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American Home

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THE NEW APARTMENTS

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50 decorating ideas for problem rooms

Great Cooking Lesson: Magic with the plain potato

Create a new indoor world with the newest Armstrong ide

floors, ceilings, carpets, and furniture

What do you do when your home starts to look tired—when ceilings begin to peel and crack, or the kitchen floor loses its sparkle, or your living room looks a little *too* lived in? These tight-money days, most people redo, remodel, revive.

Armstrong has some new ideas—fresh, exciting, innovative ideas in floors, ceilings, carpets, and furniture—that can help make any old home 1971-new.
Read on. See how many new ways Armstrong can help you.

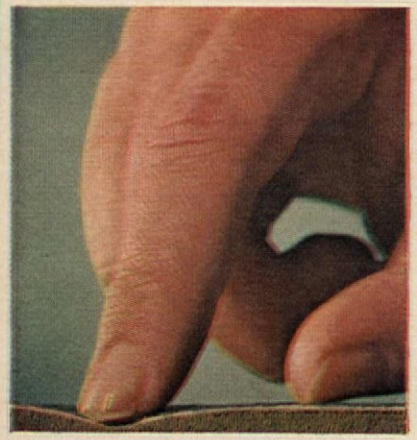
New kind of floor from Armstrong

When it cushions like carpet and cleans like vinyl, you're on Easy Street™

Want to bring an old kitchen into 1971 in a hurry? Start your remodelling with Easy Street—a new idea in vinyl floors from Armstrong.

New Easy Street gives you the comfort of carpet with the easy maintenance of vinyl.

When you step on Easy Street you feel the "give". Just like carpet. That's because Easy Street has an extra-thick foam-cushion backing underneath. When you lift your foot, Easy Street springs back. Just like carpet. Some patterns of this new Armstrong floor even *look* like carpet.

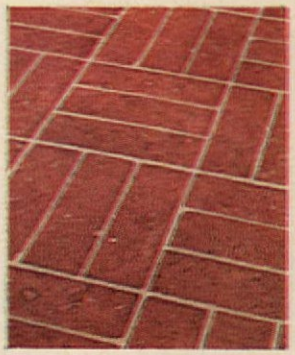


But there's a side to Easy Street that no carpet can match. The top side.

Easy Street is durable, nonporous vinyl, so it cleans as easily as only vinyl can. If you drop an egg or spill some gravy, it's no problem. Easy Street comes clean with the swipe of a sponge or a mop.

There are no dirt-catching seams either because Easy Street comes in rolls 12 feet wide, so you can do practically any kitchen in one piece.

Easy Street is as easy on the eyes as it is on the feet. Queen Anne, the design in the kitchen on the opposite page, is offered in a variety of colors. So is Santa Fe, the popular Spanish tile effect (top, right). And Dunbarton, the classic French design (bottom, right). Virginia Brick, in addition to the red, comes in Colonial white. Want more information? See the box on the following right-hand page.



Dunbarton, Queen Anne, and Santa Fe floor designs copyrighted by Armstrong

EASY STREET™

More new ideas from Armstrong

Create a new indoor world with the newest Armstrong ide

New kind of ceiling from Armstrong **Chandelier™ Ceilings: the new height of elegance**

If your dining room (or your living room) is showing its age, you can start it towards 1971 elegance with a new Chandelier Ceiling from Armstrong.

These are richly textured ceilings with an almost sculptured look. (The picture at the left gives you a guest's-eye view of a Chandelier Ceiling in the Chatham design. In the close-up picture below, you can see the rich texture and detail. See what we mean by a "sculptured look"?)

A Chandelier Ceiling is unlike any tile ceiling you've ever seen. In fact, it dosen't look like a tile ceiling at all. The edges of the tile aren't bevelled, so there are no "V" grooves between tiles. The rich texture flows smoothly from wall to wall. Is it any wonder that these new Chandelier Ceilings are already being seen in so many beautiful rooms throughout the country?

The Chatham design is acoustical, so it soaks up noise. All Chandelier Ceilings are fire resistant. And installation is a snap for the do-it-yourselfer. (Your husband can install one over a weekend.)

Want more information? See the box at the bottom of the next page.

floors, ceilings, carpets, and furniture

New design in furniture
A new look in modern by *Thomasville*®

The Critique collection is modern. Bright. Uncluttered. Bold. Yet it's somehow familiar—comfortable to be with.

Critique combines all the excitement of modern furniture design and materials with quiet undertones of traditional. It has today's bold, geometric shapes in brilliantly lacquered woods, with clear acrylic knobs and mirror-finish aluminum trim. To this we've added traditional touches like latticework and the classic detailing on the bed and mirror. The result is a combination perfectly suited to today's easy-going elegance—in a purely modern setting or in a modern/traditional blend.

The collection comes in dramatic white and a delicious assortment of colors, with many pieces for living and dining rooms as well as bedrooms. Any room you furnish in Critique is very likely to be the most exciting room in your home. In fact, even a single piece can be the dramatic accent that brings a so-so room to life.

For more information about Critique, and some examples of Thomasville's traditional collections, see the box below.

New design in carpets
Out with the old, in with the bold

New Adventure Prints'™ are the latest word in the new lively world of indoor fashion. And—take it from your friend in the carpet business—these bold and sassy prints can go with *anything*: plaids, muted stripes, solids, or prints.

Adventure Prints are part of Armstrong's growing carpet line—a complete collection of shags, sculptured, patterned, and plush carpet—with literally hundreds of glorious colors to choose from.

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To find out more about Adventure Prints and other Armstrong carpets, see the box below.

Now what about making your Indoor World 1971-new? Armstrong's new products and new ideas can make a beautiful difference in your home. We'd like to show you how. For a full package of literature covering Armstrong floors, ceilings, carpets, and furniture, just write to Armstrong, 7102 Pine St., Lancaster, Penna. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD

American Home

FEBRUARY 1971, VOL. 74, NO. 2

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COVER: Ingenious wall systems and switch-about seating components work miracles of space-saving versatility in a year-round vacation condominium in Sugarbush, Vt., beginning on page 59. Photographer: John Zimmerman.

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THIS MONTH IN AMERICAN HOME

City tower in Philadelphia

Country charm in Vermont

Suburban cluster near Seattle

You millions of homeowners across the land might well ask this month, "What's a nice magazine like *AH* doing messing around with apartments?" Well, homeowners, take another look. Apartments are no longer the stepchildren of real estate—boxed-in stopgap pads on the way to something better. The new apartments are here to stay, and bless the breed of planners who are building the complexes you see in this issue—where people and the quality of living come first. The three examples we show—a city tower (pages 56–58), a country condominium (59–62), a suburban cluster (70–75)—give you the idea. And bless the breed of home-furnishings designers who are producing the new, good-looking and efficient modules and systems—two words that you will be hearing a lot. You'll find systems and modular furniture decorating the apartments in these pages. They are space savers—so versatile they fit any room, so portable they go with you when you move. Vera Hahn, our Interior Design editor, has produced a special section beginning on page 63, featuring the latest designs in this field. By the way, apartment dwellers aren't the only crowded people—there isn't an idea here that won't apply to a house as well.

Any housewife, no matter what her space problems, would like to have the kind of laundry-sewing center you will find on pages 76–77. It was designed by Equipment editor Maidee Spencer and built for us by Armstrong in their splendid studios in Lancaster, Pa. Since we are in the time of the biggest home-sewing boom since the invention of the sewing machine, you'll undoubtedly find ideas here that you will want to incorporate in your own home.

Next month we visit New Orleans. Its marvelous mix of architectural styles, its gracious interiors, its famous Creole cuisine will make up the tenth American Treasury feature since we began this popular series a year and a half ago. Our Shrimp and Okra Gumbo, Bananas Flambées and Morning Call Doughnuts are guaranteed to bring the Mardi Gras spirit into your home, wherever you live.

Editor

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By Dorothy Lambert Brightbill

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EMBROIDER FOR THE SMALL SET

Record your child's birth and, with the help of Donald Duck, watch him grow. Add a Child's Prayer embroidery over the crib for a touch of nursery charm.

The Birth Record, copied from a rare old Pennsylvania Dutch "fractur," is sure to become a family heirloom. The design, stamped on creamy-white, 100 percent linen to fit a frame 14 by 16 inches, requires simple embroidery.

The Grow Chart is stamped on a piqué-like washable fabric and is completely bound with beauty-edge, a wonderful finish that will help keep the chart flat. You need only embroider the cross-stitch, sew on the 36-inch tape and add a dowel/yarn hanger at the top.

The delightful Child's Prayer, with its little mother animals and their engaging young, has been our most popular nursery kit. The easy-to-do embroidery is mostly cross-stitch. The frame, also available, complements the design.

Ben Swedowsky

This newspaper isn't written for everyone

THE NATIONAL OBSERVER

William Kunstler, Lawyer, Pushes Beyond Liberalism

Anarchy in a Dynamite Stick

Bursting Bombs Rock Nation

Israel Solves Ancient Riddle: Who Is a Jew?

Isolation, Yes. Insulation, No

Life Flows Gently in Ladysmith, Wis.

...but it might be just what you are looking for!

Are you the kind of person who rejects quick, superficial explanations . . . who likes to dig a little deeper and learn the *real* reasons behind important events? The kind of person who's apt to ask a few more questions at a business or PTA meeting . . . demand more facts from a salesman before buying . . . really think something through before making up your mind?

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Today more than half a million families across the country – thoughtful, intelligent people who want and *need* to make sense of what's happening in the world – read and rely on The National Observer. A national independent poll* has shown The Observer to be one of the most *trusted* newspapers in the United States. And The Observer has won major awards for editorial excellence for the past *six* years.

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Lifestyle

In Vermont, the Caldwell family is spreading the winter gospel of cross-country skiing and gaining converts.

In the Caldwell kitchen, Peter waxes up while Dad, Jennifer and Mom take in the crackling warmth of a fire before heading out for a day of cross-country skiing. Not pictured here but very much in the family skiing picture are sons Tim and Sverre. Cross-country awards the Caldwells have won top the mantel.

John and Hester ("Hep") Caldwell and their four children—Tim, 16, Sverre, 15, Peter, 14, and Jennifer, 12—live in Putney, Vt., where winter comes early and stays firmly underfoot well into spring. But for the Caldwells, the more white that piles up outside, the greater the delight inside as the family prepares for another season of cross-country skiing. Navigating on foot across snow is hardly a new activity. Out west, snowshoeing the mails preceded the pony express, yet the Brattleboro, Vt., Annual Washington's Birthday Ski-Tour Race—the first and only organized gathering of cross-country devotees—is a mere eight years old.

Both John and Hep teach at The Putney School. John, who skied in the 1952 Olympics, is coach of the U.S. Cross-Country Ski Team and a likely pick for the 1972 Olympics coach, a post he held at the games three years ago. On his local ski front, John has worked to establish cross-country trails which encourage the sport yet preserve the countryside. His passion for cross-country touring grew along with his family, for a child can learn the techniques as soon as he can walk—at least if he is a Caldwell. "We like to go out on our own and take the countryside as it comes," says John. "It's much more satisfying than using the power lifts to haul us."

Cross-country skiing has other advantages and John details them all in his manual, *The Cross-Country Ski Book*. Equipment is both light and inexpensive. Compared to downhill gear, which weighs an average of 23 pounds and costs more than $150, the cross-country equivalent scales in at less than 7 pounds and is priced under $75. Furthermore, cross-country touring can be immediately enjoyed by the beginner. It provides better exercise, is less dangerous and demands no retirement from its aging fans. Any terrain is fair game: untraveled roads, hiking trails, golf courses, farmland and abandoned railroad tracks. "We often let the boys lead us," says John, "and there's no telling where we'll end up." Yet the Caldwells never get lost—they simply follow their own tracks home again.

Eric Schweikardt

continued

The Mayonnaise Lovers' Mayonnaise

The Real Mayonnaise

Savory Salmon Mousse. A great little dinner. Dramatic and simple with Kraft Mayonnaise. We fuss over Kraft Mayonnaise to make it velvety smooth and lightly spiced, and good cooks love it. ~ Soften 2 envelopes unflavored gelatin in 1 1/2 cups cold water; stir over low heat until dissolved; cool. Thoroughly combine 1 cup each Kraft Mayonnaise and dairy sour cream. Stir in gelatin; chill until slightly thickened. Fold in a 1-lb. can of salmon, drained and flaked, and 1 cup finely chopped peeled cucumber. Pour into 5 cup mold; chill until firm. Unmold. 6 to 8 servings.

Kraft Mayonnaise. The mayonnaise lovers' mayonnaise.

KRAFT

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Through town meetings, Skip Stewart shows Californians how they can get things done.

On an afternoon's outing along the California shore, Skip Stewart roughhouses with son Brian, 9, and his older daughter Gretchen, 12, while Pamela, 4, and wife Barbara fortify their sand castle. Skip is a free-time photographer, bicycle buff, tennis player, and when all other excuses fail, a handyman around the Stewarts' 68-year-old home in San Anselmo.

LIFESTYLE continued

Barbara and Lewis ("Skip") Stewart have learned to be powerful people. After working on a small-town newspaper outside Sacramento, Calif., and a stint in the Army, Skip came to San Anselmo, a little place just across the bay from San Francisco. He went to work for Pacific Gas and Electric, a company that brings power to the people, packaged not only in copper wires but in community progress like traffic lights and job opportunities and a fresh coat of paint for a dingy downtown.

In his job for PG & E, Skip is available for the price of an invitation to communities in northern and central California to help organize town meetings. These one-day bustle-ups coordinate the real authority and the action potential of groups like the City Council, PTA, Chamber of Commerce and any unaffiliated yet energetic souls. They gather in the afternoon, break into discussion panels, then regroup to work out a plan. Brought together, they find that while one organization may have access to civic funds another can muster up the manpower.

The combination makes things work. "It's not always magic," says Skip, who has so far helped to launch town meetings in 40 communities, "but things do happen. Game preserves have been set aside, bond issues passed, libraries built, trees planted and art festivals planned." Many of the towns have opted to make town meetings an annual happening. Last year Skip ran for City Council and won a seat; he joined the Marin Conservation League and the Sierra Club. And he has passed his enthusiasm for involvement on to his wife. Now Barbara breaks off from family chores to help restore an old mansion as a community center and spruce up its grounds for a public park.

"Many people feel frustrated by not being able to participate in the decisions which affect their lives," says Skip. "We tell them they can, then show them the way. The idea of a town meeting may sound corny, but I believe the significant aspect of these programs is not only the results but the fact that people are really getting involved."

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Allegra Clark is a Los Angeles rarity—a native Californian and a walker. For daily exercise, she treks on foot to nearby Westwood Village to shop. Her sometime specialty: sprucing up her classic sports car for entry in local car shows.

THE GOOD-LOOKING HOMEMAKER By Constance Bartel

GREAT HAIR: IT'S A MATTER OF CONDITIONING

Allegra Clark typifies the active California look. She keeps her beauty natural—but she works at it. Her dark blonde hair gets a semi-annual professional streaking. On the beach a hat protects her hair. She washes it twice a week with a shampoo for streaked hair and uses a protein conditioner after each shampoo. Allegra knows that great hair makes the hairdo.

Thick, shining, healthy hair is everyone's No. 1 beauty priority. Naturally, the more you know about what hair really is, the more intelligently you can put yours into glorious shape. Each strand of hair grows from a root embedded in a follicle in the scalp surrounded by tiny blood vessels that feed it and sebaceous glands that lubricate it. And as long as the feeding process goes on, new hair is produced. The healthier the under-the-scalp hair manufactory is, the shinier and healthier the visible hair.

However, modern beauty devices like those that enable you to have any color hair you want, make curly hair straight and straight hair curly leave their mark. But this doesn't mean that you are stuck with the hair you were born with if you want to keep it healthy.

The people who make hair-coloring products, curlers and sprays know better than anyone that glamorous artifice must be compensated for. Their answer is conditioners which keep hair in healthy balance.

There are basically two kinds of conditioner: the *corrective* conditioner (in cream or "instant" lotion form) that repairs damage, which you work into the hair and then rinse out; and *body-building* conditioner (usually a lotion) that adds substance and improves texture, which you work into and leave on the hair. Many experts feel that even hair in great shape can use a little preventive conditioning to hold at bay the effects of pollution, artificial heat, sun worship and swimming pools.

Until recently a working wife, Allegra gave up her teaching career to devote full time to baby Joanna and husband Paul, an industrial marketing manager.

If your hair suddenly starts falling out, see your doctor for a physical checkup. But if your hair merely looks dull and feels brittle, if the ends split and break off, go to the best salon in town for a professional treatment. Then follow through with a faithful, corrective program at home: Use a cream conditioner two or three times a month; and after every shampoo (when you do *not* apply the cream conditioner) use an instant lotion conditioner. As hair health improves, use the cream conditioner less often—perhaps once a month—but continue with the instant treatment.

If your hair is oily, clumps together and is prone to dandruff, you probably shampoo two or three times a week—and it is then, paradoxically, that you need to condition your hair to make up for the effects of frequent washing. Although hair does not like dirt, it does not especially like water, either. A once-a-month instant conditioner will restore the balance. If your hair is dry, an instant conditioner after every shampoo is a must, a monthly cream conditioner a plus. A body-building conditioner penetrates the hair shaft, gives fine and flyaway hair more heft and substance and makes it smoother and shinier.

For added protection, choose a shampoo to match your hair type. Shampoos are designed for dry, oily, normal, tinted or damaged hair. They are medicated for dandruff, hypo-allergenic for sensitive hair and many have built-in conditioners.

Look for sprays, setting lotions, gels, home permanents and hair-coloring products that also contain conditioning agents. You won't have to look far, for nearly every big name you associate with beauty aids and hair care offers a wide choice of conditioning products.

Experiment until you find the right conditioning program for your hair. But remember, your hair can't be healthier than you are. Add a little basic, overall conditioning: enough rest, a decent diet, fresh air and exercise. END

Christa

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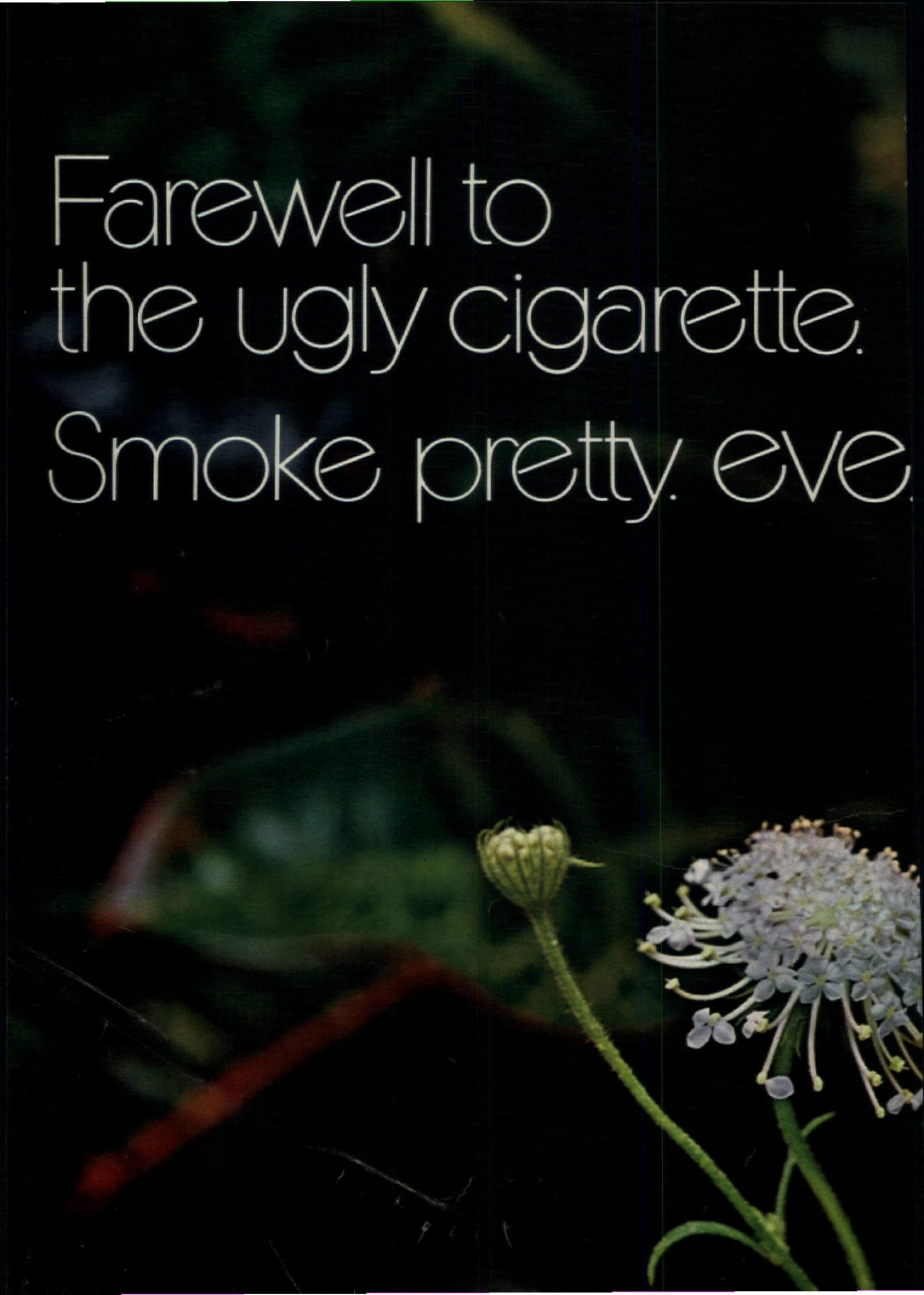
It took Swift 20 years to make sausages this great...and all it takes you is 3 minutes! No excess grease. No shrinkage. Fast, flavorful, full of nutrition - the whole family will love 'em!

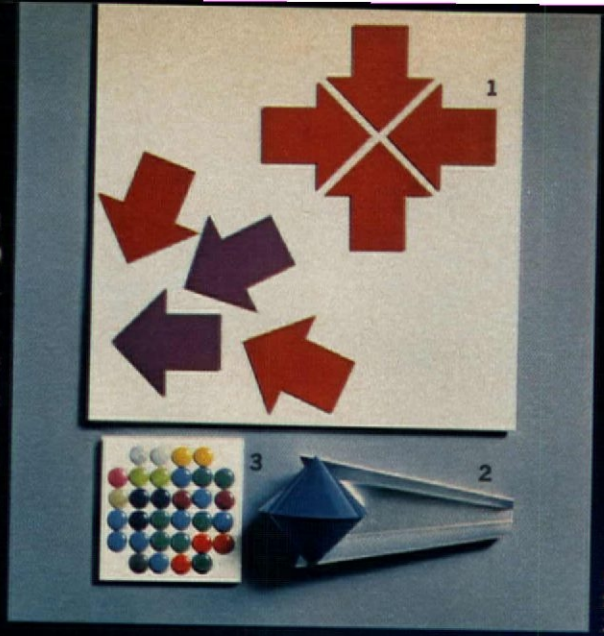
Eat the basic 4 foods every day.


Farewell to
the ugly cigarette.
Smoke pretty. eve.

Hello to Eve. The first truly feminine cigarette—it's almost as pretty as you are. With pretty filter tip. Pretty pack. Rich, yet gentle flavor. Women have been feminine since Eve. Now cigarettes are feminine. Since Eve. Also with menthol.

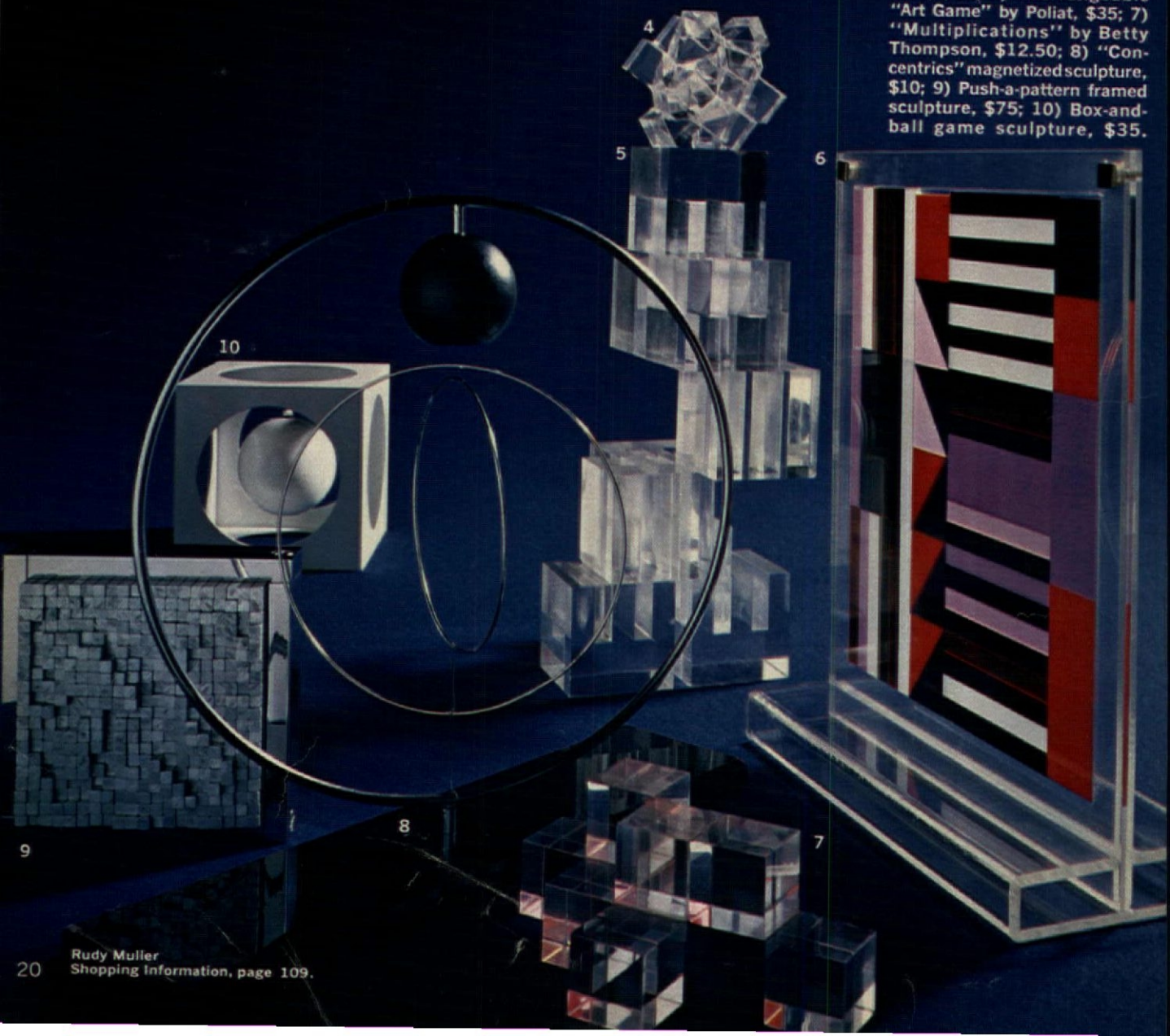
ADULT TOYS

Adult toys are today's rage—to play with, look at, admire. Like all good toys, they tease the imagination and tantalize the eye. But, unlike games, there's never a loser and only one need play. Made of modern materials, many of them look like sculptured works of art, at a standstill or in motion.



Left: 1) Magnetic-arrow art, $35; 2) Rolling cone, $17.50; 3) "MEM" strategy game, $7.

Below: 4) "Plex Puzzle," $10; 5) "Etredi" Plexiglas cube sculpture, $66; 6) Rearrangeable "Art Game" by Poliat, $35; 7) "Multiplications" by Betty Thompson, $12.50; 8) "Concentrics" magnetized sculpture, $10; 9) Push-a-pattern framed sculpture, $75; 10) Box-and-ball game sculpture, $35.



Rudy Muller

Shopping Information, page 109.

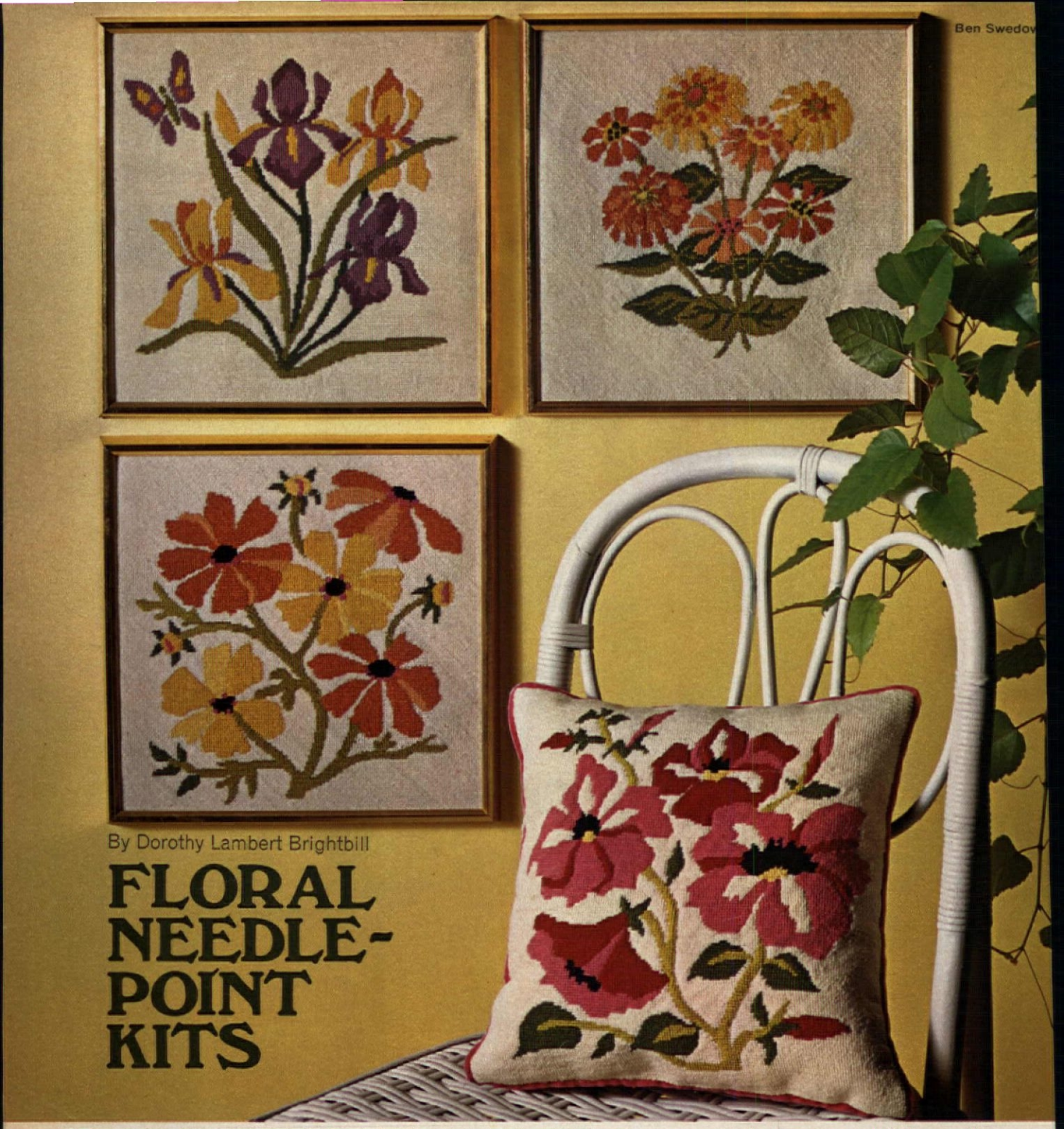
Now! Chuck Wagon®

instant dinner

for dogs

Makes tender, juicy chunks

golden nuggets, loaded with vitamins and minerals and rich meat broth. All you add is warm water for a completely nourishing dinner for dogs. Instantly. Chuck Wagon. Next to you, what he likes best and needs most.



By Dorothy Lambert Brightbill

FLORAL NEEDLE-POINT KITS

Fill out coupon and enclose check or money order. Florida residents please add sales tax. Allow 4 weeks for handling and mailing. (Sorry, we are unable to handle Canadian or foreign orders.) To avoid delays please indicate your zip code.

American Home Dept. 4252
4500 N.W. 135th Street, Miami, Florida 33054

Check items desired:
___Kit 61304 Iris Needlepoint @ $12.95 ea. (top left) ___
___Kit 61305 Rose Mallow Needlepoint @ $12.95 ea. (on chair) ___
___Kit 61306 Cosmos Needlepoint @ $12.95 ea. (bottom left) ___
___Kit 61307 Zinnia Needlepoint @ $12.95 ea. (top right) ___
___Kit 61308 Frame for above @ $9.98 ea. plus .50 postage ___
___61014 Catalog of other kits @ .35 ea. ___
Sales tax, if applicable. ___
Please add .35 postage for each item ordered ___
Total enclosed ___

print name

address

city state zip code

☐ Send C.O.D. I enclose $2 goodwill deposit and will pay postman balance plus all postal charges.

Everyone loves flowers, especially in needlepoint, so here's a whole garden of colorful favorites to bring freshness into your home—and at a low, low cost. The price of similar designs ranges from $25 to $65 in department and needlework stores. We offer the finest-quality materials for only $12.95, including mono canvas, hand-screened in full color, plus 100 percent wool yarns to finish the design and background for a 14-inch square picture or pillow. It's the biggest bargain in needlepoint, and a chance to enjoy a most fascinating craft. To order, and for our catalog of other kits, fill in the cutout coupon.

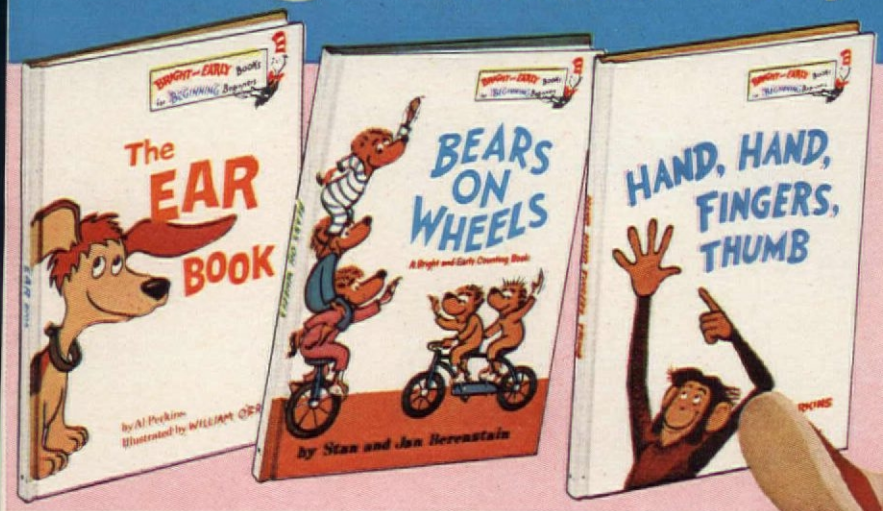
FROM DR. SEUSS AND HIS FRIENDS—

A way for your 2 to 6 year old to learn reading as easily and happily as he learned to talk!

"DR. SEUSS'S ABC" yours FREE

with trial enrollment in THE BEGINNING READERS' PROGRAM

with these 3 BRIGHT AND EARLY BOOKS all for only $1.65 ($5.85 value)



"DR. SEUSS'S ABC"
A remarkable book that teaches your child the sounds of the letters. Funny words and pictures start your youngster laughing, leave him reading all by himself!

Now that your little one is walking and talking—he's ready to start reading!

Remember the first time your little one said, "Mama," or "Dada"? Then he learned to say another word, and still another. Now, he knows so many words, you just can't add them up. He puts them together now. He talks in sentences—and all without a single formal lesson. It's only natural. Because he wants to learn. He's so curious, so eager to grasp his strange, lovely, exciting world.

And with BRIGHT AND EARLY BOOKS, he can learn to read just as naturally and happily as he learned to talk. So many little children have—from tiny two's to strapping six-year-olds—with the help of these enchanting and pertinent books by the famous Dr. Seuss and his fellow authors.

Why? Because Dr. Seuss *knows* what your child wants to know about—his very own ears and what they hear; his chubby little hands and what they can do; and (with the help of some fascinating bears) he can even learn to count and find out how numbers work.

So, Dr. Seuss and his friends use the simplest, clearest words to explain these ideas in clever little rhymes. But, the illustrations are the real key. Your child will love their bigness, their brightness—he'll go over them again and again. And he'll begin to put the words and the pictures together. With just a little help from Mom or Dad, your child will soon discover the magic of *reading all by himself!*

From this happy start—on to bigger things!

The three BRIGHT AND EARLY BOOKS shown here are the starter books in the BEGINNING READERS' PROGRAM. They cost $5.85 at the publisher's catalog price. But you may have all three for only $1.65 as an introduction. They'll get your "beginning" beginner off to a happy start in reading. And then it's an easy glide right into reading regular BEGINNER BOOKS . . . they begin where BRIGHT AND EARLY BOOKS leave off!

As a member of the program, your child will receive a BEGINNER BOOK each month, and you will be billed only $1.65 plus delivery. After accepting four monthly selections, you may cancel membership at any time.

Enjoy this 10-day treat FREE!

See for yourself how Dr. Seuss and his friends can charm your child into reading! You must be delighted, or you may return the three books within 10 days and owe nothing. Just fill out and mail the attached order form, today.

Send No Money—
Mail Postpaid Card Today!

THE BEGINNING READERS' PROGRAM, Dept. NX
A Division of Grolier Enterprises, Inc.
Sherman Turnpike, Danbury, Connecticut 06810

Yes, please enroll my child as a trial member and send the 3 BRIGHT AND EARLY BEGINNER BOOKS shown here plus the free DR. SEUSS'S ABC book (a total value of $7.80), and bill me only $1.65 plus delivery. If not delighted, I may keep the Dr. Seuss ABC book and return the other three books in 10 days and owe nothing. Otherwise, each month thereafter, please send another BEGINNER BOOK for only $1.65 plus delivery. I may cancel any time after purchasing 4 monthly selections.

Child's Name (please print) Age

Address

City

State Zip Code

Parent's Signature

(Also available in Canada. Canadian residents mail reply card in envelope to Connecticut address. Shipment and services from Canada.)

How come the rooms you have in your head are never the rooms you have in your home?

©BAUMRITTER CORP., NEW YORK, N.Y.

You've probably furnished your home by going from store to store. Picking out a sofa here, a rug there, a chair somewhere else.

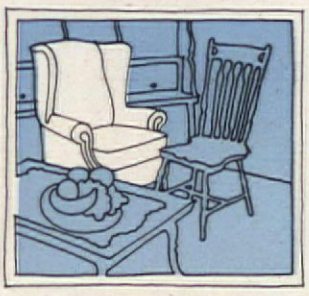
They looked great by themselves. But now that you've got them home, do they make your rooms look like you thought they would?

Or, since your furniture is supposed to be a way to express yourself, is it expressing you sort of tongue-tied?

The next time you have a chance to do some decorating, visit an Ethan Allen Gallery. We can help you have a home that can pronounce you correctly.

To begin with, instead of acres of sofas or beds or tables, all our furniture is displayed in room settings.

Sofas are surrounded by living rooms, beds by bedrooms and dining room tables by dining rooms.



It looked great in the store.

All complete down to the last lamp, chandelier, clock, mirror, rug, tv set, painting, sculpture and wall papered wall.

So you can see how all the things we make can go together.

And so, by talking with us, you can get ideas of how our things can be mixed and matched to go with the things you already have. To make rooms that are yours and nobody else's.

Walk around the gallery with one of our people and let him ask you about your home, your family and your style of life.

How big is, say, your living room? What do you already have in it? How do people come and go through it? What do you use the room for? Does your husband sprawl out on the sofa after dinner? What about your kids? How do you entertain? Are you formal? Informal? What are your tastes? Your likes? Your dislikes?

We show you how it'll look at home.

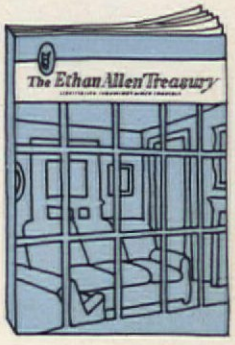
What exactly are those rooms you have in your head and how can Ethan Allen help get them from your head into your home?

Or, if you're not in a talking mood, pin on one of our buttons that says "Just Browsing" and walk around alone. And maybe sit down in a room setting and think things over.

Whatever surroundings you build for yourself, you're going to have to live with them for a long time.

And we want them to be right for you.

Drop in soon. And when you do, pick up a free copy (it's worth $5.00) of our new, 358-page "Treasury of American Traditional Interiors."



Here's where to find it.

It has ideas to help you move furniture around in your head long after you leave us.

To find the Ethan Allen Gallery nearest you, see the listing on the following right hand page.

Ethan Allen Galleries

We care about your home...almost as much as you do.

When you tell your daughter the facts of life, how many facts can you tell her about sanitary napkins?

You can tell her all you know about sanitary napkins.

Which is probably how to wear them and how often to change them.

And that's about it.

Now, if all napkins were the same, knowing so little about them wouldn't matter.

But they're not the same. No other napkin is made like Modess.

Or made with such high-absorption material. It has a special system inside that distributes moisture throughout the entire napkin.

So she's always protected from soak-through.

And then it has a blue moisture-proof shield covering not only the entire bottom, but the sides, too.

So she'll always be safe.

Those are the facts about sanitary napkins. To help you to tell your daughter more about growing up, write for our free booklet called "How Shall I Tell My Daughter?," Box 10-Y, Milltown, New Jersey 08850.

Remember, one day you'll be handing your little girl the brand you use.

Shouldn't it be Modess?

Modess

In Regular, Super, Teen-Age & Vee-Form

© 1971. Modess, Teen-Age and Vee-Form are registered trademarks of the Personal Products Company, Milltown, New Jersey.

DECORATING Q's & A's

The fabrics on our traditional furniture are worn and need replacing. Is it absolutely necessary that I recover them with a traditional fabric or can I use one of a more modern design?

Traditional furniture in modern dress looks very fresh today. For example, a stylized flower design in a bright, modern palette looks very well on a wing chair. A tiny geometric print will likewise bring a Louis XVI chair into the 20th century.

We have an extremely small bedroom in which our bed takes up a great deal of space. I am wondering if it would be proper to place the bed catercornered.

You would find this a very awkward arrangement and not one that really solves your problem. Put the bed against a wall and rely on visual tricks to make the room seem more spacious. A single soft color in various shades and textures, mixed with white, will help. So will a window treatment that takes no floor space—such as shutters or shades within the window frame—either a mirror or mirrored wall, lamps that are low and unobtrusive and few accessories.

I would like to enhance my plain, solid-color towels in some way so that they can be used for guest towels. Can you help?

Make borders out of any preshrunk, washable material—ribbons, bindings or fabrics. Several narrow bands in various colors or one wide, boldly patterned band will turn the most ordinary towel into something special.

My husband wants a comfortable lounge chair in our living room, but everything I've seen would stick out like a sore thumb in our traditional living room. What do you suggest?

Try a Lawson-style chair, deep and wide with an ottoman and loose-pillow back, and your husband will be sitting pretty. You'll find that this chair will also blend with any style of decorating. Just be sure your husband tests it before you buy.

Every time someone walks across our new wall-to-wall carpeting, the footprints remain. This bothers me as it looks untidy.

If you have cut-pile carpeting, this is unavoidable. However, the shadows and highlights caused by footprints in cut-pile carpeting add a certain softness and dimension to the room that a twist or tight-loop carpet can't give. Learn to live with this carpet and the footprints will seem less and less obvious.

I want an all-white color scheme for my French Provincial bedroom. Do I vary the tones of white or try to keep them exactly the same?

It would be very difficult to get an exact match of carpet, drapery fabric and bedspread in all white. You will find most whites have a pink, yellow or gray cast. Don't choose a fabric by name, such as "bone white," for it could have almost any cast. Select your whites in one family; while they won't match, they should be of the same general shade. And keep in mind that an all-white room is most interesting when you have a variety of textures—shiny surfaces, for instance, mixed with velvety fabrics and shaggy carpeting.

Our bathroom has lavender ceramic tiles halfway up the walls. The color seems a hard one to work with, but I don't want to go to the expense of replacing the tiles. Any ideas?

Choose two more colors of the same intensity—rather soft but a bit stronger than true pastel. There are beautiful shades of cantaloupe melon, peach pink and sky blue available in paints and towels. Do the walls in melon, and hang a mixture of peach and sky-blue towels. Keep woodwork, soap dishes, towel racks, drinking cups and tissue box white.

I keep hearing about Roman shades. What are they and how do they differ from Austrian shades?

A Roman shade has horizontal pleats which stack up neatly as the shade is pulled up. These pleats can be pressed to give a sharp edge or left in soft folds. The Austrian shade hangs in scalloped swags that are gathered up as the shade is raised.

The Austrian shade is quite formal and goes best with Victorian furniture. The Roman shade is much more architectural and is extremely effective with clean-lined, modern furniture.

Direct your decorating questions to: Decorating Q's & A's, American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters submitted will be selected for an answer on the basis of their general interest. Sorry, we are unable to send personal replies.

ETHAN ALLEN GALLERIES

Check list below for the Ethan Allen Gallery nearest you

ALABAMA
Dothan ..... The Village
Mobile ..... Carriage House
ARKANSAS
Little Rock ..... Carriage House
FLORIDA
Dania ..... Georgetown
Daytona Beach .... McFarland Furniture Co.
Ft. Lauderdale ..... Burdines
Ft. Walton Beach ..... Danley Furniture Co.
Gainesville ..... Cox Furniture Co.
Jacksonville ..... Carriage House
Miami ..... Georgetown
Miami ..... Burdines
Miami ..... Burdines 163rd Street
Miami (Dadeland) ..... Burdines
Orlando (Maitland) ..... Carriage House
Panama City.... Danley's Ethan Allen Gallery
Pensacola ..... Danley's Carriage House
Pompano ..... Georgetown
Tampa ..... Carriage House
GEORGIA
Atlanta ..... Carriage House
Brunswick ..... Zachry's of Brunswick
Decatur ..... Carriage House
Waycross ..... R. B. Zachry Furniture
INDIANA
Gary ..... Georgetown Manor Int. 165 & RTE. 30
Indianapolis ..... Grahams of Glendale
Indianapolis .... Whitehall Furniture Galleries
Madison ..... Bensinger's
South Bend ..... Ries Furniture Co.
KANSAS
Kansas City ..... Falconer Furniture Co.
Prairie Village ..... Pilgrim House
Salina ..... Norris Furniture Co. Inc.
Wichita ..... Manor House
KENTUCKY
Louisville ..... Bensinger's
Paducah ..... Carriage House
Pleasure Ridge Park ..... Bensinger's
St. Matthews ..... Bensinger's
LOUISIANA
Lafayette ..... Weimer's Carriage House
New Orleans ..... Lafayette Colonial
MISSOURI
Columbia ..... Mulkey's Carriage House
Jefferson City ..... Mulkey & Marshall
Kansas City ..... Pilgrim House East
Moberly ..... Mulkey's Home Furnishings
St. Louis ..... Carafiol Colonial Manor
St. Louis (Bridgeton) ..... Carafiol's
St. Louis (Lemay) ..... Carafiol's
NORTH CAROLINA
Asheville ..... Shipley's Carriage House
Charlotte ..... Tryon Manor
Jacksonville ..... Furniture Fair, Inc
Raleigh ..... Pilgrim House, Inc.
OKLAHOMA
Ada ..... Perry & McGee
Oklahoma City..... Village Carriage House
Shawnee ..... Perry & McGee
Tulsa ..... Rich's of Tulsa
SOUTH CAROLINA
Charleston ..... Colony Furniture Mart
Columbia ..... Greene Manor
TENNESSEE
Bristol ..... Gurley's Homestead House Inc.
Knoxville ..... Woodruff's Century House
Madison ..... Henshaw's Furniture
Nashville ..... Henshaw's Inc.
TEXAS
Dallas ..... Adele Hunt Inc.
Dallas ..... Coach House Shops
El Paso ..... Charlotte's Carriage House
Ft. Worth ..... Plymouth House, Inc.
Houston ..... Black's Carriage House
Houston ..... Georgetown Manor, Inc.
Lubbock ..... Concord House
Odessa ..... Casstevens Furniture

For a Gallery near you, if not listed above, write Ethan Allen, Dept. AH-271 Box 288, Murray Hill Station, New York, New York

DECORATING NEWSLETTER

Apartments: designs in mind. Much of the new furniture that was introduced to the trade last October, and which is now beginning to appear in our stores, was designed for close-quarters apartment living.

Following is a selection of pieces from leading manufacturers, scaled and engineered for apartment dwellers.

• A server by Founders Furniture is 42 inches high and has a drop front so that it can also be used as a desk or mobile serving and eating counter.

• A small (15x30 inches), tidy-looking beverage cabinet by Lane has a generous bin that holds nine bottles and 14 glasses. The top of the unit lifts up to reveal a mirror-backed mixing surface.

• Charlton has an imported dining table that stores six folding chairs in its cone-shaped base. The white-plastic, circular top consists of a half-dozen removable trays with indentations to hold plates and cutlery.

• Rounded corners give Stanley's modern bedroom/dining-room group its special cachet and also prevent bruising when the furniture is used in small rooms. Surfaces are white plastic framed in dark wood; hardware is chrome.

• Beylerian signs in with a colorful, plastic "Combo Set," a small storage column of many uses that travels about an apartment or house on fat casters.

• Ethan Allen has a select group of occasional storage pieces in mellow, honey-colored yew wood that would furnish the smallest space with charm.

• A walnut-and-aluminum table by Bernhardt houses six low-backed chairs under a round glass top, thus freeing floor space. The firm has also added a mini-semainier (or chest of seven drawers) to their campaign collection.

Do-it-yourself system. Storage systems, such as those featured on pages 63–65, are a boon to apartment renters and homeowners. They turn do-nothing spaces into storage walls, and when you move, the component parts can be reassembled to fit new areas and personal needs. "Whatchamacallits" by Integral Cubics, Inc. get their start in life as packs of wooden panels that turn into 15-inch cubes or 15x30-inch double cubes that can be grouped and stacked at will. With the firm's Divide-A-Shelf, Add-A-Shelf and Add-A-Door kits, you can adapt the basic pieces to your own special storage requirements. Panels are finished in pepper red, Adriatic blue or Capri yellow and are also available in walnut and white. The "Whatchamacallits" booklet is free and tells you how to furnish your nursery, home office or dining room with a homemade system. For a copy, write to: Integral Cubics, Inc., 39-05 Crescent St., Long Island City, N.Y. 11101.

Modular milestone. In a recent contest for California designers, Hiroyuki Arai, a Japanese student at the Los Angeles Art Center College, won first prize for his modular seating system. The elements, made of plastic foam, can be combined as sofas, chairs, beds, tables and storage units.

Mirror, mirror. A mirrored wall seemingly doubles the size of any room, but is it worth it when you think of the cost of permanent installation? We saw the solution for just such a wall treatment in the Thayer Coggin furniture showroom recently. The wall was painted dark charcoal and 30x48-inch rectangular mirrors were installed about 3 inches apart, wall-mounted by plastic clips. (Mirrors are thus easily removed, with little wall damage.) Three remaining walls were done in silver foil for added effect. —Vera D. Hahn

The Most Exciting Headache News In Years...

Doctors' Tests In Treating Nervous Tension Headaches Now Made Public

Results Prove An Extra-Strength Tablet That Needs No Prescription Just As Effective As The Expensive, Leading Pain-Relief Prescription Of Doctors.

If you're one of the many who get tense, nervous headaches, you should find these recent medical reports of the upmost importance.

Physicians who specialize in scientific research conducted tests on 826 patients, 507 who complained of tension headaches. The results proved that an extra-strength tablet that needs no prescription *(Anacin)* is every bit as effective to *completely* relieve nervous headaches as the expensive, leading prescription of doctors. Additional tests made by other doctors verified beyond a doubt that Anacin gives the same *complete* headache relief as the pain-reliever so powerful it needs a doctor's prescription.

After taking Anacin, headache pain disappears in minutes so its nervous tension and pressure on nerves vanish, too. Despite its strength, Anacin is not narcotic. Not habit-forming. You can take Anacin without getting dizzy or an upset stomach. Millions of headache sufferers must consider Anacin superior because it's America's largest selling analgesic.

To obtain *complete* relief from pain of a tension headache—it makes good sense to take Anacin® Tablets. You get the same powerful, fast-acting headache relief as the leading prescription. Yet Anacin needs no prescription and is far more economical.

You've come a long way, baby.

Virginia Slims.

This is the one cigarette made just for women.
They're slimmer than the fat cigarettes men smoke.
With the full, rich Virginia flavor women like.

THE PLUMB LINE

GLOBAL CONCERN

As the world gets smaller, environmental problems that may have seemed to be local frequently turn out to be global. Dwindling open space of the natural variety is a perfect example. The urbanites among us who look out upon mile upon mile of buildings and streets have brethren, it seems, in Italy, Bulgaria, Syria and Brazil, to name only a few. In these countries, too, the pressure is on to enjoy pure space inhabited only by grass, trees and birds.

This was made plain recently in Washington, D. C., when architects and city planners from 15 nations got together to discuss our all too common woe. Most of the experts generally agreed on the culprits: land speculation, outmoded land-use patterns based on cities of the Middle Ages and movement from the country toward urban centers and seacoasts. In many cases, they noted that the newer suburbs offer fewer public parks and open spaces than older cities with a denser population.

Among the alternatives suggested were cities underground, in the sea, out in space or up in the air with simulated natural environments. A good start, it was thought, would be for the UN to take a worldwide inventory of valuable open space, then figure out how to retain it. One idea that seemed to us to make a lot of sense was to give tax benefits to those who are helping to preserve natural beauty.

RID THE RUST

Rust, one of those pesky, recurrent problems that flares up to trouble the homeowner, may have met its match. A Rust-Eraser that cleans rusted and corroded metals has recently been put on the market. The eraser is also said to remove scuff marks, stains and discoloration from tile, plastic, ceramics, china, wood, brick, stone and composition floors. The product, which looks like a dark-brown version of the standard rubber eraser, costs 99¢ and is made by The Coricone Corporation, Long Beach, Calif.

URBAN AND STUDENT RENEWAL

A pilot work-study program, designed to help solve the school-dropout problem and rebuild city housing, has begun in Rochester, N.Y. The idea originated at Eastman Kodak, the city's largest employer. Kodak proposed that a group of 20 students, a mixture of dropouts and those who lacked interest in school, attend regular classes for half a day and spend the other half applying what they learn to the renovation of houses that could be purchased by low-income families. The students would be paid $1.85 an hour for the half-day work training.

In the project's six-month experimental phase, under the direction of Rochester Jobs Incorporated (an agency that helps the unemployed find work), the City School District of Rochester, the Metropolitan Rochester Foundation and Kodak, the students not only received training but also rebuilt a training center, rehabilitated four houses and began work on a fifth. After working on the renovation of the training center, one trainee commented: "I can't believe it. I never thought we could do it. For the first time in my life I've been involved in something worthwhile."

The positive results of the pilot project, and the development of two others, have led to a $1,000,000 U.S. Department of Labor grant for Rochester (continued)

THE NATURAL LOOK IN DENTURES

FROM POLIDENT GREEN TABLETS

Polident Green works to uncover the natural look your dentures were made with. Powerful green cleaning bubbles not only bubble away stain and odor, they safely bubble away the past.

In only minutes the green bubbles disappear. Your dentures are sparkling clean and fresh. Now the natural look is back. The natural look in dentures.

Polident®

Why don't you become a professional Interior Decorator?

It's a high-income field where a woman is in her glory. There is a good demand for decorating services and opportunities are abundant . . . even if you use only part of your time. You can train at home without interrupting your regular duties.

BY JANICE TRIMBLE

I don't think there are many fields today that offer more pleasure or greater rewards to a woman than that of interior decorating.

It is an ideal place to put your natural love of beauty to practical use. You can do this in a well-paid position or decide to go into business for yourself.

Do you enjoy doing your own decorating? Have you ever helped a friend solve a decorating problem? Then you may have the makings for success as a professional decorator.

Even if you've done no decorating, you may be one of many women with unsuspected talent in this direction—talent just waiting to be discovered.

You can now train for this work at home, in your spare time. No previous skills or experience are required for this training. Why not look into the many opportunities that interior decorating offers you?

A tremendously expanded field

It used to be that only wealthy people employed professional decorators. That's no longer true. Increasingly large numbers of homemakers now rely on the services of decorators. They know that a decorator can provide beauty and individuality – and can often save them money, too.

The work of a decorator is varied and interesting. It frequently takes you and your clients into smart showrooms and shops filled with treasures. You move in a world of fashion, creativity and ever-new challenge.

Designing and furnishing even a single room may earn a decorator hundreds of dollars; larger assignments may earn much more. Many women do well just in part-time work; their own homes often serve as showcases for prospective clients.

But decorators are busy in many areas besides homes. Their talents are employed in decorating hotel rooms, business offices, building lobbies, clubs and institutions. That's why the profession has grown so large.

What the LaSalle Course teaches you

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the professional work itself. Much of the study material included is unique in a course of this kind. For instance, you get an attractive, simple-to-operate slide projector with color slides that show interiors almost as big as life on your wall. You also get professional sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

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Please mail me your free illustrated booklet "Your Career in Interior Decoration," describing the LaSalle home study course.

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State ..... Zip .....
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Fabulous saving

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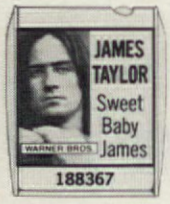

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when you join now, and agree to purchase as few as four additional cartridges during the coming year, from the more than 600 to be offered

Or...if you have no tape cartridge equipment, take this

complete 8-track cartridge system

The richness of full stereo sound—with the convenience of 8-track cartridges!

Here's everything you need to enjoy the new world of 8-track cartridges! Precision-engineered to high Columbia standards, the System—with its solid state design and rich walnut-vinyl finish—includes a Player with Program Indicator to control 4 stereo channels (8 tracks) of music that play automatically or can be switched from channel to channel with the touch of a finger. The Amplifier has right and left speaker Volume Controls, plus Tone Control to adjust bass and treble balance. The Twin Speaker Enclosures have sensitive yet heavy-duty speakers for maximum stereo fidelity. From Japan. Dimensions: Player is 8⅝" W x 4½" H x 10¾" D. Amplifier is 6¾" W x 3¼" H x 8¼" D. Each speaker is 7¼" W x 9½" H x 4¼" D.

Beautiful, compact matched component system!

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Here's the most advanced, most convenient, m trouble-free way for you and your family to en stereo music in your home! It's the famous, 4-pi component COLUMBIA 8-TRACK TAPE CARTRID SYSTEM . . . at a truly fabulous bargain price!

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You might expect to pay up to $99.95—even mo —for this System at fine stores in your area. Yet n you may have it for only $29.95—**a price even belo our own cost**—when you join and buy three ca ridges of your choice at the regular Club price $6.98 each, under terms outlined in this advertis ment. Note that you may charge the System to o of your credit cards, if you wish.

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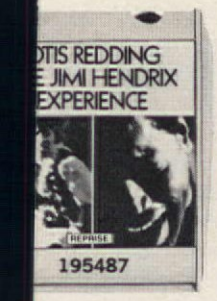

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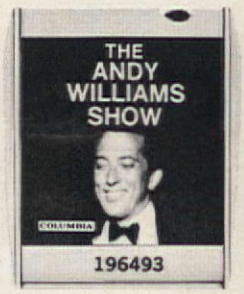

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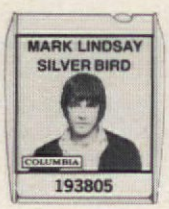

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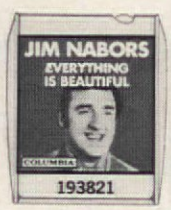

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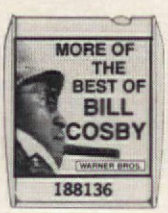

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f you want only the regular selection of your main musical rest, you need do nothing—it will be shipped to you autoically. Or you may order any of the other cartridges ofed . . . or take no cartridge at all . . . just by returning the conient selection card by the date specified. What's more, n time to time the Club will offer some special cartridges ch you may reject by returning the special dated form proed . . . or accept by doing nothing.

UR OWN CHARGE ACCOUNT! Upon enrollment, we will n a charge account in your name. You pay for your carges only after you've received them—and are enjoying m. They will be mailed and billed to you at the regular Club e of $6.98 (some special cartridges somewhat higher), s a mailing and handling charge.

NTASTIC BONUS PLAN! Once you've completed your enment agreement, you'll get a cartridge of your choice FREE us 25¢ mailing and handling) for every two cartridges you ! That's like getting a 33⅓% discount from regular Club es on all the cartridges you want, for as long as you want!

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Mail this coupon today!

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Please accept me as a member of the Club. I've indicated below the three cartridges I wish to receive for $1.00, plus mailing and handling. I agree to purchase four more selections during the coming year at the regular Club price under the terms outlined in this advertisement . . . and I may cancel my membership any time thereafter. If I continue, I will be eligible for the Club's generous bonus plan.

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☐ Check here if you want to receive the Columbia 8-Track Tape Cartridge System for only $29.95. Enclose your check or money order as full payment. (Complete satisfaction is guaranteed or your money will be refunded in full.) You'll be billed $6.98 each for your first three cartridges (plus a mailing and handling charge for the cartridges and System), and you merely agree to purchase as few as twelve additional cartridges during the next two years at the regular Club price. (Be sure to indicate in the boxes above the three cartridges you want.)

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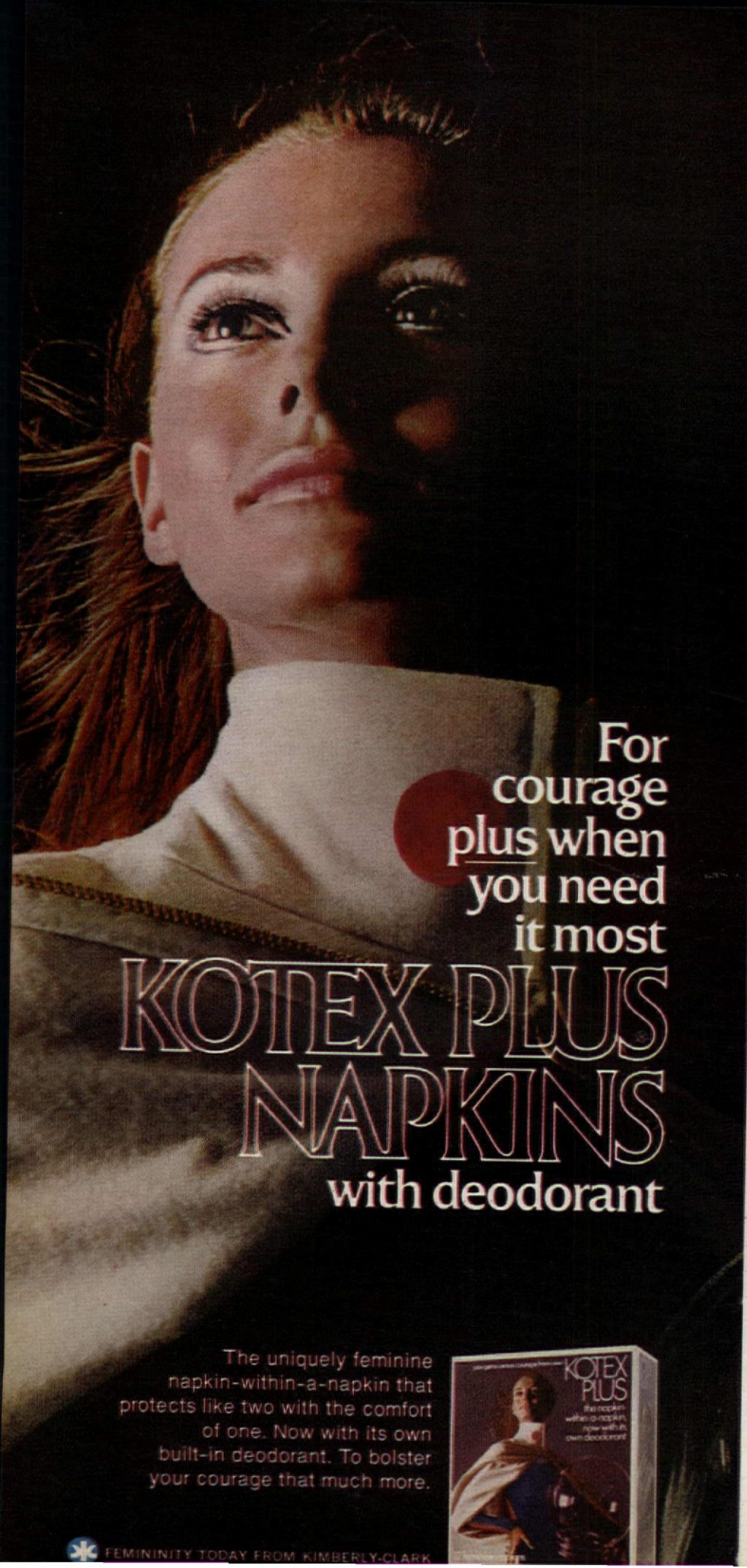
☐ Midwest Bank Card ☐ Uni-Card ☐ BankAmericard

Account Number _____ Expiration Date _____

Signature _____ B32-4/5S B32-5/6S



THE PLUMB LINE continued

to train a total of 350 youths in demonstration program called "Opera tion Young Adults." The program wil we hope, serve as a model for simila experiments elsewhere.

REFURNISHING OUR STREETS

The visual chaos that assaults ou eyes as we walk down the streets of ou cities and towns results from the unco ordinated maze of signs, lights, traffi signals and street furniture.

The city of Pittsburgh has tapped one of its industrial-design firms, Pete Muller-Munk Associates, Inc., to create a standardized system of public-street equipment, including lights, traffic sig nals and signs, fire and police call boxes hydrants, newsstands, telephone booths transit shelters and benches, mail boxes and trash receptacles. If all goes accord ing to plan, the new street design should replace the old within six years.

Objects such as telephone booths and mail boxes will be built of modular ele ments to provide for flexibility and sim plify manufacturing, reducing costs.

PLAYING ECOLOGY

Play can be educational not only for children but also for adults willing to have a go at the new ecology board games called Dirty Water and Smog. In Dirty Water, the player assumes the role of an administrator who must con trol pollution and maintain an ecological balance in local waters. Each of the players in Smog is an air-quality man ager for his town, responsible for clean ing up polluted air.

The originator of the games is Urban Systems, Inc., a group of Harvard and M.I.T. professors and students with professional experience in ecology.

In addition to the games, Urban Sys tems has produced five experimentation kits for learning about ecology: Why Are Leaves Green?; Life in the Water; Predator-Prey; What Moves Life; and Life From Death. Price of the games is $10 each; the kits, $60. The address: Urban Systems, Inc., 1033 Massachu setts Ave., Cambridge, Mass. 02138.

ALL IN THE CARDS

A packet of eight 4x5-inch note cards, displaying scale architectural drawings of historic 18th-century buildings in Newport, R.I., is available for $1 from Operation Clapboard, Inc., a Newport preservation organization. Operation Clapboard, which was featured in the August '70 *AH* ("Today's Newport Revolution"), will use the proceeds to continue its preservation work in the city. To order the cards, write: Opera tion Clapboard, Inc., Box 238, Newport, R.I. 02840. —Barbara Plumb

Dow Bathroom Cleaner.
Can you see yourself using anything else?

By Denise McCluggage

THE SAUNA EXPERIENCE: Discover how life can be beautiful at 200° F.

First, I put a fresh egg, right from the refrigerator, on the upper bench of my sauna, set the thermostat at 200°F. and flick on the stove. Sometime later I come back. It could be 45 minutes or an hour —the sauna would be hot enough—but it's more like two or three hours. I like the heat to drink every vestige of moisture from the air until the wood walls seem to glow and the pile of rocks on top of the stove are heated uniformly right through and hot enough, it seems, to make a drop of water dance. With wood-heated saunas, this state is called "ripened." I like to think the term applies to my electric sauna.

In the subdued light (I prefer a dim, blue bulb or one of those fancy, clear bulbs with the colored, flower-shaped filaments) I stretch out—gin-ger-ly—on the hot top bench, and there we are—the egg and I. My sauna is what I consider minimal size, just space enough for a lower and a higher bench and room to lie flat—my toes touch one wall, the top of my head brushes the other. I prefer lying down in an even level of heat. I also like the walls to lie down, and I had my sauna built so that the wood—cedar in this case, though many are redwood—runs horizontally. I think it's more restful than watching vertical lines marching around a small area.

It is not merely warm in here; it is a toenail-tingling heat and it treats my tight muscles like chocolate bars and slowly melts them. The sharp spray of thoughts I came in with, vectoring through my skull, grows heat-dulled and finally meanders off, unmissed. Then, without direction and unbidden, an awareness grows of the melting muscles, the sting of breath in the nose and a sense of the quickening heart as a physical thing, an actual pump, pumping almost audibly as it sends blood—hot as molten lead, it feels—through the body.

The skin is flushed and marbled by all this vascular activity. And the heat penetrates deeper and deeper. Shortly, the perspiration brigade is called out. At first, the thirsty, hot air absorbs any moisture, then faster it comes and soon rivulets then tributaries trickle down the valleys of the flesh.

Some people start perspiring almost immediately in the sauna, some take longer—and some react differently at different times. I seem to pop into a sweat when my general muscle tone is best, and when I feel a marshmallow dullness it takes much longer. Anyway, after 10 or 15 minutes it is time to cool the flames building within. I step out and into a coolish shower. Or if it is snowing, I walk out into the night of the deserted countryside and the flakes fall like a constant shower of tiny needles on my lifted arms. The body is so stoked by the heat from the sauna that it steams in the cold air and melts deep molds of itself in the snow bank I drop into. Sweeping my arms at my sides, I imprint an angel shape, laughing to see the snow crystals dissolve on this griddle surface that is me. The feet feel the cold first, leaving incongruous, bare prints to freeze (and baffle a deliveryman the next day). They pad me quickly and dripping back to the womb of the sauna. Water melted from the sky and water brought forth from the body mingle now in a mix of hot and cold with no clear idea of which is which. It's like dry ice. There's a tingling and a glow and it feels just plain fantastic. A gentle switching with a bouquet of birch twigs would enhance this glow, but my nearby birches seem to have leaf blight so I forgo this.

Stoked again and cooled again—it's the cycle of the sauna—and it can be repeated as often as you like. Then it all ends with a soapy, hearty scrubbing. Purists never use a towel; they let the air waft them dry. I can see why, because on soft summer evenings on my tree-shrouded hillside I sit on my deck in the soft feathers of a gentle breeze and it's marvelous. But that is not always possible. Gentle patting with a thirsty towel or a wrap-up in an enveloping terry robe will do the trick. Then lie down someplace quietly and purposelessly and let your body throb as the embers cool within you.

Unlike a steam bath, the sauna is not enervating, and soon, as you lie doing nothing more than feeling your existence, a charge of energy surges through your renewed body and mind. You want to do things—eat for one. Or finish that dull task you've been avoiding. Or play a game or write a letter or listen to music. Or even sleep, and you will sleep unbelievably well, because most everything you do after a sauna you do well—or so it seems. Oh yes, about that egg. Eat it. It's well-cooked by now. And what a kick to think that you were in the "oven" with it.

This is a personal view of the sauna because sauna—as the Finnish call it without the article "the" or "a"—is a personal thing. I'm a convert, but not an expert, so I'm not telling you everything about saunas but only what I know.

Everyone has favorite variations of the sauna ritual, and favorite saunas. For some, the only real sauna is burrowed in a hillside with the smoke from the stone-heating birch fire wafting about the room. For others, it's a log, lakeside sauna with a wood fire and a pleasant old lady—a sauna fixture in Finland—to scrub you almost skinless and rinse you with buckets of water.

Compared to your favorite sauna, which you'll always think of as the "real" sauna, others are like reproductions of a painting—not the masterwork itself but a welcome reminder of the treasured original.

It is difficult for people who wilt in city heat when the thermometer nudges into the high 90's to imagine *surviving* long exposure to 200°F. or more, let alone enjoying it. Water, for heaven's sake, boils at 212° F. and if you lie beside a cooking egg, why aren't you cooked?

It comes to the old cab-driver cliché, the one that follows, "Hot enough for you?," which is: "It ain't the heat, it's the humidity." The human body can stand vast extremes of temperature as long as the air is dry. The relative humidity in a sauna, regulated by splashing water over the heated rocks, should never be over 20 percent and some bathers prefer 6–8 percent. In such dry air the temperature of Finnish saunas, which averages about 212° and even ranges up into the 260's, becomes more understandable. But it is still something one must experience to believe. Americans with private saunas usually set theirs at a range of from 175° to 210°, but, sadly, it is the policy for many public and club saunas to venture no higher than 150°. That's hardly a sauna at all, but then many things lose something in translation.

And speaking of translation, the Finns, who have used the sauna for at least 2,000 years, must be astounded at what has happened to their bath since its fame has spread in this (continued)

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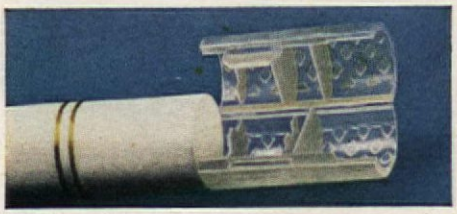

The filter system you'd need a scientist to explain...but Doral says it in two words, "Taste me"

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country during the past 10 or so years. Still rare enough to be status symbols in the U.S.—though the sauna trend, as evidenced by apartment communities such as Sixty-01 in Redmond, Wash., (see pages 70–75), is gaining momentum—saunas are commonplace in Finland.

Look what has happened to the very word "sauna." Meaning "bathhouse" at its Finnish simplest, it has been used and abused in this country until its meaning has become badly diffused. "Sauna" has become an "okay word," loaded with class, to attach to almost any product that promises to reduce poundage or improve health and happiness.

But manufacturers are not the only ones muddying the term. Consider *The American Heritage Dictionary of the English Language*. Its definition goes like this: "A steam-bath treatment originating in Finland, in which the bather is subjected to steam produced usually by running water over heated rocks." Now if you've read this far you know that that's wrong.

Let's try a new definition: "The sauna is a hot-air bath of extremely high heat and relatively low humidity that relaxes and cleanses the bather by inducing perspiration." That's better than the *American Heritage* try, but it is still lifeless and says nothing about the spiritual properties of the Finnish bath, a near mystical aspect that is rooted in antiquity. Many primitive peoples associate fire with a supreme being and it is no wonder that the sauna stove was considered an altar divine. Even today it is said in Finland: "Two places are holy, church and sauna."

It may well be that the Finns' reverent attitude toward the sauna has preserved it as an institution whereas other great bath cultures, such as the Romans', floundered and died in debauchery and disease. Without ritualization, the Japanese tea ceremony would be nothing more than a tea bag swished around in hot water. Without reverence, the magic mushroom ceremony of the American Indian deteriorates into a freak-out on mescaline. And without its spirit, the sauna would slip into seedy disrepute.

I trust any image you might have had of a sauna as a tiled room with clouds of swirling steam and water dripping from the walls as well as the people has been successfully erased. To repeat, a sauna is not a steam bath. But to complicate things, steam plays an important role in the sauna. Water isn't "run" over the heated rocks, but from time to time it is splashed on them by the dipperful, vaporizing instantly and invisibly with its only evidence the sharp, new tingling of the skin and the searing of the nostrils. Suddenly it seems as if the temperature has shot into the intolerable range. Actually, it has dropped a little; it is the relative humidity that has risen sharply, causing this flash sensation that the Finns call *löyly*. Some believe it is the soul of the sauna. Some can't take it. (I bypass it more often than not since I disrespectfully let my wooden sauna bucket dry out and fall to pieces.)

Nor, to continue hassling the dictionary, is the sauna, strictly speaking, a "treatment," though devotees claim wondrous healing powers for it. Maybe it comes down to the notion that a feeling of well-being *is* well-being. And anything that can "cure" a bad mood has to have something going for it.

Enthusiasts can exaggerate, however, and the Federal Drug Administration watches carefully to make sure that no manufacturer makes unsubstantiated claims

that its sauna is a "cure." (Subjective matters like spiritual uplift, of course, are out of the FDA's territory.)

As a reducing aid, the sauna might be of some value, providing you limit your liquid intake after leaving one; the weight lost from perspiring is replaced quickly when the thirst is quenched. Still, there are those who'll tell you the sauna helped trim them down. But don't count on it.

As an acne cure, the sauna has no magic in itself, but it does often help because it so thoroughly cleanses the skin. As a cure for arthritis, bursitis and other such ailments, there is no concrete evidence. At least nothing more substantial than someone saying he feels better after a sauna.

As a sobering-up device, the sauna has some validity—after all, alcohol, when used as an antifreeze, boils out of the radiator of an overheated car, and that's at temperatures well within the sauna range. But if a person needs sobering up he must be drunk, and not only is drunkenness unseemly in a sauna, but it can be dangerous. That stove is hot. As a hangover treatment, that's another matter. A sauna the morning after comes highly recommended.

As a cure for colds, again there is no medical evidence that the sauna has any such powers. But I can attest to its benefits at that "one's coming on" stage.

Respiratory troubles can be aggravated by the hot, dry air of a sauna, and hacking coughs can get hackier. Authorities advise people suffering from blood pressure irregularities—high or low—or elderly people to check with their doctors before using a sauna. Those with heart disease are advised to avoid the sauna, too, since the high heat does make demands on that organ. And anyone, even in the best of health, should avoid the possibilities of dehydration and heat stroke that overexposure to high, dry heat can lead to.

What are the concrete benefits of a sauna other than That Feeling? Ask anyone with muscles screaming after too many hard sets of tennis or an early-season skiing binge. Stiffness is just incinerated away. And there is nothing more satisfying when you are chilled through from the cold, and a furnace set at 75° finds you shivering from the inside out, than to bask in a sauna. Convinced? Turn to page 44 and start planning your sauna.

The fondue set that gives you a fry pan.

You get twice as much with the Hoover Electric Fondue Set. You get a roomy fondue pot and thermostatic heat control that keeps fondue at piping-hot temperature. Plus, the heating unit doubles as a mini fry pan, with its own lid! So, the Hoover Fondue Set does a lot more than fondue. And you don't just use it when company comes.

SOME DON'TS FOR SAUNA BATHERS:

- Don't eat just before a sauna. The blood is busy helping with digestion and can't be two places at once. Wait at least an hour. Bathe now, eat later.
- Don't smoke or exercise in a sauna.
- Don't wear anything metal into a sauna—even briefly. Earrings or medallions can burn you.
- Don't take pets into a sauna. Their cooling systems are different from yours and panting doesn't help them.
- Don't try for the higher temperatures with small children in a sauna. Their perspiration glands are not fully developed.

And the Finns might add:

- Don't violate the sanctity of a sauna (don't whistle, don't be noisy, don't swear, don't bustle around).

And finally:

- Don't watch TV, don't read, don't even think. Just relax and give yourself to the experience.

continued

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4. Offer good at participating Rexall Drug Stores and void where prohibited, taxed, or restricted by law.

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Junior Chewables, 144's Super Plenamins, 144's	Save $1.00
Super Plenamins, 288's	Save $2.00
Super Plenamins, 365's	Save $3.00
Buy two Super Plenamins, 365's and	**Save $7.00**

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THE SAUNA EXPERIENCE
continued

If you can spare just a 3-foot area, a can afford to part with between $3 and $670, you can buy and assem your personal sauna. The cost: $150 $495 for the sauna stove and $175 mo for materials to insulate the sauna a box it yourself in cedar or redwood.

These are modest sauna prices; the are dozens of sauna manufacturers a importers who stand ready—at costs u to $7,000—to put you in the bathe seat in anything from a mini-sauna the generous family size. Am-Finn a Viking, among others, offer a no-oblig tion custom-design service. You se them the dimensions of your space a they will design a sauna to suit.

Saunas in kit form, precut to fit yo space, are also available. You, or hire help, put it together. Ehr-lite has suc a kit whose standard sizes can be varie in increments of two feet.

The sauna stove is the single mos expensive item and should be chose carefully so it will heat your size saun properly. If you use electricity, you wi need 220 volts for most stoves. Ga stoves are available, too. They wi need some sort of outside flue systen so keep that in mind. There's always th wood stove—an idea more appealin than the fact. Not recommended.

There are a number of gadgets fo the well-outfitted sauna. Essential is heat-control thermostat. Highly desir able is an automatic timer-control box

You do not need a water source in th sauna. You really don't *need* a wooden bucket and a dipper, but if you are looking forward to the zest of *löyly* you'll find them necessary.

Handy is a timer that dings. Interest ing is a thermometer that tells you the temperature you've reached, but more instructive is a hygrometer which regis ters the relative humidity in the sauna.

For more information on saunas, write to these sources: Am-Finn Sauna, Had don Ave. & Line St., Camden, N.J. 08103. Ehr-lite Corp., East Rochester, N.Y. 14445. Helo Marketing, Inc., 27 Westerly Lane, Thornwood, N.Y. 10594. Sauna Corp. of America, P.O. Box 367, Chippewa Falls, Wis. 54729. Sauna King, Cascade Industries, Inc., Tal madge Road, Edison, N.J. 08817. Toivo Saunas, Div. of Micro Metals, Inc., 1000 Levee St., P.O. Box 192, Red Wing, Minn. 55066. Ultra Sauna, Vico Prod ucts Mfg. Co., Inc., 1808 Potrero Ave., South El Monte, Calif. 91733. Viking Saunas Co., 909 Park Ave., San Jose, Calif. 95150. END

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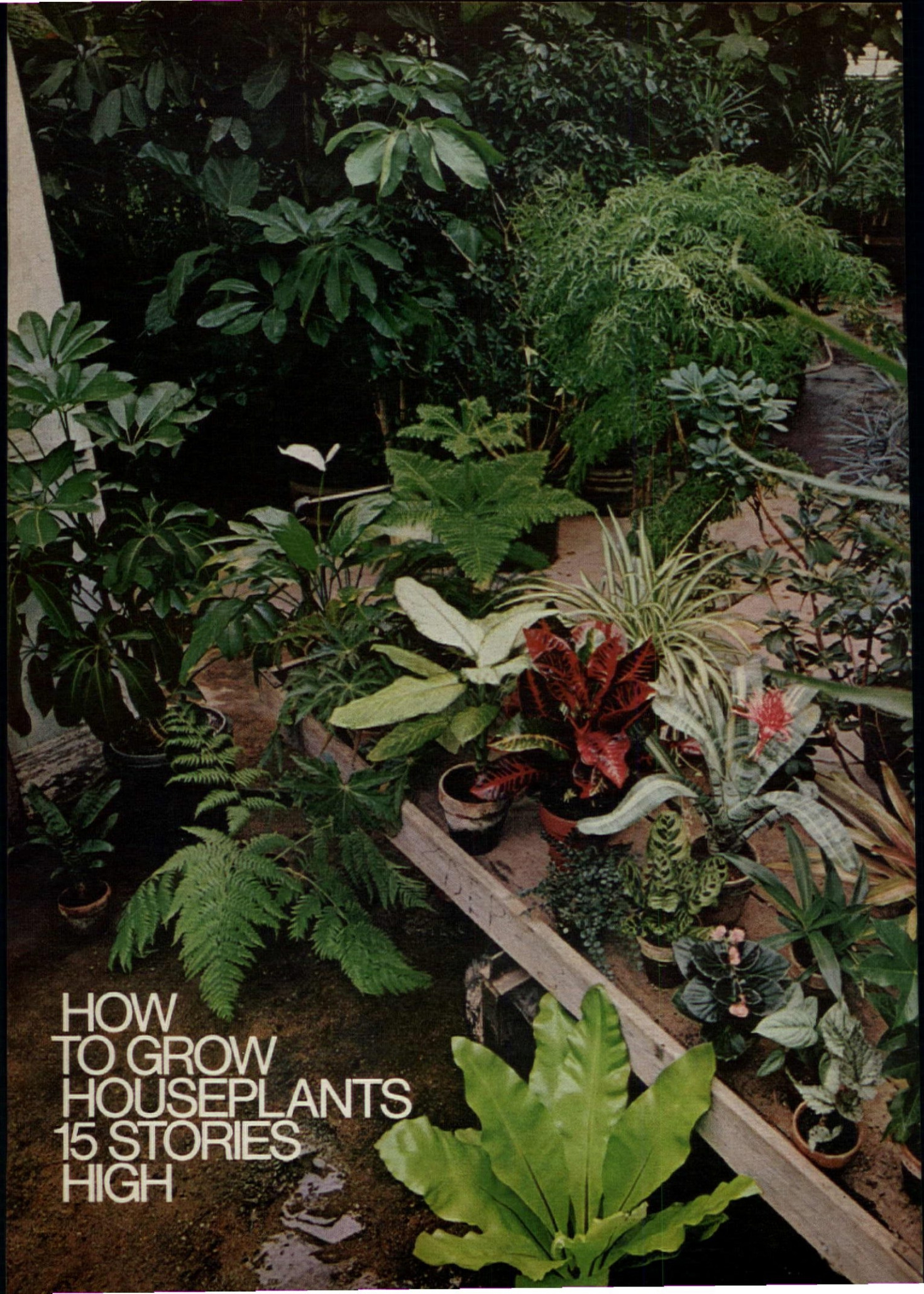
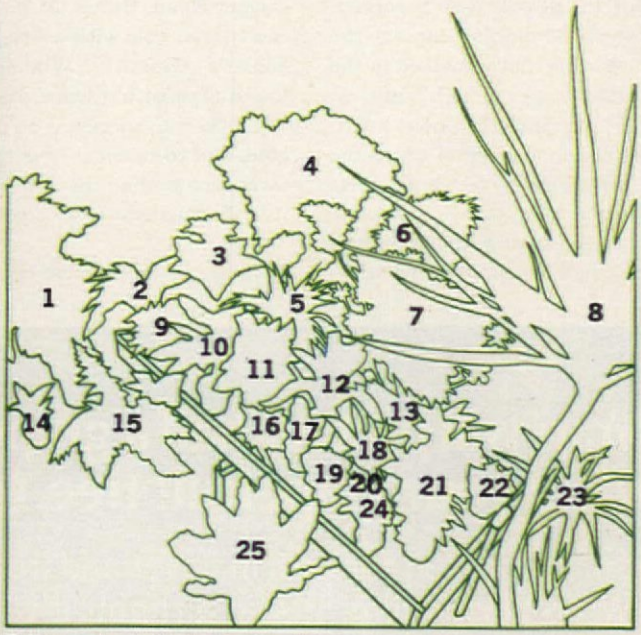

HOW
TO GROW
HOUSEPLANTS
15 STORIES
HIGH

Pictured here is an excellent selection of houseplants for apartment gardeners, grouped for style and impact as well as for healthy compatibility. The diagram below will clue you to their identities and general growing characteristics.



Foliage plants that adapt well to a variety of conditions: Schefflera (1), Norfolk Island pine (3), Polyscias (4), Dizygotheca (6), Pittosporum (7), Dracaena marginata (8), Dieffenbachia Rudolph Roehrs (10), Fatsia japonica (21) and screw pine (23). **Can even stand in water for a week or so with no ill effects:** the spider plant (5), croton (11), philodendron sodiroi (20) and colorful Spathiphyllum (2). **Do best in a moist atmosphere out of direct sun:** Ferns—Cibotium schiedei (15), Pellaea rotundifolia (16) and bird's nest fern (25)—and begonias, such as Hereacleifolia (9), Lady Frances (19) and fairy or Rex begonias (24). **Die-hards that grow almost without care:** hardy bromiliads—Aechmea fasciata (12), Neoregelia carolinae "Tricolor" (13) and Aechmea chaneinii (14). **A bit fussy but worth the extra care and effort:** the prayer plant (17). **Thrive in either sun or shade:** Moses-in-the-Cradle (18) and Wandering Jew (22).

By Lawrence V. Power

The heady atmosphere of high-rise living apparently encourages a love for things green and natural. The potted palm and the home-grown avocado tree have, in fact, become as popular on the contemporary scene as the Eames chair or the Parsons table. Urban families with country yearnings can have the best of both worlds by filling the cool, architectural spaces of their modern apartments with the softness, color and warmth of indoor plants.

Success with plants has a direct relationship to the interest and enlightenment of the grower. However, overprotective growers tend to drown their plants, and the vogue for talking to plants suggests that some must be bored to death. (continued on page 104)

Rudy Muller

HELP ABOUT THE HOUSE

SQUEAKY FURNITURE NEEDS GLUE

Please tell me how I can stop the doweled joints in old chairs and beds from squeaking. I've tried regluing them, but to no avail.

Yorba Linda, Calif.

If regluing the dowels hasn't worked, chances are you: 1) didn't clean out the crystalized old glue that remained in the joints; 2) didn't use enough glue; 3) didn't get the glue into the dowel holes; or 4) didn't clamp the joints while the glue dried. Here's the correct procedure:

Pry open each joint as far as possible without actually taking the furniture apart. With a nail, ice pick or thin stick, scrape out all the old glue you can. Some will inevitably remain in the joint, but this should create no problem.

When all joints have been cleaned, use a glue injector (available from Albert Constantine & Son, Inc., 2050 Eastchester Road, Bronx, N.Y. 10461) to fill each dowel hole with white glue, such as Elmer's Glue-All, Wilhold or Sobo, found in most hardware stores.

The key to success is to use plenty of glue, and to smear it over the wood surfaces surrounding the dowel holes, where it will augment the strength of the dowels.

When all joints have been filled with glue, push them together and apply clamps, weights or ropes to hold them rigid while the glue sets for 24 hours. Your best bet is rope. Wrap the furniture with several turns of it, then tighten by twisting the last turn with a stick, as you would a tourniquet.

Gluing furniture is a messy job. Make sure you do it over newspaper or a drop cloth. And keep damp rags handy to wipe off the excess glue that will be squeezed out of the joints as you clamp them.

REPAINT A REFRIGERATOR

We would like to change the color of our refrigerator. Is there a special paint we should buy?

Altoona, Pa.

Either epoxy enamel or ordinary interior enamel will do. The epoxy is more durable, but much more expensive and more difficult to apply. Whichever paint you decide on, be sure to go over the refrigerator first with fine sandpaper. If two or more coats of paint are needed, sand between coats.

MINERALS CLOUD WINDOWS

We use well water to clean our windows. However, the minerals in the water leave a white film on them. Nothing seems to remove it. How can we get our windows clean again?

Ellensburg, Wash.

We would suggest a household window spray. But if, for economy, you prefer water, use water from a dehumidifier or distilled water. Strengthen these with ammonia rather than soap or detergent.

FINISH WICKER WITH ENAMEL

What is the easiest way to prepare a painted wicker rocking chair for a new coat of paint, and what is the best paint for wicker? I would also appreciate a suggestion on how to anchor a foam-rubber cushion to the chair seat.

Seattle, Wash.

Rub the existing coat of paint with steel wool to remove the gloss. Then apply enamel from a spray can (brushing would be extremely difficult), following directions on the label. If a second coat of new (continued on page 52)

Saran Wrap™ will protect half a grapefruit and water your grapefruit tree, too.*

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*Here's how: Water plant. Wrap only pot in Saran Wrap. Gather excess at base of stem and clinch it there. Place pot in cool place. The soil will stay moist for several weeks while you're away.

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—Council on Dental Therapeutics

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By Dorothy Lambert Brightbill

Violets and springtime are synonymous and who doesn't welcome both! A wisp of maidenhair fern adds extra freshness. Spread their beauty on your table with a luncheon cloth or place mats. The designs are stamped on creamy-white 100 percent linen. Both the cloth and mats are edged with willow-green beauty edge to save you time in the making and to keep the linens flat and even. Kits for the cloth and the mats (sold only in sets of four) each come with four completely finished willow-green linen napkins. Both kits include easy-to-follow instructions. To order, and for our color catalog of other great kits, fill in the coupon below.

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continued from page 48

enamel is needed, go over the firs one with steel wool before respraying

The most practical way to anchor th cushion in place would be to sew length of bias tape to each of the tw back corners of the cushion. The tape i then merely tied to the chair.

FURNITURE FINISH CAN BE PATCHE

The finish on the top of ou dresser was damaged by spilled nai polish. Can we patch the finish o is it necessary to refinish the whol top?

Robbins, N.C.

If the damage is extensive, it might b easiest to remove the remaining finish from the entire top by sanding, then re-coat with varnish, shellac or lacquer, depending on what was originally used as a finish for the dresser.

If only a few spots of finish were damaged, try patching. To patch, rub around the edges of each spot with very fine sandpaper in order to feather, or taper, the unharmed finish. Then apply enough thin coats of varnish, shellac or lacquer to match the original finish in thickness and color.

REVENT FURNACE FOR FIREPLACE USE

We have a beautiful fireplace, but have been unable to use it when the forced warm-air furnace is in operation. The suction of one of the cold-air return grilles, which is located in the same room as the fireplace, pulls the smoke right out of the fireplace and into the room. Can the situation be remedied?

Quincy, Ill.

If your house has a basement, leave a basement window partially open to provide a source of outside air for the furnace. Or, if this doesn't solve the problem, a furnace installer may be able to add a duct that will bring outside air directly to the furnace.

Another idea would be to close, partially or completely, the cold-air grille which is in the same room as your fireplace, while also opening the basement window. If this helps, however, remember that it would not be wise to leave the duct covered when you are not using the fireplace, as your heating system could then be thrown out of balance.

GLUE HOLDS ON ROUGH TILES

I recently bought a set of clothing hooks which came with a glue that was supposed to hold them on any surface. I glued the hooks to the ceramic

(continued on page 103)

he Woman's Day Collector's Cook Book–A Treasury of Cooking Information

very one of these 2,000 sa-ory recipes was prepared by he editors of WOMAN'S DAY with **your** kitchen in mind. And the book itself was esigned with **you** in mind. An exclusive **stand-up** feature ermits you to follow the ecipe from beginning to end vithout stooping and without urning pages (each recipe is omplete on a page). All you lo is simply turn the easel-ack, which is bound to the ook, and stand it wherever ou want. When you're fin-shed, flatten the easel and eturn the book to the shelf. The stand-up binder is cov-ered with *washable, tear-roof* DuPont vinyl.

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For Good Coffee and Tea
Appetizers, Beverages
Soups, Accompaniments
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Lamb, Veal, Variety Meats
Pork Sausage, Frankfurters
Ground Meat
Poultry
Fish, Shellfish
Cheese, Eggs
Dried Beans, Pasta, Rice
Vegetables
Salad Ingredients
Salads
Breads
Sandwiches
Cakes, Cookies, Confections
The Appropriate Dessert
Desserts, Sauces
Pies, Pastries
Preserves, Pickles, Relishes
Calorie Chart
Low-calorie Cooking
How to Compose Menus
Barbecue
Index
Dry Measures; Avoirdupois Weight; Oven Temperatures; Temperatures for Meat, Poultry, Deep Fat Frying, Candy, Frosting and Jelly-making

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AMERICAN HOME, February, 1971

easy 70's lifestyle: THE APARTMENT

Apartment living, once only a stopgap for newlyweds bent on eventually owning their own home, is becoming a favorite lifestyle for an increasing number of young families. Apartment units account for almost half the total of new construction. Apartment convenience, simplified upkeep and the avoidance of hefty down payments or scrambling for mortgage money have strong appeal. And with today's versatile storage and seating systems, even small layouts can serve many needs. Here you'll see several facets of this trend: in the *city*, with the Richard Saul Wurmans of Philadelphia (that's Mrs. Wurman above); in the *country*, with an "all systems go" Sugarbush, Vt., condominium; in the *suburbs* near Seattle, with a splendid new garden-apartment community. Plus: an 8-page insert of the latest space-saving furniture—add-as-you-go wall units, seating, sleep sofas—and 50 decorating ideas that help take the cramp out of uptight living.

flexible planning creates a world of uses for city living

By Richard Saul Wurman

Apartment living has been a revelation for us. When we moved into our two-bedroom high-rise in Philadelphia's Society Hill Towers, we considered it an interim move—between our two-and-a-half-story town house in the downtown area and a house in the suburbs. But much to Dorothy's and my surprise, we've found that even with two active boys—Joshua, 10, and Reven, 8—apartment living is the best of all possible worlds. When we decided on the move, we knew we were in for a change in lifestyle—from spacious and cluttered to small and efficient. We sold or gave away 80 percent of

Mobile living-room cubes are a favorite roost for Joshua and Reven (opposite). Commercial metal shelving against the wall (inset) becomes a storage system. Goatskin rug ties in with color scheme.

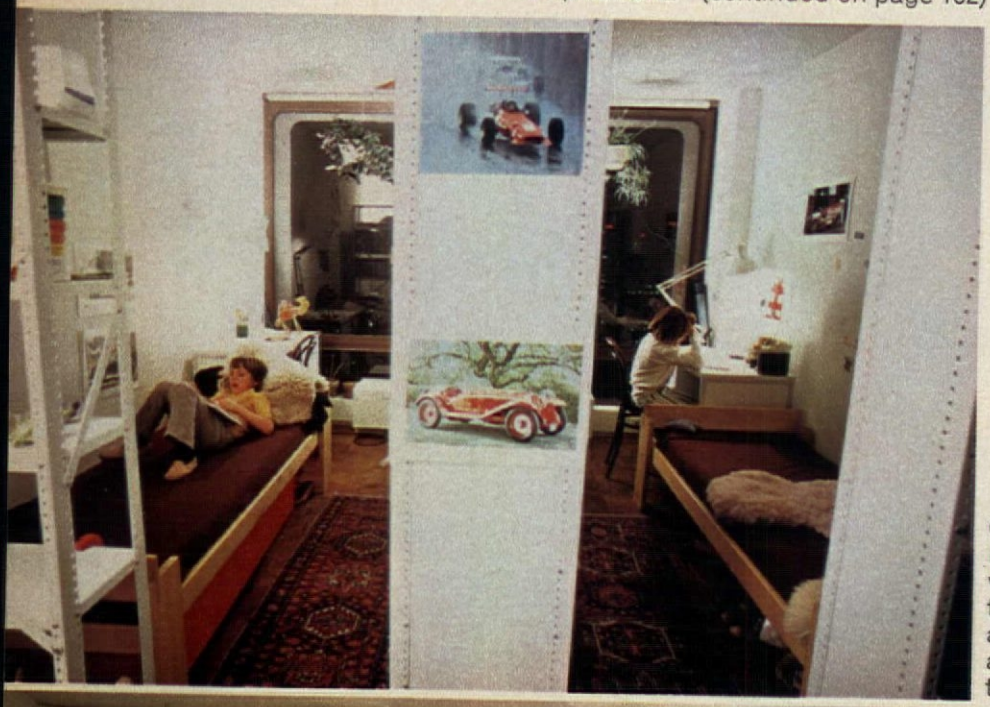
our possessions, keeping only those that counted most. The natural assets of the apartment took any curse off its lack of space, a problem we countered through the use of multipurpose furnishings and by putting our walls to work. On the 27th floor of this concrete-and-glass tower, designed by I. M. Pei, with plenty of window area and no other buildings to impede our view, we can appreciate the sky in all its moods in a way we never could before. The light and sun are salubrious—not only for us but for the only clutter we allow ourselves, our plants. Since we love art and because we entertain a lot, we decided to let plants, flowers, people, sky, color and texture take the limelight, while casting the furniture in a background role. (continued)

PHOTOGRAPHS BY JOHN T. HILL

Our living-room table is all things to all of us. For me (left) it's a great place to work. For Dorothy it becomes a handy surface for cutting fabrics. For Joshua and Reven the table makes a project bench. For everyone it is a year-round garden display.

FLEXIBLE PLANNING continued

In planning our furnishings, we tried to make them as flexible as possible. Because of tight quarters, each room had to serve many purposes. We found that although our activities were many and varied, the furniture we required for carrying them out was actually minimal. Reduced to their simplest, our needs were: soft surfaces for sitting or sleeping; hard surfaces for setting things on; places for storage. Built-in furnishings might have been a logical answer, but we eliminated the idea because we considered them too expensive and permanent for a rental apartment. (continued on page 102)



Our sons' bedroom (center left) becomes two rooms with a metal-shelving unit that divides the area in half and provides common storage for books, games and toys. Each boy has his own desk and additional storage for private belongings. Their beds also double as couches.

Our master bedroom (left) has plentiful work space. Metal office furniture runs the length of the wall, providing generous storage and counter surfaces. (That's Dorothy, putting the finishing touches to some sewing.) This bedroom, like the boys' room and living room, has a commanding high-rise view of the Philadelphia skyline.

The Clairière apartments (right), nestled in Vermont's ski country, are vacation condominiums designed for all-year-round living.

Bedroom wall system (below), from the Architectural Group by Directional Industries, consists of vinyl-finished base and deck units. Trim, upholstered foam beds are also by Directional.

double-duty units expand a country condominium

By Helene Brown

You can't beat the system for solving one of the dilemmas of apartment living: how to find enough room for everything. Furniture manufacturers, aware of the problem, have now introduced a host of space-saving wall and seating systems, some of which you see here and following. For example, this bedroom of a compact, three-room vacation apartment in Sugarbush, Vt., uses a wall system as attractive as it is functional. Providing ample storage and a drop-down desk, it enables the 16x16-foot room to double as a study-sitting room. As with all systems, you select from a variety of units to design areas that are uniquely yours. (continued)

The bedroom's drop-down desk (right) boasts a generous work surface and storage area, ideal for a home office or teen-ager's room.

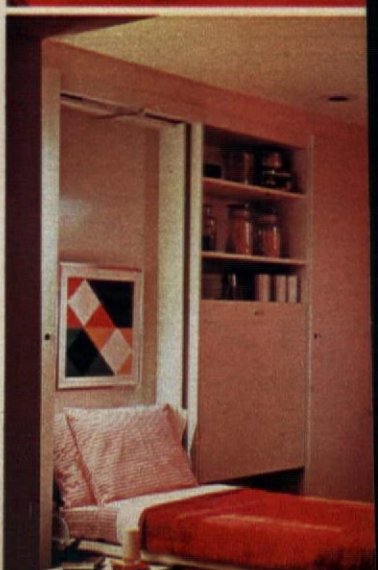
PHOTOGRAPHS BY JOHN ZIMMERMAN

In this 17x17-foot living room, wall and seating systems make every inch of space count. Plastic-lacquered components by Interlübke cover a 17-foot wall and provide abundant storage. The versatile seating system by Directional is an arrangement of 32-inch-square foam ottomans covered in Enkalure stretch nylon. Switchable bolsters attach to any of four sides. See-through table minimizes bulk.

To show the versatility of the systems approach, we packed the apartment with wall-to-wall components, making each room into a multipurpose area. In the living room, shown here, the owner requested maximum storage, an accessible bar and an area for the TV. Since the system extended wall to wall and stacked up to nearly ceiling height, we finished it off with wood framing, thereby adding an architectural element to the room. The living-room seating system—a series of ottomans with connecting bolsters—offers almost limitless arrangements, ranging from an armless chair to a chaise lounge. The square, white-plastic tables are part of the seating system, fitting in where needed. (continued)

The galley (left) is set off from the dining area by a storage-serving counter finished in rough cedar to match the cabinets. Refrigerator wall was painted a bright persimmon to blend with the Formica splashboard and counter tops. The quarry-tile floor, by American Olean, keeps its mat finish with a swish of the mop.

Dining area's Interlübke wall system is a model of double-duty ingenuity. Seen below, it offers storage galore plus a pull-down dining table for five. Same area (bottom) shows the table back in its wall and a bed from the adjoining unit pulled out. When not in use, it flips up and revolves 180° to reveal a drop-down desk and shelves.

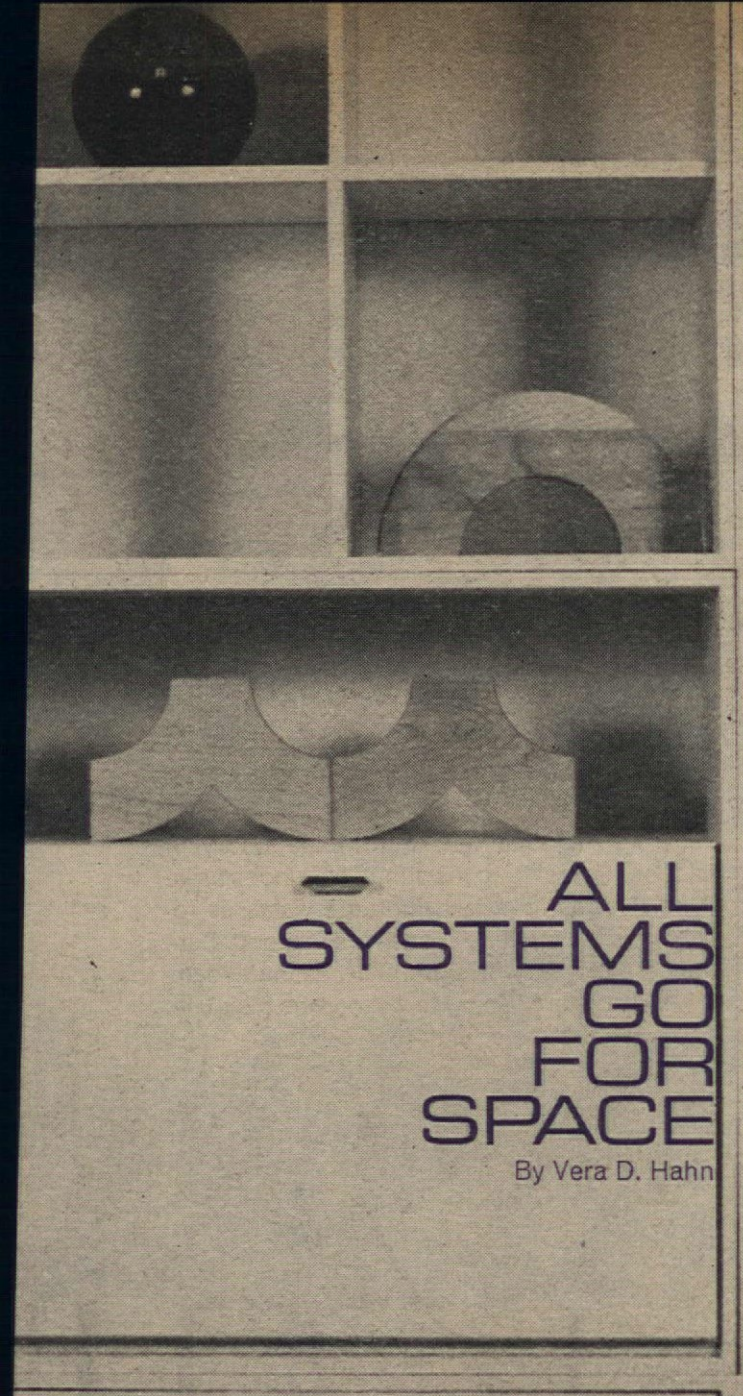


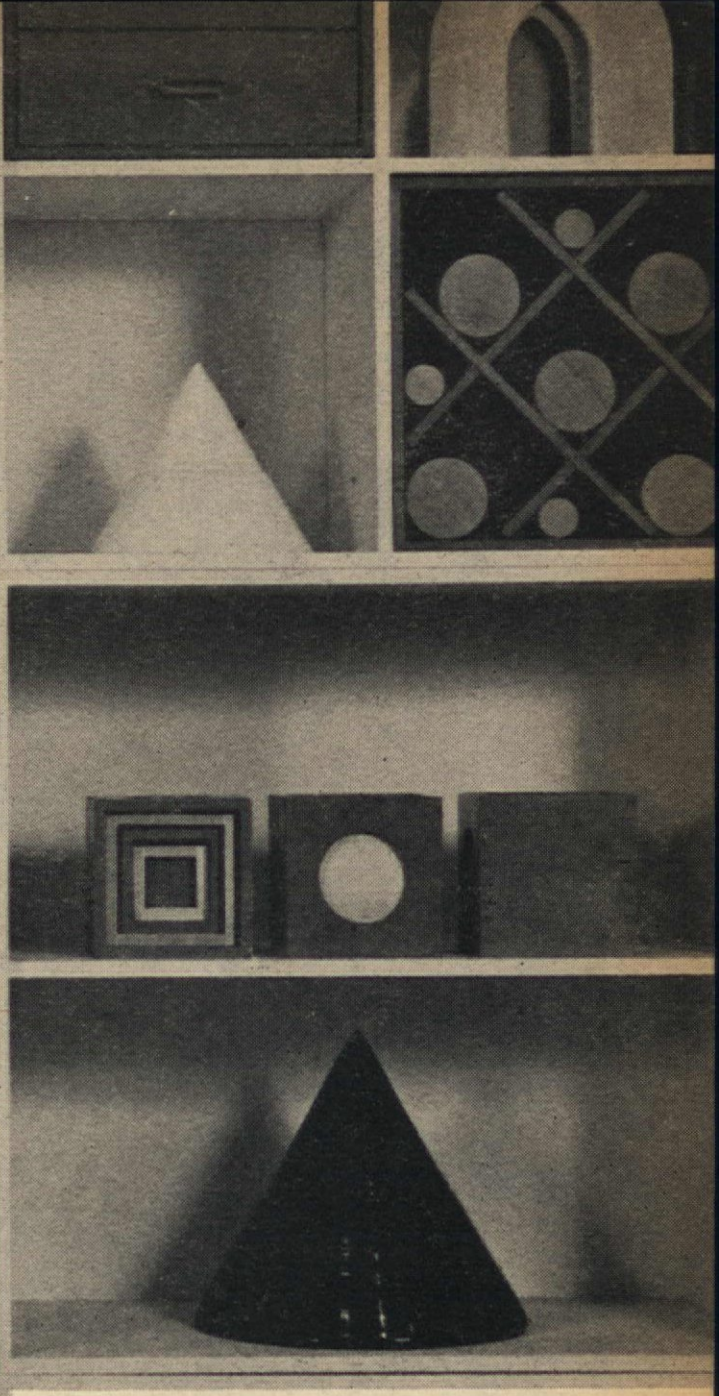
The 11x16-foot kitchen was divided into a galley and dining area by the addition of a serving counter. More space was gained by recessing the refrigerator into the wall. The biggest surprise of all, neatly stashed away in the dining-area wall, is a pull-down bed for a guest, plus enough storage to gladden any woman's heart. This system's units, like those of the living room and bedroom, can be regrouped to fit any kind of room.

Shopping Information, page 109

ALL SYSTEMS GO FOR SPACE

By Vera D. Hahn



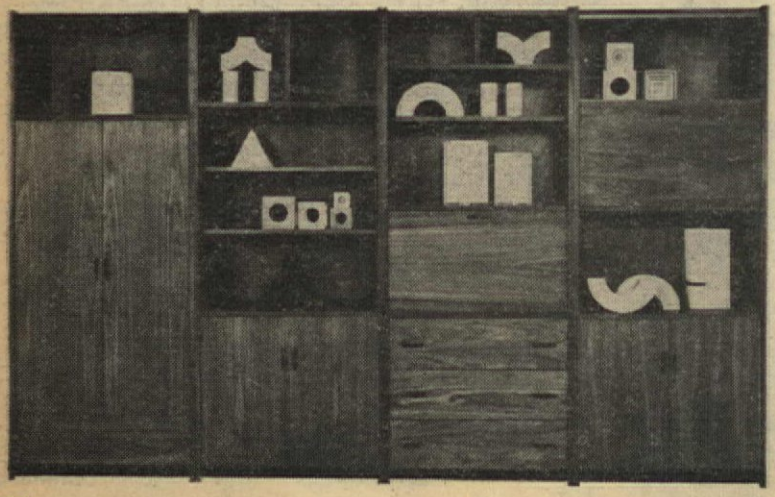


The apartment-age need to squeeze every last inch from a room has been responsible for a totally new and original concept in furnishings: the storage-wall system. Whether the system is simple, such as the one shown here, or more elaborate, like those on the following pages, whether it is designed to reach the ceiling or wrap around a room at a predetermined height, whether it comes in lacquer, vinyl or natural wood, the basic idea is always modular. This insures the interchangeability of all parts so that you can custom-design a wall system to suit your own needs and room situations.

American of Martinsville's System 77 basic module, a 26-inch vinyl-veneer square, accommodates door, drawer or shelf units plus optional minis like the wine rack shown. Module price range: $44–$64.

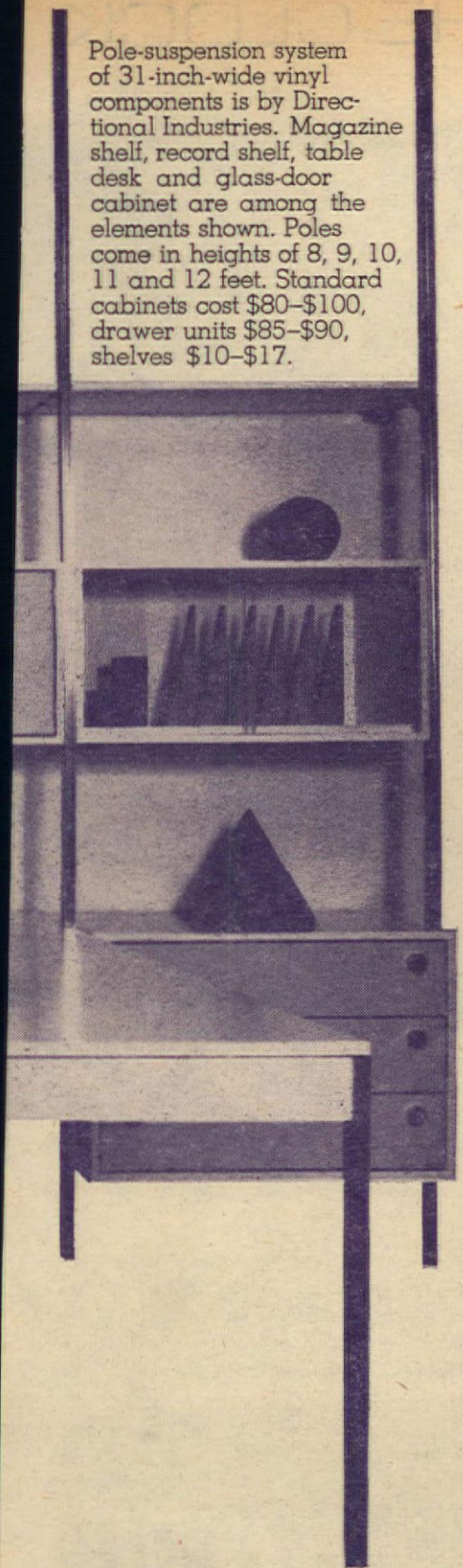
continued

working walls for close-quarters living

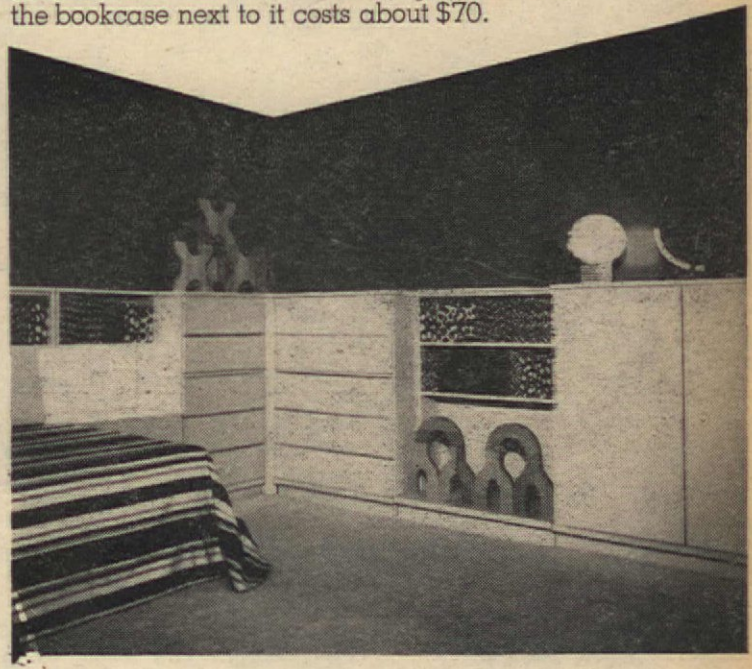


Oil-finish walnut units (left), each 30 x 76 inches with a variety of interior arrangements, comprise this wall system by the Charlton Company. Shown are a wardrobe, two types of door units—one topped by shelves only, the other by a combination of glass-front display cabinet, drop-front bar and shelf—and a drop-front desk unit with shelves above and drawers below. The price per unit: about $210.

Pole-suspension system of 31-inch-wide vinyl components is by Directional Industries. Magazine shelf, record shelf, table desk and glass-door cabinet are among the elements shown. Poles come in heights of 8, 9, 10, 11 and 12 feet. Standard cabinets cost $80–$100, drawer units $85–$90, shelves $10–$17.



Basic height of Bernhardt Furniture Company's Unizontal system (below) is 47 inches, in varying widths, to complement low apartment ceilings. Stacking modules in 44-inch heights are also available. Design is simple, colors (lacquer over wood) are sharp. In addition to storage pieces, there are bookcase headboards, nightstands, bookcases and a desk chair. The door chest (right) sells for about $170; the bookcase next to it costs about $70.



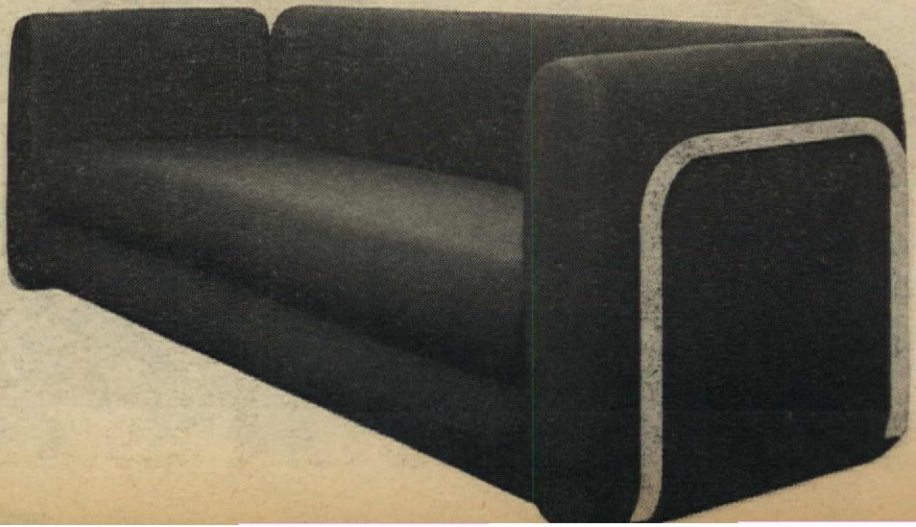
Roland Carter's Lifestyle (right), for the Lane Company, features multipurpose walnut or white-lacquer pieces, like the dressing table/desk. The components are each 32 x 56 inches with stacking modules optional. The five-drawer unit is about $180, the two-door, shelved design next to it about $160 and the desk $120.

PHOTOGRAPHS BY JON NAAR

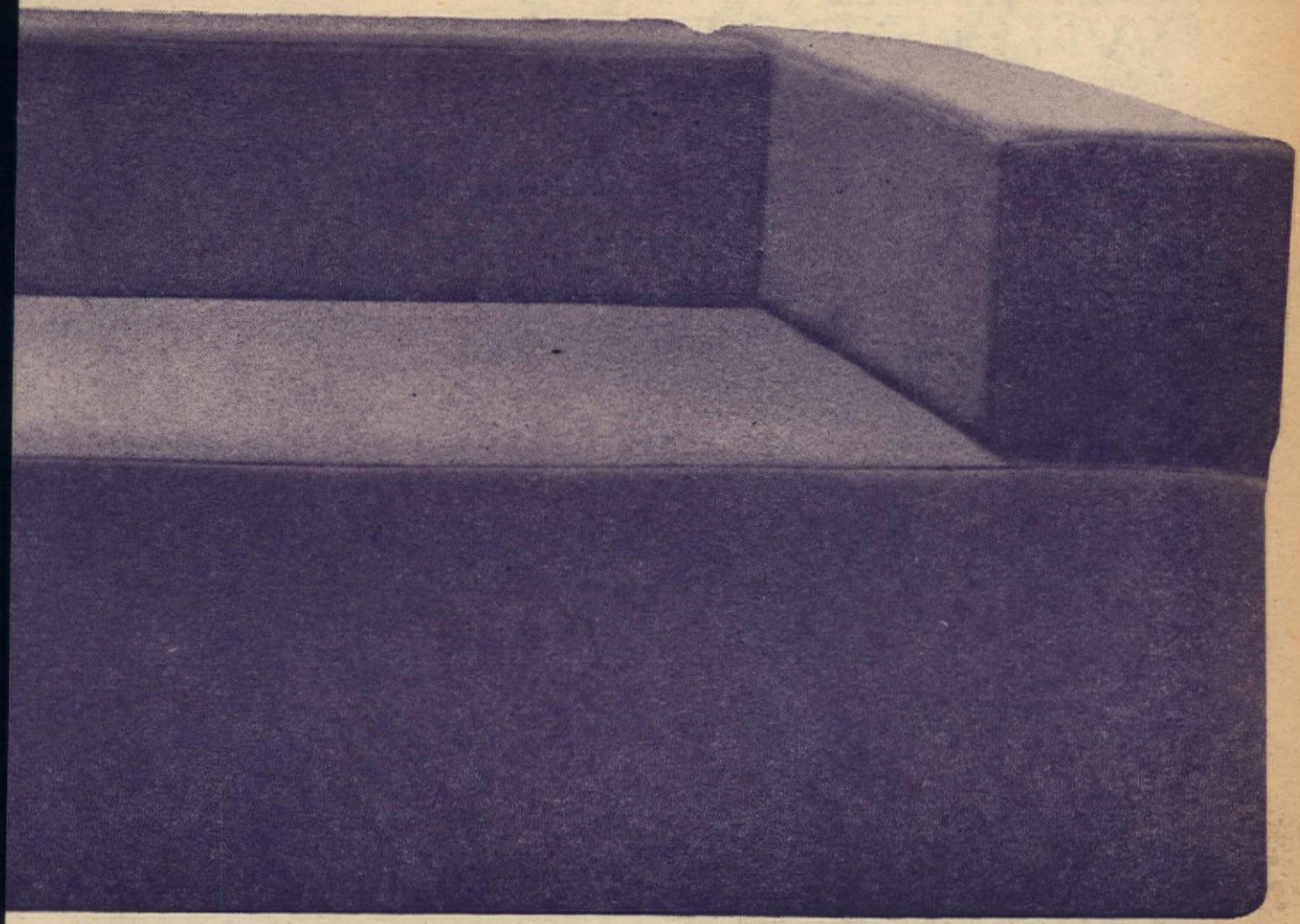
COMFORT ROUND THE CLOCK

Molded fiber glass creates the seamless, one-piece frame for the Simmons Infinity (left). The back is wide enough to act as a nightstand when the queen-size bed is pulled out. Price for the velvet-upholstered design shown is about $895. An additional $100 buys an extra set of vinyl-covered cushions for everyday use.

A trio of mattresses (right), designed to fit cot-size contour sheets, makes Mobi's Tripad 75. White metal frame holds the piece together in its daytime guise as a 90-inch sofa. The urethane-foam mattresses are spread on the floor to provide sleeping for three. Covering is stretch nylon. Cost: about $350 as shown.



Today's new breed of sofas doubles in class. Handsome enough for your living-room focal point, by day they seat you stylishly and by night sleep you or your guests far more comfortably than their clumsy forebears ever did. Tailored especially to apartments, they become standout additions in any size room.



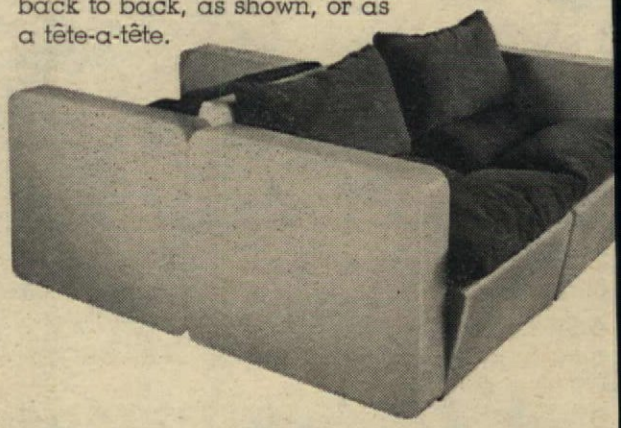
Minus its big, square bolsters, this extra-long (86 inches) Geometrix New World day bed by Simmons (above) provides plenty of sleeping comfort for one. Flat, matching upholstered arms keep sofa cushions secured, bed pillows in place. The stretch-nylon covering comes in green, orange, yellow, black or white. Price: about $300.

Chromed-steel frame and white Naugahyde upholstery account for the sleek look of this sleep sofa by Thayer Coggin. Its trim lines conceal a queen-size bed. Price: about $685 as shown.

MOBILE SEATING WITH STYLE

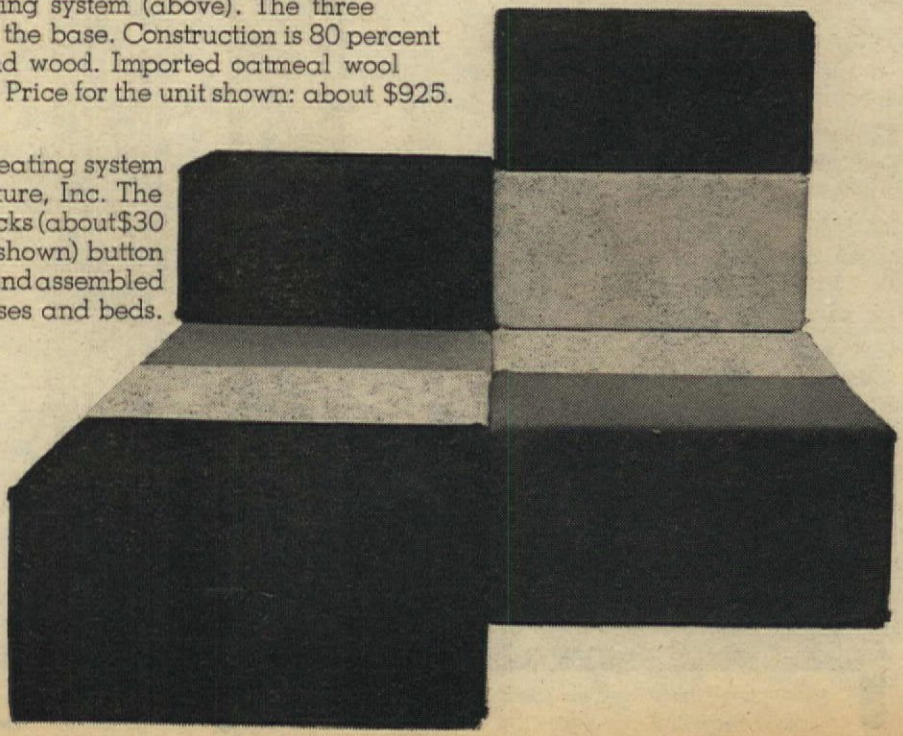
Variety is the name of the seating game with a versatile, move-anywhere system, three variations of which are shown here. Like the wall system, this newcomer to the furniture field spells mobility—something too long absent from the essentially static seating picture. Now a sofa can be literally broken apart into a pair of love seats, a love seat and chair, or it can be lengthened by extra modular units. Teamed with an ottoman, a portion of a sofa becomes a chaise—and arms are removable, too. Chairs can be lined up in rows or turned back-to-back, all depending upon the needs of the moment.

The Spiros Zakas firm makes this seating system, upholstered in suede cloth. Molded plastic frames are engineered for resilience. The basic units ($95 each) can be used side by side and back to back, as shown, or as a tête-a-tête.



Removable arms are the special feature of Selig Manufacturing Company's Elastomatic seating system (above). The three chairs are bolted together at the base. Construction is 80 percent urethane foam over steel and wood. Imported oatmeal wool tweed is used as a covering. Price for the unit shown: about $925.

Keyed to mobility is this seating system (right) from Founders Furniture, Inc. The individual urethane-foam blocks (about $30 each in the stretch fabric shown) button together, can be rearranged and assembled into sofas, chairs, chaises and beds.



50 DECORATING IDEAS FOR PROBLEM ROOMS

1 Divide an L-shaped room into separate living and dining areas by means of a freestanding divider with shelves and cabinets.

2 When inches count, cut doors in half lengthwise and hinge them; they will need less space to swing.

3 Use a mini-chest next to an armchair instead of a table.

4 Fit narrow boards between the rungs of rope ladders for a hanging shelf system.

5 Hang household linens from towel racks behind a screen.

6 Tailor your own radiator screens from junkyard window shutters scraped clean of paint, left natural and hinged together.

7 Cut a sheet of plywood the same size as your bed and suspend it from pulleys for a bed/storage canopy. Paper underside or cover it with fabric.

8 Balance downlighting from table lamps with floor lamps equipped with ceiling reflectors.

9 Back up your sofa with a bookcase no higher than its back; use the top to hold a pair of lamps.

10 Hide old-fashioned wall sconces inexpensively with half-round linen or parchment shades.

11 Hang your guests' coats on a handsome clothes rack to free the guest closet for family coats.

12 Personalize an entry that is too narrow for furniture with a wall-hung collection.

13 Take the shelf out of your closet and raise the clothespole; fit chests of drawers underneath.

14 Create a window reveal by boxing in your window with bookcases. Add to the illusion with a wooden valance.

15 Curtain the glass doors of your china cabinet for storage instead of display space.

16 Put closet doors to work. Cover their inside faces with pegboard.

17 If the landlord says dark painted walls are taboo, cover with dark fabric, using double-faced tape.

18 Break up a too-long wall with a fake chimney breast on casters. Use space behind for storage.

19 Invest in decorative screens. They can turn into anything from a divider separating entry from living room to a headboard.

20 Turn the "second floor" of a no-longer-used bunk bed into storage for toys.

21 Eliminate very full draperies in a small room. Use tailored shades, vertical blinds or shutters instead.

22 Clutter makes a room look smaller. Group, organize, confine objects for a more spacious look.

23 Take advantage of the current craze for shiny, mirror-bright surfaces and wall treatments for visually larger rooms.

24 Consider open storage for your bedroom and bathroom. Neat piles of towels or sweaters on shelves are not eyesores.

25 Too many table and floor lamps tend to clutter a room. Try built-in lighting or wall lamps.

26 Tuck a semainier (seven-drawer chest) between two windows.

27 Turn a dining-room wall into a pantry via a wall system.

28 Instead of a do-nothing headboard, use a storage model for your bed.

29 Sliding and folding doors take less room than conventional ones.

30 An armoire is no wider than a chest but, being higher, it stores considerably more.

31 A pair of drum tables topped with a sheet of glass or acrylic makes a handsome, modern storage-dining table.

32 Consider storage hassocks; they now come in "with it" shapes and colors.

33 If your bathroom is a storage stepchild, use the back of the door for shelves.

34 Old-fashioned window seats were wonderful for storage. Adapt the idea to your bay window.

35 To make a room look larger, use a no-contrast color scheme.

36 A bare wood floor or wall-to-wall carpeting makes a room seem more spacious.

37 Furniture with a reflective plinth gives a feeling of lightness to a room.

38 Don't waste your walls. Put them to work with wall systems (see pages 63–65); move seating pieces and tables into the middle of the room.

39 To give a room airiness, try a few see-through pieces of furniture in acrylic, wicker or metal.

40 Hang draperies from the ceiling for a heightening effect.

41 A wallpaper that suggests depth and long perspectives gives an added spatial dimension to cramped quarters.

42 Collect little chests and antique boxes for decorative storage.

43 To free a precious drawer, hang your prettiest scarves from hooks in a straight line or pattern along a wall.

44 Older apartments often have built-in bookcases. Convert them into storage and conceal with a colorful window shade.

45 Make wall-hung storage boxes with your favorite paintings or graphics framed and hinged to serve as doors.

46 A mirrored screen can serve as a full-length mirror while creating looking-glass space that isn't there.

47 Discover the joys of an old cabin trunk. Permanently installed in the corner of your bedroom, it can be spray-painted or covered in a decorative fabric.

48 Instead of a dinette set, have a table and banquettes to store bulky, seldom-used equipment.

49 To keep a child's room tidy, line up hollow storage cubes in toy-train formation and paint wheels on the side.

50 The bathroom window of an older apartment is apt to be recessed. Brackets and glass shelves turn it into a medicine chest or cosmetic cache.

In the new Northwest, a bold approach to suburban living may be the bellwether of apartment developments to come.

SUBURBIA WAS NEVER LIKE THIS

By Barbara Plumb

In this time of change, nothing is changing faster than the American dream of where and how to live. And apartment living, once anathema to Americans who wanted their own land under their feet and trees over their heads, promises to be the answer for many today. The reasons? Land scarcity, resulting in rising costs, for one. Another is the success of experiments like Sixty-01 in Redmond, Wash., winner of the National Association of Home Builders' Gold Nugget apartment award. An 82-acre, garden-apartment community 20 minutes south of Seattle, it combines a quality environment with the easy-living assets that homeowners could never hope to enjoy for the same money.

In planning Sixty-01, architect Frank August of Riley Bissell Associates, Newport Beach, Calif., gave prime consideration to preserving nature while providing modern amenities. (The project is named after its street address. The 500 apartment units (another 270 are scheduled for completion by the end of March) were built to disturb the fewest number of trees and to follow the sloping bowl-like contours of the land. A peat bog in the center of the development was dug out to create Swan Lake, the 10-acre visual focus of the complex. The density of units per acre was limited to 8.3 (compared to a national average of 35). More than 200,000 new plants, bushes and trees, all native to the Northwest, were brought in to supplement the natural growth already there.

Today, pebble paths, foot bridges and walkways enable the community's 725 residents to enjoy the surroundings. An intricate system of outdoor lighting, consisting of unobtrusive globe fixtures, creates nighttime vistas as romantic as the daytime scenes are pastoral. Cars are garaged, out of sight. The asphalt roads they move on are narrow to discourage their use.

Simple shed-roof architectural forms echo the slope of the land. A mix of town houses and four-story apartment buildings, staggered for views and privacy, gives scale; the use of indigenous cedar shingle and siding adds textural variation.

Interior spaces are planned for maximum living and optimum views of the lake. White-linen draperies, used in all units, never compete with the natural beauty outside. For recreation, residents can choose among tennis courts, swimming pools (one is situated opposite the laundry room, making it possible to take a dip while clothes are drying), an athletic field, saunas and an exercise room. Use of these facilities plus lessons from a staff of professionals are free to residents and their guests. Three channels of closed-circuit TV are also provided: one focuses on the entrance gate, another on weather forecasts and community announcements and a third on old movies, live on-site shows and videotaped athletic events that have taken place on the premises.

The fact that Sixty-01 is sold out at an average rental of $240 when less-expensive apartments nearby are going begging indicates that people are looking for a better environment and are willing to pay for it. This lesson is an encouraging one for apartment developers of the future.

PHOTOGRAPHS BY ELLIOTT ERWITT/MAGNUM

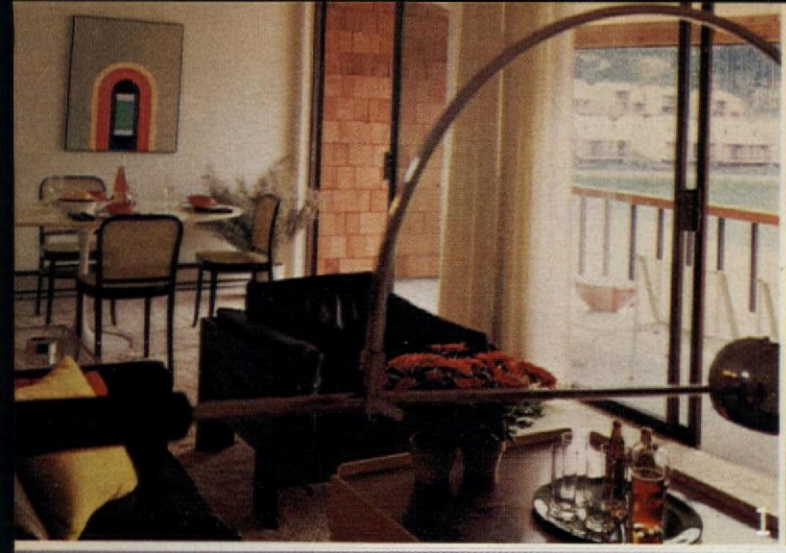
Redmond's Sixty-01 town houses, all with private decks, overlook a 10-acre lake. Here a couple lazes away the day with a sail. Pleasure boats are available to all.

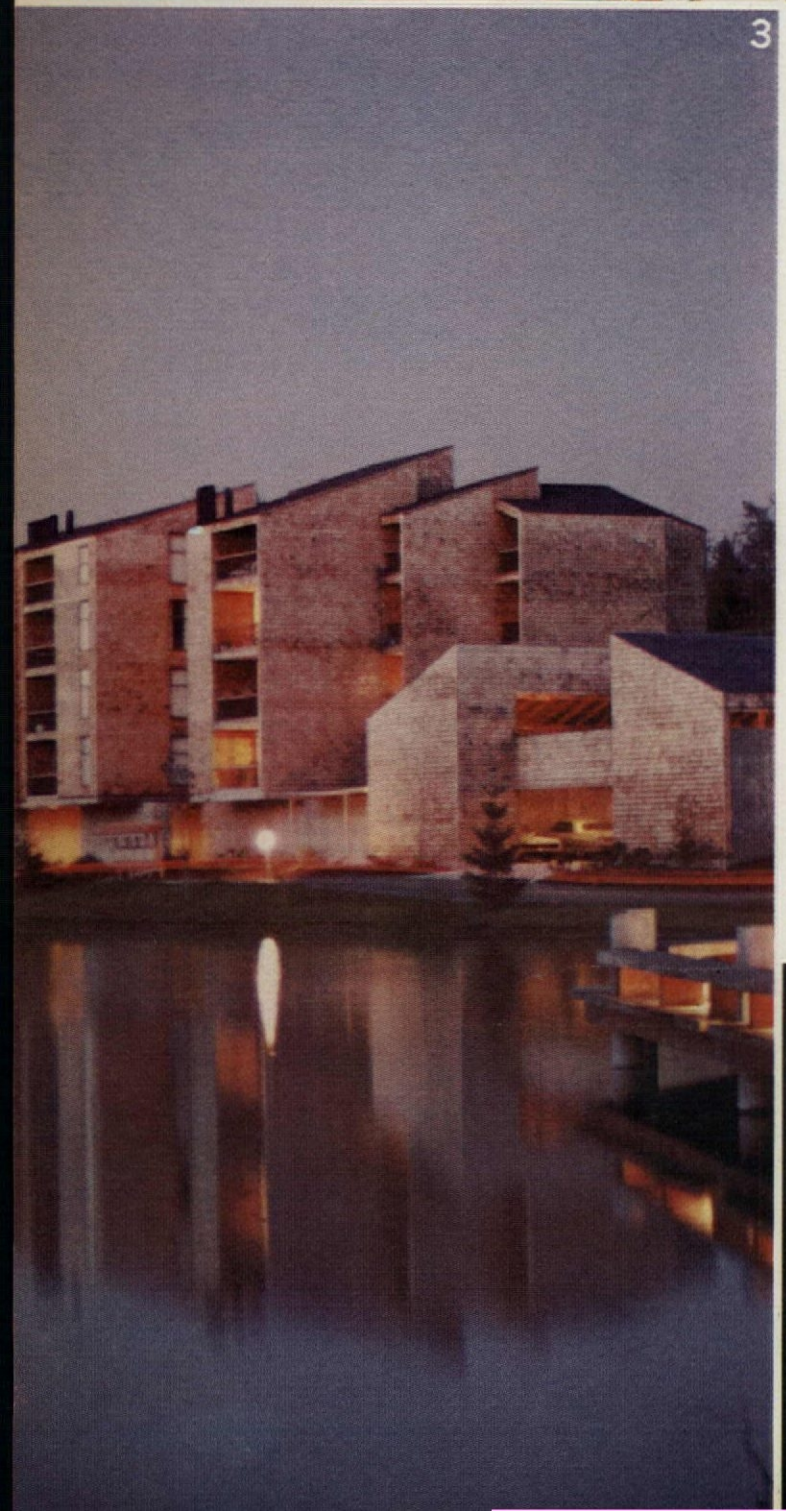
continued

Natural beauty, in harmony with a simple architecture and clustered design, brings a fresh, new look to suburban apartment living near Seattle.

The lake, graced by a fountain at its center, is the focal point of the community. The banks have been kept free for shrubs, flowers, bridges, moorings and walkways. Like the town houses, the four-story, elevator-equipped apartment buildings have their decks positioned for privacy. All units are of contemporary design, use cedar siding or shingle to blend with their woodsy surroundings.

continued





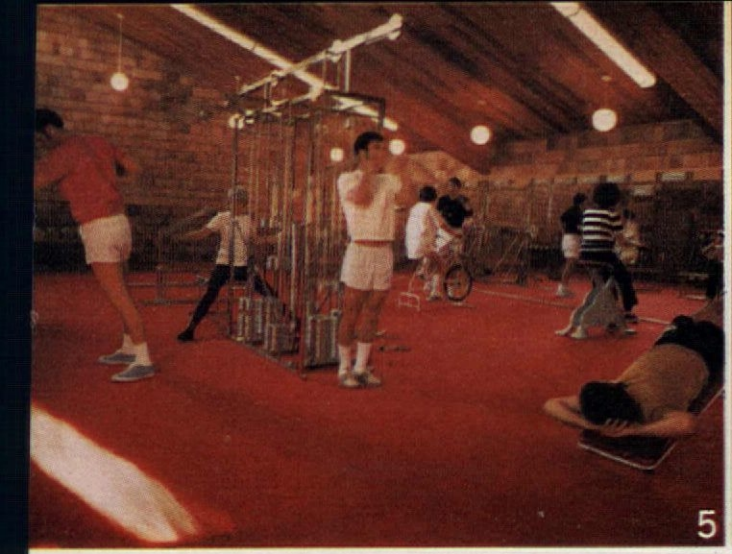
SEATTLE SUBURBIA continued

1
This apartment typifies the penthouse layout in all of Sixty-01's four-story buildings. The large living space is easily divided into sitting and dining areas, each with its own view of the lake below. Cedar-shingle walls and a pitched overhang turn the balconied deck into an outdoor room.

2
Apartment living and horses may seem an unlikely mix, but at Sixty-01 residents can board their own mounts at on-site stables. Seven miles of parkland bridle trails surround the complex.

3
Cantilevered boardwalks and footpaths around the lake are illuminated for evening strollers. The play of bold design and light on the water is just as enjoyable to those on the inside looking out.

4
Closed-circuit TV alerts the tenant to a guest's arrival. All visitors are stopped at the gate within range of a camera. The tenant, prompted by a call from the guard, turns on her TV to find out who the caller is. Two more closed-circuit channels feature movies and community programs.



5

With a fully equipped co-ed exercise room on the premises, residents find little excuse for not keeping in shape. A gleaming array of modern gear, and a staff to provide the expertise, is always on hand—whether the goal is to trim down, tone up tired muscles or just work off tensions.

6

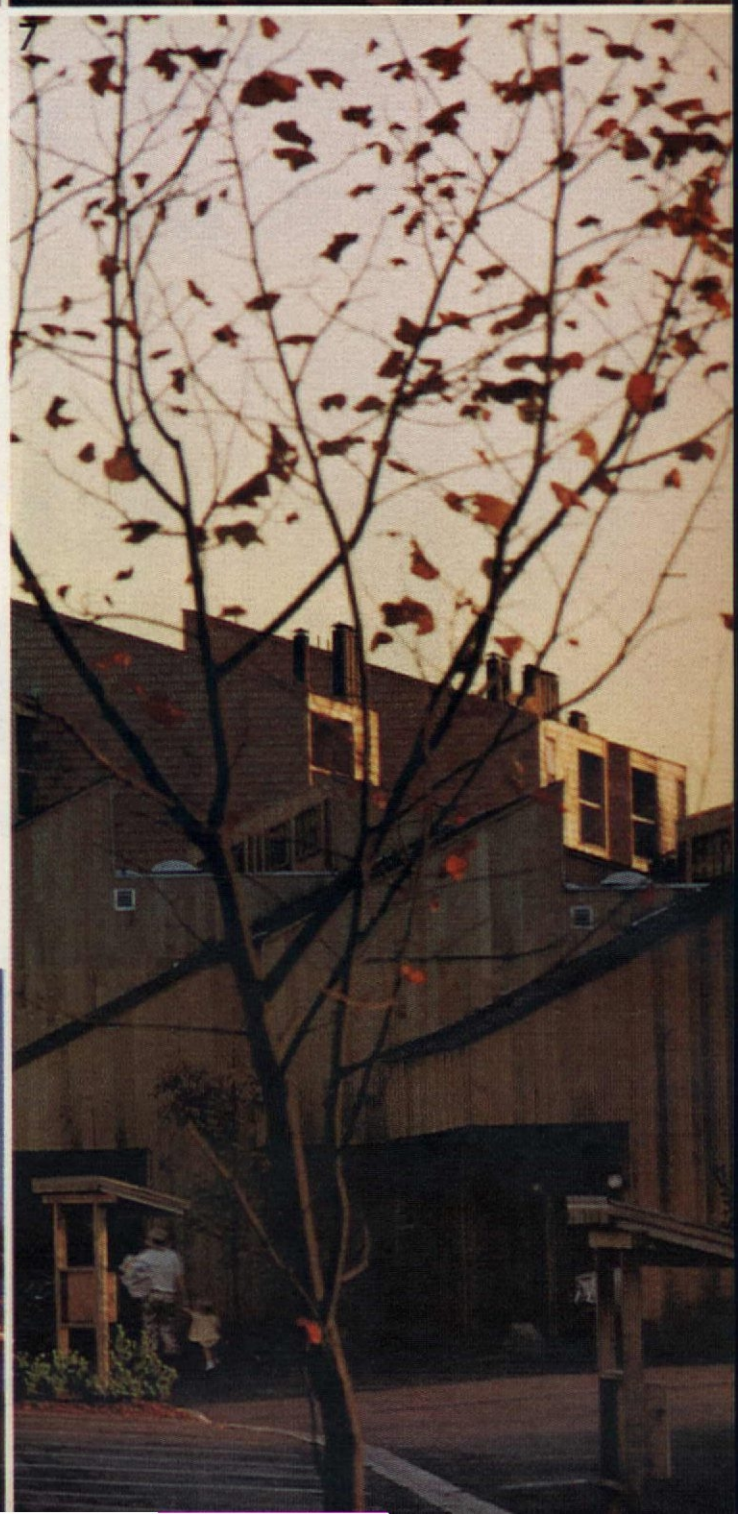
The community sauna, Sixty-01's answer to the midday coffee break, is a favorite energizer for nearly everyone. What's the sauna experience like? For a first-hand account, turn to page 40.

7

Angled roof lines are a design hallmark of Sixty-01, even to the protective weather shield used on the mailboxes. Plastic skylight bubbles and metal chimneys hint at the modern amenities within.

8

Almost as much care has been given to the housing of cars as of people. The garages are clean-lined structures that keep vehicles from interfering with views of the lake and surrounding park. Globe lights on the garage exterior reflect a spirit of design consistency and unobtrusiveness.



Tiled drip-dry mud closet uses shower-curtain rod set into middle of stall so drips from washables or foul-weather gear run down the floor drain. Water tap makes it an ideal place to repot plants or rinse muddy boots.

Sink area, cabinets and top shelf hold vases, flower-arranging gear. Lower shelf is at a convenient level for reaching laundry needs.

The washer and dryer are stacked to save space.

Folding doors on ceiling track run the entire length of the room to close it off quickly.

The cart's leaves extend for cutting out patterns, folding laundry or wrapping gifts.

Here is the center in repose. The drop-leaf cart wheels into its niche in the wall to help conceal the laundry baskets. The closet door at the far right is faced with fiberboard for pinning up pattern ideas.

By Maidee Kerr Spencer

THE EVERYTHING WALL

This laundry-sewing center makes the very best space-saving use of built-in storage. Designed to work in only 104 square feet, it can be adapted to even smaller areas or other uses. Laundry

Sewing machine folds into the counter when not in use.

Dowel-and-shelf storage holds gift wrapping and ribbon as well as pattern books.

Open shelves (partially hidden) are for sewing books and TV. See-through drawers below store trims and patterns.

Ben Rose

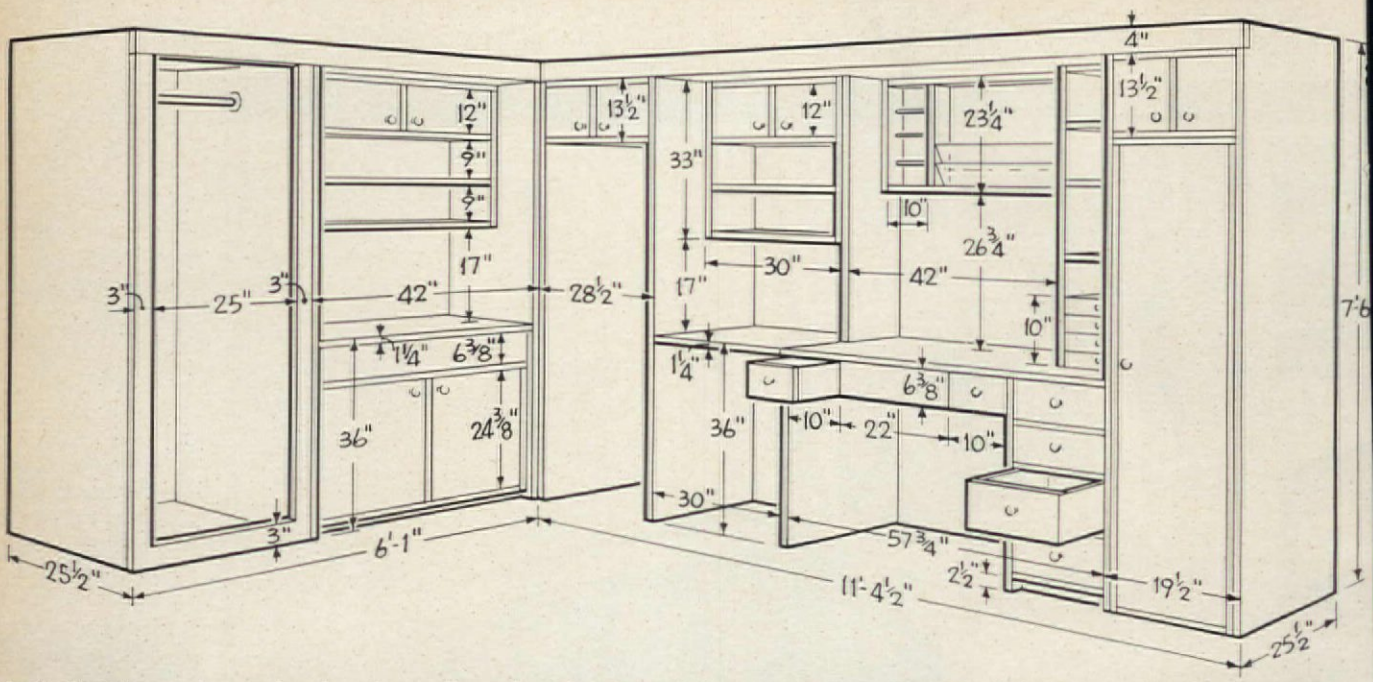
Pegboard holds spools, scissors, needles and pins.

Closet door folds out to a triple mirror, handy for fitting and hemming. Behind door is storage for ironing board (below), iron and vacuum cleaner.

Patterned vinyl flooring by Armstrong inspired the color scheme. Its extra-thick cushioning is easy on the feet.

essentials are stored by the sink between the drip-dry/mud closet at far left and the stacked washer and dryer. Sewing gear is at your fingertips, along the wall counter. When the sewing machine is folded into its well, the space becomes a home-office desk. Other work areas are planned for plant potting, flower arranging, package wrapping, laundry folding and cutting out patterns. Building diagrams, further details and Shopping Information are on page 78.

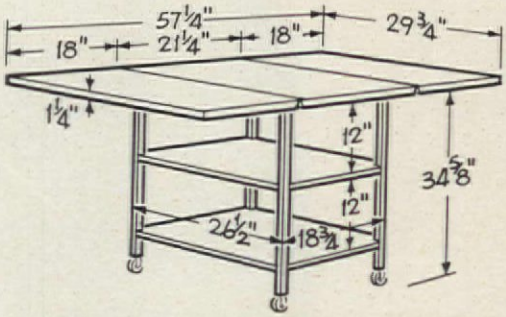
A spare corner becomes a laundry-sewing center with plywood built-ins for space saving.



In the laundry-sewing center plan above, dimensions for some of the components are not included but can be determined from other measurements given. You may, of course, adapt the overall scale to your own space requirements. All plywood is ¾-inch thick.

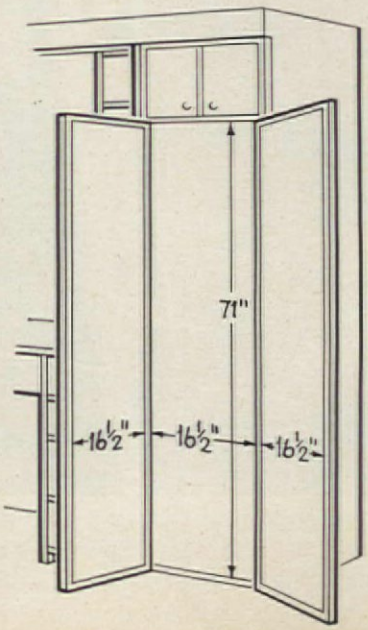
The arrangement you see here, and more dramatically in color on pages 76–77, has a lot of good sense going for it. For example, the drip-dry/mud closet, sink and laundry sections must all have water connections, and so they were grouped together. If the layout of your house prohibits such plumbing additions, consider building the sewing/home-office wall alone. In this case, since your only electrical requirement is an outlet for the sewing machine and iron—which you likely already have—your costs would be for the counter, cabinet and closet construction and materials.

If the man of the house is a dedicated do-it-yourselfer, he can do the job himself with a possible assist from an electrician or plumber.



Cart is designed to store laundry baskets on its shelves. The counter extension in the cart's 30"x36" wall niche (see plan, top) is hinged to fold against wall. When the counter and cart leaves are dropped, cart can be rolled into place.

The three mirrored panels on the closet door are attached by piano hinges. Since plywood-backed mirrors may be heavy and difficult to swing, you might consider setting them in lightweight extruded aluminum frames and backing them with thin sheets of hardboard. Both are available at local building-supply stores. Lightweight mirrors of window glass only 3/32" thick are also available.



SHOPPING INFORMATION

Pages 76–77: Flooring (Easy Street cushioned sheet vinyl, Delft Blue), ceiling (Lyria Vinyl-Coated Cushiontone, 24" x 48" lay-in panels), lighting fixtures (Gridmate, Arctic Opal luminous panel), all Armstrong Cork Company, Lancaster, Pa. Paints, Benjamin Moore & Co., New York, N.Y. Counter tops, Formica Corp., Cincinnati, Ohio. Ceramic tile, Crown Ceramic Tile, Philadelphia, Pa. Stacking washer and dryer, Westinghouse Electric Corp., Laundry Equipment Division, Mansfield, Ohio. Stainless laundry sink, American-Standard, Inc., Plumbing and Heating Division, New York, N.Y. Sewing machine (Golden Touch and Sew), The Singer Company, Inc., New York, N.Y. TV set (Derby, 12"), Panasonic, New York, N.Y. Adjustable pedestal stool, Cosco Household Products, Inc., Columbus, Ind. Iron (Shot of Steam), Sunbeam Appliance Co., Chicago, Ill. Ironing board (Lady Seymour "Empress"), Seymour Housewares Co., Seymour, Ind. Laundry baskets, Rubbermaid, Inc., Wooster, Ohio.

William Ward

We pick our mushrooms at a tender age.

Campbell's chooses mushrooms that are young and plump.
Then, we slice them and dice them and simmer them with sweet real cream
for our Cream of Mushroom Soup—and with a dash of golden wine
for our Golden Mushroom Soup. Try them both. And try a little tenderness.

M'm! M'm! Good!

By Frances M. Crawford

VERSATILE SAUSAGE

Knackwurst with Red Cabbage

Sausage-Corn Chowder

Three dishes—soup, salad, entree—with a single theme: sausage. Add snacks, appetizers, casseroles and sandwiches and you know how versatile sausage can be. And with more than 200 varieties to choose from, you need only a dash of ingenuity and imagination for new ways to serve them. Sausage may well have been man's first convenience food. The Babylonians made it as far back as 1500 B.C. So did the ancient Chinese, the Greeks and the Romans. By the Middle Ages

Rudy Muller

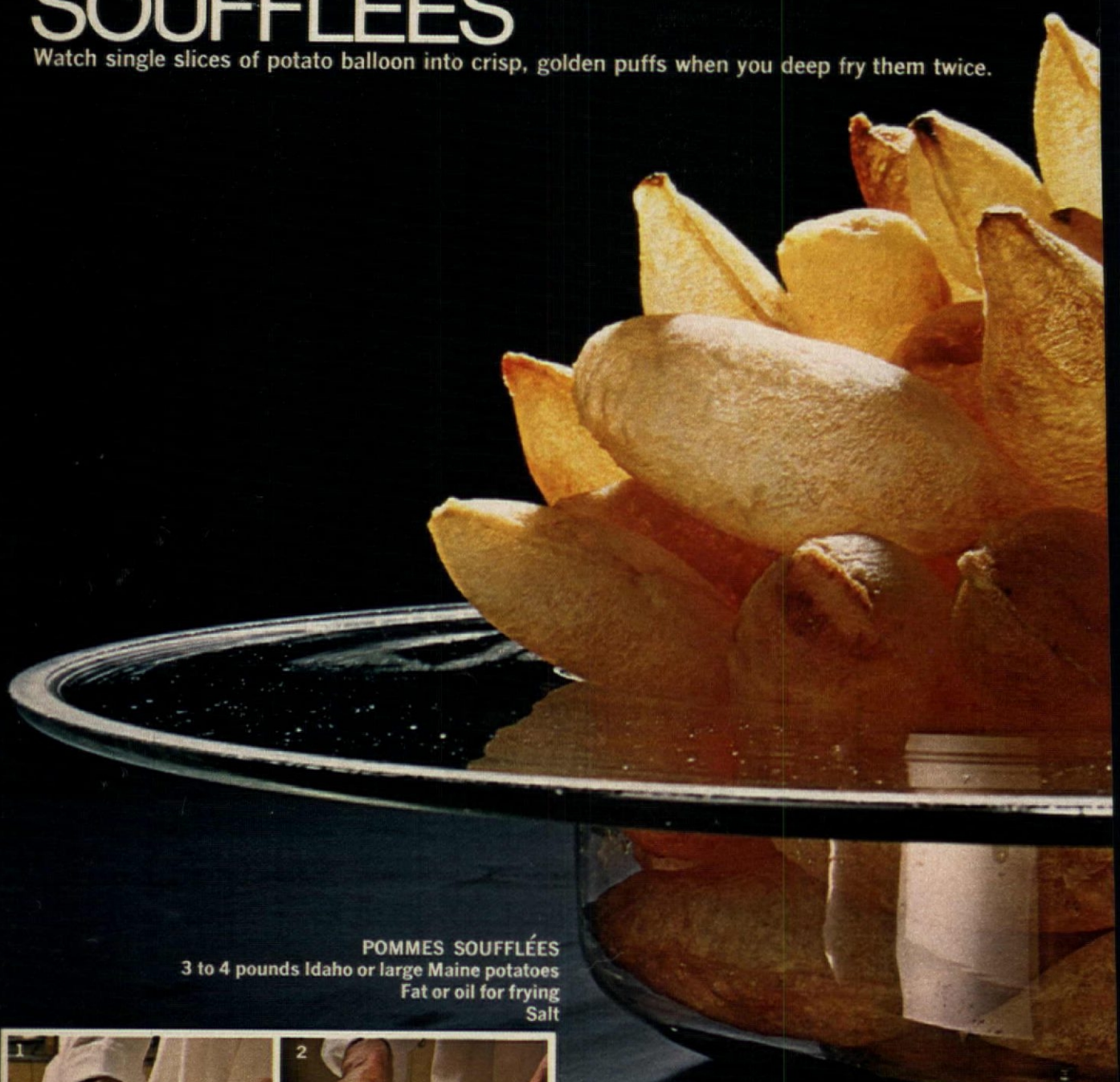
Pepperoni, Bean and Pimiento Salad

sausage-making had become a highly specialized art, with many versions reflecting local characteristics and even taking their names from cities where they originated. If you are familiar with only the standard frankfurter, bologna and salami, be a little adventuresome. Explore the more unusual mortadella, mettwurst or kielbasa. For starters on how great this food is, learn the sausage basics and follow our recipes for the dishes pictured, plus many more, all beginning on page 88.

COOKING LESSON NO. 32 By Jacques Jaffry

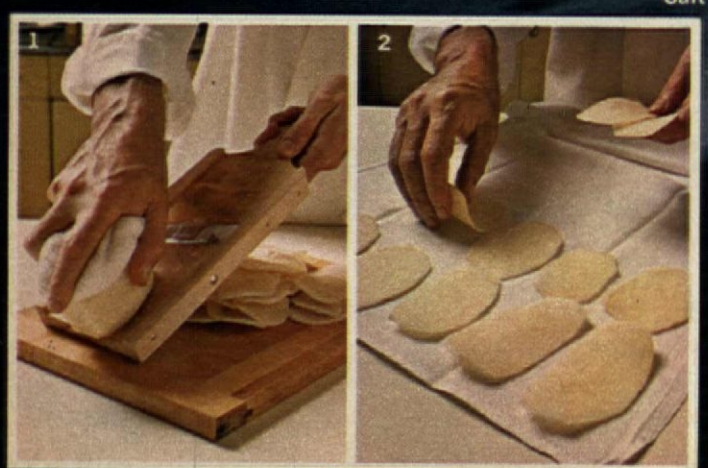
POMMES SOUFFLÉES

Watch single slices of potato balloon into crisp, golden puffs when you deep fry them twice.



POMMES SOUFFLÉES

3 to 4 pounds Idaho or large Maine potatoes
Fat or oil for frying
Salt



Rudy Muller

1. Cut potatoes into ⅛-inch-thick, even lengthwise slices with a knife or slaw cutter. Slices must be even for potatoes to puff.

2. Dry slices thoroughly between two clean kitchen towels.

3. Half fill two large kettles or heavy saucepans with fat or oil. Heat first pan to 300°, second pan 375° to 400°. Drop slices, one at a time, into first pan. Put in only enough for a single layer—don't crowd them. Cook 4 to 6 minutes or until they begin to puff. Stir slowly with

A phenomenon? Nothing to it. Master these how-to's for a superb accompaniment to steaks and chops.

slotted spoon or skimmer, moving potatoes constantly. Keep fat temperature between 275° and 300°.

4. Remove potatoes with spoon or skimmer and plunge into fat in second pan. They will puff at once and rise to the surface. Turn until golden brown. Remove. Drain on paper towels. Sprinkle with salt. Makes 6 to 8 servings.

TO DO AHEAD: Cook potatoes in second pan until puffed. Remove at once. Place on towel—they will deflate. Cover with second towel. Refrigerate up to 2 days. Before serving, plunge into 400° fat to puff and brown.

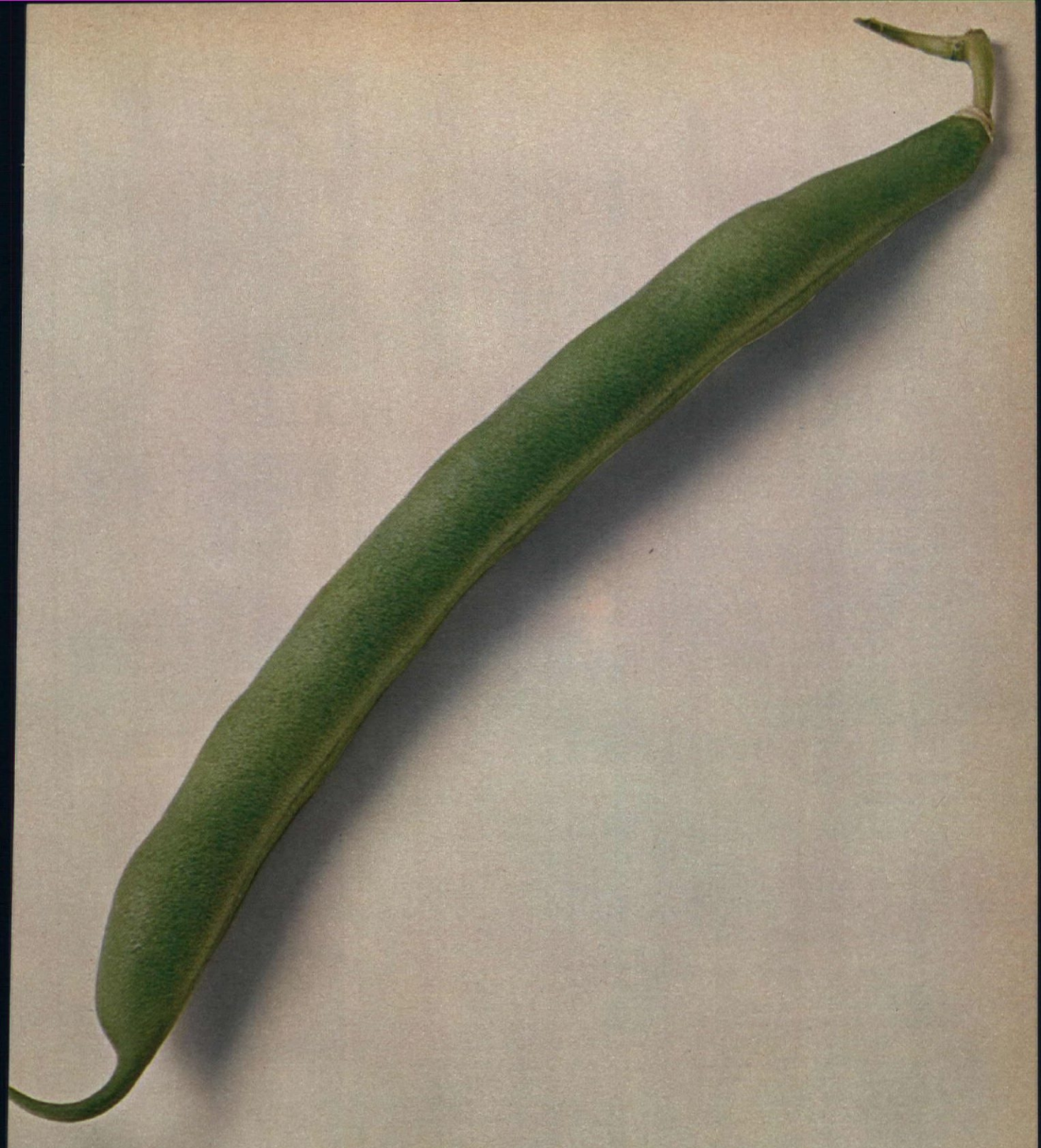
Sunny orange flavor infuses a delicate cheesecake, enhances the sauces of baked pork chops and juicy filet of sole.

By Jane Uetz

ADD A SLICE OF SUNSHINE

Ripe, succulent oranges bring an essence of sunshine to any dish and add a tanginess and elegance to even the most mundane fare. Now, when our markets are filled with oranges, is the time to make the most of them. Sliced, squeezed or grated, they'll give routine, winter-dreary meals a deliciously different flavor. You'll find a selection of orange-sparked recipes, including those for the dishes shown here, beginning on page 92.

Irwin Horowitz



If you can see what's wrong with this green bean, your standards are up to ours.

(Light green color indicates bean is fibrous variety. Tough, chewy outside; soft, watery inside. Not acceptable for Del Monte.)

The more you know about green beans, the better for Del Monte.®

ABC's OF CINNAMON ROLLS

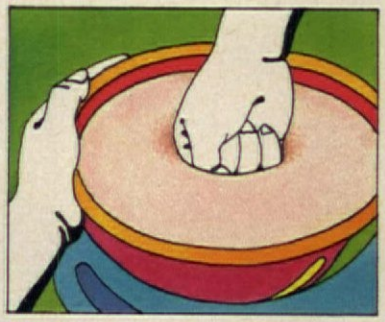
Making yeast dough, the high-rising basis of old-fashioned cinnamon rolls, is easy. It's fun, too, for the dough grows as you work with it. Yeast, whether the active-dry or compressed type, is a living plant. It needs warmth to do its job, particularly when it is set aside to rise. Keep it draft-free and warmed at a temperature of about 85°. You'll find it changes from a firm, heavy ball of dough into a big, light, puffy one. To learn how to bake with yeast—especially the knack of making fragrant cinnamon rolls—follow the steps below.

CINNAMON ROLLS

½ cup milk
¼ cup sugar
½ teaspoon salt
⅓ cup shortening
¼ cup warm water (105° to 115°)
1 package active-dry yeast or 1 cake compressed yeast
2 eggs
2½ to 3 cups sifted all-purpose flour
¾ cup brown sugar, firmly packed
⅓ cup raisins
1 teaspoon ground cinnamon
2 tablespoons melted butter or margarine

1. Combine milk, sugar, salt and shortening in small saucepan.
2. Place over low heat and heat to scalding—that is, just until bubbles appear around the edge.
3. Remove from heat and let stand to cool to lukewarm. To test it, put a drop on the inside of your wrist. It should feel neither hot nor cold.
4. Measure the warm water and put it into a warm bowl.
5. Sprinkle or crumble yeast into water. Stir to dissolve.
6. Add lukewarm milk mixture, eggs and 1½ cups of flour. Beat until smooth.
7. Add enough of the remaining flour to make a dough that is easy to handle.
8. Turn out onto floured board. Dust your hands with a little flour. Shape dough into a rounded ball, then flatten it slightly.

9. Pick up edge of dough farthest from you and fold it toward you over the dough. Push the dough away from you with the heels of your hands using a rocking motion. Turn dough one-quarter turn around.
10. Repeat folding, pushing and turning 5 to 8 minutes or until dough looks full and rounded, smooth and elastic. You will see tiny bubbles under the surface and the dough will not stick to the board or your hands.
11. Put the dough into a large, greased bowl. Turn dough to bring the greased side up. The lightly greased top will stay soft and stretch easily as the dough rises.
12. Cover the bowl with a clean towel. Set it in a warm place (the temperature should be about 85°) free from drafts. (An easy way to do this is to set the bowl of dough on a rack on top of a bowl of hot water and cover both bowls with a towel.) Let dough rise 1 to 1½ hours or until it is doubled in bulk.
13. To test for doubled in bulk, press the tips of two fingers quickly and lightly about ½ inch into the dough. If dent stays, dough is doubled. If the dent fills in at once, let dough rise 10 minutes longer and test again.



14. Push your fist into center of dough and punch down. Pull edges to center; turn dough over.
15. Turn dough out onto floured board. Knead to distribute any air bubbles. Let dough rest 5 minutes.
16. Grease a 9x1½-inch pan. Mix sugar, raisins and cinnamon.

17. Roll dough out to a rectangle 15 inches long and 8 inches wide. Brush with melted butter or margarine. Sprinkle with brown-sugar mixture.
18. Roll dough up, jelly-roll fashion, from the 15-inch side. Pinch edges firmly to seal. Cut into 12 equal slices.
19. Place slices, cut sides down, in prepared pan. Cover with towel. Let rise in warm place about 1 hour or until doubled in bulk.
20. Bake at 375° for 20 to 25 minutes or until done.
21. Remove from oven. Remove buns from pan and place on wire rack to cool. Makes 1 dozen.

Robert Frost

Spaghetti with an American accent...gently spiced the way you like it.

Kraft Dinners: great ideas for good cooks on a budget.

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Sausage can be defined as chopped or ground beef, pork, lamb or veal, often combined, with various seasonings and spices. Sausages differ from each other not only in the meats and spices used but also in the processing. The latter is the method used to classify sausage. The following will help you understand the world of sausage and aid you in your selection.

Fresh sausage is made from selected cuts of fresh, uncured meats, chiefly pork and beef. They should be kept refrigerated (1 week is the recommended storage time) and must be cooked before serving. Some of the varieties are:

Fresh pork sausage
Bratwurst
Fresh Thuringer
Fresh beef sausage
Fresh bockwurst
Italian pork sausage
Fresh country-style pork sausage

Fresh smoked sausage is, as the name implies, smoked but not cooked. It, too, must be refrigerated and thoroughly cooked before eating. Store it no more than 1 week. Examples are:

Country-style pork sausage
Mettwurst
Romanian sausage

Cooked sausage is made basically from fresh meats, though sometimes cured meats are used. They are thoroughly cooked and ready to eat but should be refrigerated. They will keep for 2 weeks. Included in this classification are:

Liver sausage
Beer salami
Veal sausage
Blutwurst
Braunschweiger

Cooked smoked sausage is prepared from fresh meats that have been both cooked and smoked. They are ready to eat, though many improve in flavor if heated. They can be kept, refrigerated, for two weeks. The two most popular ones in this group are the frankfurter or weiner and bologna. Others are:

Knackwurst
Mortadella
Kielbasa
Cocktail-style franks
Berliner
Vienna sausage
Smoked links

Dry and semidry sausage is made from selected meats and prepared by means of a complicated and carefully controlled drying process. They are ready to eat and will keep 2 to 3 weeks if refrigerated.

Some examples are:

Chorizos
Cappicola
Italian, German and Hungarian salami
Summer sausage
Cervelat
Pepperoni

SAUSAGE-CORN CHOWDER
(pictured)

3 tablespoons butter or margarine
2 cups chopped celery
1 cup chopped onion (1 large)
3 tablespoons flour
2 cans (13¾ ounces each) chicken broth
1 can (12 ounces) whole-kernel corn
2 jars (4 ounces each) cocktail sausages, cut in ¼-inch slices
1 cup heavy cream
2 tablespoons chopped parsley

Melt butter or margarine in heavy saucepan over medium heat. Add celery and onion. Cook 3 to 4 minutes, stirring occasionally. Stir in flour. Mix well. Add chicken broth. Bring to boiling, stirring frequently. Add corn and sausages. Cover. Simmer 10 minutes. Stir in cream and parsley. Bring back to boiling. Correct seasoning to taste. Makes 6 servings.

KNACKWURST WITH RED CABBAGE
(pictured)

6 slices bacon, diced
2 cups sliced onion (2 large)
1 small head of red cabbage, cored and shredded
1½ teaspoons salt
Dash of pepper
¼ cup red-wine vinegar
2 tablespoons brown sugar
3 medium-size tart apples, cored, pared and sliced
2 pounds knackwurst
Boiled potatoes

Cook bacon in heavy saucepan or Dutch oven until crisp. Remove with slotted spoon. Reserve. Add onion to fat left in pan. Cook 5 minutes, stirring occasionally. Add cabbage, salt, pepper and vinegar; mix well. Cover. Cook 30 minutes over low heat. Add sugar, apples and reserved bacon. Stir gently into cabbage. Arrange sausages over cabbage. Cook 5 to 10 minutes. Serve with boiled potatoes. Makes 6 servings.

LENTILS WITH CHORIZOS

½ pound lentils
1½ pounds chorizos, each cut in two pieces
1 cup chopped onion (1 large)
1 clove of garlic, minced
¼ cup chopped parsley
1 can (1 pound 12 ounces) tomatoes, coarsely chopped
1 bay leaf

Cook lentils according to package directions. Drain. Reserve. Sauté sausages 2 or 3 minutes in heavy saucepan over medium heat. Discard all fat. Add onion and garlic to saucepan. Cook 2 minutes, stirring constantly. Add parsley, tomatoes and bay leaf. Bring to boiling. Correct seasoning to taste. Add lentils. Mix well. Cover. Simmer 10 minutes. Makes 6 servings.

BREAKFAST SAUSAGE RING

3 cups soft bread crumbs (6 slices bread)
1 tablespoon butter or margarine
¼ cup minced green onions
2 pounds bulk pork sausage meat
¼ cup chopped parsley
1 teaspoon dried tarragon leaves, crumbled
2 eggs, beaten

Heat oven to 350°. Butter 7-inch ring mold. Sprinkle ½ cup bread crumbs over bottom and sides of mold. Melt butter or margarine in large skillet over medium heat. Add green onions; cook 3 to 4 minutes. Add sausage meat. Cook 2 minutes, breaking up meat with fork as it cooks. Discard fat. Combine meat mixture, remaining bread crumbs, parsley, tarragon and eggs. Turn mixture into mold. Bake about 20 minutes. Drain fat from mold. Unmold ring on warm platter. Fill center with scrambled eggs, if desired. Makes 6 servings.

CERVELAT TURNOVERS

½ pound cervelat
2 tablespoons pure vegetable oil
2 tablespoons prepared mustard
1 egg, beaten
2 tablespoons chopped parsley
1 package pie-crust mix
1 egg yolk, beaten

Heat oven to 425°. Grind or chop cervelat finely. Combine with oil, mustard, egg and parsley. Mix well. Prepare pie-crust mix according to package directions. Roll out to a 12 x 20-inch rectangle. Cut into 4-inch squares. Place about 2 teaspoons of filling on each square. Moisten edges of pastry. Fold each square into a triangle. Press edges together to seal. Place on cookie sheets. Brush with egg yolk. Bake 15 to 20 minutes or until golden brown. Makes 15 turnovers.

SAVORY SKILLET SAUSAGES

1 pound pork sausages
1 cup sliced onion (1 large)
1 medium-size green pepper, cut in ¼-inch wide strips
1 can (1 pound 12 ounces) tomatoes, coarsely chopped
1 can (3 to 4 ounces) sliced mushrooms
1 bay leaf
½ teaspoon leaf thyme, crumbled
½ teaspoon salt
2 tablespoons chopped parsley

Cook sausages in skillet until browned. Remove. Reserve. Drain all but 2 tablespoons of fat from skillet. Add onion and green pepper. Sauté 5 minutes over medium heat, stirring occasionally. Add tomatoes, mushrooms, bay leaf, thyme and salt. Simmer 15 minutes. Stir in sausages. Cook 5 minutes. Turn into serving dish. Sprinkle with parsley. Makes 4 to 6 servings.

continued

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PEPPERONI, BEAN AND PIMIENTO SALAD (*pictured*)

- 2 pounds fresh green beans
- 1 pound pepperoni (casing removed), cut in 2x¼-inch sticks
- 1 can (7 ounces) pimientos, drained and cut in 2x¼-inch strips
- 1 medium-size onion, sliced and separated into rings
- ½ cup olive oil
- ¼ cup tarragon vinegar
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1 clove of garlic, mashed

Snap ends off beans. Cook beans in boiling, salted water, uncovered, 8 to 10 minutes or until just tender. Drain. Run cold water over beans 3 to 4 minutes. Drain well. Place beans, pepperoni, pimientos and onion rings in large salad bowl. Shake or whirl remaining ingredients in screw-top jar or in blender. Pour over salad. Toss gently. Refrigerate 1 hour. Makes 8 servings.

YORKSHIRE SAUSAGES

- 1 package (¾ pound) smoked pork sausages, cut in 1-inch pieces
- 1 cup sifted all-purpose flour
- ½ teaspoon salt
- 2 eggs, well beaten
- 1 cup milk
- 3 tablespoons pure vegetable oil

Brown sausages lightly on all sides. Heat oven to 425°. Sift flour and salt into mixing bowl. Combine eggs, milk and 1 tablespoon oil. Add to flour. Beat until well blended. Pour remaining oil in 9 x 2-inch layer-cake pan. Heat pan in oven 3 to 4 minutes. Pour a ½-inch layer of batter into pan. It will set slightly. Arrange sausages over batter. Pour in remaining batter. Bake 30 to 40 minutes. Makes 4 servings.

SAUSAGE-POTATO CASSEROLE

- 1 tablespoon butter or margarine
- ¼ cup minced green onions
- 1 small clove of garlic, minced
- 1 can (1 pound 12 ounces) tomatoes, coarsely chopped
- ½ teaspoon salt
- ½ teaspoon dried basil leaves, crumbled
- 1 pound sweet Italian sausages (casing removed), crumbled
- 2 pounds potatoes, pared and thinly sliced
- ½ teaspoon salt

Heat oven to 450°. Melt butter or margarine in large skillet over medium heat. Sauté green onions and garlic 2 minutes. Add tomatoes, ½ teaspoon salt and basil. Bring to boiling. Simmer 10 minutes. Stir in sausages. Mix well. Toss potato slices and ½ teaspoon salt. Arrange half in 2-quart baking dish. Add sausage mixture. Cover with remaining potatoes. Bake 40 minutes or until potatoes are tender, pressing slices into sauce occasionally. Makes 6 servings.

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continued from page 84

When a recipe calls for orange juice, peel or pieces by amount, it is always helpful to know how many oranges you must have. For medium-size oranges, you will need approximately 3 to 4 for 1 cup of juice, 2 for 1 cup of bite-size pieces, 1 for 10 to 11 sections and 1 to give you 4 teaspoons grated peel.

PORK CHOPS IN ORANGE SAUCE

(pictured)

8 pork chops, each 1 inch thick
Salt
Pepper
½ cup chopped onion (1 medium)
1 tablespoon grated orange peel
½ cup orange juice
2 tablespoons light corn syrup
1 large orange, peeled and sliced

Heat oven to 375°. Trim fat from pork chops. Season meat with salt and pepper. Heat large skillet; render fat from chops in skillet. Remove pieces of fat. Brown chops on both sides over medium heat. Remove to baking dish. Drain fat from skillet. Sauté onion in skillet until tender (there should be sufficient fat left on surface of skillet); spoon over chops. Combine orange peel, orange juice and corn syrup; pour over chops. Bake 25 to 30 minutes or until chops are tender. Before serving, garnish with orange slices. Makes 4 to 6 servings.

FILET OF SOLE A LA ORANGE

(pictured)

1 tablespoon butter or margarine
2 tablespoons minced shallots or green onions
2 pounds filet of sole, cut in half lengthwise and folded
¾ cup dry white wine
1 teaspoon salt
1 cup heavy cream
1 tablespoon melted butter or margarine
2 tablespoons flour
½ cup orange juice
Salt
Pepper
Orange slices or sections

Butter a large skillet. Sprinkle in shallots or green onions. Arrange filets of sole in one layer. Add wine and salt. Cover tightly with circle of wax paper. Bring to boiling. Simmer 8 to 10 minutes. Remove fish to serving platter with slotted spoon. Keep warm. Cook liquid in skillet until it is reduced to ¼ cup. Add cream. Bring to boiling. Blend melted butter or margarine and flour until smooth. Stir into sauce; continue stirring until thickened and smooth. Stir in orange juice. Correct seasoning to taste Pour sauce over fish. Decorate with orange slices or sections. Makes 6 servings.

ORANGE-GLAZED BAKED CHICKEN

2 broiler-fryers (3 pounds each), cut into quarters
2 teaspoons grated orange peel
1 teaspoon grated lemon peel
1 cup orange juice
¼ cup lemon juice
⅓ cup light corn syrup
1 tablespoon Worcestershire sauce
1 clove of garlic, finely minced
1 teaspoon salt

Wash chicken parts; pat dry. Combine orange and lemon peels, juices, corn syrup, Worcestershire, garlic and salt in shallow dish. Add chicken. Marinate 2 hours, turning occasionally. Remove chicken; drain on paper towels. Pour marinade into small saucepan. Place chicken skin-side down in shallow baking pan. Bake at 375° for 30 minutes. Meanwhile, boil marinade until reduced to ½ cup. Turn chicken; brush with marinade. Bake 20 minutes or until done (juices will run clear when joint is cut or pierced). Makes 4 to 6 servings.

WESTERN SALAD PLATTER

1 large bunch romaine
2 large oranges, peeled and thinly sliced
½ cucumber, thinly sliced
½ red onion, thinly sliced and separated into rings
½ green pepper, coarsely chopped
⅓ cup pure vegetable oil
¼ cup wine vinegar
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon sugar
¼ teaspoon dry mustard
¼ teaspoon paprika

Wash romaine, separate leaves; drain on paper towels. Arrange leaves on large platter. Arrange orange slices, cucumber slices and onion rings on romaine. Sprinkle with green pepper. Cover. Refrigerate until serving time. Combine remaining ingredients in small bowl; mix well. Before serving, pour dressing over salad. Makes 6 to 8 servings.

ORANGES AND CUCUMBERS IN SOUR CREAM

2 large navel oranges, peeled and sectioned
1 cucumber, scored and thinly sliced
1 cup dairy sour cream
1 teaspoon salt
¼ teaspoon celery seed
Lettuce

Combine orange sections and cucumber slices in medium-size bowl. Refrigerate until serving time. Just before serving, combine sour cream, salt and celery seed. Drain off any juice that has collected from orange sections. Fold sour-cream mixture into oranges and cucumbers. Serve on bed of lettuce. Sprinkle with paprika, if desired. Makes 6 servings.

CHOCOLATE-ORANGE CREAM CAKE

(pictured above)

1¾ cups sifted cake flour
1 teaspoon baking soda
½ teaspoon salt
¼ teaspoon baking powder
½ cup softened butter or margarine
1¼ cups sugar
2 eggs
½ cup sifted, unsweetened cocoa
1 cup water
2 teaspoons grated orange peel
Orange Cream Filling
Chocolate Frosting

Heat oven to 350°. Grease and flour two 9-inch layer-cake pans. Sift flour, baking soda, salt and baking powder together; set aside. Beat butter or margarine, sugar and eggs at high speed on electric mixer until light and fluffy. Blend cocoa and water until well combined. Add flour mixture alternately with cocoa mixture to sugar-egg mixture, at low speed, beginning and ending with the flour. Beat just until smooth. Stir in orange peel. Pour batter into prepared pans. Bake 25 to 30 minutes or until cake springs back when lightly pressed with finger. Cool in pans on wire rack 10 minutes. Turn out onto racks; cool completely.

Split each cake layer in half horizontally with long, sharp knife. Place bottom layer on cake plate. Spread with one-third Orange Cream Filling. Repeat with 2 more layers; place fourth layer on top. Refrigerate one hour.

Frost sides and top of cake with Chocolate Frosting. Refrigerate until ready to serve. Makes 10 to 12 servings.

ORANGE CREAM FILLING

1 envelope unflavored gelatin
2 tablespoons cold water
2 cups heavy cream
½ cup sifted confectioners' sugar
⅓ cup orange juice
1 tablespoon grated orange peel

Sprinkle gelatin over cold water in small saucepan; let stand 5 minutes to soften. Stir over hot water until gelatin is dissolved; cool. Beat cream and confectioners' sugar until stiff peaks form. Combine orange juice and peel and gelatin; gradually beat into whipped cream.

continued

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CHOCOLATE FROSTING

2 squares unsweetened chocolate, melted
2 cups sifted confectioners' sugar
2 tablespoons hot water
1 egg
¼ cup softened butter or margarine
½ teaspoon vanilla

Combine melted chocolate, sugar and hot water in small bowl. Beat until smooth and well blended. Add egg, butter or margarine and vanilla. Continue to beat until frosting becomes thick. Set bowl of frosting in large bowl containing ice or ice water. Beat with a wooden spoon until the frosting is of good, spreading consistency. Spread on sides and top of cake.

ORANGE REFRIGERATOR CHEESECAKE
(pictured)

This is a very light, do-ahead dessert with a delicate orange flavor.

2 packages (8 ounces each) cream cheese
1½ cups graham-cracker crumbs
¼ cup sugar
¼ cup melted butter or margarine
2 envelopes unflavored gelatin
½ cup orange juice
3 eggs, separated
½ cup cold orange juice
1 cup sugar
¼ teaspoon salt
2 tablespoons grated orange peel
2 teaspoons lemon juice
1 cup heavy cream, whipped

Soften cream cheese at room temperature. Combine cracker crumbs and ¼ cup sugar; blend in butter or margarine. Press mixture evenly on sides and bottom of buttered 9-inch springform pan. Crumb mixture should come within 1 inch of top of pan. Soften gelatin in ½ cup orange juice 5 minutes. Beat egg yolks slightly in top of double boiler. Stir in ½ cup orange juice, 1 cup sugar and salt. Cook over hot, not boiling, water about 5 minutes or until slightly thickened. Add gelatin mixture; stir until dissolved. Stir in orange peel and lemon juice. Beat cream cheese in large bowl until fluffy. Blend in egg-yolk mixture very gradually; beat until smooth. Chill until mixture begins to set; fold in whipped cream. Beat egg whites until stiff; fold into cheese mixture. Pour into prepared pan. Chill 3 to 4 hours or overnight, if possible, or until firm. Remove side from pan, leaving cake on pan bottom. Refrigerate until serving time. Serve cheesecake cold. Makes 12 to 14 servings.

ORANGE BREAD PUDDING

1 cup diced, fresh orange sections
2 cups cubed, day-old bread
¼ cup raisins
2 cups milk
¼ cup butter or margarine
3 egg yolks
½ cup sugar
¼ teaspoon ground cinnamon
¼ teaspoon salt
1 teaspoon grated orange peel
1 teaspoon vanilla
3 egg whites
6 tablespoons sugar

Heat oven to 350°. Place oranges, bread cubes and raisins in 1½-quart, shallow baking dish. Scald milk; add butter or margarine. Beat egg yolks slightly in medium-size bowl; stir in milk mixture, ½ cup sugar, cinnamon, salt, orange peel and vanilla. Pour over orange-bread mixture. Place in pan of hot water. Bake 40 to 45 minutes or until thin-bladed knife inserted 1 inch from edge comes out clean. Beat egg whites until foamy. Beat in 6 tablespoons sugar gradually; continue beating until meringue stands in stiff peaks. Spread meringue over hot pudding, being careful to spread meringue until it touches the edge of the dish. Return to oven, leaving it in pan of hot water. Bake 15 to 20 minutes or until meringue is browned. Serve warm. Makes 6 servings.

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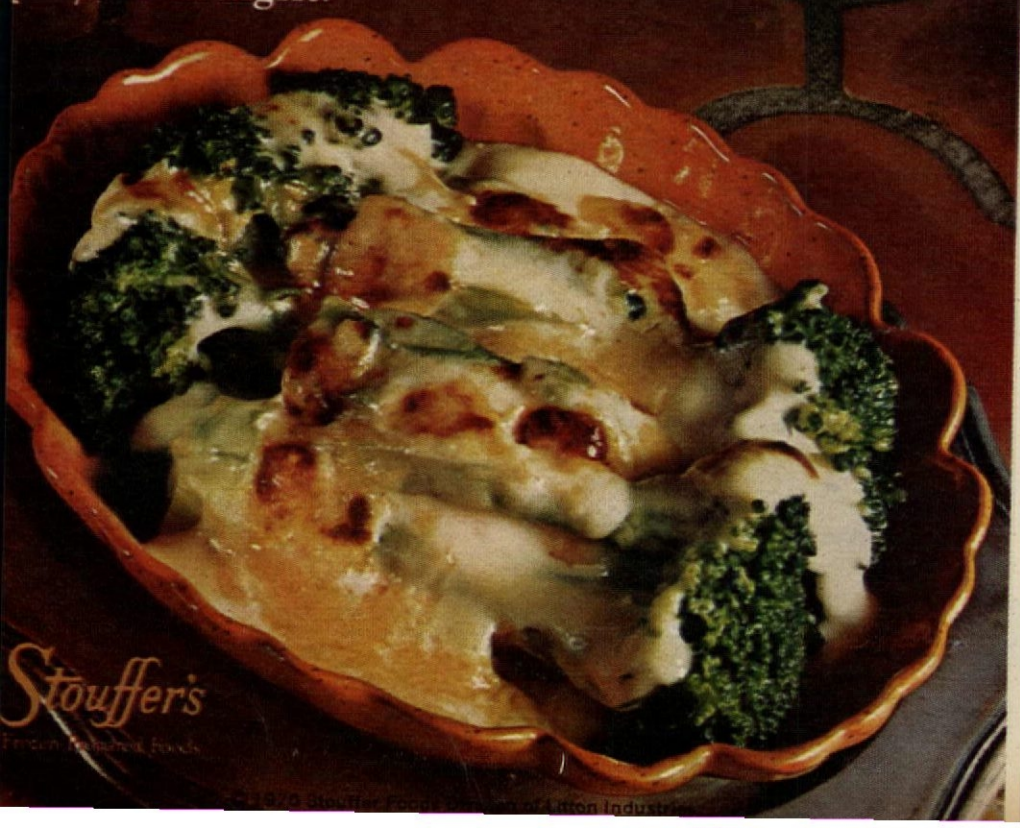

continued

Electronic cooking for short-order cooks.

Short Order #1. The 26-minute roast. It's 7 p.m. Your husband brings the boss home for dinner without telling you. The boss is a beef eater at heart. Luckily, you have a 5-lb. roast in the freezer. Into the electronic oven it goes, and 26 minutes later the boss digs in as your husband smiles.

Short Order #2. The 8-minute dessert tray. At 2:30 p.m., the dessert bridge comes to your house. Surprise! 17 hands later, while dummy, you pop the frozen goodies into the electronic oven. In 8 minutes, you're dealing with ooh's and aah's.

Short Order #3. The 7-minute scoutarama. It's 5:10 and from out of nowhere comes the Beaver Patrol. Before they can say they're starved 3 times, a frozen pizza is popped into the electronic oven, and 7 minutes later you're queen of the Beaver Patrol.

Short Order #4. The 14-minute casserole. It's 6:30 p.m. and you're home late from the office. At 7:00, your fiancé is due for dinner. He's bringing his mother, the cook. Panic? Never! Into the electronic oven goes Casserole Fantastique. 14 minutes later, dinner is enjoyed by all, and a date is set.

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GENERAL ELECTRIC

OLD-FASHIONED ORANGE REFRIGERATOR CAKE

2 eight-inch sponge-cake layers
½ cup sugar
1 tablespoon cornstarch
⅛ teaspoon salt
½ cup orange juice (1 large orange)
3 egg yolks, slightly beaten
1 tablespoon butter or margarine
2 tablespoons grated orange peel
3 tablespoons lemon juice (1 medium-size lemon)
3 egg whites
1 cup heavy cream

Slice each cake layer in half horizontally, making 4 layers in all. Set aside. Combine sugar, cornstarch and salt in top of double boiler; stir in orange juice, egg yolks, butter or margarine, orange peel and lemon juice. Cook over hot water, stirring constantly, until thickened; remove from heat. Beat egg whites until stiff but not dry. Fold egg whites into warm orange mixture. Spread about 1 cup of the warm filling between each layer. Do not frost top layer. If layers should slip, hold together with wooden picks or skewers. Refrigerate cake several hours or overnight to allow flavors to blend. A few hours before serving, whip cream. Frost top and sides of cake. Return to refrigerator until serving time. Makes 8 to 10 servings.

BAKED STUFFED ORANGES

6 large oranges
9 pitted dates, cut up
8 small dried figs, chopped
½ cup miniature marshmallows
2 tablespoons flaked coconut
1 tablespoon brown sugar
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
1 tablespoon lemon juice
3 tablespoons slivered toasted almonds

Wipe oranges with a damp cloth. Slice off stem end; spoon out pulp; drain. Combine remaining ingredients, except almonds, with orange pulp. Fill orange shells. Place in shallow pan; sprinkle with almonds. Bake at 350° for 30 minutes. Serve warm. Makes 6 servings.

BAKED APPLES WITH ORANGE GLAZE

6 large, firm cooking apples
½ cup sugar
2 teaspoons grated orange peel
1 cup orange juice
Sugar

Heat oven to 350°. Core apples and pare about 1 inch around top. Place in shallow baking dish. Combine ½ cup sugar and orange peel and juice in small saucepan; boil 5 minutes. Strain over apples. Cover loosely with aluminum foil. Bake 20 minutes. Uncover. Bake, basting frequently, 25 to 30 minutes or until apples are just tender. Remove from oven; baste again. Sprinkle tops of apples with sugar; broil until tops are bubbly and glazed. Serve warm or chilled. Makes 6 servings.

KNOW YOUR ORANGES

Navel: This orange, easy to peel and section, is large and seedless with a thick, pebbly skin. It is a favorite for eating out of hand.

Valencia: This medium-to-large orange with a smooth, thin skin and few seeds is ideal for juice and for sectioning.

Hamlin: This somewhat small, oval-shaped, thin-skinned orange is usually seedless and is excellent for juice.

Parson Brown: This large orange has a thin, pebbly, deep-yellow skin often tinged with green. It has few seeds and is very juicy.

Pineapple: This is a large orange with a smooth, deep-orange skin. Almost seedless, it is very juicy.

Temple: Though called an orange, this is a tangerine. It is sweet, easy to peel and has an average of one seed per segment.

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SAVING GRACES

Breakfast: the smart beginning. Are you and your family breakfast skippers or skimpers? And yet you're concerned about nutrition? This meal is without doubt the keystone of the day's nutrition picture. No one would consider driving a car with insufficient gas, but many think nothing of starting a day's activities, whether at home, school or office, without providing enough fuel for the body to function well.

A good breakfast depends not on what foods you eat but on the nutrients you get from them. What you eat for breakfast should provide you with one-fourth to one-third of the body's daily energy needs—i.e., calorie intake. You should include something from at least three of the four basic food groups: breads and cereals; fruits and vegetables; meat, poultry, fish and meat alternates, such as eggs and peanut butter; milk and milk products. Why not add a little novelty to your breakfast menu with cottage cheese, sliced tomato and whole-wheat bread? Or let a teen-ager eat a hamburger with all the trimmings on a bun and, say, peaches and cream. Strange? Maybe, but both will insure a good nutritional start for the day. Though some of your child's choices may seem far out to you, don't discourage him from varying the breakfast routine. What he selects will be bad only if it falls short of nutritional standards—just give him a little guidance.

Mayonnaise or salad dressing: What's the difference? Scanning the jars on the market shelf often brings up this question. Mayonnaise and salad dressing look alike in the jar and recipes normally call for substituting one for the other. The only difference seems to be in the price, with mayonnaise the more expensive.

First, their points of similarity. Both are classified as "spoonable" dressings, as opposed to dressings that pour. Spoonables are carefully blended with other ingredients in a salad or used as a binder in sandwich spreads and casseroles. They are somewhat alike in consistency but the difference lies in their formulas and flavors. Both may be kept on the shelf until opened and then refrigerated.

Mayonnaise is a creamy, uncooked dressing or sauce and consists of egg yolks, oil, seasonings and vinegar or lemon juice. In preparing it, the eggs and oil are beaten continuously to form a stable emulsion and make a smooth, homogeneous dressing. It has more eggs and oil than salad dressing and this accounts for its higher price.

Salad dressing is traditionally a cooked sauce made with egg yolks, oil, a starch paste, plus spice for extra flavor.

The two dressings can be used interchangeably, though many prefer the richer, more delicate flavor of mayonnaise in tartar sauce, green-goddess dressing or in spice and herb sauces, while using salad dressing to coat, bind or top a salad. Your budget, personal taste and the use to which you put the dressing should be your buying guide.

New products in the kitchen. If bacon and onion flavors are favorites of yours, then try Lawry's Baconion, a combination of imitation crumbled bacon, minced toasted onion, parsley and other ingredients. It's great in salads and omelets.

Soup that's a meal—that's what Campbell's Chunky Soups add up to. There are four: vegetable, chicken, beef and turkey. All make hearty lunches for kids.

Ocean Spray keeps marrying flavors with their cranberry. Now it's Cranberry-Raspberry Jelly, a winner when teamed with pork, ham or poultry. It's good, too, in molded salads and desserts.

—Frances M. Crawford

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FAMILY FOOD IDEAS

And you thought Florida grapefruit was only for breakfast.

Fresh grapefruit from Florida not only brightens your breakfast. It can enliven your luncheons and add dash to your dinners. And it's low in calories, high in vitamin C. For more recipes and diet plans, send name and address to Grapefruit, AH, P.O. Box 6066C, Orlando, Fla. 32803, with 25¢ in coin for postage and handling. They'll help you shape up... deliciously.

Flower Topping

Prepare grapefruit half by cutting around each section and removing core. Insert narrow wedges of red apple between sections and place grapes in the center.

Grapefruit Jubilee

Prepare grapefruit halves by cutting around each section and removing core. Fill centers with canned cherry pie filling. Chill.

Fruit Cup on the Half Shell

Cut grapefruit in half and carefully cut out grapefruit sections. Remove all white membrane from shell. Line shells with salad greens and fill with mixed grapefruit and orange sections, diced apple and halved grapes.

Fluted Half with Sherbet

Trace a line around center of grapefruit. Insert small pointed knife in center of grapefruit, at an angle to make one side of a point. Remove knife; insert to make opposite side of point. Continue around grapefruit; pull halves apart. Cut around each section and remove core. Place small scoop of sherbet in center.

Grapefruit Half with Sausage

Prepare grapefruit half by cutting around each section and removing core. Sprinkle with brown sugar and nutmeg. Cut brown-and-serve sausage link in half crosswise, then lengthwise. Place spoke fashion on grapefruit. Broil 5 to 10 minutes.

Grapefruit Alaska

Prepare 6 grapefruit halves by cutting around each section and removing core. Sprinkle lightly with sugar. Chill. Prepare meringue by adding ⅛ teaspoon salt to 3 egg whites and beating until foamy; gradually add 6 tablespoons sugar and beat until very stiff. Place a scoop of ice cream in center of each grapefruit half. Cover ice cream and top of grapefruit completely with meringue. Place in 475°F. oven about 1 minute, until lightly browned.

Seacoast Shrimp Salad

Cut grapefruit in half and carefully cut out grapefruit sections. Remove all white membrane from shell. Add the sections to cooked shrimp and spoon into shells lined with salad greens. Serve with French dressing.

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Soup just can't match it.
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FLEXIBLE PLANNING continued from page 58

What we strove for was the built-in look of uniformity and minimal space consumption plus the portability of ordinary furniture. Our living room, an all-purpose area in terms of living, dining and working, we furnished with cushions, tables, chairs and shelves. The varisized polyurethane cushions, positioned for seats, backrests and foot rests, march down one wall as a super sofa. Not only do the cushions camouflage open storage behind them, but they also provide for comfortable lounging or sleep-over guests. Joshua and Reven use them as building blocks or string them out as mats for tumbling. The cushions, covered in a nylon-and-wool blend, were relatively inexpensive—$712 for all 22 of them—and they are practical because they can be reversed when they begin to wear.

Rather than fill up precious space with coffee tables or end tables, we built a shelf behind the cushions as a display ledge. By putting our art here rather than hanging it, we're able to change it as often as we like without making new holes in the wall.

We lined up three 5-foot tables with plastic tops as a place where we could work, dine or set our plant garden. The tables work as well for a family dinner as they do for a dinner party for 16. And the children revel in having all that space to spread out projects or puzzles.

Our storage needs were taken care of by standard industrial metal shelf units, sprayed white. The shelves closest to the dining table serve as a bar, sideboard and wine cellar. Others hold hi-fi equipment, recording tapes and books. Four chrome Luxo lamps, mounted on wheels and trailing long, coiled industrial cords, give the kind of flexible lighting we need since they can be moved and plugged in anywhere. As the children get older, or as we find our own activities change, the room can be adapted easily. All the furnishings, including the shelving units, are movable. A warm gray was chosen for the cushions, chairs, tables and shelf tops; as a backdrop, its neutral shade best accentuates people, our plants and our art.

The bedrooms we decided to make into two private havens. The boys' room was divided into two separate, equal-sized areas with metal shelving units sprayed white. To give the room greater light and air, we chose a shelving unit that stops short of the ceiling. Some of the shelves have closed backs that house each boy's private treasures; others have open backs to hold toys, books and collections that both of them use. Metal desks and beds that double as couches complete the room. We use our bedroom for lounging, working and sewing, too. Rather than fill up the space with chests, we put metal office desk-and-drawer units along one wall to serve as a work-sewing center.

All things considered—the flexibility of our furnishings in meeting the needs of an active family and the fun of putting it all together—the expense was surprisingly modest.

Richard Saul Wurman met his wife Dorothy, a registered architect who co-designed their apartment, at the University of Pennsylvania Graduate School of Fine Arts. He was first in their class, she second. Since then, he has taught at Princeton, the University of North Carolina and Cambridge in England and is currently Professor of Architecture at City College of New York. A fellow of the Guggenheim and Graham foundations, he has authored numerous books on planning and architecture, including *Urban Atlas: 20 American Cities, Man Made Philadelphia* and *City, Form and Intent.* Wurman is with the architectural firm of Murphy Levy Wurman of Philadelphia.

continued from page 52

tile in my bathroom, but find that only half of them will stay up. The other half simply refuse to stay in place no matter how much glue I use. Should I try another type of glue?

New York, N.Y.

Since some of the hooks have stayed up, the problem is with the surfaces on which the troublesome hooks were mounted. Roughen these surfaces with coarse emery cloth or sandpaper, then try again with the same glue. If you find the tile surfaces hard to roughen by hand, try a sanding disc on an electric drill.

FACIAL SOAP CLEANS ANTIQUES

We recently inherited from my grandmother a lovely old chest of drawers with detailed carving. It is a dark, reddish wood—possibly mahogany—and in places it is veneered. The wood is very dry and needs cleaning. Can you tell me how to go about cleaning it? Also, how can we prevent further drying and deterioration of the wood?

Windsor, Conn.

For cleaning, we suggest a solution of mild facial soap and water. Do not use a laundry or dish-washing detergent. On flat areas, use a soft rag to apply the solution. The carved areas will require a toothbrush and/or a cotton swab. In very tight corners, the dirt may have to be picked out with the point of a sharpened stick.

To prevent further drying of the wood, apply a light spray of lemon oil, crude-oil compound or other furniture spray that does not contain wax. If the wood dries out immediately after spraying, spray again and repeat until the wood looks normal. In the future, spray the chest whenever the wood begins to look dry.

For help with a home-maintenance or repair job, write to Dept. H.A.H., American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters will be selected on the basis of broad, general interest.

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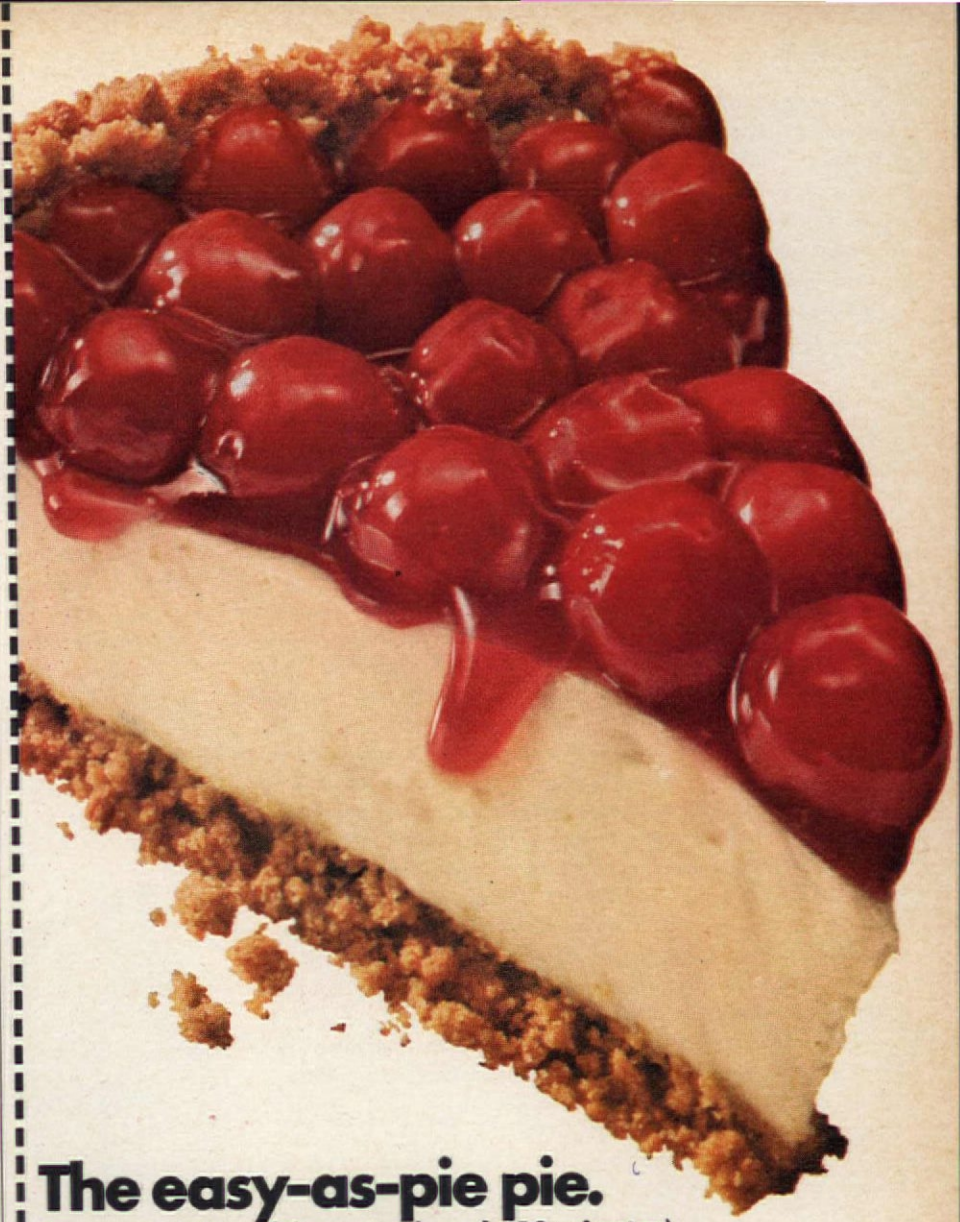

The easy-as-pie pie.

(From start to refrigerator in only 12 minutes)

Whoever first said "easy-as-pie" must have made this one. It's a delectable no cook, no bake, no work pie. It's the most popular pie that ever came out of the Borden Kitchens. Cherry-O Cream Cheese Pie. And because you make it with Eagle Brand Sweetened Condensed Milk and Comstock Pie-Filling, it's unusually sumptuous. So good it's hard to believe you don't have to spend over 12 minutes to make it. Cherry-O.

Cherry-O Cream Cheese Pie

1 9-inch crumb crust
1 package (8-oz.) cream cheese, softened at room temperature
1 can Eagle Brand® Sweetened Condensed Milk (not evaporated milk)
⅓ cup lemon juice (Measure accurately. Do not use lemon extract. If frozen lemon juice is used, reconstitute to regular strength.)
1 teaspoon vanilla extract
1 can (1-lb. 5-oz.) chilled Comstock Cherry Pie-Filling

In medium-sized bowl, beat cream cheese until light and fluffy. Gradually add sweetened condensed milk and stir until well blended. Stir in lemon juice and vanilla. Turn into crust. Refrigerate (not freeze) 2 to 3 hours. Garnish with chilled cherry pie filling before serving. Serves 8.

FREE: "The Dessert Lovers' Handbook." It's in full color. With recipes for 97 exciting, delicious, easy-to-make desserts. Send for it. Write: Borden, Inc., Box 451, Dept. AH 271, Jersey City, N.J. 07303

Does talking to plants help their growth? Many plant lovers think so. There do appear to be two benefits from talking to plants. The first is that daytime talks give the plant carbon dioxide needed for photosynthesis. The second is that polite plant growers will look at their plants when they talk to them. And if invasions by insects and fungi are seen and caught early, a quick spray will probably solve the problem. Anyone can have houseplants that thrive. A little care and some understanding of their needs are all that is necessary.

Choosing the right plants. Proper selection and display of plants can delight both the amateur decorator and indoor gardener. Choose plants with an eye for overall scale, the size and shape of the leaves, as well as their texture and color. However, don't make the mistake of buying plants only for their good looks. Match the varieties you choose to the growing conditions in your apartment, insuring that they have similar requirements for soil, light and water.

Light. The need for light by a particular plant changes according to the variety, its age, daily temperature fluctuations, the time of year, and the part of the country you live in. Yellow, scorched or burned leaves probably indicate too much sun. Pale, spindly plants show a need for more light.

Most flowering plants need a few hours of sun in order to bloom and do best with a southern or eastern exposure. But there are shade lovers, like begonias, that are happy in indirect light and should actually be kept out of direct sunlight. Plants will do well even in areas which receive little or no light if you put them under fluorescent tubes. There are two or three types on the market especially designed for growing houseplants, but a common daylight type of fluorescent will also work. For best results, the fixture should be placed about 12 inches above the top of the plants.

Temperature. If the temperature in your apartment is comfortable for you, it should also please your plants. Most plants prefer a cooler temperature at night than during the day, but, like people, they are not likely to thrive in cold drafts.

Humidity. The level of humidity in the air has much to do with your plants' success. If your apartment is very dry in winter, try grouping plants in a tray on a bed of pebbles or sand and keeping this area moist. Plants, a gregarious lot, get along better when they have company. Clustered together, they create a microclimate that will have higher humidity than the rest of a room. Misting of leaves with water is another way to counteract the dry atmosphere of most apartments. In addition to improving plant environment, by massing plants you will heighten their effect in a room.

Watering. Most houseplants die from watering—too much or too little. Because of too many variables, there are no hard and fast rules about when to water. Plants need more water during hot weather and peak periods of growth, less if they are in shade rather than direct sun. Even the type of container they are in affects water requirements. Plants in porous, unglazed clay pots, for instance, require more water than those in glazed or plastic pots.

Watering is strictly a matter of common sense. If the soil looks and feels dry, the plant needs moisture. Remember dryness to the point that the leaves wilt is harmful. At the other extreme, very few plants can survive if their roots stand in water for long periods. Shower small plants in a tub or sink and sponge off leaves of large specimens. Provided there is adequate drainage, one good dousing with the water at room temperature is better than repeated light applications.

Removing yellowing and dying leaves will also help the plant. If a plant is not doing well, it may need more or less water. Perhaps a move to a sunnier or shadier spot is in order. Experiment a little. Don't wait until the plant is nearly dead before you decide to help it.

Feeding. Houseplants should be fed once or twice a month with a diluted liquid fertilizer. It is important to follow the instructions carefully, applying the fertilizer when the soil is slightly moist.

Vacation care. If you can't recruit a reliable neighbor or friend to water your plants while you're away, there are several ways to care for them without a plant-sitter. One method is to place your small plants in a bathtub padded with a half inch or so of moisture-saturated newspaper. You can also buy one of the many automatic watering devices on the market. However, make sure you choose one that does not just saturate the soil. Too much moisture cuts off the supply of oxygen at the roots and will bring your plants to a watery end.

Another method of vacation-time care is to place your plants in a plastic bag such as those obtainable from the dry cleaners. Give them a good watering first and then seal the bag tightly to retard evaporation. By doing this, water will not be needed for a week or two. And, whatever you do, don't put the bag in direct sunlight or your plants will stew while you're away.

Growing plants successfully may be more difficult for the high-rise gardener than it is for his suburbanite brethren, but with careful choosing, patience and proper care, any cliff-dweller can have a thriving indoor garden that a country squire would envy—even in the darkened depths of a back apartment on the 15th floor. END

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DEAR AMERICAN HOME

FIRST HOMES FIRST

I enjoy much of AH, *yet "Haven in New England Snows" and "3-Family Co-op in Western Ski Country" [December '70], I feel, are only for the very small number of families interested. And for every family who owns a second home there are no doubt a thousand reader families who are simply hoping to improve their present homes in an interesting and economical way.*

Mrs. Kenneth Cooke
Kokomo, Ind.

You're right. Many of our readers are not second-home owners, but the imaginative design and versatility in function of both these houses can be translated into ideas for first-home owners, too.

CHRISTMAS ALL THROUGH THE HOUSE

"Christmas with the Skitch Hendersons" [December '70 AH*] really set my family in motion. We've got enough projects in the works now to keep us going through next Thanksgiving. Thank you and the Hendersons for the inspiration. We enjoyed making ours an old-fashioned Christmas.*

Mrs. Richard Lucy
Lebanon, N.H.

THE PLUMB LINE: CHEERS AND JEERS

My congratulations on The Plumb Line. AH, *which by its very nature encourages acquisition and consumption, must continue to make its readers aware of environmental problems. Keep up the good efforts.*

(Mrs.) Carolee S. Hoffmeyer
Chelsea, Mich.

I read with interest "Sounds of Silence" in The Plumb Line [December '70 AH*]. Mr. Donley did not consult this consumer. If he had, he would have found that I, like most others I know, dislike noises from appliances, even if they are slight. Among the most annoying are electric clocks that hum or click, some sewing machines —and vacuum cleaners! This last is such a grievance to me that although my cleaner is still quite new and works well, I would replace it if I could buy a noiseless one. I suggest that manufacturers not rely on theoreticians like Mr. Donley and do some research among those who actually use the appliances.*

(Mrs.) Kitty Byk
Dresher, Pa.

A MATTER OF TASTE

My compliments to Chef Jacques Jaffrey for his "Cooking Lessons," which are extremely clear and always work out successfully. Most of the dishes, though, seem to be French. How about giving some other great national dishes their due? Hungary's Dobostorte, for example. Chinese Lemon Chicken? German Sauerbraten and Potato Dumpling?

Mrs. Frederick Halsey
Syracuse, N.Y.

Yes, Jacques is French and his cooking reflects this. But he can turn his talents to all kinds of cuisines. We would welcome other readers' suggestions for great dishes they would like to see presented in simple, step-by-step pictures.

Letters to the editors should be addressed to Dear American Home, 641 Lexington Ave., New York, N.Y. 10022.

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What's inside the can of food you buy—besides the product often so handsomely pictured on the label? Become a shopper who always reads the fine print and you'll be a better informed and thriftier consumer. Federal laws demand that the labels of all canned goods for interstate distribution specify a list of facts all aimed at giving you, the consumer, products of dependable quality and allowing you to get what you want.

The label on a can has these nine basic facts to help you:

1) The product name must be printed clearly in a readable type size.

2) The variety, style and packing mixture must be included on the label. This is to let you know, for example, whether corn is cream-style or whole-kernel or whether fruit is packed in water, light syrup or heavy syrup.

3) The can's net contents are listed. Those with weights of from 1 to 4 pounds and volumes of 1 pint to 1 gallon must list their contents in ounces, followed parenthetically by the appropriate whole-unit measure with remainders in fractions or ounces—e.g., 17 ounces (1 pound 1 ounce). With this information you know precisely how much you are getting for your money.

4) The name, address and zip code of the manufacturer, packer or distributor must appear to give you the identity and mailing address of the firm responsible for the product.

5) A listing of dietary properties must also be included on the label. This helps those who need special foods, such as salt-free vegetables or fruits packed with artificial sweeteners, and distinguishes the product from other styles of pack.

6) If any artificial color or preservative has been added to the food, it must say so on the label. Many products could not be produced without food additives, for they help maintain a food's color, flavor and texture.

7) If the quality of a product falls below federally regulated standards, the label must tell you so. A can of unevenly trimmed pears, for example, may be quite acceptable to you for they are perfectly wholesome, but the law states the label must tell you what you are buying.

8) Whether the product is domestic or imported, the label must include the required information in English.

9) The label will ordinarily list the ingredients in the product in descending order, according to the amounts used. The exceptions will be those products for which the Government has set up "standards of identity," a list of the item's basic ingredients which need not appear on the label. However, optional ingredients approved by the Government, such as salt, will be mentioned because you might need to know what they are or prefer a product without them.

These are the minimum label requirements. But many canners provide much more information, to give you all the help they can. You will often find some or all of the following: a picture of the product; the brand name that helps identify a product you have tried and liked; the size or degree of maturity, as in the case of peas, so you can buy according to your flavor preference; color; degree of seasoning; a statement on the number of cups of the product the can contains; and directions for using the product successfully.

Canners are anxious to give you what you want. Let them know if a label needs improvement. To them, it's you, the informed consumer, who counts. END

SHOPPING INFORMATION

Merchandise listed 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. Retail stores are listed with their cities. Items not appearing here may be privately owned or custom made.

ADULT TOYS

Page 20: All sources N.Y.C. 1, 5, 10 (Raymor/Richards/Morganthau, Inc.), available at Brentano's. 2 (Beylerian Ltd.), Scarabaeus Ltd. 3 (Stelledar, Inc.), Brentano's. 4, 8 (Rathcon, Inc.), Bonniers, Inc. 6, Henri Bendel, Inc. 7, (Artmongers & Manufactory, Inc.), Bloomingdale's. 9, Bonniers.

COUNTRY CONDOMINIUM

Page 59 (center): Nicole beds in Enkalure nylon, Architectural wall system (units $75–$170), Directional Industries, Inc., N.Y.C. Red and white sculptures, Croquis Gallery, N.Y.C. Coffee table, Moreddi, Div. of Raymor/Richards/Morganthau, Ridgefield, N.J. Tape deck, Panasonic. Clock, calendar, Georg Jensen, Inc., N.Y.C. Typewriter, Olivetti. Radio, Beylerian, N.Y.C. Mattresses, Simmons. Suede pillows, Bloomingdale's. **(Bottom):** Digital clock radio, Panasonic. Frame, lamp, stationery holder, clock, Georg Jensen. Desk chair, Moreddi. **Pages 60–61:** Seating system, Directional Industries, Inc. (units from $100 for base, $38 for bolster). Interlubke wall system (units $99–$600), Basic Witz, Greensboro, Va. Coffee table, clock, Lucidity, Inc., N.Y.C. Floor lamp, Robert Sonneman, N.Y.C. Chrome table lamp, red pyramids sculpture, Shop 2, N.Y.C. All other sculpture, Croquis Gallery. Round floor light, Moreddi. TV set, RCA. Chrome and glass vase, decanter, candlesticks, Georg Jensen. Glassware by Federal, wine goblets, The Pottery Barn, N.Y.C. Ice bucket, Fifth Avenue Accessories, N.Y.C. Light box, red and white marble ashtray, Bloomingdale's. Lucite obelisques, red cigarette box, Albrizzi Designs, Inc., N.Y.C. Plant container, Alan Spiegelman, N.Y.C. **Page 62 (left):** Refrigerator, Frigidaire. Dishwasher, range, General Electric. Range hood, Broan Mfg. Co. Stool, Pier 16, N.Y.C. Wine rack, Bloomingdale's. Mixing bowl, casserole, H.E. Lauffer Co., Inc., N.Y.C. Cona coffee maker, grater, Design Research. Calendar, Alan Spiegelman. Coffee grinder, Salton. Electric knife, Sunbeam. **(Top right):** Red ceramic dinnerware by Rita, Design Research. Glassware by Federal, The Pottery Barn. White dinnerware, stainless flatware, Thomas U.S.A., Ltd., N.Y.C. Glass pitcher, metal food warmer, fondue set, apothecary jars, orange plastic bowls, wicker wine-bottle holders, pepper mill, Georg Jensen. Glass food warmer, red/white pitcher, Bonniers. Red casserole and bowl, H.E. Lauffer Co. Towel linens, Vera. Lucite cookbook stand, Alan Spiegelman. **(Bottom right):** Graphic, Taylor Art Co., N.Y.C. Bed linens by Fieldcrest, blanket, Bloomingdale's.

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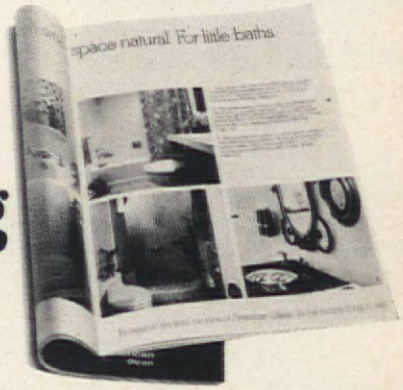

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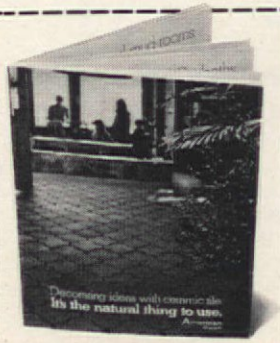

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LYNN HEADLEY—Editor

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Wild and lovely

Real English wildflowers create a 3-D wall hanging that is impressively scrumptious in wood-with-velvet shadow box. A great gift! 9x12 in., $29.95. 6x7½ in., $24.95. In complete kit form, $17.95 and $13.95. Discoveries From Around the Globe, Dept. AH-2, P.O. Box 88, West Nyack, N.Y. 10994.

Dandy for doggies

Pet Perch provides safety, comfort and viewing for your dog or cat. Adjusts to proper height and slant of seat and weight of pet. Perch is of strong metal with a thick coating of neutral beige vinyl plus a pad of carpeting. 14x18 in. $12.98 plus 90¢ postage. Garrett's, Dept. AH-2, Box 8415, Dallas, Tex. 75205.

Victorian slide necklace

An exquisitely detailed heirloom reproduction features a link chain with a genuine cameo that slides up or down, plus a removable spinning fob that dangles from a connecting clip. 28 in. Antiqued goldplate. $5.95 plus 25¢ postage. Old Pueblo Traders, 600-ALC So. Country Club Road, Tucson, Ariz. 85716.

An eye opener

It's fast and fun to make this shaggy owl pillow. Kit includes design stamped on canvas; rya rug wool in green, brown, gray and cream; needles; wooden gauge; pillow back; zipper; color card and directions. 12x18 in. $11.95 plus 75¢ postage. The Stitchery, Dept. AH1, Wellesley Hills, Mass. 02181.

Pretty put-on

Toss-On Bolero features an expensive hand-crocheted look with a pretty shell stitch and scalloped, ribbed trim. Bolero is "light," yet it *takes off* the chill. Of washable orlon acrylic. In white, black, pink or light blue. Sizes 32 to 46. $4.98 plus 50¢ postage. The Ferry House, Dept. AH-2, Dobbs Ferry, N.Y. 10522.

Word from a wise guy

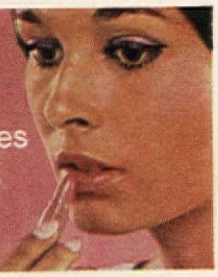
Wise old owl ceramic tile with words of wisdom advises, in essence, that it's a good idea to be quiet, listen and learn! A good idea, too, to use this tile treat as hot plate or wall plaque. Cork back. 6x6 in. $3.98 plus 40¢ postage. Anthony Enterprises, Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.

Eagle place mats

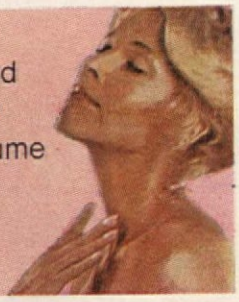
Set an elegant table with cotton mats in a reversible light-and-dark background design of a large eagle. 17½x12½ in. In 2-tone blue, red, gold or moss green on white. 4 for $4.50; 6, $6.75; 8, $8.85. Add 50¢ postage. Catalog, 25¢. Sturbridge Yankee Workshop, AH-21 Brimfield Tpke., Sturbridge, Mass. 01566.

continued

Now 7 of the most beautiful things from all over the world are about to happen to you!



The three lipsticks that give **India's** ladies such provocative lips



The jasmine-rose hand and body creme from **France,** and its perfume companion for take-along fragrance

The pearly-white eye cream that **Japan's** beauties swear by

The made-in-**Spain** bath foam gel that leaves skin satin smooth

The facial mask from **England** that revives the bloom of your complexion in minutes

The **Italian** beauty soaps with a gentle fragrance and the look of twin roses

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as your introductory collection from

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Where can you find the three exotic lipstick shades created by a cosmetic "guru" to give the women of India such luscious-looking lips? Or the cream that Japanese beauties use to help keep the fragile skin around their eyes petal-smooth all through their lives? Or the made-in-Spain bath foam that silkens a body from head to toe?

If you had unlimited time and money, you might travel the world to find beauty treasures like these. But now there's another way. Importá, the International Beauty Boutique, searches the world to find its most precious beauty preparations and delivers them right to you.

For just $1.00—all this!

For example, in the Importá introductory collection (worth over $20.00*) that you are offered now for just $1.00, you'll find the cosmetics from India, Japan and Spain mentioned above. And with them there's a jasmine-rose hand creme from France . . . a purse-size flacon of perfume in the same exquisite fragrance . . . gentle, delicately scented Italian guest soaps . . . and a superb facial mask from England. All are full sizes. Imagine, seven foreign adventures in beauty, all for just $1.00!

What's more, you may actually dip into each fascinating cosmetic, and use it, before making up your mind whether you want to keep this superb introductory kit. Unless you're delighted, you may return the unused portions of all seven fine items within ten days and your $1.00 will be refunded in full.

However, if you do keep the introductory kit, you'll become a Charter Patron of Importá and will receive a new collection of beauty preparations imported from a different country every two months, on the same generous 10-day trial basis. Each future kit will be worth *at least* $15.00*, but you will only pay $5.95 for each one you keep—*including all import duties, handling and mailing costs.* And you may cancel this arrangement and stop the kits coming whenever you like, with just a word.

With your introductory collection (and with each future collection as well), you'll receive—free of extra cost—a beauty guide that gives you the history of each superb cosmetic and shows you how to use each for the loveliest results.

Be the one woman in 1,000 to share these beauty benefits

As each Importá preparation is made and packaged in the land of its origin, they cannot be mass-produced. Supplies are so limited, only about one woman in a thousand can have them. Send *now* to be one of the fortunate few.

If you keep your introductory collection, *you'll be entitled to re-order any Importá cosmetic you wish, whenever you wish!* Just think—you may be the only one in your circle to have these exclusive, imported cosmetics! Replies will be handled on a first-come, first-served basis . . . so do fill out and mail the coupon today.

*Based on Importá catalog prices

importá 350 Fifth Avenue, New York, New York 10001 C101/96

Columbia House

Yes, I want Importá to be my "personal beauty agent" abroad! Please send me the Importá Introductory Beauty Collection (worth more than $20.00*), plus the beauty guide, all for only $1.00, which I am enclosing. I must be delighted or I may return the unused portions of the seven cosmetics within 10 days, at your expense, and my $1.00 will be refunded at once. If I keep the introductory kit, I will then be enrolled as a Charter Patron and will receive a new collection of beauty preparations imported from a different country every two months, for a no-risk 10-day trial. For each future beauty collection I keep you will bill me at the special Importá price of only $5.95. Should I decide *not* to keep a particular kit, I simply return the remaining, unused portions of all the cosmetics it contains within 10 days and I owe nothing. I understand I may take as many or as few kits as I wish, cancel this arrangement at any time by notifying you, and you will send no further kits after receiving my notice of cancellation.

(Please check below so we may serve your personal needs.)

My Hair: ☐ Dry ☐ Normal ☐ Oily | **Skin Type:** ☐ Combination ☐ Normal to Dry ☐ Oily | **Skin Tone:** ☐ Fair (light) ☐ Medium ☐ Deep (dark)

My Age: ☐ 16-19 ☐ 20-25 ☐ 26-39 ☐ 40 or over

Miss
Mrs. _____

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City _____ State _____ Zip _____

Offer limited to only one Importá Introductory Beauty Collection per family.

A Superb Collectors' Item in a Limited Edition

MAGNIFICENT IMPORTED ALL-TIME

Favorite Music Box

"Raindrops Keep Fallin' on My Head"

FROM
Butch Cassidy and the Sundance Kid

A boy, a girl, high and dry 'neath a giant umbrella. Reproduced on a silver-toned music box, animating the awarding-winning melody, "Raindrops Keep Falling On My Head." A handsome lad, a winsome lass, sheltered from a sudden shower beneath a big umbrella. So authentic, so fine is the craftsmanship and detailing, the children, in colorful Alpine attire, seem to be waiting patiently for the elusive sun to shine again. They whirl to the lilting notes of what is a musical happening. Twist turntable. Ceramic, 6½ in. 10238—Raindrops Music Box $4.98

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Please send the following on 10-day money back guarantee if not delighted. Enclosed is check or m.o. for $_____.

____#10238 Raindrops Music Boxes @ $4.98 (Add 65¢ postage)

☐ Send C.O.D. I enclose $1 goodwill deposit and will pay postman $3.98 balance plus all postal charges.

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ONLY $8 PER CARAT
FINE CUT — 58 FACETS
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Are wastecans a problem in your pretty kitchen? Keep them out of sight but still in easy reach! Our ingenious under-cabinet "trolley" hides them. Attaches in minutes, holds any size can. Glides out to meet you as door opens—disappears like magic as door closes. Now—have wastecans wherever you need them, without offense! Honey tone pine finish. 14"T, 12"W. **$5.50 Postpaid.**

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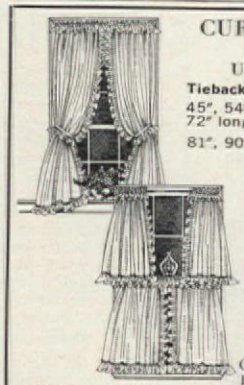
CURTAIN CHARM
With Ruffled Unbleached Muslin



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45", 54", 63" 72" long..... 5.00 pr.
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2 pair to window as shown 7.00
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Order these UNBLEACHED MUSLIN curtains with all the original New England simplicity, warmth, and handmade look for every room in the house. Practical, long-wearing, these off-white muslin curtains will retain their crisp appearance with a minimum of care.

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COUNTRY CURTAINS
At the Red Lion Inn
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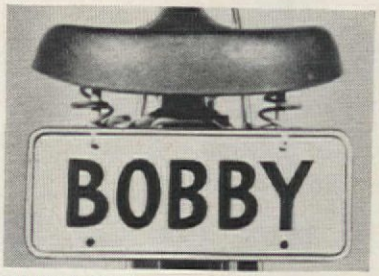
Measured for making money
Early American rooster measuring cups are easy to sell. Adds dollars to your group's treasury. Just one of over 400 items. Send for salable samples on approval for 30 day trial, free color catalog. Free gift with first order. Hedenkamp, Dept. AH-49, 361 Broadway, New York, N.Y. 10013.



Little folk license plate
A grown-up license plate for a youngster's bicycle bears his or her name or nickname (up to 8 letters). Heavy steel in baked enamel colors. Good for quick identification as well as a fun pleaser. $1 plus 25¢ postage. Best Values, Dept. C-396, 160 Amherst St., East Orange, N.J. 07019.

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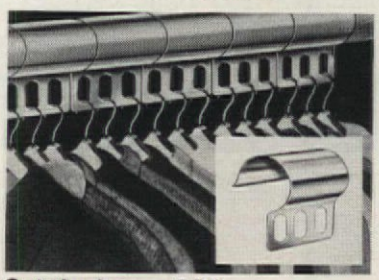
Embarrassed using paper plates at parties? Why not put them in colorful rattan trays that make strong *and* attractive plate holders. Festive in red, yellow, green and orange. Hold 9 in. plates. Set of 4 is $1.25 plus 25¢ for postage. Colonial Studios, Dept. RTE-9, White Plains, N.Y. 10606.



Get the hang of it?
Hanger-Aids assist in keeping a neat closet as well as preventing clothes from bunching up against each other. The trick is even spacing between hangers. In bright brass finish, they fit any size rod. Set of 10 holds 30 hangers, $1. Walter Drake, AH-68 Drake Bldg., Colorado Springs, Colo. 80901.

continued

SPECIALLY REDUCED PRICE ONLY $8.95

"Dear Sirs: I have had an opportunity to use Sauna Shorts primarily for the purpose of evaluating its worth in view of the many inquiries that have been made to me relating to your product. This Sauna Shorts' Inches-Off Program is based on sound scientific principles. It's sensible and it works—a rare combination! I plan to recommend it to all my patients who want to take off inches. Yours very truly, **Anita Sharpe**, Registered Physiotherapist, Los Angeles, Calif. ■ "Gentlemen: I feel I simply must write to tell you how happy I am with the results of your Sauna Shorts. I lost 5 inches in the very first week—2 inches from my waist and 3 inches from my hips. You can believe me when I say I'll make sure they don't come back! I wear my Sauna Shorts once a week now to keep my great new shape. My friends keep telling me how great I look and they, too, are interested in purchasing your Sauna Shorts. Sincerely, **Mrs. Ina Ann Debs**, Chicago, Illinois ■ Dear Sirs: Thanks to Sauna Shorts and an easy to follow exercise plan, I've lost 2 inches from my waist and 2 inches from my hips. **Barbara McArdle**, Inglewood, Calif.

Anita Sharpe

"...it works!" says Anita Sharpe
REGISTERED PHYSIOTHERAPIST

Now you can join the thousands who enjoy this amazing "Inches Off" discovery for

HIPS, THIGHS and WAISTLINE.

SAUNA SHORTS

Be fully satisfied in 1 week or your money back.

Since Sauna Shorts were first developed and put on the market, numerous letters have indicated that the Sauna Shorts "Inches-Off" Program is not only an effective approach to removing unwanted inches from hips, thighs and waistline, but also a very simple and pleasant way to obtain those lovely results. All it takes is thirty minutes a day with your regular or long-line Sauna Shorts and within a week you will be totally amazed and satisfied or we will cheerfully refund your money.

HOW DO SAUNA SHORTS WORK THEIR WONDERS?

Following your 3-step exercise plan, just slip into your Sauna Shorts as you would any shorts and inflate them with the detachable air pump we provide you. You'll enjoy the warm, gently "massaging" action of Sauna Shorts' many air pockets, snuggling up to you tighter and tighter. Now you're ready to put the air pump aside while your Sauna Shorts go to work creating a Finnish Sauna-like warmth. This is your Sauna Shorts rest period, preceded by the 3-step exercise plan which was designed to pinpoint "inches removal" from your hips, thighs and waistline. While you relax and go about your regular routine, you'll feel your Sauna Shorts doing their part—silently, comfortably, and with no further effort on your part.

CHOOSE REGULAR OR LONG-LINE SAUNA SHORTS—BOTH INCREDIBLE BARGAINS!

The regular Sauna Shorts and 3-step exercise plan for reducing hips and thigh measurements are priced at a low $8.95. For hips, thighs and waistline reduction, select the long-line Sauna Shorts... only $12.98. The long-line Sauna Shorts extend above the waist with vertical air pocket sauna strips, to help work off "lower midriff bulge" too.

MONEY-BACK GUARANTEE—If for any reason, whatsoever, you are not 100% satisfied with your Sauna Shorts Inches-Off Program, please return your Sauna Shorts for a prompt, total refund, no questions asked.

SAUNA SHORTS, INC. Dept. SH-247 P.O. Box 7777, Van Nuys, Calif. 91409

Please send me_____SAUNA SHORTS with complete, easy to understand instructions and quick 3-step exercise plans. I understand that I may use my sauna shorts for one full week and if I'm not 100% satisfied for any reason, I may return the sauna shorts and handy air pump for a full refund.

☐ Mens ☐ Ladies { I am enclosing $8.95 for each regular-line Sauna Shorts.

☐ Mens ☐ Ladies { I am enclosing $12.98 for each long-line Sauna Shorts.

☐ Cash ☐ Check ☐ Money Order (no C.O.D.'s)

FOR RUSH DELIVERY—SEND $1.00 ADDITIONAL

Women's regular Sauna Shorts, for hips and thighs, $8.95

Women's long-line Sauna Shorts, for hips, thighs and waist, $12.98

Men's Sauna Shorts, available in regular or long-line, $8.95 or $12.98

Name_____Address_____

City_____State_____Zip_____

Woman: Waist size_____ Man: Waist size_____

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Entire Set for an Amazingly Low — $2.98

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FAITHFUL REPRODUCTIONS OF FLASKS AND BOTTLES PRODUCED FROM 1815 TO 1870

Remedy and elixir bottles, a fish oil flask, historic American heroes . . . America in the spring of life reflected in mini-glass reproductions! All are different . . . no two are alike! A rare collection for lovers of antiques. All have corks! 3 each of amber, amethyst, cobalt, green. Each 3 in. tall. Set of 12.
10107—Historic Bottle Set $2.98

MAIL 10 DAY NO-RISK COUPON TODAY!

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☐ Send C.O.D. I enclose $1 goodwill deposit and will pay postman balance plus all postal charges.

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Our new colorful booklet shows how you can make transparent "see-through" furnishings with tough Plexiglas—at about ½ the cost of buying them ready-made—40 projects including lamps, cubes, wine rack, tables, kitchen accessories—Illustrated, easy to follow instructions.

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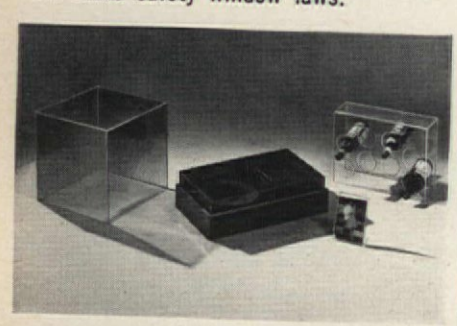


Send 25c for postage and handling to: Rohm and Haas Company, Box 9730E Philadelphia, Pa. 19105

CREATIVE STITCHERY kits to decorate your home. Kit includes design stamped on Belgian linen, colorful floss, wool yarn, needle, instructions, and 12" x 15" white wood frame.

Daisies on blue background (shown) $3.50
Black-eyed Susans on olive $3.50
Queen Anne's Lace on gold $3.50

PLUS 45¢ POSTAGE & HANDLING
Pa. Res. Add 6% Sales Tax. Sorry No COD's.

VICTORIA GIFTS
12-A Water Street, Bryn Mawr, Pa. 19010

PAINT YOUR OWN WALL MURAL!

Enjoy the beauty, creative satisfaction of painting a lovely 5 to 14 ft. wide mural directly on your wall! New "paint-by-numbers" method is fun, incredibly easy. Takes just 3 to 5 hours. Artists charge up to $350; wall-paper scenics cost $100 and up. Our complete kits, $12.95 up! Also fabulous "Black Light" mural kits. Many exquisite modern, provincial, oriental, etc. designs. A stunning prestige touch! Send for . . .

FREE! NEW 36 PAGE COLOR CATALOG!

Dozens of new designs, decorator color combinations, easy **"how to"** details. (Send 10c)

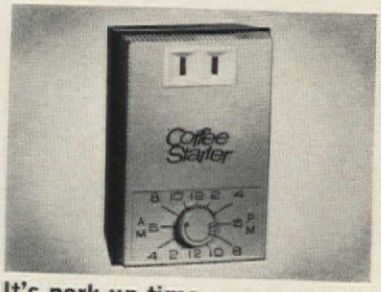
MURAL ARTS, Dept. AH-2
14713 Keswick, Van Nuys, Cal. 91405

Patterned for you

Pattern book file protects and keeps your favorite patterns handy, rather than scattered here and there. Folio with needlepoint design, is of wipe-clean vinyl. Holds patterns in see-through pockets. 5⅞x8¾ in. $4.98; 2 for $9. Walter Drake, AH-03 Drake Bldg., Colorado Springs, Colo. 80901.

Personalized recipe cards

Quaint stove and bowl decorations in red adds a dash of old-fashioned charm to these recipe cards imprinted with your name in black. Fill in recipes in the roomy space provided. 100 cards (3x5 in.), $2.75; 200 (same name), $5. 100 not personalized $1. Bolind, AH-2 Boulder, Colo. 80302.



It's perk up time

Coffee Starter is a unique little gadget that let's you wake up to fresh brewed coffee in the morning. Just set up your perk, plug into Coffee Starter, set the time to start A.M. perking. Plugs into any outlet. $6.98 plus 75¢ postage. House of Minnel, Dept. 121E, Deerpath Rd., Batavia, Ill. 60510.

Ceramic rooster

Practical as well as pretty, this green and red rooster holds two, 2-oz. egg shell salt and pepper shakers. His tail feathers hold napkins. Shakers have flat bottoms to stand up when in use. Rooster centerpiece is 5 in. $1.98 plus 25¢ postage. Colonial Studios, Dept. CRE-9, White Plains, N.Y. 10606.

continued

LIVE LONGER AND BETTER

n One Of The Healthiest, Sunniest Climates In All America—Deming, New Mexico!

Your Own Ranchette Just $349—Only $6 a Month!

(*See Below)

Do you know people who wake up to sunshine 355 days out of each year . . . people who don't know what it is to be oppressed by humid heat in the summer or by the cold clutch of winter damp? Do you know people who can say that in their State the rate of cancer and heart disease is half of what the Nation as a whole faces? Do you know people to whom a suntan is a year 'round commonplace? We know such people. They live in New Mexico.

There isn't a place on earth where the air is purer, where body health is more lavishly bestowed. No place where the words at the top of this page — live longer and better — fit more than they do in New Mexico.

And in all New Mexico itself it would be difficult to match the climate and beauty of the region surrounding Deming. As spectacular as the northern portion, but without the cold of winter. As dry and pure as Arizona, but not as hot in the summer. And, as actively vigorous and prosperous as the city you now live in, yet without the fever, without the tension.

To live anywhere in New Mexico is to live better. The superb climate, naturally air-conditioned in the summer and brilliantly sunny in the winter —the breathtaking beauty of a lavish Nature—the young vigor of a state that is causing a business and investment boom—these are the reasons that tens of thousands of Americans already have come here to live.

Consider then: Here in the center of this miraculous climate and beauty are towns which have grown amazingly in the last few years. Las Cruces, for example: In 1950 it had 12,000 people. By 1960, 37,000 . . . **a rise of 300% in 10 years**—and still growing. Like Tucson and Phoenix, this area has the same desert allure, where pure air, pure drinking water permits lovely towns to flourish. Statistics show the same 85% of possible sunshine, summer and winter, of Phoenix and Tucson.

Beginning 3½ miles from the flavorful city of Deming (population 8,500) are 24,000 acres of former ranches whose farthest boundary is 28 miles from town. Spectacularly set off by the breathtaking Florida Mountains, this land is so typical of the romance of the southwest that it has been photographed for the covers of many magazines. In this lovely basin every DEMING RANCHETTE fronts graded earth roads already dedicated to Luna County in widths of 50 and 80 feet. Every Ranchette has direct access to avenues leading to three major highways—U.S. Highways 80, 70 and brand new Interstate 10.

DEMING is blessed with water which is called "America's finest drinking water, 99.99% pure." There are homes already built on DEMING RANCHETTES and they all have electricity. When you are ready to build your new home, electricity will be made available to you. Schools, hospitals, churches, shops, movies, golf course, tennis courts—are all located in the growing city of Deming. Fertile soil is yours for the planting. Almost everything will grow here when watered — fruits, vegetables, flowers, trees.

Deming's friendliness captivates the fancy of people from every state in the Union. To visit us is like going back to the warmth of one's own family. Here are the practical benefits of living anywhere near Deming.

GOLF—The Rio Members Country Club Golf Course is right in Deming itself. It is a beautiful course with the Florida Mountains towering in the background. You play 12 months a year and green fees are very reasonable.

HUNTING AND FISHING—What are you after? Deer, antelope, wild turkey? Or maybe bear mountain lion? Well, you can get deer, quail and big jack-rabbits right in your own backyard, in the Floridas. For really big game, and great fishing, try the Gila National Forest 60 miles directly north. Almost 2,000,000 acres set aside for camping, hunting and fishing. Just 65 miles to the northeast is the Dam-Elephant Butte Reservoir, the second largest man-made lake in the United States where you can boat, fish, swim or go water skiing.

HORSEBACK RIDING—You'll find the Florida Mountains enthralling. Bring along a treasure pouch and join other rockhounds seeking amethyst, agate and opal.

INVESTMENT — More than 18,000 people have bought Ranchettes through the mail and on site.

The new U.S. Interstate 10 is now being built with interchanges right in the heart of Deming. Consider other developments such as the new Retirement Home and the new road being built from Palomas, Mexico (33 miles south of Deming) into the interior of Mexico and you will agree with us that Deming has a tremendous future.

And the price of your Ranchette? Just $349 for a full half-acre and low monthly payments of $6, including interest at the **annual percentage rate of 6%**. At this moment you may reserve as many half-acre sites as you wish but please bear this in mind: DEMING RANCHETTES is not an enormous development and land such as this goes fast. At these prices, you may want your Ranchette to be larger — one, two — even five acres. Send for your free color kit now. After you have studied the material sent you and discussed it with your friends or relatives, you may reserve as many acres as you wish. And you take no risk. Your reservation does not obligate you. You have the unqualified right to change your mind within 45 days after we send your Purchaser's Agreement, Property Owner's Kit, Maps and Photographs — 15 days to go through the portfolio, check our references, talk it over with the family. If, during that time, you should change your mind your reservation will be cancelled with absolutely no obligation. Then you have an **ADDITIONAL 30 DAYS AFTER** you have made your first monthly payment to change your mind and request a full refund of every dollar you have paid in. If this makes sense mail the coupon today.

*The terms for each ½ acre are:

Cash Price	$349
Cash downpayment	6
Unpaid balance of cash price	$343

Unpaid balance is scheduled at 67 monthly payments of **$6** and 1 monthly payment of **$2.95** for each ½ acre, payments including interest at the **annual percentage rate** of **6%** resulting in a **finance charge** of **$61.95,** and a total of payments of **$404.95,** or a deferred payment price of **$410.95.** NOTE: If you order 2 half acres (1 acre), double all of the above figures except the period of repayment will remain the same. For 3 half-acres (1½ acres), triple the above figures, etc.

SELECT WESTERN LANDS INC. DEPT. DR690B
108 No. Platinum, Deming, New Mexico 88030

Gentlemen: I wish to reserve the following site:

☐ ½ acre ☐ 1½ acres
☐ 1 acre ☐ 2 acres

Please rush complete details, including my Purchaser's Agreement, Property Owner's Kit, Maps, Photographs and all data. It is strictly understood that I may change my mind for any reason within 45 days after I receive my portfolio.

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

"A statement and offering statement has been filed with the Department of State of the State of New York. The filing does not constitute approval of the sale or lease or offer for sale or lease by the Department of State or any officer thereof or that the Department of State has in any way passed upon the merits of such offering. A copy of the offering statement is available, upon request, from the subdivider. NYA 1040-4

AD 70LB802C

Two Lovely Wall Pieces–only $4.98

Antiqued White & Gold Metal Wall Sconces

Climbing vine triple candleholders, amazingly priced! A profusion of flowers and leaves on twining branches. Antiqued white, then edged and crested with golden highlights. Define an impressive 4 sq. ft. of wall area with the soft candle glow of beauty. Each sconce has three candle holders, is 17" x 10". Candles not incl. Set of 2, only $4.98

MAIL 10-DAY NO RISK COUPON

PALM CO., Dept. 4698
4500 N.W. 135th St., Miami, Fla. 33054
Enclosed is check or m.o. for $_____
___#A9742 Set(s) of 2 @ $4.98
(Add 75¢ post. each)
NAME_____
ADDRESS_____
CITY_____STATE_____ZIP_____

PIANO ROLLS

THESE BRAND NEW WORD ROLLS FIT ALL PLAYERS

☐Raindrops Keep Fallin' ☐Alley Cat ☐Impossible Dream
☐Somewhere My Love ☐Born Free ☐Gentle On My Mind
☐Aquarius ☐I'll Never Fall In Love Again ☐Happy Birthday
☐Hello, Dolly! ☐I Left My Heart In San Francisco ☐Mame
☐Little Green Apples ☐Bill Bailey ☐Harper Valley P.T.A.
☐Winchester Cathedral ☐Beer Barrel Polka ☐Georgy Girl
☐Those Were The Days ☐Second Hand Rose ☐Hey Jude
☐12th Street Rag ☐Edelweiss ☐Bridge Over Troubled Water
☐Old Piano Roll Blues ☐Let It Be ☐Up, Up And Away
☐Cabaret ☐By The Time I Get To Phoenix ☐Mrs. Robinson

Postpaid ☐5 Rolls $8.95 ☐10 Rolls $16.95 ☐15 Rolls $24.95

Satisfaction guaranteed. Check selections and send ad to: Earthquake City Co., 178 Spear St., San Francisco, CA 94105

DOLLS

A THRILLING CAREER AWAITS YOU. We teach you how to make, repair, dress and restore dolls of all kinds—old and new. Start your own profitable business part or full time. Or, enjoy an enchanting hobby. Free booklet describes this unique home study course. *No salesmen.*

LIFETIME CAREER SCHOOLS
Dept. D-915, 2251 Barry Ave., Los Angeles, CA. 90064

DISPLAY YOUR PRIZED WATCH AS A MINIATURE

"GRANDFATHER'S CLOCK"

Authentic replica of a Grandfather's Clock is an unusual showcase for that treasured old pocket watch that may be gathering dust in a drawer. Insert any pocket watch as the face of the clock and have a workable conversation piece. Made of hardwood; finished in a warm walnut. 8" high. Realistic looking golden weights and pendulum add dramatic effect.

$1.98 plus 25¢ post.

The FERRY HOUSE
Dept. AH-271
Dobbs Ferry, N.Y. 10522

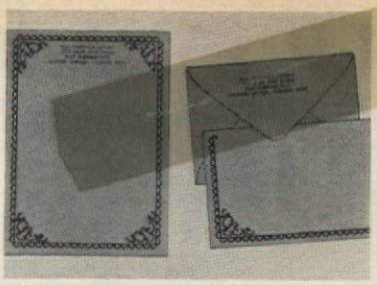
More than 2,000
EARLY AMERICAN REPRODUCTIONS

Many re-created by skilled New England Craftsmen—at direct-by-mail thrifty Yankee savings!

Huge selection of hard-to-find items. Colonial furniture, early colored glass, pewter, dinnerware, hand-forged latches and hinges, chandeliers, candle holders, clocks, fire-tools, switch plates, much more!

Send 25¢ for illustrated 80 pg. catalog

Old Guilford Forge
208 Broad St., Guilford, Conn. 06437



Old-world stationery
The elegant Mediterranean border design in dark blue on a lighter blue paper makes this stationery an ideal gift. 3-4 line address (print) in blue script. 75 sheets (50 personalized; 25 plain), and 50 envelopes. $1.98. Walter Drake, AH-88 Drake Bldg., Colorado Springs, Colo. 80901.

For handy men
Or ladies, for that matter! This efficient 8-in-1 tool kit includes 3 regular screwdrivers, 3 Phillips-head drivers, a punch awl, and a wood auger. All fit into handy 3¼x3¾ in. plastic case. $1 plus 25¢ postage. Send your order to Colonial Studios, Dept. KTE-11, White Plains, N.Y. 10606.

Well, 23 skidoo
What have we here? Yessir, a real old fashioned upright phone right out of the roaring 20's, ready to use in the sweet-talking 70's! With cord and plug. Black with brass fittings, $49.95; brass with black, $59.95. Add $1.50 post. Free catalog. Grand Com, Dept. AH-2, 1152 6th Ave., New York, N.Y. 10036.

Fringe benefits
The fluffy balls of fringe are extra large for a lush-look on these lovely tiers of unbleached muslin. Giant Ball Fringe Tiers are 80 in. wide per pair. 20, 25, 30, 36, 40 in. long, $4.50 per pair. Matching 10x80-in. valance, $2.50. Add 50¢ postage. Country Curtains, Dept. AH-2, Stockbridge, Mass 01262.

continued

BEGONIA Hanging Basket FREE

(GENUINE BELGIUM PENDULA BEGONIA)

Starts A Valuable Experimental Membership In WORLD'S LARGEST GARDENING PLAN

FOR INDOOR OR OUTDOOR PLANTING

Easy Growing—Needs Little Sunlight

Truly beautiful heavenly Red trailing Begonia . . . the variety that blooms indoors or outdoors with a myriad of exquisite Red Flowers which cascade all over the hanging basket into a living "falls" of vivid color, enhanced by a background of fresh green foliage. This offer brings healthly large Belgium tuber plus a large 8 inch hanging basket that produces the most successful, colorful, gay and brilliant of all Indoor Begonia Gardens. Truly valuable . . . Yours free . . . when you fill out and mail the application blank below or attached card to start your experimental membership in Flower-of-the-Month.

Here's What FLOWER-OF-THE-MONTH Does for You

Nothing can match the thrill and satisfaction of growing flowers in your own garden. That's why Flower-of-the-Month is set up for flower lovers like yourself. It is designed to help you get more enjoyment from your garden by introducing many ideas, unusual plants and flowers, in addition to the old garden favorites. All year long outdoor or indoor planting monthly selections matching the seasons are picked by our experts from rare and interesting garden stock gathered from all over the world. Our mass buying power means fantastically low, low prices for our members.

Each month you'll receive the interesting GARDEN NEWS magazine with full color pictures announcing the following month's selection plus many alternates available. You always have your choice each month of taking a month's selection or not. GARDEN NEWS also contains gardening hints, facts, useful tips, legends, and tells about other unusual and popular plants for the garden.

- Not only low prices . . . but bonuses galore! With each monthly selection you accept, you receive a Double Dividend Coupon . . . one part worth 50¢ toward other garden items offered each month . . . the other a Bonus Gift Coupon redeemable for valuable premiums illustrated in FREE premium catalog.
- There are no dues . . . no risk. You may cancel your membership at any time after taking as few as 4 items within the next 12 months. Over 100 items will be available, ranging in price from $1.00 up.
- Fully guaranteed . . . if you are not completely satisfied with your Bonus, you may return it and cancel your membership with no obligation, your choice. Any item not growing to your satisfaction will be replaced FREE (2 year limit).

Mail Coupon or the attached card for the Free Begonia Basket and the fun of an experimental membership in Flower-of-the-Month.

FLOWER-OF-THE-MONTH, Dept. BF-1402
Grand Rapids, Michigan 49502

ORDER ON CREDIT

No Risk...Everything Guaranteed

MAIL THIS EXPERIMENTAL MEMBERSHIP APPLICATION TODAY

FLOWER-OF-THE-MONTH is operated on the complete trust of its members. This entitles you to charge your merchandise and not pay for it until you have received and inspected your purchase. You get your valuable trial membership, your introductory Begonia Basket and your FREE GARDEN NEWS each month. We know you will be satisfied with the fine quality of each selection and as thousands of members have found out, you can make tremendous savings year after year. Join today by mailing Coupon or attached card now.

FLOWER-OF-THE-MONTH, Dept. BF-1402
Grand Rapids, Michigan 49502

Please send me the BEGONIA HANGING BASKET postpaid and enroll me as a member in Flower-of-the-Month. I will receive FREE every month the informative GARDEN NEWS announcing next month's selection and the low priced alternates available. If I do not want the selection, I merely return the reject form supplied. All I need do is purchase a minimum of 4 items during the next 12 months after which I may drop my membership at any time. I also receive a Double Dividend Coupon with each monthly selection. My membership entitles me to all other privileges and benefits, including FREE GARDEN NEWS MAGAZINE each month.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

ORIENTAL Emperor-Empress LOVE LAMPS

ONLY $2.98 Ea.

Two imported beauties that will add mystical charm to your home. Love Lanterns are authentic Emperor and Empress (His and Hers) copies from the Tang Dynasty 670 A.D. Golden dragons on jade-like bases hold silken lanterns and only the light of the loved one will burn at night. Each 9 in. tall in sturdy plastic and operate on standard 2 pen-lite batt. A perfect gift for only $2.98.

MAIL 10 DAY NO RISK COUPON TODAY!

GREENLAND STUDIOS, 4716 Greenland Building, Miami, Florida 33054

Please send items checked below.
Enclosed is check or M.O. for $_____
___#9719 Emperor Love Lamps @ $2.98
___#9720 Empress Love Lamps @ $2.98
(Add 65¢ post. each)

NAME_____
ADDRESS_____
CITY_____STATE_____ZIP_____

SNORE NO MORE

Scientifically designed anti-snore mask insures sound, silent sleep. Washable nylon mask fits over chin, keeps jaws closed, prevents snoring by encouraging proper breathing. Adjustable to fit men, women.

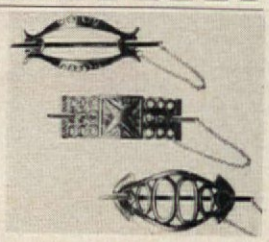
ANTI-SNORE MASK $2.98 + 15¢ Mailing

Calif. residents add 5% sales tax.
Satisfaction guaranteed.

Anthony Enterprises

585 Market St., Dept. AH-21, San Francisco, Calif 94105

VIKING DISCOVERY



Hair Needles as they are called in Norway, are handmade pewter barrettes in designs Vikings wore centuries ago. 3" to 4" wide (approx.), give long or short hair a well-styled look, smart way to rig a wig. Bend gently to fit any hair thickness. $4.50 each ppd.

Discoveries *from Around the* 🌍

Dept. A-2, P.O. Box 88, West Nyack, N.Y. 10994

BLOW YOURSELF UP TO POSTER SIZE

Send any b&w or color photo, polaroid or magazine photo. A great gift idea . . . a splendid gag. Ideal room decoration . . . Perfect for parties. Better originals produce better posters. Giant b&w poster mailed in tube.

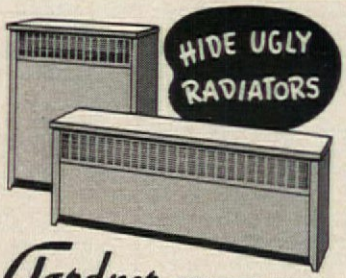
2 FT. x 3 FT. $3.50

Frame for 2x3 ft. Poster only $3.95

1½ FT.x2 FT. $2.50 - 3 FT.x4 FT. $7.50

Your original returned undamaged. Add 50¢ for postage and handling for EACH item ordered. Send check, cash or M.O. (No C.O.D.) to:

PHOTO POSTER, Dept.AH271 210 E. 23 St., N.Y. 10010



Gardner CUSTOM-BUILT RADIATOR ENCLOSURES

Beautify your home . . . convert exposed radiators into charming, useful furniture, provide healthful humidity, prevent smudgy walls — at prices you can afford. Send for FREE CATALOG.

GARDNER MANUFACTURING CO.
Dept. AH4 · HORICON, WIS. 53032

Miss Shamrock, ta da!

Aye, to be sure, it's "When Irish Eyes are Smiling," that she be singin' as she twirls in her pretty frock bedecked with dainty green shamrocks, as well as the revolving circular base. Music box of white porcelain, green and gold accents, is 8¼ in. high. $7.98. Downs & Co., AH-2, Evanston, Ill. 60204.

Initial bow bas-kit

Needlepoint monogram, tie on bow, and you're ready to do the town. Kit: basket, tapestry yarn, chart and canvas. Choose rose, gold, blue, brown, black, red, or green velvet ribbon. 12x8x6½ in. $4.95. With lid, $5.95. Add 50¢ postage each. Victoria Gifts, 12-A Water St., Bryn Mawr, Pa. 19010.

Now! Life Insurance—Birth to Age 80

$1000 OR MORE! First 30 Days ONLY 25¢ Per Policy

CASH FOR YOUR FINAL EXPENSES. AVOID BEING A BURDEN TO YOUR FAMILY

Introductory Offer. Answer these 9 questions on a plain piece of paper and mail with only 25c for 30 days' protection. Death due to pre-existing illness covered after 2 years, suicide after one year. Regular rate shown on policy.

Amounts usually issued without doctor examination. NEW LOW RATES.

Ages	Amount	Ages	Amount
0 to 80	$1000	15 to 60	$2500

1. Print full name and address.
2. Date of birth?
3. Height? 3a. Weight?
4. Occupation, kind of work?
4a Name and address of employer?
5. Sex?
6. Beneficiary and relationship to you?
7. To your knowledge have you had heart, lung, diabetes, cancer, or chronic disease? Are you deformed, lost a hand, foot, eye, or ever rejected for insurance?
8. State condition of your health.
9. Amount desired, and sign your name.

NO AGENT WILL CALL

Actual policy will be mailed you direct from Home Office. You be the judge.

Mail to: S. B. HUNT, Chairman
AMERICAN LIFE & ACCIDENT INSURANCE CO. OF ST. LOUIS
346 American Life Bldg., St. Louis, Mo. 63108

WE HAVE YOUR SIZE

2 to 14, AAAA to EEE

Send now for FREE large new catalog illustrating in full color over 100 brand new fall fashions all stocked in hard-to-get sizes. Few cost over $14.99 and no extra charge for large sizes. Money always refunded if not satisfied.

"Lydia"
Bone, White, Black Patent, Blue, Brown or Black

$14.99 plus $1.00 P.P.

HILL BROTHERS Dept. 011B1
241 Crescent Street, Waltham, Mass. 02154

Color wallet photos

In the popular 2½x3½ in. wallet size make welcome gifts. Send Polaroid color print, photo (5x7 or less) negative or slide. 20 color photos for $2; 36 black and white for $1. Free bonus of one photo in plastic. Add 35¢ shipping. Roxanne Studios, F-16, Box 1012, Long Island City, N.Y. 11101.

Care to bag profits?

Plastic trash bags with a pretty daisy design are easy for your organization to sell. Self-selling kits with 12 packages per kit can bring $60 to $1005 guaranteed dollars to your group. For fund-raising details: Abigail Martin, Dept. 301A, 1113 Washington Ave., St. Louis, Mo. 63101.

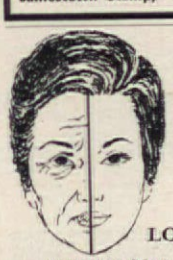
continued

MAN ON MOON!

Spectacular Collection of Genuine **FIRST MEN ON THE MOON** Postage Stamps. Strikingly dramatic stamps from Dominica, Grenada, Qatar, Togo, etc.... PLUS collection of fantastic **Outer Space** stamps – awesome moon rockets, weird interplanetary vehicles, man floating in orbit – from Russia, Rwanda, South Africa and other faraway countries. **Both** of these valuable collections – catalog price over $2.00 – **for only 10c!** Also, fine stamps from our approval service, returnable without purchases and cancel service any time – plus big free Illustrated Catalog.

Send 10c TODAY.

Jamestown Stamp, M21AH, Jamestown, N.Y. 14701



WRINKLES BAGGY EYES GONE!

LOOK 10 YEARS YOUNGER

. . . Amazing New cosmetic "Face-Lift" cream works in just 3 minutes to last all day. . . Wrinkles and Puffs under-eyes smooth away like magic! Used by thousands of women and men. Worn with or without make-up. Keeps your face firm, young looking. Only $5.00 for 3-mo. supply, cash, check or money order. No C.O.D.'s. Guaranteed by Formulex Labs. Dept. AH, Box A, Goleta, Calif. 93017

Good Ideas by mail from Walter Drake

OUR 24th YEAR 1947 1971

4042 DRAKE BUILDING, COLORADO SPRINGS, COLORADO 80901

FLORAL NEEDLEPOINT COVERS

Replace worn covers on chairs, etc. and have the beauty of needlepoint without the work of doing it yourself. Loom woven floral print; foam backing. Order F6071 (black); F6072 (green); F6073(beige).

Needlepoint Cover (20" x 20"). . **$2.98**

SELF-STICK AMERICAN FLAG LABELS

Colorful red, white and blue American Flag labels with "Be Proud of America–We Are" in red. Stick to any dry, clean surface. Use on letters, packages, books, bikes, windows, at school, etc. 1" x 1½"

S6080 Set of 100 Flag Labels . . . $1

HOLD HAIR IN PLACE UNDER WIG

Wig-Liner ends the struggle to pin your hair up under your wig. Washable nylon stretch cap keeps straggly hairs in place, helps keep wig clean. Neutral beige color. One size fits all. 2 caps in box.

N7038 Set of 2 Wig-Liners . . . $1.98

75 BILL-PAYING ENVELOPES $1

Why scramble for envelopes at bill-paying time, or break up good stationery sets? Use these 6½" white envelopes made for the job. Return shows name, address and Zip code.

P3003 75 Envelopes $1

MEN'S 8-PLY NYLON SOCKS WEAR ALMOST FOREVER!

These socks are guaranteed to wear almost forever! They are so rugged that if you wear a hole in a pair within one year we will replace them without any questions asked. Made of 8-ply nylon yarn instead of the usual 4-ply. Special weaving process makes them almost indestructible with normal wear. The business set includes 2 pair each of black, charcoal and dark olive. The sports set includes 2 pair each of bright colors–red, old gold and harbor blue. One size fits all (10-13).

F6089 Men's Business Set . . . $7.50

F6090 Men's Sports Set $7.50

250 GOLD FOIL LABELS

Gleaming gold foil labels stick anywhere – a smart personal touch to letters, books, cameras, records, etc. Classic border, handsome black printing. 1" x 1¾". Up to four lines.

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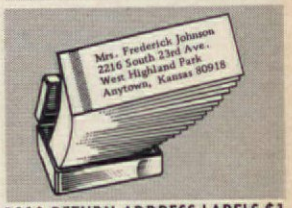
SWINGY STRIPED TOTE BAG

Perfect for both casual and dress-up. Multicolor stripes of green, brown, black, gold, white and orange accent any outfit. Long-wearing vinyl has satiny look of glove leather. 10"x13"; zip closing.

N7043 Striped Tote Bag $7.98



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S716 1000 Return Address Labels $1

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Send in any picture, document, marriage license, birth certificate, wedding invitation, black and white or color snapshot (no negatives please) . . . or even a 35mm color slide . . . and have it enlarged into a giant 2-foot by 3-foot black and white wall poster. Comes rolled in a mailing tube to prevent creasing. Your original returned safe and sound. A real conversation piece for any room or office.

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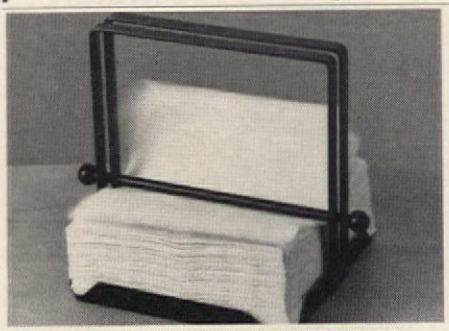

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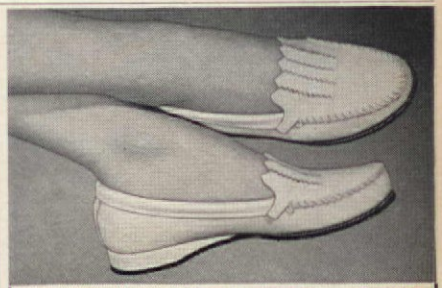

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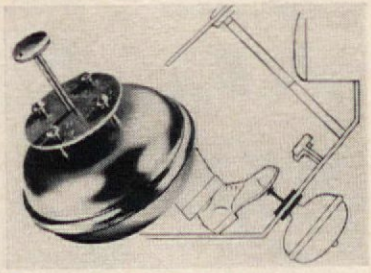

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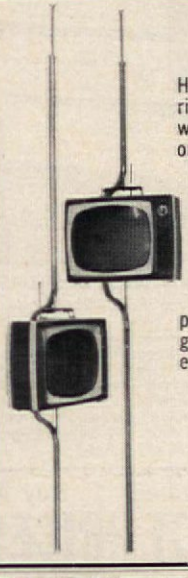

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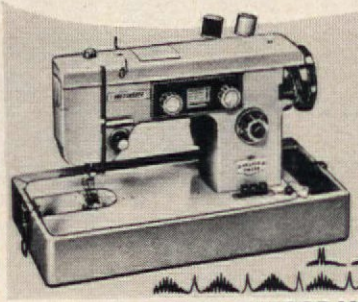

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6. Decision of the judges is final.
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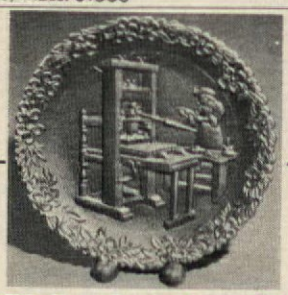

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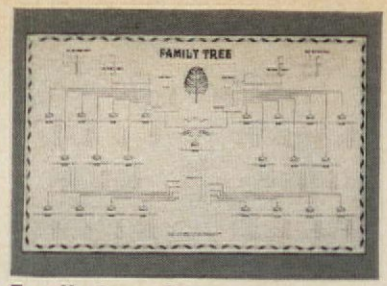

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Antique parchment imprinted with "roots" to chronicle your family back to your grandparents and through to your children, provides spaces for 250 names of relatives arranged in proper order one to the other. 21x34 in. $1.98 plus 35¢ postage. Harriet Carter, Dept. AH-2, Plymouth Meeting, Pa. 19462.

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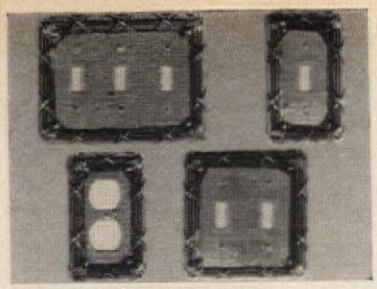

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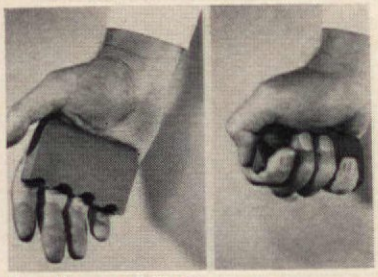

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PERMA TWEEZ electrolysis—**as seen in medical journals**—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin. Automatic 'tweezer-like' action gives safe and permanent results. Professionally endorsed. Send check or M.O. 14 DAY MONEY BACK GUARANTEE.

FREE GIFT! $6.00 silky moisturizer lotion with purchase of Perma Tweez. **$14.95** ppd.

GENERAL MEDICAL COMPANY, Dept. A-44
5761 West Adams Blvd., Los Angeles, California 90016

Name_____

Address_____

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POSTMARKED MOON!

A First Day Cover absolutely unprecedented in all stamp history!

This valuable commemorative envelope is cancelled with a unique Moon-Landing Postmark. Both stamp and postmark were created from dies carried to the Moon and back by our Apollo II Astronauts. The Cover features a century-old woodcut from Jules Verne's best-selling novel of 1869 predicting 3 Americans would be first to land on the Moon. We are not taking orders for this sensational cover — we think it is priceless; but we'll give you one **free** of extra cost to introduce the exciting hobby of stamp collecting and our famous stamps-on-approval service. You get over 100 other stamps including spectacular Space issues plus an Illustrated Album — yours to keep as a bonus should you buy $1 worth from our approval selection. Or you can return album and stamps with selection and buy nothing. Cancel service anytime. But in either case the "Postmarked Moon" Cover is yours to keep. Send 25¢ for postage and handling today while supplies last!

Kenmore Co., Milford MC-693, N. Hamp. 03055

RUBBER PANTS $3.50

Hygienic—Pink or Black
DIRECT MAIL ORDER

(Send U.S. Money Order or Check.) Smooth Soft Rubber. For Adults or Children. State waist size 18" to 50" **Send $1** for Air Mail Catalog. Rubber Aprons, Capes, Gloves, Coats, etc.

South Bucks Rainwear Co. (J)
Iver, Bucks, England

CRASH DIET ONLY $1.00

LOSE UPTO 5 POUNDS OVERNIGHT!

Learn the Secret of T.V.'s fantastic No-Pill, No-Exercise, 1 day interim reducing formula! Eat Plenty! Go to Sleep! Wake Up! and you have lost Pounds and Pounds. Amazing? Sure! But guaranteed to work or YOUR MONEY BACK! Send only $1.00 today and also get Free Maintenance Diet. (Sorry, No. C.O.D's).

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SEND 25¢ FOR 128 PAGE Ship & Sea CATALOG

Fully Illustrated Catalog shows 43 ship models, 100's of Marine pictures-decorative nautical items.

Ship Models: Both ready to build kits and finished models for home or office. From $8.95

Marine Pictures: Full color reproductions of world famous ship and sea pictures.

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Send 25¢ for catalog to **PRESTON'S**
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Train-O-Mat® makes it easy! Nature's way

No more stained carpets. When dog scents this chemically-odorized mat, instinct says "Here's the spot." No fuss or bother. Mats are disposable. Both pole and 18" square holder are washable. Kennel tested. Satisfaction or money back.

Holder with 2 months supply of mats . . $4.98 ppd.
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Attachable 12" pole for male dogs . . . . add 50¢

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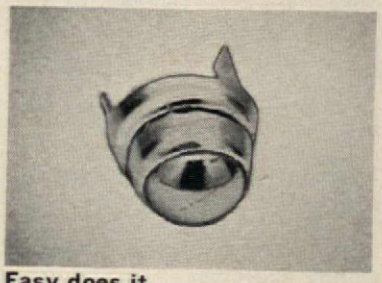
Memory in bronze

Baby's shoes can be bronze plated in solid metal for $3.99 a pair. Also all metal portrait stands (shown), ashtrays, bookends, TV lamps. Send no money. For full details, money-saving certificate, and handy mailing sack, write to American Bronzing Co., Box 6504-B1, Bexley, Ohio 43209.



Easy does it

Move furniture easily with all-steel ball-bearing casters. Just tap them into legs of beds, tables, etc. Even heaviest furniture won't scratch or mar floors with these beauties. Set of 4 casters, $1; 2 sets, $1.98. Add 25¢ postage. Best Values, Dept. C-396, 160 Amherst St., East Orange, N.J. 07019.

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continued

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To. Anna Elizabeth Wade
Dept. 924LB Lynchburg, Virginia 24505

Please rush my **FREE** Wade catalog containing more than 125 **proven** fund-raising ideas plus details on how my group can raise $40 to $400, or more, quick and easy, without investing one cent of our own. I am under no obligation whatsoever.

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From unusual salt and peppers to greeting cards, inspirational plates to flavorings—125 pretty and practical items to help your group make money. Mail Coupon Today. **Anna Elizabeth Wade** Dept. 924LB Lynchburg, Va. 24505

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Mail the coupon today for complete details on how your group can raise $40, $200, even $400, or more with Anna Elizabeth Wade's Proven Fund-Raising Plan. There's no obligation.

OPPORTUNITY INDEX

A special listing of outstanding companies that offer you money-making opportunities.

Cosmetics, shoes and clothing, nursery stock and fund-raising ideas — you'll find the opportunity you're looking for on this page. Each company is a member of the Direct Selling Association of America (DSA) so you can be sure of quality, value and service.

These companies — and other members of DSA — subscribe to and support the following Statement of Principles:

1. **Salespersons in all fields must observe the highest standards of integrity, frankness and responsibility in dealing with consumers and in all selling:**
   - **(a) Descriptions of products must be truthful, and terms of sale clearly stated;**
   - **(b) Honesty is required in the approach to a sale; and**
   - **(c) Courtesy to a prospective customer, and consideration of his needs, are prime essentials of all selling.**
2. **DSA endorses and commends the efforts of all national, state, and local organizations which promote the establishment and maintenance of high standards of practices and of truth in all selling of merchandise.**

Free Catalog

Grow full-size apples, peaches, pears, cherries on famous dwarf-size trees.

Send for Stark Bro's new free catalog. 400 varieties of fruit trees, shade trees, shrubs, roses — including famous Stark dwarf-size fruit trees that produce full-size apples, peaches, pears, cherries in your home fruit garden. Catalog shows you six places in your yard to plant dwarf-size trees.

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Check block below for free kit if you're interested in earning extra money part-time or full-time as a Stark salesman.

FREE CATALOG
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Box AF5021
Louisiana, Mo. 63353

☐ Send me your Free Catalog and special offer on early orders.

☐ If you're interested in earning extra money as a Stark salesman, part-time or full-time, check this block. We'll mail you a free kit.

Miss
Mrs.
Mr. _____
1st name middle initial last name

R.F.D. or St. _____

P.O. State Zip Code

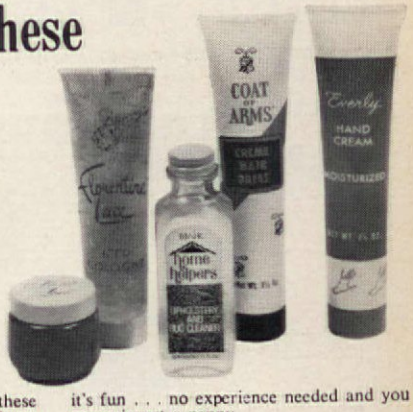
DSA

Take any 2 of these Beauty Aids

(worth up to $5.50)

FREE

And discover a glamorous new way to make up to $25...$50...even more a week in your spare time!



Yes! Take your choice of any two of these wonderful beauty aids—FREE—simply to prove you can earn extra spare time cash introducing wonderful Blair products to friends, neighbors, and relatives. It's easy, it's fun . . . no experience needed and you never invest a penny.

Hurry! Mail coupon today. We'll send your Money-Making Beauty Kit of full-size Blair beauty and toiletry products **plus free sample of Blair Upholstery and Rug Cleaner.** Send an order within 30 days and keep the whole kit worth $7.50 FREE. Or return Kit in 30 days at our expense and keep ANY 2 PRODUCTS plus sample Cleaner FREE. Mail coupon today.

Extra Bonus
Rush coupon today and we'll send you a sample bottle of Upholstery and Rug Cleaner FREE.

Blair Quality Products, Dept. 922LB Lynchburg, Va. 24505

Please send my Money-Making Kit of Blair Beauty Aids and sample bottle of Upholstery and Rug Cleaner on 30-day approval as soon as my request is received and approved. I understand the entire kit, worth $7.50, is mine to keep FREE if I send in only one order within 30 days. If I choose I may return Kit within 30 days and keep ANY TWO PRODUCTS FREE plus my sample Cleaner. There is no further obligation on my part.

Print Name _____ Age ____

Address _____

City _____ State ____ Zip ____

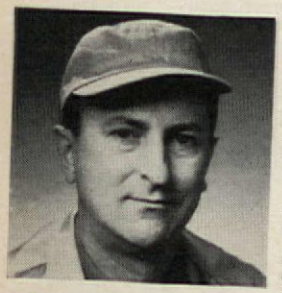
A Division of Chap Stick Co.

Send No Money. Mail Coupon Today.

BLAIR®

Dept. 922LB Lynchburg, Va. 24505

WHY RIP UP YOUR LAWN? PLUG IN ZOYSIA GRASS



By Mike Senkiw

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it.

Birds love it! Seeds which aren't washed away by rain give them a feast. But some seed grows, and soon it's time to weed, water and mow, mow, mow . . . until summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Zoysia. Your Zoysia lawn drives out crabgrass and weeds all summer. It stays green and beautiful in blistering heat. It cuts mowing ⅔ . . . it's perfect for summer homes and "problem areas."

There's no need to rip up your old grass. Just plug in my Zoysia, let it spread into turf like a beautiful, thick, pile carpet. Won't heat or winter kill, merely goes off its green color after heavy frosts, regains fresh new beauty every spring—never needs replacement! Every plug fully guaranteed to grow in any soil in your area.

To end lawn problems, send for free interesting facts and low prices of Meyer Z-5¢ Zoysia including Pre-Season Bonus Offer. No obligation.

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6414 Reisterstown Rd., Baltimore, Md. 21215

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Address.....

City & State.....Zip.....

NEW GROUND COVER

25 CROWNS—covers 100 sq. ft. ..$ 4.00
50 CROWNS—covers 200 sq. ft. ..$ 7.50
100 CROWNS—covers 400 sq. ft. ..$14.00

CROWNVETCH—perennial ground cover—Flowers June til frost. Beautiful, hardy, no mowing. Grows 12"-18" any climate, sun or partial shade. Chokes weeds, resists droughts. Postpaid planting time. No C.O.D. FREE COLOR CATALOG

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50% off our previous $29.95 price!

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FLAME GUN

This heart-saving work-saver *melts away* "mountains" of snow and thick ice faster than you'd believe possible! Simple one-hand operation—just aim and melt...without even bending! Come Summer, jet-rod Flame Gun kills weeds in seconds, sterilizes soil, destroys insect nests, trims borders, clears walks and flagstones! Order *now* and save a whopping big $15! Only $14.98, plus $2.00 ea. for postage & handling. N. Y. residents add sales tax. Send check or money order. If not delighted, return within 30 days for fast refund of full purchase price.

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IT'S EASY TO GROW YOUR OWN PLANTS WITH Shumway's "GROWTH PACKED" FLOWER SEED

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ORDER SEVERAL OFFERS WHILE THEY LAST

HERE'S WHAT YOU GET...

7 PKTS. PERENNIALS-1 EA:
1. Painted Daisy
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PLUS a 50¢ PACKET OF GIANTS OF CALIFORNIA GERANIUMS

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***Giant* DAHLIAS**

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World's most famous varieties. Produces gorgeous blooms from July to frost. **Send 15c in coin for big pkt. or 2 Pkts. for 25c** and **FREE** Copy Of Our Big New Garden Catalog

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Grows better plants, indoors or outdoors. Clean. Odorless & soluble. 10 oz.–$1.29. Makes 60 gals. 75 item catalog Free. HYPONeX, COPLEY, OH. 44321

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WRITE TODAY—over 400 varieties of Roses, Flowering and shade trees, Fruit trees dwarf and regular, Nut trees, Berry Plants, Vines, Evergreens, Bulbs and Perennials at prices so low it is almost unbelievable.

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SCOTCH PINE

15 for $3. postpaid*

Plant for windbreaks, boundary markers, Christmas trees. Quick growing, even on poor soil. Hardy, 3 year old Transplants, 3 to 6 inches tall.

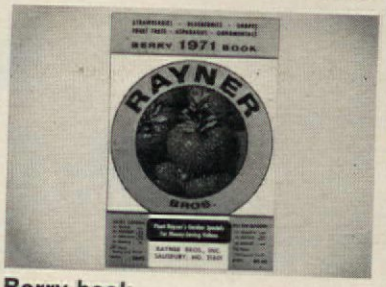
15 for $3. postpaid* (*West of Miss. River or south of N. Car., Tenn., add 50c per offer.) Order Now! Shipped postpaid at planting time.

FREE BROCHURE and Evergreen Selection Guide. Write today.

Western Maine Forest Nursery Co.
Dept. AH21-F Fryeburg, Maine 04037

Winner in your hands

Royal Plush plants are extremely hardy and will vine or stay bushy, as you train them. The shapely purple and green foliage is soft and lush in iridescent coloring. A marvelous contrast to green plants. $1.35; 2 for $2.50. House of Wesley, Nursery Div., Dept. 4700-5, R.R. 1, Bloomington, Ill. 61701.

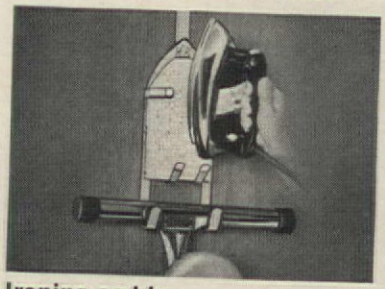


Berry book

This 1971 strawberry book is jammed packed with 30 virus-free varieties that are fully described. Gives planting instructions in simple terms. All plants are certified and guaranteed. Lists blueberries, raspberries, grapes, fruit trees, etc. Free catalog. Rayner Bros., Dept. AH-2, Salisbury, Md. 21801.

History is right on

24 American Historical prints "tell" our country's history from the Pilgrims' landing to the astronauts' moon landing. Marvelous on a wall or in a hallway, use singly or in "periods." 11x14 in. each. Set of 24, $1 plus 25¢ postage. World Art Group, AH-2, 606 Post Rd., Westport, Conn. 06880.

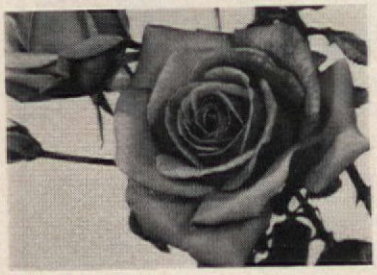


Ironing caddy

This great storage rack holds both your iron and ironing board securely. Mounts over door or on wall with screws (included). Holds all irons, "T" foot and other metal boards. Sturdy metal rack with asbestos liner. Caddy, $1.98. Walter Drake, AH-99 Drake Bldg., Colorado Springs, Colo. 80901.

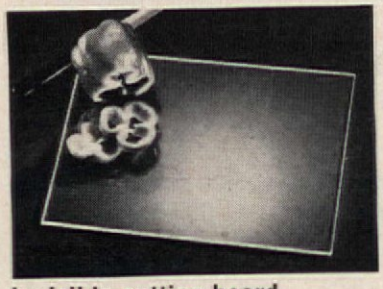
How does your garden grow

You'll get lots of descriptions and information in this color-filled, 224-page 1971 Spring Catalog. Over 1900 lovely and unusual garden items, it includes "old favorites" as well as new hybrids, prize roses, etc. Catalog, $2 (refunded with first order). Wayside Gardens, 390 Mentor Ave., Mentor, Ohio 44060.



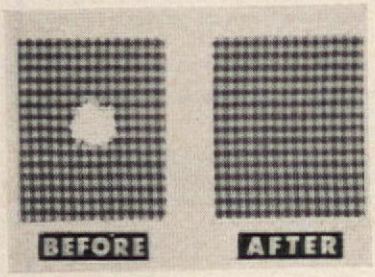
Big show-off

Giant Camellia Begonias grow indoors and out, with double blooms up to 5 in. These beauties have an added plus of doing well in semi-shady spots, too. 10 bulbs (1½ to 2 in.) in scarlet, salmon, copper, yellow, pink, white, mixed. $2 plus 50c postage. Kelly Bros. Nurs., 613 Maple St., Dansville, N.Y. 14437.



Invisible cutting board

A kitchen counter is neater topped with this clear plastic cutting board to save surfaces from scratches as you slice, chop or carve. Dishwasher safe and heat-proof. 8x11 in., $2.98; 12x16 in., $4.98; 14 in. round, $6.98. Colonial Garden, AHE-2, 270 W. Merrick Rd., Valley Stream, N.Y. 11582.



Learn and earn

Here's a fine way for needlecraft enthusiasts to put their skills to work by learning invisible mending. Learn quickly, and be able to earn up to $10 in an hour at home, repairing holes, cuts, and tears in clothing. Write for information to Fabricon Co., Dept. 542, 1555 Howard, Chicago, Ill. 60626.

THE AMERICAN HOME MAGAZINE GARDEN CENTER

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Henry Field's "Get-Acquainted" SPECIAL

6 PIPS for only 25¢ PPD.

Hardy! Fragrant, Dainty White Flowers!

Masses of fragrant white blossoms on dark green, glossy foliage. Lily of the Valley thrives 'most anywhere, but especially likes shady spots where few other plants will grow. Gets only 8" to 10" high, multiplies rapidly, actually crowds out weeds. Covers hard-to-mow slopes, beautifies dreary, bare or weedy spots. Good in bouquets, too. Needs almost no care, lives for years. Henry Field's, famous since 1892, makes special offer just to win new friends; can't repeat it this year. So mail 25c right now for 6 fine, healthy pips, postpaid to your door. (Sorry, $1 limit.) Big, bargain-packed catalog free.

SEND FOR YOURS NOW!

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Curious, odd-looking, strange species of plants that thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send only 15c in coin for 50c Pkt. **or 2 Pkts. for 25c** and Seed and Nursery Catalog. **FREE**

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12 PLANTS for only $7.95

Strong 1-yr. transplants 4" to 6" tall. Mass of roots, large leaves. Rhododendron from red flowering stock. Azalea, hardy, mixed colors. **FREE CATALOG.** Postpaid planting time. No C.O.D.'s.

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10¢ never brought more color to your garden!

We'll send you a packet of Super Giant Zinnias in mixed colors AND a packet of finest Asters in mixed colors — 40¢ value — for just one dime! A 75% saving. Limit: 1 per customer.

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FREE 88-page colorful Olds' catalog.

OLDS SEED CO.

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7 GIANT FLOWERING GLADS 25¢

Postpaid and Guaranteed

This collection is made up of famous varieties. You'll thrill to the tall, majestic spikes of huge flowers. Glads are America's favorite flower for cutting, make excellent bouquets, altar displays and centerpieces. Collection includes many different colors.

Bulbs are 1 to 1¼ inches across

FREE! NEW SPRING CATALOG

INTER-STATE NURSERIES

421 E Street, HAMBURG, IOWA 51640

☐ FREE Spring Catalog ☐ 7 Glads 25¢

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ADDRESS_____

CITY_____ STATE_____ ZIP_____

Gloxinia

Beautiful Pot Plants

5 BULBS $1.00

Gorgeous, easy to grow house plants, 3" to 4" flowers, last for months. Exquisite mixed colors. **SEND ONLY 25c for 1; 50c for 2; $1 for 5. Order Now.** Postpaid with big, Seed and Nursery Book

R. H. SHUMWAY SEEDSMAN
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DROLL YANKEE BIRD FEEDER

A fantastic new Bird Feeding Station. Six metal edged openings with baffles inside to prevent feed from spilling, and an aluminum perch at each hole. 15" long plastic tube with metal hanger. Fills from top, and is impervious to rain and snow. Will feed a host of birds before a refill is needed. $11.95 plus $1 P&H. Ill. Res. add 5% tax.

Gift Catalog 25¢

House of Minnel

Deerpath Rd., Batavia, Ill. 60510

Get Value, Beauty, Convenience, And Every Selection Is Guaranteed

Tug the Pendulum and Fill a Room Full of Delightful Tinkling Melody

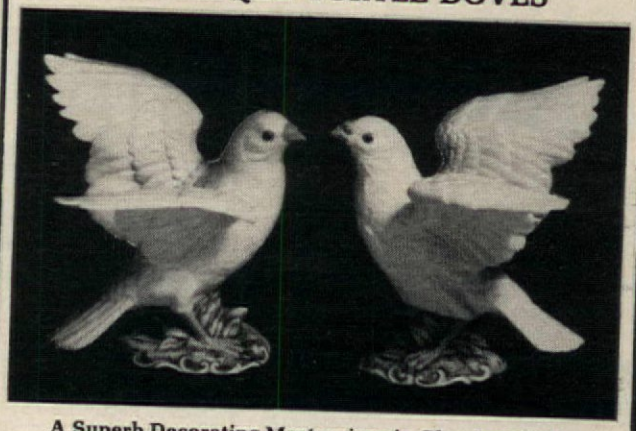
CHARMING Hanging MUSIC BOX

Plays "Raindrops Falling On My Head" From "Butch Cassidy and the Sundance Kid"

A new and Delightful Decorating Masterpiece, Full Color Mounted Bisque Plaque with the Beauty of a World Famous Figurine

A music box that hangs on a wall? Yes, this and much more, for here is a charming decoration that not only fills a room with delightful melody but also brings a charming bit of color and beauty wherever it is hung. We've taken the melodious "Raindrops Falling on My Head" and put it in a precious little music box that fits inside this hanging case. You simply tug gently on the pull chain and the tinkling melody comes spilling out. And, as fit companion to the music, the delightful figure of the little girl under the big umbrella, so typical of the beauty of world famous figurines. Here's an entire ensemble that makes the perfect decorating piece for a child's room or for any room in your home. Yours, while this special offer lasts. *USE HANDY ORDER FORM BELOW*

MAGNIFICENT PAIR OF PURE BISQUE TURTLE DOVES



A Superb Decorating Masterpiece in Glowing White Bisque Makes An Ideal Collector's Treasure

ONLY $4.98 A PAIR

Poised for flight, you can almost hear the softly whirring wings, the gentle cooing of these soft, white bisque turtle doves. Long a collector's item, bisques statues and figurines add a class note of elegance and beauty to any setting. And this magnificent pair eloquently captures the luxurious charm that seems to be unique only to a fine piece of bisque. Although the delicately molded bodies are of pure white, they are overcast with that delicate pink aura so typical of bisque and are further highlighted by the worked pedestals of soft green and gentle tans. Unfortunately it is impossible to capture the finely sculptured details, the tender colorations and the aristocratic presence of this pair from the small black and white illustration here. Only when you see them in your home can you fully appreciate the dramatic eloquence they bring to any setting. *USE HANDY ORDER FORM BELOW*

The New Spring

Emperor's Pheasants

The Bamboo Trees

Birds on a Hillside

FOUR MAGNIFICENT EMPEROR PANELS REPRODUCED IN FULL COLOR

EXQUISITE HAND PAINTED PANELS YOURS AS LARGE 38" x 12" FULL COLOR PRINTS FOR YOUR HOME OR OFFICE —ALL 4 ONLY $3

Hand painted panels from the Emperor dynasties have always added that final decorator touch, bringing quiet beauty and elegance to every decor. These incredibly beautiful reproductions capture the silvery iridescence and flashing jewel like colors of originals. Hung in your home, office or den, they will bring a dramatic new touch of beauty to every setting. Unfortunately it is impossible to reproduce the dazzling color and excitement of each panel from the small black and white illustrations here. Only when you see these craftsman masterpieces can you actually appreciate their delicacy and superb workmanship.

USE HANDY ORDER FORM BELOW

OFFER WILL NOT BE REPEATED THIS SEASON

Because of the unusual values in this offer, and because much of these decorator pieces must be specially imported, we urge you to order immediately. Of course, each item carries Colonial's absolute No Risk Guarantee. You must be absolutely delighted or money will be refunded, so make your selections right away, this offer will not be repeated this season in this publication.

BISQUE TURTLE DOVES ID—Each pure bisque sculpture is 4½" high. One pair $4.98 or 2 pairs for only $8.98.

HANGING MUSIC BOX RH—Plays "Raindrops Falling On My Head." A full 4" x 5" x 2¼". iWth solid wood case and porcelain bas-relief sculpture. Only $4.98 or 2 for just $8.98.

SET OF FOUR EMPEROR PANELS EP—Each magnificent panel in full color with tapestry finish a sweeping decorator size 38" x 12", all 4 just $3 or two sets for only $5.00.

*Remember! Extra sets save you money and make marvelous gifts!

COLONIAL STUDIOS, DEPT. OA
20 Bank Street, White Plains, New York 10606

Please send me the selections I have checked below each on full money back guarantee if I am not absolutely delighted. (Please add 25¢ postage and handling with each order.)

CHECK YOUR CHOICE

☐ ID–16 Pair Bisque Turtle Doves $4.98 Pair. ☐ 2 Pair only $8.98

☐ RH–6 Hanging Music Box "Raindrops" $4.98 each ☐ 2 for only $8.98

☐ EP–65 Emperor Panels (38" x 12") Set of 4 $3.00 ☐ 2 Sets only $5.00

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Hand-painted pottery?
They collect it on their vacations, too.
Sometimes they even get their own hand in it.
Their cigarette? Viceroy.
They won't settle for less.
It's a matter of taste.
VICEROY
FILTER CIGARETTES
VICEROY
VICEROY
Viceroy gives you all the taste, all the time.

FROZEN ASSET

The triple-dividend dessert. Elegant... luscious... *and* easy! Pick up the making at your grocer's, put them together in minutes. After weeks in the freezer the cake is still moist, the ice cream free of crystals. Why? Because Heavy Duty Reynolds Wrap® (unlike plastic bags and many other wraps) molds tight and firm, seals air out, seals freshness in. Heavy Duty Reynolds Wrap. For everything you want to *keep* in your freezer.

FROZEN NEAPOLITAN DELIGHT

1 package (12 oz.) frozen pound cake
1 pint Neapolitan brick ice cream
1 pkg. (4½ oz.) frozen whipped topping, thawed
14 pecan halves 8 maraschino cherries
Heavy Duty Reynolds Wrap

Cut pound cake lengthwise into 2 equal layers. Place one layer on an 18" square sheet of Reynolds Wrap. Cut ice cream brick lengthwise into 2 equal slices and place on cake layer. Top with second cake layer. Frost top and sides with whipped topping. Decorate with pecans and cherries. (Takes less than 5 minutes to make.) Place on foil in freezer about 2 hours, or until topping is frozen hard. Remove from freezer. Bring foil up, double fold over top and fold in ends. Return to freezer till ready to serve.

REYNOLDS WRAP. OVEN-TEMPERED FOR FLEXIBLE STRENGTH.