be painted afterward.

Double-check gutter to make sure water is not leaking through joints also find that a completely new, easy-to-maintain surface is less expensive and looks better than extensive repairs to existing wood siding.

Before re-siding, check to make sure that decay damage to wood siding has resulted from exterior water seepage. If the paint is blistered or has peeled from large areas (and not mainly around or near joints), moisture is probably condensing in back

> of the siding from inside the house. In such cases, re-siding with shingles or metal siding will probably reduce the vapor permeability of the exterior wall. With less opportunity for condensed water to dry out, the wall structure itself is likely to absorb water and begin decaying. The solution here is to reduce the amount of vapor condensing inside the walls by installing some sort of vapor barrier on the inside of the wall or exhausting the offending water vapor from inside the house. The vapor often can be removed via bathroom and kitchen ventilators, by waterproofing and/or dehumidifying a wet basement, venting the attic (see above), or ventilating and waterproofing crawlspaces.

# INSULATION HELPS

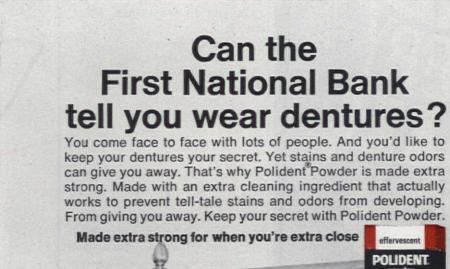
Apply an insulating sheathing or siding to walls troubled with condensation from interior cooling. Or, insulate the walls to reduce cooling losses—and air-conditioning costs. The idea is to keep exterior wall surfaces above the critical dew point.

Replace wood siding, fascia, or roof edging that already shows signs of decay with cedar, redwood, cypress, or wood pressure treated with preservatives. Once decay starts, treatment by painting or spraying is generally ineffective. Again, for an advanced problem, the easiest course might be to cover the existing material. Siding contractors can do this with prefinished soffits.

Calk and seal joints with a long-life, flexible sealant to prevent water entry. Synthetic rubber sealants, properly applied, are effective.

Protect windows, doors, steps, and porches with canopies, awnings, or roof structures.

Wood can be an attractive and long-lasting exterior surface for your house. But, it needs protection from constant moisture. Few houses are completely immune to decay, except those in desert areas. So be alert to signs of potential decay and prevent damage from water.





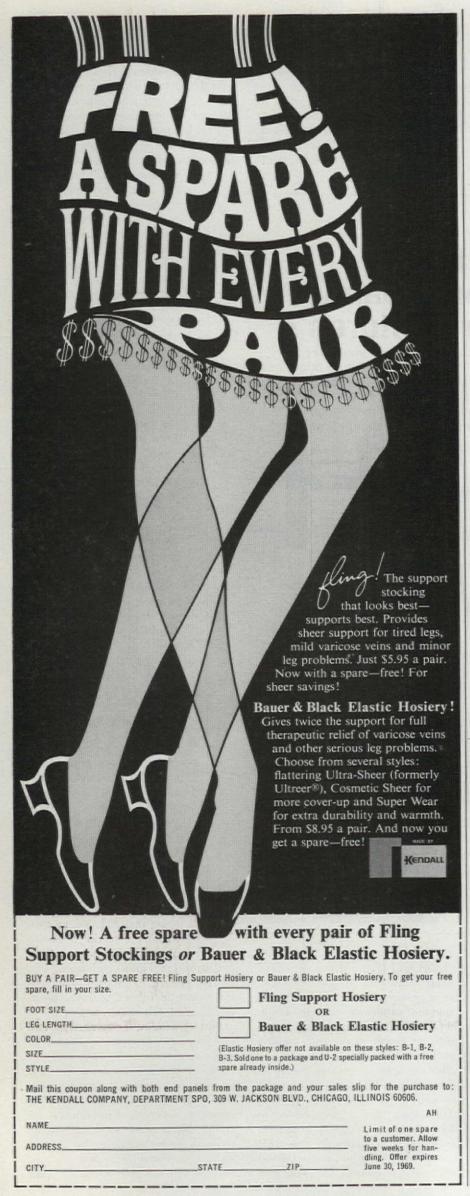
lent-preservative does two things—

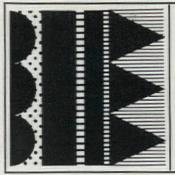
1) It prevents ends of siding, bases of columns, and deck or porch railing joints from soaking up water. 2) It prevents decay from starting. Such treatments are helpful where paint is peeling or is discolored at joints. Brush or spray along the bottom edges of siding to reduce capillary seepage.

Select one of the many prepared penta preservatives that includes a water repellent, such as hydrogenated rosin, paraffin, or copper compounds in a mineral-spirits base. or holes into fascia or top of siding. If your house has no gutter system, adding gutters collects most of the water that otherwise cascades down the face of siding. Seal the horizontal joints in gravel stops and flashing with a long-life rubbery calk.

Replace split or broken pieces of siding or trim, particularly if these easy-entry areas are often rain soaked.

For siding that is decayed or in poor condition, a good long-term solution is to re-side with a durable material like aluminum, plastic, wood fiber, cedar, redwood, etc. You may



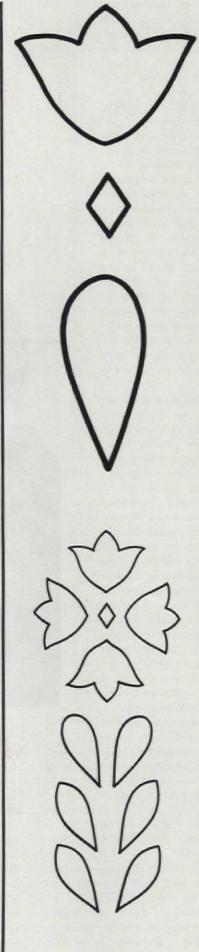


STENCIL DESIGN FOR A STAIRWAY

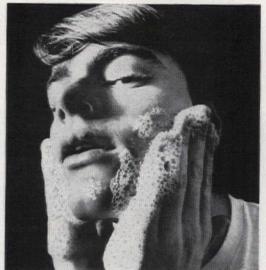
# LIST OF MATERIALS

Stencil brush Floor or deck paint Stencil board Sharp knife or razor blade Cheesecloth Cleaning fluid

You can enliven your stairway with the handsome stencil design shown on page 66 using paint made especially for floors or decks. The three units at right are the full-size parts of the flower-and-leaf motif. The drawing at the bottom shows the arrangement of the finished design. Trace the full-size flower motif on one piece of stencil board (available at art supply stores), the leaf motif on another. Allow at least a 2-inch border on all sides of design. Cut out stencils with razor blade or sharp knife. Pour paint into flat containers (such as old saucers) and let it stand for an hour to thicken. Thumbtack stencils in position. If you are using two colors, do each color separately. Dip a stencil brush into the paint, dab into a piece of cheesecloth, then dab over cut-out stencil. Remove stencil, wipe with cleaning fluid, and repeat the procedure.



# Now that your teenager has pimples, good old soap and water just aren't good enough.



He also needs Stri-dex® Medicated Pads. Stri-dex Medicated Pads begin where soap and water leave off.

They're like little disposable washcloths soaked in medicine. They deep clean the dirt and oil that soap and water leave behind. So, they help control acne pimples.

And the invisible medication in Stri-dex stays on and continues to work all day. So, it also helps prevent new pimples from forming.

Stri-dex can help you make your child's complexion look better. And he'll feel better looking.

There are enough problems in growing up. Pimples doesn't have to be one of them.



Anchor's Privacy basketweave is aluminum, with baked-on white enamel or color. No rust.



Anchor-weave aluminum strips, in a variety of colors, fit into chain link fence for privacy and beauty.



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White? There's Privacy, Pick and Post and Rail. In chain link, take your choice of Modernmesh® or standard weave, aluminum or galvar steel . . . or green vinyl-coa white? There's Privacy, Picket, weave, aluminum or galvanized steel . . . or green vinyl-coated Permafused. Or, wood. Anchor has all styles.

You do a lot more than just

Post and Rail, aluminum with white baked-on enamel. All our fences are erected only by expert Anchor crews.









Modernmesh or standard chain link, aluminum or steel, by Anchor: world's largest fence-makers for homes.

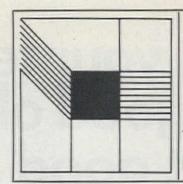
Board-on-board Privacy comes in baked-on enamel: white and color. Boards are rustproof aluminum.

# Protects children, pets and property



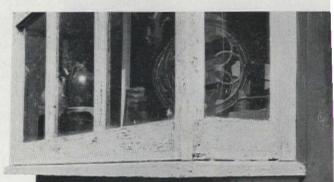
FREE COLOR BOOKLET, 12 pages crammed with Anchor Fences you can be proud of. Mail coupon to Anchor Fence, 6483 Eastern Ave., Baltimore, Md. 21224.

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# THE SHADOW-**BOX WINDOW**

We've been noticing an old idea in new garb lately—the deep-welled window that seems to function as an indoor-outdoor shadow box. Not ample enough for a window seat, yet more than a wide windowsill, it's sometimes used for display but often just for stylistic effect. These were found along the Eastern seaboard, one on a new house, one on a restored one, and one on a remodeled house.



An aged boardand-batten house in Old Salem, North Carolina, boasts a variation of the baywindow idea. Ornate carved brackets sup-

port it and antiques are displayed on shelves inside the glass.

These little protruding windows can be placed almost anywhere. This one, with shingles curving around the edges, is high up on a remodeled house in Atlanta and has a view into the trees.



Contemporary display windows are just as striking. On a Maryland house, a large square wooden frame juts out from the brick wall and catches the sun to highlight a driedflower arrangement.

HE FAMILY PET V PATRICIA O'KEEFE

# 300D GROOMING FOR PETS

here is enough of what we humans all vanity in every dog-and cat,

oo-to make good groomng a necessary part of your et's care. Regular groomng-a chore that usually akes no more than fifteen ninutes a few times each week—can keep a pet's coat clean and sweet-smelling for months. Doggy odor is actually dirty odor, caused by accumulated dirt on the skin and in clumps of dead hair that cling to the coat.

# GROOMING TOOLS

A small investment in the right grooming tools is worthwhile. They make the job easier and get the best results. Basic tools are a brush, a comb, and a mitt. The texture of your pet's coat determines the kind of tools you need.

On very short-haired breeds of dogs, use a hound mitt. The mitt fits over your hand and has short, soft wire bristles on one side and corduroy on the other. The bristles remove dirt and loose hair and stimulate the skin. Slicking down with the corduroy side gives a gloss to the coat and makes it lie smoothly. Grooming two or three times a week is all that's needed to keep a short-haired dog's coat in top condition.

On the other hand, a dog with a long, dense coat, an old English sheepdog, an Afghan hound, or a Pomeranian, needs to be brushed and combed every day to keep the fine undercoat from matting. First go to work with a comb that has heavy wide-set teeth. Be sure the teeth aren't sharp. After combing, brush to remove all the loose hair

and to stimulate the skin. Use a brush with stiff, natural bristles, long enough to reach into the undercoat.

If a dog's coat has been neglected and the hair has become matted, making the coat smooth again is a tedious but necessary job. Don't cut out clumps of hair; the coat will look moth-eaten. Instead, try to separate the mats with your fingers, then gently comb each one out. To avoid pulling and hurting your pet, hold each bunch close to the skin, so you'll pull against the comb rather than the skin. If the mats can't be pulled apart, snip

them into strands, parallel with the direction the hair grows, before working with a comb.

### CAT CARE

Though a cat is a fastidious creature and spends hours grooming himself, your cat will appreciate a little help. Brushing helps prevent hairballs from forming in a cat's stomach. And, of course, it also keeps kitty clean

little nonoily talcum powder sprinkled into the coat and brushed out thoroughly makes the coat look fluffy and helps prevent tangles.

# BATHING

Dry shampoos can be used in place of a wet bath, but the time may come when soap and water is the only answer. To bathe a dog, use warm, not hot, water. Fill the tub so that the drafts for several hours. Don't comb or brush the coat while it is wet; the hair may break. There are commercial rinse preparations for pets which make the coat easier to comb out when it is dry.

Most cats are decidedly anti-water. Protect your hands from scratches by donning gloves before bathing kitty. Use two tubs of water-one for soaping and one for rinsing. Since cats

> lick themselves, avoid poisoning by using only shampoos and other grooming preparations made specifically for cats.

### GENERAL CONDITION

During grooming sessions, check your pet's skin, ears, teeth, and feet. If his skin or coat looks dry and dull, check his eating habits. Dog or cat foods that provide a balanced diet have the nutrients needed for a healthy coat. Redness, sores, or bare patches on the skin should be watched closely and checked by a veterinarian if they do not show signs of healing.

Even the most pampered house pet may pick up fleas, lice, or ticks. Fortunately, modern insecticides make it much easier to control this problem. There are also chemically impregnated collars for both cats and dogs that keep fleas and lice away.

dog's teeth need a cleaning occasionally to keep them white. Use a toothbrush or a soft cloth to rub on a little tooth powder. Chewing on dog biscuits or a safe chew toy helps retard tartar formation on the teeth.

Ears should be cleaned out with a cotton swab dipped in a little oil or rubbing alcohol. Clean just the outer ear, never dig down inside. Dogs with ears that lop over or hang down are more prone to ear infections than those with prick ears. If you notice any excretion or see your dog scratching or shaking his head, let the veterinarian take a look. Both cats and

dogs can get ear mites, microscopic parasites that cause painful irritation and a dark, smelly discharge.

Long nails can cause sore, misshapen feet. Dogs and cats kept indoors need their toenails cut occasionally. Ask a veterinarian to show you just how much to snip off and the right kind of nail clipper to useotherwise you may hurt your pet.

Just as clothes make the man, a clean, glossy coat makes the petmakes him a happy, handsome creature who is a credit to your family.



# **Before Trouble Starts**use RID-X

# IT CAN SAVE YOU HUNDREDS OF DOLLARS!

Whether your home is old or new, you can have a costly, messy back-up in your septic tank or cesspool. So before trouble starts, use Rm-X...it works to prevent messy back-ups and foul odors... acts to keep your sewage system working smoothly and troublefree. Yes, RID-X can save you HUNDREDS of dollars on digging, pumping, landscaping!

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sleek, and purringly proud of himself.

For a short-haired cat's coat, a handy implement is a slicker brush. It has serrated edges made of a hard, rubberlike material rather than bristles. You brush your cat's fur from tail to head to remove loose hair, then in the opposite direction to slick his coat in place.

A long-haired cat has the same problem as a long-haired dog-a profuse coat that will mat quickly. Again, a comb and a brush with bristles long enough to reach completely into the fur is needed to do the job right. A

water comes about halfway up his legs. Work the suds of a mild soap or shampoo into the coat. You can avoid getting soap in your dog's eyes by putting a drop of mineral oil in each eve. A wad of absorbent cotton in the ears keeps the water out.

After sudsing, be sure to rinse away all the soap. Any residue is liable to cause dry, itchy skin and make the coat look dull. For white dogs, a little bluing added to the rinse gives a sparkling white appearance. Towel the coat as dry as possible and keep him in a warm place and out of

# DECORATING CLINIC

Question: We're moving into a new apartment and would like color ideas

for the bedroom. Our bed has a brass headboard and the only other furnishings are a yellow shag area rug and an ugly square dresser. Something snappy, please.

Answer: Paint the walls deep yellow, and install louvered shutters, painted to match, at the windows. Then make or buy a chintz bedspread that has a navy background and a traditional floral pattern in soft reds, greens, golds, white. Lacquer your dresser red, replacing the hardware with heavy, modern brass or white china pulls.

Question: After years of dark living room walls we're ready for a change. With two small children, a semigloss paint would probably be easier to keep clean but if I use white I'm afraid it would look like a kitchen. What other neutral would be good with any color scheme?

Answer: A very pale bone color in a semigloss will wash well and has a low luster—not like the high gloss of kitchen enamel.

Question: Our dining room draperies are dark blue and I'd like to use sheer green curtains under them. The carpet is blue, walls are white. Will this color scheme work?

Answer: Sorry, white sheer curtains will give you the best effect. If you want to bring green into the room, do it with accessories or by re-covering your dining room chairs. And be sure

it's a green punchy enough to contrast—lime or emerald, for example.

Question: My six-year-old daughter's bedroom has a two-tone beige rug that I must use. How can I work a young and lively color scheme around it without breaking my budget?

Answer: Paint the walls white and furniture a deep mocha color using semigloss paint. Curtains should be the splashiest, flowered cotton print you can find in white, beige, and mocha. Brighten all with tomato

red—in lamps, a chair, picture mats, posters.

Question: Our living room has beige walls and carpet, a sectional sofa in rose-beige, one dark green and two gold chairs. Orange is our accent color. It's deadly dull. Why?

Answer: You have too many colors and they're too close in tonal value.

like real leather and others that simulate suede for heavy-wear areas.

We suggest a white leatherlike vinyl with the softness of glove leather for the sofa, and lounge chairs in a large-scale black-and-white houndstooth check of polypropylene, which is a new fiber that resists soil. Choose a carpet in a black-and-white plaid or geometric pattern and have easy-care plastic

in leather or its look-alike viny a taupe lighter than the walls, seats of pull-up chairs in rosy Add lots of off-white accessories accent, and metal—either pewter brass—for contrast.

Question: Our teen-age son's ro has charcoal gray wall-to-wall of peting. Can you suggest colors be used with it?

> Answer: Coppery bro and white used with ch coal will make a strik and practical room for teen-ager. Use a geomet or striped fabric combini these colors for both bedspread and for tailor laminated window shad Lamps-polished chror with white shades or wh plastic dome tops-and pair of director's chairs black frames with natura color leather seats as backs complete the your male look.

> Question: We have jureupholstered our countries and a blue-and-green tweet and a high-back chair ablue. Would a royal blue carpet be too much?

Answer: We think so, soft leaf green would loo better and be more practical (medium shades ar less likely to show soil an lint than very pale or ver deep colors). Break awarentirely from blue and green for accessories and concentrate on brass and glass, white ceramic and dark wood. Otherwise your room will look static and contrived because it stoo well matched.

Question: Our bedroom has bright yellow carpeting and a white wicker chair. The bed is covered with a quilt in lime green with white polka dots and has a lime green dust ruffle. What about colors for walls, windows, and wood finishes?

Answer: This is a good scheme but it needs def-

inition—that is, a dominating color. We suggest yellow walls. Use a stripe or plaid fabric combining shades of green, yellow, white, and even a dash of melon for curtains or Roman shades. Repeat the fabric on the chair cushion. Add a few darks, pillows in deep burnt orange, wood tones in mellow fruitwood.

Letters submitted will be selected for an answer on the basis of their general interest. Sorry we are unable to give personal replies.



Paint the walls white, re-cover the two gold chairs with a beige-and-white fabric, and add sharp green wherever you can—perhaps a pair of lime green ginger-jar lamps, a large ashtray or vase, a few pillows.

Question: My husband thinks a blackand-white color scheme would be impractical for our family room. Is he right?

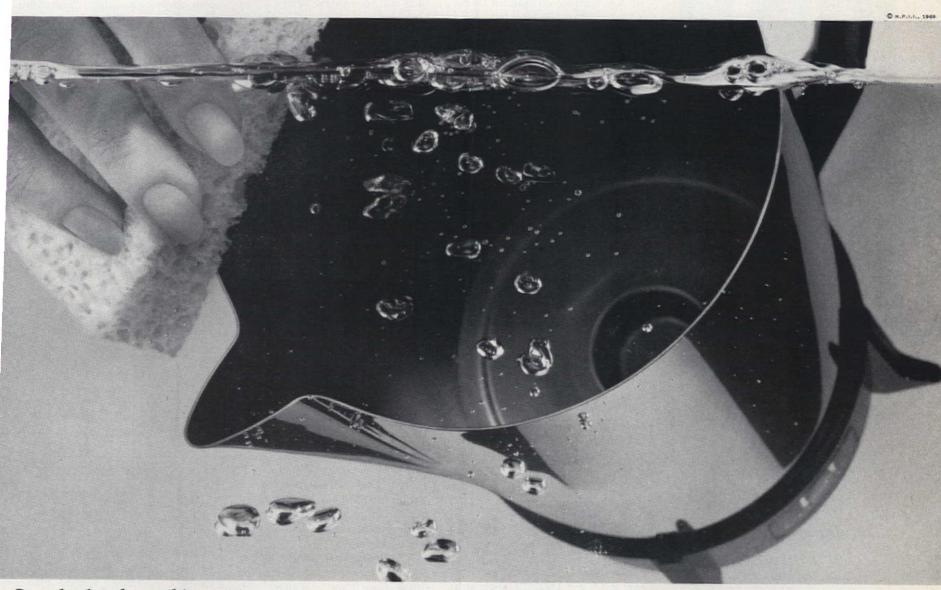
Answer: Not if you use the immensely practical new synthetics—supple vinyls, for instance, that look

tables. Use white vertical blinds at the windows and accessories (lamps, pillows, etc.) in a terra-cotta color.

Question: What can we do with a living room full of dark, bulky mahogany furniture and an Oriental rug in red, blue, and gold? Are there colors that minimize furniture size?

Answer: Use a dark background. Light colors will only make furniture project. Paint your walls deep taupe and add matching draperies. A sofa could be smoky blue, a club chair

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# **NEWS AND NOTES**

How long have you "put off taking it off"? Better still, how long have you been "putting it on"? What else but fat? Sooner or later most of us have to come to grips with ourselves on the subject. Resolve, this moment, to tackle the problem head on and lose those unwanted pounds. It's easier than you think and perhaps the most self-satisfying thing you'll do in a long time. Resolve also, no fad diets, no artificial means, no pills. Just good common sense and a promise to change your eating habits should be a good start. (If you fail the first time-keep at it-when you get tired of failing you'll succeedthat's the best part of failure.) Here are a few rules to guide you.

1. If you are really serious, check first with your doctor. He can tell you how much weight to lose and the number of calories to include in your diet everyday.

2. Think thin, think diet, think slim.
3. If your doctor says you can exercise—do it. The natural kind is best. Take advantage of opportunities to increase activities. Walk rather than ride when possible.

4. Get yourself a calorie counter



and a weight chart to keep you in line.

5. Talk your husband into buying you a dress one size too small. Then hang it where you can see it everyday. Even a good salesman likes an incentive.

6. Take off weight slowly—a pound or two a week.

7. Eat three regular, well-balanced meals a day.

8. Plan meals around familiar foods, foods that give you satisfaction and are a part of the family's way of eating.

9. For the most part, eat everything—but eat less. If you cut down your intake you have to lose weight automatically.

10. Choose lower calorie foods whenever possible.

11. Season with spices, herbs.

12. Budget your calories to take care of special occasions.

13. Keep busy so you won't be tempted to eat between meals.

14. Remember-change your atti-

tude and your eating habits. Good Luck and eat well.

Note: Announcing a new service: Nutrition at Your Fingertips. For the first time New Yorkers can dial 925-0150 for instant information on diet and weight control. Check with your local Department of Health to see if you have this service and if not, when you will.



Food News to Note:

 Borden's Canned Frosted Shakes have just gone national.

 Attended a press dinner at New York's Four Seasons Restaurant, hosted by Uncle Ben's Converted Rice. To answer one reader's question about why they call it that, we went to the source—they have eliminated surface starch, we're told, which makes rice stick.

 From Lipton—new Beef Flavor Mushroom Mix—a multipurpose mix for soups, gravies, dips, or to flavor stews, meat loaves, casseroles, and roasts!

• A Southern-style salad dressing is Seven-Seas' newest. It's called Creole French and is piquant with red and green peppers, onions, tomato paste, and a touch of red wine. 8-ounce bottle is 39c.

 Chun King announces lobster, shrimp, and chicken bite-size egg rolls and new cooking-pouch packaging for many of their frozen entrees and main courses.

 Sweet Cream Pancake and Waffle Mix is Pillsbury's newest product. One pound, 37c; 2 pounds, 63c. It contains sweet-cream solids, tastes subtly sweet, and is tolerant to variations. Crepes, maybe?

• Zoo-Do with more zoopertreats: Toast'em Animals from General Foods now include Munch-A-Berry Monkeys, Tutti-Frutti Owls, and Chocolate Peanut Butter Buffaloes. About 45c for 10-ounce package.

If you have leftover dinner wine use it for cooking. You can keep it much longer by just adding enough olive oil to form a thin

film on the wine, then closing the bottle tightly. Use it for meat,



poultry, and fish cookery, not for desserts or fruit.

Equipment jottings: Kitchen Planning Kit from Tappan includes literature on kitchen design, ap-



pliances, cabinets; a new booklet entitled, "Kitchen Planning Ideas." Costs \$1. Address: Kitchen Planning Kit, Tappan Dept. AH, 250 Wayne St., Mansfield, Ohio 44902.

General Electric's latest news in refrigerators: On the outside of their freezer door on the new Americana side-by-side refrigerator is a dispenser that automatically delivers ice cubes or chilled water.

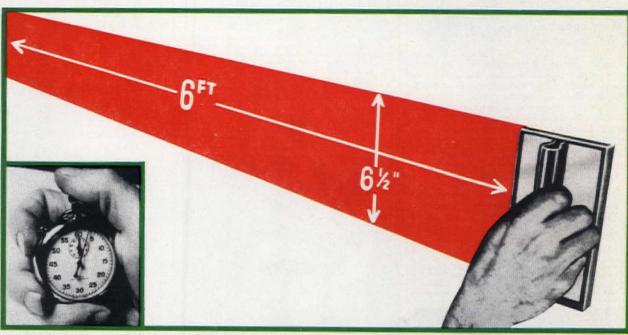
A new toaster, Fineline, from Hoover will toast bread up to ten inches wide or two regular slices; there is an extra high pop-up for small slices or English muffins. Between \$20 and \$25.

From Sears, in addition to an executive model ice maker with a spigot for water supply and a storage drawer for accessories (\$319.95), they also have a counter-top model for kitchen, recreation room, or boat (\$169.95).

Virginia P. Habel

# **Amazing New Paint Applicator** Covers 468 Sq. Inches in 3 Seconds

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### FROM ROCHESTER, NEW YORK COMES NEWS of a revolutionary new indoor-outdoor applicator that does painting jobs easier, better and in half the time!

There's no more hard work brushing back and forth with an old-fashioned paint brush. No more splatter and bubble finish with a roller. Now there's a revolutionary new paint applicator that spreads paint so fast, so smoothly and so easily it makes everything else out of date.

Called Immie, this amazing new lightweight applicator is already being used by professional painting contractors and thousands of home painters. You "dip" it about one third as many times. It stores up vast quantities of paint ... spreads it so smoothly, so evenly, so expertly it makes paint spread way farther. Doesn't hold back paint in bristles as a regular brush does. Releases ALL of it. But most amazing is the in-credible speed it makes possible. It spreads a strip 61/2 inches wide and 6 feet long in just 3 seconds.

Immie is fantastic on any surface including rough shingles and curved mouldings! Covers completely like lightning. And with Immie there's virtually no dripping, no spatter, no mess!

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glide through indoor wall and ceiling painting. Third, a 3½-inch applica-tor with almost 250,000 tiny, soft angora fibers to give "professional" finishes to stairs, furniture, coffee tables and this is just part of this amazing applicator bargain.

Next, included is a revolutionary window sash painter with 50,000 tiny fibers. This sash painter has a patented metal "Paint Guard" to prevent smear on adjoining surfaces . . . edges and entire room in minutes. Finally, with 30,000 tiny angora fibers, Long handle with foam cushion and painting fibers on side lets you touch up spots rollers and brushes can't reach.

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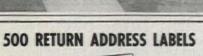
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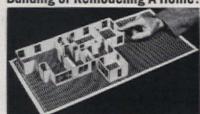


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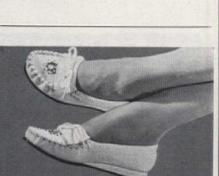


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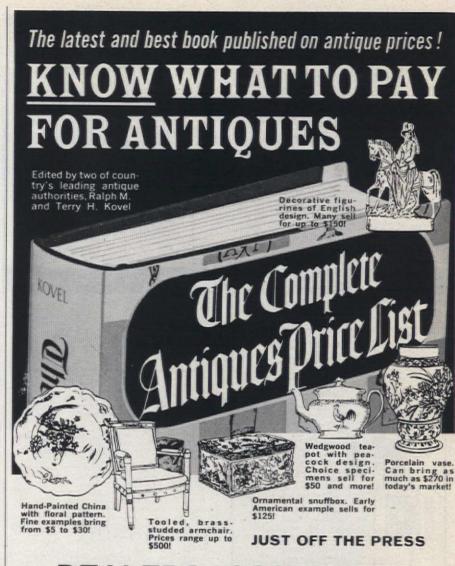
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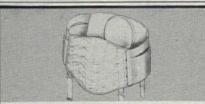
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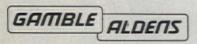
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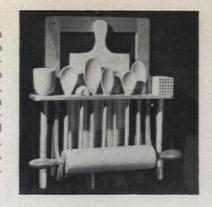


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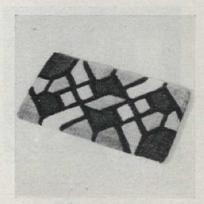
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