

How to live a cleaner life.





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Or it can lose its support.

That's why Sealy Posturepedic doesn't make an ordinary firm mattress. We created something entirely new. The unique back support system.

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And we replaced the old-fashioned box springs with a torsion bar foundation. To work together with the mattress.



For more give and take. For better

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The result is a bed that comes with a promise of no morning backache from sleeping on a too-soft mattress. With features so unique we've had them patented. You can get all this Posturepedic



comfort and support in big modern sizes. The beds that don't end before you do.

Sealy Posturepedic. The unique back support system

The differences between Sealy Posturepedic and just any firm mattress can make quite a difference.



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flavors. Very rich, very thick, very tastybalanced meal—and you get the "Very" you get a 225-calorie, nutritionally so you never get bored.

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COVER: French porcelain quiche pan, colander and cake mold from New York's The Pottery Barn typify the "22 Great Kitchen Buys" shown on page 45. More budget finds appear in "Young Decorating at Happy Prices" beginning on page 37. Photographer: Rudy Muller

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fantastic to own? The fun's in

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CONTRACEPTIVE FOAM

WORLD'S LARGEST LABORATORIES DEVOTED TO FAMILY PLANNING RESEARCH FOR THE MEDICAL PROFESSION **TRADEMARK

THIS MONTH IN American Home



The J. Irwin Millers of Columbus, Ind., admire the Henry Moore "Large Arch" sculpture they presented to their town. Library, rear, was designed by I. M. Pei.

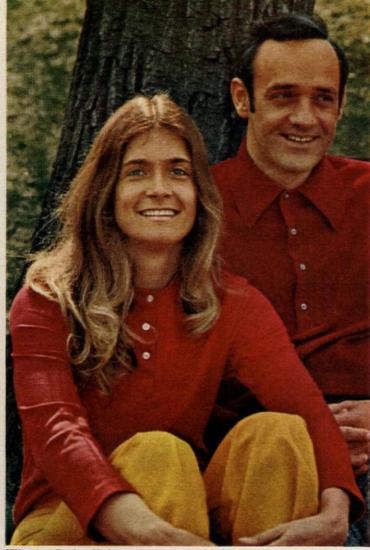
Perhaps you've noticed that we at AH have broadened the traditional home-kitchen-garden scope of a home-service magazine to include the larger community. The towns we feature all offer better tomorrows; all have been selected because they are improving the quality of life in America. Columbia, Md., and Sunriver, Ore., were picked because they were new towns superbly designed and planned. With apartment living on the upswing, we featured Seattle's Sixty-01 as a distinguished example of the clustered low rise and Chicago's Lake Point Tower as the most spectacular high rise in the country. With insufficient housing a national concern, downtown U.S.A. must be rescued from decay. Few places have restored their central cities better than those that have appeared in AH: Philadelphia's Society Hill and Newport's Operation Clapboard area.

This month we visit a paragon of a small town, Columbus, Ind., pop. 27,000. Columbus is a modern-architecture treasure trove set in cornfield-and-silo country. Some of the most celebrated architects in the land have created its schools, churches, banks, factories, library and post office. The Lorenzo de' Medici of this small-town renaissance is J. Irwin Miller, chairman of the board of the Cummins Engine Company, Columbus's major industry. In October, Irwin Miller will receive the Tiffany Design Award in recognition of the fact that the Cummins factories and the diesel engines they produce are as well designed as the public buildings of Columbus.

You will meet other Improvers in this issue. Our two Lifestyle families—the Michael Blacks of Palm Springs, Calif., and the Mike Maloneys of Bethesda, Md.—are working for important community causes. The Martin Herbstmans and the Jock Dixes of New York are young marrieds who by their own example show young couples everywhere how to decorate a first apartment with more ingenuity than cash. And Mark Hildebrand, a Yale architectural student, has created a building concept that takes modular housing out of its box.

Furdonish

Presenting some new cliches irginia Slims would like to drop nto the English language. A woman's best friend is herdog. A woman's home is her castle. The bigger the woman, the harder she falls. No woman is an island. We hold these truths to be self-evident: That all women are created equal. Woman shall not live by bread alone. One small step for woman, one giant step for womankind. After all, when you have your own slim cigarette, you really deserve your own clichés, too. You've come a long way, baby. irginia Slims. gular & Menthol: 18 mg:"tar," 1.2 mg. nicotine av. per cigarette, FTC Report Nov:70



Mike and Evelyn Maloney (above) have been in love with Washington, D.C., for the last five years—since Mike's White House Fellow days. "We discovered all kinds of great things to do and places to see for free," he says.

Evelyn huddles with three of the Maloney bunch (below)

Anne, 6, Patrick, 4, and Kathleen, 10. In their spare
moments, most everyone in the family likes to paint.



J. Frederick Smith

A Maryland couple has given up party politicking to support Common Cause—the new, nonpartisan "citizens' lobby."

Evelyn and James Patrick ("Mike") Maloney consider Washington, D.C., the place to be. They came in 1966 when Mike was chosen a White House Fellow, working as Special Assistant to the Secretary of Commerce, and they stayed on. Now Evelyn, Mike and their brood are tucked off in Bethesda, Md., just across the D.C. border, and Mike has joined a computer firm as corporate vice president.

A year ago, when former Secretary of Health, Education and Welfare John W. Gardner founded Common Cause as a nonpartisan "citizens' lobby," with promises "to overhaul and to revitalize politics and government," Evelyn was one of the first volunteers. She sent out letters, prepared press releases, packed action kits and manned the phones. Now Common Cause has nearly 300,000 members nationwide (annual dues are \$15) and is growing. In addition to Evelyn-type volunteers, professional lobbyists help press for legislation on Capitol Hill. The organization also institutes legal action and urges members to exert pressure on their Legislators.

Evelyn's work for Common Cause continues on a three-day-a-week schedule with the help of an American University graduate student, Patricia Carney, who lives with the Maloneys. Pat baby-sits on the days Evelyn is at her post; on other days, Pat works for Common Cause and Evelyn tends to the home. Evelyn doesn't think her activity the least bit unusual. "Things are happening so fast around us today," she says, "that you can't afford to sit back and just watch."

Mike also believes that change should come from people working within the system. Evelyn hopes his interest will move him into a political career. Her own political past has included campaigning for Richard Nixon (1960), Barry Goldwater (1964) and Hubert Humphrey (1968). Now Common Cause has become her comfortable, nonpartisan home-away-from-home.



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Gaines-burgers give your dog good, meaty taste. Like regular canned dog food.

But what most people don't know is that two Gaines-burgers cost about the same as a can of the leading full-ration dog food.

With a dish of fresh water,

they even fill your dog up like canned. (A can of dog food looks bigger because it's about 70 percent water.)

But that's only the half of what Gaines burgers give you.

They also give you no cans to open. No spoons to wash. No plates to scrape. No leftovers to store. And for all these nice little extras, you pay nothing extra.



Gaines-burgers.
The canned dog food without the can:



A concerned California architect is helping his Indian neighbors work for a better life.



Michael Black, a Palm Springs, Calif., architect, and his Indian friends are working to fulfill a dream. Eight years ago, Michael was asked to design a museum that would both document the heritage of the 650 Indians of the nearby Morongo Reservation and provide them with much-needed revenues. "But I got in deeper and deeper," Michael recalls. "I saw the fantastic potential of the land and the people and felt I could help them tap it."

He organized the Environmental Development Collaborative (EDC) to help the Indians get a government grant. Under the grant, EDC, now made up of Michael and two other community planners, plus an impressive roster of consulting geologists, lawyers, economists, sociologists and architects, is charting the Reservation's resources and researching the best application of the land. Today an expert on Indian affairs, Michael also counsels other California tribes.

While he works on the Reservation, Michael's wife Barbara takes charge of youngsters Adam and Karina, serves on a curriculum-planning committee for the local public school and has started a cooperative nursery. Their private joy, a modular house built as a desert retreat for a railroad exec in the 30's, is painted a fitting adobe tan.

Barbara, Michael and Karina Black, 9, play Humpty Dumpty with Adam, 2, in the backyard of their Palm Springs home.

In Reservation's museum, Michael talks with Morongo spokesman Emmett St. Marie and Museum Director Jane Penn. His work on the Reservation has been evolutionary: "As an outsider, I had to cleanse my mind to see just what the Indians wanted."



Christa



No dishwasher detergent can prevent water spots.

No detergent, even the best, can prevent water spots.

Jet-Dry and only Jet-Dry is made to sheet off water in the rinse

cycle. (It's there water spots form, after your detergent's gone down the drain.) Jet-Dry comes in liquid for machines with dispensers. Or a solid little basket you hang in your dishwasher.

So next time a dishwasher detergent promises you nothing but spotless, spotless, spotless, remember its claim goes down the drain when it goes down the drain.

Try Jet-Dry Water Spot Remover. You'll see what spotless really means.

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Liquid.

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GREAT AFAR



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Kleenex towels present wigs worth flipping for. Reglar \$35 to \$40 wigs from one of America's leading hair ashion names. (You'd surely know it if we could tell.)

All wigs are made of easy-care Kanekalon modacrylic. hey're pre-cut and pre-styled. They hold their set through washing and wearing. And one stretch size fits all.

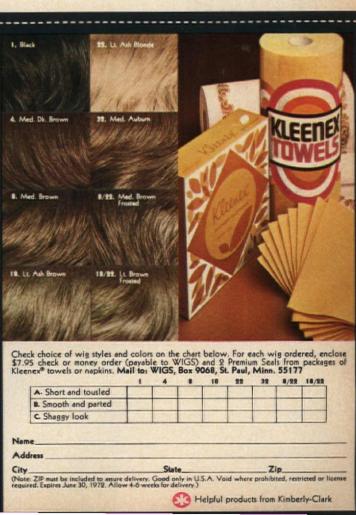
Three way-ahead styles: short and tousled, smooth and

parted, or the newest shaggy look.

Eight heady colors from blue-black to pale-androsted. And for a maxi-natural look, each color is a subtle
plend of shades, just like your own hair is.

Go ahead. Wig it up. Be naughty, be nice, be a whole
new you. The coupon below has all the details.











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Slender's nutritionally balanced program gets quick results

You, too, may lose 4 pounds the first week with Slender. Why not? Just don't backslide. Stick with 900 Slender calories a day and you'll get a thrill when you step on the scale.

Clinical study works for problem dieters

We put people, who were at least 20% overweight, on Slender for three weeks. That's four Slender meals a day, totaling 900 calories. At the end of the first week, dieters had lost an average of more than 4 pounds. During the next two weeks, losses averaged 3½ pounds a week. Many of the dieters on the program told us they were not unduly hungry and found Slender "surprisingly filling".

Low in calories, high in nutrition

Many 900 calorie diets are fad diets which emphasize one nutrient over others. But a Slender meal is nutritionally balanced. Whether it's instant Slender, mixed in milk, or Slender chilled from the can -every glass supplies 1/4 of your daily recommended adult dietary allowance of protein. Plus the regular vitamins and minerals you need including vitamins C and B complex.

Slender counts calories for you

With Slender, you don' have to get involved witl measuring out tiny portion of this and that. And you avoid costly calorie mistake which may undo your diet Slender counts the calories so you always know where you stand in the calorie battle

How to slim down sensibly with Slender

If you want fast results to get your incentive up, go strictly Slender for a week Then go back to other foods in diet proportions, but have your Slender for at least one meal. Whether you go strictly Slender again for another week later on depends on how much you want to lose. But you should ask your doctor before starting any program aimed at weight loss.

One thing's certain, you'll find Slender wears well in your diet. It's so rich and satisfying, and that's without artificial sweeteners. Slender from Carnation. Dieting with-

out nonsense.

For hair and facial spruce-ups, look into the new natural

cosmetics or check your kitchen supplies for surprisingly effective homemade beautifiers.



Robert Huntzinger

Nancy Adams McKuen favors the country life. For fun and exercise, the McKuens-Nancy, her 10vear-old son Mason and her actor husband Brian-take hikes, fish or row around the lake that fronts their Bloomingdale, N.J., home. Nancy's casual hairdo is by Raymond and Nassir of New York.

Mrs. Brian McKuen (above) of Bloomingdale, N.J., is also Nancy Adams, the Director of Cosmetic Marketing for Yardley of London. She is a beauty expert who raids her refrigerator and pantry shelf for many of the ingredients she uses for her own skin and hair care.

Nancy has found a beauty use for almost every part of the egg. To cleanse her slightly dry skin, she concocts a mixture of egg yolk and a few drops of almond oil. (For oily skin, Nancy recommends the same egg yolk plus cucumber juice.) Her cure for blackheads and whiteheads around the nose is to use the thin white membrane that clings to the inside of the raw egg shell. She removes it gently and applies it, wet side down, to the oily area of the nose, lets it dry and peels it off.

Egg white, lightly beaten, is a timehonored firming mask for oily skin. You apply it to your entire face, allow it to dry for 10 to 15 minutes, then rinse it off. On her own dry skin, Nancy uses a honey mask to soften rather than firm. She spreads honey lightly over her face, lets it set for 20 minutes-and, as part of the treatment, she stands on her head so the blood rushes to her face and stimulates the skin.

As a deep-pore cleanser, Nancy prepares her own herbal steam facial. She boils 1/2 teaspoon oregano, 1/2 teaspoon nutmeg, 3 sticks cinnamon, "a few" whole cloves, 2 or 3 cubes crystalized ginger (or a small piece of gingerroot), 1/2 teaspoon liquid camphor and 2 tablespoons almond oil in 2 quarts of water for about 20 minutes. She then pours the mixture into a bowl, leans over the bowl with a towel draped tentlike over her head to prevent steam escaping and stays there as long as she can stand the heat. The fragrant steam opens the pores and stimulates the skin. Afterward, Nancy splashes on cool water.

To condition her slightly dry hair, once a month Nancy slathers on "tons of mayonnaise" for about 20 minutes. then shampoos it out. She washes her hair three times a week. Once a week she gives herself an egg shampoo in its simplest form: She breaks an egg on her head, works it in and rinses thoroughly.

If you like the idea of natural cosmetics but don't want to bother with making your own preparations, you can buy them. Leading cosmetic firms have already joined the natural boom. Yardley's Country Treats skin-care collection is made with oatmeal. Wella has introduced Wella Care Herbal Shampoo with clover blossom, wild ginger, yarrow, camomile, rosemary, nettle, speedwell, horsetail and birch. Avon's Prima Natura skin-care collection has, among other ingredients, oil of almond, apricot kernel and cherry pit, dill and eucalyptus. Borghese's Garden Facial-Soufflé and astringent come in a choice of mint, strawberry, raspberry, orange, cucumber, honey almond, lemon, avocado and peach.

THE BEAUTY COUNTER

If you've been wistfully watching everyone else bask in the sun while you've had to protect your sun-sensitive face, Charles of the Ritz may lure you out of the shade. Liquid Revenescence Moisture Glow, in a 2-ounce bottle, now gives you the double benefit of 1) bronzing your skin and 2) simultaneously protecting your face with a sunscreen. If you prefer the cream form, try Revenescence Moisture Glow (1 ounce). Price of either: \$7.50.

The trend toward giving the sun an assist in lightening your hair has been given another boost by Toni's Sun-In, a hair-lightener that depends on the sun for its blonding action. Spray it on damp hair and comb it through until the hair is saturated. Then laze in the sun while your hair gradually lightens. For blonde hair you wish were blonder, use Regular Sun-In. For darker hair, use Super Sun-In. Because it conditions as it lightens, you can apply it as often as four times a day. The price: \$2 for a 4.7-ounce bottle.

If midsummer heat is making your skin impossibly oily, here's help: Frances Denney's Under Make-Up Oil Block is a cool turquoise liquid you pat on before your makeup. Two ounces of this gentle antiperspirant sells for \$6. Martha Lorraine Face Savers are great to tuck into your bag on those days that promise to be scorchers. The absorbent little sheer squares of pure linen that gently blot up oil and moisture without disturbing your makeup come in a packet of 200 for \$1.

With the hot-pants rage, it had to happen: Max Factor's Hot Lips Color Gloss. These shimmery new glosses are rich in protective moisturizers and offer a range of ripe summer colors: Hot Melon, Hot Plum, Hot Tomato, Hot Pink, Hot Biscuit. You fingertip them on from a little hot-pink mirrored compact. Price: \$2.

Doesn't the very thought of lemon make you feel cooler? Tussy's new Body Cool Foam and Body Cool Lotion are citrus-scented moisturizers to protect you from summer's drying heat. The creamy lotion is \$1.50 for 8 ounces; the 3-ounce aerosol foam costs \$2.

A bubble bath while you shower? Absolutely. It's Mink & Pearls Bubble Shower by Jovan, a bright idea combining a slotted sponge and creamy lotion. You pour the lotion in the slot and sponge your body under the shower. Out come billows of bubbles in the Mink & Pearls scent. The sponge plus lotion (enough for about 40 showers' worth) sells for \$5. END



By Dorothy Lambert Brightbill

STRAWBERRY STITCH SAMPLER

In the earliest days of embroidery—during the late-15th and early-16th centuries—there were no pattern books available. Needlewomen kept a record of the stitches they had mastered on a "sampler." These earliest samplers had no overall pattern, but little by little an element of design was added. Much later, the cross-stitch sampler as we know it, with alphabets and nostalgic memorabilia, was developed. The sampler above, size $12\frac{1}{2}\times20\frac{1}{2}$ inches, is embellished with delightful strawberries which in themselves are stitch samples, for each is composed of different stitches. The frame is also available. See the coupon below.

Fill out and enclose check or money order. (Sorry, we are unable to handle Canadian or foreign offers.) American Home Dept. 5344 4500 N.W. 135th Street, Miami, Florida 33054 Check item(s) desired: Check item(s) desired:

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Kit 61392 Easy-to-assemble frame for above
@ \$4.98 plus .50 post.

Kit 61079 Set of 4 Strawberry Place Mats with Napkins
@ \$5.98 per set plus .35 post.

Kit 61080 Strawberry Tea Cloth (48" square, same pattern as Kit 61079) and 4 Napkins
@ \$8.98 plus .35 post.

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CROSS-STITCH OUR LOVELY WILD STRAWBERRIES

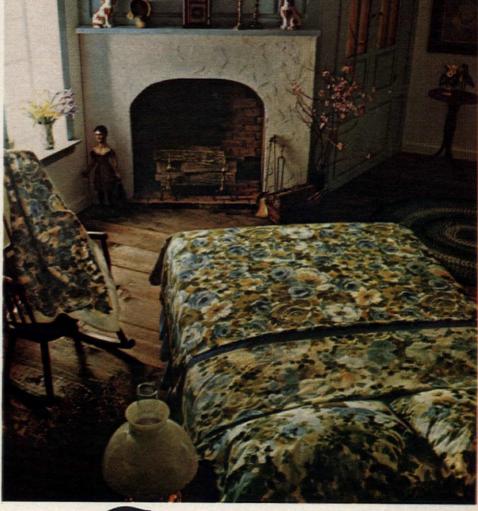
This lovely place-mat design was inspired by Strawbery Banke, N.H., a restored village originally so named because the river bank was laden with wild strawberries. The design is stamped on creamy-white 100 percent linen with finished green beauty-edge hems. Kit includes four green-linen napkins, embroidery thread and instructions.

Ben Swedow

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.

Now at White Sale values from the Cannon Royal Family, for all the different ways you feel.

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

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CELLULOSE FIBER FILLER

New Discovery Makes Stuck Drawer Slide at Fingertip Touch-

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DRY-LUBE. Eliminates frictionwithout oil. The secret is a new spray lubricant so clean it won't soil your best clothes. Get 3-IN-ONE DRY-LUBE at all hardware out-



DECORATING NEWSLETTER

A report on the new looks and lines of today's furniture

COLORS . . .

Yellow-sharp as a taxi cab on a gray city street, shiny as a little boy's slicker in the rain-spread sunshine on furniture, fabrics, accessories and lamps at the latest Southern furniture showings as manufacturers introduced their newest lines. Soon you'll see yellow brightening the retail-store scene everywhere.

White and brown-the darker browns are best-are favorite companions for yellow, as are dark red and green, especially if it's the green of a healthy leaf. Navy, a color that's also coming on strong, is almost equally good, and so is black. We saw lots of orange, white and blue schemes, too. The colors are just as bright and workable as the traditional red, white and blue.

NEW BASICS AND A REVIVAL . . .

Best of all at the showings, because it's a return to basics, was the natural look. Designer Milo Baughman achieved it with pine furniture the mouth-watering color of freshly baked rolls and with straw-seated chairs. His pieces were upholstered in quietly complementary fabrics such as a patchwork print in faded-denim blue and soft rust on putty. For accessories: a creamy tapestry wall hanging, baskets everywhere and lab glasses filled with seed.

But if basics are not for you, take heart. A French Provincial revival is under way. Some of the prettiest and most authentic-looking pieces were to be found at Henredon. Most of their "Two Centuries of French Styles" showroom collection was curvy Louis XV, but there was some earlier and straighter Louis XIII furniture as well.

THE VERSATILE ARRANGEABLES

For do-it-vourselfers, there were also wall systems that stack like building blocks to help you create your own environment. Founders had a German wall system made of white-lacquered wood that was a little marvel of not-too-expensive engineering with pieces ranging from a 20x16x82-inch bookcase for \$125 to a drop-leaf dining table plus cabinets for \$500. (All prices here and following are approximate.) Directional showed a system of panels-plus-side supports for use as freestanding dividers or as backdrops for arrangements of cabinets, shelves, drawers, etc. Available in white or charcoal, panels retail from \$97 (for a 33x30-inch size) to \$230 (for the full 80-inch-high, four-section system).

Not a system, but also a great and versatile idea, is Kroehler's fold-out chair. It consists of two foam cushions mounted on a hinged plywood base that opens up, converting into a comfortable couch-bed or chaise. It sells for \$180 to \$200, depending on the fabric.

TAPE IT PRETTY

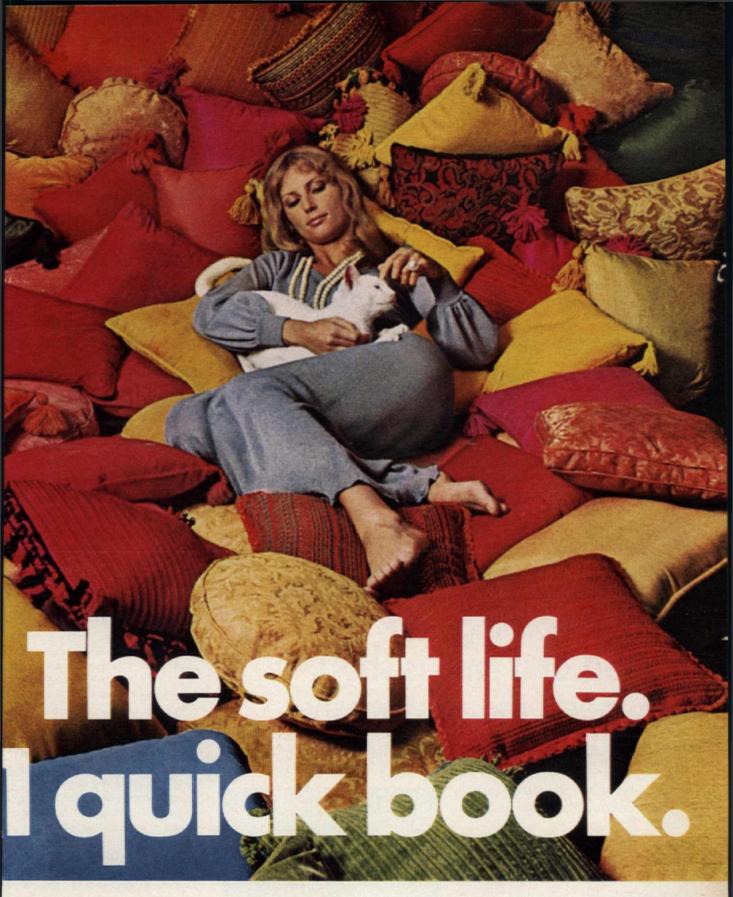
Perky as a fresh hair ribbon and even easier to use is Karnac, Inc.'s Tape Decor, a new self-adhesive ribbon in four punchy patterns and five kicky colors. Greek Key and Daisy are neatly styled for the traditional-minded home decorator. Polka Dot and Checkerboard have more verve and modern appeal.

The tapes will adhere to almost any clean surface. They're ideal for sprucing up window shades, wastebaskets, canisters and desk pads. Applied directly to a wall, they add scale and importance to a picture or bulletin board that's too small. Sold in hardware and department stores, the tape rolls come 1 inch wide (\$1) and 2 inches wide (\$2).

COOK-AND-SERVE CERAMICS

The natural look reported on above also comes to the table with Franciscan's Gourmet, a new ceramic collection of cook-and-serve pots, plus coordinated dinnerware, in mushroom and mat-charcoal colors. The set of 12 pots is engineered to go from the freezer right into the oven, and from there to the table and eventually into the dishwasher. They range in size from a 13inch oval pot (long and narrow for asparagus or fish) to a six-quart casserole and are priced \$13 to \$22.

The 20- or 45-piece dinnerware sets come in five patterns, all using the two basic colors of the pots. There's a Japanese brush-stroke design, a geometric, stripes, an abstract and a solid with a stripe. A 20-piece set sells for \$60; the 45-piece set for \$145. -Vera D. Hahn



Loll in luxury—and don't spend a penny for it. You don't even have to spend a lot of your recious S&H Green Stamps. There isn't a pillow on the page that takes more than one book. And pillows are only one of thousands of gifts you can get with S&H Green Stamps. Start saving for the soft life now. Shop at stores and service stations that give S&H Green Stamps—you'll find out fast the more you lick 'em, the more you like 'em.

S&H Green Stamps—The finest things that money can buy you don't have to buy with money.



DECORATING Q'S & A'S

I love the new sisal carpeting we have installed in our house but am not sure if you clean it the same as you do regular carpeting. Can you tell me how to take care of spots and overall cleaning?

Sisal carpeting needs frequent vacuuming to prevent an accumulation of tracked-in soil or sand. Oil and grease spots can be satisfactorily removed with a naphtha-base spot remover, the kind you use on clothing. Wood alcohol can remove wine or liquor stains. Be careful, however, not to spread the stain by using an excessive amount of cleaning fluid. And always rub toward the center of the spot. To clean the carpet, use any of the commercial dry-shampoo carpet cleaners.

Canyou help me decide whether to buy wall-to-wall carpeting or area rugs for the L-shaped living-dining room in our house? The rooms I see pictured in magazines show area rugs. Is wall-to-wall passé?

Nothing that works for you and your family is passé in today's decorating. What is old hat is wall-to-wall carpeting in cliché colors and uninteresting textures. A tiny-geometric-patterned carpeting in subtle colors laid wall to wall will make for a newer look, unify and enlarge your rooms and add character. However, you can do the same with area rugs if you have handsome wood floors. Choose a patterned rug for the living room, a solid-color one with several contrasting borders for the dining room-both rugs in the same colors. Since you do want this area to look as spacious as possible, select rugs that

> have a muted color scheme and will blend with the surrounding floors

> I'd like to redecorate my living room in all white for the summer months. My husband says it will be all black in a week. Is there any practical way to do this?

Although white will soil, if you choose machine-washable fabrics we think it will be worth the effort. An all-white room is certainly one of the loveliest looks for summer. Use fabrics in different textures for slipcovers and skirts for tables. Take down all draperies and use bamboo blinds sprayed white. Clear away most of your accessories but do add a few white bowls and vases brimming with daisies.

We recently added a screened porch to our house and I'm planning to repaint some vintage wicker furniture to furnish it. What do you suggest for a snappy color scheme?

Paint furniture, walls and flooring white. Cover cushions with blue and white dime-store bandanas sewn together. Or make a patchwork out of remnants of navy and white patterned fabric. Leave windows bare, but do hang baskets of trailing ivy from the ceiling at varying heights in front of the windows. —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.



If your mornings are rushed and time is short, you need the powerfully fast denture cleanser.

No other denture cleanser formula is quite like the Polident* Tablet formula.

It bursts instantly into powerful green bubbles that not only attack stains and odors fast, they help to lift out unsightly discolorations.

So in just minutes your dentures can be beautifully clean, fresh, odor-free.

And you're ready for the morning rush.



'These days it's silly to buy a sofa that doesn't hide a bed."

"You think it's silly to have a big extra bed you only use occasionally?

I don't.

Not when it comes wrapped in the sofa you've been looking for. And comes at no extra cost.

That's why I bought a Hide-A-Bed® sofa. It was

everything I wanted.

I chose a size to fit my room, and a style and fabric that matched my love seat—a fabric that makes me happy every time I look at it. And then, I added my own custom options.

I really think anyone who's shopping for a sofa should look at a Hide-A-Bed sofa first. They come in every size and style you can think of. From chromeand-leather modern to museum reproductions. With over 400 fabrics to choose from.

And then there's that beautiful bonus: the hidden bed. With a Regency* or Beautyrest* mattress. From single to Super size.

We've had our Hide-A-Bed sofa for about six months. So far I've used it as a bed only once. So I guess you'd say the hidden bed is a luxury.

You'd also have to say it's a beautiful bargain.

And I have to confess—I love bargains as much as I love luxury."



For decorating booklet, "Hide-A-Bed Sofas for the Way We Live Now," send name, address and 25% to Simmons, 2 Park Avenue, N.Y.C. 10016



Hide-A-Bed sofa shown: Sutton-4. Fabric: 6155/56. About \$495. Matching stationary love seat shown: Sutton-2. About \$375. Both from Golden Value Savings Collection. Fabric protected by Zarpal. Soil/Stain Repeller.

When Simmons can give you the sofa you want, isn't it nice there's a bed in it, too?

THE HIDE-A-BED SOFA BY SIMMONS FOR THE WAY WE LIVE NOW.

By Dorothy Lambert Brightbill

GALA PILLOWS TO EMBROIDER

The happy exuberance of summer colors in these three Erica Wilson-designed pillows will be a constant source of cheer in any season. The dazzling embroidery is deceptive because it is much easier to do than it looks; large stitch charts and simple instructions will make any amateur a pro. And the beauty and unusual quality of these pillows, each 14 inches square, will delight even the most accomplished needlewoman. The stitches are big and bold and worked with exquisitely dyed wool yarns that are easy to handle. Kits also include pillow backs and zippers (pillow forms are not included). To order these kits, use the cutout coupon below.



Ben Swedowsk

Fill out coupon and enclose check or money order. (Sorry, we are unable to handle (Check item(s) desired:	Canadian or forei	gn orders.)	
Kit 61399 Floral Bouquet Pillow (center) @ \$6.98 ea. plus .35 post. Kit 61400 Tropical Fruit Pillow (right) @ \$5 ea. plus .35 post. Kit 61401 Strawberry Basket Pillow (left) @ \$6.98 ea. plus .35 post. 61014 Catalog of other kits @ .35 ea. Sales tax, if applicable Total enclosed	American 4500 N. W. 1 Miami, Florid		5343
Send C.O.D. I enclose \$2 goodwill deposit and will pay postman balance plus all postal charges.			
postar charges.	print name		
Use your charge card for any purchase over \$4.98:			
BankAmericard—Acct. No.			
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Interbank No. (Find above your name)			
Good through	city	state	zip code



YOU CAN'T RECAPTURE THE 1920's WITH JUST ONE PICTURE

So Time-Life Books has done it in a volume with 331 pictures as expressive as the one above. Make us prove it by sending it to you for 10 days free

In the 1920's there was no picture magazine called *Life* to capture and preserve the fads, fashions and fun of the time. But many of the photos, cartoons, ads and souvenirs that would have gone into such a magazine still exist—stored away in photo archives, library files, newspaper morgues and private collections.

To re-create this all-but-lost-era, the editors of Time-Life Books have spent thousands of hours searching through hundreds of sources and carefully selecting the most eloquent mementos of that wonderful, wacky time.

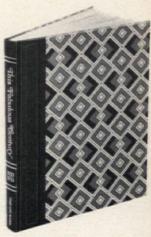
The picture above offers just a single glimpse of the fascinating volume which has resulted. But one picture simply can't do justice to this captivating book. So we'd like to send you the whole book. (It's one of eight planned volumes which will permit Americans to relive, decade by decade *This Fabulous Century*.)

In this captivating album, you'll see a whole gallery of photos and other mementos of the Roaring Twenties—331 marvelously expressive

illustrations in all. You'll see college "sheiks" and "shebas"...sports heroes and literary giants...floppy pants and mini skirts...flagpole sitters and daredevil stunt fliers...early chain stores and ornate movie palaces.

And in the crisp captions and sparkling text, you'll read about the great Crash of 1929... Prohibition... the racketeers... the automobile revolution... early radio... the Jazz Age... the dance marathon... the Mah-Jongg craze... and much more.

Enjoy this volume free for 10 days. Then return it if you wish. Or keep it for \$7.95, plus shipping and handling, and every other month thereafter we'll let you examine without obligation another volume in the eight-volume series. But you don't have to buy all eight volumes—just those you want or none at all. To get the 1920's volume for free examination, just detach and mail the bound-in postpaid reply form. Or write Time-Life Books, Dept. 1601, Time & Life Building, Chicago, Illinois 60611.



- 288 pages, 91/8" x 111/8" page size
- 331 pictures—many in color
- Hardbound in patterned cloth; gold-stamped spine

THE PLUMB LINE

News from an architecture and environment editor's desk

ORGANIZING FOR THE ENVIRONMENT

Ecology groups are proliferating all over the country. If you're interested in starting one, you might contact an Ecology Center near you. Incorporated, nonprofit, community-based organizations, the centers are designed to educate the community in local environmental problems. By providing scientific information, they hope to channel enthusiasm into work on practical solutions. The centers also run large-scale recycling campaigns, conduct seminars and serve as an important resource for speakers. For a centers listing write to Environmental Action Bulletin, 33 Minor St., Emmaus, Pa. 18049.

THE SKY'S THE LIMIT

Rainy noon hours do not send Minnesotans who work in the heart of downtown Minneapolis scurrying for their umbrellas. Nor do freezing cold, snow and sweltering heat perturb them either. For they are the sheltered users of the skyway system, a series of enclosed pedestrian bridges that joins the second stories of five blocks of department stores, offices and hotels. The Skyways, heated in winter and air conditioned in summer, are made of steel and glass. By 1985, Minneapolis city fathers predict that 64 such walkways will link the entire downtown business district.

MAINE: PRECEDENT-SETTER

As Maine goes, so once more will go the nation—we hope. This time the State Fish and Game and Sea and Shore Departments are setting the pace. They have established a computerized data bank to supply on request all pertinent

information on population trends, power usage, fish and game stocks, hunter-fisherman profiles, water use and atmospheric and pollution conditions in both urban and rural areas. This is the kind of future-think more states should adopt.

SAFETY AFLOAT

With the swimming and boating season well under way, a new life-saving device is a good thing to know about. Called AquaMate, it's shaped like a grapefruit, is made of plasticized nylon and weighs only 9½ ounces. Before throwing it to a swimmer in trouble, you pull out a red strip and depress a black button. A few seconds after hitting the water, it inflates and releases a full-size life preserver that can hold an adult afloat for 12 hours. Price: \$12.95 in sporting-goods stores.

HIGHWAY RIFT

Conservationists in Memphis. Tenn., were not about to give up 26 acres of the city's 342-acre Overton Park to an interstate highway, even if the plans called for it to be built below ground level. They took on the U.S. Transportation Department, voicing their complaints all the way to the U.S. Supreme Court. The tribunal ordered the Memphis Federal District Court to review the Department's decision to build the highway by determining whether approval was "arbitrary, capricious, an abuse of discretion or otherwise not in accordance with the law." The road to a green city may well be paved with such good decisions. -Barbara Plumb



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more refrigerator than you pay for.

Hotpoint quality is backed by Hotpoint service.

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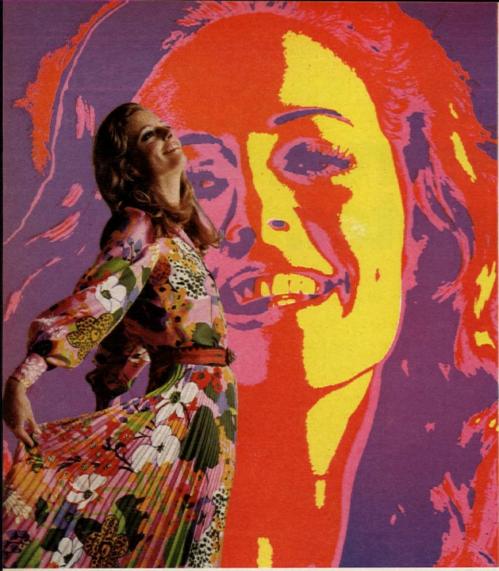
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They won't even crawl in cold water.

Today, shrinking, color fading and fabric wear in hot water can be stopped with Cold Power and cold water. Cold Power is specially formulated to do all your wash in cold water...and the only thing that will shrink is your hot water bill.



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The World's Most Popular Dry Cleaner.



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SAVING GRACES

Kitchen cues for better, money-saving meals

CONSUMER QUERY: ADDITIVES

Homemakers have probably never been more food conscious than they are today. Their concern has always been to feed their families well and properly, but now they are questioning some foods they formerly took for granted and want to know more of what goes into them.

What, for instance, is an additive? Basically, it is any substance that is put into another to achieve a desired result. You use additives every time you add salt to cooking liquids, sugar to strawberries or flavoring to a cake batter. The food industry uses them when it puts a tiny amount of a laboratorymade ingredient into a product. Are they chemicals? Yes, but so are the salt, sugar and vanilla you use. Without the addition of chemicals, packaged foods wouldn't perform as you expect them to. Additives retard the mold in bread, flavor gelatins, allow salt to flow in damp weather and let you keep perishable packaged foods on your shelf.

Under federal regulations a manufacturer cannot add a chemical to a food unless he first submits data to the Food and Drug Administration showing conclusive proof that it is safe. Nutritionists are urging, and the FDA is considering, a further requirement—that an additive provide some benefit to the person who eats it.

Vitamins and nutrients are the additives people seem to want in their food. While no problems have yet arisen with the use of vitamins in food, research is needed to find out the maximum safe levels of some of them. The more the better is not necessarily true. Vitamin D is essential in preventing rickets, but too much can cause hypercalcemia-an excess of calcium in the blood. There is still no substitute for a balanced diet and properly cooked food, and it is hoped that consumer education along these lines continues.

OUR COOKS SUGGEST

How to tell hard-cooked from fresh eggs when they've been put in the refrigerator without identifying marks? Simple. Just twirl the egg on the counter. If it spins, it's hard-cooked. The movement of the yolk from side to side will keep a fresh egg from spinning.

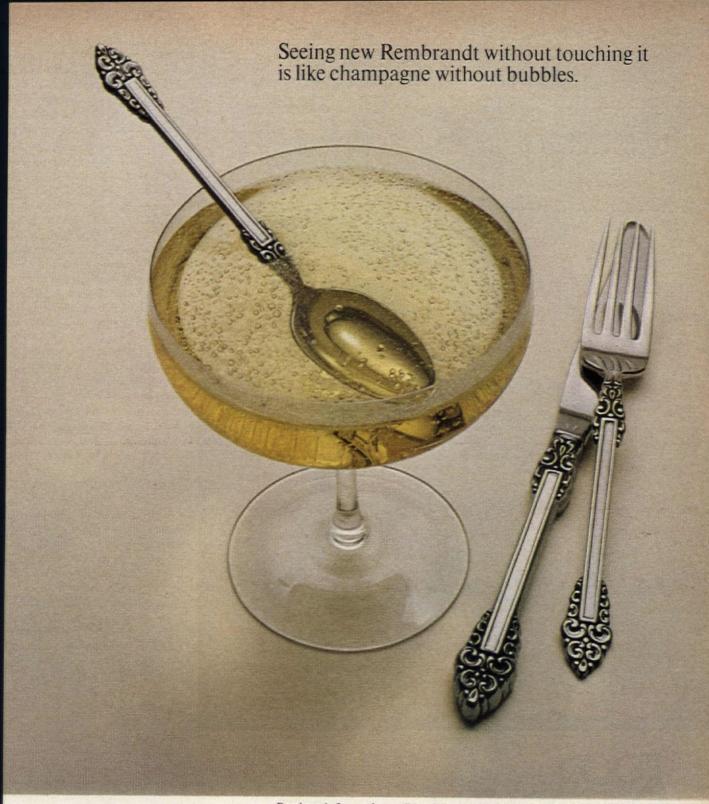
When barbecuing hamburggers, shape them around an ice cube. The grilling will melt the ice and keep the meat juicy. Stacked glass or plastic

stuck inside one another. To separate them easily, fill the top tumbler with cold water and dip the bottom one into hot water.

PLANT A TREE

With just a label from a can of Hunt's Big John's Beans 'n Fixings and a stamp, you can make a great contribution to the country's forests and future. Hunt-Wesson Foods, in conjunction with the U.S. Forest Service, will plant a tree for each label you send, and you will receive a certificate of participation. This reforestation could be a great project for schools, churches or other organizations. Mail labels to Big John's Forest Building Program, Hunt-Wesson Foods, P.O. Box 878, Rosemount, Minn. 55068.

—Frances M. Crawford



Rembrandt. In carefree, solid stainless by Oneida. Service for eight, \$129.95.

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Oneida Silversmiths

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It's tough to get the dirt out of permanent press. Especially if you're trying to take it easy on your colors.

But before you use something like chlorine bleach, try adding a little Borateem® to your detergent.

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Borateem helps keep permanent press a little more permanent.



FOOD QUESTIONS YOU ASK

How should zabaglione be served, and how do you keep it from separating?

> Mrs. B. L. Watson New Smyrna Beach, Fla.

Zabaglione, a foamy egg mixture prepared from egg yolks, wine, sugar and flavorings, is generally cooked in a double boiler until thickened and is then served in glass dishes as a dessert or is sometimes used as a sauce. It will separate into a layer of wine on the bottom and foam on the top if it is overcooked. The foam structure does not last very long; for this reason it should be prepared and served immediately while still warm.

I recently made some doughnuts that turned out very soggy. What do you think went wrong?

Mrs. L. R. Halstead Buffalo, N.Y.

When frying any food, the key to success is to begin with fresh oil and a deepfat frying thermometer. Be sure the fat has reached the specific temperature before adding food Fry only small amounts at a time and do not crowd the pan. Allow the fat to return to proper temper ature before cooking another batch

Should bicarbonate of soda be used in cooking to brighter the color of green vegetables? I read once that it should not be used, but I don't know why

F. R. Freed Columbus, Ohio

Bicarbonate of soda, or baking soda, should not be used in cooking green vegetables, for it destroys their vitamin A content. To preserve the color of green vegetables, cook them uncovered for the first few minutes. This allows much of the volatile acid to escape with the steam, thus helping to prevent the chlorophyl from turning dark olive green.

I recently tasted an excellent salad dressing that was made with malt vinegar. What is this and where may I purchase it?

> G. J. Murphy Winchester, N.H.

Malt vinegar is made from a malt solution instead of from the common wine or cider base that we are most familiar with. It is used in England and is not easy to find here. Some specialty shops have it, including Charles & Co., 340 Madison Ave., New York, N.Y. 10017, where it can be mailordered. Write to them for a catalog and information on how you may order.

What is the best way to store olives? I've noticed that sometimes a white scum forms on the top of the jar and I would like to know whether

the olives are in good condition and still edible.

P. R. McGrath Tenafly, N.J.

Olives in cans or jars that are unopened may be stored indefinitely at room temperature. After they are opened, store in the refrigerator. Rinse off any white scum that forms beforeusing. The olives are edible as long as they are firm.

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.

Twist, wiggle, toss and turn on all 4 Beautyrest firmnesses. So you won't have to twist, wiggle, toss and turn all night.

sing and turning on a lot of tresses in a store is the best to avoid tossing and turning mattress at night. hat's why Beautyrest® tresses now come in four nesses. So you can roll and st and bounce and wiggle until find the one that fits your of how firm a mattress

tart on our normal firmness. d then roll your way along our ee Back Care models: Extra n, Extra Firm Plus, and Super n. After you've tried them try them all all over again. one you wind up on should

be the firmness that makes you unwind the most.

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For your nearest Beautyrest dealer, call 800-553-9550 free. (In Iowa, call 319-242-1867 collect.)

Roll around on all four firmnesses until you find the one that feels best to your sides, your front side, and your back side.



CROSS-STITCH FOR THE NURSERY





Mother animals and birds and their young frame the familiar words of this cross-stitched version of a Child's Prayer.



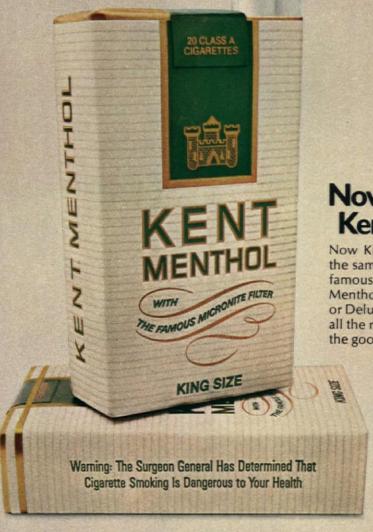
Humpty Dumpty, Country Mouse and Teddy Bear will keep a child company and record the important facts of his birth.

Make a delightful nursery decoration—cross-stitch one of these designs for your own child or as a unique baby gift. Tots will love measuring up to the personalized Grow Chart (left). The boldly stitched design is stamped on white piqué (needs no hemming), size 11x36 inches. Kit includes floss, pennant, tape measure and hanger. Or try the nursery companions above—one a Child's Prayer (14x17 inches), the other a Birth Record (12x14 inches) with the youngster's name, date and time of birth and weight embroidered in outline stitch. Both designs are stamped on 100 percent linen. The wooden frames are also available. See coupon.

Frame for Child's Prayer @ \$3 each plus .50 post	g of other kits @ .35 each Sales tax, if applicable. Total enclosed
Sales tax, if applicable Total enclosed TCHERY Dept. 5512	Sales tax, if applicable Total enclosed 7 Dept. 5512
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Rich, red and hearty...with a special blend of spices in the sauce. Kraft Dinners: great ideas for good cooks on a budget. Division of Kraftco Corporation

Kent got it all together Again!



Now there's <u>King Size</u> Kent Menthol too.

Now King size smokers can enjoy the same brisk, breezy flavor and the famous Micronite® Filter of Kent Menthol 100's. Either way, King size or Deluxe 100's, Kent got it all together: all the refreshment of menthol, all the good things of a Kent.



In her open-view kitchen, Fran Herbstman (above) can cook and talk with her guests at the same time. Displayed against rich cork walls are handsome cooking and serving pieces, all purchased at The Pottery Barn. The dining table seats six, was bought unfinished for \$35 at Pier 16 and enameled orange. The pine-and-rush chairs, from The Chair Store, are \$55 each.

By Helene Brown

lofty design on a low budget

The sunny, three-room Greenwich Village loft shown here is home to newlyweds Fran and Martin Herbstman. Fran describes her decorating style as "20th-century cash and carry." Everything in the apartment was bought (prices of items pictured are approximate) and hauled off the same day so that these busy people—Fran is an assistant editor on our staff and Martin is a third-year medical student—could assemble, paint, install and arrange at their convenience. The stores that they discovered are warehouse-type operations catering to the imaginative do-it-yourselfer. By shopping this way, they were able to stretch a tight budget. Stores like these and the imported-crafts shops they visited typify a new shopping trend. "We spent less than \$1,000 to furnish the living-dining room and kitchen," says Fran. "Almost all the furniture leads a double life—sofas become guest beds, the dining table is also Martin's desk and the tops of the open-storage cubes are used as servers." Adds Martin, "What's more, we've created a home that's truly an expression of our lifestyle."

Living and dining areas (right) are divided by stackable storage cubes, priced \$10 each, from Pier 16. A pair of sofas, made of foam-rubber mattresses over plastic-laminate bases, is from The Door Store; the two cost \$300. Sofa upholstery is made of two wool shawls, each \$16 and available at Sona The Golden One. Also from Sona: a \$15 tablecloth transformed into four pillows, an orange and brown rug for \$35, an \$8 collage made in India. Two \$4 wicker wastebaskets are topped with glass for coffee tables.

Fran (below) loves to entertain.

Much of the fun, as here,
comes from using her Pottery
Barn accessories, many of which
are featured on page 45.







PHOTOGRAPHS BY JON NAAR Shopping Information, page 62

The happy couple (left) shops for their kitchen and dining equipment at The Pottery Barn. Says Fran, who just completed a cooking course with James Beard, "I felt like a kid turned loose in a candy store."





The Herbstmans' joint book collection (above and left) is displayed on handsome oak shelves purchased at The Door Store for \$1.50 a foot. Striped cotton rug in foreground (left) is from Sona.



Living area (opposite), a mix of Dix ingenuity and Sears merchandise, is as adaptable as it is comfortable. Campaign day bed, on which Jock sits as he goes over a design project with Marilyn, converts into a sleeper (inset below) for out-of-town family or overnight guests. Drawers below hold bed linens.

When a student of architecture joins forces with a student of environmental and interior design, the teamwork can be exceptional. Such is the marriage of John ("Jock") and Marilyn Dix. He is a student at Pratt Institute in Brooklyn; she attends the Parson's School of Design in Manhattan. In designing their Brooklyn, N.Y., brownstone apartment, the Dixes wanted the best that a limited student budget would allow. Marilyn had remembered seeing great carpet bargains in passing a local Sears, Roebuck store. "We went back," she explains, "with the

intention of looking only atrugs, but ended up poking around the store and finding all kinds of things we liked—even major pieces of furniture." By the time their apartment was finished, they had purchased almost all their things new at the store or ordered them through the Sears catalog. The rest they made themselves.

The brownstone is owned by a young architect who is renovating it. Jock pitched in on the face-lift and has completely finished his and Marilyn's apartment himself. He's now an accomplished plasterer,

painter and carpenter, and Marilyn has even tried her hand at laying tile. Many of the furnishings, like the dining-drawing table (Jock's design, the table ends flip over for work, back for dining) and the day bed, are dual-purpose. Self-stick cork squares used on the wall of the dining area also do double duty—as a display space and to give the wall a horizontal play. Simple Sears wicker hampers were used throughout the living area for added storage.

Crystal jars (right), filled with Marilyn's favorite candies, and a compote of oranges form a pleasing still life against a pre-Columbian-motif Sears fabric.



FIRST FURNISHINGS FIRST APARTMENT

By Alexandra Walker

Dining-drawing table (below) can seat six, is Jock-designed and -built. Between meals, the table ends can be flipped over for work.





On the dining-area wall (above), selfstick, 12-inch cork squares make an instant display board for the Dixes' projects.

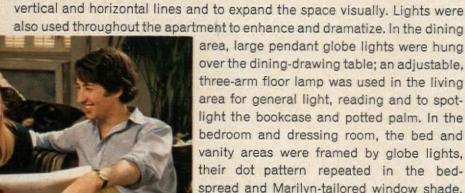
continued

Teamwork and know-how spark stylish livability at student rates.

Herb garden (above), built by Jock as a Pratt project, is set into the bedroom window and enclosed by glass. The rocklike base is made of urethane foam. An excellent cook, Marilyn finds plenty of use

for her homegrown herbs.

In the bedroom (opposite), stacked cubes store sweaters and shoes. The wine rack is used to hold Marilyn's yarn. Sears'
"Jungle Green" paint colors
the wall behind the bed.



area, large pendant globe lights were hung over the dining-drawing table; an adjustable. three-arm floor lamp was used in the living area for general light, reading and to spotlight the bookcase and potted palm. In the bedroom and dressing room, the bed and vanity areas were framed by globe lights. their dot pattern repeated in the bedspread and Marilyn-tailored window shade. (Day-bed cover and living-area pillow fabrics are also Sears-made and Marilyn-fitted.)

Accessories played an important role in the ultimate look of the apartment. Simple stacking cubes added storage space that Jock and Marilyn desperately needed. The Dixes were doubly pleased with their shopping finds. None of their furniture is so large or heavy that it can't be transported easily if they should move in the future. The storage cubes and campaign chests are super-travelers that can be simply rejuggled to fit another plan. The Dix formula-common-sense design and an eye for the buys-is a workable prescription that any apartment dweller will find easy to adapt.

Eager to bring a personal touch to their apartment's overall design, Jock and

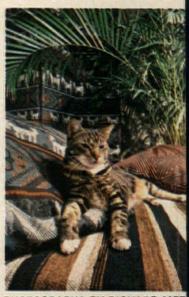
Marilyn experimented with self-stick mirror tiles. These low-cost room en-

largers were mounted strategically in the dressing room to emphasize



Dressing room (left), opposite bedroom, takes on an open look with self-stick mirror tiles. Three-piece campaign unit consists of two chests bridged by a vanity. Here Marilyn tries on a yarn tie that she keeps with her scarves in the wicker baskets.

Morgan (right), the Dixes' cat, lazes among the fabrics Marilyn used in the living area. He takes his name from a distinguished Dix ancestor, a well-known rector of New York's Trinity Church.



PHOTOGRAPHS BY RICHARD MEE Shopping Information, page 6





22 GREAT KITCHEN BUYS FROM 60¢

Cooking utensils, flatware, pots and pans, once confined to cupboards and drawers, are emerging as the newest fashion accessories for the kitchen and dining room. Bold, bright designs are bringing a stylish look to everything from cutlery to colanders. Behind the trend are stores like The Pottery Barn in New York, which carries quality merchandise offering top performance at bargain prices. Here we show some of the best.





By Barbara Plumb

\$20,000 PREFAB FOR A 3-BEDROOM FAMILY

Many prophets are banking on modular systems to solve the housing shortage, and with good reason: Prefabricated components can be produced quickly and they reduce on-site labor costs. One of the newest developments is a house made of fiberglass and urethane-foam modules. Its advantages: Fiberglass is lightweight, durable and low-cost. And the foam serves as a strong insulator. In designing this prototype house, Mark Hildebrand, a third-year student at the Yale School of Art and Architecture, combined 13 L-shaped fiberglass modules to suit a pond site in Bethany, Conn. The modules—each 13 feet long, $6\frac{1}{2}$ feet wide, $8\frac{1}{3}$ feet high—can be bolted together in a variety of living arrangements. Here they create a bathroom, kitchen, hall, three bedrooms and a living-dining area. (continued on page 67)

Projecting built-in cupboards in children's room (right) replace conventional closets. Foam "Volkswagen" chair in bright green repeats the curve of the ceiling. Bunk beds expand the compact space, providing plenty of sleeping comfort for two youngsters.





John T. Hill Shopping Information, page 62

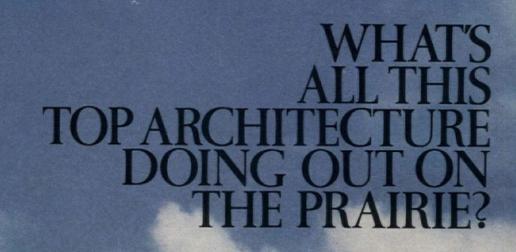
Hildebrand's L-shaped fiberglass modules were bolted together with wrenches to form this three-bedroom house (left). The wooden window frames act as supports and contrast warmly with the coolness of the fiberglass.

Kitchen (right), though it occupies only 100 square feet, incorporates a washer, dryer and dishwasher. Buffet bar, in foreground, can be used for service in dining area, which flows from the kitchen, or for work space.

The graceful curve of the L-shaped modules produces a pleasant ceiling vaulting (below). An Arco lamp, which echoes the curve, suggests a division between living and dining areas.









Model block on Columbus's Washington Street (below), the Victorian details of its 19th-century facades accentuated with bright colors, was designed by Alexander Girard. As part of the face-lift, canopies have been added to storefronts and signs refined. Municipal wiring will go underground.



Harry Weese-designed First Baptist Church (opposite) is, according to many local architectural buffs, the most imposing building in Columbus. Built in 1965, its bold, angular exterior conceals a warm, natural-wood interior and central open-air courtyard.

By Jeanne Lamb O'Neill

If I were showing America to a gang of visiting Ping-Pong players, I'd skip the Empire State Building, the Grand Canyon and even Disneyland. I'd make a beeline for Columbus, Indiana—a little town in the Midwest you've probably never heard of. But you will, you will. One of these days Columbus will be another Williamsburg, Va., in reverse—a museum of tomorrow instead of yesterday.

Located in southeastern Indiana, at the junction of the White, Flat Rock and Driftwood Rivers, Columbus, in its 8.3 square miles, has more eye-popping, trail-blazing buildings by big-name architects than any other town in America. What's more, in 8.3 square miles, it probably has more nice people.

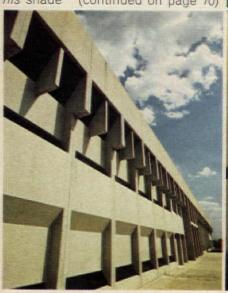
Not so long ago, "nice" was a dirty word. Who wants to be nice? Let's be sophisticated, sexy, swinging, withit. But suddenly, "nice" is what everybody is looking for. People are disillusioned with our zooming, fuming, dehumanizing cities. They're disenchanted with our junky, jumbled suburbs. They're looking for a new way of living-the kids in their communes, the over-30's in "new cities" like Columbia, Md., and the oldsters in "leisure villages" and mobilehome communities. Well, come take a look at "The Athens of the Prairie." It may be the nicest town in the U.S.A.

Winston Churchill said—and Columbus residents often quote—"First we shape our buildings, then our buildings shape us." If it's true that good buildings are "catching," the people of Columbus can hardly escape the architectural fallout. They have no less than 36 standout landmarks in their town. What's more, their buildings aren't just for show. They're for people to live in, play in, study in, worship in and do business in. (continued)

Eye-popping design creates a treasure town.

Where else will you find two churches designed by father and son architectural greats? There's Eliel Saarinen's First Christian Church—called the world's kookiest and costliest back in 1942 and still an eyebrow-raiser and there's son Eero's hexagonal North Christian Church with its soaring 192-foot spire. But to many, the best-looking church in Columbus isn't either of these—it's Harry Weese's magnificent First Baptist Church built in 1965.

In what other town can grammarschool kids romp through John M. Johansen's pastel-painted, carpetlined "tubes" on their way to class? Or ride on plastic pony-sculptures during recess at Edward Larrabee Barnes's crazy saw-toothed schoolhouse? Or do their sums in an "inside-outside" school by Gunnar Birkerts or in Norman Fletcher's "umbrella school"? In Columbus, kids learn their I. M. Pei's before their ABC's and cut their teeth on a 20foot Henry Moore "hip bone." Officially called the "Large Arch." Moore's jolly, green giant sculpture landed outside Pei's dazzling library last May. It's green because Englishman Moore didn't trust the Indiana elements to turn the bronze his shade (continued on page 70)







John M. Johansen designed the Frances Smith Elementary School (above), a multilevel, free-flowing complex connected by seven bright steel tubes that act as corridors. Parents were skeptical of the architecture but children and teachers love it.

Eliot Noyes's concrete-andglass Southside Junior High (far left) is built around a central commons. Bold, three-dimensional murals by Ivan Chermayeff enliven the building's four stair towers (left).



Henry Moore's monumental "Large Arch" sculpture (left), Columbus's latest plum, is sand-cast in bronze and stands over 20 feet high. A gift of the J. Irwin Millers, the sculpture dramatizes the plaza space between the I. M. Pei-designed library and the Eliel Saarinen-designed First Christian Church (background).





The Bartholomew County Courthouse (above), once the core of the downtown area, is a Columbus landmark that looks much as it did over 100 years ago.

Lincoln Center (left), another Weese design, is a favorite spot for town get-togethers. It was donated by Hamilton Cosco, Inc., of Columbus and includes an ice rink, lounge and meeting areas.



Harry Weese designed the public Otter Creek clubhouse and Robert Trent Jones the championship golf course (above), a gift to the city from the Cummins Engine Company in 1965.



Edward Larrabee Barnes
was architect for the
W. D. Richards Elementary
School (above). Overlooking
a public par-three golf
course, the school is a
community focal point.

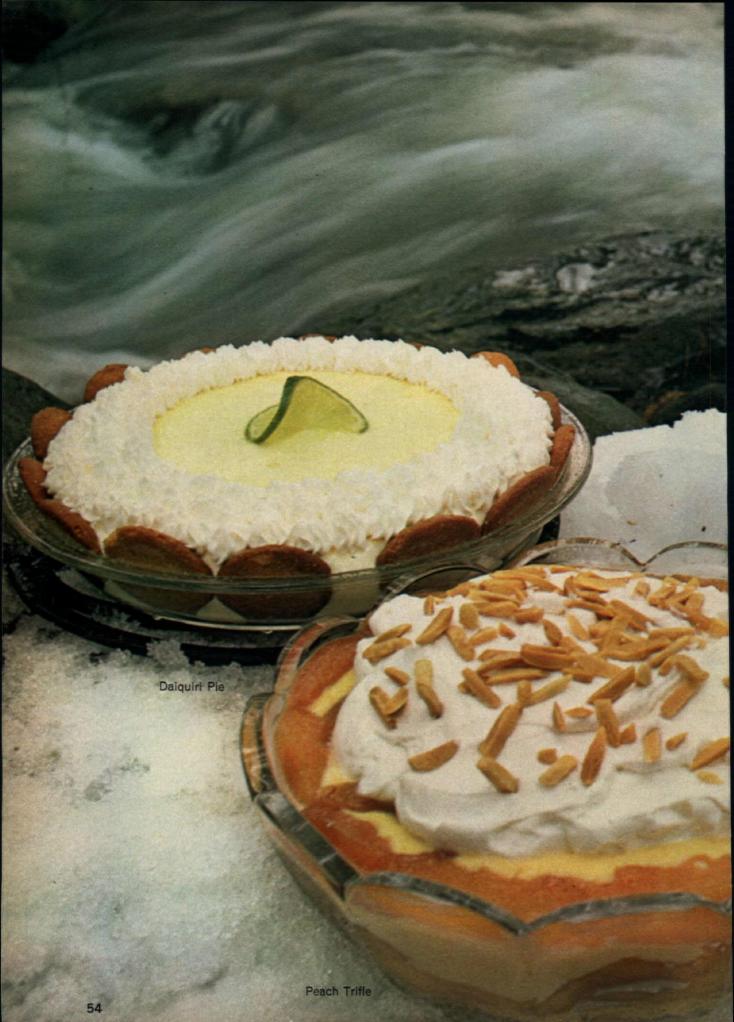


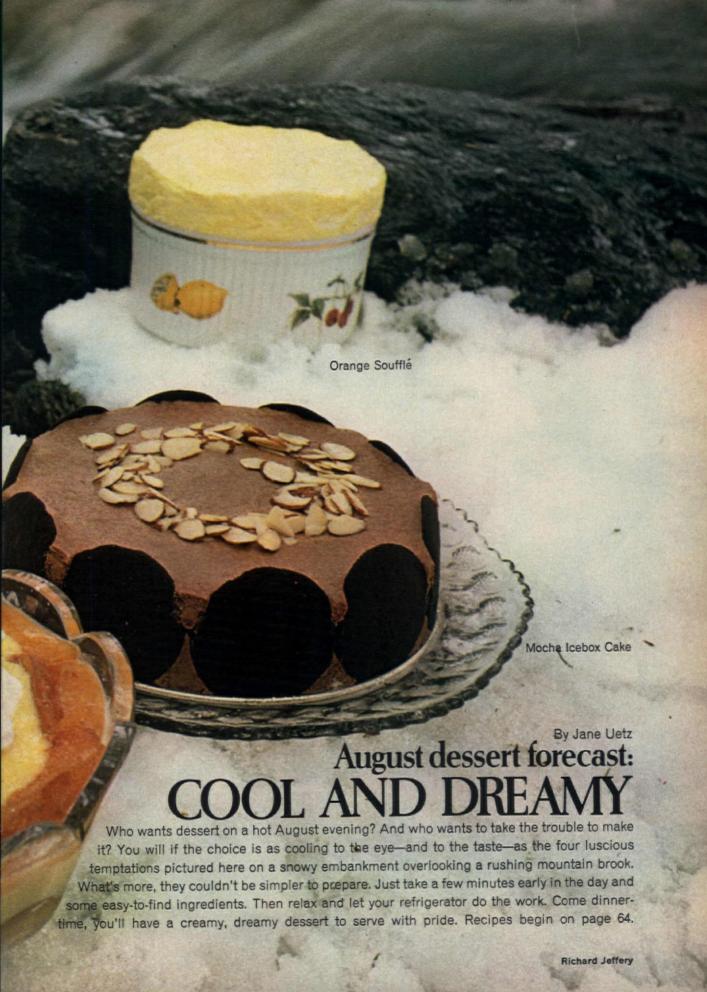
COOKING LESSON NO. 37 By Jacques Jaffry

POACHED SALMON IN ASPIC

What a glorious idea for summer dining—delicate pink, subtly flavored salmon in shimmering aspic and ringed with cucumber ribbons. Poach a whole fish, as we did, or a center cut. It's easy to do, but count on two days—one to poach and cool the fish, another for the aspic finishing. Serve icy cold with a complementary sauce (recipes on page 62), a cold vegetable salad, French bread and dry white wine.









Forecast: Pouring rain. Followed by pouring soup.





Warm up a cold sandwich with Campbell's Chicken Vegetable or Chicken Noodle Soup. M'm! M'm! Good!



When it's raining cats and dogs, it's time to heat up Campbell's Chicken Vegetable or Chicken Noodle Soup. Both are made with tender pieces of chicken and with not one but two chicken stocks. One stock for flavor. One for richness. When your children come in out of the rain, remember Campbell's Soup gets their cold sandwiches off to a good hot start.

EASY GRILLWORK continued

LAMB SHISH KEBAB

(pictured at right)

1 cup olive oil

1/4 cup lemon juice

1 bay leaf

1/4 teaspoon leaf oregano, crumbled

1 teaspoon salt

1/4 teaspoon pepper

3 pounds lean lamb, cut in 1-inch cubes

4 small onions, cut in 1/2-inch slices

1 basket cherry tomatoes

2 green peppers, seeded and quartered

Combine oil, lemon juice, bay leaf, oregano, salt and pepper. Place lamb, onions, tomatoes and green peppers in stainless steel or glass bowl. Pour marinade over meat and vegetables. Cover. Refrigerate several hours or overnight. On each of 6 skewers thread tomatoes, lamb cubes, onion slices and green peppers until all ingredients are used. Broil 5 to 6 minutes, 3 to 4 inches from heat, turning to brown all sides and basting occasionally with remaining marinade. Makes 6 servings.

BROILED HAM STEAKS WITH PINEAPPLE

3 fully cooked ham steaks (each 1 inch thick)

½ cup brown sugar, firmly packed

1 tablespoon prepared mustard

1/2 cup dry white wine

1 fresh pineapple

Place steaks in a single layer in a shallow pan. Combine sugar, mustard and wine. Pour mixture over steaks, turning in sauce to coat well. Let stand 1 to 2 hours.

Place steaks on grill, 3 to 4 inches from heat. Broil 4 to 5 minutes on each side, basting occasionally with remaining sugar-wine sauce.

While steaks are broiling, cut off top of pineapple. Remove rind, including eyes. Cut pineapple in ½-inch-thick slices. Place pineapple slices on grill; cook until golden brown on both sides. Arrange ham steaks on serving platter and place pineapple over steaks. Makes 6 servings.

BROILED LAMB SHANKS WITH GARLIC BUTTER

½ cup butter or margarine, creamed 1 clove of garlic, finely minced ½ teaspoon salt Dash of pepper 12 lamb shanks

Combine butter or margarine, garlic, salt and pepper. Brush lamb shanks with mixture. Broil 3 to 4 inches from heat, 7 to 10 minutes, according to size, turning and basting frequently with remaining butter. Makes 6 servings.



BROILED TURKEY WITH BACON BUTTER

(pictured on page 56)

5- to 6-pound young turkey Salt Pepper

1½ cups melted butter or margarine ½ cup crisp bacon, crumbled 2 tablespoons chopped parsley

Split turkey down the back on both sides of backbone. Remove breastbone. Separate the two halves. Season with salt and pepper. Brush with butter or margarine. Place turkey halves on grill, skin side up. Broil about 7 inches from heat 45 minutes to 1 hour, turning turkey every 10 minutes and basting occasionally with butter or margarine. Bird will be done when juices run clear after thick part of leg is pierced with two-tine fork. While turkey is broiling combine remaining butter or margarine with bacon and parsley. Season to taste. Cut turkey in serving-size pieces. Pour bacon butter over pieces or serve separately. Makes about 6 servings.

BROILED TROUT WITH LEMON BUTTER

1 cup softened butter or margarine 2 tablespoons finely minced green

onions 2 tablespoons lemon juice

1 teaspoon salt

Dash of pepper

6 brook trout (10 to 12 ounces each)

6 parsley sprigs

Combine butter or margarine, green onions, lemon juice, salt and pepper. Wash and dry fish. Brush inside and out with seasoned butter. Place a parsley sprig in cavity of each fish. Arrange fish on preheated, long-handled hinged broiler. Place on grill 4 to 6 inches from heat. Broil 5 to 7 minutes on each side or until fish flakes easily when tested with a fork. Baste frequently with remaining butter mixture during grilling. Makes 6 servings.

BLUE-CHEESE STEAK

1/2 pound blue cheese
1/4 cup softened butter or margarine
1/2 teaspoon dry mustard
1 clove of garlic, finely minced
1/4 cup chopped parsley
2-inch-thick blade chuck steak (5 to 6 pounds)

Mix cheese, butter or margarine, mustard and garlic until well blended and pastelike. Stir in parsley. Place steak on grill, 5 to 7 inches from heat. Broil 15 minutes. Turn steak. Broil 5 minutes on second side. Spread top side with cheese mixture. Broil 10 more minutes. Remove steak to cutting board. Remove bone. Slice steak in thin slices across the grain. Makes 6 servings.





Lemon Breeze

A breeze to make: No baking. Creamy, crunchy and cool. Here's the easy way:

1 cup Kellogg's® Corn Flake Crumbs

1/3 cup regular margarine or butter, melted

1/2 cup ReaLemon®

Reconstituted Lemon Juice

1½ teaspoons unflavored gelatin

2 eggs, separated

3 tablespoons sugar

1 can Borden Eagle Brand® Sweetened Condensed Milk (Not evaporated milk)

1. Combine Corn Flake Crumbs and margarine in 9-inch pie pan. Reserve 2 tablespoons for topping; press remainder firmly and evenly in pan to form crust. Chill.

 In small saucepan combine ReaLemon Lemon Juice and gelatin. Place over low heat and stir until gelatin is dissolved; cool. In mixing bowl beat egg whites until foamy; gradually add sugar.
 Beat until stiff and glossy. Set aside.

4. Beat egg yolks in mixing bowl until thick and lemon colored. Stir in Sweetened Condensed Milk and gelatin mixture; gently fold in egg white mixture. Spread evenly in Corn Flake Crumbs crust; sprinkle top with reserved crumbs. Refrigerate 2 hours or until firm. Cut into wedges. Yield: 8 servings



EASY GRILLWORK continued

SPIT-ROASTED PORK SHOULDER WITH ORANGE SAUCE

1 pork shoulder butt (about 5 pounds), boned, rolled and tied

Salt

1/4 cup undiluted frozen orange juice concentrate, slightly thawed

½ cup catsup

1/2 cup cider vinegar

1/4 cup brown sugar, firmly packed

Push spit lengthwise through center of meat so it is balanced on spit. Push prongs into meat. Season with salt. Insert meat thermometer at an angle in thickest part of meat. Roast about 7 inches from heat until internal temperature reaches 170°.

Combine orange juice, catsup, vinegar and brown sugar. Mix well. Thirty minutes before meat is done brush with sauce and continue basting frequently until meat is done. Let roast stand 15 to 20 minutes before carving. Heat any remaining sauce and serve separately. Makes 6 to 8 servings.

BARBECUED SPARERIBS

4 pounds spareribs, cut in serving-size pieces

Salt

1 cup catsup

1 tablespoon soy sauce

1/2 teaspoon ground ginger

2 tablespoons sugar

2 tablespoons lemon juice

1 cup water

Place ribs in boiling salted water. Bring back to boiling. Simmer 30 minutes. Drain well. Let cool. Place ribs in large bowl. Combine catsup, soy sauce, ginger, sugar, lemon juice and water. Pour sauce over ribs. Refrigerate at least 2 hours, turning ribs occasionally in marinade. Drain ribs, reserving marinade. Place ribs on grill, bone side down, about 7 inches from heat. Broil 5 to 7 minutes on each side or until golden brown, basting occasionally with marinade. Makes 6 servings.

BROILED TOMATOES WITH HERBED BUTTER

(pictured on page 56)

1/4 cup melted butter or margarine

1 teaspoon dried basil, crumbled

1 tablespoon chopped parsley

1/2 teaspoon salt

1 small clove of garlic, finely minced

6 tomatoes

Combine butter or margarine, basil, parsley, salt and garlic. Cut tomatoes in half crosswise. Brush cut side of tomatoes with butter. Place, cut side down, on side of grill, 5 to 7 inches from heat. Cook 6 to 8 minutes or until tomatoes are just tender. Before serving, spoon remaining butter mixture over tomatoes. Makes 6 servings.

ARTICHOKES IN FOIL

pictured on page 56)

6 medium-size artichokes

Salt

12 lemon slices

6 cloves of garlic

1 tablespoon prepared mustard

1/2 cup wine or cider vinegar

11/2 cups pure vegetable oil

2 teaspoons salt

1/4 teaspoon pepper

Cut 1 inch off top of each artichoke, straight across. Cut off stem 1 inch from base. With scissors cut off tip of each leaf. Drop artichokes into boiling, salted water. Add lemon slices and garlic. Place plate over the artichokes to keep them submerged. Cook 20 to 25 minutes, depending on size or until stub can be pierced easily with a fork. Drain well; cut off stub. Let cool until easy to handle. Gently open leaves. Pull out and discard small leaves from center. Remove fuzzy center or choke with a teaspoon. Discard choke. Beat together mustard, vinegar, oil, salt and pepper. Place 2 tablespoons of dressing into each artichoke. Wrap artichokes in foil, stem end down. Place on side of grill until warm. To serve, turn back foil. Top each artichoke with a lemon slice, if desired. Serve with remaining dressing. Makes 6 servings.

BROILED EGGPLANT AND TOMATO

2 eggplant, peeled and cut in 1/2-inch slices

4 tomatoes, cut in 1/2-inch slices

Salt

Pepper

3 tablespoons melted butter or

margarine

2 cups grated Swiss cheese

Sprinkle eggplant and tomato slices with salt and pepper. Brush with butter or margarine. Place on grill. Broil 2 to 3 minutes on each side. Top each eggplant with a tomato slice. Sprinkle with grated cheese. Keep on side of grill until cheese is melted. Makes 6 servings.

BROILED ZUCCHINI AND MUSHROOMS

18 mushrooms

4 small zucchini, cut in 1-inch slices

1/2 cup pure vegetable oil

3 tablespoons lemon juice

1 teaspoon salt

1/4 teaspoon pepper

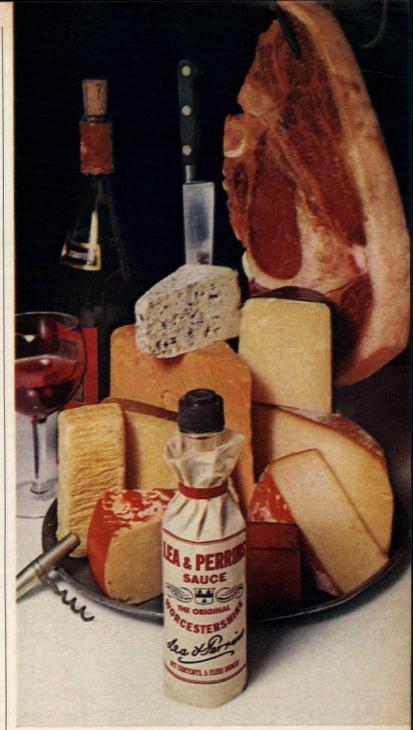
2 tablespoons minced fresh dill

Place mushrooms and zucchini in stainless steel or glass bowl. Combine oil, lemon juice, salt, pepper and dill. Pour mixture over vegetables; let stand 1 hour, stirring occasionally. Thread vegetables alternately on 6 skewers. Broil 5 to 8 minutes or until vegetables are tender and lightly browned, brushing occasionally with remaining oil mixture. Makes 6 servings.

CORN ROASTED IN THE HUSK

6 ears of corn Melted butter or margarine

Soak ears of corn in salted water for ½ to 1 hour without disturbing the husks. Remove from water; shake off excess. Place on the grill 4 to 5 inches from heat. Broil, turning occasionally, until husks have turned light brown on all sides. Pull back husks; the silk comes off with the husks. Serve with butter or margarine and salt. Makes 6 servings.



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AH 871 |

SALMON IN ASPIC continued from page 52

RED TARTAR SAUCE

1/2 cup finely minced green onions

1/4 cup finely minced sour gherkins

2 tablespoons drained capers, minced

2 tablespoons chopped parsley

1 teaspoon prepared mustard

2 tablespoons tomato paste

1 cup mayonnaise or salad dressing Combine all ingredients. Mix well.

Correct seasoning to taste. Chill. Makes 2 cups.

CUCUMBER SAUCE

1 cup pared, seeded and finely minced cucumber, drained

1/4 cup minced onion (1 small)

1/2 cup dairy sour cream

½ cup mayonnaise or salad dressing

Combine all ingredients. Mix well. Correct seasoning to taste. Chill. Makes 2 cups.

GREEN SAUCE

1 cup watercress leaves

1 cup parsley sprigs

1 bunch chives

1/2 teaspoon salt

1 cup mayonnaise or salad dressing

1 tablespoon lemon juice

1/4 teaspoon garlic salt

Combine watercress, parsley, chives and salt in saucepan. Add boiling water to just cover. Bring back to boiling. Remove from heat; drain well. Mince herbs finely. Combine herbs, mayonnaise or salad dressing, lemon juice and garlic salt. Mix well. Correct seasoning to taste. Chill. Makes 1½ cups.

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LOFTY DESIGN ON A LOW BUDGET

All sources N.Y.C. Pages 38-39: Whiteplastic server, The Door Store. Wall hanging, rugs, fabrics, Sona The Golden One. Picnic basket, planter basket, mirror, other accessories, The Pottery Barn. Portable TV, Hitachi. Stereo, Panasonic.

FIRST FURNISHINGS FIRST APARTMENT

All items from Sears, Roebuck and Co. Page 40: Glass cocktail table, \$60. Shutter panels (unfinished), \$5 each. "Marrakech" rug, \$200. Ceramic turtle (large, \$18; small, \$11). Ceramic snail, \$13. "Bogota" fabric (on day bed), \$12/yard. "Outwitted" geometric pillow fabric, \$5/yard. Wicker hamper-chests, \$16 each. Floor lamp, \$50. Globe cube lamp, \$25. Page 41 (left): "Sit 'n Sleep" day bed, \$350. "Mondrangle" sheets, \$3.37 each. (Bottom): Crystal jars (large, \$30; small, \$15). Crystal compote (with matching candlesticks), \$35. "Caballo" fabric, \$5/yard. (Lower right): Self-stick cork squares, \$3 (package of 4). Pendant lights, \$20 each. Bamboo director's chairs, \$40 each. Page 42 (bottom left): "Campaigner" dresser (\$90), vanity bridge (\$40), mini-chest (\$70). Page 43: Hardwood cubes (unpainted without shelves), \$13 each. "Urban Cool" tub chair, \$120. "Shag Art" rug, \$10/square yard. "Kinship" bedspread, \$33. "Kinship" fabric (at window), \$5/yard. Globe lights, \$2.60 each. For further information, write: Sears, Roebuck and Co., 813 Merchandise Mart, Chicago, III. 60654.

22 GREAT KITCHEN BUYS FROM 60¢

Pages 44-45: For mail-order information on items shown, write: The Pottery Barn, 231 10th Avenue, New York, N.Y. 10011.

\$20,000 PREFAB FOR A 3-BEDROOM FAMILY

All sources N.Y.C. Page 46 (bottom): Toy car, Design Research. Stuffed rooster, Georg Jensen. White area rug, Be Seated. Page 47 (top right): Yellow-plastic tray, Design Research. Wooden ice bucket, Georg Jensen. Potholders, Azuma. Glasses, Bonniers. (Bottom): Placemats, napkins, blue-plastic bowl, blue-ceramic vase, Georg Jensen. Cutlery, Azuma. Poster, Poster Originals, Ltd. Page 67: Table, chairs, coffeepot, Design Research. Wine carafe (holding flowers), Azuma.

Cranberry Rocks are here!

Suddenly, ice cubes aren't ho-hum anymore. They're tangy! Cranberry red! They make all kinds of summer drinks look good... and taste good!

To make 'em, just pour Ocean Spray Cranberry Juice Cocktail into an ice-cube tray, freeze, and help yourself to...Cranberry Rocks!

Now the other breakfast drink tastes great all day long!



COOL AND DREAMY continued from page 55

ORANGE SOUFFLE (pictured)

6 egg yolks

2 envelopes unflavored gelatin

3/4 cup sugar

1/8 teaspoon salt

2 tablespoons grated orange peel

1 teaspoon grated lemon peel

11/2 cups orange juice

1/4 cup lemon juice

6 egg whites

1/2 cup sugar

2 cups heavy cream

Fold a 30-inch piece of wax paper in half lengthwise. Tie or tape securely around a 11/2-quart soufflé dish to form a collar 3 inches above the rim of the dish. Beat egg yolks slightly in top of double boiler. Add gelatin, 3/4 cup sugar, salt, orange and lemon peels, and orange and lemon juices. Cook over simmering water, stirring constantly, about 10 minutes or until mixture is slightly thickened. Do not overcook. Remove from heat; cool. Chill in refrigerator or over ice water until mixture mounds slightly when spooned. Beat egg whites until foamy; beat in 1/2 cup sugar, a tablespoon at a time; continue beating until meringue forms stiff, glossy peaks. Fold into orange mixture. Whip cream until soft peaks form. Fold into orange mixture. Spoon into soufflé dish. Refrigerate 3 to 4 hours or until set. Makes 8 servings.

DAIQUIRI PIE (pictured)

½ box (7¼ ounces) vanilla wafers (about 28 cookies)

1 envelope unflavored gelatin

1/4 cup water

4 egg yolks

3/4 cup sugar

3 tablespoons fresh lime juice (1 lime)

3 tablespoons light rum

4 egg whites

1/2 cup sugar

1/2 cup heavy cream

2 tablespoons sugar

Line bottom and sides of 9-inch pie plate with vanilla wafers. Soften gelatin in water. Combine egg yolks, 3/4 cup sugar and lime juice in top of double boiler. Cook over hot, not boiling, water until sugar dissolves and mixture is slightly thickened. Stir in softened gelatin. Continue to heat until gelatin dissolves. Remove from heat; stir in rum. Beat egg whites until foamy. Beat in 1/2 cup sugar, about 1 tablespoon at a time. Continue beating until meringue forms stiff glossy peaks. Fold egg whites into warm lime-rum mixture. Pour into pie plate. Chill at least 1 hour or until set. Whip cream with 2 tablespoons sugar. Pipe around pie edge with decorating tube and star tip or spoon on in dollops. Garnish with lime slice, if desired. Makes 6 to 8 servings.

PEACH TRIFLE (pictured)

1 package (3½ ounces) vanillapudding and pie-filling mix

2 cups milk

6 fresh peaches (about 2 pounds)

3 tablespoons sugar

1 package (10 ounces) sponge-cake layers

1/3 cup Madeira or sweet sherry

1 cup heavy cream

2 tablespoons confectioners' sugar

1/2 cup toasted, slivered almonds

Prepare vanilla-pudding mix according to package directions using 2 cups milk. Set aside to cool, stirring occasionally. Peel peaches; slice into small bowl. Sprinkle with sugar; toss lightly. Place 1 cake layer in bottom of a 2- to 3-quart serving bowl. Sprinkle with half the wine. Spoon half the peaches over this. Pour half of the prepared vanilla pudding over peaches. Repeat with remaining cake, peaches and pudding. Just before serving, whip cream with confectioners' sugar. Mound over the dessert. Sprinkle with slivered almonds. This may be served at once or covered and kept refrigerated several hours. Makes 8 servings.

MOCHA ICEBOX CAKE (pictured)

2 envelopes unflavored gelatin

1/2 cup sugar

1/4 teaspoon salt

1 tablespoon instant coffee or 2 teaspoons freeze-dried coffee

13/4 cups milk

1 package (6 ounces) semi-sweet chocolate pieces

3 egg yolks

1 teaspoon vanilla

3 egg whites

1/4 cup sugar

1 cup heavy cream, whipped

18 to 20 chocolate wafers (half of

8½-ounce box) ¼ cup sliced almonds

Combine gelatin, 1/2 cup sugar, salt, coffee, milk and chocolate pieces in medium-size saucepan; mix well. Cook over low heat, stirring constantly, until gelatin dissolves and chocolate is melted. Stir with wire whisk to blend. Beat egg yolks until blended; stir in half the chocolate mixture slowly. Return mixture to saucepan; cook, stirring constantly, 3 minutes. Remove from heat; stir in vanilla; chill until slightly thickened. Beat egg whites until foamy; beat in 1/4 cup sugar gradually; continue to beat until meringue forms stiff, glossy peaks. Fold into chocolate mixture. Gently fold in whipped cream. Line bottom and sides of 9-inch springform pan with chocolate wafers. Spoon mixture into pan slowly, holding each cookie in place as you go around. When cookies are securely in place, pour remaining mixture into the center of the pan. Smooth

surface with a spatula. Sprinkle top with almond slices. Refrigerate 3 to 4 hours or until set. Remove sides of pan. Place cake on serving platter. Makes 10 to 12 servings.

STRAWBERRY CHARLOTTE RUSSE

2 envelopes unflavored gelatin

1/2 cup water

1 pint strawberries, washed and hulled

1 cup sugar

2 teaspoons lemon juice

1 teaspoon vanilla

3 drops red food coloring

2 cups heavy cream, whipped

2 packages (3 ounces each) ladyfingers

Soften gelatin in water 5 minutes. Reserve one strawberry for garnish. Puree remaining berries in electric blender or with food mill. Puree should measure about 11/2 cups. Combine softened gelatin, puree and sugar in medium-size saucepan. Cook over low heat, stirring occasionally, until sugar and gelatin dissolve. Remove from heat. Stir in lemon juice, vanilla and food coloring. Chill in refrigerator or over ice water until mixture is thickened and mounds when spooned. Fold in whipped cream gently. Line sides of 9-inch springform pan with split ladyfingers, rounded sides out. Line bottom of pan with whole ladyfingers. Pour strawberry mixture into lined pan. Refrigerate 2 to 3 hours or until filling is firm. Remove sides of pan; place reserved strawberry in center. Makes 8 to 10 servings.

FRENCH COOKIE CAKE

1/2 cup softened butter or margarine

1/2 teaspoon grated orange peel

2 cups sifted confectioners' sugar

1 teaspoon vanilla

1 square unsweetened chocolate, melted

1 teaspoon instant coffee or ½ teaspoon freeze-dried coffee

1/3 cup hot water

48 plain tea cookies (from an 11ounce package)

1/4 cup chopped walnuts

Blend butter or margarine, orange peel, confectioners' sugar and vanilla in small mixing bowl. Beat until well blended. Add melted chocolate; beat 1 minute. Combine coffee and hot water; stir to dissolve. Add 2 teaspoons prepared coffee to butter mixture; blend.

Make 3 stacks of 16 cookies each. Arrange 1 stack on flat serving plate, side by side in 4 rows of 4 cookies each. Sprinkle with 1 tablespoon prepared coffee. Reserve small amount of frosting for sides. Spread cookies with 1/3 of remainder. Repeat layering twice. Frost sides. Cover carefully. Chill 3 hours or overnight. Makes 8 servings.





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Kit 61369 Confetti Belt @ \$7.98 ea. plus .35 post.

Kit 61371 Confetti Eyeglass Case @ \$6.98 ea. plus .35 post.

Kit 61372 Confetti Pincushion @ \$4.98 ea. plus .35 post.

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Kit 61374 20th-Century Sampler @ \$2.98 ea. plus .35 post.

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Kit 61398 Butterfly Pillow @ \$5.98 ea. plus .35 post.

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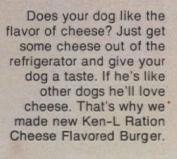
By Dorothy Lambert Brightbill

A far cry from the usual array of needlework you find at the local church bazaar are these delightful boutique designs. The "confetti" needlework pieces by actress Sylvia Sidney are especially lovely. With an exquisite blending of color, each strikes a bright, decorative note. The belt, eyeglass case and bookend-doorstop (a brick was used for weight) are done in an easy Bargello canvas stitch; the pincushion, in simple needlepoint.

The tulip needlepoint mini-picture is only 5 inches square (frame is also available). The modern crossstitch sampler has a border reminiscent of a William Morris design and many motifs to revive pleasant memories. An easy-to-assemble frame is also available.

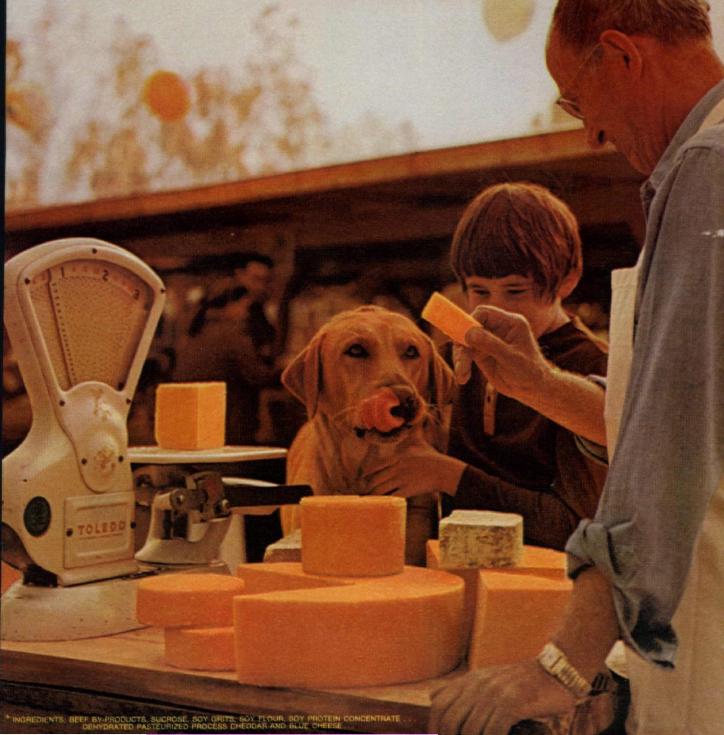
Original Don and Carol Henning designs of colorful butterflies flitting through delicate white spires of larkspur bedeck a golden-yellow linen pillow. The kit includes back and zipper. Size fits a 14-inch-square pillow form (not included in kit). To order, use coupon.

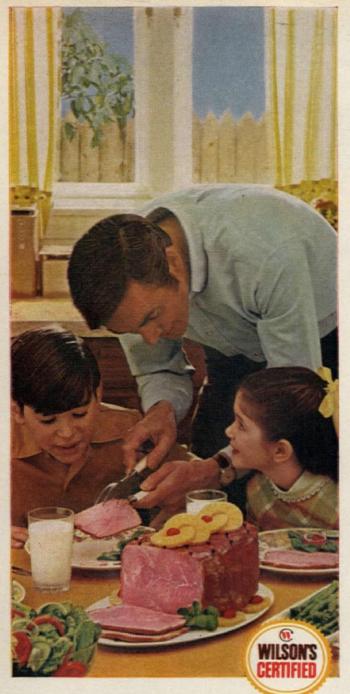






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HELP ABOUT THE HOUSE

CLEAN BRICK WITH MURIATIC ACID

The front steps of our new home are constructed of red brick laid up with white mortar. The mort seems to have discolored the brick. How can I clean Ann Arbor, Mi

Chances are that what appears to be mortar on brick faces is actually efflorescence—white crystals to form inside the mortar and eventually surface on brick. Try scrubbing with warm water and a stiff wire bristle brush. If that fails, wet down the brick thoroug and apply a solution of 1-to-10 muriatic acid and water

Muriatic acid, which is very strong and should be he dled with care, is available at masonry-supply yards, he ber dealers and hardware stores. Wear rubber gloves with mixing or using it, and apply it with a long-handled brut When mixing, always add the acid to the water.

After applying the diluted acid to the brick, allow it stand for about 10 minutes, then scrub with a stiff bris brush. (Don't use a wire brush this time.) Wash the br down thoroughly then neutralize the residual acid by plying a solution of 1 pint of ammonia and 2 gallons water.

MIXED CONCRETE IS A MIXED BLESSING

My son and I intend to build a large patio, he cannot decide whether to mix concrete ourselves have it delivered mixed. Which do you recommend Cedar Rapids, Io

Ready-mix concrete is not always a blessing to the ho handyman. For one thing, a mixer truck is too wide the average driveway, so the concrete often is dumped the front walk, far from where you want it. Furthermo ready-mix concrete has been known to harden before could be brought to the place it was supposed to be.

Even if the truck can be driven all the way to the pat it will merely deposit the concrete in one place, rather the spreading it out. So the homeowner still has the back breaking job of shoveling, troweling, etc.

Far more practical is dividing the patio into small so tions, say three-foot squares, and mixing the concrete batches, using bags of dry-concrete mix which are so in hardware stores and garden centers.

SHELLAC FIXES LOOSE TABLE LEGS

The legs of our dining-room table are fastened place with nuts and bolts which keep loosenin making the table unsteady. Is there a solution?

Laurelton, N.

Remove the nut completely from each bolt at a tim Apply a few drops of shellac to the bolt threads close to the wood. Then put the nut back on, tightening it as much possible without crushing the wood fibers. Don't use the table for a few hours—preferably overnight. When the shellac dries you should have a steady table.

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





THE FACTORY-BUILT WAY TO FAST, EASY-CARE HOUSING

young designer meets today's building needs with a bolt-together modular home.

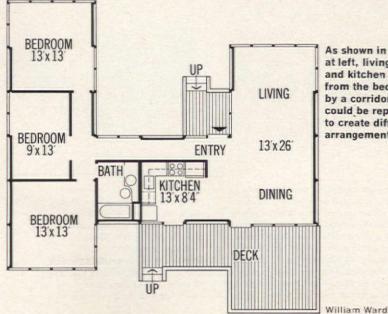


Designer Mark Hildebrand (above) relaxes on the deck with classmate
Mazie Cox from the Yale School of Art and Architecture.
Ribbed exterior clearly shows how the modules are bolted together.

nce the house is up, maintenance costs re minimal. Since the wall and roof re part of the same curve and are both ade of urethane-filled fiberglass (simir to that used for boat hulls), roofing aterials as well as drains and gutters re eliminated. The exterior, impregated with natural color, need never be ainted. A urethane gasket, capped by n extruded seam protector, is used at odule joints.

Although the outside of the house ooks unconventional, the inside—furished by interior designer John Gerson—is divided by partitions of standard tud-wall construction. With fiberglass, ne cost of molding a beautiful curve is o more than if the shape were rectilinar. Thus, this 1,100-square-foot protoppe house (including deck), made by the Rudkin-Wiley Co. of Seymour, conn., costs about \$20,000.

For the designer's-eye view of further daptations of this module, and for the hinkingthat brought it about, seepage 68.



As shown in floor plan at left, living-dining area and kitchen are separated from the bedroom wing by a corridor. Partitions could be repositioned to create different arrangements of space.

1) Weekend cabin or winter ski house steps up the mountain on a pole-and-deck foundation. 2) Split-level, maintenance-free beach house makes for sunny summer living.
3) Need a playroom or more space for guests? Just bolt on an instant addition to your present home. 4) Wedge- and L-shaped fiberglass modules combine to ride a rocky coast. 5) Multidirection flexibility expands a home for a growing family.

BUILDING-BLOCK DESIGN BRINGS MODULAR FLEXIBILITY TO ANYWHERE LIVING

Your house is your larger body. Houses must be made for living. They should not become an end in themselves, but rather a means to life. With the application of very simple technology we can be liberated from our concern over roofs that leak and walls that crack or need paint so that we are free to explore our individual aspirations and fantasies.

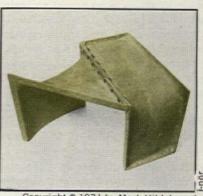
The development of this design concept began as I worked with urethane and fiberglass in the production of a sculpture, a floating recreation island constructed of fiberglass-covered urethane foam, which I designed in the spring of 1970 for a lake in Aspen, Colo. As I worked with these materials I became increasingly aware that their combined properties had attractive potentials for efficient, economical housing. The combination was lightweight, high-strength, durable, resistant to the elements and an excellent insulator.

I made flexibility a priority for my design—flexibility, meaning not only adaptability to specific site conditions but also to varying owners' needs. The solution was a set of L- and wedge-shaped blocks which, when combined, not only act as an exceptional weather envelope but also drastically reduce the number and complexity of construction operations on the site. The erection of these blocks is simply and instantly accomplished. This gets a roof over your head right away to keep the weather out while either you or the contractor tailor-make your home to your own specifications and finances. (Five possibilities are shown at left.)

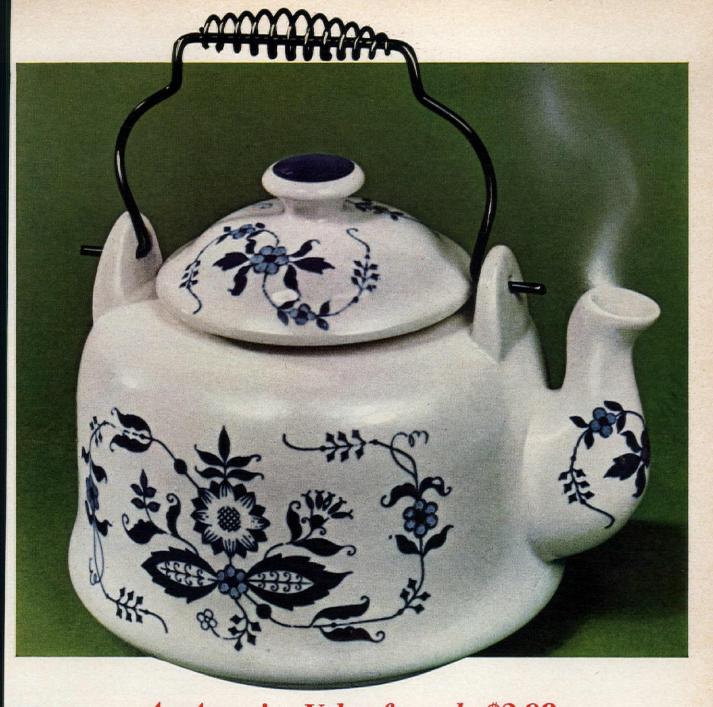
The building blocks comprise an efficient but simple structural system that conforms to existing building codes. These light membranes can be bolted together in any direction and, since they can be anchored to virtually any type of foundation, violation of the land is minimized. They utilize existing aluminum and wood door and window-frame units and the house takes conventional electrical, heating and plumbing equipment. Furthermore, the user has the ability to change the configuration of this dwelling to adapt it to his changing needs. -Mark Hildebrand



With the two basic elements—
the L-shape and wedge-shape
modules—floor-plan ideas
are unlimited. Above, small-scale
models of the two basic
modular units show the
versatility. The modules stack
easily for transporting and are
so lightweight they can
be "manhandled" easily.



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City

Someday Columbus may be an Athens; right now, it's closer to it than any place around.

of green. Already it's been "twanged" by just about everybody in town. (Hollow inside, it gives a swell twang.)

Then there's Kevin Roche's post office. It's—well—different. It doesn't look like any other post office you've ever seen. It does look like the only post office in America designed by a privately paid architect. "Isn't it dangerous?" whispers a middle-aged woman next to me—"I mean, all that glass!"

People worried about "all that glass" at John Carl Warnecke's elementary school, too—the famous "glass pagoda" that Lady Bird Johnson visited on her "Crossroads U.S.A." tour. As it happens, not a window has been broken in 11 tempting years. (Better schools make better children?)

Obviously, local wags have a field day in Columbus. Boys and girls who go to school in the stern, all-gray junior high designed by Eliot Noyes giggle and call it "Southside Penitentiary." Explains vice principal Willis Hagan, "The architect said the kids will provide the color," and so they do as they chatter, snack and sometimes even study in the marvelous, wide-open spaces of the indoor "commons."

Though some of their parents grumble about the highfalutin architecture, they're the first ones to bundle Uncle Fred and Aunt Martha into the family car after Sunday dinner to show it all off. Says soft- but out-spoken Bob Marshall, in his editor's office at *The Republic*, "There are maybe 100, 200 people in town who don't like what's going on. But, you know, they'd complain about anything."

Is Columbus pretty? Yes, no—and maybe. "Athens of the Prairie" they call it, but the slogan is misleading. Columbus is no Athens. Even 36 gleaming temples do not an Athens make—not when they're surrounded by miles of dreary, humdrum filling stations, supermarkets and pizza parlors. Of course, as genial volunteer guide Scott Doup points out, we "ain't seen nothing yet." Many more wonders are on the way, including a \$13,000,000 Mitchell Giurgola "high school without walls," an immense engine plant by Roche, Dinkeloo and a colossal urban redevelopment

project by Skidmore, Owings & Merrill to pretty up the downtown area. Someday Columbus may well be an Athens; right now, it's just a darned sight closer to it than any other town around.

Columbus is where, if you live in New York or San Francisco, you "can't get there from here." You have to take a plane to Indianapolis (45 minutes north of Columbus) or Louisville, Ky. (one hour south) or Cincinnati, Ohio (two hours east). And even your aunt in Cincinnati will think you mean Columbus, Ohio—"Oh, is there one in Indiana, too?" From whichever direction you approach the town, you can't miss it. The surrounding land is so flat you could spot a grasshopper on its knees.

As it happens, the main Columbus landmark, a fine old building designed by Issac Hodgson 101 years ago, soars into the southern Indiana sky. It's the town's beloved county courthouse. The skinny needle of the North Christian Church across town is the "new architecture." That's the way things are in Columbus. The old and the new sit Saarinen-chic-by-dowager-jowl.

Strolling down the main thoroughfare, Washington Street, you'll see gewgawed and pastel-painted Victorian storefronts gazing blandly across at Saarinen's sleek, glassy Irwin Union Bank (called the "brassiere factory" because of the white, D-cup domes on top). The stores are part of the "model block" created by designer Alexander Girard, their old-fashioned bay windows and fancy dentils deliberately emphasized. Just down the street, behind the walls of the old St. Denis (continued)

Soaring 192-foot spire of Eero Saarinen's hexagonal North Christian Church tops a sanctuary-in-the-round. Said the younger Saarinen before his death in 1962, "Out of the buildings I did during my lifetime, one of the best was this little church."

What does a man know about see-through?

Plenty, if it's on a girl.
But on a dining room wall?
Well, that's another story.

Let's say, for instance, that you want to paint the dining



room and get rid of that faded old wallpaper. You finish the job, come back later and find that the wallpaper is still showing through. A little paler, but still there.

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So LUCITE will look as luscious when it's finished as it did when you first rolled it on.

to use. It never needs stirring and doesn't drip like ordinary paint. It comes in an exciting range of colors in wall paint and matching interior enamel that can make any old wall go away. And stay away.

LUCITE from Du Pont. It looks as fantastic on the wall as it does in your mind.



Lucite Wall Paint

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Christmas gifts! But with Heinz Vinegar pickling is fun." Mrs. Linda Chappel, Easton, Conn.

Pickled Watermelon Rind

Peel; cut rind into 1" cubes. Soak 10 c overnight in 2 at water, 6 Tbsp salt; drain. Cook tender in fresh water; drain. In kettle heat to boiling 4 c sugar, 2 c Heinz Distilled White Vinegar. Tie 6 cinnamon sticks, 2 Tbsp each whole allspice, cloves in cheesecloth bag; add with rind to syrup. Simmer 45 min until transparent. Pack into hot sterilized jars. Cover with boiling syrup to 1/8" of top; seal each jar at once. Makes 3 pt or 6 half pt.





a beautiful way to keep a tradition

The block-front. A design born 200 years ago in a whaling seaport town in New England. They built it then by actually "blocking on" the side panels to the front of the chest. We kept the same beautiful design. And the same way of crafting it. Our magnificent little block-front in rich cherry...another true-to-tradition design. Pennsylvania House, Lewisburg, Pa. Dept. AH871.

DIBUT'72

Pennsylvania House (G)



PRAIRIE ARCHITECTURE continued

Hotel, are the Girard-designed offices of the Cummins Engine Companyprobably the suavest corporate digs this side of Madison Avenue. The elegant, lofty rooms crackle with top executive brainpower and drip with Vasarelys and Rothkos, but the original handcarved staircase still stands, squeak and all

Just off Washington Street, the courthouse overlooks a modern twoyear-new motel. And I. M. Pei's 1968 Cleo Rogers Memoria! Library spreads its splendid wings right next door to the 1910 Irwin home and Italianate garden.

Nobody lives in the Irwin home now. Miss Elsie Sweeney, the last of the Irwin family to live there, moved out several years ago. Her nephew, J. Irwin Miller, lives out on Washington Street in the house Eero Saarinen built for him. Irwin Miller, in case you're starknew in town, is Columbus. He's head of the town's biggest industry, Cummins Engine Company (diesels, you know-designed by the Irwins' family chauffeur, Clessie Cummins, in their garage and financed by the Irwin family). He's the multiest millionaire in town and for miles around. He has degrees from Yale and Oxford, a finger in national and international pies, a Stradivarius to fiddle on and a "downhome" way of dropping his g's. Most important, he's the how, why and wherefore of Columbus's architectural renais-

Miller's love of architecture is inherited. It was his family who convinced a dubious congregation back in 1942 to build Eliel Saarinen's \$725,000 church. Why not, said the doubters, spend the money in Christian works instead? Why not worship in less impressive surroundings? Because, came the Irwins' answer. "Great buildings dominate and influence the lives of all who live near them." Shades of Winston Churchill. Foreshadows of Irwin Miller.

Twelve years later, Miller hired Eliel's son, Eero, a Yale classmate, to build the town's second shocker-the Irwin Union Bank. The year after that he set up the extraordinary Cummins Foundation and offered to pay the architect's fees for all new school buildings. And so they came to Columbus, all the greats in the business, to build the "great buildings" that Miller had envisioned.

So far, the foundation that Miller established has paid over \$2,000,000 in architect's fees for new public schools as

well as churches and other buildings. But that doesn't include the name-design Cummins plants themselves—even the factories in Columbus are monuments. It doesn't include Ceraland, the 250-acre playland that Miller gave to his employees. Nor Otter Creek, the \$1,500,000 public golf club he gave to the whole town, complete with stunning Weese-designed clubhouse and Robert Trent Jones course.

No, there wouldn't be any "Athens" without Irwin Miller. But, happily, his enthusiasm has been contagious. Another big company in town, Hamilton Cosco, donated the lively new Weese-designed Lincoln Center. Members of the congregation raised the money for Weese's First Baptist Church. (Yes, there are more Weese designs in town than anything else.) And the popular Donner Park and Center were donated just for old-time's sake by Frederick Donner, a hometown boy who got rich on Pittsburgh steel.

Columbus, for all its progressive design, is still part of the Bible Belt. Would you believe that there are 131 churches in town? Or only one liquor store per 5,000 persons? That's the law in Bartholomew County. You can imagine the excitement when the new census paved the way for one more.

What is social life like in Columbus, anyway? "We do take a cocktail, you know," teases urbane Hank Abts, a Cummins vice president. And people in Columbus do wear hot pants, go to X-rated movies, drive to Indianapolis for shopping and theater and to Florida for winter tans. But Columbus is still, by any standard, a small town. It's still small enough to publish a list of everybody going in or out of the hospital. It's still small enough to write up one-year-olds' birthday parties. And it's small enough for the town's first citizen, Irwin Miller, to drive his own car to work, do without guards and gates around his showplace home and list his number in the telephone book.

"We have no Society-in quotes-here," says twinkly, brown-eyed Jean Prather, women's editor of The Republic. Echoing her, editor Bob Marshall reminisces, "We had a party-set once-back in 1910." That's when the children and grandchildren of the town's stern, shoulder-to-the-plow forefathers were sowing their wild oats. Today's party people are more likely to sow wild rice at their Saturday night "supper clubs" (not the smoke-filled variety but the kind where couples take turns outdoing each other in the kitchen). Almost everybody belongs to a supper club or gourmet club (Hawaii tonight, next month Little Italy) and, definitely, a bridge club. The wives have their sororities and garden clubs; the men, their lodges and breakfast clubs. Oh yes, there is a nightclub, the Village Inn, famed for live entertainment nightly and for Liza Minelli, who dropped by once and stayed a whole week.

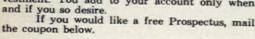
Does Columbus sound pretty cornball to you? It is not, repeat not. It's just a little conservative. Hard-working, too. "Try to find someone to have a drink with," complains Marshall. "Everybody's still at his desk at 6:30." But you have to remember that there's no commuting time. Bob Storey is home from his downtown office in 8½ minutes flat. Actually, the whole town is Bob's office. He's a Cummins public relations man—a friendly, earnest Iowan with a disarming nut-brown gaze and a gorgeous red beard. The beard is in honor of Columbus's big Sesquicentennial Celebration this year (Bob's baby), but the beard will stay, if his wife will. When Bob first came to Columbus a dozen years ago, he says, it was "only 35 percent because of the job and 65 percent because of the town." (continued)



After a man has made some mo he expects a little appreciation.

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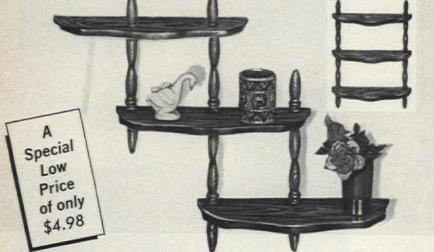
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PRAIRIE ARCHITECTURE continued

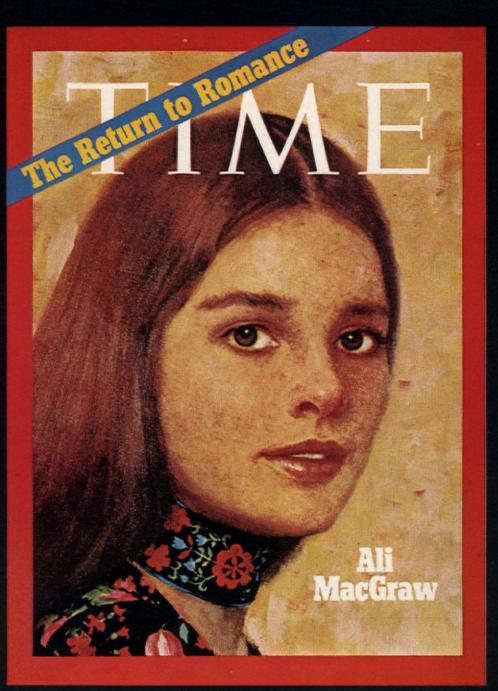
These days it's hard to tell which is which. Although this is a quiet family town. times in Columbus are changing. That hippie outside the library with flowing blond hair and faded jeans puts out an underground newspaper called The Different Drummer. And industry has put lots of new people on Washington Street-from Texas and New York. Afghanistan and Latvia. "In the old days," says Jean Prather, "people didn't talk to new people for years. Not any more. Now I think we have a nice cosmopolitan mix." Cosmopolitan and nice. The Newcomers Club is as busy as any other group in town. And the Cosmopolitan Club, a fast-growing organization of foreign-born women, already has its pet Columbus projects.

Small wonder that Columbus is growing. Bright young management consultant Dick Fleming is one of the many to have seen the town's potential. Dick left Cummins' personnel department to try it on his own-right here in Columbus, because he likes Columbus. He's an expert on the town, not because he's a city councilman but because he has to sell Columbus every day to choosy, sophisticated executives all over the country. He's not having much trouble these days. With its growing industry, pioneering architecture and good schools, Columbus has a lot to attract ambitious

Everybody else in the world may be surprised at what's going on in Columbus, but nobody in Columbus is. Today's "Athens" didn't just spring up here by accident, any more than Columbus just sprang up here 150 years ago. The town's pioneers knew what they were doing and, more important, where they were going. "Why does everybody think it's so incredible that the town is ahead of its time? It's just an old Columbus tradition," says Randy Tucker, a Cummins executive and past school-board president. Jean Prather adds earnestly that the "seeds of progressiveness" have been there all

Come to Columbus. They'd love to have you. But fair warning: It's the kind of town that makes you homesickafter you get back home.

Come to Columbus, by all means, but don't feel you have to rush. It's not one of America's treasures that you'd better see quickly before it's too late. The people of Columbus aren't going to change, and the buildings get better all the time. END



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DEAR AMERICAN HOME

MORE MOWING MANNERS

Regarding "Mowing Manners" (The Plumb Line, June AH), you neglect to mention the purring, nonpolluting, efficient electric lawnmower. It has no gasoline odor and requires only common-sense operation. It never runs out of electricity and extension cords are made in 100-foot lengths. Average cost is \$50-\$75, and with normal maintenance these lightweight mowers will last as long as, or longer than, gasoline-powered mowers. My husband and I are also ecology-conscious and welcome the lack of

exhaust emissions. Nothing comes out of an electric mower but grass.

(Mrs.) Marilyn D. Gunther Metairie, La.

There are also cordless models on the market. Besides their mobility advantage, they can be charged overnight—a boon during those daytime periods of peak electricity demand.

BEAUTY: NATURE'S WAY

I would like to see an article in The Good-Looking Homemaker on natural cosmetics. I am interested in finding recipes to make cosmetics at home using natural oils, herbs and other organic ingredients. In our highly technical society, it is pleasant to return to nature in this small, personal way.

Mrs. Joe Abken Yucaipa, Calif.

The vibrations must be especially good this month. Our Good-Looking Homemakers, featured on pages 14 and 17, are both natural beauties who share with you the cosmetic secrets to be discovered in your kitchen.

HOW-TO'S FOR HOUSEPLANTS?

I enjoy your interior-decorating features immensely, but may I make one suggestion? While you give information on the furniture used, there is never any mention of the houseplants, which help enormously in making the rooms so attractive. Perhaps we could have an article on how to choose and care for houseplants.

(Mrs.) Wendy P. Thompson Richmond, Va.

We agree—plants do give a room a special vitality. If you yearn for the pleasure of things green and growing, see "How to Grow Houseplants 15 Stories High" [February AH].

STAR-STRUCK GENERATIONS

Had to tell you how much I enjoyed Jack Galub's "Join the Star-Struck Generation" in the May issue. It sounds like a wonderful hobby, and I plan to look into it.

> (Mrs.) Jean Walters Alexandria, Va.

I am 12 years old and in the sixth grade. In May, you had an exciting story on stars called "Join the Star-Struck Generation." At that time, we in our class were supposed to write a report. I wrote about the star-struck generation and got an A-plus. I would like to thank the person who wrote that story.

Michelle McKenzie Dover, Mass.

GARDENING ORCHID

The picture of the garden flowers in "Longer Life for Cut Flowers" [June AH] is exquisite and the articles by The Avant Gardener very informative. They make the magazine a sterling publication.

(Mrs.) Wanda Holland Crown Point, Ind.

PUFF BUFF

A letter in the February AH compliments Chef Jacques Jaffry on his Cooking Lessons. I also enjoy his clear demonstrations and have been constantly making Puff Pastry following his Cooking Lesson in the March issue.

> (Mrs.) M. B. Hughes Rydal, Pa.

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

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see him!

And-most astounding of all-a doctor who forces his patients to lose weight by eating! By eating three full meals a day-all with second helpings, and with "fill-em-up snacks" at bedtime (if they still have room for them)!

Because this doctor has discovered an "upsidedown" way to reduce! A way to lose weight (to repeat this all-important fact once again) by eating, and not by starving! Because the foods he feeds you-and the simple "body-toning exercises" he recommends for you-automatically make your "inner furnace" burn hotter-so that flab turns into fuel-and you can lose 20...40...60...80...even 100 or 120 ugly pounds in the most delightful way you've ever dreamed possible!

Revolutionary? Yes! Controversial? Yes! But It Works! Hundreds Upon Hundreds Of Personal Patients Follow This Simple Plan Every Month! AND We'll Let You Prove At Our Risk That It Can Work For You!

So here it is: A new way to lose the kind of weight you've always thought it was possible for you to lose. And do it-not by starving-but by eating as much as you want wisely!

Yes, this is a diet—an eating diet! That forces you to eat at dinner, even though you may actually feel full from breakfast and lunch and the

ally feel full from breakfast and lunch and the hearty snacks you've had in between!

Yes, there are certain foods you can't eat, because they're poison for your weight. But this doctor pays you back for passing by those "poison foods"—by letting you take another second helping of other foods you love instead! And you keep right on burning off the weight!

Yes, you have to stick to the diet even you can you can to keep on melting off those pounds. And you have to stick to the diet even if you've lost 40 or 60 or 80 or 100 pounds—so you can keep that weight off for good! But who wouldn't want to stay on a diet that lets you fill up your plate with delicious delicacies over and over again! And snack in the morning! Snack in the afternoon! Snack delightfully every night before you go to bed! you go to bed!

And One Extra Point: This Diet Has A Second Giant Benefit For You! It Drains THE EXCESS FLUID Out Of Your Body, That You May Never Have Been Able To Lose Before!

This second way of evaporating ugly flab from your body is perhaps equally as important as the

ABOUT THE AUTHOR

Doctor Ernest R. Reinsh entered University of Nebraska in 1917, received Bachelors Degree in 1921; Doctor of Medicine in 1923

icine in 1923,
Doctor Reinsh interned and has been associated with Providence Hospital, Detroit since graduation and has been in continuous practice except for the interruption of three and one half years as a Medical Officer in U.S. Navy.
Professional Memberships: Wayne County Medical Society, Michigan State, American Medical Association and Society of Abdominal Surgeons.

American Medical Association and Society
of Abdominal Surgeons.

The interest in the problems of obesity
was accentuated when patients came from
the corners of the earth, such as Australia,
South Africa, Europe, England, Sweden
and South America.



first. For medical science now knows that a huge portion of those ugly bulges on your waistline, hips, thighs, buttocks and elsewhere is nothing but plain trapped water! And that even when you melt away the fat itself, too much bulge remains until you get the trapped water out with it!

You probably already know this. But did you know that most of the ways you use to lose weight today-most of the so-called "diet foods" you use to try to starve that weight off your body-actually increase the amount of trapped water in your

This includes the Number One "reducing fruit," eaten by millions of men and women when they

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want to go on a "crash diet"—and that is so effective at retaining water in the body that the armed forces uses it to keep men from bleeding to death when they have no plasma handy!

This also includes the Number One "reducing hot drink"—and every single one of the so-called "no-calorie" or "low-calorie" soft drinks! They are all "super water holders"! And unless you know when and how to use them—and when not to use them at all—you'll simply swell up like a balloon, even if you're conscientiously starving yourself twenty-four hours a day!

This Doctor Teaches You How To Drain Out That Excess Fluid—As Well As That Ugly Flab-In Just Fifteen Minutes With His New Book! And Do It Without **Destroying Your Face!**

At this point, we must quote the doctor himself.

At this point, we must quote the doctor himself. Here is what he says:

"The results of this diet will never be seen by your friends in sunken cheeks, hollow eyes, folds of unfilled skin, or other evidences of the typical starvation diet. If you stand before a mirror, you will have nothing but memory, and perhaps an old photograph, to tell you where you carried the weight before which has now disappeared."

At the same time, he also says:

"My patients find that soon enough their clothes will become frightfully loose; even their shoes become too big. If you stick to my diet, you might even have to have your

my diet, you might even have to have your bowling ball redrilled."

And he quotes patient after patient, like this: "I am very happy with the results, I can wear a size 12 dress (was 20) or suit, and some size 10 dresses. Weight was 183, now 136... I feel 10 years younger too.

years younger too.

No wonder prospective patients wait as much as several months to see this man-to learn how they can lose 20...40...60...80...100 and even 120 pounds with a diet that forces them to eat and eat again—and that drains excess fluids right out of their bodies at the exact same time!

But YOU don't have to wait a single minute!
All you need to do to try this revolutionary diet—AT OUR RISK—is simply send in the coupon below! It must work for you, or every single penny of your money back!

Why not start losing that ugly flab—for good—today!

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Golfer's diet putt-on

Score a gift-hit with golfer's diet gag plaque. Message tees off with ball prominently ensconced on a green background (of course!) in 5½ x 6½ in. wood frame. Soothes a chubby conscience, too! \$1.98 plus 30¢ mailing. Anthony Enterprises, Dept. AH-8, 585 Market St., San Francisco, Calif. 94105.



Butterfly fairyland

An enchanting array of 12 iridescent butterflies float and flutter on their wire branches funneling gently from a black metal vase-stand. A finger flick sends them aflutter in dancing colors of pink and blue. Butterfly tree is \$2.98 plus 25¢ postage. Colonial Studios, Dept. BTE-7, White Plains, N.Y. 10630.

LYNN HEADLEY-Editor

AMERICAN HOME MARKET PLACE



Creative cakes

It's fun to decorate your own cakes, such as this golf motif cake. Cake and Decorating Book shows how simple it is to do flowers, leaves, borders, etc., to embellish cakes, hors d'oeuvres for parties. 194 pages of step-by-step instructions. \$1. Wilton, Dept. AH81, 833 W. 115th St., Chicago, III. 60643.



Crewel charmer

Pansies and violets design is pretty as a picture and for a picture—or pillow top. Kit contains design on linen, yarns, needle and instructions. Lovely in violet, olive green, blue-lavender, old blue and gold. 17x17 in. \$3.95 plus 35¢ postage. The Stitchery, Dept. AH-8, Wellesley Hills, Mass. 02181.



Appeal of orange

"Orange Wall" is the title of this lovely 12x12-in. needlepoint pillow design. Hues of orange, tangerine, 4 shades of green and dark brown on celery background. Kit: handpainted canvas, imported yarn and instructions. \$36. Margot Hamilton Needlepoint, 1 R River Road, Worthington, Mass. 01098.



Red 'n green time ahead

Bright Christmas labels "trim" your holiday mail in festive colors. And saves writing your return address! Message up to 4 lines is in red on 1½-in. white gummed paper; tree is in green, of course! Pretty for parcels, too. 500 in plastic box, \$2. Via air, \$2.33. Bolind, AH-8 Bolind Bldg., Boulder, Colo. 80302.



Levi's tote bag?

Right—same as the famous Levi's jeans, it's made of genuine blue denim and sports the Levi's patch and pocket. Topped with bold red handles of heavy-duty webbing, it's a tote-ticket for tennis, beach, etc. Washable. \$5.49 plus 95¢ postage. Holly House, Dept. 7A, 9924 Edgecove, Dallas, Tex. 75238.

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A wow for doggies

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Put these fancy foolers in a windowsunlight casts a stained glass effect through the brilliantly colored plastic glass in lead-like frames. About 6x4 in. Nice shade pulls, too! Bluebird, Gold Finch, \$1 each. Butterflies pair, \$1.50. Add 25¢ postage. Harriet Carter, Dept. AH-8, Plymouth Meeting, Pa. 19462.



For putting, but then

It's also an ashtray! Practice putter telescopes to regulation size. Remove glass from mahogany base to catch the ball; just return glass to use as ashtray. \$12.95 plus \$1 postage. Personalized with 2 or 3 initials, add \$1. Cabot Sloane, Dept. AH-8, 2928—41st Ave., Long Island City, N.Y. 11101.



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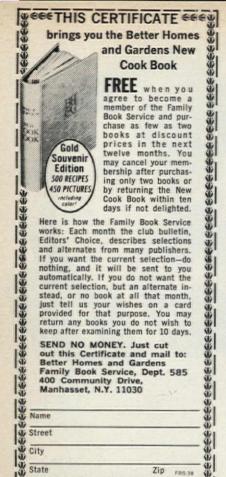
Your family name or first names are included in the merry messages on these delightful cards for birthdays, get-wells and anniversary. Printed in full color, cards are tastefully witty. 18 assorted cards and envelopes. \$5.95. College Hall Cards, Dept. 4, 199 Hickory Dr., Larchmont, N.Y. 10538.



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No matter who's the captain of your "ship," these Captain and First Mate cotton shirts are ideal husband and wife apparel companions. In navy or powder blue. S, M, L, XL. Specify captain or mate. Sweatshirt, \$3.98; Tshirt, \$2.98. Holiday Gifts, Dept. 608J, 7047 Pecos St., Denver, Colo. 80221.

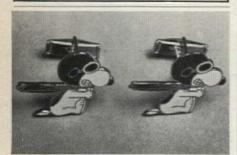




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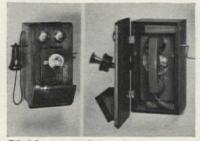
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Kitchen combo

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Dial in on antique charm

Old-time wall phone cover cleverly camouflages your modern wall phone. Ideal in an Early American kitchen or den! Quaint in pine with brass accent of bells and crank handle. Bottom can hold notes or planter. \$14.95 plus \$1.25 post. Pegasus, Dept. AH, 175 Lauman Lane, Hicksville, N.Y. 11801.



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Stair-Glide stairway elevator provides an effortless way to go up and down stairs. Installs in less than 2 hours with no special wiring required. Styled to fit home decor; outdoor models, too. Available on rental-purchase plan. Write American Stair-Glide, AH-8, 201 W. 80th Terr., Kansas City, Mo. 64114.



Trivet trio

Lacy-look trivets designed by old world craftsmen are fine table protectors that actually enhance the beauty of your setting. Sheffield engraved metal, they never need polishing. Set of 6 in., 7 in., and 9 in., \$3.98 plus 80¢ postage. Harriet Carter, Dept. AH-8, Plymouth Meeting, Pa. 19462.



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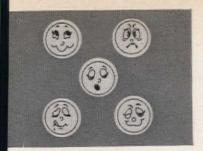
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And healthy with VIP pet brush! Electric, vibrating action brings out natural oils for a healthy sheen; removes loose hair, etc. Animal powder can be poured in top to disperse through hair to skin. \$8.95 plus \$1 postage. Gift catalog, 25¢. House of Minnel, 181E, Deerpath Rd., Batavia, III. 60510.



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Happy and adorable little pixie faces brighten up mail, books, etc. Self-adhesive, just peel them off and press on. Suit your mood-different expressions show humor, sadness, too. 112 faces in all. \$1. West-Berg Enterprises, Ltd., Dept. AH8, P.O. Box 4177, Colorado Springs, Colo. 80909.



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Burma-Shave signs were the joy of riders "zooming" on roads at 30 mph many years ago. "Verse by the Side of the Road" is the story of these famous signs and jingles that made auto travel special. Hardbound and handsome, \$4.95. Holiday Gifts, Dept. 608-H, 7047 Pecos St., Denver, Colo. 80221.



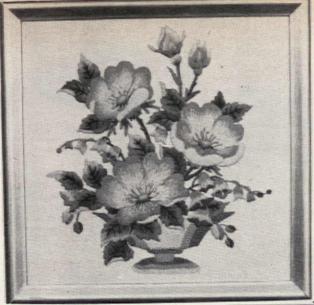
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Double wedding bands flatteringly enhance an engagement ring. Beautifully crafted of 14K white gold, set with 29 Strongite stones that sparkle like diamonds. Guaranteed. \$64. Free catalog of rings and things for men and women. The Strongite Co., Dept. AH-8, 2 West 47th St., New York, N.Y. 10036.



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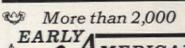


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GENUINE BLARNEY STONE CHARM FROM IRELAND!



If it's a bit of luck you're after—and that Irish gift of gab—kiss this real Blarney Stone, a chip from the same quarry as the original. Mounted atop a charm of a charm of Blarney Castle. Sterling silver \$3.50;9K gold \$10; 14K gold \$15. Airmail delivery, no COD's.

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"Chatham Eagle" plaque spans the centuries to come forth as a magnificent 31-in. reproduction. Molded in Arborlite, it's gilded in Colonial gold with black background. For interior or exterior use. \$40 plus \$1.45 shipping. Free catalog. Arborlite, Inc. 32 E. Main St., E. Brookfield, Mass. 01515.



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Do it yourself with Plexiglas—just change the dimensions and a cube table becomes a pedestal, a vase or even a turntable cover. Plexiglas acrylic sheet at hardware and supply stores. Brochure on building projects, instructions, 25¢. Rohm and Haas, Dept. AH-8, Box 9730, Philadelphia, Pa. 19140.



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This beautiful covered butter she sets off any table with an elegan dash. From Sheffield, England, it's of fine silverplate. Comes with crysta liner and own butter knife. 434 x 434 in \$3. Catalog, 15¢. Croydon Silver smiths, Dept. AE-8, 627 Kings High way, Brooklyn, N.Y. 11223.



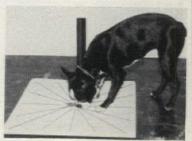
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Montgomery Wards special film service offers fine savings. Kodacolor developing and jumbo printing of 12 exposures, \$1.99; 20, \$3.29. Kodachrome processing 20 exposure slides or 8mm movies, \$1. Wardway, Dept. 38, Box 4370, Chicago, III. 60680, or Box 831, Los Angeles, Calif. 90053.



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Head straight for cozy comfort in this Heavenly Shoe made and laced with cushiony soft, cowhide leather. Built-in arch lifts are a real plus. In white, black, or natural. Sizes: 4–10, M, W, 5–10, N, M, W. \$10.95 plus 75≠ post. Old Pueblo Traders, 600-A8H, South Country Club Rd., Tucson, Ariz. 85716.



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Looking every inch the contented regal hunter, this magnificent reproduction of The Tiger by Hug will be at home in your den to overlook all he surveys. In browns, tans and yellow. 22x28 in. Nice to give. \$5.95 plus 45¢ postage. Lambert, Dept. 233, 910 N. La Cienega Blvd., Los Angeles, Calif. 90069.



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The Antique Trader Weekly, a weekly newspaper, is filled with advertising news on antiques and collectors items for sale and wanted. Over 20,000 antiques for sale in each issue. From 64 to 80 pages. Sub, for 52 issues, \$6. Sample, 25¢. The Antique Trader, Box 1050-TA, Dubuque, Iowa 52001.



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Keep him happy with eggs the way he likes 'em—soft, medium or hard. Electric steam cooker shuts off when they're ready. Boils 1-4 eggs at a time. Poaches, scrambles, too. White ceramic with barnyard fowls. \$3.98 plus 50¢ post. Holiday Gifts, Dept. 608-F, 7047 Pecos, Denver, Colo. 80221.



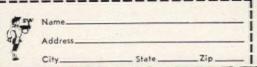
Inflatable float chair in bright orange is a beauty for basking in the sun as you bob blissfully on pool waters or summer lakes. Comfortable size for adults, too. Easy to inflate. \$10 each. Add 85¢ postage. Mirobar Sales Corp., Dept. M-518, 120 East 56th St., New York, N.Y. 10022.

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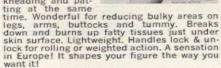
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HAND ROLL **SWEDISH** MASSAGE

MASSAGETTE spot reducer. separate hardwood rollers are like 15 fingers kneading and pat-ting at the same



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Daisies on blue background (shown)

Black-eyed Susans on olive

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Charming windmill lights up into a lovely centerpiece or lamp. With sky blue roof and arms, white tower, and blue, yellow and pink tulips, $7\frac{1}{2}$ in. Washable plastic. Use 2 "C" batteries. \$3.98 plus 25% postage. 2 for \$6.98 plus 50% postage. Colonial Studios, Dept. LW-7, White Plains, N.Y. 10630.



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Real butterflies under glass are mounted on white plaques with lacquer frames. 6 different butterflies, complete with a silken cord for hanging. Each is $3\frac{1}{2}$ in. Unusual and interesting wall flattery. Set of 6, \$2.98 plus 50¢ postage. Harriet Carter, AH-8, Plymouth Meeting, Pa. 19462.



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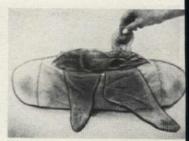
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Protect your finger while sewing we this antique finished thimble dorated with delicate hearts and fleers. Hand-crafted in Mexico. Preenough to display when not in use sewing club? Perfect party favo \$2.98; 2 for \$5.75. Ferry House, De AH-8, Briarcliff Manor, N.Y. 10510



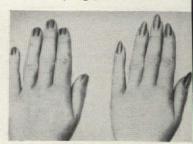
A great put-on!

Looking for goofy stuff to stick on dor family room walls? Try these cold ful fun-phonies of thick vinyl-loopaper that apply easily. Tiffany Shad (24x30 in.), \$3.97. Bubble Gu Machine (15x34 in.), \$2.97. Add 2 postage. World Art Group, AH-8, First Ave., East Norwalk, Conn. 0685



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Hosiery wash case accommodates a dozen pairs of hose. Just stash it is the washer and drop in dryer for a few minutes to dry. 20x9 in. with a large 14-in. zippered opening, case is excellent for delicate lingerie. \$1.50 Walter Drake, AH-85 Drake Bldg. Colorado Springs, Colo. 80901.



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Collection of 110 stamps includes Queen Elizabeth-others from Antarctica to Zambia, Tanzania, South Georgia, etc. Also offers from Approval Service. Buy any or none, return balance, cancel service anytime, but keep stamps, Send 10c. Kenmore, Dept. FQ-820. Milford, N.H. 03055.



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ANT 4ft. NFLATARI GIRAFFE TOSS SET

Great fun, this 7 piece set has 4 plastic rings and 2 inflatable balls. 2 giant feelers rise skyward to catch the rings; attached to his ample middle there's a basketball hoop. Lets everyone test his skill! Realistic jungle coloring is cover-up for an otherwise gentle nature. Toss him about, he'll bounce back for more. Wonderful for your child (and husband, too!).

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with stand and dome lid \$3.98

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The Country Gourmet Inc.

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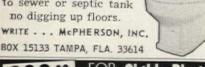
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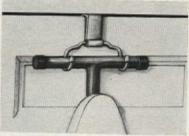
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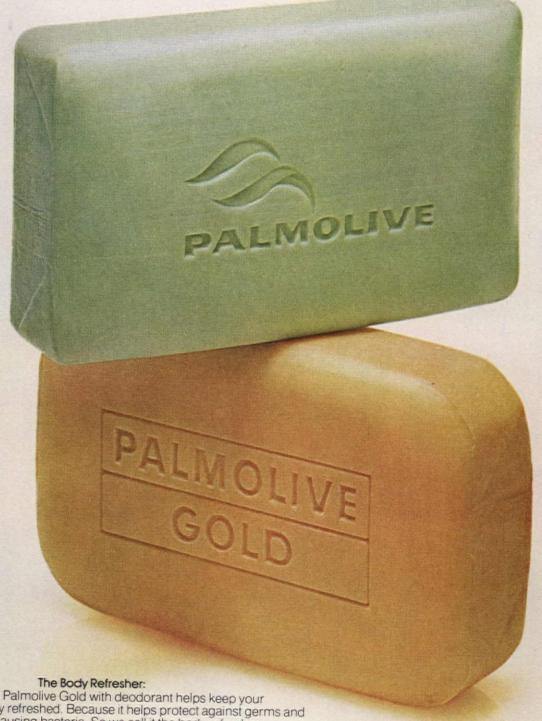
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