American Home

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PECIAL ISSUE: REMODELING TODAY
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ear out and save: 32-page home-improvement guide

Do you have these old-ceiling problems?

Your Armstrong dealer has these new-ceiling answers.

Problem: A cracked ceiling in your dining room. Solution— a kind of ceiling designed specially for your most elegant rooms. These are richly textured ceilings with an almost sculptured look—unlike any tile ceiling you've ever seen. In fact, they don't look like tile ceilings at all. The old "v-groove" joints

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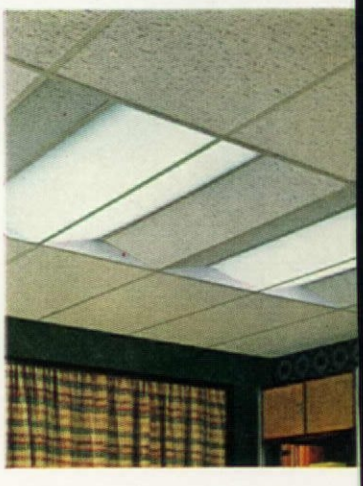
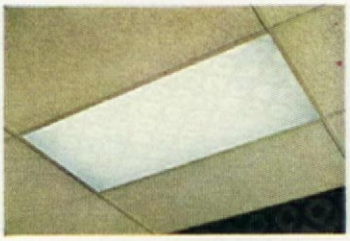
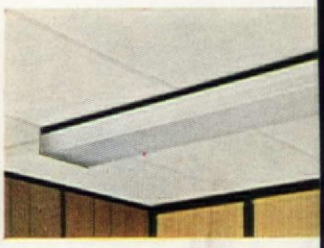


Problem: Poor lighting, ugly fixtures. You'll find lots of bright solutions in Armstrong's line of lighting fixtures. They give you attractive, efficient lighting and fit right into your Armstrong ceiling. All are prewired and easy to install. And there's a complete line of new luminous panels to put any room in its very best light.





You'll find a fresh assortment of smart new designs and textures in every kind of tile and suspended ceiling at your Armstrong dealer's now. Many Armstrong ceilings are "acoustical". They soak up irritating household noise. Others are noncombustible to help protect against fire. And all can be installed by any reasonably handy husband. Their cost usually comes as a pleasant surprise. Take your pick; your Armstrong ceiling for a 12′ by 14′ room will cost from $40 to $72.

No matter what your ceiling problem, your Armstrong dealer has the answer. See him today.

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JUST mail the FREE RECORD CERTIFICATE today and the postman will bring your boy or girl a delightful record album from Disneyland! Yes, Walt Disney's happy, mirthful, joyous SNOW WHITE AND THE SEVEN DWARFS recorded right off the original sound track of the Academy Award-winning motion picture! And it will belong to your child —to keep and enjoy over and over again.

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- All Club selections have been chosen by MY WEEKLY READER and Walt Disney Productions—from all the records available—to bring your child the best educational entertainment.
- Many of the records offered by this Club are based on books or movies your child already knows and loves.

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Snow White is only the first of many treats in store for your boy or girl. As a member, he will receive—on approval—a different album each month for 10 days enjoyment. Such delightful hits as Mary Poppins . . . Dumbo, the lovable elephant . . . frisky Bambi . . . wise old Uncle Remus . . . Hansel and Gretel . . . Alice in Wonderland . . . richly rewarding musical experiences like Sound of Music (sung by Mary Martin) . . . Peter and the Wolf . . . The Nutcracker Suite . . . and many others.

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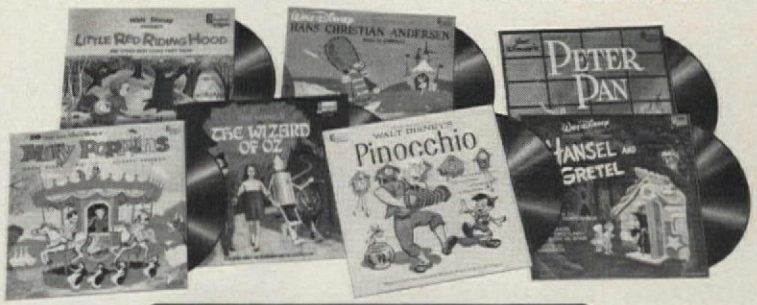

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Columbus, Ohio 43216

RC-3

YES! Send my child's FREE Walt Disney LP album of Snow White and the Seven Dwarfs.

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Signature of Parent_____

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MAY 1971, VOL. 74, NO. 5

American Home

SPECIAL REMODELING ISSUE

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COVER: Remodeling transformed a turn-of-the-century, deserted Texas farmhouse into this stunning, contemporary country home. The full story on this and other home improvements begins on page 84. Photographer: William Maris

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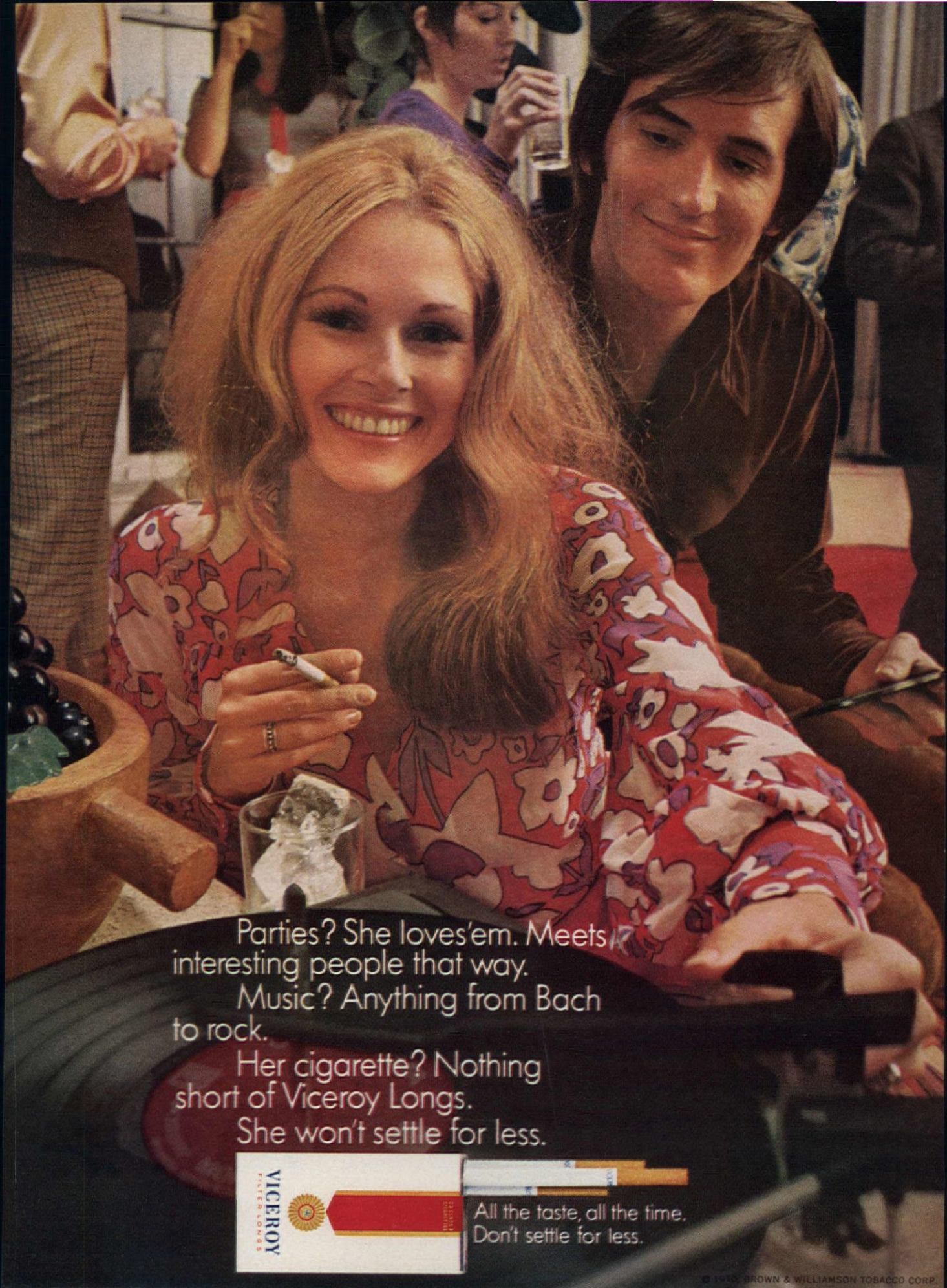

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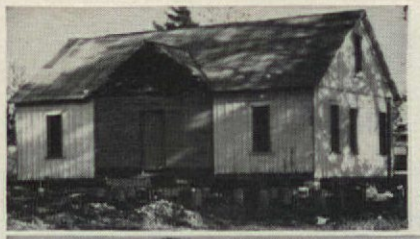
THIS MONTH IN American Home

Hard to believe that the airy, modern glass-walled house on this month's cover and on pages 84-89 started out as the simple Texas hill-country farmhouse you see in the "before" picture below. Here is a house full of light, warmth and surprise. Proud of its board-and-batten country ways, it has been brought up to date with the kind of love and imagination, both in the reconstruction and in the decorating, that makes for the most successful remodeling jobs. It has a very personal quality that is a common denominator for all the other idea-filled remodeled homes that we feature in this annual remodeling issue. We hope that they will inspire you to look at your own home with a new eye toward changing it to suit your needs, tastes, desires. Once inspired, turn to our special section, beginning on page 47. No matter how big or how small your remodeling undertaking may be—even if you are only going to change the color of the family-room walls—you will find sound money-saving advice. For added convenience, we have made this complete guide to home improvement an easy tear-out section that we are certain you will want to save.



Our cover house, once a simple Texas farmhouse, is now a remodeled country home, full of charm and light.

Concerned like the rest of us about rising food bills? Turn to our low-cost food finds beginning on page 103. Chef Jacques Jaffry shows you how to make 20 infallible soufflés that cost an average of 20¢ a serving. Food Editor Frances Crawford's recipes for main-dish leftovers were sparked by a visit to a friend who was found cutting up the remains of a leg of lamb dinner for the cat, since she didn't know what to do with lamb the second time around. And Associate Food Editor Jane Uetz has prepared a galaxy of delicious desserts that cost from 5¢ to 8¢ a serving. Savings like these can start to pay for that remodeled kitchen you've been dreaming about.

Editor

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Lifestyle

The truest test of Dr. Spock has to be the son of Dr. Spock. This one, named Michael, has his own revolutionary ideas for child development.

Kenneth Brown

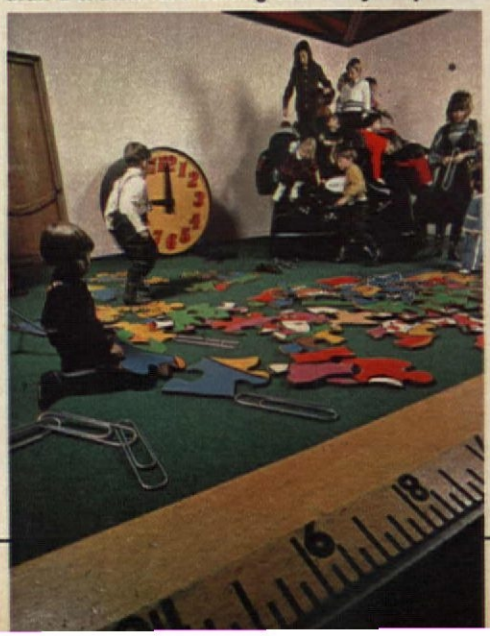
Michael Spock was born with either the total good fortune or the infinite bad break of being a son to the most renowned parent of all—Dr. Benjamin Spock, author of the top-selling classic, *Baby & Child Care*. It is then fitting or surprising that Michael and his wife Judith, of Lincoln, Mass., are committed not only to their own, Daniel, 12, Peter, 10, and Susannah, 3, but to all children via a search for better ways of education.

Michael is director of the Boston Children's Museum, a "please-*do*-touch" place that draws youngsters into real involvement with tools for learning. A gutted-out auditorium, it is composed of a series of open levels supported by girders. At a glance, a child can see how a building works. Among the take-part-in exhibits are a make-your-own-movie machine, microscopes and computerized math machines. And if the youngster is so inclined, he can try on real Algonquin Indian dress or churn some butter.

Meanwhile, Judith is at work on her Master's degree in education, recording the progress of an experimental project called Sidetrack, a "school without walls" which last fall took 14 Boston-area sixth-graders out of the schoolhouse and into the streets for on-the-spot learning. The classroom might be a newspaper city room one day and a courthouse the next. Both Michael and Judith believe in teaching methods that are less verbal and more tactile. It's comforting to know that in the crusade for children's rights, there's another Spock at hand.

Susannah Spock and her Dad (above) divvy up the day's mail. Michael's current concern is to make the Children's Museum more accessible to inner-city youngsters by bringing its treats to libraries, shopping centers and schools.

Giant desk top (below) is, as the youngsters enjoying a romp on it here will agree, one of the museum's hottest attractions. A rug-size blotter, giant telephone and paper clips taller than a toddler are among the many surprises.



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In Washington, D.C., a family of ex-Hoosiers breathes new life into their environment.

Eric Schweikardt

Jill and William (left) cast a proud eye over a spring assortment of home-grown flowers. The Ruckelshauses' ambitions seem as endless as their energies: Jill hopes to finish law school and practice poverty law, and Bill hasn't ruled out a U.S. Senate try in Indiana.

Young Robin ("Biba") Ruckelshaus cuts up in a straw basket as sisters Cathy, Jennifer and Mary join in the fun. An outdoor bunch, the family loves the Chesapeake for summer fishing and ice skating in the winter months.

LIFESTYLE continued

Jill and William Ruckelshaus take their environment where they find it. Bill, the new administrator of the equally new Environmental Protection Agency, traded house and home in Indianapolis two years ago for something more in the Federal style. The Ruckelshauses now live in Rockville, Md., a half-hour drive from Washington, D.C. Bill went from the Indiana legislature to the Justice Department as Assistant Attorney General and today rides herd on polluters of our natural resources.

But Jill is still her husband's proudest resource. A graduate of Indiana and Harvard Universities, a former law student and college teacher, she has always been active in her community. In Indiana, she worked with mentally retarded children. Once in Washington, she became chairman of the Justice Department's warning program on drug addiction, worked in a free clinic in a Georgetown church and led tours at the Smithsonian Institution. She is now chairman of the Women's Advisory Committee to the Office of Economic Opportunity, a voluntary post in which she spends three mornings a week organizing regional and national conferences and generally keeping in touch with groups who are working to improve the health, education and general welfare of the poor.

The rest of Jill's time is devoted to the five little Ruckelshauses—twins Cathy and Mary, 10, Jennifer, 7, Billy, 6, and Robin, 3. Says Jill, "Outside of my family, the two things I've been most interested in are social work and ecology. Lucky I can be involved in both." Lucky for the rest of us too.

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19 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report Nov. 70.

71, Brown & Williamson Tobacco Corp.

THE GOOD-LOOKING HOMEMAKER

By Constance Bartel

BEST FACE FORWARD

Sanna Mayo, with Clea, one of her two Siamese cats, favors a simple hairdo which needs only to be washed and dried into shape with a hot comb. She starts with a good haircut and keeps her baby-fine hair lustrous with frequent washing and conditioning.

Sanna Mayo enjoys living and working in New York City, but at her own pace. The daughter of pianist-comedian Victor Borge, she has had her own fling at glamorous careers. Sanna was a magazine fashion writer, a photographer's stylist and now she assists an interior designer three mornings a week. The rest of her time she devotes to home, husband Geoffrey, who produces TV commercials, and their two Siamese cats.

Sanna keeps her beauty routine basic; she wears a minimum of makeup and, as a preventive measure, uses hypoallergenic cosmetics. Her only problem is oily, baby-fine hair that requires frequent washing, and the washings tend to leave her hair dull and the ends brittle.

She took her problem to New York hair stylist Louis of Louis-Guy D', who, after giving her an expert haircut, prescribed this eight-step, hair-care program: 1) Brush hair vigorously before washing. 2) Wet it thoroughly before applying shampoo. 3) Use only shampoo that has no detergent—Johnson's Baby Shampoo, for instance, or a castile shampoo. 4) Work up a good lather and scrub scalp and hair in long strokes. 5) Rinse thoroughly, especially around the hair line. 6) If your hair is excessively oily, repeat steps 4 and 5. 7) Apply a protein or conditioning rinse 2 inches away from scalp; the scalp, which gets plenty of natural oil, needs no conditioning. Comb the protein or conditioning rinse through hair. 8) Rinse thoroughly for one minute so no residue remains. Finally, rinse quickly with cold water.

To give her hair added body and for a professional-looking hairdo, Sanna combs her hair into place with a hot-air comb. It's all she needs with her new wash-and-wear haircut.

What about your beauty problems? Maybe you're tall, slim and have glorious, manageable hair, but your skin is supersensitive to sun and, to make matters worse, you live in sun country. What should you do? Wear a sunscreen practically nonstop. It will protect your thin, sensitive skin from the sun and prevent dryness, wrinkling, burning and freckling.

You need protection all the time, not just on the beach. Even indirect sunlight can be a menace. A moisturizing sunscreen like Sea & Ski's Block Out should be part of your daily skin-care routine. Also use a moisturizing lipstick (Max Factor's Geminesse enriched lipstick) and a rich emollient skin moisturizer (Helena Rubinstein's Skin Dew Moisturizing Emulsion). And when you feel your face needs more color, a slick of bronzing gel (Charles of the Ritz's Face of the Earth or Estée Lauder's Go-Bronze) will give you the suntanned look. (continued on page 22)

J. Frederick Smith

the invisible dressing

Gaucho Suit by Calvin Klein

The perfect balance: show-off flavor, no-show calories. Spicy tomato taste. Helps keep you down to size. Low Calorie Catalina Brand by Kraft tastes good going down. No artificial sweeteners. Try some over lettuce, cooked ground beef, tomato, onions. KRAFT

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SIMPLE WILD-FLOWER PANELS...

only four easy stitches

By Dorothy Lambert Brightbill

These exquisite Swedish wild flowers are made with just four easy stitches. The basic straight stitch (including satin, long and short), is really that—a straight stitch that can be vertical, horizontal or diagonal. The outline, or stem, stitch and the French knot are both a breeze. Last, and simplest, is the lazy daisy, or loop, stitch.

Stitch charts and easy-to-follow instructions will make you an accomplished needlewoman in no time. The kits also include embroidery thread and mounting instructions. The delicate flowers, many of which bloom in our own fields and meadows, are stamped on brownish, olive-green linen, size 6x13¼ inches.

We mounted the panels on natural-linen-covered mounting boards (not included in the kit), though you can use a rough-textured wallboard instead. The silver-leaf frames are also available. To order, use coupon below.

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.

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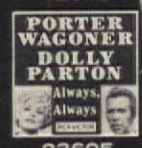

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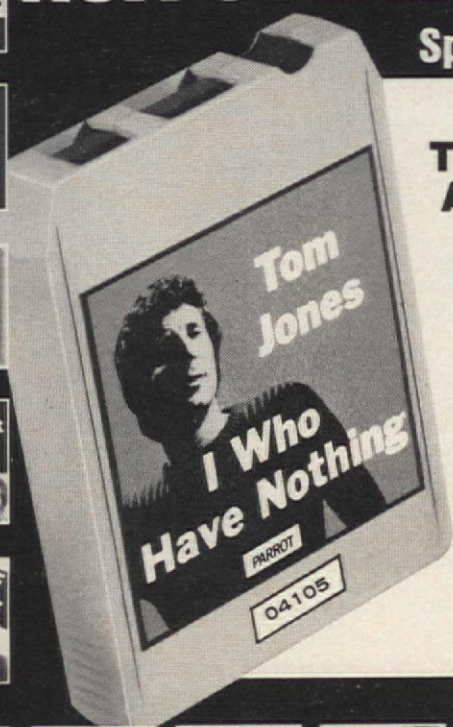

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All tapes guaranteed. The Club's own Warranty unconditionally guarantees tapes against defects for 1 year after purchase.

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RCA

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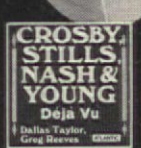

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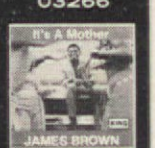

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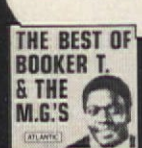

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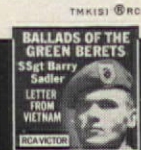

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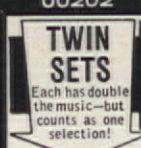

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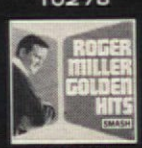

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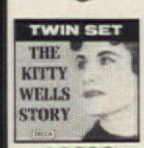

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Dear Kathy—

It's so nice to be together again. To be able to give you the comfort and support you cherish so much. To help you face another hectic day.

You see, I know what your world needs most is a good night's sleep. Turn out the light.

Your Serta Perfect Sleeper Mattress

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Perfect Sleeper® Mattresses are made like no other mattresses in the world · to give you the right combination of luxurious comfort and firm, healthful support · something great to sleep on · prices start at $89.95* ea. pc.

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Serta Associates, Inc., Chicago, Ill.

Stephen Green-Armytage

Off-center, slanted part, side guiches and blusher gel transformed Taylor Rice's round face to heart shape.

BEST FACE FORWARD

continued from page 16

If, like Taylor Rice (above), a Louisville, Ky., fourth-grade schoolteacher and the wife of attorney Robert H. Rice, you have a round face but yearn for hollow cheekbones, take a lunar clue. The moon, though round, has many shapes—not only full, but half, quarter and slender crescent, and all are created by shadow. You can eclipse part of your face with foundation. Use two shades: your usual shade, plus a darker one along the temples, the sides of your cheeks, your jaw and under the chin. Blend them in carefully, so that no demarcation line shows.

To give her face a slender look, Taylor applies a tinted blusher gel to spots where she wants her high cheekbones to be. Changing a hairdo helps, too. The principle is the same as with the makeup, only you shade out areas such as your cheeks, forehead and chin with your hair. Also avoid center parts, headbands across the top of the crown and ear-length hair. Stick to asymmetrical lines; off-side, slanted parts; shaggy or diagonal bangs; side tendrils or guiches that slant or curve over your cheeks.

Perhaps you've lost those added 10 pounds and are back to a svelte size 10, but still your once taut jawline is beginning to sag. Why? After age 30, and often before, those jawline muscles tend to go limp. Facial exercises that tone and tighten the muscles are the obvious long-term answer.

You might try those recommended in *Miss Craig's Face-Saving Exercises* (Random House, $5.95). Firming facial masks, like Helena Rubinstein's Herbal Mask, also help. But for quick—if not lasting—results, here's a trick that long-haired models often use to create a firm, flawless chin contour: Make one, two or three tiny braids on each side of your face beginning at about eye level. Pull the braids back under your side hair and pin firmly.

If you need help with a beauty problem, or if there is a subject you would like to see covered in The Good-Looking Homemaker, send your suggestions to: Constance Bartel, American Home, 641 Lexington Avenue, New York, N.Y. 10022.

Even Brunettes over-do it!

(They over-bleach their hair)

You've probably been doing it as long as you've been coloring your hair. Over-bleaching. Taking the life out of your hair with too much peroxide. It can happen even if you're not lightening your color—with an ordinary, permanent, shampoo-in haircoloring. You see, they have just as much peroxide in your shade as in the shades that lighten. And that much could be too much for you.

So do it right... with Magic Moment.™ The fabulous, permanent, foam-in haircolor by Toni. Magic Moment has far less peroxide than ordinary shampoo-in haircolorings.

Magic Moment does it gently. It foams in soft, sensuous, womanly color. Your very own natural color... not even one shade lighter. And Magic Moment does one thing more. It has just enough peroxide to give your hair extra bounce and body and a "just right" feel.

So if you're going to do it... do it right. Do it gently. Do it with Magic Moment.

15 Favorite Shades from Golden Blonde to Black.

Just push the button. No mixing. Takes only 15 minutes.

MAGIC MOMENT

Foam-in haircolor... The gentle permanent haircolor.

DECORATING NEWSLETTER

Glimpsing the bold palette of a bygone era and a new look at some trends for today

COLOR: CHANGING TIMES?

If you think of historical colors, especially those used in 18th- and 19th-century interiors, as being delicate and soft, it's because you see them faded after two centuries of use. Although it often seems as if the use of bold colors is a modern invention, this is far from true, as a visit to MESDA will persuade you. The initials stand for the Museum of Early Southern Decorative Arts, an astonishingly beautiful place at Old Salem, the restored Moravian village in Winston-Salem, N.C.

The museum's 15 rooms span the period from the 1600's to 1820. After a recent tour, we came away full of color ideas and admiration for the taste and sophistication of the early settlers. For example, the color scheme of a North Carolina Queen Anne parlor we saw could easily be translated into a modern room. The paneled walls are done in dark brown, glazed paint. Draperies, under elegantly scrolled valances, and upholstery on a wing chair are the brightest red-orange wool. The Oriental rug combines orange with blue and touches of yellow.

With today's growing acceptance of dark walls, visualize the parlor's modern counterpart in a living room with walls lacquered a shiny dark brown, orange wool on sofas and chairs and possibly carpeting in a small geometric. Like the original room, there could be one creamy white wall and white could be the accent, with brass accessories.

Most spectacular of all is the museum's White Hall dining room, from a plantation near Charleston. Woodwork and fabrics are yellow-green and the Aubusson rug has a brown background with a classic design in yellow-green and coral. English wineglasses and decanters are the deepest emerald green. For a modern living room, we would retain the yellow-green wall color and use a brown, coral and yellow-green print, a white rug and emerald for small accents.

ASLEEP AFLOAT

Imagine an emperor-size, watertight plastic bed frame filled with a vinyl bag containing about 200 gallons of heated water that is thermostatically controlled and never needs changing. Advantages of sleeping on water are numerous, according to Innerspace Environments, Inc., makers of the Waterbed. First, they claim that the weightless, floating sensation is the ultimate in soothing comfort and that it eliminates tossing and turning, insuring more restful sleep. Support is firm and even. Maintenance is easy, requiring only a quick wipe with a disinfectant-saturated cloth to sterilize the bag. Price for the king-size bed (frame 75x83 inches) is about $280. A do-it-yourself model is available and sells for about $100.

QUICK-CHANGE UPHOLSTERY

Once upon a time, every self-respecting housewife had slipcovers for all of her upholstered furniture. The expensive, custom-made ones that fit without a wrinkle were a fingernail-breaking hassle to put on and take off. The others, all saggy and baggy, looked terrible.

Now, Kroehler Mfg. Co. has come up with "Strippables," upholstery that can be changed easily either for dry cleaning or for a change of scene. The firm makes sofas in 7- and 8-foot lengths, a matching love seat and three sizes of sleep sofas. Upholstery covers, in modern or traditional designs, are (continued)

Your child's allergy needs an "allergy specialist."
So we made a chewable one.

Some children know all about pollen and sneezing long before they know about the birds and the bees.

They suffer from hayfever and other upper respiratory allergies.

We make a children's Allerest just for them. A chewable, cherry-flavored allergy pill (that also can be taken whole—just like grown-ups do). One that's strictly for children's allergies and not a cold capsule or sinus tablet.

Children's Allerest® is formulated with two antihistamines and a decongestant widely prescribed by children's doctors.

They help stop sneezes, runny nose, stuffed-up head and itchy teary eyes. Without giving your child a lot of medication he doesn't need.

Children's Allerest, for ages 6 to 14. Gentle, effective relief for a young case of hayfever.

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Burlington House for draperies and bedspreads.

We make thermal draperies that help insulate your windows. Blackout draperies that block out light. And draperies you can machine wash, tumble dry and hang without ironing.

Still, we know perfectly well that no matter what a drapery does, you're not going to buy it unless you like the way it looks.

So we spend a lot of time on that.

We design our own patterns. We weave them of Avisco® rayon and cotton.

We dye them. Then we turn them into draperies with deep pleats, mitered corners, and fat 3" hems. And we end up with beautiful, custom-detailed draperies—Ready-Made or made for your window.

And now we even make a line of permanent press, coordinated bedspreads for our draperies.

The twin size bedspread shown, in the Queen Anne pattern, costs about $25. The single-width, floor-to-ceiling length draperies cost about $14 a pair.

Look at all our draperies and spreads.

On top of everything else, we're the largest drapery manufacturer in the world. So we're bound to have something just right for you.

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made of 100 percent Dacron polyester. Pillows and bolsters have zippered covers for easy removal. The one-piece sofa cover is attached by Velcro tape patches and can be taken off in five minutes and put back on in 10. A 7-foot sofa with the basic cover is $300 (all prices here and following are approximate); additional covers of Dacron and cotton are $100 each. All can be dry cleaned in coin-operated, tumble-dry machines.

CREATIVE BED-MAKING

If bed-making is among your dreariest chores, try brightening the prospect with a new colorful wardrobe of sheets and pillowcases. Coming up strong are bolder, darker colors and patterns with loads of personality. Take, for instance, Westpoint Pepperell's Martex and Lady Pepperell brands.

Martex has "Paper Flowers" and "Grillade." In the floral, a field of anemones contrasts purple, pink, orange and yellow blossoms against a background of the greenest green. "Grillade," a geometric, is a little more restrained and tailored. We especially like it in the red, white and blue combination to give an Early American bedroom a timely boost. The pattern also comes in two gentler colorations, one a neutral, the other maize and green. Double-size cotton-Dacron sheets in both "Paper Flowers" and "Grillade" patterns sell for $7; pillowcases, $2.50. Matching towels ($2.75 for bath size) and printed, double-size Vellux blankets ("Grillade" only, $9) are also available.

Lady Pepperell includes three lines —a floral called "Morning Star," silhouetted in black against brown and yellow; a bold rendering in dark greens and purples called "Fireworks"; and "New Faces," a spring-flower charmer that traces misty green leaves, purples and blues against a deep-olive background. Matching bath-size towels in all three patterns cost $2 to $4.

Available in both "Morning Star" and "Fireworks": double-size sheets in cotton-Dacron ($7), pillowcases ($2.50), double-size blanket ($9) and a machine-washable, sheet-weight bedspread ($20 to $30). Double-size muslin sheets ($5) and pillowcases ($1.50) come in the "New Faces" pattern. Presslin 303, the parent firm's new permanent-press finish, also prevents the Martex and Lady Pepperell sheets from graying in the wash.

From Cannon Mills' new collection comes "Sunflowers," a head-on floral in unbedroomy black on cinnamon or red on royal blue. Even the firm's narrow stripes make news in "Contempo" 's brown, gray and gold or navy, red and gold, both on white. Twin size, no-iron percale sheets cost $7.

Bedspreads are, of course, very much part of bed-making and Bates has traveled the world for new design ideas to add to their Country Collection. The newest of the lot they found right here at home. It's called "Algonquin," a pattern that's sure to catch on in the swing toward American Indian motifs. The figure stripe is washable. Price for the twin-size spread is $42 in Desert Gold, Sierra Blue and Buckskin.

DRUMMING UP A FIREPLACE

There's nothing more comforting come a cool spring evening than a fireplace. For your vacation house, in the mountains or by the sea, consider Washington Stove Works' Oil Drum. Yes, that's what we said—it's a freestanding fireplace made from an oil drum, down to the original cast-iron legs. Finished in flat black or bright porcelain colors, it has a reassuringly fat stovepipe, an iron grate, a sturdy screen door and retails for $175. —Vera D. Hahn

DECORATING Q's & A's

Our builder has given us the choice of solid-paneled or louvered doors to be used with the closets in our new house. Which kind do you recommend?

There are several factors to consider. Solid-paneled doors are neither innovative nor especially attractive; however, they have the advantage of being completely unobtrusive when painted the same color as the walls and thereby make the area seem larger. In fact, they virtually disappear when covered with a wallpaper or fabric that matches the other walls. Louvered doors, on the other hand, have more aesthetic appeal but are dust collectors and require a great deal of maintenance, especially when they have a painted finish. Staining them makes upkeep easier as the dust shows less and will not penetrate a stained finish as readily as it will a painted finish. But remember, if these doors are stained they will be much more noticeable and may interfere with the visual spaciousness of your rooms.

Help! My kitchen is a disaster area and I have only limited money and time to spend on it. Cabinets need repainting, the linoleum is cracked and wall space is broken up by doors, windows and closets. I need a speedy and inexpensive solution.

Take a look at the whole new array of plastic coated, self-sticking papers. They're now available in patterns ranging from checks to delft tile to bold florals. To create a unified look, cover your walls and cabinets with one of these papers. Next add some new hardware to the cabinet doors. Then replace the old floor with easy-to-install, self-sticking floor tiles and you'll have an eye-catching new room in a jiffy without the necessity of a major remodeling.

After living in a lovely colonial house in New England for 10 years, we are moving to Florida. Can I possibly make my antique furniture—some real, some reproductions—look at home in a new and very modern house?

You certainly can. (Just see what the Sarasy family achieved in a similar situation, pages 98–101.) Modern colors and fabrics will happily transform your furniture. Use lots of pattern—stripes, checks, florals, plaids, small geometrics, for instance—in informal cotton and similar fabrics for your slipcovers or to add a fresh look when reupholstering your sofas and chairs.

Be sure that one strong color prevails and that the scale of your pattern ranges from tiny to large. Then select a punchy color from one of your new fabrics and, using the same color of paint, give a pair of chairs or an old chest a shiny lacquer finish. Treat your windows to a strictly contemporary look with vertical blinds either matching or contrasting with the walls. Don't be timid about mixing modern accessories in shiny metal, sheer Plexiglas and brightly colored plastics, all of which will act as arresting counterpoints to enhance and highlight your treasured antique furniture. —Helene Brown

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.

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3 **Choose from all the top labels** and artists. You enjoy great albums from Capitol, London, Warner Brothers, Reprise, Polydor, Parrot, MGM, Decca and more...by headline stars like Tom Jones, The Beatles, The Lettermen, Johnny Cash, Petula Clark, Glen Campbell and many, many others!

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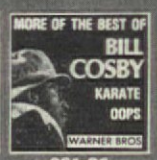

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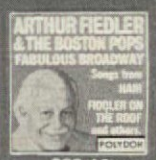

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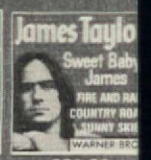

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IF ORDER CARD IS MISSING FILL IN AND MAIL THIS COUPON

CAPITOL RECORD CLUB Member Service Center
Thousand Oaks, California 91360

Please accept me for membership and send my first Club selection FREE. Bill me just $1.87 plus shipping-handling and send my 12 enrollment records. I agree to buy just 12 more records in 12 months at the regular Club price of only $4.98 each plus shipping (occasional special albums slightly higher), and I may cancel my membership any time thereafter. If I continue, for each record I buy I may choose one record FREE (just 25¢ shipping-handling). All orders subject to acceptance at Club headquarters.

IMPORTANT: Please check one. The music I like best is:
☐ Country Sound ☐ Now Sound ☐ Jazz ☐ Classical
☐ Popular Vocalist ☐ Movies & Shows ☐ Easy Listening

☐ Mr.
☐ Mrs. _____
☐ Miss (please print)
Address _____
City _____ State _____
Zip _____ Tel. No. _____
APO, FPO addresses, please write for additional information. EA5A

Send me this first selection FREE
Send me these 12 albums for $1.87

JONES

Start your collection with

12

records for only

$1.87

when you buy just 12 more during the next 12 months.

plus your first selection absolutely FREE!

- Y… o…
- Sp… you…
- Free, artic… stars…
- Exclusi… only to…
- Your … before…
- Savings … have f…

THESE TOP HITS!

*Electronically re-channeled to simulate stereo

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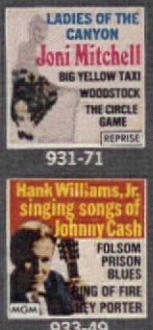

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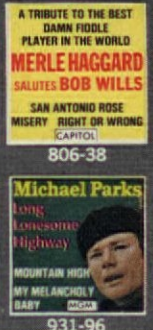

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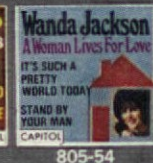

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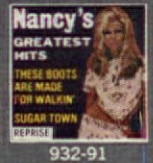

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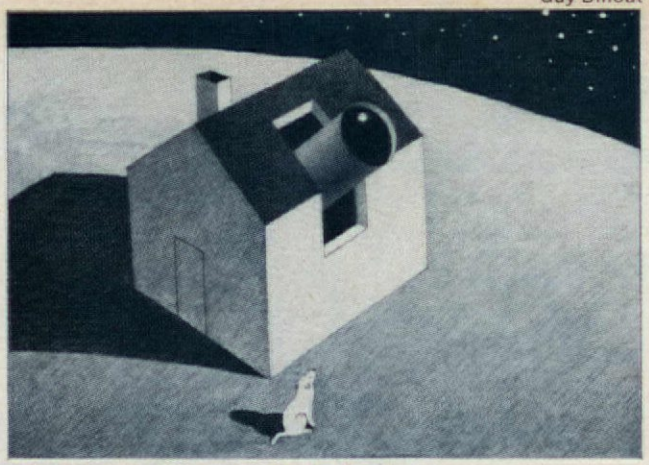
Guy Billout



JOIN THE STAR-STRUCK GENERATION

By Jack Galub

Fragile-looking Shirley Poynter knows the moon almost as well as Alan Shepard. Twice a week, weather permitting, Mrs. Poynter rides the elevator up to the roof of her Milwaukee apartment house armed with a pair of binoculars.

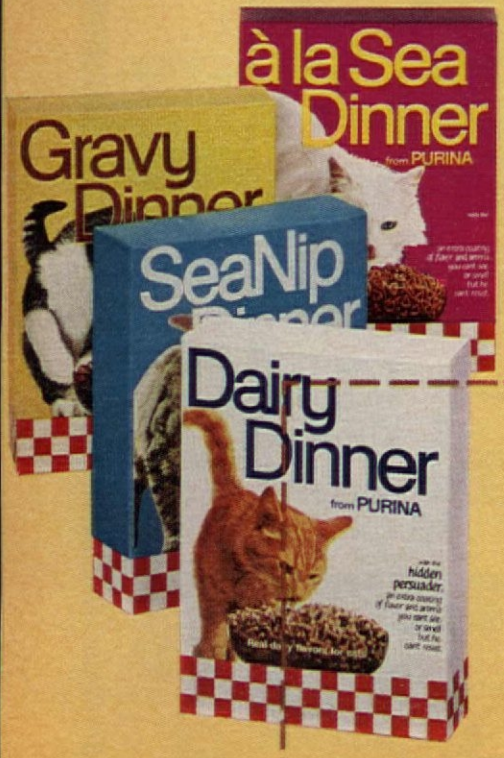
"When the astronauts landed on the moon, I looked at the craters they walked on through a friend's telescope," she says. "Later I looked at Jupiter and its moons, and I was hooked. I don't think I could ever give up sky-watching."

Mrs. Poynter is an amateur astronomer, a member of one of the fastest growing groups of hobbyists in the country today. Stimulated by the epochal moon walks and the dramatic Mars and Venus rocket sweeps, young and old nightly explore the heavens without leaving back porches, apartment roofs or local planetariums.

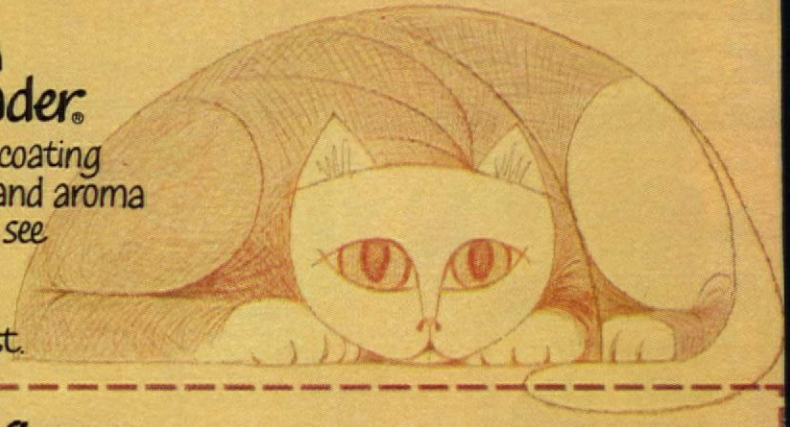
With the magic carpet of binoculars and telescopes, "they are there" often before the astronauts. They study the markings of Mars and scan the rings of Saturn. They snap color slides of distant galaxies and make sketches of the Northern Lights. They also join astronomy clubs to swap tales about the meteors they missed, the fireballs they tracked. But they are serious about the skies. They build their own telescopes and organize group viewing sessions of sky spectaculars.

Adding excitement to their armchair explorations are the vast distances covered. On a cloudless night, the stars look within plucking distance. But aside from our sun, which is a mere 93,000,000 miles away, the next closest star is 300,000 times as far. If you could blast off in a rocket ship at the speed of light—186,000 miles per second—it would take you about 4.3 years to reach Alpha Centauri, one of our (continued)

Here's 6¢ to persuade you to persuade him...



with the hidden persuader®
an extra coating of flavor and aroma you can't see or smell but he can't resist.



more flavor than any other dry cat food.

Cat Dinners from Purina®
to persuade even the most finicky cat.

SAVE 6¢

MR. GROCER: Ralston Purina Company will pay you the face value of this coupon plus 3¢ for handling, *if you have received it in accordance with all the terms of this offer* and if upon request you submit evidence thereof satisfactory to Ralston Purina Company. Invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. To redeem this coupon mail it to: Cat Dinners from Purina, P.O. Box 1107, Checkerboard Square, St. Louis, Mo. 63188. Good only on the purchase of the four varieties of Cat Dinners from Purina. Any other use constitutes fraud.

SAVE 6¢

10 CTD 10

STORE COUPON

What does a man know about spring colors?

He's too busy outside the house right now.

Looks like it's up to you to bring a touch of spring inside. What could be more delightful with colors like Dove Blue, Crocus, Jade Mist, Robin's Egg Blue and French Violet.

There's a participating LUCITE retailer near you who has these colors and many more on sale right now. And at surprisingly low prices.

And you won't have to hunt through five different grades of LUCITE to find the right one for the job. There's only one grade of Du Pont LUCITE—the finest.

LUCITE Paint is easy to use on walls and ceilings. It never needs stirring and doesn't drip like ordinary paint. And it has the superior covering power you need to brighten up any room.

With its exciting range of colors in wall paint and interior enamel, those sparkling colors of spring will look as fantastic on the wall as they do in your mind.

Lucite® Wall Paint Spring Color Sale

Look in the Yellow Pages for the LUCITE retailer nearest you. Or call 800-243-6000. Free any time, any day. (In Conn., 1-800-942-0655.)

BRING THE BLOOM OF BEAUTY TO YOUR COMPLEXION

Every day your complexion can grow a little lovelier, lavishly cared for with a remarkable blend of tropical moist oils which has the skin-cherishing ability to help capture and maintain the precious bloom of true complexion beauty.

The fine, fair promise of skin beauty is initially determined beneath the surface of normal skin where the tiny oil and moisture reservoirs establish a delicate balance by releasing just the right natural nourishment to keep the complexion soft, supple and gloriously alive.

Cosmetic researchers have constantly borne in mind this basic understanding of the human skin in their efforts to find ways and means to improve and cherish its most precious qualities. With Oil of Olay, a unique blend of tropical moist oils, has come the realization that at last it is possible to assist nature by complementing the flow of the skin's natural oil and moisture and help to bring long-term youth and beauty to the complexion of women living in all the differing climates of the globe.

When the beautifying moist oil is lavished on your skin nightly before you sleep, and worn every day beneath your make-up, your complexion will begin to benefit immediately. Being remarkably compatible with the natural fluids of the skin, the moist Oil of Olay readily merges with nature's existing reserves and helps maintain the vital measures of moisture responsible for the dew-fresh appearance of a lovely complexion. Youthful freshness and radiance can become wonderfully constant on the skin.

In America this unique moist oil is available from druggists as Oil of Olay, a remarkable blend of precious elements that can bring your skin a soft, smooth bloom of beauty.

Beauty Skin-Care Specialists Recommend

To take advantage of the beautifying properties of this moist oil and to give your complexion smoothness, clearness and youthful loveliness, always smooth on a film of Oil of Olay over the face and neck before applying make-up. Besides cherishing and beautifying, the Olay oil will assure that your make-up has a perfect lasting glow.

* * *

Areas where age-signs first begin to show need extra rich care at night. Massage Oil of Olay over your throat and neck and tap it lightly into the delicate tissues around your eyes to help smooth and beautify the skin.

* * *

To keep your lips soft and pretty, give them a generous quota of the beautifying moist oil when you do your face. This light film of Oil of Olay will also act as a foundation for the smooth and lasting application of your lipstick.

nearest stars. A hop beyond is Barnard's Star, which wobbles through space accompanied by two planets. It is six light years from earth. Our own Milky Way galaxy is 100,000 light years in diameter and our middling-size sun is about 30,000 light years from its center. On a clear night you can see between 2,000 and 2,500 stars. With a telescope, that number quadruples.

WHAT TO LOOK FOR

The panorama of the skies is endless. There are the moon and the planets. There are double stars whirling around each other, variables which brighten and fade as regularly as Old Faithful. There are meteors and nebulae—those huge masses of stars and gases that glow weirdly in the heavens. For the beginner who owns low-power binoculars or a telescope, every season of the year brings new constellations and galaxies to be observed and photographed.

Spring. This is the season of bright stars. Directly overhead, sickle-shaped Leo the Lion features the bright star Regulus. Within this constellation is Gamma Leonis, a double star (two stars orbiting each other) which is rushing toward earth at a speed of 2,000,000 miles every 24 hours. It has centuries to go before it even comes close.

To the northeast is the Corona Borealis, a group of seven stars arranged in an almost perfect circle. Just below is Böotes, a group of stars at whose base is bright Arcturus, one of the few stars mentioned by name in the Bible. And below that is Virgo the Virgin, a Y-shaped group of bright stars.

Summer. Just east of the Corona Borealis is Hercules. The brightest star in Hercules is a double, easily seen with low-power binoculars. Rising in the east is Lyra, a small rectangle of stars. This constellation includes the startling Ring Nebula, looking much like a puffed smoke ring. South of Hercules during July is Sagittarius, aglow with star clusters and nebulae, one of the most impressive sights in the heavens. And during early August there are the annual showers of meteors from the region of the Perseus constellation, a fall grouping.

Fall. Overhead, the constellation Cygnus heralds the beginning of fall. At the head of the long arm of the constellation is Deneb, actually a pair of contrasting yellow and blue stars. As fall takes hold and Cygnus begins its sweep toward the west, it is replaced by Pegasus, a large, square constellation north of Cepheus. In Cepheus is V.V. Cephei, the reddest star in the heavens. And in the south is Fomalhaut, shining alone; one of the brightest stars on the southern horizon, it is used for navigation.

Winter. Dominating the wintry sky is the constellation Orion, close to the Milky Way in the southeast. Named after the great hunter who was slain by a scorpion, Orion can be spotted by its cluster of three extremely bright stars that make up the hunter's belt. If the sky is clear and your eye keen, you will see a misty glow just below the bottom star of the belt. That is the nebula in Orion, a mass of gas and dust 1,500 light years away from earth and 15 light years across. In the northeast corner of the constellation is Betelgeuese, a variable star whose brightness fades and flares.

Moving east from the belt you see Sirius, the dog star, the brightest visible star after our sun. And slightly to the west are The Pleiades, a group of seven stars that with the lowest-power binoculars turn into a cluster of hundreds of stars enveloped in glowing gases. (continued on page 130)

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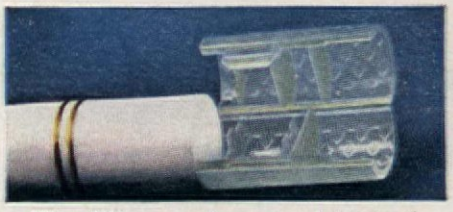


The filter system you'd need a scientist to explain... but Doral says it in two words, "Taste me"

filter menthol

FILTER: 14 mg. "tar", 0.9 mg. nicotine, MENTHOL: 13 mg. "tar", 1.0 mg. nicotine, av. per cigarette, FTC Report NOV. '70.

By Dorothy Lambert Brightbill

MARIGOLDS, DAHLIAS AND LITTLE SANDPIPERS

These country embroideries add a touch of outdoor ambience to the simplest background—even in a city apartment. Best of all, they are easy to do and cost so little for so charming an effect.

The big basket of marigolds and dahlias, stamped on cotton homespun and measuring 19x25 inches, is dramatically bold and quickly finished. The frame, also available, is antique white with a gold inner edge. The sprightly sandpipers, a familiar sight on many shorelines, bring a bracing sea air with them. Also stamped on cotton homespun, size 5x23½ inches, they are displayed here in a narrow, moss-green frame (see coupon).

Both kits include yarns, stitch charts, color guides and easy-to-follow instructions. To order these embroideries, and for a catalog of other great AH kits, see the cutout coupon below.

Check item(s) desired:

___Kit 61345 Country Bouquet
@ $8.98 ea. plus .35 postage..... $_____

___Kit 61242 Frame for Country Bouquet
@ $8.95 ea. plus .50 postage..... _____

___Kit 61180 Sandpiper Stitchery
@ $3.98 ea. plus .35 postage..... _____

___Kit 61207 Frame for Sandpiper Stitchery
@ $2.98 ea. plus .50 postage..... _____

___61014 Catalog of other kits @ .35 each..... _____

___Please send me the new Spring-Summer issue of *Ladies' Home Journal Needle & Craft Magazine* bursting with beautiful things to make, wear and give. I enclose only $1.25 each..... _____

Sales tax, if applicable _____

Total enclosed _____

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

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.

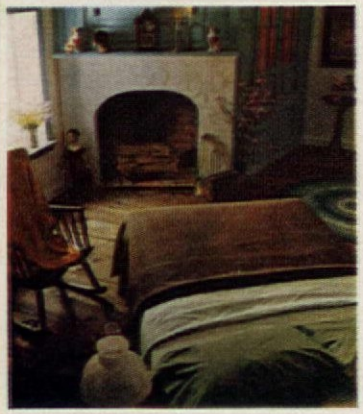
American Home Dept. 4832
4500 N.W. 135th Street, Miami, Florida 33054

print name _____

address _____

city _____ state _____ zip code _____

The room.



The room changer.

Take your room out of the ordinary with the Cannon Room Changers. The coordinates that take the work and expense out of redecorating.

If it's the artist you want to bring out, it's Renoir Rose. Towels, bedspreads, and no-iron cotton and polyester sheets that easily give that feminine, floral touch.

And Renoir Rose is only one of the many Room Changers.

All from the Cannon Royal Family, for all the different ways you feel.

Cannon Royal Family

Cannon® Renoir Rose in celestial blue, fresh pink and french gold. At fine department stores. Cannon Mills, Inc., N.Y.10020

FOOD QUESTIONS YOU ASK

Can flour go stale? I have been baking white bread lately that has turned out like cornbread.

Mrs. P.J. Turner
Youngstown, Ohio

Yes, flour can become stale. If it takes on a musty odor, the gluten in the flour has likely deteriorated, causing the change of texture you refer to. The flour should be thrown away.

I recently read a recipe that called for "sardella." Can you tell me what this is?

E. Hopper
Springfield, Mass.

Sardella is Italian for sardines.

How can I restore marshmallows that have become hard and stale?

(Mrs.) Anne Brandstedt
Fresno, Calif.

For use in salads and puddings, marshmallows do not have to be freshened. However, to soften them for other purposes, put marshmallows in an airtight container with a slice of fresh bread. The time it takes them to soften depends on their hardness.

Would you please tell me how to clarify butter so that it is very clear?

Mrs. Carl W. Baun
Ramsey, N.J.

Sweet butter is clearer than salted butter when clarified. To clarify either, follow these steps: Place butter in a deep saucepan. Melt over low heat until foam disappears and a light-brown sediment appears in bottom of pan. Remove from heat; skim any brown crust from top. Pour off clear butter, leaving sediment in pan. For large amounts of butter, strain through cheesecloth. Chill.

What are Jerusalem artichokes? Are they available in the U.S.?

J. Davis
Pittsburgh, Pa.

The most familiar artichoke is the globe, or French, which is the leafy bud from an artichoke plant resembling a thistle. The Jerusalem, which originated in Canada, resembles the globe only in flavor, as it is actually a member of the sunflower family. The edible portion is a root which grows underground like the potato. Since this vegetable does not keep well, it is not often found in the market.

Why do fresh fruits and vegetables have to be parboiled before freezing?

Mrs. F.S. Fizer
Albany, Ga.

Parboiling, or blanching, deactivates the natural enzymes that can cause off-flavor, discoloration or deterioration in quality and vitamin content in the frozen product. Boil or steam the food just until heated through. After heating, cool the fruit or vegetable quickly and then pack them for freezing.

Does frozen meat have to be thawed before cooking?

Mrs. Paul Geraci
Rutland, Vt.

Frozen meat may be cooked satisfactorily without thawing. The U.S. Department of Agriculture suggests, however, that you cook it 1⅓ to 1½ times longer than thawed meat.

Direct any questions you have about food, food products and food preparation to: Food Questions You Ask, American Home, 641 Lexington Ave., New York, N.Y. 10022.

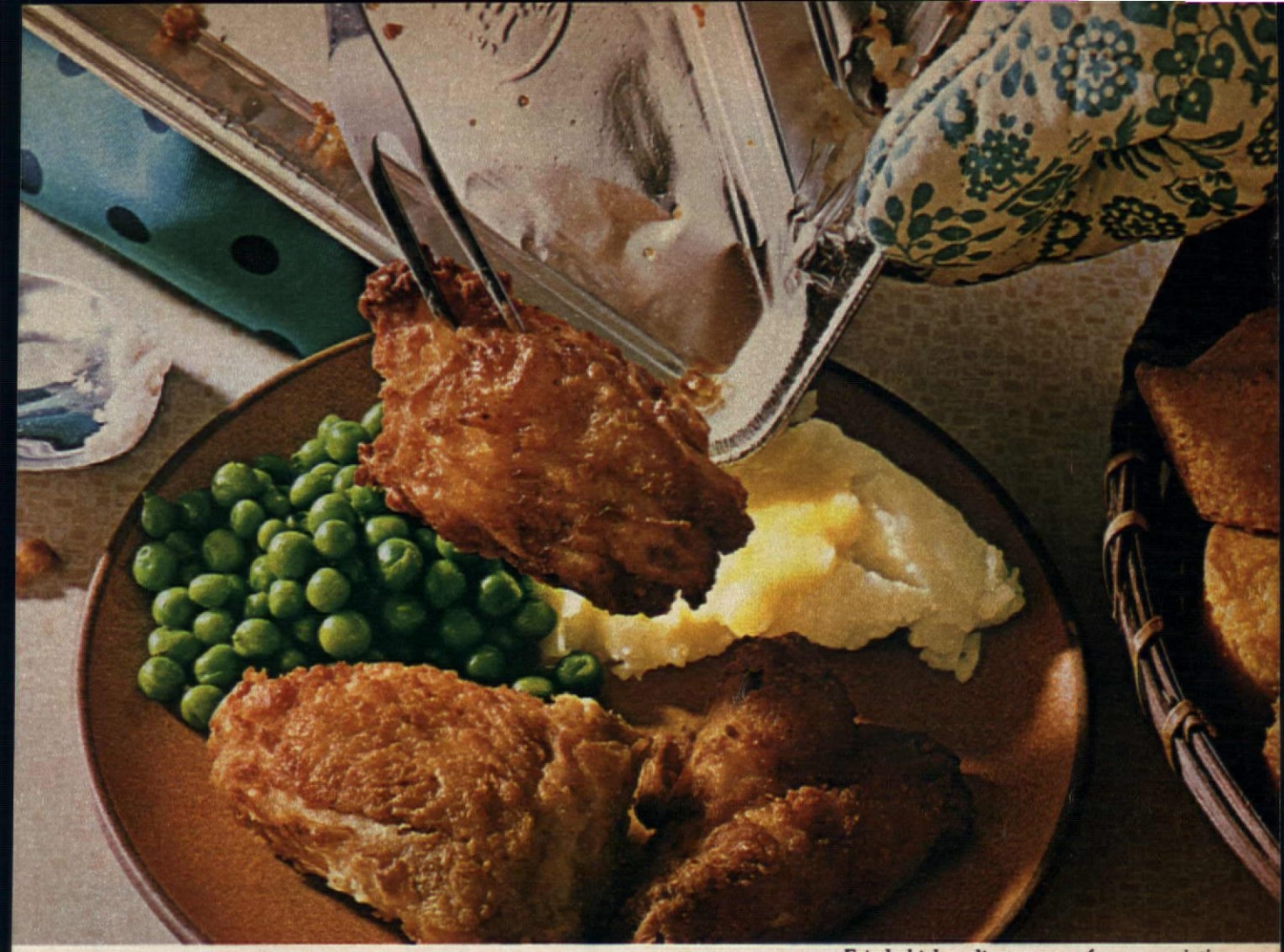
"Big enough to get a drink by myself. That's how big I want to be!"

He'll never need Wonder Bread more than right now.

The time to grow bigger and stronger is during the "Wonder Years"—ages 1 through 12—when a child reaches 90% of adult height. Help your child by serving Wonder Enriched Bread. Each slice supplies vitamins, minerals, carbohydrates and protein. Delicious Wonder Bread!

WONDER® ENRICHED BREAD helps build strong bodies 12 ways®

Helps build strong bodies 12 ways®



Fried chicken dinner, one of many varieties.

"Heat and serve" isn't the best part (eating is).

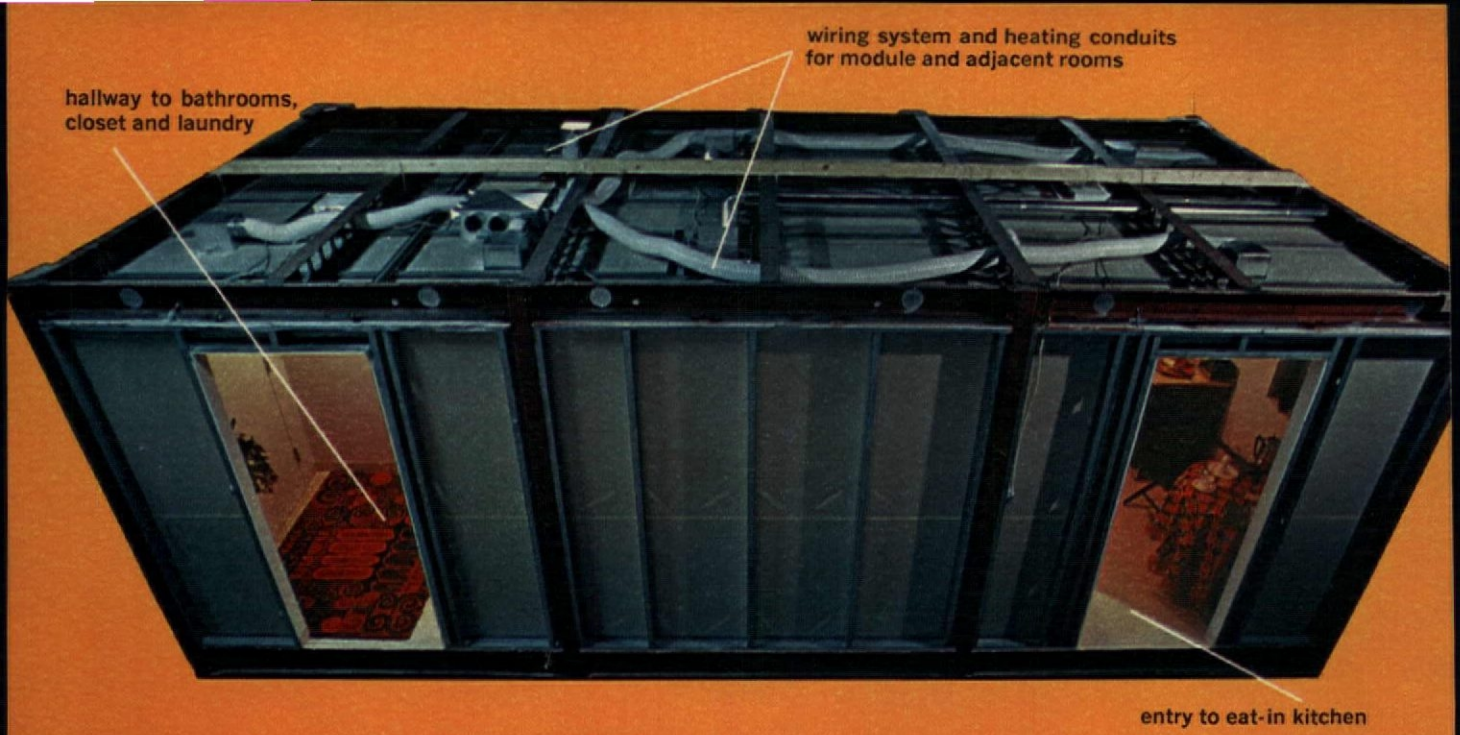
The first time you bought a Banquet dinner you were looking for something quick and easy. Right?

Then you discovered (surprise!) that it was *good* too.

Maybe it is surprising that something as quick and easy as a frozen dinner can taste so good. Until you know the philosophy at Banquet: we think good food is more important than quick food. Or easy food. And we think you think so too.

Convenience and goodness make a great combination. But if we ever had to sacrifice one of them now you know which it would be.

Thank goodness for Banquet.



THE HEART OF THE HOUSE

By Maidee Kerr Spencer

The module you see above could save you $2,000 on the cost of a $20,000 house today. Within its 8x12x24-foot frame is a complete kitchen, full bathroom, combination laundry and bath and all the heating, air conditioning, hot water, plumbing and power you need to run an entire house. It is assembled with appliances, cabinets and fixtures in a factory in Grand Rapids, Mich., by Westinghouse Electric, shipped to the site on a truck (at a cost of $1 per mile) and plugged into a construction in hours. The price is about $8,000. But look at this: Since all the ingredients in the Service Support Module (Westinghouse's name for the unit) represent 60 percent of the cost of building an average home, it would, after installation, lower the outlay on a $20,000 home by about 10 percent.

Keith Haag Associates, an architectural firm in Cuyahoga Falls, Ohio, designed the module, which Westinghouse will make in many variations—priced from $5,000 to $8,000 at this writing. Here we show the deluxe version; other views of this space-saving unit and plans for two simpler models appear on page 42.

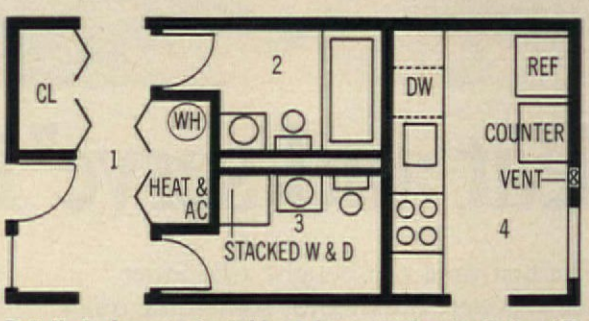
You can foam or frame a house around it. Keith Haag says, "Capitalize on modular techniques and you can let your imagination run wild. The connections for heating and wiring adjacent rooms are so simple that the unit adapts to most floor plans." It must, however, be roofed; in a major remodeling job, you can drop in the module and then reroof. There is no reason you couldn't use it to remodel a barn, say, by putting it in the center and finishing the space around it.

With this service core you can package your costly construction problems in one modest-priced unit and spend the remainder of your time, energy and money on designing your surrounding living spaces. (continued)

Ben Rose

Shopping Information, page 132

Deluxe Service Support Module (above) is delivered with a yoke so that it can be craned into place. Heating and air conditioning are simplified into a combined system.



Detailed above, adaptable deluxe version includes (1) hallway, (2) full bath, (3) laundry/bath, (4) kitchen. Among the options: Give up entry at left and you double closet space; or use laundry/bath area for a sauna.

Fully equipped kitchen (above) is designed with an exterior wall to permit venting and window placement.

Roll Out The Paisleys

Now Kleenex Boutique towels go swirly. With popping paisley prints, printed all over. Choose from luscious Avocado Green and boisterous Bold Gold. Or select a sensational solid! There's True Blue, Avocado Green, Bold Gold and Orange Orange. The choice is yours. And it's beautiful.

Kleenex and Boutique are registered trademarks of Kimberly-Clark Corporation

Kleenex® Boutique® Towels

HEART OF THE HOUSE
continued

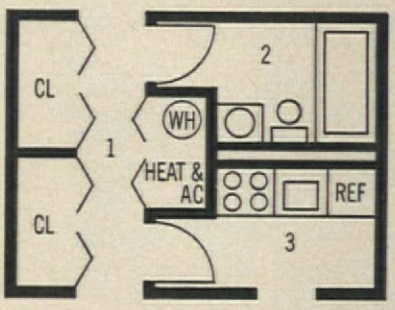
Deluxe module's laundry/bath area (above left) puts optional stacked-washer/dryer cleaning center where soiled clothes collect.

Fixtures in full bath (above right) and laundry/bath come in optional colors. Flooring, as elsewhere in the module, is resilient vinyl.

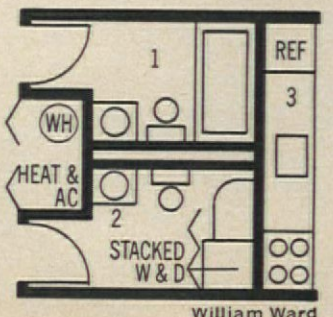
The first Service Support Modules (the deluxe version, whose interiors are pictured here and on page 40) will be hitched into place in 28 garden apartments in Hudson, Ohio, this summer. The local FHA office can guarantee mortgages on these units because they use conventional construction. The only thing unconventional about the service module is the way it's put together—by specialized assembly-line methods rather than by on-site labor. In sketching out your new home or next remodeling project, ask your architect or builder how you can bring this money-saving module into your own plans.

Multiple space-saving layouts adapt low-cost modular living to any lifestyle.

BATH/KITCHEN MODULE
This unit includes (1) hallway, (2) full bath, (3) kitchen. Like the deluxe module, it also heats and air conditions the house. Kitchen in all models is equipped with range and refrigerator (in a choice of four colors), double sink, food disposer, cabinets.



EFFICIENCY MODULE
An even smaller version of the Service Support Module, this unit is designed with (1) full bath, (2) bath/laundry and (3) a pullman kitchen that can open into the living area of a vacation house. White interior walls provide a complementary background for any decorating style.



William Ward

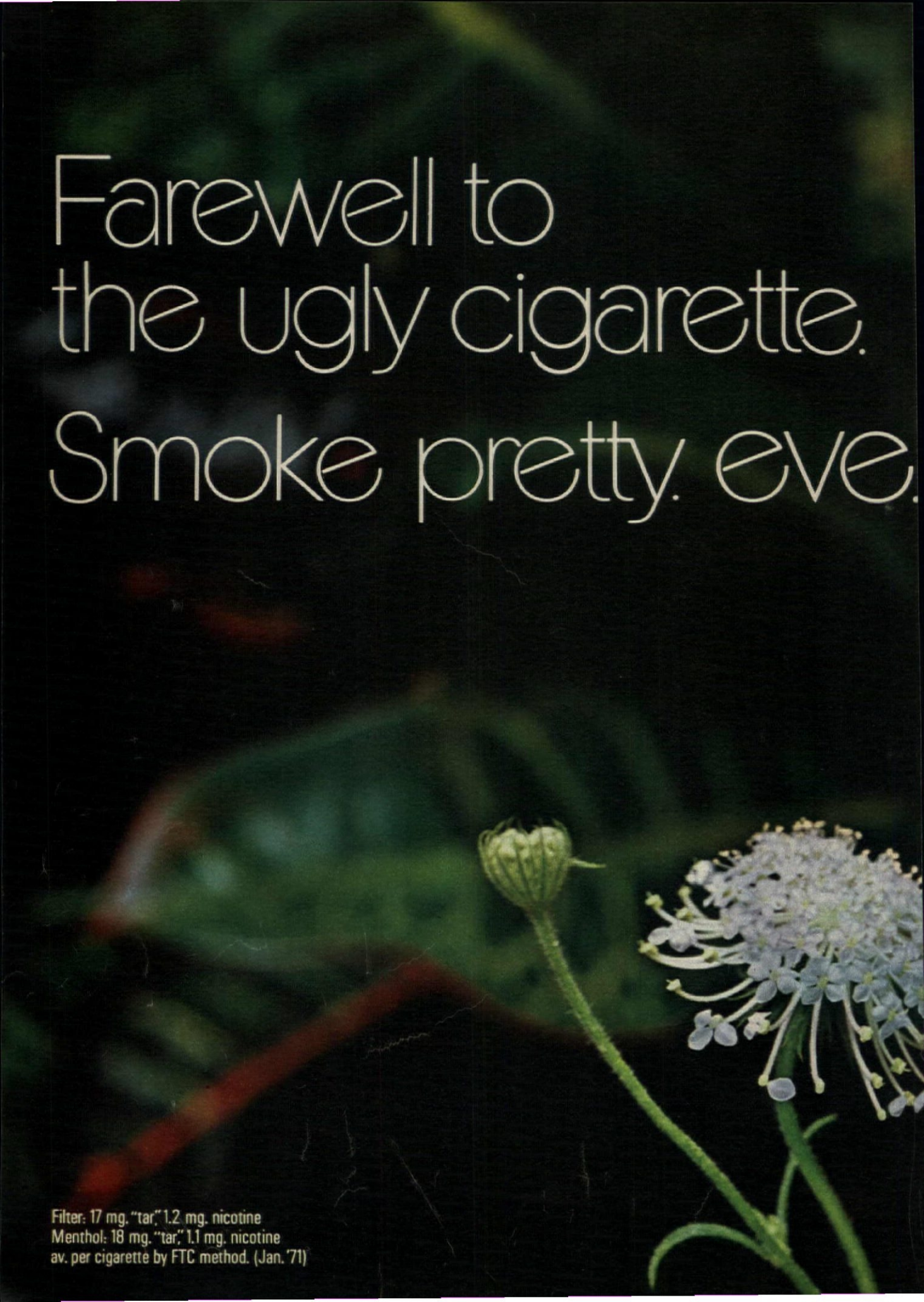
Now! Chuck Wagon®

instant dinner

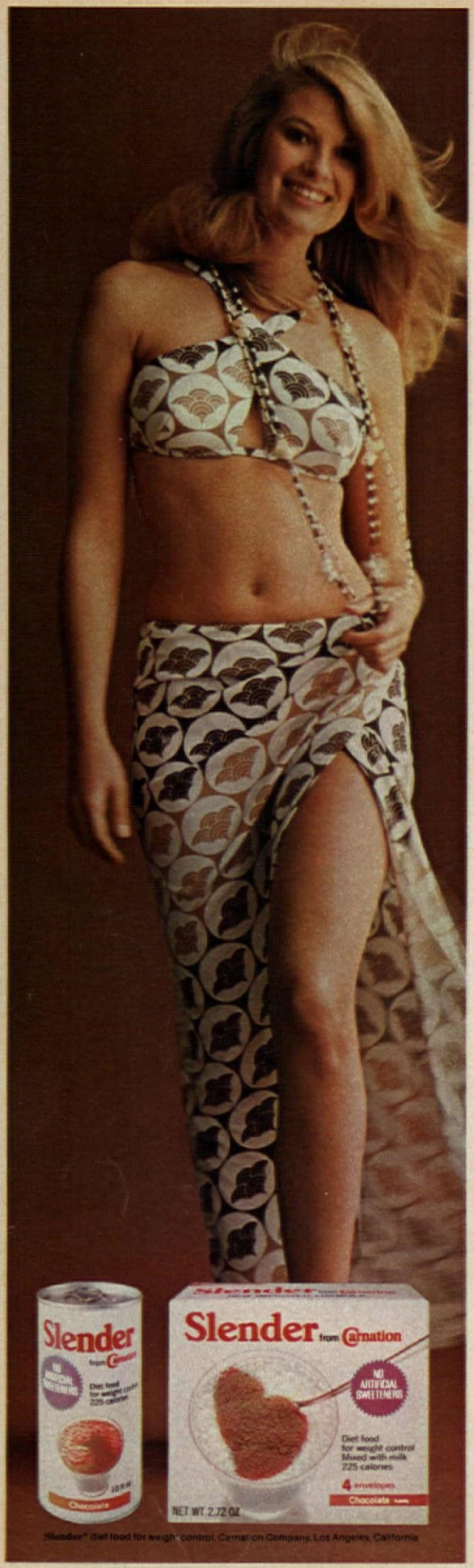
for dogs

Makes tender, juicy chunks

. . . plus 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.


Farewell to
the ugly cigarette.
Smoke pretty. eve.
Filter: 17 mg. "tar," 1.2 mg. nicotine
Menthol: 18 mg. "tar," 1.1 mg. nicotine
av. per cigarette by FTC method. (Jan. '71)

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.



Lose 4 pounds the first week!

Slender's nutritionally balanced protein formula gets quick results

When you go on a diet, one of the most important things in all this world is to get an immediate sense of success. The moment those first pounds disappear you know you're on your way *at last.* That's where Slender from Carnation *really* helps. It's one of the best programs you'll ever find for peeling off pounds sensibly – and fast.

Slender's balanced nutrition

Every nutrient of a well-balanced meal is present in Slender, including nourishing protein. In fact, when you go strictly Slender, (four Slender meals a day) you get your *full* recommended dietary allowance of protein. Plus your regular vitamins and minerals, including vitamins C and B-complex.

Clinical study reports exciting results

A group of men and women were placed exclusively on Slender for three weeks. That is, four Slender meals a day, totaling 900 calories. The dieters lost 4½ pounds the very first week. During the next two weeks, their losses dropped to an average of 3.5 pounds a week. Dieters reported they were not unduly hungry and that they found Slender "surprisingly filling".

Why is Slender so successful with problem dieters?

Rich, satisfying taste is the most important reason. Mixed in cold, fresh milk, or chilled from the can, Slender's taste is, frankly, unbeatable. And that's without artificial sweeteners.

Obviously, anything that tastes this good has to wear well in your diet plans. Freeze a can of Slender at night and take it to work with you. By lunch time, it'll be thawed, chilly and delicious! Or carry a packet of Slender powder in your purse and buy a carton of cold, fresh milk. There are lots of luscious flavors to try.

Some suggestions for dieting with Slender

Much depends on how many pounds you want to lose. We think going strictly Slender for the first week is the ideal way to give yourself the results you need for an immediate sense of success. After that, substitute Slender for a meal or two a day. But remember, anytime you *really* want to get it off, with no nonsense, that's the time for Slender.

You can count on Slender. It's from Carnation.

THE PLUMB LINE

News from an architecture and environment editor's desk

INSTANT HOUSING

Instead of factory-building a modular house and transporting it to the site, Gray-Tech Industries of Mohnton, Pa., has come up with a system whereby the "factory" moves to the site on wheels and erects the house there.

The Conquik Home system, which uses quick-curing concrete for the shell, promises houses structurally complete in two days and ready for a family within a week. A three-bedroom house can be built for about $9,000.

The site is first prepared with a combination floor and base. Metal forms, arriving on specially designed trucks, are then hydraulically positioned into place and the concrete is poured to form the basic shell, consisting of three walls and a roof. On the second day, the trucks are driven out and the fourth side is poured. The company plans to begin leasing its system to contractors by July.

SAVE THE WATERS, SEATTLE-STYLE

Those who throw up their hands and say that polluted waters are too far gone to be reclaimed should take a look at Lake Washington, a 35-square-mile body of fresh water bordered by Seattle on its western shore.

In the period 1940–1957, local waste-treatment plants had dumped 20 million gallons of treated sewage into these waters, which had formerly been used for recreation. The cycle began: The phosphorous spawned a great spate of algae which consumed the oxygen and killed the fish.

Residents of Seattle took action in 1958 with the creation of a $135 million waste-treatment system that funnels the effluents far enough into Puget Sound to be dissipated by tidal action. Once the plants were incorporated into the new system, the lake began to improve. Now the water is clean and the fish have returned. If it can happen in Seattle, it can happen anywhere.

PEOPLE'S CHOICE

In a University of Michigan study of planned communities, Columbia, Md., and Reston, Va., two of the nation's most highly planned communities, fared very well in the minds of their residents. Overall satisfaction with Reston was highest with 61 percent of the residents rating it excellent; 54 percent of those living in Columbia gave their community a similar rating.

What appealed most to residents of all the communities studied was the nearness of work, stores and other facilities. Surprisingly, density had little to do with residents' satisfaction. The important factors were community upkeep and the compatibility of neighborhood residents.

The 264-page report, entitled ***Planned Residential Environments*** and available hardbound ($7) or in paperback ($5), can be ordered through the Publications Division, Institute for Social Research, University of Michigan, 426 Thompson St., Ann Arbor, Mich. 48106. (continued)

Now, for every woman: the second deodorant you may need whether you know it or not.*

Norforms, the internal deodorant, stops feminine odor where it starts.*

An underarm deodorant just isn't enough for a woman. Because there's the second, more serious problem of what to do about internal vaginal odor. The answer is Norforms, *the second deodorant.*

Bathing alone can't stop it...

Germs inside you every day cause *internal* odor—an odor different from the one on the *outer* vaginal area. So even regular bathing or feminine sprays won't solve the problem. They can't get inside to give protection *internally* where this problem starts. And many doctors say you shouldn't douche daily.

Is there a convenient solution?

Yes, Norforms... the internal deodorant. Just insert. These tiny suppositories spread an antiseptic germ-killing film to stop odor internally where it starts. Norforms are gentle to delicate tissues and you can use them as often as necessary.

Feel fresh and secure... make your second deodorant Norforms, the internal deodorant.

Norforms are so small and easy to use.

FREE new illustrated booklet, "Answers to Questions Women Ask Most Often." Send coupon to: The Norwich Pharmacal Company, Dept. AH-05, Norwich, New York 13815

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and again...

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THE PLUMB LINE continued

NEW YORK'S WAR ON WASTE

New York Mayor John Lindsay ha announced that the city plans to use a least some recycled paper among th supplies it buys. "As far as we know, Lindsay said, "this is the first suc action by any American government And we see it as only a beginning. W intend to redesign our entire purchasin system to include a general preferenc for recycled products." M.J. Mighdoll executive vice president of the Na tional Association of Secondary Ma terial Industries, pointed out in th wake of Lindsay's announcement tha the federal government, which is th largest single generator of waste ma terials, prohibits the use of recycle materials in many of its purchases.

A LOOK INTO THE FUTURE

It is now possible to get an idea o what a projected environment or com munity would be like even before it is built. All you have to do is sit back and watch an "environmental television simulator," one of which is already in operation on the University of California's Berkeley campus.

The system consists of a TV camera, mounted on a gantry crane, which sweeps over scale models of projects, flashing pictures on a monitor. The viewer feels as if he is looking at a full-scale environment. "Hopefully, this machine will provide people with an early-warning system of what they won't want," Professor Donald Appleyard, chairman of the University's landscape architecture department, explained. "It allows them the chance to see alternative environments."

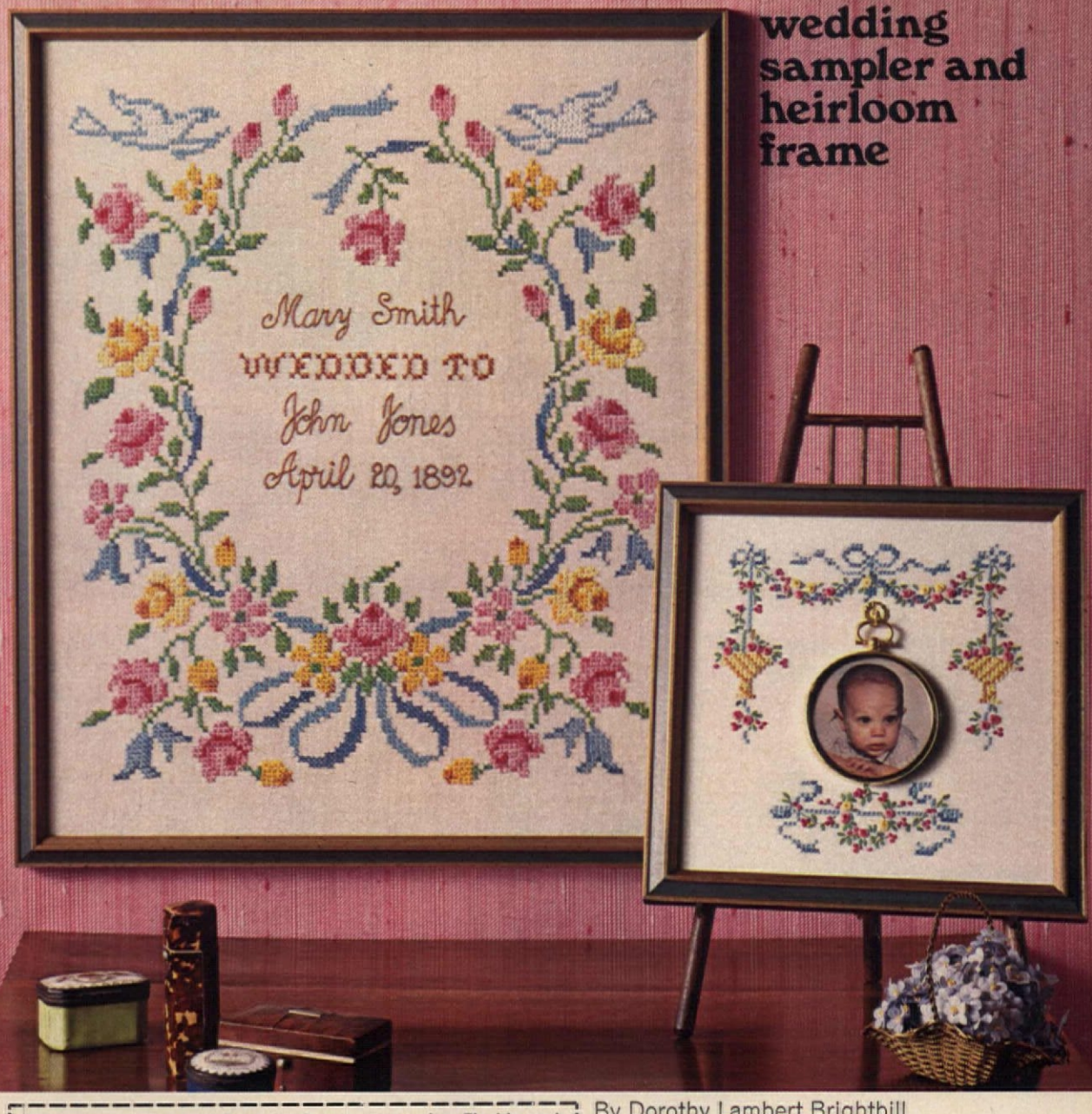
UNCOVERING THE CULPRITS

Often the motorist doesn't know just how guilty a polluter his car is. Nearly 75,000 car owners coast to coast now have the verdict. In Los Angeles, Atlantic Richfield Company dispatched a fleet of eight trucks to inspect cars in 15 major cities across the country. Testing was voluntary and at no cost.

Attendants—150 technically trained college students—inserted a probe in the tail pipe to measure carbon monoxide and unburned hydrocarbons. By scanning the equipment, the technicians could spot the problem areas. The results: Carburetor adjustment was needed in about 50 percent of the cars tested; plugged pollution-control equipment was at fault in 23 percent of the cases; and dirty air filters were the polluters 11 percent of the time. —Barbara Plumb

REMEMBRANCE EMBROIDERIES

wedding sampler and heirloom frame



By Dorothy Lambert Brightbill

Keep a romantic record of your special day with this dainty, cross-stitch Wedding Sampler. The delicate wreath of roses is crowned by a pair of doves. Write in your names and make them permanent with an outline stitch. The lovely design, enhanced by a blue-and-gold frame (see coupon) and measuring 14x17 inches, is stamped on soft, beige linen.

The Heirloom Frame with embroidered mat featuring baskets of flowers and ribbon garlands measures 8¼x8¼ inches. The design is stamped on white linen. Kit includes a brass hook and escutcheon for hanging a photograph or watch, mounting board with easel flap and frame. (Display stand not included.) Kits come with stitch charts, color guides and instructions.

Ben Swedowsky

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. 4834
4500 N.W. 135th Street, Miami, Florida 33054

Check item(s) desired:

—— Kit 66138 Wedding Sampler @ $2.98 ea. plus .35 postage..$——
—— Kit 61347 Frame for Wedding Sampler @ $4.98 ea. plus .50 postage....——
—— Kit 61348 Heirloom Frame (complete unit) @ $5.98 ea. plus .65 postage....——
—— 61014 Catalog of other kits @ .35 each.....——
—— Please send me the new Spring-Summer issue of *Ladies' Home Journal Needle & Craft Magazine* bursting with beautiful things to make, wear and give. I enclose only $1.25 each.....——
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☐ Send C.O.D. I enclose $2 goodwill deposit and will pay postman balance plus all postal charges.

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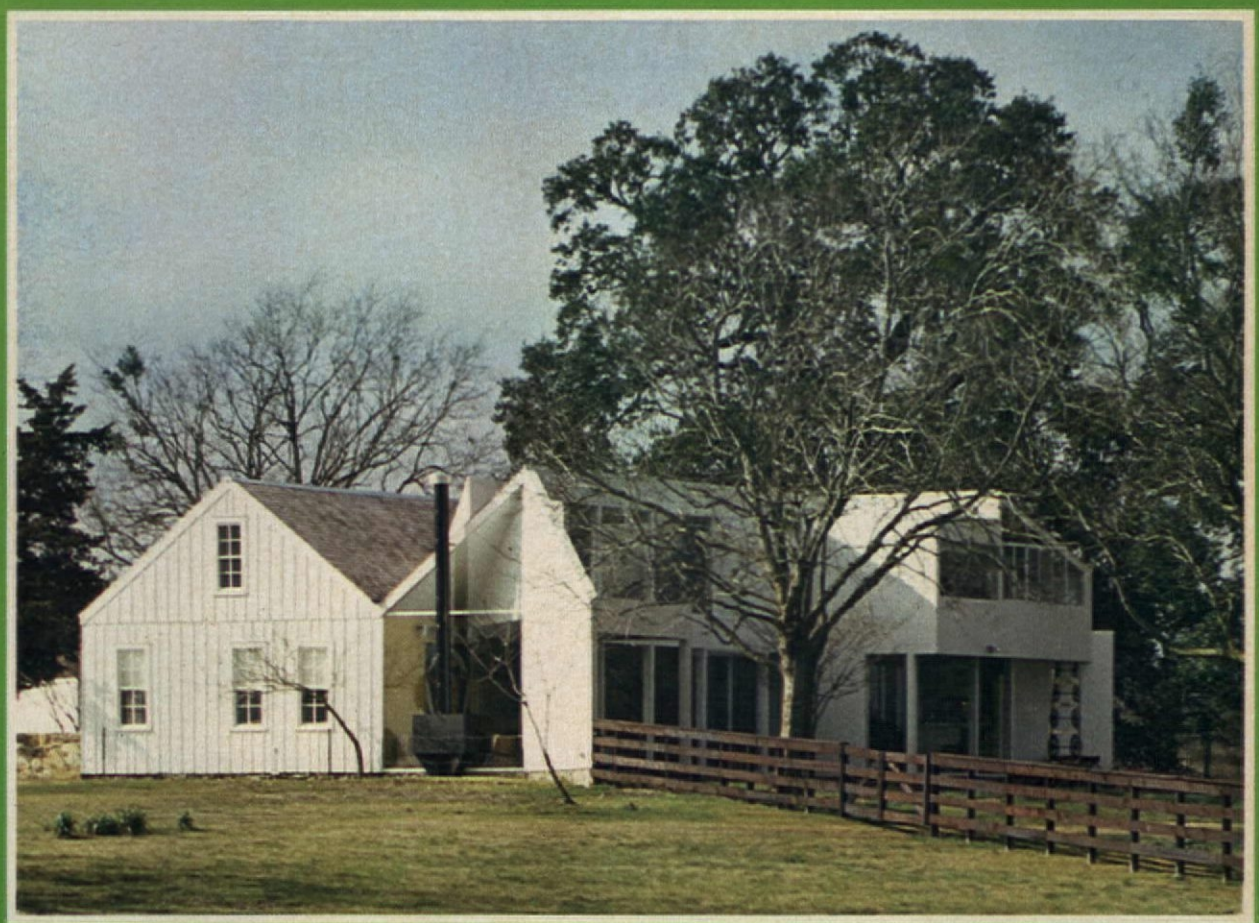
"No woman is physically fit to run an auto," declared the Mayor of Cincinnati in 1908.
But that didn't mean she wasn't fit enough to get one going.

You've come a long way, baby.

Virginia Slims.

Slimmer than the fat cigarettes men smoke.
With rich Virginia flavor women like.

18 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report Nov. '70



REMODELING '71

One of the most rewarding of all remodeling endeavors is one that preserves the charm of an old home while adding the easier-living amenities of today. Here and on the following pages you see a Texas farmhouse, circa 1900, that has become a glass-walled, color-filled contemporary. The charred remains of a Connecticut barn are the bones of another family's happy dwelling. A New Orleans house keeps its 1830 facade but inside explodes with skylights and space. And a log cabin on the Hudson River has all its rusticity intact—and a handsome modern wing to bring it up to 1971.

A FARMHOUSE OPENS TO THE TEXAS SKY

By Barbara Plumb

The "big sky" country north of Houston, Texas, dotted with simple, white turn-of-the-century farmhouses, was Sandy and Balene McCormick's idea of a weekend heaven for themselves and their youngsters—Carolyn, 11, and Peter, 13. So five years ago they bought such a farmhouse with remodeling in view and an eye to preserving the structure's original lines. Situated on a 92-acre farm that the McCormicks dubbed Armadillo Hill ("the creatures were everywhere you looked," says Sandy), the house had no running water, no electricity and had been deserted for more than five years. After consulting with Houston architects W. Irving Phillips, Jr., and Robert W. Peterson, the McCormicks tore down some dilapidated lean-tos on the back of the house—"a second before they fell down," recalls Balene—jacked up the house, laid a new foundation and built on the modern, glassed-in addition shown here.

continued

The glass-walled addition on the lake side of the farmhouse reveals living, dining, kitchen and master-bedroom areas. Cedar siding, painted white, echoes batten siding of the old house (inset). Viewed from the road, the only clues that the original house has been drastically remodeled are the glass porch panels, replacing screens, and the limestone walls and entry walk.

In the living area, all four McCormicks plan the weekend's priorities. The metal fireplace was built into the glass wall so as not to encroach on valuable interior space. Straddling both the inside and outside of the wing, it opens the area by giving the impression that the wall does not exist.

Free-flowing space evolves from a tight tradition.

On entering the farmhouse from the porch, space dwindles to the narrow hall and the still narrower door at the end until comes the surprise of stepping into the free-flowing, modern wing that houses the living and dining areas, kitchen, master bedroom, balcony and bath. "The idea," says architect Phillips, "is to walk through a traditional environment into a space that's a world in itself."

The living-room fireplace was put on the side wall so it would not interfere with the view of the lake which the house overlooks. The only dividing element in the wing is a spiral staircase to the master bedroom—in Balene's words, "a cozy tree house." Her ability to mix modern furniture and antiques against a background of color gives style to the interiors. She stripped the farmhouse walls of paper and bared the paneling as a background for bright quilts, posters, old farming implements and other bold accents. An Oriental rug keys the living-area color scheme; tall plants add height to the space.

A second-floor balcony (top left), reached by a winding staircase, leads from the living room to the master bedroom. Topped by a wall display of antique copper cookware, a Breton cupboard dominates the far wall. The ground steel end table is a Balene design. Dining area (bottom left) and kitchen, to the left of the pass-through counter, overlook a five-acre, man-made lake. The rug is Peruvian; the chandelier, a Mexican design.

continued

Accents and heirlooms define interiors.

Hall of the original house (top), its beaded-board paneling painted white, becomes the gallery for a collection of old tools and farm implements. The sleeping loft above, reache by ladders from the children's rooms on either side of the hall, not only brings daylig to the area but also provides an indoor play space for the McCormick youngsters.

View from the new wing's master bedroom (top left) is of the rear grounds and lake. Th red, white and blue of the crocheted bedspre are carried out in the room's other furnishing

Children's bathroom (bottom left), in the original house, has tub and shower partition off by folding shutters so Peter and Carolyn can use the room at the same time. Stingin green color couldn't be more contemporary; sink and faucets are 19th century.

In Carolyn's bedroom (opposite), a French poster, Pennsylvania-German quilt, Peruvian rug and Victorian peacock chair enrich the white background. Ladder leads to loft.

TOGRAPHS BY WILLIAM MARIS

The Kenna quartet—including 4-year-old Roger and baby Caleb in his mother's arms—enjoys the daisy-dappled, green meadow in back of their barn.

A BARN BECOMES A HOME

An old barn isn't always the bucolic gem one envisions, or so Roger and Constance Kenna found out. The mid-1800's structure they bought in Wallingford, Conn., had been ruined by fire, but Roger, an architectural designer, was quick to see its potential. When the Kennas took over the barn, only three walls were standing, the roof leaked and all the windows were broken. "One of our first chores," Constance recalls, "was to clean the charred walls." Roger did the rebuilding himself. "I love carpentry," he says. The interior is cathedral-like, the vividly painted colors of the building-board wall panels contrasting with the warm tones and rustic texture of the woods.

The single-story barn (left) had broken windows that were replaced with rebuilt frames painted black. Exterior areas damaged by fire were sheathed with creosoted pine. Just enough grass is mowed for a lawn; the rest is meadow.

Sleeping/dressing-area balcony (bottom left) lowers the ceiling of the dining area and study. Doors open to a deck.

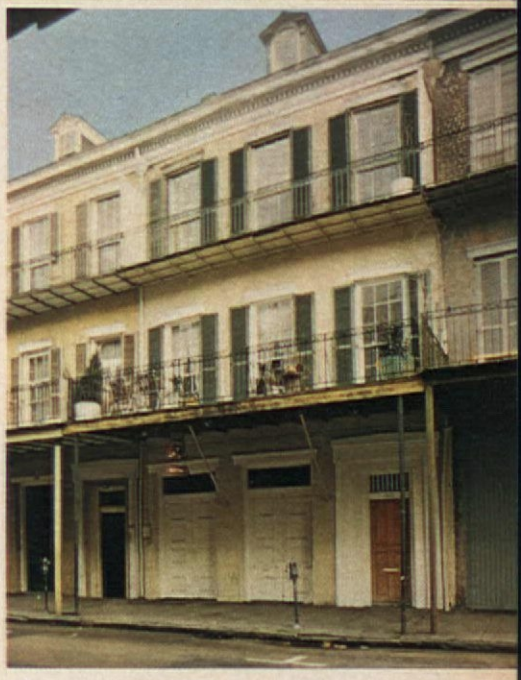
In the living area (opposite), pine siding was used for one wall; low-cost building board for the other. Windows were placed to take full advantage of natural light. Bookshelves of concrete-block lintels and wood divide living area and entrance hall.

John T. Hill

Large living-dining area (left) gives Ron (second from right) ample room for entertaining. Oriental rugs, bright sofa pillows and an indoor garden of containerized plants enliven the space.

Dining area (right) gets much of its light from the studio skylights and ceiling cavity overhead. Director's chairs, surrounding an enameled plywood table, double for dining on the patio.

Brick facade of Ron Katz's New Orleans house (right) was painted off-white, the shutters green. Formerly a rooming house, today it's a combination residence, rental apartment and coffeehouse.



AN 1830 LANDMARK LIGHTS UP

From the outside, the 1830 New Orleans residence of architect-planner Ronald Katz, shown above, looks much the same as other time-mellowed, 19th-century buildings in the Vieux Carré, the city's historic Quarter. Inside, it's another world. Ron turned the third floor into a bright, contemporary living area; the attic, into a painting studio for himself. He renovated the second floor for rental and leased out space on the ground floor for a coffeehouse. His remodeling goal was to create, by the interplay of sunlight, plants and sky, an airy, open feeling of the outdoors. Daylight, flooding through the studio skylights, is also shared by the living room below. The rooms are furnished with plywood pieces, many designed by Ron with built-in storage.

continued

PHOTOGRAPHS BY WILLIAM MARIS

Skylighted bedroom (opposite), practically devoid of furniture except fo plywood-frame bed, uses bedspread, Oriental rug and plants as high lights. Says Ron, "It's great to lie in bed and watch the stars or the sunrise."

Glass ceiling in the kitchen (below) opens the area to daylight. Ron like exposed shelves: "Besides being more attractive, they force you to be organized." Patio, on other side of pass-through, was walled in for privacy

The ceiling becomes the sky.

By Vera D. Hahn

A CABIN ADDS A WING

Rather than enlarge their 1928 log cabin or move to more spacious quarters, leaving behind their magnificent Hudson Valley view in Cornwall, N.Y., the Carl J. Mayses connected a shed-roofed addition to the old house (shown opposite) by a glassed-in, indoor-garden passage. Jeannette Mays, an interior designer, blended the old and new by using white walls, walnut-stained woodwork and white laminated-plastic furniture, much of it her design and Carl's handiwork. Both areas reflect a Mays decorating maxim—"Subtle color for large areas, bright for staccato accents."

Against the rear wall of the new living room (above), a locally bought antique pharmacist's chest becomes a focal point. Many of the Mayses' folk-art treasures are displayed behind it. The view is from the second-level home office, the only other room in the wing. Bedroom, kitchen, bath, study and dining-room/library are in the main house.

In library/dining-room, beams and fieldstone fireplace were kept; walls, paneled by previous owner, were painted white and lined with storage cabinets. Marcel Breuer caned chairs surround dining table. Here Jeannette, a gourmet cook, often entertains Carl's associates. He's director of the Hudson Valley Commission, a state environmental agency.

A garden setting enhances the passageway that connects the main house and new wing. Warm as a greenhouse even in winter, it houses an ever-changing collection of potted plants. Against the wall, an old church pew painted white picks up the lacquered-white and natural-wood color scheme of the passage. Flooring is indoor-outdoor carpeting.

Living room's freestanding spiral staircase (opposite) leads to home office, where Jeannette conducts her interior-design business. Glass-walled passage can be seen through the entry at rear. Sofa sports men's-wear wool. The brown and white carpet has an African design.

William Maris

William Maris

Phyllis Sarasy (above) used the windowed front parlor of their town house as a combination writing and game room. The Biedermeier desk, a present from her husband, is her favorite piece of furniture.

The Sarasys' formal dining room (above left) combined silvery gray and cream damask-patterned wallpaper and original brown marble fireplace in an elegant setting, lighted by an antique bronze chandelier. The chairs were bought at a gallery auction on Staten Island.

Knife-rest collection (lower left) began modestly eight years ago with one pair, now numbers 50. Made of crystal, silver and bronze, most are over 100 years old. Phyllis finds them charming display pieces and useful additions to her table settings.

FROM MANHATTAN BROWNSTONE...

By Helene Brown

Phyllis Sarasy had always considered herself a traditionalist when it came to decorating. In the 1857 New York town house that she, Lewis, and their two sons had lived in, she worked meticulously on restoring the interior, with the results shown here. A handsome collection of period furniture accumulated by the Sarasys filled each room. But two years ago, when the family moved to a modern house in Belvedere, Calif., a sun-drenched oasis across the Golden Gate Bridge from San Francisco, Phyllis was forced to rethink her decorating style. The new house, open to nature's living mural of sky and rolling hills and with a boat-filled lagoon for a front yard, seemed to present overwhelming decorating problems. What were her solutions? Just turn the page.

Living room (opposite) opened through graceful arched doorways to a parlor (seen at rear) at one end, a dining room at the other. Original moldings and marble fireplace underlined the 19th-century charm of the room.

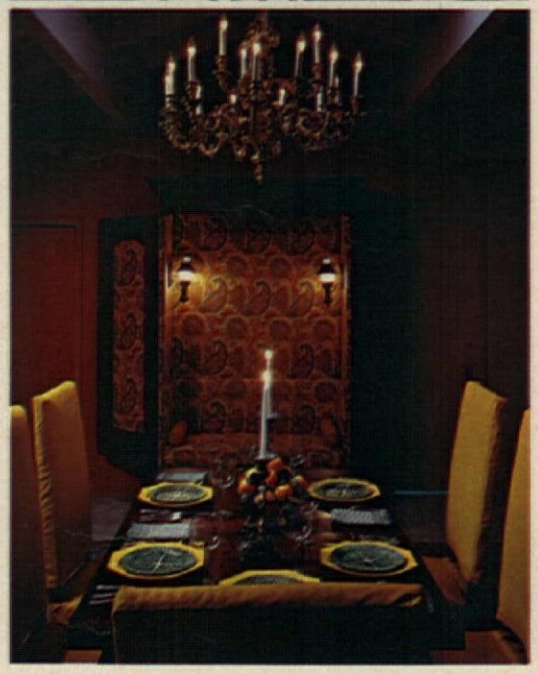
continued

continued

Young Sarasys—Graham, 6, and Brian, 8, (above)—view their new home from a neighbor's deck across the Belvedere lagoon. The sailboat and canoe on their dock come in for plenty of local cruising.

Living room (opposite above) is divided into two seating areas. To take advantage of the view, the windows are treated simply with sheer tieback draperies. Card table and chairs were formerly used in the parlor of the New York house. A bright-green Parsons table, displaying a knife-rest collection, divides the room.

Sitting and writing area (above right), at the far end of the living room, retains the green sofa and handsome Biedermeier desk from New York.



In the dining room (right), a refinished, paisley-upholstered armoire, salvaged from a New York sidewalk, adds an elegant touch. Chairs now wear yellow-cotton slipcovers. The bronze chandelier, also a New York transplant, reassumes its place over the table.

Phyllis (opposite below), completing a new needlepoint pillow cover on her white duck sofa (one of a pair), shows that her fashion taste, since the family's move, has changed, too. She now wears bright colors, like the reds in her shirt and patchwork skirt.

...TO SAN FRANCISCO BAY

All the rooms in the Sarasys' new Belvedere, Calif., home seemed immense. Ceilings were lofty, windows soared, there were expanses of glass everywhere. At first, using their traditional furniture struck them as hopeless. Everything looked too small and the soft colors of the upholstered pieces looked downright dull in the glare of the California sun. But after living in the house for several months, their lifestyle had become less formal. Their furniture, as a result, was used in new ways. It was shuffled from room to room, arranged and rearranged until at last every piece had found its proper spot. Phyllis revitalized existing soft colors in her rooms by adding more intense values of these shades. New furniture, accessories, fabrics and wall paint were added in chrome yellow, emerald green, brilliant orange and snowy white, each color mingling happily with its paler counterpart. Their home now holds to the dignity of tradition, nods to the tempo of today and reflects a new design for living—about which more appears on page 128.

Fred Lyon Shopping Information, page 132

CIVILIZATION
ELIZABETHAN WORLD

LOW-COST FOOD FINDS

RED AND GREEN PEPPER SOUFFLÉ

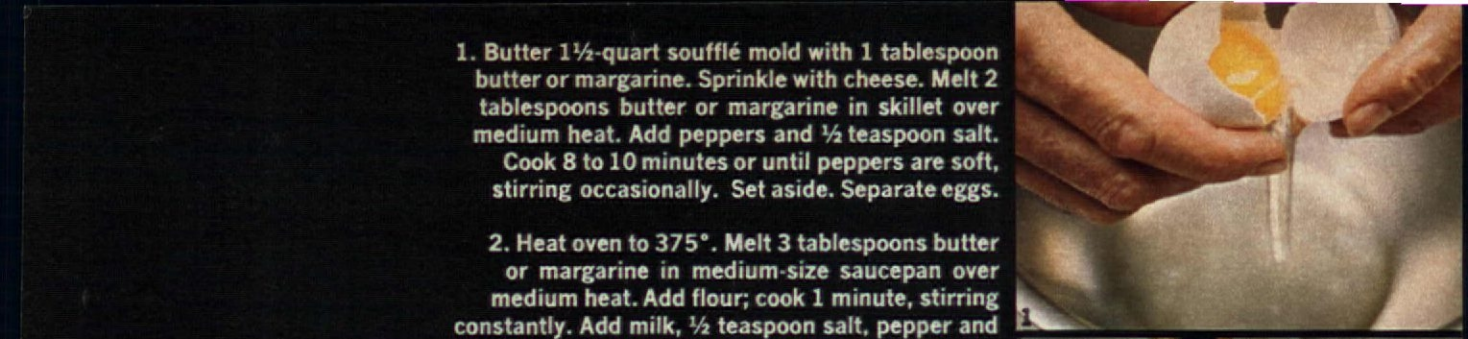
3 tablespoons butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
2 green peppers, seeded and finely diced
2 red peppers, seeded and finely diced
½ teaspoon salt
4 eggs
3 tablespoons butter or margarine
¼ cup flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
Dash of nutmeg

1. Butter 1½-quart soufflé mold with 1 tablespoon butter or margarine. Sprinkle with cheese. Melt 2 tablespoons butter or margarine in skillet over medium heat. Add peppers and ½ teaspoon salt. Cook 8 to 10 minutes or until peppers are soft, stirring occasionally. Set aside. Separate eggs.

2. Heat oven to 375°. Melt 3 tablespoons butter or margarine in medium-size saucepan over medium heat. Add flour; cook 1 minute, stirring constantly. Add milk, ½ teaspoon salt, pepper and nutmeg. Cook, stirring constantly, until sauce is thick and smooth. Remove from heat. Add yolks, one at a time, beating well after each addition.

3. Add the sautéed peppers. Stir in thoroughly.

4. Beat egg whites until stiff but not dry. Stir about ½ cup beaten whites into egg-yolk mixture to lighten it. Fold in remaining egg whites gently. Turn mixture into prepared mold. Smooth the surface with a spatula. Bake 35 to 40 minutes or until soufflé is puffed and golden brown. Makes 4 servings.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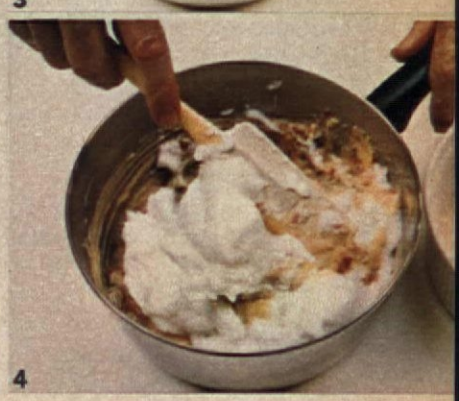
4

COOKING LESSON No. 35 By Jacques Jaffry

THE SUREFIRE SOUFFLÉ

Anyone can make a soufflé—it's not just the creation of a master chef. And it's inexpensive. The spectacular one pictured costs only about 20¢ a serving. All it takes are a few eggs (today's best food bargain), a cup of white sauce, some diced peppers and air. The last ingredient, beaten into the egg whites, is the secret to a high-rise triumph. Fold in the whites carefully to keep all the air. Remember that soufflés fall quickly, so they must be served at once. For 19 more versions turn to page 104.

Richard Jeffery

BASIC SOUFFLÉ
3 tablespoons butter or margarine
¼ cup flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
Dash of nutmeg
4 egg yolks
1½ to 2 cups vegetable, meat or fish mixture
4 egg whites

Heat oven to 375°. Melt butter or margarine over medium heat. Add flour; cook 1 minute, stirring constantly. Add milk, salt, pepper and nutmeg. Stir until sauce is thick and smooth. Remove from heat. Add egg yolks, one at a time, beating well after each addition. Add vegetable, meat or fish mixture from recipe of your choice. Mix well. Beat egg whites until stiff but not dry. Stir about ½ cup egg whites into mixture to lighten it. Fold in remaining egg whites gently. Turn soufflé mixture into prepared mold. Smooth surface with spatula. Bake 35 to 40 minutes. Makes 4 servings.

AVOCADO SOUFFLÉ
1 tablespoon butter or margarine
2 tablespoons flour
1 medium-size, ripe avocado
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons lemon juice
Basic Soufflé

Butter a 1½-quart soufflé mold and sprinkle with flour. Peel and mash avocado. Add salt, pepper and lemon juice. Mix well.

Prepare Basic Soufflé. Stir in avocado mixture after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

SALMON SOUFFLÉ
1 tablespoon butter or margarine
1 tablespoon packaged bread crumbs
1 can (7¾ ounces) salmon
Basic Soufflé
¾ cup light cream
1 tablespoon lemon juice

Butter a 1½-quart soufflé mold; sprinkle with bread crumbs. Drain, bone and chop salmon finely, reserving liquid.

Prepare Basic Soufflé, using salmon liquid and cream instead of milk. Stir in salmon and lemon juice after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

TUNA SOUFFLÉ

Butter and sprinkle soufflé mold with bread crumbs as in Salmon Soufflé.

Prepare Basic Soufflé, adding 1 can (6½ to 7 ounces) tuna, drained and finely chopped, after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

MUSHROOM SOUFFLÉ
3 tablespoons butter or margarine
2 tablespoons minced shallots or green onions
½ pound mushrooms, finely minced
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon lemon juice
Basic Soufflé

Butter a 1¼-quart soufflé mold with 1 tablespoon butter or margarine.

Melt 2 tablespoons butter or margarine in skillet over medium heat. Add shallots or green onions. Cook 1 minute. Add mushrooms, salt, pepper and lemon juice. Cook 3 to 4 minutes, stirring occasionally.

Prepare Basic Soufflé. Stir in mushroom mixture after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

ASPARAGUS SOUFFLÉ
3 tablespoons butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
1 can (15 ounces) asparagus
¼ cup minced onion (1 small)
¼ teaspoon salt
Dash of pepper
Basic Soufflé

Butter a 1½-quart mold with 1 tablespoon butter or margarine; sprinkle with cheese. Drain asparagus well. Dry on paper towels. Chop coarsely.

Melt 2 tablespoons butter or margarine in skillet over medium heat. Add onion; cook 2 minutes. Add chopped asparagus, salt and pepper. Cook 4 to 5 minutes, stirring occasionally, to evaporate as much moisture as possible. Force asparagus through blender or food mill.

Prepare Basic Soufflé. Stir in pureed asparagus after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

SPINACH SOUFFLÉ
3 tablespoons butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
2 tablespoons minced shallots or green onions
1 package (10 ounces) frozen chopped spinach, cooked and drained
Basic Soufflé

Butter a 1½-quart soufflé mold with 1 tablespoon of butter or margarine; sprinkle with cheese.

Melt 2 tablespoons butter or margarine in skillet over medium heat. Add shallots or green onions; cook 1 minute. Add spinach. Cook several minutes, stirring occasionally, to evaporate as much moisture as possible from the spinach.

Prepare Basic Soufflé. Stir in spinach mixture after the egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

ONION SOUFFLÉ
1 tablespoon butter or margarine
1 tablespoon packaged bread crumbs
4 large onions, peeled and quartered
2 cups water
1 teaspoon salt
Basic Soufflé

Butter a 1½-quart soufflé mold; sprinkle with bread crumbs.

Combine onions, water and salt in saucepan. Cover. Bring to boiling. Simmer 20 minutes or until onions are very tender. Drain well; reserve liquid. Chop onions very finely or force through food mill.

Prepare Basic Soufflé, using reserved onion cooking liquid and enough milk to make 1 cup in place of 1 cup of milk called for in the recipe. Stir chopped onions or onion puree into sauce after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

SOUFFLÉ CHASSEUR
3 tablespoons butter or margarine
1 tablespoon packaged bread crumbs
½ pound chicken livers
¼ cup minced shallots or green onions
2 tablespoons chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
Basic Soufflé

Butter a 1-quart soufflé mold with 1 tablespoon butter or margarine; sprinkle with bread crumbs.

Melt 2 tablespoons butter or margarine in skillet over high heat. Add chicken livers; sauté until brown on all sides. Add shallots or green onions, parsley, salt and pepper. Cook 1 minute, stirring constantly. Chop livers finely or force through food mill.

Prepare Basic Soufflé. Stir in chicken-liver puree after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

CORN SOUFFLÉ
2 tablespoons butter or margarine
¼ cup minced onion (1 small)
1 teaspoon paprika
1 can (about 1 pound) cream-style corn
½ teaspoon salt
Basic Soufflé

Butter a 1½-quart soufflé mold with 1 tablespoon butter or margarine.

Melt 1 tablespoon butter or margarine in skillet over medium heat. Sauté onion until pale yellow and soft. Add paprika. Cook a few seconds, stirring constantly. Add corn and salt. Bring to boiling. Simmer 2 minutes.

Prepare Basic Soufflé. Stir in corn mixture after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

continued

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!

TOMATO SOUFFLÉ

3 tablespoons butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
½ cup minced onion (1 medium)
1 clove of garlic, minced
4 medium-size firm, ripe tomatoes, peeled and chopped coarsely or 1 can (1 pound 12 ounces) tomatoes, drained and coarsely chopped
1 bay leaf
1 teaspoon salt
Dash of pepper
1 teaspoon sugar
Basic Soufflé

Butter a 1½-quart soufflé mold with 1 tablespoon butter or margarine; sprinkle with cheese.

Melt 2 tablespoons butter or margarine in medium-size skillet over medium heat. Add onion. Cook 2 minutes or until onion is just soft, stirring occasionally. Add garlic, tomatoes, bay leaf, salt, pepper and sugar. Bring to boiling. Reduce heat. Simmer 10 to 12 minutes. Remove from heat. Force tomato mixture through food mill or puree in a blender.

Prepare Basic Soufflé. Stir in tomato mixture after egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

HAM SOUFFLÉ

1 tablespoon butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
Basic Soufflé
1½ cups finely minced cooked ham

Butter a 1½-quart soufflé mold; sprinkle with cheese.

Prepare Basic Soufflé. Stir in the ham after the egg yolks have been added. Finish and bake soufflé as directed. Makes 4 servings.

CHICKEN OR TURKEY SOUFFLÉ

1 tablespoon butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
Basic Soufflé
1½ cups finely minced, cooked chicken or turkey

Butter a 1½-quart soufflé mold; sprinkle with cheese.

Prepare Basic Soufflé. Stir in the chicken or turkey meat after the egg yolks have been added. Finish and bake as directed. Makes 4 servings.

CHEESE SOUFFLÉ IN TOMATO CUPS

6 large tomatoes
Salt
1 tablespoon butter or margarine
1½ tablespoons flour
⅓ cup milk
¼ teaspoon salt
Dash of pepper
Dash of nutmeg
2 egg yolks
½ cup grated Swiss or Parmesan cheese
2 egg whites

Cut tops off tomatoes; scoop out pulp. Sprinkle insides of tomatoes with salt. Invert on paper towels; let drain 30 minutes.

Heat oven to 375°. Melt butter or margarine over medium heat. Add flour; cook 1 minute, stirring constantly. Add milk, salt, pepper and nutmeg. Stir until sauce is thick and smooth. Remove from heat. Add egg yolks, one at a time, beating well after each addition. Stir in cheese. Beat egg whites until stiff but not dry. Fold into cheese mixture gently.

Divide soufflé mixture among tomatoes. Place in shallow baking pan. Bake 20 to 25 minutes. Makes 6 servings.

continued on page 114

Penney's knows what Clorox® means to clean washes... and puts it to work... automatically!

Your whites and bleachable colors, permanent press and synthetics all need a liquid bleach such as Clorox. And there's no simpler, more effective way to use Clorox than with the bleach dispenser of the Penncrest®. Automatically, your Clorox is diluted and added to the wash, getting out stains, dirt and germs detergents leave in.

Clorox has agreed with Penncrest® to supply Clorox literature packed by Penncrest® and to feature their appliances in Clorox advertising.

Penncrest® Imperial Programmed Washer takes the guesswork out of washing clothes... automatically. Completely pre-programmed washer washes popular fabrics (permanent press and delicates, too) with a twist of the dial. Automatic dispensing of all laundry aids. Just set and forget. Clothes come out the way you want them to. Three great colors: harvest gold, avocado or white. Matching Penncrest® electric dryer available.

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Seasonings Greetings

Ring in summer with free Barbecue Sauce from Kraft.

America's favorite barbecue sauce is the one that simmers the flavor of 19 herbs and spices all through the meat. (Turkey included.) It's the one that comes in Regular, Hot, Garlic, Hickory Smoke flavored or Onion Bits. And it's the one that sends you a full refund when you send in its label with our offer form. Joy!

This mail-in offer form must accompany request

Mail to: Kraft Barbecue Sauce Offer
P. O. Box 5006
Chicago, Ill. 60677

Here's the neckband from a bottle of Kraft Barbecue Sauce. Please refund the amount I paid which was _____¢.

Name _____

Address _____

City _____ State _____ Zip _____

LIMIT: ONE REFUND PER FAMILY OR ADDRESS. Offer expires September 30, 1971 and is good only in geographic area (U.S.A. only) in which this Offer Form is displayed or advertised. Void where prohibited, taxed or restricted. Labels submitted without this Offer Form or by clubs or organizations will not be honored. DUPLICATE REQUESTS WILL CONSTITUTE FRAUD. THEFT, DIVERSION, REPRODUCTION, SALE OR PURCHASE OF THIS FORM IS PROHIBITED.

KRAFT

Division of Kraftco Corporation

Irwin Horowitz

By Frances M. Crawford

MAGIC WITH LEFTOVERS

There can be more to a roast or a bird than just Sunday dinner when you shop wisely and plan ahead. Look for the market's weekly specials, then buy enough to create a great-tasting dish the second time around as well. Turkey, for instance, festive the first time it's served, becomes this tempting Turkey Hollandaise. Recipes for this and other dollar-stretching main courses pictured on page 110 begin on page 115.

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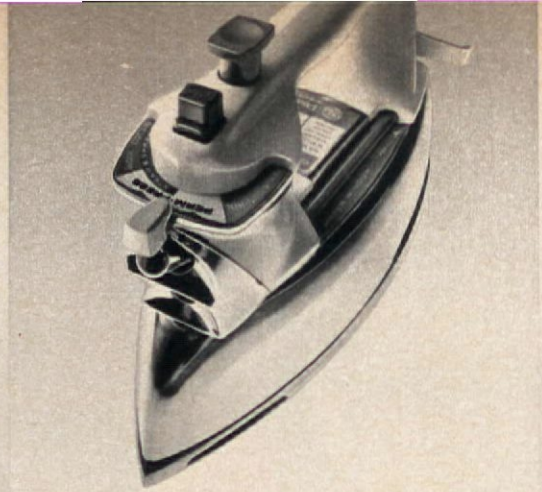


This is the best iron you can buy. Even if it didn't have a continuous sprinkling system.

There are some wrinkles even steam can't get out. What you need is an iron that sprinkles. The GE Power Spray iron with a continuous sprinkling system.

You press a button and out come sprinkles. One kind of sprinkles for heavy fabrics. Flip the button, and get another kind of sprinkles for light fabrics. Sprinkles that go on and on.

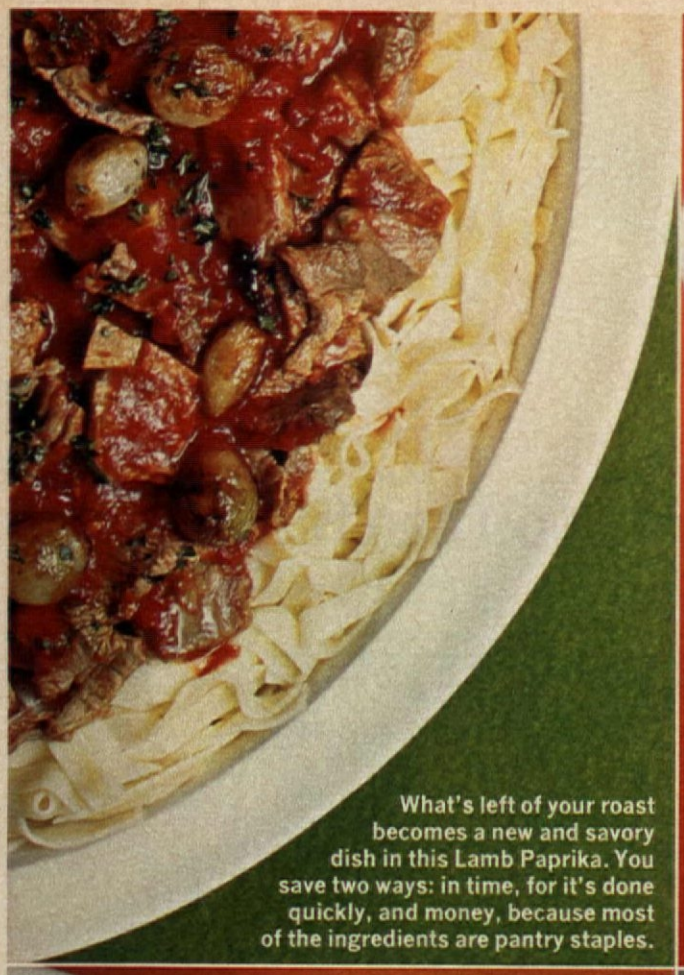
Take away the sprinkling system, you've still got a terrific iron. It has steam—39 vents of it—when and where you want it. A magnified water window up front so you can see when it needs filling up. A fabric guide. A way to put it away nice and neat, called Wrap and Rest.

The name of the iron with its own continuous sprinkling system is Power Spray. Naturally General Electric makes it.

The Power Spray Iron.

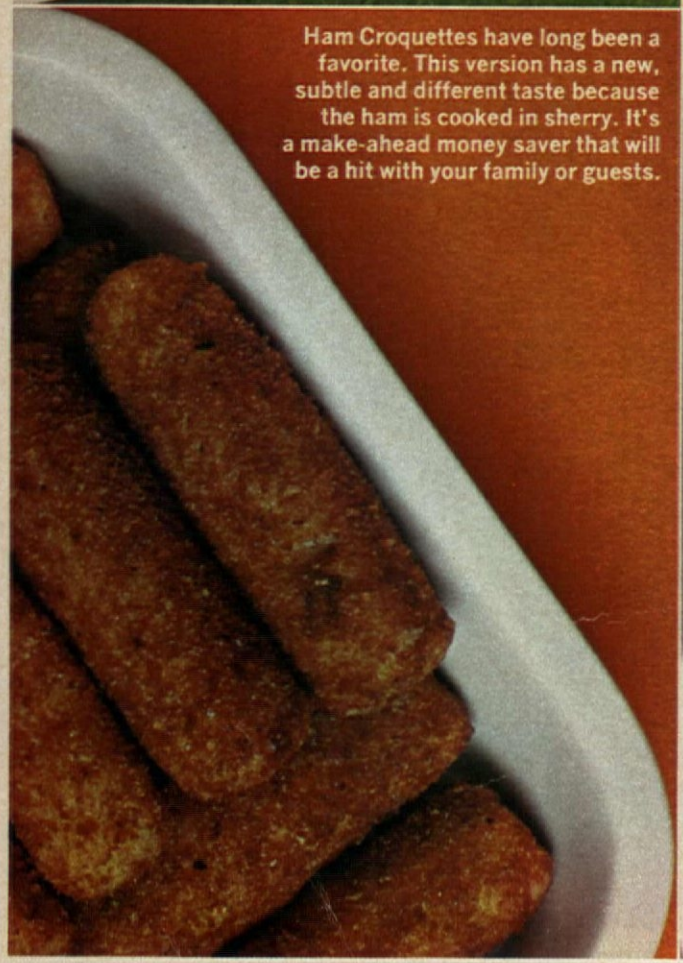
GENERAL ELECTRIC

General Electric Company,
Housewares Division, Bridgeport, Conn. 06602

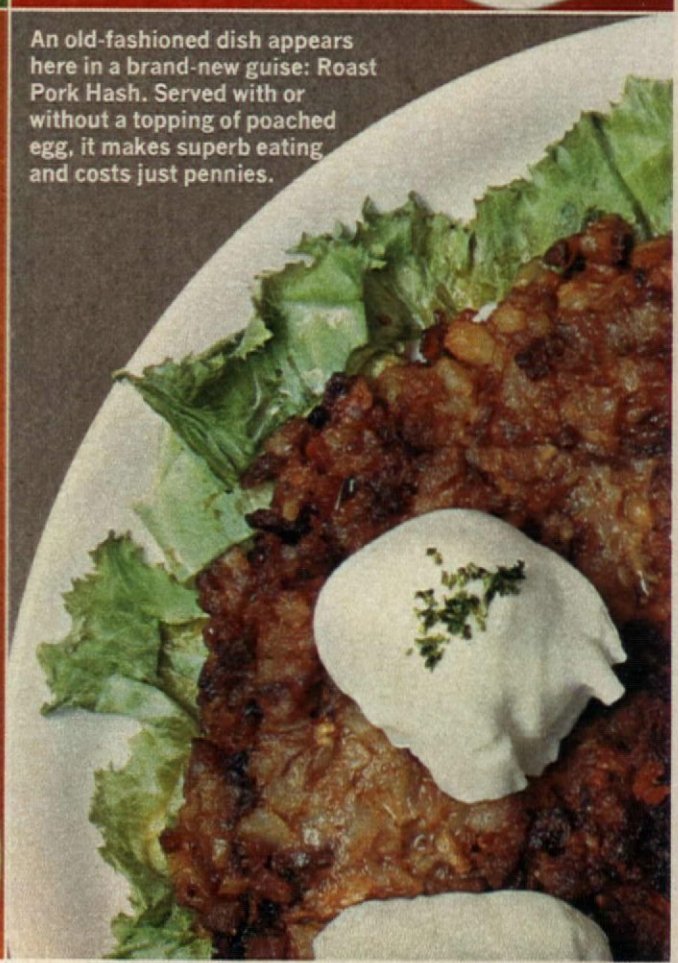


What's left of your roast becomes a new and savory dish in this Lamb Paprika. You save two ways: in time, for it's done quickly, and money, because most of the ingredients are pantry staples.

These Stuffed Potatoes Bordelaise are sure winners with meat-and-potato lovers. Your budget will welcome them, too, for they take only two cups of chopped beef for six hearty servings.



Ham Croquettes have long been a favorite. This version has a new, subtle and different taste because the ham is cooked in sherry. It's a make-ahead money saver that will be a hit with your family or guests.



An old-fashioned dish appears here in a brand-new guise: Roast Pork Hash. Served with or without a topping of poached egg, it makes superb eating and costs just pennies.

"If you ever broke 14 fingernails cleaning an oven, you'd know why I want this new self-cleaning one."

"They say the Kenmore self-cleaning oven even gets the corners clean. You just set the dials. It locks itself and everything.

And you know what a horrible job it is cleaning under the burners?

No, I guess you don't. Anyway, with this stove you just flip up the top and give it a wipe.

The automatic timer on the oven's great, too. It'll cook dinner even if I'm out shopping or something."

"That stove's really put together right. And another good thing, you can sure depend on Sears service. Honey, you're about to own a new stove."

Sears Kenmore Stove

It's designed for you, but built for your husband.

Both electric and gas self-cleaners available at most Sears, Roebuck and Co. stores and in the catalog.

LAVISH DESSERTS FOR PENNIES

By Jane Uetz

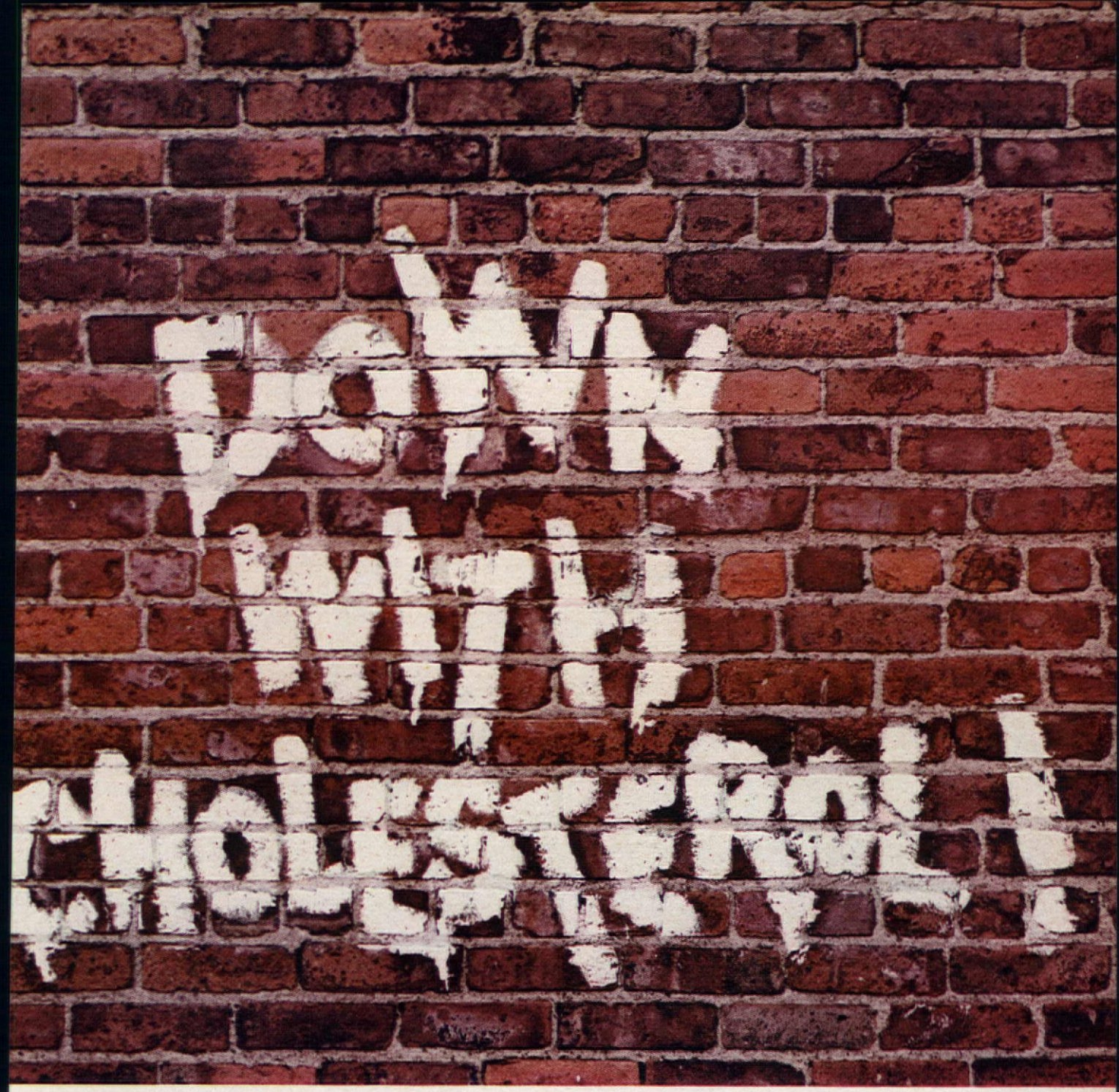
Coffee Chiffon Pie

Fresh Pineapple with Grapes

Strawberry Torte

Desserts should be the most anticipated and best-remembered course of the meal, but they needn't break the budget nor take all day to make. A scrumptious dessert can be made in minimum time and for just a few pennies. The three pictured here cost 8¢ or less a serving. The trick is in using fruits in season and time-saving packaged foods. The recipes for these and more, beginning on page 124, contain the most important ingredient of all—a dash of ingenuity.

Rudy Muller



holesterol can build up from childhood
n. Up and up until it may become a
al health risk.

More and more people are getting
ncerned about it. But that's not
ough. You've got to take action.

Many doctors advise everyone in
ur family to start eating foods that help lower cholesterol levels.

Like Fleischmann's® Margarine.

Made from 100% corn oil, and it's low in saturated fats.

In fact, there's no better oil to help lower cholesterol levels.

And there's no better tasting margarine than Fleischmann's.

Fleischmann's®
the corn oil margarine doctors name most and people like best.

SOUFFLÉS continued from page 106

LOBSTER SOUFFLÉ

¼ cup butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
1 package (7 ounces) frozen lobster tails, thawed, each tail cut in 2 pieces
¼ cup flour
1 cup milk
4 egg yolks
½ teaspoon salt
⅛ teaspoon pepper
4 egg whites

Butter a 1½-quart soufflé mold with 1 tablespoon butter or margarine; sprinkle with cheese.

Melt 3 tablespoons butter or margarine in heavy saucepan over high heat. Add lobster pieces; cook until shells have turned red. Reduce heat to low. Cover pan. Cook 5 minutes, stirring occasionally. Remove lobster pieces from pan. Remove meat from shell. Chop meat finely. Reserve.

Heat oven to 375°. Add flour to fat left in pan. Cook 1 minute, stirring constantly. Add milk. Stir until sauce is thick and smooth. Remove from heat. Add yolks, one at a time, beating well after each addition. Stir in lobster meat, salt and pepper. Beat egg whites until stiff but not dry. Stir about ½ cup whites into lobster mixture. Fold in remaining egg whites gently. Turn into mold. Smooth with spatula. Bake 35 to 40 minutes. Makes 4 servings.

Stouffer's could make Beef Stew with boiled meat instead of slowly oven-braising beef to bring out the flavor.

Or use artificial flavorings in the gravy instead of natural beef juices.

Or overload on the potatoes and peas and carrots.

But Stouffer's doesn't do any of that.

Because then it wouldn't be Stouffer's frozen Beef Stew.

For the people you love, Stouffer's plays it straight.

Stouffer's
Frozen Prepared Foods

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SHRIMP SOUFFLÉ

Prepare as Lobster Soufflé, replacing lobster with ½ pound fresh shrimp, shelled and deveined.

CURRIED CHICKEN SOUFFLÉ

1 tablespoon butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
3 tablespoons butter or margarine
½ cup minced onion (1 medium)
2 teaspoons curry powder
¼ cup flour
1 cup milk
½ teaspoon salt
4 egg yolks
1½ cups finely minced, cooked chicken
4 egg whites

Butter a 1½-quart soufflé mold with 1 tablespoon butter or margarine; sprinkle with cheese. Heat oven to 375°.

Melt 3 tablespoons butter or margarine in saucepan over medium heat. Add onion. Cook, stirring occasionally, until pale yellow and soft. Add curry powder and flour. Cook 1 minute, stirring constantly. Add milk and salt. Stir until sauce is thick and smooth. Remove from heat. Add egg yolks, one at a time, beating well after each addition. Stir in chicken. Mix well. Beat egg whites until stiff but not dry. Stir about ½ cup of whites into chicken mixture. Fold in remaining whites gently. Turn soufflé into prepared mold. Smooth surface with spatula. Bake 35 to 40 minutes. Makes 4 servings.

SOUFFLÉ OF FISH AMANDINES

2 tablespoons butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
2 tablespoons minced shallots or green onions
½ pound flounder or sole filets
¾ cup dry white wine
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons butter or margarine
¼ cup flour
½ cup milk
½ teaspoon salt
4 egg yolks
½ cup toasted almonds, chopped
4 egg whites

Butter a 1½-quart soufflé mold with 1 tablespoon butter or margarine; sprinkle with cheese.

Combine 1 tablespoon butter or margarine, shallots or green onions, fish, wine, ½ teaspoon salt and pepper in skillet. Cover with circle of wax paper. Bring to boiling. Simmer 2 to 3 minutes. Remove fish. Chop finely. Reserve fish and cooking liquid.

Heat oven to 375°. Melt 3 tablespoons butter or margarine in saucepan over medium heat. Add flour; cook 1 minute, stirring constantly. Add milk and ½ teaspoon salt. Bring to boiling, stirring constantly. Stir in fish cooking liquid. Bring back to boiling, stirring until sauce is smooth. Remove from heat. Add egg yolks, one at a time, beating well after each addition. Stir in reserved fish and 6 tablespoons chopped almonds. Mix well. Beat egg whites until stiff but not dry. Stir about ½ cup of whites into mixture to lighten it. Fold in remaining whites gently. Turn into prepared mold. Smooth with spatula. Sprinkle with remaining almonds. Bake 35 to 40 minutes. Makes 4 servings.

SOUFFLÉ OF POTATOES

1 tablespoon butter or margarine
1 tablespoon grated Swiss or Parmesan cheese
4 egg yolks
2 cups mashed potatoes
4 egg whites

Butter a 1-quart soufflé mold. Sprinkle with cheese. Beat egg yolks into the potatoes. Beat egg whites until stiff but not dry. Fold into potato mixture gently. Turn soufflé mixture into mold. Smooth surface with spatula. Bake 30 to 35 minutes at 375°. Makes 4 servings.

LEFTOVERS

continued from page 108

TURKEY HOLLANDAISE

(pictured)

2 packages (10 ounces each) frozen broccoli, cooked and drained
12 slices cooked turkey or 4 cups cooked turkey meat, cut in thin, 1x1-inch pieces
2 egg yolks
1 tablespoon water
1 cup melted butter or margarine
1 tablespoon lemon juice
Salt
Cayenne
½ cup grated Swiss or Parmesan cheese

Heat oven to 300°. Arrange broccoli in heat-proof platter. Place turkey over broccoli stems. Cover platter with foil. Place in oven for 10 minutes.

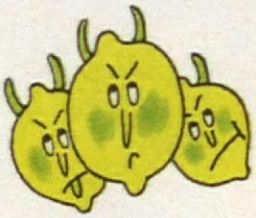
Beat egg yolks and water in top of double boiler. Place over hot, not boiling, water. Stir rapidly until eggs have the consistency of heavy cream. Remove from heat. Make sure melted butter or margarine and eggs are at about the same temperature. Pour only the clear part of melted butter or margarine into the eggs slowly, beating constantly (cloudy part at bottom would curdle the sauce). Stir in lemon juice. Add salt and cayenne to taste. Pour over turkey. Sprinkle with cheese. Broil until sauce is golden. Makes 6 servings.

continued on page 118

The Almost* Perfect Lemon

No Seeds
No Cutting
No Squeezing
You Just Pour

*Some people think regular lemons are cuter.
(But they're devilishly more expensive.)



REALEMON FOODS BORDEN
THE ONLY ONE THAT CAN CALL ITSELF REALEMON BRAND

Summer Dream Cakes.

Dream Whip's Dream Cake recipe gives extra height and the texture and moistness that make these cakes easy, delicious and fun.

Dream Whip® Topping Mix plus two extra eggs, added to your favorite cake mix, is the secret to these recipes. Finish your Summer Dream Cakes by adding strawberries and prepared Dream Whip.

The cake you bake will be taller than a mix cake. And can be as beautiful and professional-looking as those you see here.

The Glazed Strawberry Dream Cake is easiest of all. It's a 13 x 9-inch cake made with the Dream Cake recipe, which adds height, and makes it sweet and moist. Top it with Dream Whip, fresh strawberry halves and a simple glaze.

The Tiered Strawberry Dream Cake speaks for itself. It's made with one 8-inch cake layer. The Dream Cake recipe makes each layer higher, so it's easier to slice into thirds. It also makes it so uncrumbly and manageable that building up layers of cake with Dream Whip and strawberries in between is easy and fun.

Most exciting of all, is the Strawberry Surprise Dream Cake. It's the Dream Cake made in a tube pan. The height and moistness this recipe gives make this cake easy to tunnel. Fill the tunnel with prepared Dream Whip, strawberries and cake cubes. Then decorate the cake with Dream Whip.

The Summer Dream Cake.
If it hadn't been for Dream Whip, it might never have been.

Dream Cake.

1 package (2-layer size) yellow cake mix
1 envelope Dream Whip Topping Mix
(use right from envelope)
4 eggs
1 cup cold tap water

Combine all ingredients in large bowl of electric mixer. Blend until moistened. Beat at medium speed for 4 minutes. Pour into three greased and floured 8-inch or two 9-inch layer pans. Bake at 350° for about 30 minutes. Cool 10 minutes in pans; then remove from pans and finish cooling on rack.

Glazed Strawberry Dream Cake.

Prepare Dream Cake, baking in greased and floured 13x9-inch pan 40 to 45 minutes. Cool; then top with 3 pints halved strawberries. Spoon on 3/4 cup melted red currant jelly. Prepare 1 envelope Dream Whip; garnish edge of cake. (Refrigerate any remaining topping to use at another time.)

Tiered Strawberry Dream Cake.

Prepare Dream Cake, baking in three 8-inch layer pans. (Freeze 2 layers for another time.) Slice 1 quart strawberries, reserving 12 to 14 for garnish. Prepare 1 envelope Dream Whip. Split cake layer horizontally into 3 layers. Top each of 2 layers with 1/3 cup topping, half of the sliced berries, and 1/2 teaspoon sugar. Reassemble into cake. Garnish with remaining topping and reserved berries.

Strawberry Surprise Dream Cake.

Prepare Dream Cake, baking in greased and floured 10-inch tube pan 45 to 50 minutes; cool 15 minutes in pan. Slice a 1/2-inch layer from top. Leaving a 1/2-inch thick shell, remove center of cake; cut into pieces. Slice 1 quart strawberries, reserving 8 to 10 for garnish. Sprinkle sliced berries with 2 tablespoons sugar; let stand 30 minutes. Prepare 2 envelopes Dream Whip; set aside 1 cup. Fold sliced berries and 1 cup cake pieces into remaining topping. Spoon into cake shell; replace top layer. Garnish with reserved topping and berries. Chill. Makes 16 servings.

GF
GENERAL FOODS KITCHENS

Dream Whip is a registered trademark of the General Foods Corporation.

LEFTOVERS continued from page 115

STUFFED POTATOES BORDELAISE
(pictured)

6 large baking potatoes
¼ cup butter or margarine
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter or margarine
1 cup minced onion (1 large)
1 large clove of garlic, minced
¼ teaspoon leaf thyme, crumbled
½ cup chopped parsley
½ cup red wine
2 cups boiled or roast beef, finely diced

Heat oven to 400°. Wash and dry potatoes. Pierce in several places with fork. Arrange on oven rack. Bake 1 to 1¼ hours or until tender when tested with two-tined fork. Cut slice from top of each potato; reserve. Scoop out potato pulp, taking care not to break the skins. Combine pulp, ¼ cup butter or margarine, salt and pepper in large bowl. Mash and mix well. Melt 2 tablespoons butter or margarine in skillet over medium heat. Add onion. Cook until soft, stirring occasionally. Add garlic, thyme, parsley, wine and beef. Bring to boiling. Cook 1 minute, stirring occasionally. Combine meat mixture and mashed-potato mixture. Mix well. Divide stuffing among potato shells, mounding it slightly. Top each with reserved slice of potato. Return potatoes to oven to just heat through. Bake 10 to 15 minutes. Makes 6 servings.

LAMB PAPRIKA
(pictured)

2 tablespoons butter or margarine
1 pound peeled, small white onions or 3 cups diced onions (3 large)
2 tablespoons paprika
1 tablespoon flour
½ cup dry white wine
1 can (1 pound 12 ounces) tomatoes, drained and coarsely chopped
1 can (10½ ounces) chicken broth
1 bay leaf
½ teaspoon leaf thyme, crumbled
1 teaspoon sugar
Salt
4 cups cooked lamb, cut in 1x1-inch thin slices
1 tablespoon chopped parsley

Melt butter or margarine in heavy saucepan over medium heat. Add onions. Cook, stirring occasionally, until onions are slightly colored. Sprinkle with paprika and flour. Cook 1 minute, stirring constantly. Add wine, tomatoes, chicken broth, bay leaf, thyme and sugar. Bring to boiling. Simmer 30 minutes, stirring occasionally. Correct seasoning to taste with salt. Add lamb. Cook until meat is just heated through. Turn into serving dish. Sprinkle with parsley. Serve with buttered noodles, if desired. Makes 4 to 6 servings.

PORK-AND-CABBAGE ROLLS

1 medium-size head of cabbage
2 tablespoons butter or margarine
½ cup minced onion (1 medium)
1 teaspoon curry powder
2 cups ground or finely minced cooked pork
1 cup cooked rice
½ cup canned applesauce
2 eggs, beaten
½ teaspoon salt
Dash of pepper
1 can (10½ ounces) chicken broth

Remove core of cabbage. Place cabbage in cold water. Bring to boiling. Boil gently until leaves separate easily. Drain well. Remove 12 large leaves. Trim center vein of each leaf. Heat oven to 400°. Melt butter or margarine in skillet over medium heat. Add onion; cook until soft. Stir in curry powder. Cook 1 minute, stirring constantly. Remove from heat. Add pork, rice, applesauce, eggs, salt and pepper. Mix well. Divide filling among leaves. Roll leaves into a tight roll tucking ends in to enclose filling. Place cabbage rolls in buttered baking dish just large enough to hold them in a single layer. Add chicken broth. Bake 30 to 40 minutes. Makes 6 servings.

continued

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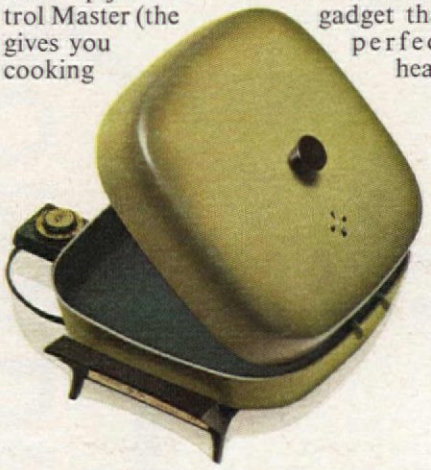

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AH

HAM CROQUETTES
(pictured)
3 tablespoons butter or margarine
⅓ cup flour
⅓ cup milk
Dash of cayenne or white pepper
Dash of ground nutmeg
2 cups finely diced cooked ham
½ cup dry sherry
1 egg, beaten
¾ cup packaged bread crumbs
Fat or oil for frying

Melt butter or margarine in saucepan over low heat. Stir in flour. Cook 2 to 3 minutes, stirring constantly. Add milk, pepper and nutmeg. Cook over medium heat, stirring constantly with wire whisk or wooden spoon, until sauce bubbles. Cook 1 minute longer. Reserve. Combine ham and sherry in second saucepan. Bring to boiling. Cook until wine has evaporated. Combine ham and sauce. Mix well. Spread mixture in buttered, shallow pan. Chill thoroughly. Shape mixture into cylinders 3 inches long, 1 inch in diameter on floured surface. Dip in beaten egg, allowing excess egg to drip off. Roll each croquette gently in bread crumbs until well breaded. Let stand 20 minutes or more before frying. Put enough fat or oil into deep saucepan to make it 1 to 1½ inches deep when heated. Heat to about 385°. Immerse croquettes in fat without crowding them. Cook about 3 to 4 minutes or until golden brown. Drain on paper towels. Serve with tomato or mustard sauce, if desired. Makes 6 to 8 servings.

GREEN PEPPERS WITH LAMB
4 large green peppers
2 tablespoons butter or margarine
½ cup minced onion (1 medium)
1 cup finely diced celery
1 clove of garlic, minced
¼ teaspoon leaf tarragon, crumbled
2 tablespoons flour
1 can (13¾ ounces) chicken broth
1 tablespoon prepared mustard
2 to 3 cups diced, cooked lamb

Wash peppers; cut slice off tops; remove seeds. Drop into boiling, salted water; parboil 3 minutes; drain.

Melt butter or margarine in skillet over medium heat. Add onion and celery. Cook until celery is tender, stirring occasionally. Add garlic and tarragon. Sprinkle with flour. Mix well. Add chicken broth. Bring to boiling. Cook 2 to 3 minutes. Remove from heat. Stir in mustard. Add meat; mix well. Spoon stuffing lightly into peppers. Stand peppers upright, close together, in baking dish. Bake at 400° for 10 minutes. Makes 4 servings.

TURKEY IN PATTY SHELLS
2 tablespoons butter or margarine
½ cup minced green onions
3 tablespoons flour
1 can (10½ ounces) chicken broth
½ cup light cream
Salt
Pepper
2 cups diced, cooked turkey meat
½ cup stuffed green olives, sliced
Patty shells or toast points

Melt butter or margarine in skillet over medium heat. Add green onions; cook until soft. Add flour. Cook 1 minute, stirring constantly. Add chicken broth and cream. Stir rapidly with wire whisk until sauce bubbles. Cook 1 minute longer. Correct seasoning to taste with salt and pepper. Add turkey and olives. Mix gently. Cook until turkey is just heated through. Spoon into patty shells or serve on toast points. Makes 6 servings.

continued

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ROAST PORK HASH

(pictured)

4 medium-size potatoes
2 tablespoons butter or margarine
½ cup minced onion (1 medium)
1 green pepper, seeded and finely diced
½ cup dry white wine
2 tablespoons tomato paste
1 can (10½ ounces) beef broth
3 cups cooked pork, diced or chopped
¼ cup butter or margarine

Pare potatoes. Cook in boiling, salted water until tender. Drain thoroughly. Chop or dice potatoes coarsely. Set aside to cool completely. Heat 2 tablespoons butter or margarine in large skillet over medium heat. Add onion and green pepper. Cook 5 minutes or until soft, stirring occasionally. Add wine, tomato paste, beef broth and pork. Cover. Bring to boiling. Simmer about 15 minutes. Mix meat mixture and potatoes thoroughly in bowl. Heat ¼ cup butter or margarine in same skillet. Add pork mixture. Spread it evenly in pan, patting it down with spatula. Cook over low heat 10 to 15 minutes or until brown and crusty on bottom, shaking pan occasionally to keep hash from sticking. Place a large serving plate face down over skillet. Invert and turn hash out carefully. Lift off skillet. Top each serving with a poached egg, if desired. Makes 6 servings.

BEEF MIROTON

2 tablespoons butter or margarine
2 cups sliced onion (2 large)
½ cup dry white wine
2 tablespoons cider or wine vinegar
2 tablespoons tomato paste
1 can (10½ ounces) beef broth
1½ pounds boiled or roast beef, thinly sliced in 2x2-inch pieces
½ cup sliced sour gherkins
½ cup grated Swiss cheese

Melt butter or margarine in large skillet over high heat. Add onion; cook, stirring often, until golden brown. Add wine, vinegar, tomato paste and beef broth. Bring to boiling. Cook 2 minutes. Add meat and gherkins. Cook 1 minute, stirring gently to coat meat with sauce. Turn mixture into shallow baking dish. Sprinkle with cheese. Place under broiler until cheese is melted. Makes 4 to 6 servings.

HAM-AND-CORN FRITTERS

½ cup sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
2 eggs
¼ cup milk
2 tablespoons pure vegetable oil
1 can (12 ounces) whole-kernel corn, drained
1½ cups ground or finely minced cooked ham
Fat or oil for frying

Sift flour, baking powder and salt into mixing bowl. Beat eggs well; beat in milk and 2 tablespoons pure vegetable oil. Combine liquid ingredients with dry ingredients; stir until all flour is moistened. Stir in corn and ham. Mix well. Drop mixture by heaping tablespoons into hot fat or oil in skillet or on griddle. Fry until golden brown on bottom; turn. Brown second side. Drain on paper towels. Repeat until all mixture is used, adding more fat or oil to skillet if needed. Makes 14 to 18 fritters.

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DESSERTS continued from page 112

THREE-FRUIT SHERBET
(*pictured above*)
1 medium-size ripe banana
⅓ cup (½ of 6-ounce can) frozen orange juice concentrate, slightly thawed
1-pound can crushed pineapple
½ cup nonfat dry-milk powder

Combine banana, orange juice, pineapple with juice and milk powder in container of electric blender. Blend about 30 seconds at medium speed or until mixture is smooth. Pour into 9x5x3-inch metal pan or into freezer tray. Freeze about 3 hours or until firm. Scoop or spoon into serving dish. Makes 8 servings (approximately 7¢ per serving).

FRESH PINEAPPLE WITH GRAPES
(*pictured*)
1 large, ripe pineapple
1 egg white
1 tablespoon water
1 pound seedless green grapes
½ cup sugar

Divide pineapple evenly into 6 sections using a large, heavy knife. Trim pineapple rind, leaving leaves intact. Slice about 1 inch off bottom of each section, giving each a firm base to stand on. Combine egg white and water. Dip grapes in egg mixture, then in sugar; set on wire racks to dry. To serve, stand pineapple wedges upright on serving platter. Surround with grapes. Makes 6 servings (approximately 8¢ per serving).

GOLDEN NUT CRUNCH CAKE
⅓ cup butter or margarine, melted
¾ cup packaged bread crumbs
¾ cup chopped walnuts
¾ cup brown sugar, firmly packed
¼ teaspoon ground cinnamon
1 package (18 ounces) yellow-cake mix

Heat oven to 350°. Grease a 13x9x1½-inch baking pan lightly. Combine melted butter or margarine, bread crumbs, chopped walnuts, brown sugar and cinnamon. Press mixture into prepared pan with back of large spoon. Prepare cake mix according to package directions. Pour into pan. Bake according to package directions. Allow cake to cool in pan 10 minutes. Invert onto wire rack and remove pan. Cool thoroughly. To serve, cut cake into squares or rectangles. Makes 12 servings (approximately 6¢ per serving).

FRESH RHUBARB CRISP
4 cups diced rhubarb
½ cup brown sugar, firmly packed
⅓ cup flour
⅓ cup quick-cooking oats
½ teaspoon ground cinnamon
3 tablespoons butter or margarine

Heat oven to 350°. Place rhubarb in buttered 8-inch square baking dish. Combine brown sugar, flour, oats and cinnamon. Cut in butter or margarine with pastry blender until mixture is crumbly. Sprinkle over fruit. Bake 30 minutes or until topping is golden brown. Serve hot or cold with cream, ice cream, or whipped dessert topping, if desired. Makes 4 servings (approximately 6¢ per serving).

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MOCHA CAKE ROLL

5 eggs, separated
¼ teaspoon salt
1 cup sifted confectioners' sugar
¼ cup sifted unsweetened cocoa
1 teaspoon vanilla
1 package (4¼ ounces) whipped topping mix
½ cup cold milk
1 teaspoon instant-coffee powder

Heat oven to 350°. Grease 15x10x1-inch jelly-roll pan. Line with wax paper; grease paper. Beat egg whites and salt together in large mixing bowl until soft peaks form. Beat in sugar, 1 tablespoon at a time. Fold in cocoa gently. Beat egg yolks in deep mixing bowl about 5 minutes or until thick and lemon-colored. Beat in vanilla. Fold into egg-white mixture. Spread batter in prepared pan. Bake 20 minutes. Loosen edges of cake. Turn out onto towel sprinkled with sifted confectioners' sugar. Peel off paper carefully. Trim off dry, crisp edges of cake. Roll up cake and towel, starting with short side. Cool 20 minutes on wire rack. Unroll; remove towel.

Combine topping mix, milk and coffee powder in deep bowl. Beat until stiff. Spread over cake. Reroll. Chill. Makes 6 to 8 servings (approximately 8¢ per serving).

STRAWBERRY TORTE

(pictured)

1 package (1 pound 2½ ounces) yellow cake mix
1 pint fresh strawberries, washed and hulled
½ cup sugar
¼ cup water
4 teaspoons cornstarch
Few drops red food coloring, if desired
½ cup heavy cream

Heat oven to 350°. Grease and flour two 8x1½-inch layer-cake pans. Prepare and bake cake mix according to package directions. Cool in pans on wire rack 10 minutes. Remove from pans; cool completely on racks. Wrap and freeze one cake layer for use another time.

Crush enough strawberries to measure ½ cup (7 to 10 large berries). Set 1 whole berry aside. Slice remaining berries. Reserve. Combine crushed berries, sugar, water and cornstarch in saucepan. Bring to boiling; cook 2 minutes. Stir in food coloring. Strain through sieve. Cool slightly.

Split cake layer into 3 even layers. Place bottom layer on plate; spread with ⅓ of strawberry glaze. Add second layer; glaze. Top with last layer; brush with some glaze. Arrange sliced strawberries on cake. Place whole berry in center. Brush fruit with remaining glaze. Whip cream until soft peaks form. Spread on sides of cake and border around strawberries. Chill until serving time. Makes 8 servings (approximately 8¢ per serving).

ORANGE CAKE-TOP PUDDING

¼ cup sifted all-purpose flour
1 cup sugar
¼ teaspoon salt
1 tablespoon grated orange peel
½ cup orange juice
2 eggs, separated
¾ cup milk

Heat oven to 350°. Grease 1-quart baking dish. Sift flour, sugar and salt together. Blend in orange peel, juice, egg yolks and milk. Beat egg whites until stiff but not dry. Fold in orange mixture gently. Turn into baking dish. Set in pan with 1-inch depth of hot water. Bake 50 minutes. Makes 6 servings (approximately 6¢ per serving).

continued

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DESSERTS continued

COFFEE CHIFFON PIE

(pictured)

4 eggs, separated
1 cup water
1 envelope unflavored gelatin
¼ cup sugar
Dash of salt
1 tablespoon instant-coffee powder
1 teaspoon vanilla
¼ cup sugar
1 baked 9-inch pie shell

Combine egg yolks and water in top of double boiler; beat briskly with wire whisk. Stir in gelatin, ¼ cup sugar, salt and coffee powder. Cook, stirring constantly, over simmering water until gelatin is dissolved and mixture is slightly thickened. Remove from heat. Stir in vanilla. Chill until mixture begins to set. Beat partially set mixture with wire whisk or rotary beater until frothy. Beat egg whites until soft peaks form. Beat in ¼ cup sugar, one tablespoon at a time. Fold meringue into gelatin mixture. Pour into pie shell. Chill 3 hours. Garnish with whipped topping mix and chocolate curls, if desired. Makes 8 servings (approximately 5¢ per serving).

APPLE-LIME PUDDING

(pictured above)

1 package (3 ounces) lime-flavored gelatin
1 cup boiling water
2 tablespoons honey
1 cup canned applesauce
½ cup cold water
½ cup nonfat dry-milk powder

Dissolve gelatin in boiling water. Stir in honey. Chill mixture until thickened. Whip with rotary beater until foamy throughout. Beat in applesauce. Combine cold water and milk powder in deep mixing bowl. Beat with rotary beater or electric mixer about 5 minutes or until stiff peaks form. Fold into gelatin mixture. Pour into 6-cup serving dish or individual sherbet glasses. Makes 6 servings (approximately 6¢ per serving).

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How does a 3,000-mile move from classic to modern affect one's lifestyle? Ask Phyllis Sarasy.

It's been a long move—some 3,000 miles—from a dignified 19th-century Greenwich Village brownstone to the shingled contemporary house on a Belvedere, Calif., lagoon. But distance is only half the story. For Lewis and Phyllis Sarasy, who made the move with their two boys, it's a long way between lifestyles, too—from the formal, frenetic effervescence of New York living to the low-key, outdoor informality of California.

"What a change it's meant for all of us!" says Phyllis. "I would never trade our years in New York. I appreciate them. But this came at the right time."

It came in 1967 when confirmed New Yorker Lewis went to California on a business trip and fell in love with the rolling hills north of San Francisco.

"He called me up," Phyllis explains, "and said, 'We're going to move to California.' 'We are?' I reflected. And we did." The following summer the Sarasys rented a house in Belvedere, just north of San Francisco, and this trial run sold the whole family on the idea of the move. A year later they went west permanently, moving bag and baggage to a 20-year-old home in Belvedere, camping in the midst of painters, carpenters, tile-setters and roofers while the residence underwent a major overhauling. Veterans of remodelings (in New York, the couple had turned a passel of derelict buildings, including a historic bakery, into handsome town houses), the Sarasys went about this new project with imagination and gusto. They completely opened one wall of the living room with glass, shingled the once board-and-batten exterior (which Lewis did himself), painted the wood-paneled interior, set vibrant colors stirring up the hall and dining room, and papered, quarry-tiled and skylighted the kitchen.

"All the while," Phyllis admits, "my attitudes were changing. For instance, my whole outlook on decorating and architecture shifted. I used to be so gung-ho on town-house and Victorian architecture. I never thought I'd want a modern house. But now . . . here I am and liking it. And in New York, too, I was far more committed to antiques. For one thing, there was a concentration of antique stores. Here, the shops aren't in one area. You have to seek them out. Anyway," she points out, "a dash of contemporary really suits this house."

And color—that's a whole new chapter. "I now go for strong, clear colors," says Phyllis. "In our brownstone, we used muddy colors, like the gold of the sofa and rug in our former living room. But here, we've mixed them in with brighter, clearer colors, and the older pieces fit in beautifully."

And what about the broader side of life? "I do much more here than I did in New York," explains this pert bundle of energy. "There seem to be more hours in the day. In fact, we're all doing much more with our lives.

"We ski often—the mountains are close by. I play tennis almost every day. And we sail, swim and ride our bicycles. I honestly didn't want to leave New York because, among other things, we enjoyed bike-riding in Central Park on Sundays. 'Oh, this wonderful family,' I'd think. 'These moments are such fun.' But here, I'm on my bicycle practically every day."

The outdoors, however, is only one facet of the Sarasys' life. Phyllis is up to her eyebrows in community work—nothing new, since she was active in a variety of projects in New York from full-time teaching and writing a science book for children to chairing Manhattan's City Parks Week. But in this new context, she says, "A person is somehow more effective. The effort one individual makes shows up. In New York, the same effort frequently gets lost in the shuffle."

In the short time she has been there, Phyllis has become president of the Belvedere Parent-Teachers Club and president and founder of the Friends of the Belvedere-Tiburon Library. As recording secretary for the Friends of California Libraries, she's deeply concerned with meeting the budgetary problems of the state's small libraries. She also serves occasionally as a museum volunteer for the De Young Museum in San Francisco, working as a guide for their special exhibits, such as last year's sculpture show for the blind. And she and Lewis are both volunteers at the International Hospitality Center, a far-flung Bay-area group that helps foreign visitors to feel at home during their stay.

"And," says Phyllis, "we know as many people after two years here as we met in 17 years in New York."

On entertaining, she adds, "In New York, it was 'Stop by and have a drink,' and leave the children at home—most city apartments were too small to handle them. Here, it's whole families on Sunday afternoons. People bring their children and they are more a part of what we do." —Nancy C. Gray

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Planets. Despite the closeness to earth of Venus, Mars and other planets, many of their mysteries are still to be unraveled. And as our probes—as the unmanned space vehicles carrying cameras and test equipment are called—penetrate farther and farther into space in the next decade, some clues should be forthcoming.

Is Mars a dying planet, once the home of a flourishing civilization? Or has it always been inhospitable to all but the most marginal forms of life? What is the giant red spot that drifts across the face of Jupiter? Is there life on one of its 12 moons or is everything in that system barren? What causes the tremendous atmospheric pressures on Venus?

Before the rockets even near those planets amateurs will have their telescopes pointed toward them. Rodger W. Gordon of Nazareth, Pa., is an observer who specializes in planet-watching. He first thrilled to the skies as a teen-ager when he turned a target-spotting scope toward the stars. That opened the door to an evermore satisfying hobby, and to the collection of more powerful telescopes. Gordon estimates that he spends 40 to 50 hours a month observing the moon and the planets.

Some amateur projects are done in cooperation with professionals (a list of major U.S. planetariums appears on page 132), such as year-round observation of variable stars, those whose light intensity is constantly fluctuating. Another is the study of Iapetus, one of Saturn's moons. Often the setting for science fiction, Iapetus is unique. Half of its surface is seven times brighter than the other, and no one knows why. Gordon uses a professionally built Cassegrain type reflector telescope, but many amateurs make their own. Donald Schlegel of New York City is spending his evenings grinding and polishing what will be a 6-inch and 8-inch mirror for two Cassegrains. He uses the workshop of the Hayden Planetarium while he is enrolled in a seminar there in telescope building.

Sky photography, or astrophotography, is relatively simple, learned primarily by trial and error. Almost any camera can be used, either mounted on top of a telescope, which is used to track the area being photographed, or attached to the telescope's eyepiece. Time exposures are almost invariably used and either fast color or black-and-white film yield dramatic photographs.

BINOCULARS AND TELESCOPES

You can spend as little as $30 for a pair of prism binoculars or a simple telescope, and well over $1,000 for professional-type equipment. For the beginner, even an inexpensive glass, carefully chosen, will provide years of enjoyment.

When shopping (sources for optical equipment appear on page 132), look for lens quality rather than power. Well-made lenses will keep the stars the points of light they are.

The power of all binoculars is marked on the frame. A popular glass is the 7x35. The 7 refers to the power or magnification and the 35 to the millimeter diameter of the front lens. The larger this lens is, the more light the binoculars will gather and the brighter will be the image seen. For night use, 7x50 binoculars are best if they are to be hand-held. A more powerful glass should be mounted on a tripod.

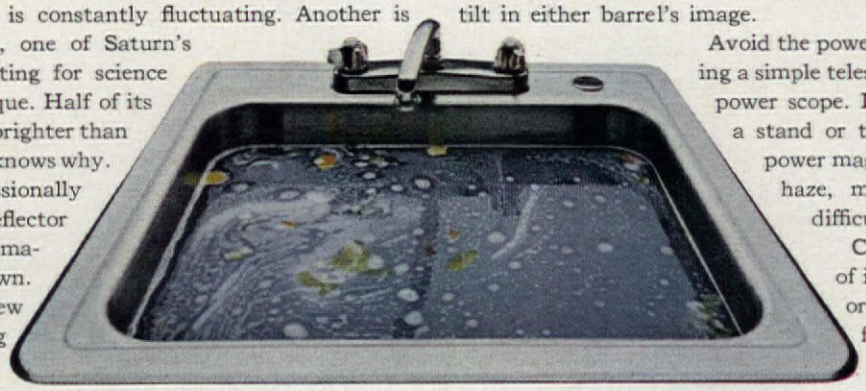
Unfortunately, well-made and poorly made binoculars look alike. So before buying, test the lenses by focusing on a distant newspaper headline or signboard. The glass should focus quickly and the letters must be sharply defined. No halo or rainbow should be seen. The barrels should flex smoothly but not loosely. Correct alignment of the barrels is critical or your eyes will ache while observing. Sight at an object about 100 yards away. If it is in the same spot in both barrels no matter how you move the binoculars, the barrels are probably aligned. Finally, check the vertical alignment by sighting a telephone pole. There should be no tilt in either barrel's image.

Avoid the power trap, too, when buying a simple telescope, even an outdoor power scope. In addition to making a stand or tripod necessary, high power magnifies air currents and haze, making viewing more difficult.

Check the lens for clarity of image, lack of rainbow or halo and the barrel for easy focusing and handling. If you do buy a stand or tripod, an indispensable accessory for extensive sky-watching and astrophotography, make sure it is a heavyweight that won't shake at the touch of your hand or in a breeze.

There are two basic types of telescope mountings: altazimuth and equatorial. The altazimuth requires the constant use of vertical and horizontal movement controls for tracking, and this can be taken over by spring or battery-run clockwork.

The refractor and reflector are the most common telescopes used by amateurs. The refractor resembles the (continued)



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ADVERTISEMENT

I was the 320 pound "Baby" of the family.

By Martha Nick—as told to Ruth L. McCarthy

Like me better like I am now? So does everyone else. That's what getting down to 145 pounds can do for a girl.

DON'T misunderstand. At 320 pounds, I was no cradle baby. The fact is, I was in my twenties and so heavy that even my nieces and nephews noticed how I waddled. So they called me Baby Huey, the fat duck. It was embarrassing all right, but it actually took the threat of an operation to make me lose 175 pounds.

Of course, all that weight wasn't put on overnight. From the time I was twelve, I ate enough to feed my four brothers and three sisters. I simply liked food and nobody stopped me from eating.

Anyway, by the time I'd left my teens, my appetite was enormous. My breakfast consisted of 12 fried eggs, a pound of bacon, a package of buttermilk biscuits, a quarter pound of butter and a quart of milk. I got so big, my mother often used upholstery material (and a size 60 pattern) to make me dresses.

Difficult as the clothing problem was, job hunting was even worse. At one place, they said I just wouldn't fit into their office. So I finally stayed home and ate myself into an acute gall bladder attack. But when the surgeon saw me, he refused to operate. Instead, he grabbed my belly and said: "Get that off or you won't live six months."

I sometimes wonder what I'd have done, if my mother hadn't discovered Ayds®. . . you know, that vitamin and mineral reducing-plan candy. It had worked for her, but I'd never given it a fair chance. And let's be honest. To reduce, you just can't keep stuffing food into yourself. But this time, I was in earnest, so I bought some vanilla caramel Ayds at the drugstore, though my mother often kept a box of one of the other flavors in the cupboard.

At first, I just substituted Ayds candies for between-meal snacks. And when you're used to eating a dozen crunchy-nut donuts at one clip, you can see how many calories I cut out of my day. Before long, I began to get results, so I decided to follow the Ayds Plan properly. I took one or two Ayds before each meal with a hot drink (for me, tea) and those little candies really helped curb my appetite. Without harmful drugs, too.

It was around Christmas, I remember, and it was the first year that I hung more cookies on the tree than I ate. Of course, on the Ayds Plan, I ate lots of proteins and greens and I not only dropped pounds, but my blood pressure went from 220 to 125. The doctor was so amazed, he postponed my operation until July.

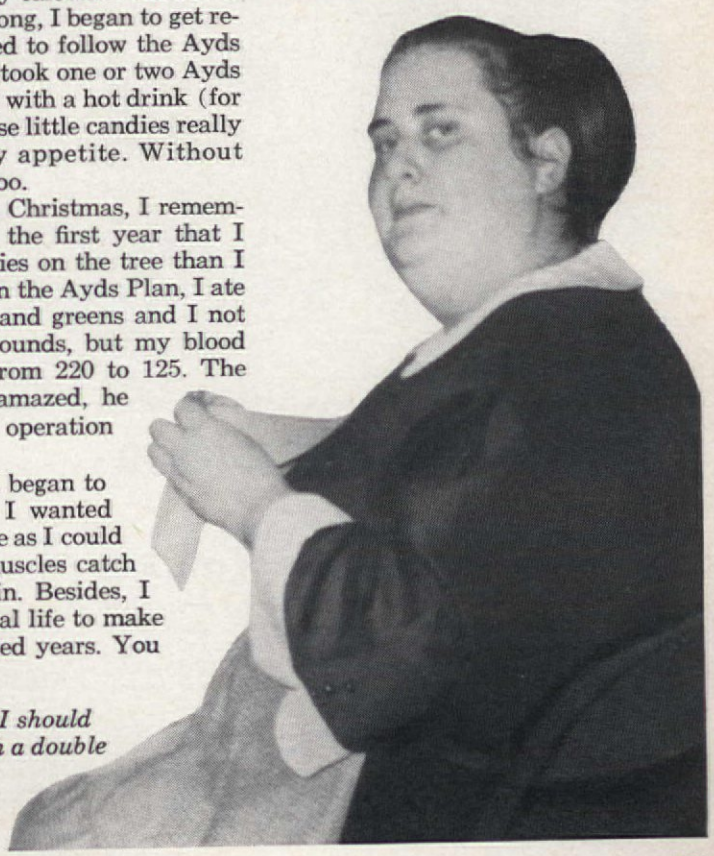
Meanwhile, I began to take up sports. I wanted as much exercise as I could get to let my muscles catch up with my skin. Besides, I wanted my social life to make up for my wasted years. You see, I'd been imprisoned in all that fat for so long that I needed to feel totally free. That's why I took up sky diving. Just the elements and me! A really super feeling.

Today, at 145 pounds, I've come completely out of my shell. I have a great job at Indiana Bell Telephone Company in South Bend, and these days I go out more than I stay in. What's more, for the first time in my whole life, I can face women on an equal basis. I'm not afraid of them anymore. In fact, I even feel secure enough to have a steady boyfriend. As for getting married, I've decided that can wait awhile. You see, thanks to Ayds, I still have a lot of living to do.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'8"	5'8"
Weight	320 lbs.	145 lbs.
Bust	56"	39"
Waist	46"	31½"
Hips	52"	36½"

Dress • Pattern 60 • Store Size 12



At 320 pounds, I should have been worth a double deduction on income tax.

familiar spyglass, but the front lens is much larger, its diameter running as much as 4 inches for amateur use.

The reflector, which uses a silvered mirror at the base of its tube to reflect the image up to the eyepiece, eliminates aberration, or distortion of colors. The Newtonian uses a long, sometimes uncomfortable-to-handle tube, while the Cassegrain type "folds back" the image, increasing the focal length of the telescope and eliminating the need for a long barrel. Diameters of the mirrors commonly used by amateurs are 6 or 8 inches.

Often sky-watchers make their own reflecting telescopes, not only for the satisfaction of building their instruments but to save money as well. Some planetariums offer courses in telescope building, providing guidance and the company of other amateurs during the patience-demanding mirror-grinding process.

Whatever road to star-gazing you take —the naked eye, inexpensive binoculars or telescope—years of enjoyment and wonder are in store for you. And once you begin your study of the stars, you'll find plenty of company to share the fun.

PLANETARIUMS

Following are 14 major public planetariums in the United States, some offering courses in astronomy and telescope building for the amateur.

Griffith Observatory, Los Angeles, Calif.
Charles C. Gates Planetarium, Denver, Colo.
Bishop Planetarium, Bradenton, Fla.
Fernbank Science Center, Atlanta, Ga.
The Adler Planetarium, Chicago, Ill.
Charles Hayden Planetarium, Boston, Mass.
Abrams Planetarium, East Lansing Mich.
McDonnell Planetarium, St. Louis, Mo
Henry Hudson Planetarium, Albany N.Y.
American Museum-Hayden Planetarium, New York, N.Y.
Morehead Planetarium, Chapel Hill, N.C.
The Fels Planetarium of the Franklin Institute, Philadelphia, Pa.
Buhl Planetarium & Institute of Popular Science, Pittsburgh, Pa.
Hansen Planetarium, Salt Lake City, Utah

BINOCULARS AND TELESCOPES

The Optical Craftsmen, Inc., 20962 Ithaca St., Chatsworth, Calif. 91311
Criterion Mfg. Co., 331 Church St., Hartford, Conn. 06101
Tasco Sales, Inc., P.O. Box 878, Miami, Fla. 33138
Swift Instruments, Inc., 952 Dorchester Ave., Boston, Mass. 02125
Questar Corp., New Hope, Pa. 18938

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SHOPPING INFORMATION

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

THE HEART OF THE HOUSE

All retail sources, Akron, Ohio. **Page 40 (bottom):** Table, chairs, Shade Shop. Dishes, salt shaker, canister set, egg holder, wooden spoons, wisk, deep-fry lifter, chopping board, saucepan, O'Neil's. Coffee maker, toaster, blender, Westinghouse. **Page 42 (left):** Plant pedestal, hamper, Shade Shop. Washer, dryer, Westinghouse. **(Right):** Wastebasket, scale, towels, soap dish, O'Neil's. Mirror, Shade Shop.

FROM MANHATTAN BROWNSTONE . . . TO SAN FRANCISCO BAY

All sources, San Francisco, Calif. **Page 100 (top right):** Antique bamboo coffee table, bamboo chair, The McGuire Co. Beige-and-green patterned rug, Karl Mann watercolor, Don Rumsey Associates. Yellow ashtrays, Robert Browning, Inc. **Page 101:** Glass-and-bronze coffee table, Metropolitan Furniture Corp. Yellow lamp, white lamp, Robert Browning. Natural wool rug, Design Research. Mirrored pillow, orange lacquered box, Showroom III. Handwoven pillows, Cole-Wheatman.

MAGIC WITH LEFTOVERS

Pages 108 and 110: All dishes, La Cuisiniere, N.Y.C.

DEAR AMERICAN HOME

70's LIFESTYLE: THE APARTMENT

Three cheers for AH! *I have long been a reader but never have I enjoyed an issue as much as February's "The New Apartments." Since we live, have lived and plan to continue to live in an apartment, your issue was indeed welcome.*

Mrs. Richard Miller
Milford, Mass.

I live in an apartment after years of house dwelling and shall keep your February articles on space savers and storage systems for reference as I work at making my furniture more efficient. The whole issue was well-balanced and interesting.

(Mrs.) Ruth Alford
Ann Arbor, Mich.

A year ago, my husband gave me a gift subscription to AH. *It has been one of my most pleasurable reading experiences. The wide variety of recipes, interior-decorating suggestions and other timely articles has been of great help to me. Currently we are apartment dwellers, but I have put the plan for "The Everything Wall"* [February AH] *on a list of priorities for the home we hope to have someday—along with many of your other design ideas.*

(Mrs.) Vicki Schneider
Pittsburgh, Pa.

NOTES FROM THE NORTH . . .

My problem in living in Alaska is one of having cooking basics on hand but few boxed mixes. I have discovered the delights of making my own yogurt, but I'm short on recipes. How about a good batch of recipes on how to use yogurt in various ways?

Mrs. Chalon Harris
McKinley Park, Alaska

See "Yogurt" in the June 1970 *AH*, in which Jane Uetz tells how the special flavor of yogurt can enhance main dishes, vegetable and dessert recipes.

Your magazine is simply the best publication on the newsstand—and I am a homemaker in a Canadian home. As a student of design, I admire the quality of both the products and living systems you feature on your pages. Your vacation-house designs are particularly good—we have already ordered one award-winning plan. And how I love reading about the person or family who decorated such a room, prepared such a meal or designed such a product. Fascinating—and no other magazine is doing it.

(Mrs.) Elizabeth C. Snell
Nova Scotia, Canada

. . . AND THE NORTHWEST

After receiving my very first issue of AH, *I felt compelled to write and let you know how delighted one new subscriber is with the January issue. My husband and I are planning to build our dream house soon and took a subscription in the hopes of gleaning useful material for our building and decorating scrapbook.*

Being staunch, born-and-bred Oregonians, we were also very pleased with and enlightened by your article on Sunriver ["Pollution-Free Paradise"] and your Lifestyle feature on the Kelly family of our

continued

SEE SCUM SUCCUMB

If your bathroom isn't shining, soap scum has robbed it of its sparkle. Nothing dissolves soap scum . . . nothing shines like Dow Bathroom Cleaner.

SEE TILE TWINKLE
Spray foam on the tile. It works on the surfaces and the grout crevices between. When you wipe away the foam, you wipe away the dirt.

SEE BATHTUB RINGS BUBBLE AWAY
Dow Bathroom Cleaner foams on to Junior's toughest bathtub ring (an after-mud-pie-one, for instance), penetrates it, dissolves it, and bubbles the dirt up to the surface. Just wipe it away.

SEE SHOWERS SHIMMER
You know that buildup on the glass in the door corners? It's mold and soap scum. Foam it away.

SEE CHROME GLISTEN
In the sink. The tub. The towel rods. There are no stains or smears left. All chrome is mirror-bright.

SEE DRAINS DAZZLE
Think what drains drink. Mouthwash. Toothpaste. Soap. Hair tonic. Powders. No wonder their faces turn green. Give them a sparkling complexion.

SEE ROOM BLOOM
Step back. Look at your bathroom. Its sparkling cleanliness makes you feel good. When your bathroom is clean, you feel cleaner, too.

SEE OUR 20 OUNCES?
It's 3 ounces more than the No. 2 brand.

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It even fades those stubborn "age" spots*

See what this Famous Cream can do for your stubborn skin faults

Makes Brown Spots* Go—Stubborn *outwardly caused brown spots are pigment masses just under the surface skin. Esoterica penetrates to break them up. Fades them steadily away. Even before you finish your first jar, hands look years younger. Esoterica is fully guaranteed. If not satisfied, return to store for full cash refund.

Brings Bloom to Dull Muddy Skin—Can drab, aging skin bloom again? Esoterica says Yes. As Esoterica penetrates to help clear surface skin, it reveals younger, clearer skin beneath. So if skin needs more than routine care, use Esoterica as a night cream or make-up base to clear and lighten—soften and lubricate. See drab skin bloom!

Checks Irritated Pores—Irritated pores—often found around the nose—respond to corrective action of Esoterica. In vanishing cream base, Esoterica lubricates pore openings. Medicated formula aids in releasing clogging masses. With pores purged and cleansed, texture shows marked improvement.

Surface Pimples—Persistent surface pimples yield to Esoterica. Its medication penetrates with "purging power" from all sides—pimples caused by weather and neglect can loosen and come right out. A product of the 58-year-old Mitchum laboratory.

Three-ounce Original Esoterica, $2.50; Seven-ounce, only $4.50. Three other blends—Facial, Fortified and Special are available. Also try medicated Esoterica Soap.

Oregon City area. We commend your coverage of ecological topics, admire your food section and look for more house plans in the future. In short, it almost seems as though you wrote this issue just for us.

(Mrs.) Sandy Bouck
Clackamas, Ore.

A TRIP THROUGH AMERICANA

I want you to know how much I enjoyed your articles on and pictures of New Orleans in the March AH. *I visited there all too briefly, was fascinated and hope to return again. Stops in Charleston, S.C., and Savannah, Ga., left me with hopes for further visits to these lovely cities, and I would be most appreciative if you would devote an issue to them in the future.*

(Mrs.) Betty J. Deeter
Greenville, Ohio

How much I have enjoyed this year's issues of AH *with the articles on antiques and historic places and homes. It is a delight to find in a magazine the beautiful side of our history and culture. I am a collector of antiques and you have given me plenty of ideas about items t look for. Thank you for th treasure of information an wish-book of places to visit.*

Gay Da
Saratoga, Wyo

All else went for naught wit the arrival of the March issue We fell for New Orleans "hook line and sinker" last fall an can't wait to return. Thi lovely reminder helps ease ou itchy feet while urging us t hurry back.

(Mrs.) Nancy Yate
Chapel Hill, N.C

Thank you for the American Treasury feature on New Or leans. Having visited this unique city many years ago it was such a delight to see i so beautifully pictured and described.

Mrs. Robert W. Dortch
Paris, Tenn.

March AH *was super. Treasuries on places like New Orleans are just what I like.*

Mrs. Raymond Dalach
Chicago, Ill.

THE SANCTITY OF THE SAUNA

With a name like Denise McCluggage, the author of "The Sauna Experience" [February AH*] cannot be a Finn, as I am. But the article she wrote was perfect. It's about time someone set the American people straight on what a sauna really is. It couldn't have been done better.*

(Mrs.) Pirkko Gantley
Frankfort, Ky.

THE ONGOING DILEMMA

I enjoyed Jeanne Lamb O'Neill's "The Housewife's Dilemma" [January AH*], suggesting the little things that an everyday housewife can do to help the ecological movement. As a result, I am now using a phosphate-free detergent. But I am also wondering about the polluting effect of fabric softeners.*

Mrs. W. M. Bolin
Dallas, Texas

No need to worry about this. Fabric softeners generally contain no phosphates.

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

HELP ABOUT THE HOUSE

REMEDY RADIATOR CLUTTER

Our house has a steam heating system. While it is not as up to date as other systems, such as hot water or forced air, it functions quite well. Our only complaint is the large old radiators which take up so much valuable room and stick out like sore thumbs.

We are thinking of building enclosures around each radiator but wonder if there might be a better way to hide them.

Norwalk, Conn.

A plumber or heating contractor can replace the old radiators with much smaller, more efficient ones that hang on the walls. These, while still visible, are unobtrusive when painted the same color as the wall. In addition, they are much easier to paint than the older types.

Even more attractive is the type of radiator which is recessed into the wall. Naturally it's more expensive to install, but it becomes almost invisible when painted or papered over. Since recessing the radiators involves cutting into the walls, plan on a complete repainting or repapering job after they have been installed.

FOLDING STAIRS GIVE ATTIC ACCESS

We have a low-ceilinged attic which we would like to use for storage. At present, it can only be reached via a ladder and small trapdoor which are located in a bedroom closet. Can you suggest a way, without building a full-fledged stairway, to gain convenient access to the attic?

Brookline, Mass.

Your best bet is a disappearing stairway, which you can install in the ceiling of a hallway. It folds neatly into the ceiling when not in use and is concealed by a trapdoor which you can paint to match the ceiling.

Disappearing stairways are available from the large mail-order houses and on order from most building-supply firms. They come with detailed instructions for installation.

BLEACH WOODWORK

The light-colored woodwork in our house, which I think is ash, is starting to discolor. Can it be bleached?

Norridge, Ill.

Yes. Premixed bleaching compounds are available at paint and hardware stores. Just follow directions on the label. If you prefer to mix your own, dissolve a half-pound of oxalic-acid crystals (also found at paint and hardware stores) in a half-gallon of warm water.

If the woodwork has been finished with varnish or other such coating, this must be stripped off with paint remover. Then brush on the bleaching solution very generously and let dry. A white powder will appear as the solution dries. Wipe this off. If the wood is then the desired color, wipe down with denatured alcohol and apply shellac, varnish or lacquer. If the wood is still darker than you'd like, simply repeat the bleaching process as many times as necessary before wiping with alcohol.

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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LOOK BEFORE YOU BUY A VINTAGE HOUSE

By A. M. Watkins

Caveat emptor—"Let the buyer beware"—is as much an axiom in the home-buying game as it is in any marketplace. No one can guarantee you'll be 100 percent satisfied with that house you've been hoping to buy. If you give it a thorough inspection before you hand over the down payment, however, you'll at least have the satisfaction of knowing what you will be getting for your money. And inspecting a house before you buy is particularly important today because prices have risen so sharply in recent years.

Many home buyers erroneously believe that if a bank approves a mortgage on a house, the structure must be in sound condition. But banks usually appraise a house for only its current value—that is, what it will bring on today's market. They and other mortgage lenders seldom make an actual structural check of the house and its equipment. In short, it's up to you as the buyer of the house to have the inspection made.

There is no such thing as a perfect house. All have some flaws. The important thing to determine is the cost of essential repairs.

If there are termites, an expert can tell you the extent of the damage and the cost of the treatment recommended. A seller may try to cover up such defects. The giveaway may be a freshly painted new wall, a new section of flooring or perhaps new wall paneling.

There are other things to check. Examine the foundation and cellar walls for dampness. Is the wiring adequate? (With modern appliances, the current should be at least 240 volts, with 100-150 amp capacity and 15 to 20 circuit breakers or fuses.) How does the plumbing look? Check the heating system and wall insulation. What is the condition of roofing, gutters, drains?

There can be problems in a new house as well. Being human, a workman may accidentally have slipped up somewhere. It may be a major goof that at first goes unnoticed, or various minor ones that are easily spotted and corrected. The builder will normally be quick to fix things in order to complete the sale. But if you wait until after you're in the house, it may be a different story.

Where do you find a home-inspection expert? Look in the classified section of your phone book under "Building Inspection Service" or "Home Inspection." If neither is listed, call local consulting engineers or real-estate appraisers. If you use a real-estate appraiser, be sure to specify that you want a full structural inspection, not just the usual market-value check. For your own protection, it's best to deal only with an appraiser who is a member of the American Society of Appraisers, the American Institute of Real Estate Appraisers or the Society of Real Estate Appraisers.

The cost of a professional house inspection varies—the higher the house price, the greater the fee, with no set minimum. The cost, of course, increases if special travel is necessary or if an elaborate inspection is required. In any case, you'll find it a cheap price to pay for the assurance that you're buying a structurally sound home. END

By Dorothy Lambert Brightbill

© WALT DISNEY PRODUCTIONS

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.

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. 5035
4500 N.W. 135th Street, Miami, Florida 33054

Check items desired:

____Kit 61211 Birth Record @ $2.50 ea. . . . . $____
____Kit 61224 Frame for Birth Record @ $2.98 ea. . . . . ____
____Kit 61208 Donald Duck Grow Chart @ $3 ea. . . . . ____
____Kit 61015 Child's Prayer Embroidery @ $2 ea. . . . . ____
____Kit 61135 Frame for Child's Prayer @ $3 ea. . . . . ____
____61014 Color catalog of available kits @ .35 ea. . . . . ____
____Please add .35 postage for each needlework kit ordered and .50 for each frame. . ____
Sales tax, if applicable . ____
Total enclosed $____

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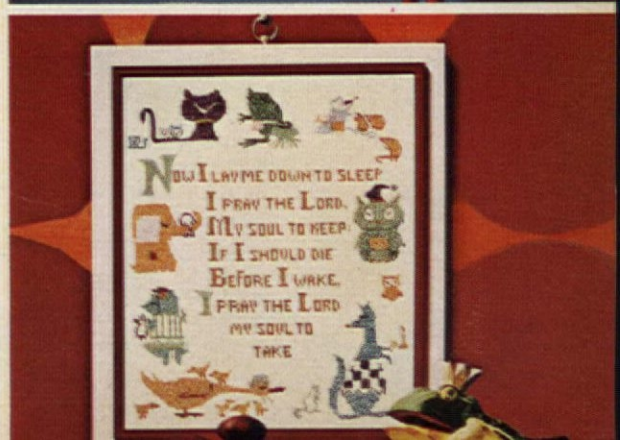

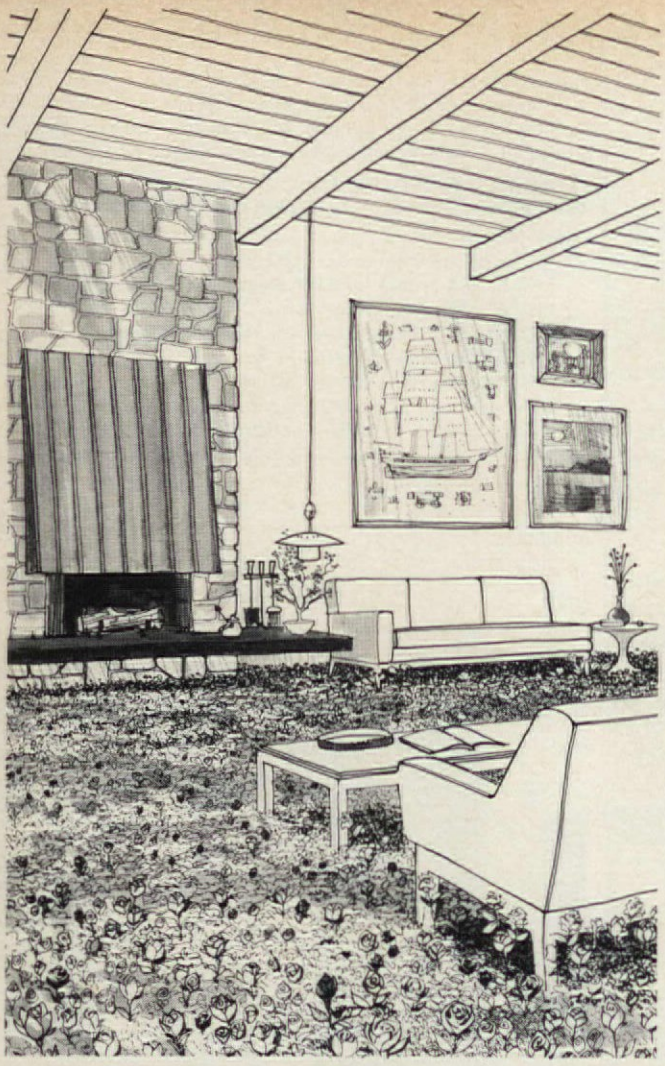

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VINEGAR— THE IMP IN THE KITCHEN

Vinegar can be distilled from any alcoholic liquid—even beer. Your supermarket generally carries three main types: white vinegar (made from alcohol or malt), cider vinegar and wine vinegar, both red and white. Herb vinegars are usually either red- or white-wine based and contain sprigs of tarragon, basil or rosemary or some member of the onion family—garlic, shallots or chives.

Many people used to make their own wine vinegar, either plain or herb. When herbs are added, the bottle is left undisturbed for a year or so before use. The commercially produced herb vinegars that you can buy are an excellent substitute for vinegar with fresh herbs that are often hard to find unless you grow them yourself.

White vinegar lacks delicacy, but it has its uses. I do not care for it in salad dressings, but there is nothing better for pickling onions, shallots, beets and mushrooms. The British, who are very fond of it, sprinkle it on fish and chips.

In France we would eat salad greens dressed simply with what is called vinaigrette sauce—oil and vinegar seasoned with salt, pepper, mustard and chopped herbs. The greens themselves are not usually mixed, and each type of leaf has its own special dressing. Romaine with chives is a classic combination, and so is chicory with garlic. Red-wine vinegar is usually used with these salads.

One of France's most famous restaurants, l'Oustau de Baumanière at Les Baux in Provence, serves fresh, raw vegetables with the fruity olive oil of the region and special herb vinegars. Tarragon vinegar or basil vinegar dresses a salad of sliced tomatoes, diced cucumbers and slivered almonds. Rosemary vinegar accents an *hors d'oeuvre* of diced carrots, finely chopped celery and tuna fish. Chive vinegar is used for a salad of potatoes, anchovies, onion rings and black olives.

French cooking stands or falls on the quality of its sauces, and many of these are flavored with vinegar—just a tablespoon or two, but it should be of excellent quality. When buying red-wine vinegar, make sure, by reading the label, that it is the real thing, not red-wine-*flavored* vinegar.

The classic sauces for meat—*ravigote*, *lyonnaise*, *poivrade*, *piquante* and *charcutière*—generally involve a reduction of a mixture of wine, wine vinegar, shallots and herbs. The *sauce échalote* for oysters is an uncooked combination of vinegar, shallots and freshly ground pepper. Red-wine vinegar is nearly always used, except for two sauces where white-wine vinegar is necessary to keep the lovely ivory color. These are the famous, tarragon-flavored *béarnaise*, used for broiled meats and fish, and the frothy *beurre blanc*, which is served with poached salmon, shad, pike and other freshwater fish. This latter sauce, a delicious accompaniment, was originated at the turn of the century by Mme. Clémence, who kept a little restaurant on the banks of the Loire. She served it with salmon, which was in great abundance. The sauce has become a classic, and is served not only with fish but with vegetables and even poached eggs.

—Jacques Jaffry

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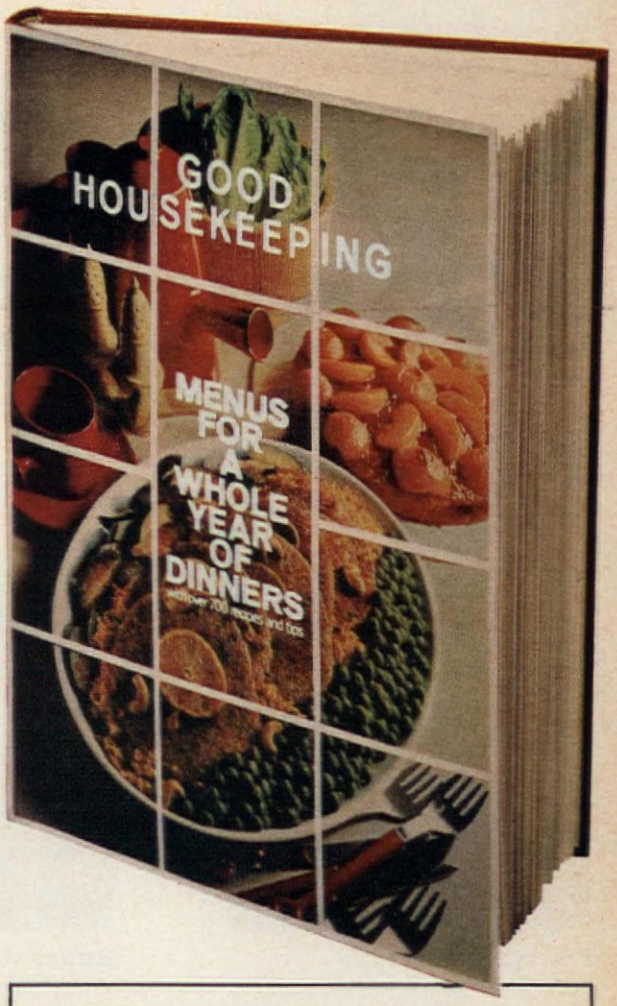

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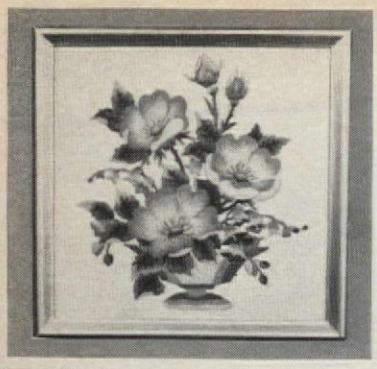
LYNN HEADLEY—Editor

AMERICAN HOME MARKET PLACE



Bluebells and wild roses

Cheerful combination works up nicely into a picture or pillow top. Embroidery kit: design on 17x17-in. natural Belgian linen; crewel yarns in blue, pink, green, gold; needle; instructions. $3.95 plus 35¢ postage. Also, matching Violets and Pansies at same price. The Stitchery, AH5, Wellesley Hills, Mass. 02181.

Elegant goblets

Williamsburg goblets grace any dining table with traditional beauty. Majestic in clear crystal, they are wonderfully heavy to hold. 6½ in. high. 9 oz. $4.25 each. 4 or more, $4 each. Americana Catalogue with order (otherwise, 25¢). Sturbridge Yankee Workshop, AH1 Brimfield Turnpike, Sturbridge, Mass. 01566.

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Permanent press tiebacks with a wide fluffy ruffle of white eyelet are so feminine. Just wash, tumble dry and hang. 84 in. wide per pair. 36 in. long, $12 per pair; 45, 54, 63 in., $15; 72, 81, 90 in., $20. Add 50¢ postage. Matching bedspread is available. Country Curtains, Dept. AH-5, Stockbridge, Mass. 01262.

Buffet stackers

Pretty up a table with attractive stackers to hold your knives, forks and spoons. Of imported china with golden fleur de lis design, they're space savers, too! 2½x4¼ in. each. 2 in a set, $1.49; 2 sets, $2.79. Add 35¢ postage. Send order to The Country Gourmet, Dept. A5, 545 South 4th Ave., Mt. Vernon, N.Y. 10550.

Ahoy, mini-mermaids

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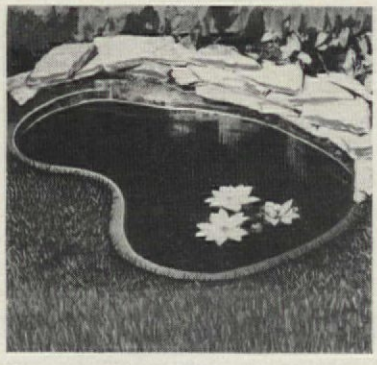

Gay garden pool

It's easy to install this sunken garden pool that needs no plumbing. Kidney shaped, its recessed pot can take 1 to 3 water lily bulbs (1 comes with pool). Polypropolen. It's about 3½ ft. long; 8 in. deep. $3.98; 2 for $7.65. Add 50¢ postage. Write to Michigan Bulb Company, Dept. BP-1402, Grand Rapids, Mich. 49502.

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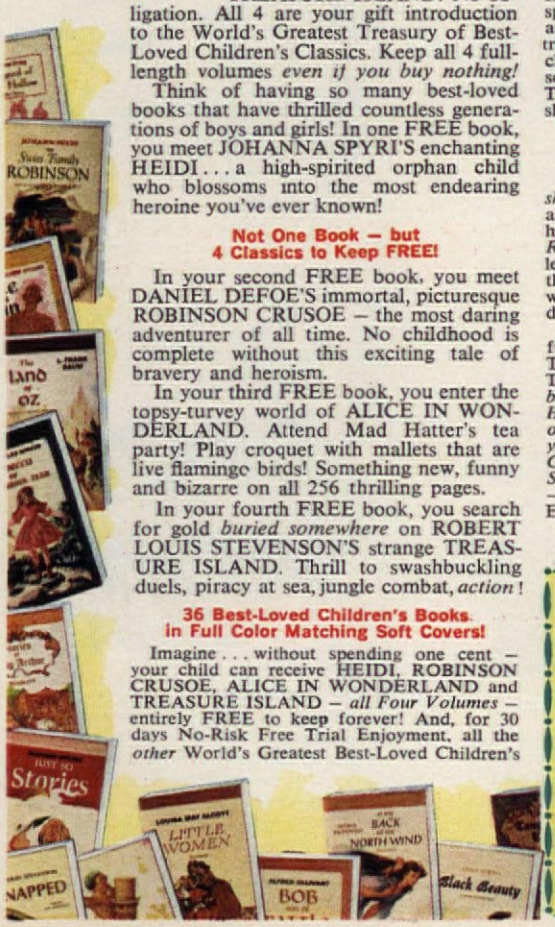

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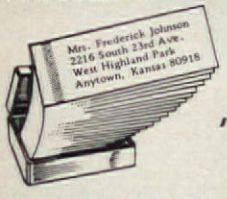

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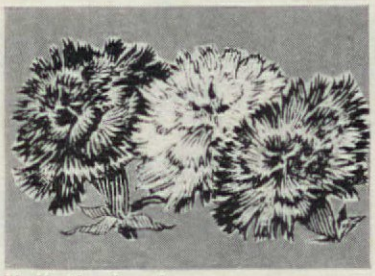

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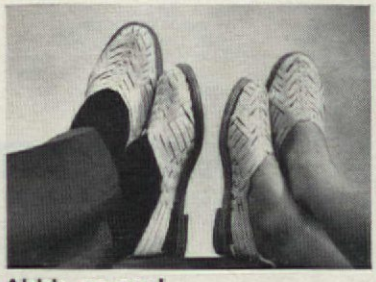

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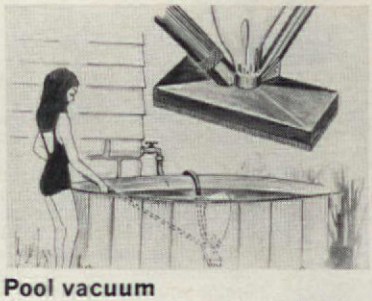

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It's unusual, different, fun! Dozens of fascinating ways to enhance and beautify your home . . . "anywhere," indoors or outdoors. Easy to attach POT-KLIPS. Then slip flower pots into place instantly.

STUNNING NEW DECORATING IDEA

Adds absorbing new charm to your home. Amazing invention helps beautify your home wherever you want: walls, windows archway, fireplace, garage, etc. Change pots around whenever you want—in seconds!

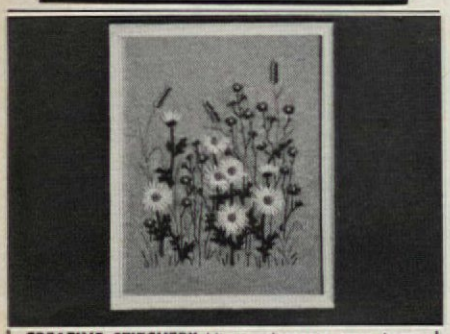
Send only $1 for each card of 6 POT-KLIPS (with screws). Securely holds potted plants from 100 to 500 times their own weight. Money Back if not 100% delighted.

FREE booklet of dozens of ideas for decorating with potted plants.

6 FOR ONLY $1.00

ORGANIZATIONS, GARDEN CLUBS! Write for Fund-Raising Plan. DEALERS: Write for prices.

POT KLIPS, Dept. G
2453 University Ave., St. Paul, Minn. 55114



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

CHINA DOLLAR ONLY 10¢

Uncirculated nickel silver dollar (1960) commemorates 50th Anniv. of Republic of China. One to a customer. Illustrated coin catalog. Send name, address, zip and 10¢ to:

Littleton Stamp & Coin Co., Inc.
Dept. C-6, Littleton, N.H. 03561

DATED NEWSPAPER COPY

Find out what happened the day you were born—or any other special date. You pick the date—any time from Jan. 1, 1900 through Dec. 31, 1964; you'll get the front page copy of the New York Herald Tribune for that day. Please specify exact dates.

$1.50ppd

Holiday Gifts Dept. 605-B
7047 Pecos St., Denver, Colorado 80221

Collecting decanters?

You won't want to miss these lovely new commemorative glass decanters in the Presidential and Great American series. Colorful in iridescent finish. 8 in. Jefferson in ruby, John Paul Jones in green, H. Keller, clear. $5 each plus 85¢ postage. Sturbridge Yankee Workshop, AH1, Sturbridge, Mass. 01566.

Let's play zoo

Delight any child with this charming array of zoo animals to keep him or her happily occupied hour after hour. Set of 23 animals includes hippo, baby elephant, zebra, etc. Each about 2 in. Rubbery plastic. $1 plus 25¢ postage. 3 sets, $2.50. Colonial Studios, Dept. GZE-10, White Plains, N.Y. 10606.

Telephoto lens

Or wide angle lens—both fit over regular lens of Kodak Instamatics! For 100, 300 or 400 series except 314 and 414. $7.95 each; both, $14.95. Deluxe set with snap on viewfinder, carrying case for *all* Kodak Instamatics, $19.95. State model no. Briar Haven, Dept. AH-5, Box 125, St. Ann, Mo. 63074.

Gladiolus bulbs

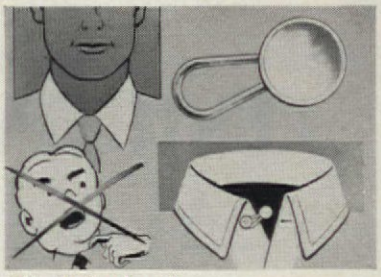
These glads were grown in fertile soil of Michigan. Mixed colors in a beautiful array of reds, yellows, pinks, purples, white, crimson, violet, multicolor, etc. 100 glad bulbs, $1; 200 for $1.94; 500 for $4.50. Add 35¢ postage. Dutch Bulb Importers, Dept. GX-1402, Grand Rapids, Mich. 49502.

Fluffy 'n ruffly

Scrumptious 4½-in. wide ruffles on these unbleached muslin curtains richly flatter any window from a den to a young lady's room. Washable? Definitely. 84 in. wide per pair. 54, 63, 72 in. long, $7.50 per pair. 81, 90 in. long, $8.50 per pair. Country Curtains, Dept. AH-5, Stockbridge, Mass. 01262.

Tagged for safety

Medical Tag alerts doctors and first aid people in an emergency. Of stainless steel, vital facts are imprinted up to 5 lines, 18 letters and spaces per line—name of disease, person to contact, phone, etc. Neck chain or bracelet, $2. Walter Drake, AH-82 Drake Bldg., Colorado Springs, Colo. 80901.



All choked up?

If your husband suffers from shirt collar "squeeze," he'll go for Collar-Extender button that loosens a tight shirt. Expands collar up to ½ size. Invisible behind tie; transfer shirt to shirt. Set of 2, $1 plus 15¢ shipping. Anthony Enterprises, AH-5, 585 Market St., San Francisco, Calif. 94105.

Sneak-er preview

For men only! Men with wide feet go for this great canvas casual made just for them. One wide width fits EEEEEEE. State shoe size. Choose from navy, white, putty, or ivy green. $6 plus 85¢ postage. Free catalog available on wide-size shoes for men. Hitchcock Shoes, Higham 25-D, Mass. 02043.

continued

"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-272 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_____

©Copyright 1970, Sauna Shorts, Inc Patent Pending.

VIOLETS AND PANSIES TO STITCH

Here's one of the year's prettiest new crewel designs for a picture or pillow top. Kit includes design on 17" x 17" natural Belgian linen; finest crewel yarns in shades of violet, olive green, blue-lavender, old blue and gold; needle and easy instructions. Only $3.95 plus 35¢ pstg.

Send 25¢ for our Exciting Art Needlecraft Catalog

The Stitchery

Dept. AH 805. 204 Worcester St.
Wellesley Hills, Mass. 02181

COUNTRY CHARM

with Bleached and Unbleached Muslin

. . . pillow shams, dust ruffles and canopy covers in the crisp, fresh tradition of Colonial New England. *Write for brochure showing full line of Country Curtains in many sizes and fabrics. Please add 50c to each order for handling. Send check or money order, no COD's please.*

DUST RUFFLES Twin or full size spring top style, double fullness with 2" hem.
UNBLEACHED, drop lengths 15", 20", 25" 10.00 ea.
BLEACHED, drop lengths 15", 20", 25" 12.00 ea.
PILLOW SHAMS 18"x26" with 2" ruffle.
UNBLEACHED 3.00 ea. BLEACHED 4.00 ea.
CANOPY COVERS 10" ruffle, double fullness. 1" hem. Fits standard single and double bed canopy frame.
UNBLEACHED single and double 12.00 ea.
BLEACHED single and double 14.00 ea.
Mass. Res. add 3% sales tax.

COUNTRY CURTAINS
At the Red Lion Inn
STOCKBRIDGE, MASS. 01262 **DEPT. 57**

Isn't It Time You Planned To

MAKE YOUR WILL?

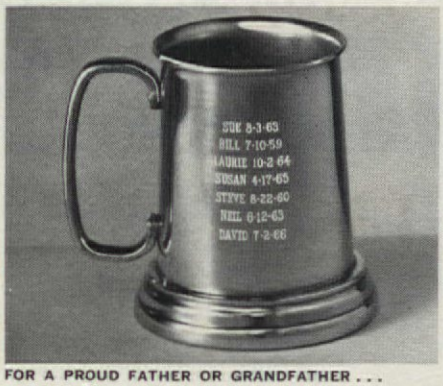
Why delay? Get 4 WILL FORMS and complete 64-pg. booklet, "How to Make Wills and How to Break Them", written by an attorney. Just send $1.00 to Legal Forms Company, Dept. 146, 1830 Guardian Bldg., Detroit, Mich. 48226.

Collector's Ink Bottles

Careful copies of quaintly shaped ink holders of bygone days. Use for ivy, to hold pen or pencil by phone or desk, to sparkle cheerfully in a sunny window, on a shelf. Authentic early glass colors; 2¾" tall. Charming with feather pens, too; 13", ball points. Assorted colors, sets of 3. Free catalog of unusual items.

6611 Ink Bottles Set ..... **$2.50 ppd.**
6973 Feather Pens Set ..... **$2.50 ppd.**

Please, your zip code is required.
Downs DEPT. 3605-A EVANSTON, ILL. 60204



FOR A PROUD FATHER OR GRANDFATHER . . .

Personalized Memory Mug

A gift that's his alone to cherish! He'll toast you for it, because it carries every child's name and birth date (lots of room for any number). Classic 4¾" mug with glowing pewter finish and traditional glass bottom.

#301—Memory Mug ..... **$1.98** } **Add 25¢ post. and handling**
#302—Name-and-date Engraving Each..50¢ }

LILLIAN VERNON Dept. A51, 560 S. 3rd Ave. Mt. Vernon, N.Y. 10550

BASEMENT TOILET

FLUSHES ***UP***
to sewer or septic tank
no digging up floors.

WRITE . . . McPHERSON, INC.
BOX 15133 TAMPA, FLA. 33614

DECORATOR'S *CHOICE!*

The Wickford Candlestick Lamp is a decorator's delight! Handcrafted from selected native hardwood, it is sanded satin-smooth, fully wired and ready for you to finish. It's so easy to create an accent color, stain a wood tone, antique or decoupage! Each lamp stands a stately 30" tall, has a 3-way switch and an 8-foot cord. . . . *Specify Choice of Shades* in white or beige Textured Shantung; oyster or brown Burlap. Satisfaction assured!

$12.75 each

Add $1.50 postage (W. of Rockies add $2 per lamp)

FREE COLOR BROCHURE of unfinished lamps

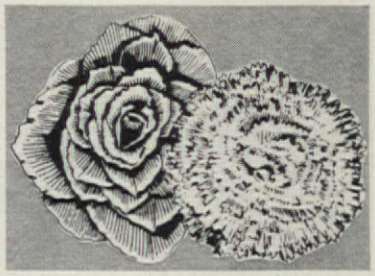
Baxwood Crafters
Dept. AH-5, P. O. Box 7012, Lexington, Ky. 40502

Twisty key ring

Unique key ring is made of strong aircraft cable, of all things! In handsome gold finish, it opens easily and stays closed securely because of the intriguing twist-lock. Holds 25 keys. $1.25 plus 15¢ shipping. Anthony Enterprises, Dept. AH-5, 585 Market St., San Francisco, Calif. 94105.

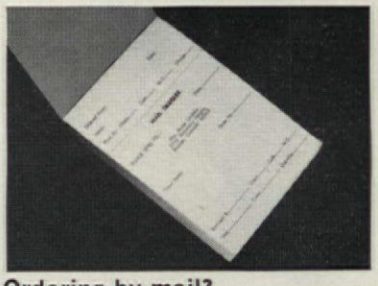
Tarry in terry

Loaf and lounge in soft, colorful terry thongs with a sassy daisy design. Tooties snuggle in its foam cushioned comfort. Sole is of non-skid rubber. Sizes: small, 4–5½; medium, 6–7½; large, 8–9½. Machine washable. $2.50 a pair. Walter Drake, AH-07 Drake Bldg., Colorado Springs, Colo. 80901.



From Belgium with love

Begonias from Belgium with camellia-like beauty in red, yellow, white, pink, orange, etc. Medium size tubers produce shapely plants with large leaves and blooms from midsummer to frost. 20 for $1.98; 40 for $3.75. Add 35¢ postage. Michigan Bulb, Dept. BG-1402, Grand Rapids, Mich. 49502.



Ordering by mail?

Personalized order forms make it a simple, neat and handy way to order items by mail. Gives you a record of what, when and where, etc., too! Black on white paper. 4⅞x3½ in. 100 order forms personalized with your name and address. $1.85. Bruce Bolind, Inc., Dept. AH-5, Boulder, Colo. 80302.

continued

NEW EUROPEAN REDUCING DISCOVERY SPREADS LIKE WILDFIRE OVER ENTIRE CONTINENT!
From England Comes News of the Greatest Breakthrough to End Overweight Forever!
YES NOW YOU CAN EAT ALL YOU WANT AND LOSE WEIGHT

'I lost 71 pounds of dangerous fat in only 60 days!'

My Story of How I Was Able to LOSE 71 Pounds in ONLY 2 SHORT MONTHS Even Amazes Me . . . DON'T COUNT CALORIES . . . Eat 3 FULL MEALS A DAY . . . NO LOW CALORIE DIETS . . . NEVER BE HUNGRY AGAIN . . . COMPLETELY SAFE FOR ANY MAN OR WOMAN IN NORMAL HEALTH.

In September of 1970 I was fortunate enough to come across a two page article in one of the leading women's publications in the United States. This article told about a NEW, QUICK, SURE and SATISFYING METHOD that started in England and is presently sweeping through France, Holland and ALL OF EUROPE. People who were overweight, who have tried just about everything to LOSE POUNDS and INCHES and were always unsuccessful . . . finally found the missing link as to why, no matter how or what they tried . . . would not work to any degree. These fortunate people Stopped Starving Themselves, Stopped Counting Calories and STILL witnessed an unbelievable weight loss almost immediately. As I read more and more of this Startling Article, I realize the MANY MISTAKES I HAD MADE IN TRYING TO REDUCE MY WEIGHT and the more I read the MORE CONVINCED I WAS THAT I WAS GOING TO TRY THE PLAN THIS ARTICLE RECOMMENDED.

I began to follow this simple method and was startled to see the weight disappear before my very eyes. IN ONLY 1 WEEK 15 POUNDS MELTED AWAY. My clothing started to hang. I actually looked like I was wearing someone else's clothing. This didn't bother me at all, for this Easy, Quick and Safe Way to lose weight was what I had been looking for my entire adult life. And amazingly enough I wasn't hungry even once. As the weight seemingly dripped off I became more and more confident and as people praised my new appearance, I was even more thrilled and inspired to keep going. Finally after a short while I couldn't wear any of my clothes any longer . . . but this certainly didn't bother me. I ATE and ATE as the FAT LITERALLY FELL OFF.

I then decided to give this amazing new concept to everyone willing to try something COMPLETELY NEW IN WEIGHT REDUCTION.

THE MORE FOOD CONSUMED AND THE FULLER YOU FEEL THE BETTER IT WORKS!

Yes! You actually can eat all the food you desire until you're full and the pounds and inches will melt away forever! You'll see a tremendous difference in *ONLY 5 DAYS!*

YOU MUST EAT 3 FULL MEALS A DAY EACH AND EVERY DAY

Believe it or not. Is this possible? Not only is it possible to eat all you want and still grow slim but you must not skip any meals, even breakfast. No More Hunger Pangs, Headaches from being hungry . . . No Short Tempers or that let-Down weak feeling in general. Yes, thanks to this miraculous method you lose the weight you desire without depriving yourself of the food and nourishment your body needs. And best of all you don't have to count those calories each time you sit down to a good filling meal. Could anything be easier or more simple than that? Of course not!

THIS AMAZING NEW METHOD IS SWEEPING THROUGH EUROPE AND SLIMMING DOWN THOUSANDS UPON THOUSANDS OF PEOPLE LIKE YOURSELF WITH 100% SATISFACTION AND WITH COMPLETE SAFETY!

Yes, by following this simple method you can Lose those Pounds and Inches . . . Quickly, Easily and Safely . . . Without Every Being Hungry Again!

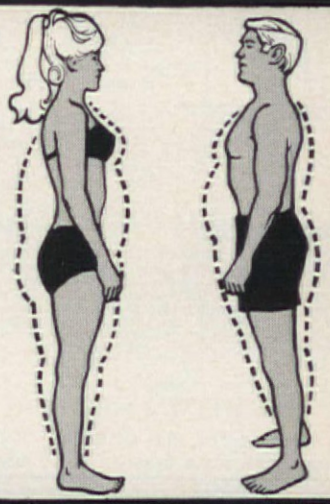
I call this method "SYNTRON". Yes, the SYNTRON Method really did the job for me and has been the answer to the overweight problems for thousands upon thousands of people like myself . . . male and female alike. So Live Longer, Look Better and Get Back Into Shape with all that Pep and Energy you had when you were your normal weight.

THIS EUROPEAN DISCOVERY FOR LOSING WEIGHT AND KEEPING IT OFF CAN NOW BE YOURS WITHOUT BEING HUNGRY . . . WITHOUT COUNTING CALORIES EVER AGAIN!

Here's how easy Losing that ugly fat actually can be accomplished . . . Simply follow the SYNTRON Method. Just take 3 of my special, safe SYNTRON Tablets each day before each of your 3 meals, follow enclosed simple method . . . and watch those ugly pounds and inches disappear before your eyes. The SYNTRON Method will do the work for you and fast . . . that's all you have to do. Isn't that simple enough? The results are guaranteed on the 5th day or your money back. I myself trimmed down so quickly, with complete safety, that my clothing actually hung loosely about my body . . . until finally I was almost half the size I had been. I looked and felt completely different with almost perfect proportion. Not only did I feel years younger but I actually look at least 10 years younger. I just couldn't wait to run out to purchase my new clothing for my new body.

TREMENDOUS WEIGHT LOSSES OF 30-60-90 POUNDS IN JUST 60 DAYS CAN NOW BE A REALITY INSTEAD OF A DREAM WITH STARTLING RESULTS IN THE VERY FIRST 5 DAYS OF USING MY FANTASTIC METHOD!

The SYNTRON Method is the only method that has worked for me and in my opinion the greatest and easiest way to lose the excess weight fast and to keep it off. NOW FOR THE FIRST TIME YOU CAN LOSE POUNDS AND INCHES WITH NO EFFORT AT ALL!



READ THE ASTONISHING RATE OF SPEED THAT MY EXCESS WEIGHT LITERALLY MELTED AWAY!
I LOST 31 POUNDS IN THE FIRST 2 WEEKS AND BY THE END OF THE 2ND MONTH (60 DAYS AFTER I HAD STARTED THE PLAN) I WAS 71 POUNDS LIGHTER
YES, I LOST 71 POUNDS IN ONLY 60 DAYS!

GUARANTEED RESULTS IN 5 DAYS OR YOUR MONEY BACK!

Try my no-risk offer of the SYNTRON Method today. Don't delay any longer. The more you neglect your overweight condition the longer you are jeopardizing your health and ruining your appearance. Take advantage of my 5 DAY FREE TRIAL OFFER. Remember you MUST SEE RESULTS IMMEDIATELY or YOUR MONEY BACK. The SYNTRON Method worked wonders for me and can do the same for you or it doesn't cost you anything. Send your order for the SYNTRON Method today! You'll be glad you did.

READ MY AMAZING NO-RISK GUARANTEE CAREFULLY:

1. You MUST see pounds and inches start disappearing the 1st 5 days.
2. You MUST never feel hungry at all.
3. You MUST see faster results than you have ever witnessed before.
4. You MUST feel and look better the first week.
5. You MUST lose the amount of weight you desire—or return the unused portion for a complete refund.

KRISNEL, INC.

PLEASE FILL IN ENCLOSED INFORMATION BLANK AS TO HOW QUICKLY YOU DESIRE TO LOSE WEIGHT.

I would like to lose _____ pounds in 5 days.
I would like to lose _____ pounds in 14 days.
I would like to lose _____ pounds in 21 days.
I would like to lose _____ pounds in 28 days.
I would like to lose _____ pounds in 60 days.
I would like to lose _____ pounds in 90 days.

SHIPPED IN PLAIN WRAPPER!!

KRISNEL, INC., Dept. 885
P.O. Box 188, Osbornsville, N.J. 08723

Enclosed is my payment in FULL for your wonderful SYNTRON Method. I understand that if I do not lose pounds and inches after following your SYNTRON Method . . . I am entitled to a refund of the complete purchase price.

Enclosed is ☐ Cash ☐ Check ☐ Money Order

☐ **30 DAY Supply of SYNTRON only $5.98**
☐ **60 DAY Supply of SYNTRON only $10.00 (Save $2.00)**
☐ **90 DAY Supply of SYNTRON only $15.00 (Save $3.00)**
☐ **120 DAY Supply of SYNTRON only $20.00 (Save $4.00)**

Name_____
Address_____
City_____ State_____ Zip Code_____

SORRY . . . WE DO NOT SHIP C.O.D. ORDERS

CURTAIN CHARM

With Ball Fringe on Unbleached Muslin

20", 25", 30", 36", 40" long **4.00 pr.**

2 pairs to window as shown **8.00**

45", 54", 63", 72" long **5.50 pr.**

81", 90" long **7.00 pr.**

(all pairs 80" wide)

Matching Valance 9"x80" **1.75**

Please add 50¢ to each order for handling

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. *Satisfaction guaranteed. Check or money order. No COD's please. Write for brochure showing full line of curtains in many styles and fabrics.*

Mass. res. add 3% sales tax.

COUNTRY CURTAINS

AT THE RED LION INN

STOCKBRIDGE, MASS. 01262 DEPT. 51

Auto Perch Pleases Pet

Ready to hang on car-seat back. Puts your pet up where it can see without jumping on driver's arm. Ends "hairy" seats, smudged windows. Guards pet against sudden stops.

Comfortably carpeted, adjustable to best height, level. Metal coated in soft beige vinyl. Satisfaction or money back.

14 x 18", $12.98 plus 90c postage

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Box 8415-35 Dallas, Texas 75205

FURNISHED IN EARLY AMERICAN?

Send 25¢ For Famous Sturbridge Catalogue "1,000 Pictures Of Basic Items For Furnishing An Early American Home"

Everything in Early American. All by mail at modest prices. Money-Back Guarantee even includes shpg. chgs.

STURBRIDGE YANKEE WORKSHOP

the Nation's Center for Early American

451 Brimfield Turnpike, Sturbridge, Mass. 01566

FATHER'S DAY SPECIAL

Baby's First Shoes BRONZE PLATED IN SOLID METAL

Only $3.99 a pair

GUARANTEED PARENTS' MAGAZINE

Limited time only! Baby's precious shoes gorgeously plated in SOLID METAL for only $3.99 pair. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. 100% Money-back guarantee. Also all-metal Portrait Stands (shown above), ashtrays, bookends, TV lamps at great savings. Thrillingly beautiful. The perfect Gift for Dad or Grandparents. SEND NO MONEY! Rush name and address today for full details, money-saving certificate and handy mailing sack. Write TODAY!

AMERICAN BRONZING CO.

Box 6504-E1 Bexley, Ohio 43209

For Year 'Round Putting or Chip Shots

Sensational! PUTTING KARPET

A full nine feet of putting surface to simulate the putting green. Made of Tuf-Turf matting . . . withstands abusive club treatment and is weather resistant. Includes rubber putting cup.

Ideal for home, office or patio. Helps to reduce your strokes.

$10.95 plus $1 post.

Ill. Res. Add 5% tax. Gift Catalog 25¢

HOUSE OF MINNEL

Deerpath Rd. Dept. 151, Batavia, Ill. 60510

SAVE YOUR HEART WITH . . .

STAIR-GLIDE®

RENTAL-PURCHASE PLAN AVAILABLE

Installs in less than two hours. No marring walls or stairway. No special wiring. Tax deductible when recommended by a physician. Costs about 8¢ a week to operate. Guaranteed.

USED BY THOUSANDS: CARDIAC PATIENTS • SENIOR CITIZENS • POST OPERATIVES • PARALYSIS • WIFE-SAVER • RESTRICTED PHYSICAL ACTIVITIES.

WRITE FOR FREE BROCHURE

AMERICAN STAIR-GLIDE CORP.

201 W. 80th Terr., Dept. AM 5, Kansas City, Mo. 64114

COLOR WALLET PHOTOS 20 FOR ONLY $2.00

SPECIAL! 36 Black & White only $1.00

Our new equipment gives beautiful 2½"x3½" Wallet Photos in vivid COLOR, from Polaroid color print, photo (5"x7" or smaller), neg. or slide. SPECIAL! 36 Black & White, $1. Original returned unharmed. FULLY GUARANTEED! Add 35¢ for shipping

ROXANNE STUDIOS, Box 1012 L.I.C., N.Y. 11101, Dept. F-19

FREE One photo in plastic

TITANIA

the Gem stone you read about in The READER'S DIGEST

MORE BRILLIANT More Beautiful than DIAMONDS

Unset "Titania" gems, 1 to 5 carats, for your own rings, brooches, etc. Per Carat ONLY . . . $15*

1 carat "Titania" Solitaire set in a beautiful 14 kt. gold mounting. Complete ONLY $36.00

1 carat "Titania" set in a Masculine box style 14 kt. mounting. Complete ONLY $44.00

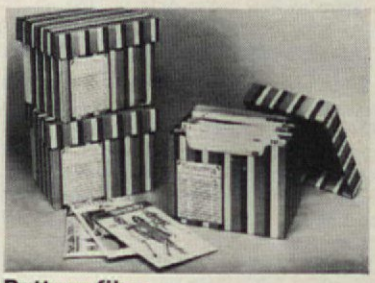
Write for FREE HANDY RING SIZE CHART & 120 PAGE FULL COLOR JEWELRY CATALOG. OUR 25TH YEAR!

REGENT 10 Day Money-Back Guarantee LAPIDARY CO.

Dept. AH-5, 511 East 12 St. New York 10009, N. Y.

Nassau tote bag

It's easy to make. Simply overcast lustrous Hi Straw rayon yarns on perforated plastic shapes. Flowers in soft pink, blue, lavender and yellow are lovely against the glistening white. Finished, 11x13½ in. Kit has all you need. $7.95 plus 75¢ post. The Stitchery, AH5, Wellesley Hills, Mass. 02181.



Pattern files

If you sew, you'll love these files to keep your patterns neat, organized and protected. Cardboard boxes are indexed for easy viewing. Attractive in avocado, gold and white stripes. 9x6x7 in. Easy to assemble. $1 each plus 35¢ postage. Holiday Gifts, Dept. 605-C, 7047 Pecos St., Denver, Colo. 80221.

Clipper ship plaque

This magnificent etchcraft plaque is an excellent re-creation of a fine etching that looks so much like brass on mahogany, it can fool the most squint-eyed seafarer. 16x20 in. Ideal for a den. $15 plus $1.05 shipping. Free color catalog available. Arborlite, 18 E. Main St., E. Brookfield, Mass. 01515.

Be lazy, party smarty

Serve-in-the-round with large diameter lazy susans to accommodate a complete meal with ease. Formica(R) laminate surface. 1¼-in. height. White in 18-in., $29. Black or white in 24-in., $35; 30-in., $41. All ppd. 36-in., $49, express collect. Eastern Ease, Dept. AH-5, Box 592, Glen Echo, Md. 20768.

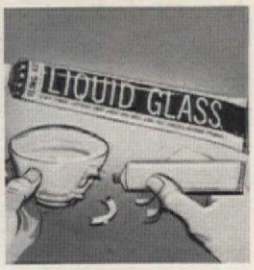
continued

From Fabulous San Francisco, ANTHONY ENTERPRISES unveils 18 Exciting new ideas for gifts and better living

FACE SAVER

Glamorous jeweled mask stops breathing in of hair spray, keeps hair spray out of eyes, and leaves make-up untouched. Clear plastic lets you see what you're doing. Triangle shape forms a tone over your face.

Hair Spray Mask $1.69
Mailing 15¢ Each



MAGIC MENDING

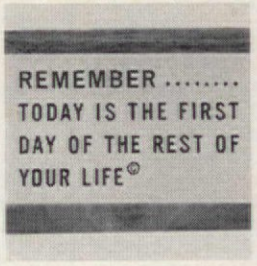
New miracle crystal clear liquid glass chemical sensation creates a washable, waterproof, heat-or-cold proof iron bond. For permanent mending or repair of glass, china, crockery, ceramics and porcelain.

Liquid Glass $1.98
Mailing 15¢ Each

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
Mailing 15¢ Each



A NEW DAY

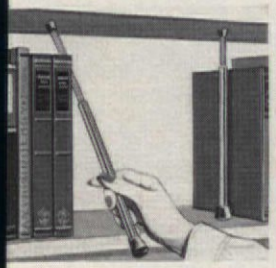
Never too late to change the course of your life! Inspirational wall plaque says, "Remember . . Today is the first day of the rest of your life." Black letters on golden plate in pine-finish plaque. 4" x 5".

First Day Plaque $1.98
Mailing 20¢ Each

CORDLESS MASSAGER

Battery-operated massager brings satisfying relaxation. Deep, gentle penetrating massage gives soothing relief from aches and pains. Stimulates circulation. Batteries not included.

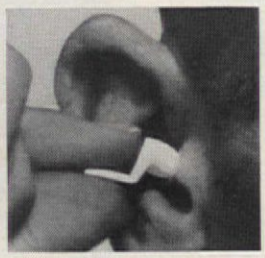
Massager, 7" $3.98
Massager, 10" $6.98
Mailing 45¢ Each



SPRING POST BOOKENDS

Post Bookends keep library books orderly, upright. Install in seconds, adjust to fit 9½" to 13½" high book shelves. Keep your built-ins looking organized. Gold-finished anodized aluminum. Set of 2 posts.

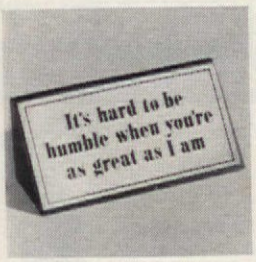
Post Bookends $1.49
Mailing 20¢ Each Set



ENJOY SOUND SLEEP AGAIN

Lock out disturbing noises that rob you of refreshing sleep . . . even snoring! Ear Drum Silencers were designed by a sound engineer. Medically accepted. Soft, pliable with an easy-to-grasp safety flange.

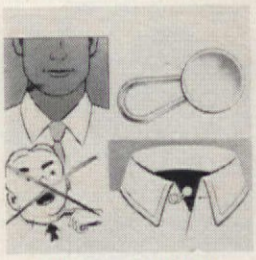
Ear-Drum Silencers $1.59
Mailing 15¢



RIB HIM ROYALLY

Plaque for a desk of distinction where reigns your man of distinction. Says, "It's hard to be humble when you're as great as I am." 2¼x4" stained wood and metal plaque doubles as a paper weight.

Humble Desk Plaque $1.98
Mailing 20¢ Each



COLLAR EXTENDERS

Collar Extender button "loosens" tight shirt collars. Ends all-day tugging. Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds. Set of 2.

Collar Extenders $1.00
Mailing 15¢

SWIM MATE

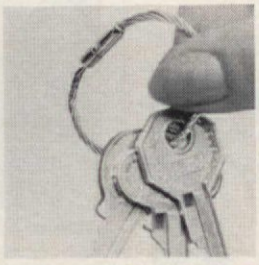
Increases the body's natural buoyancy making swimming easier for beginners and experts alike. Thin, inflatable, soft, air-tight jersey worn underneath swim suit. For men, women or children. State waist size.

Swim Mate $9.98
Mailing 40¢ Each

PLANT "NURSEMAIDS"

Feed plants while away on vacation. Amazing wicks feed moisture to thirsty plants for up to 8 weeks. Insert one end of wick in soil, other end in jar or glass of water. Will not rot or mildew. Set of 4.

Plant Nursemaids $1.98
Mailing 15¢ Each Set



UNIQUE TWISTY KEY RING

No more lost keys. No links to loosen, no chains to break. Intriguing twist-lock opens easily —stays closed. Holds 25 keys. Withstands 150 lbs. pull. Made of aircraft cable in smart gold finish.

Twisty Key Ring $1.29
Mailing 15¢ Each

PROTECT EYES FROM GLARE

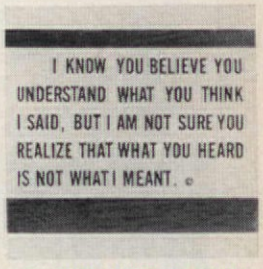
Enjoy comfortable vision in strong sunlight, while playing tennis, golfing, motoring, or walking. Adjustable dark green plastic shield slips on your specs in a jiffy. Gives added protection to sun glasses.

Sport Visor $1.98
Mailing 15¢ Each

A GAL'S BEST FRIEND

Bosom money cache is your best protection against purse snatchers. Snaps onto the bra or slip straps. Holds folding money or other valuables. Plastic lining, with a fold-over flap, keeps contents dry.

Bosom Money Holder $1.98
Mailing 15¢ Each



COMMUNICATION GAP!

How's that again? A wall plaque which will rivet every eye's attention. Makes a perfect gift and is guaranteed to improve the communication gap. Black letters on golden plate in pine-finish plaque. 4" x 5".

Communications Plaque $1.98
Mailing 20¢ Each

DRY CLOTHES INDOORS

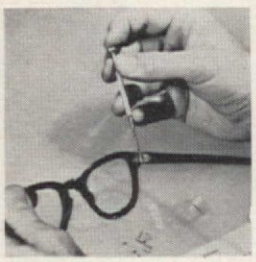
Drip Dry Bar hooks over shower rod and locks in place. Attaches in seconds. No screws, no adhesive. Adjustable 25"–31". Fits any standard bathtub. Holds full-length garments. Water drips in tub, not floor.

Drip Dry Bar $3.98
Mailing 35¢ Each

CUT HAIR FROM NOSE

Unsightly hair can be trimmed easily and safely with "Groomette." Insert in nostril and twist knob. Hair is snipped off painlessly and neatly. Fine surgical steel. Use it to remove hair from ears, too.

Groomette $1.59
Mailing 15¢ Each



REPAIR EYEGLASSES

Whenever glasses need tightening or come apart at home, on the job, while traveling, eyeglasses repair kit is invaluable. Compact kit includes a professional optical screwdriver and an assortment of hinge screws.

Glasses Kit $1.29
Mailing 15¢

Anthony Enterprises, 585 Market, Dept. A-51, San Francisco, Ca. 94105

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Address _____

City & State _____ Zip _____

How Many?	Name of Item	Price	TOTAL
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ADJUSTABLE T.V. POLES

Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

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We ship in 24 hrs.

Extension for higher ceiling, add $1.00

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TERRY ROMPETTE

In s-t-r-e-t-c-h Nylon and Cotton, with elasticized top and legs; built-in French bra, rope tie belt. For sunning, exercising, lounging. Aqua, White, Hot Pink, Sun-Gold. Sizes S, M, L.

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Send 35¢ for 68 PAGE ILLUSTRATED CATALOGUE. Chandeliers, sconces and candelabra of imported crystal. Incomparable in design and quality. Pewter and early American brass. $50.00 to $1250.00. Shipped prepaid, insured in U.S.A. Satisfaction guaranteed. In business for over a quarter of a century.

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BE SURE, GET ORIG. SWIM-EZY®

Nonswimmers swim instantly with SWIM-EZY®, the amazing and ONLY U.S. Patent approved invisible swim aid with special, pat. features and quality not found in any other device. Only 4 oz., 1/25" thin, it is worn invisible, under swim suit or trunks. Even if you can't swim a stroke—now you can—swim quickly and easily—with little effort. Poor swimmers look like champions. Relax and join the water fun. There is no substitute for orig. SWIM-EZY® at any price. Hundred thousands of delighted users. Buy today—swim tomorrow. Send $8.95 plus 25¢ ppd. or 70¢ for speedy Airmail, in Calif. add 45¢ tax. Give Waist Size, Sex. 10 day money back guar. **SWIM-EZY MFR., Dept. A-192, Altadena, Ca. 91001.**

HAND CARVED DOCTOR FIGURES

$4.98 EACH

Add 65¢ post. per order

Whimsical wood figures are expertly hand carved & painted in natural colors. Grim faced physician glumly states: "My examination reveals you shouldn't even be alive." Blood spattered dentist holding tooth & pliers asks: "Is this the one that hurt?" 6" tall.

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER Dept. A-571 Plymouth Meeting, Pa. 19462

NEED HELP GETTING UP?

Cushion-Lift® Chair has finger tip controlled power seat to aid in standing and sitting.

Write for information
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HEARING AIDS

Huge savings on tiny, all-in-the-ear, behind the ear, eyeglass and body models. New space age models are so tiny and well concealed your closest friends may never even notice. FREE HOME TRIAL. No down payment. Low as $10 monthly. Money back guarantee. Order direct and save. Write today for free catalog and confidential booklet. PRESTIGE, Dept. D-106, Box 10947, Houston, Tex. 77018.

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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

ADDRESS LABELS with NICE DESIGNS

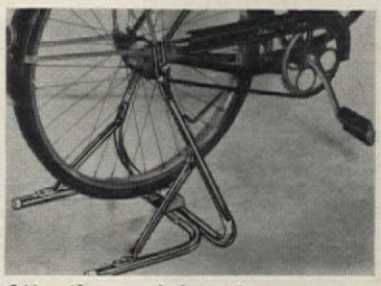
Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. [Also available are Texas Flag, Maple Tree, Treble Clef, or Palette]. Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½". Packed in neat plastic box. 500 on white or 250 on gold for $2 ppd. Or on DELUXE SIZE, 1¾x⅝" for $3 ppd. Specify Initial or Design desired. Via air, add 30¢ per order. Bruce Bolind, 165 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!

Two-way car companion

"Hold-All" Car Caddy serves as a handy arm rest for driver or rider as it "hides" driving aids in 3 roomy compartments. Fits in front or back. No installation. In black Morocco finish. 15x6x7 in. $6.95; 2 for $13. Merit House, Dept. AH-51, 40-10 150th St., Flushing, N.Y. 11354.

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.



Attention pedal pushers

Putting off riding a bike for exercise because of bad weather? This Bike Converter Stand turns any bike into an exerciser for family room or garage. Made of heavy tubular steel, raise or lower wheel for level or "uphill" pedaling. $9.98. Walter Drake, AH-35 Drake Bldg., Colorado Springs, Colo. 80901.

Home hair remover

Perma Tweez easily removes any unwanted hair permanently from face, arms, legs and body in one step. Automatic "tweezer-like" action destroys hair root. Safe. Comes with an elegant skin lotion, free. $16.95. General Medical Co., Dept. AH-12, 5701 W. Adams Blvd., Los Angeles, Calif. 90016.

continued

These wonderful new 100% modacrylic stretch wigs fit everyone!

They are Permanently set
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Crushproof
Washable
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Guaranteed
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They come in stunning natural colors: Black, Off Black, Dark Brown, Medium Brown, Light Brown, Chestnut Brown, Light Auburn, Dark Auburn, Honey Blonde, Champagne Blonde, Ash Blonde, Platinum Blonde, Frosted, Light Frosted, Slightly Gray, Mostly Gray.

You could pay $35 for wigs like these.

It's up to you—it's your money—But The Wigmaker gives you more than your money's worth or your money back.

The Wigmaker—Dept. 805 **Neptune, N.J. 07753**

Please send me_____wigs for $_____plus $1 shipping and handling charge for each wig. If I am not satisfied I may return the wig in 10 days and get back the money I paid for it.

Anita color _____

Elinor color _____

Gabrielle color _____

Pamela color _____

I enclose full amount $_____

I enclose $2 Good Will deposit for each wig. I will pay postman balance plus post office and handling charges.

Name _____

Address _____

City _____ State _____ Zip _____

You lose 10 pounds in 18 days or your money back.

If you don't mind burping and feeling a little bloated, we can probably help you lose weight.

We (New England Labs, 2 Belden Ave., Box 308AH Norwalk, Conn.) have a special time release capsule which is an aid to appetite control. It's called B-slim. Each B-slim capsule contains 134mg. of a substance called sodiumcarboxy-methyl-cellulose—to help make your stomach feel full. However, as we mentioned it does cause a slightly uncomfortable stuffy feeling in some people. (In spite of this, B-slim is becoming one of our most popular products.) Each capsule also contains Benzocaine to help dull your appetite.

Since people who are watching their weight don't always get all their vitamins, each capsule also contains 100% of the adult daily requirements of vitamins B1, B2 and C.

Now B-slim has helped so many people that we confidently make this offer: if you'd like to try B-slim, send us the coupon and three dollars. We'll send you 18 B-slim caps. Take one a day. If at the end of 18 days, you haven't lost at least 10 pounds, let us know and we return your three dollars by return mail. No quibbling. No questions. P.S. Add 25¢ if you want your capsules mailed first class.

FIRST CLASS MAIL AH1

New England Labs, Inc. ☐ 18 caps —$3.
2 Belden Ave., Box 308 ☐ 36 caps —$6.
Norwalk, Conn. 06852 ☐ 54 caps —$9.

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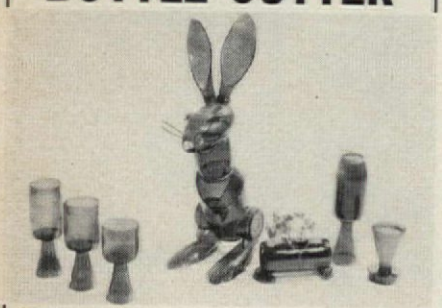
BOTTLE CUTTER



Turn those old bottles into useful items for home or office, make gifts for friends, start a hobby. Anyone can learn to cut any round bottle in 5 min. It takes only one lb. of pressure. This bottle cutter includes a standard glass cutter—NOT a saw—NOT a hot wire—NOT a kerosene soaked string. Comes with full instructions, many glass working techniques, a leaflet on how to make projects. **$8.00 Ppd.** Success guaranteed.

Fleming Bottle & Jug Cutter, Dept. A5, 15843 Pacific Highway So., Seattle, Wa. 98188.

1971 CHARTER EDITION OF COLLECTORS' HOLIDAY PLATES

Limited number issued annually by The Antique Trader, world's largest newspaper on antiques. Easter, Mother's Day, Father's Day, Thanksgiving & Christmas. Orders for all five plates must be postmarked by June 15, 1971. ($12.95 ea. ppd.). Send $12.95 with order for all five, we'll bill in advance as each is issued. All 8¼" in diameter, cobalt blue & white and pierced for wall hanging. Don't miss this charter issue. Buy them, enjoy them, and watch them increase in value! Write for free brochure.

ANTIQUE TRADER HOLIDAY PLATES
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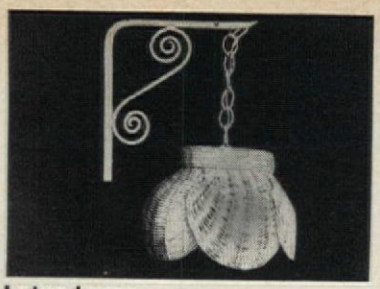
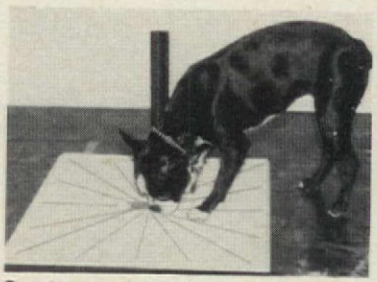


Lotus lamp

This natural rattan beauty shines in a play room, patio or teen's room. Has on/off switch; 9-ft. rattan chain and bracket; 9-in. shade. $8.95 plus $1 postage. In white, yellow, pink, green, black, orange or blue, add $1. Catalog, 25¢. Fran's Basket House, Dept. AH-5, 89 W. Main St., Rockaway, N.J. 07866.

Label it yours

Personalize your pretty creations with woven taffeta sewing labels imprinted with your name. 4 styles (specify): Hand Knit by; Made Especially For You by; Hand Made by; Fashioned by. 15 of 1 style, $1.25; 45 for $2.25; 60 for $2.75. Holiday Gifts, Dept. 605-D, 7047 Pecos St., Denver, Colo. 80221.

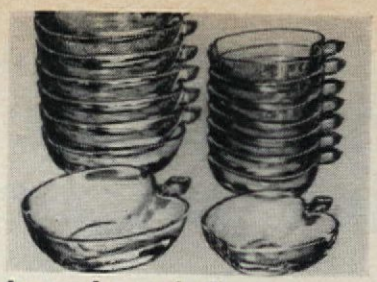


Spot senses his spot

Train-O-Mat housebreaks dogs and saves floors and carpets from stains. Chemically odorized mat attracts pets at "comfort" time. 18X18-in. washable holder with 2 months' supply of mats, $4.98; 6 months', $6.98. Pole for male dogs, add 50¢. G & G Research, Dept. AH-5, Box 8395, Dallas, Tex. 75205.

Sweet and shapely

Head for hair freedom with a wash and wear stretch wig with chic, shaggy neckline. Of Modacrylic fibre, it's pre-styled. In black, off-black, dark, medium or light brown, auburn, blonde, platinum, mixed grey. $9.95. Valmor Hair Styles, Dept. 1405-SH99, 2411 S. Prairie Ave., Chicago, Ill. 60616.



An eye for apples?

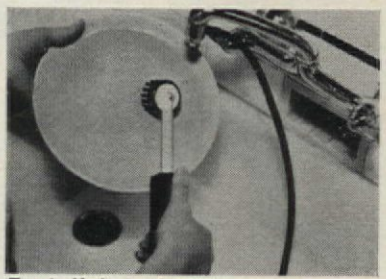
A handsome set of crystal "apple" dishes are delightful for puddings, jello or other desserts, 5½ in. Set of 8, $4.95. For soups, salads or cereals, 6½ in. Set of 8, $5.95. Add 75¢ postage. Colonial Garden, Country Kitchen, Dept. A-E5, 270 W. Merrick Rd., Valley Stream, N.Y. 11582.

Sparkling stones

Double wedding bands flatteringly enhance an engagement ring. Beautifully crafted of 14K white gold, set with 29 Strongite stones that sparkle like diamonds. Guaranteed. $64. Free catalog of rings and things for men and women. The Strongite Co., Dept. AH-5, 2 West 47th St., New York, N.Y. 10036.

Posy show-off

This charming finger vase with five open fingers shows off small blossoms so prettily. Inspired by an 18th century design, it's of white glazed ceramic with delicate decoration in pastels. A sweet 4 in. high. $2. Order from Old Guilford Forge, Dept. AH-5, 508 Broad St., Guilford, Conn. 06437.



Fast dishwasher

Kwik-Klean attaches to any faucet. Squeeze trigger for spray and push button for detergent (put in handle!) suds for quick and efficient cleaning by its durable brush. Great for shampoos, too. $9.98 plus 50¢ postage. Extra brushes, $1. Collier's, Dept. AE-571, Box 585, Skokie, Ill. 60075.

continued

THE NOW LOOK

LIGHTWEIGHT

2-PIECE BONDED KNIT PANTSUITS

$9.98

Be fashionable at fantastic savings!

Style D-10366

Style D-10366 — "IN" PANTS: Smart pants-and-tunic twosome for work, play, dates. New diagonal button front with scarfed V-neck, flared leg pants. Bonded acetate/nylon, shape keeping. Colors: Mint Green or Lilac. **Sizes: 12 to 20, 14½ to 24½, $9.98**

These lightweight shape retention beauties are the "In" fashion for now through summer and are as equally good looking as pantsuits costing up to $70. Order early for prompt delivery!

Style D-10365

Style D-10367

Style D-10367 — COMFORT PANTS: Be comfortable, be "in", be lovelier. 2-piece pants-and-tunic. Stylish button down front with carefree multi-color sash belt. Bonded acetate and nylon. In soft ROSE or lady BLUE. **Sizes: 12 to 20, 14½ to 24½, $9.98**

Style D-10365- PANTS PRINCESS: Lovely 2-Piece pants-and-tunic twosome in shape keeping bonded acetate and nylon. It's the "in" thing. Breast pockets, belted tunic, flared leg pants. in BLUE or ROSE. **Sizes: 10 to 18, 14½ to 22½, $9.98**

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GREENLAND FASHIONS
5053 Greenland Bldg., Miami, Florida 33054

Send me the following, on 10-day Moneyback guarantee if not delighted.

Style No.	Size	1st Color	2nd Color	Price

Add 75¢ postage per pantsuit

TOTAL

☐ **PREPAID:** I enclose full price PLUS 75¢ postage for each pantsuit.

☐ **SEND C.O.D. I ENCLOSE $2.00 DEPOSIT** for each pantsuit and will pay postman balance plus all postal charges.

Name _____ please print

Address _____

City _____ State _____ Zip _____

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

Plays The Theme Music from The Motion Picture

"LOVE STORY"

Seldom has the public taken a picture to its heart with the unreserved warmth and joy that has greeted "Love Story." Tender, poignant, touching the very heart of first love, here is literally a total experience between art and viewer. And now, as if to distill the very essence of this fragile theme, we've taken the incredibly lovely theme music and played it in this utterly charming music box. To a quiet moment in the day, as a background to a nostalgic moment, the crisp tinkling notes will gently build a beautiful world of your own. Listen and be lost in a lovely dream.

And the charming bisque statuette—in the tradition of world famous figurines—is a collector's piece that will become an heirloom treasure. Unfortunately it is literally impossibe to capture the delicate colorations . . . the pure white of the dove resting on a tender, leafy green base . . . all from the black and white illustration here. Only when you actually see it can you fuly appreciate its elegance and appeal. So lovely you'll want to order an extra piece as a special gift while this offer lasts.

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