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American Home

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Cooking Lesson No. 41 How to make Crusty French Bread

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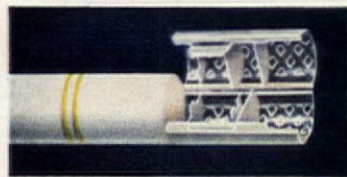


Reynolds Wrap

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American Home

Vol. 75
1972

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COVER: Old and new combine in a young couple's "Sunny Decorating," starting on page 47. Typifying the elements are bright flowers, a cherished afghan and a 19th-century English drabware dish. Photographer: William Maris

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THIS MONTH IN American Home

American ingenuity, that native talent for making things that was so characteristic of our pioneer forebears, is once again alive and well, we are happy to report. We have often commended the renewed awareness that money can be saved and spirits lifted by making things of lasting beauty and practicality with one's own hands. This month we salute a group of unusually inventive people.

Joyce Hartwell is a lady carpenter and a darn good one at that, as you will see on page 14. She developed her skills with hammer, nail and saber saw while working as a photographer's prop girl, and now designs and makes architectural interiors. She will soon have her own syndicated TV show, "Lady Carpenter."

Debby Schmitz has used her considerable sewing and needlework talents to furnish a first home with a blend of old, new, bought, begged, found, given—all of it on a newlywed's budget—producing the houseful of sunny, ingenious ideas you will find on pages 47 through 53.

Nina Pellegrini wanted to make a quilt, so she sat down and "painted" one, translating an old craft into a new one that you can copy in a weekend. See the results on pages 58 and 59.

Marda and Eli Post and Linda and Larry Routh may be the most ambitious of all. These two couples built their own vacation homes, the Posts in the woods of southern Vermont, the Rouths in the woods of northern California. Their houses are on pages 54 through 57.

How about you and your neighbors? What are you making these days—new craft or your own home? We'd like to hear about your American ingenuity and perhaps share it with the rest of our readers.

Jeanne Smith
Editor



Joyce, lady carpenter



Debby, sunny decorator



Nina, quilt painter



Marda, house builder



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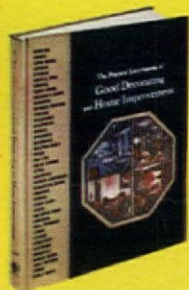
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1972 CALENDAR ART

By Alexandra Walker

Top to bottom (all sources N.Y.C.): Big Day wall calendar, 40 by 30 inches, \$20; "Ring-A-Date" in white and in blue, 19 inches square, International Designers Group, Inc., \$10 each; 10-inch rotating multilingual discs, Bonniers, \$60; 2-by-3-inch box with slide-outs, Lucidity, \$6.50; Big Day 5-inch-square pages, boxed, \$15; 8-inch pencil tray with sliding date indicator, Lucidity, \$2.50.

If your No. 1 resolution for '72 is to keep your days and dates straight, take a cue from the new calendar crop—all eye-catching and artful additions to kitchen, office or den. Some are perpetual, with movable parts that indicate the day, month and year. Others, flashier versions of the traditional wall calendar, have colorful tear-off pages that are much too pretty to throw away. They're fun as birthday-gift wraps, and it's one way to remember the date. Or give a calendar as a present so you'll be remembered all year.

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Lifestyle

A trial lawyer and his wife work to take the dangers out of children's playthings.



Lawyer/safe-toy crusader Ed Swartz helps Joan, 5, and James, 6, turn play into do-it-yourself art. Next to their own creations, the kids favor soft, squishy, stuffed animals.



While parents relax, Joan and James enjoy two lightweight go-anywhere, fiber-glass favorites—a one-passenger seesaw and a low gentle slide.

Linda and Edward Swartz of Boston have learned that toyland is not necessarily joyland. Ed, a personal-injury trial lawyer, first became aware of "the death trap lurking in the toy box" when several clients came to him seeking compensation for injuries to their children caused by hazardous toys. The Swartzes looked at the playthings of their own children, James and Joan; many labels carried the reassuring words "safe" and "nontoxic," but close examination revealed the opposite. Now, after much research, the Swartzes are toy-safety experts and encourage their youngsters to make their own. "The kids really enjoy it," says Linda. "When they tire of a paper-bag puppet or a milk-carton boat, they can make something else."

Among the hundreds of losers Ed and Linda have examined (from top-rated toy shops as well as dime stores) are crawling-tunnels made of flammable cloth and hollow teething rings filled with impure water. Equally disturbing are toys that inflict psychological damage—toy torture chambers, games that include bloody human "parts," miniature crash cars for simulating collisions. Ed has put the results of this study into *Toys That Don't Care* (Gambit, \$6.95), a new book that mentions more than 1,000 harmful toys, with guidelines on what and what not to buy. Both Ed and Linda hope their toy crusade will reach all interested parents.

Susan Wood

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LIFESTYLE continued

Multipurpose wall unit (above), finished in quick-drying acrylics, was made for the study/guest room of young married publicists. Its modular pieces can adapt for use in a child's room someday.

Joyce Hartwell sees no reason why a carpenter must be a man. "If a woman can handle an electric carving knife, she can manage a drill and a saber saw," says this busy young entrepreneur, head of her own woodwork-design firm in New York City. Joyce's facility with hammer and nails came to light on her first job, prop girl for a photographer. Rather than search out many hard-to-find items, she decided to build them, learning carpentry skills on her own. Four years ago she opened a small gift and antiques shop, and without planning it that way, saw her back room fast become a carpentry shop. Between rebuilding old furniture and creating new unique pieces of her own, she was spending more time in the back room than she was up front. So the gift shop was abandoned, and Joyce started the woodwork-design business and called it Lady Carpenter Enterprises. She revamped an old New York loft building, turning the top floor into a home for herself and her husband (Rick's on the administrative staff of a Manhattan hospital) and the lower floors into workshops.

Talented Joyce, who has encountered as much prejudice as praise for being a "lady" carpenter, believes in fair employment practices: Her assistants are four men and four women. Soon she will teach woodworking and other skills via a syndicated TV show that she hopes will interest women. "A housewife who takes care of children does as much physical labor as I do," she says, "and is certainly capable of becoming a good carpenter." Craft unions, beware: The women are coming, the women are coming!

Joyce makes this whimsical giraffe as a child's clothes tree. Its wings, for hanging things, adjust upward as the child grows. Box base holds toys.



Bradley Olman

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PRE-BABY FIGURE FIRMERS

Jill Flynn (right) is the personification of a radiant expectant mother. Her secret? She's as active and energetic now as she was before her pregnancy. "I've slowed down a *little*," she says, "but John and I still do most of the same things." An athletic couple, the Flynns play tennis and golf on weekends and are busily decorating their new apartment overlooking New York's Central Park. Through it all, Jill has continued her work at a public-relations firm. Together, the Flynns attend natural-childbirth classes, and Jill practices the recommended breathing lessons. In addition, for figure insurance, she exercises regularly.

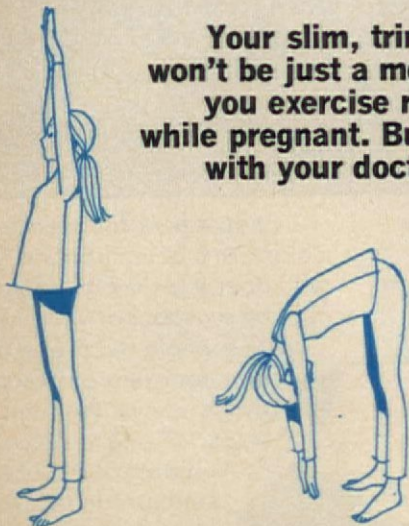
Exercise during pregnancy is important if you want to be your slender self after the baby arrives. For your stretched abdominal muscles must be resilient to get back into shape quickly, and *this* requires exercise. So take a few minutes each day, as Jill does, to do the following routines (from Dodi Schultz's book *Have Your Baby—and Your Figure, Too!* Pyramid paperback, 95¢).

But remember: Before you start exercising, make sure each routine and the number of times it is to be performed meet with your obstetrician's approval.

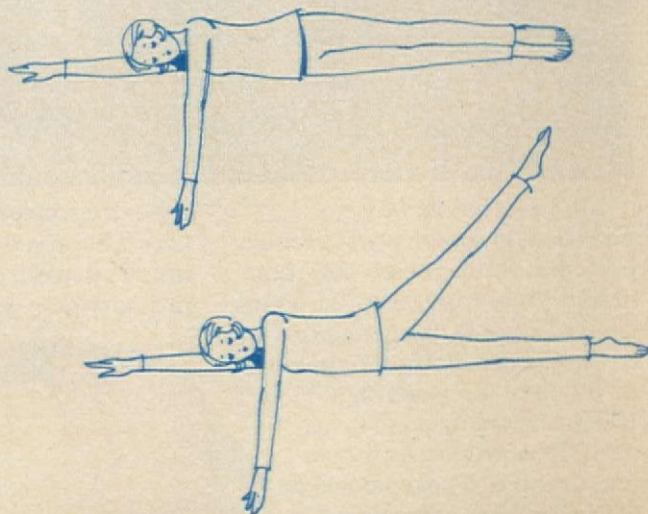


Susan Wood

Your slim, trim figure won't be just a memory if you exercise regularly while pregnant. But check with your doctor first!



Start your session with this very basic limbering-up exercise: Stand perfectly straight, and reach way, way up, until you feel a tingling in your fingertips. Then let your body fall forward from the waist, hands dangling (don't try to touch your toes; that's not important). Relax that way for a few seconds.



Lie on one side, resting your head on your arm, the other arm stretched out in front to brace you. Now raise your leg as high as you can (the trick is to be sure you're raising it straight up, neither forward nor back) and then lower it, five times. Then turn over on the other side and repeat with your other leg. (continued on page 20)

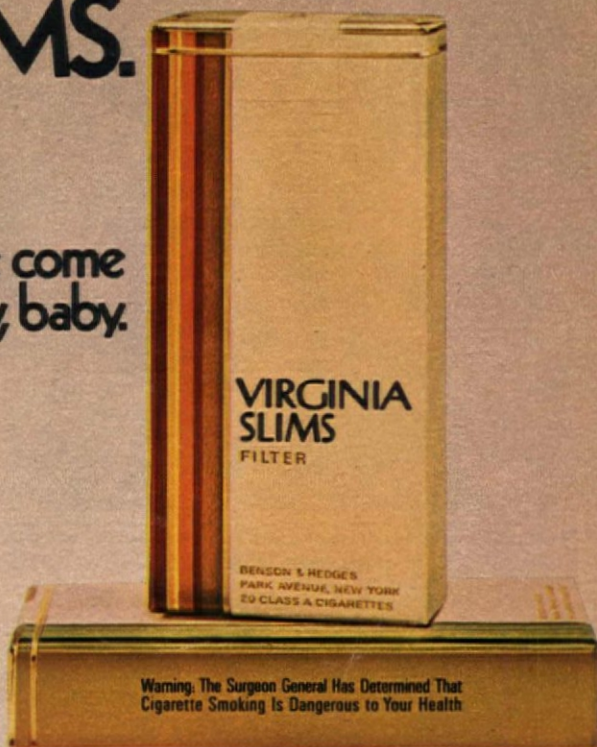
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Two other lovely color combinations are available, "Hairpin" loom weaves quickly and easily.

ANNOUNCING—An exciting new way to lose weight with

'Miracle FAT-BURNING Foods'

Now—see how the high-powered nutrients in these delicious foods CHASE FAT OUT OF THE BODY quickly . . . easily . . . painlessly . . . permanently!

Dear Friend:

This may well be the *greatest weight-loss breakthrough of the century!*

Sidney Petrie, a clinical obesiologist, has now completed his report on MIRACLE FAT-BURNING FOODS—foods packed with high-powered nutrients that chase fat out of the body like magic!

He states in no uncertain terms that you can lose 20 . . . 50 . . . 100 lbs. and more by eating these foods—and they're delicious!

You can eat them as supplements to your regular meals—and enjoy more variety than you have been gaining weight on. **ONLY NOW YOU WILL LOSE WEIGHT!**

How can this be? Petrie explains it this way:

"Fat is lost when energy is being produced by the body. It follows that weight cannot be lost unless fat is effectively burned, a process requiring many vital nutrients."

This is the secret, says Petrie!

The nutrients in these foods are, in his words, "high-powered . . . bursting with vitality." They "nourish the cell structure of the body without adding to blood sugar."

Fat-Burning . . . Safe, Easy, Fast!

Petrie uses the phrase "FAT-BURNING" to illustrate how these nutrients turn fat into energy. Rest assured that it won't cause you the slightest discomfort whatsoever . . . because it's exactly the same kind of energy-burning process that takes place when you lift your arm, or blink your eyes!

The only way you'll know it's working is when you look in the mirror and see pounds and inches gone all over your body!

Yes, it sounds incredible—that you can lose 100 lbs. and more by such food intake—but this is Petrie's promise to you. And he backs it up with proof!

Many So-Called "Hopeless" Cases Helped!

Sidney Petrie's practice consists of so-called "hopeless" obesity cases referred to him by physicians and other medical specialists. Most of them had practically given up hope of ever being able to trim down!

BUT HERE'S WHAT HAPPENED! Even though they had known only failure with every kind of diet in the past . . . even though they had tried pills, exercises, and contraptions to no avail . . . as soon as they started eating the MIRACLE FAT-BURNING FOODS, mountains of fat literally *burned away* from arms, legs, waist, hips, neck and face.

"For many," says Petrie, "It has been not only a miracle, but a dream come true!"

Here's Why He States That This Method Is Superior To Any Known Dieting Technique:

"The diet—as it is commonly known—is an error."

"The error of 'diet' lies in its basic precept—temporary deprivation of nourishment . . . One cannot get this by temporary deprivation, no matter how long or how short the time. You cannot get thin by depriving your body over a period of weeks or months. You make it up as soon as the period ends."

Petrie reports how one woman was unable to lose weight until she started consuming the MIRACLE FAT-BURNING FOODS. They provide more nutrients per calorie than other foods, thus increasing the metabolic rate of the body so that "with metabolism at a higher clip, more energy is utilized and *more fat burned off.*"

Approved By Physicians!

Of course, this method *seems* unorthodox. Not every authority in the field of dieting has heard of it yet—and many will doubtless find it incredible. Some may even disapprove. But it *has been recommended* by others, including physicians. For instance, Milton C. Kemp, M.D. says it "not only

provides a safe, medically approved method of weight reduction but also a way of preventing the recurrence of excess poundage."

Hundreds of Successful Weight-Loss Cases Tell The Story!

Petrie refused to release the facts about MIRACLE FAT-BURNING FOODS until he felt *absolutely certain* that they worked, safely and surely. As the evidence accumulated in his files, the conclusion became unmistakable! Petrie found that even people who had always experienced extreme difficulty trying to lose weight, like teenagers and diabetics, scored *striking successes* with this method!

PEOPLE LIKE—

Mrs. H. C.—who had been on-and-off so many diets in the past, she had lost count! The most she had ever been able to lose was 6 lbs. over a 3-week period. Then she consulted Mr. Petrie, and was told to begin eating MIRACLE FAT-BURNING FOODS.

The Result: 35 lbs. lost the very first month! 103 total lbs. gone just 6 months after that!

• Mrs. M.—who would go on a "sweets kick" two or three times a week. She simply had no resistance against rich creamy cakes and pastries! In desperation, she turned to Petrie and immediately was put on the MIRACLE FAT-BURNING FOODS plan.

The Result: 62 lbs. quickly BURNED OFF, and the craving for cakes and pastries completely eliminated!

• Mrs. G.—a diabetic, who (because of her condition) found it extremely difficult to diet. She always would suffer nagging hunger throughout the evening. After her doctor had recommended her to Petrie, he started her on MIRACLE FAT-BURNING FOODS.

The Result: 5 lbs. lost the first week, remarkable for such a person. She immediately wrote back, saying she was recommending this method to other diabetics!

Mrs. M.—who put on weight after giving birth, and found herself 32 lbs. too heavy. She had never tried to lose weight before, and felt tense and uneasy about having to do it. With the MIRACLE FAT-BURNING FOOD plan, however, these feelings were calmed immediately.

The Result: all 32 lbs. vanished in 11 short weeks! "It was a breeze!" she said.

Mr. R.—who had to eat and drink heavily at business lunches because his job depended on it. At 250 lbs, he looked 15 years older than he was! Unquestionably, the MIRACLE FAT-BURNING FOODS was a godsend.

The Result: 80 lbs. melted off his frame in just 4 months! And he was still able to go on lunching with clients!

Mrs. M.—who entertained at home a lot, and ate so much of the sweets served to guests that she ended up 40 lbs. overweight. The idea of MIRACLE FAT-BURNING FOODS seemed incredible to her, but she agreed to try them.

The Result: 40 lbs. BURNED OFF in just 16 weeks! Her guests were so impressed, they started eating the same MIRACLE FOODS too!

Letters From Former Patients Keep Pouring In!

Day after day, letters come pouring into Petrie's office from former patients, expressing their joy and gratitude to him for his help. One writes:

"I've been on and off diets for 20 years . . . this is a miracle."

Another says:

"I find (eating these foods) one of the easiest ways to lose weight. There is no battling."

Send for 30-Day No-Risk Trial Right Away!

There's no better way to see how it works than this—use the amazing MIRACLE FAT-BURN-



ING FOODS plan at our risk for 30 full days!

Here's all you have to do—fill out and mail the coupon together with your remittance for \$6.98, and Sidney Petrie's "Miracle Diet for Fast Weight Loss" will be sent to you for 30 days' No-Risk use. You either get the results you want in *vanishing pounds and inches*—or simply return the book for a full refund.

It is never too late to become what you might have been. The opportunity is here, on this page, in the Coupon below. Why not send it in—at our risk—today!

MAIL NO RISK COUPON TODAY!
GREENLAND BOOKS, Dept. 6478
 4500 N.W. 135th St., Miami, Florida 33054

Gentlemen: Please rush me a copy of THE MIRACLE DIET FOR FAST WEIGHT LOSS #80003, by Sidney Petrie and Robert B. Stone! I enclose \$6.98 in full payment. I may examine it a full 30 days at your risk or money back.

Enclosed is check or M.O. for \$ _____

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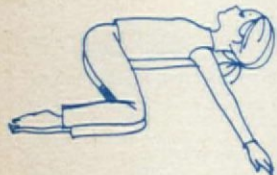
Exercises are a boon to the pregnant woman: The three routines below should help abdominal muscle tone and make for an easier delivery.



Sit with your legs straight out in front of you, toes pointed. Put your arms up straight. Take a deep breath (the "normal" kind). Reach toward your toes, breathing out as you do so; it's not important to touch your toes, and in your later months, of course, you'll be unable to do so. Now swing your arms behind you, lean back, head back and chest up and out, and breathe in deeply. Repeat about five times, exhaling each time you reach forward, inhaling each time you lean back.



This routine promotes tummy-muscle strength as well as flexibility. Lie on your back on a mat, carpet or other soft but firm surface, arms straight out at either side. Draw your knees up toward your chest. Now twist from the waist to roll your hips toward one side, so that your knee touches the floor; keep your hands, arms and shoulders down. Roll your hips over to touch your knee to the floor at the other side; arms and shoulders are still down. Roll back and forth three to five times.



This "rocker" routine may feel a bit silly, but it's really a very helpful pelvic flexer, and good for back strains as well. Lie on your back with your knees bent, feet on the floor. Arch your back up (you can feel the space underneath with your hand) to "rock" your hips forward, then press your spine down to the floor to rock your hips back. Do this 10 or 12 times.

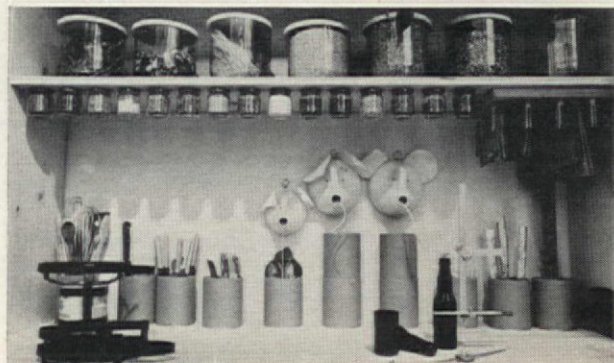
THE PLUMB LINE

News from an architecture and environment editor's desk

A penetrating look at trash was presented recently in an exhibit—called "Garbage: the Need to Recycle"—at New York's Hallmark Gallery. Visitors were greeted by two enormous rubbish piles that threatened to engulf the display area. Though the impulse was to turn away, the problem illustrated is one we can no longer hide from: four billion tons of solid waste generated daily by American industry, agriculture, mining and individual households. Our resources are shrinking, our waterways are becoming polluted, and open dumps are overflowing. Our nation may be a vast garbage heap by the year 2000, unless we take action.



Hallmark kitchen (above) is filled with recycled items. Inset below shows dried food in sawed-off bottles, spices in baby-food jars, utensils in cardboard tubes, string in plastic pig faces, baling-wire trivet and can warmer.



Recycling is one way to reverse the trend, and various new methods were described in the show. For example, a strain of bacteria is being developed to transform solid waste into protein-rich feed for animals. Also under development is an ingenious three-layer bottle that will disintegrate after use—one need only peel off the outer, film-thin layer and the other two will dissolve in water. These and other new procedures are still experimental, and all are costly. Moreover, collecting and separating refuse continue to account for 90 percent of all recycling expenses—which is why individual concern and initiative are vital. And here the show was at its best.

Among the exhibits were examples of the imaginative reuse of refuse by artists, designers and craftsmen. There were wall ornaments cut (and fringed) from tin cans, collages made of painted egg cartons, a good-looking light fixture assembled from broken egg shells and a towering sculpture made of old door-knobs, glass fragments and marbles reclaimed at a dump. Junk sculpture made by children enlivened the interesting display.

The hit of the show was a model kitchen equipped entirely with recycled junk (opposite). A chandelier consisted of the sawed-off top halves of bottles dangling from a colander. The bottle bottoms were also used—as drinking glasses and as pots for growing herbs. (Glass-cutting tools were suggested as everyday kitchen equipment.) Drawers were made from wine crates, utensil holders from sawed-off cardboard mailing tubes, elegant candle holders from old tin cans.

The upper portions of plastic bottles became clever pig faces holding strands of recycled string. String oddments made a rug, fabric scraps, a patchwork tablecloth. Baby-food jars—their lids nailed to the underside of a shelf—became a row of spice jars. Soft-drink cans—with essential and oft-used phone numbers stuck on their protruding ends—were artfully arranged around a wall phone. A chalkboard for notes and things to buy suggested an end to paper grocery lists. And a display of foodstuff in handsome wicker baskets asked the question, "Are bags really necessary?"

Not everyone is handy at making lamps out of bottles or sculpture out of scrap. But the Hallmark show suggested that all of us should take another look at what we usually throw away and ask ourselves, "Does this deserve another life?" The aim of our recycling activities should be to make trash a national resource. —Barbara Plumb

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Richard Meek

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Whether you're wildly creative or still in the "paint-by-numbers" stage, designer Jean-Pierre Durante has the perfect craft for you. The **MATTRESS PAD** is a surprising variety of mattress-pad quilted patterns is available, from diamonds and squares to graceful serpentine. Then let the design spirit move you—to motifs like these simple geometrics or others you may devise. How-to's are on page 75. For another exclusive quilting technique, see "Paint a Quick Quilt," pages 58-59.

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Things You
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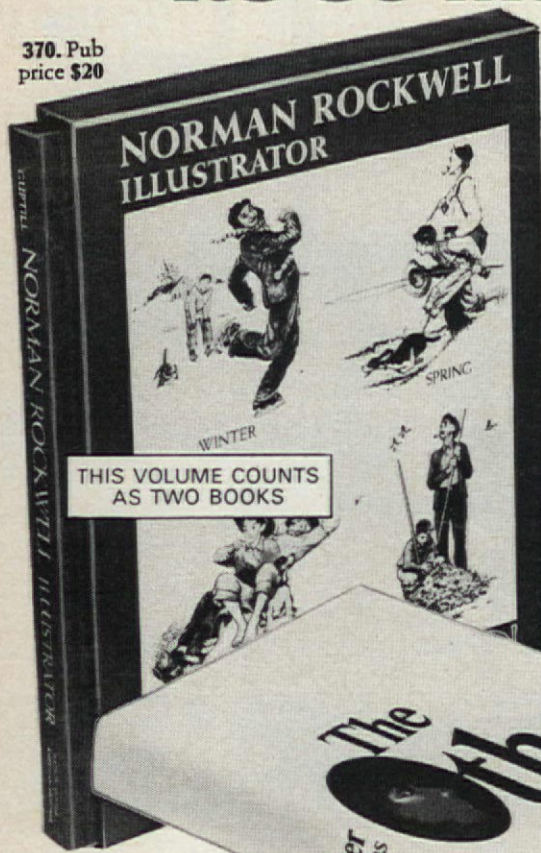
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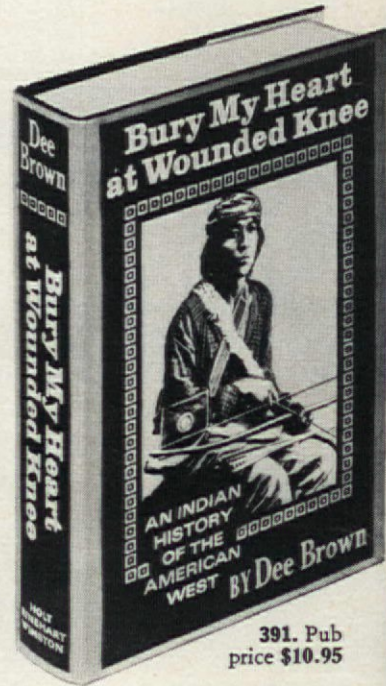
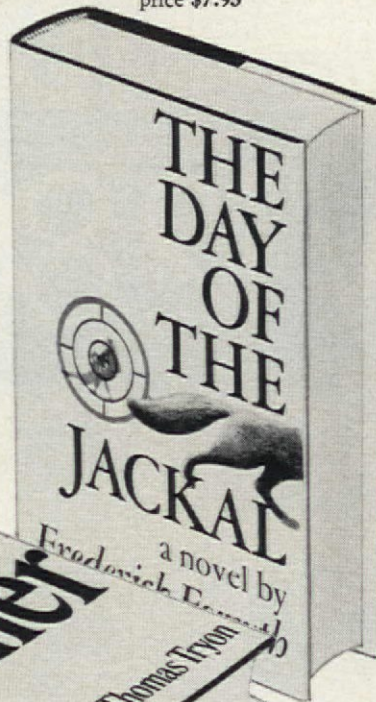
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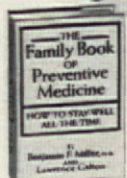
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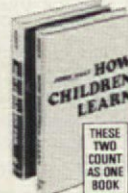
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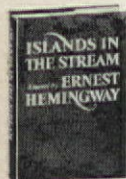
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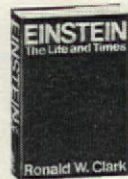
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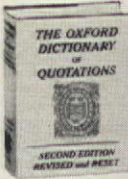
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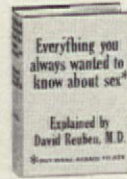
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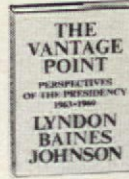
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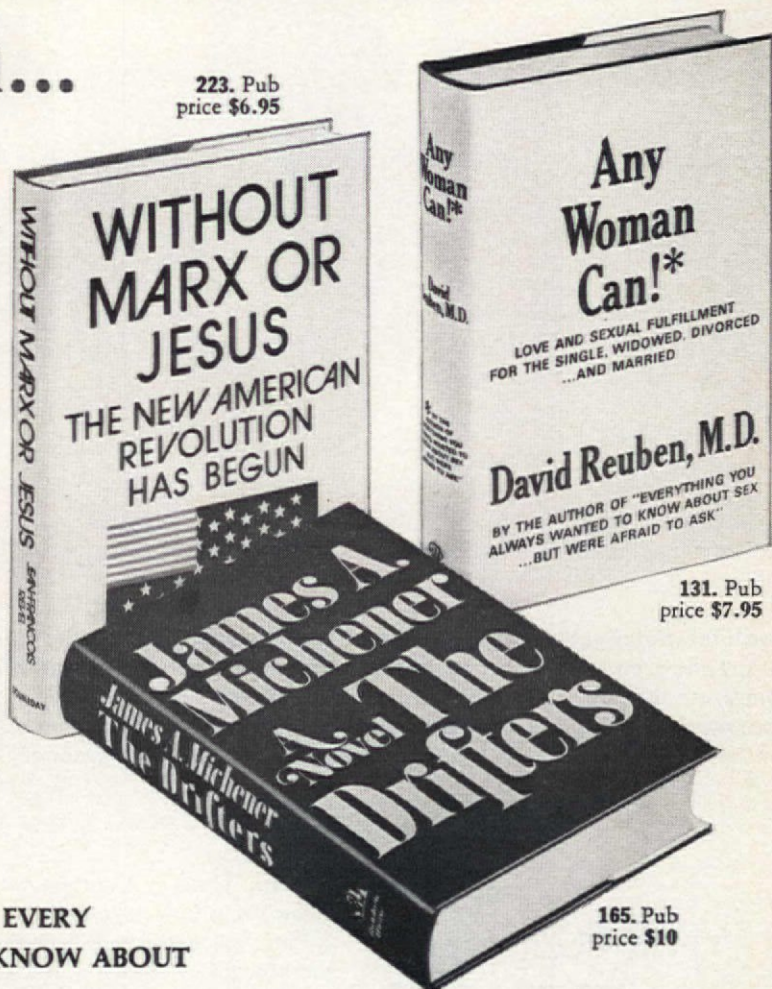
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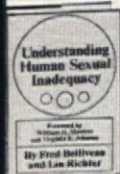
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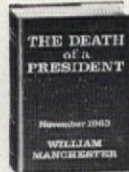
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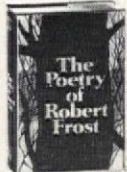
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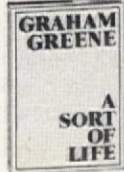
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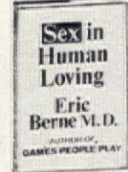
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100

WONDERFUL WAYS TO WARM UP WINTER

Don't let winter get you down. Here are 100 ways you can lick the cold-weather doldrums and fight the drearies with happy and creative decorating ideas, good things to eat, indoor gardens, great things to make and helpful equipment. Check out the suggestions here and on the following pages to see which ones suit you best—mix and match them to your own lifestyle. You'll find more than enough to keep you snug and productive from now until the first crocus emerges. Is it making an afghan or baking bread? Growing a greenery of plants? Whatever it is, begin now. And enjoy.

32 IDEAS FOR COZYING UP YOUR HOME

By Helene Brown

A winter wardrobe for your home? Not a far-fetched idea at all and certainly worth the effort when your results produce a home that becomes a cozy haven during the blustery months. Warming up for winter can involve major redecorating or just some quick and easy additions to your present scheme. The recipe for decorating a warm and intimate room has many ingredients: deep, fall colors; lots of pattern; a pretty clutter of favorite things; fabrics in rich textures; subtle lighting; closely grouped furniture. All these encourage a snug atmosphere.



THE PILLOW PLOY

1. Deep, squooshy furniture with loose pillow backs invites you to curl up.
2. Puffy pillows heaped on sofas, chairs and beds give a special warmth.
3. A stack of oversized floor pillows entices even the up-tight to stretch out and relax.
4. For unusual pillow covers, knit an argyle pattern as you would for a sweater. Or cut up children's outgrown sweaters to make woolly covers.

FIRESIDE CHAT

5. If you're lucky enough to have a fireplace, make it your winter focal point. Cluster your living-room furniture in front of it, so you can feel the warmth.
6. Have lots of wood handy in large Irish fisherman's baskets or in a big, old, open trunk. A wooden bucket full of long matches, kindling and newspaper tied in Nantucket knots (folded into strips and then pretzel-twisted) can help keep those home fires burning.
7. Save up the stalks from dried herbs to toss on your fire for a delightful aroma. Orange peels waft an appealing scent.
8. On the mantel, a ready basket of nuts and fruit can keep the nibbler happy as he warms his toes.
9. Gleaming brass andirons and tools reflect the fire's glow. A brass trivet on the hearth for a pot of hot chocolate rates an A-plus in hospitality.

CLOSENESS

10. Rearrange your furniture so it is closer together. Move the sofa and easy chairs toward the center of the room to create an intimate conversational island. Place an upholstered screen behind a grouping of pieces to cut out drafts. Use your coffee table for informal suppers.

IMAGINATION PLUS

11. For the ultimate in easy-to-make window luxury, gather cotton velveteen on a wooden pole, tie it back on each side, and let it fall to the floor. Make it extra long so that it ripples slightly where it touches. Summer sheers left drawn beneath it filter a dreary view.



12. Slipcover a wing chair with denim plaid. Make curtains to match to warm up shuttered window areas.

13. Use a crocheted bedspread or old quilt as a tablecloth. Skirt a table to the floor and top it with a smaller cloth in a different pattern but in a similar coloring.

14. A woolly shawl thrown over a desk chair might just get those letters written and the bills paid sooner.

15. Soften your lighting. Use pink bulbs in a lower wattage than usual. Put tiny paper shades over the bare bulbs of wall sconces and chandeliers.



16. Slipcover your lampshades. Consider red batiste printed with a tiny white pattern. You can find it in the dress-goods department of your local store. It should be self-lined, shirred with a simple basting stitch top and bottom, then fastened with double-faced tape to the outside of the shade. Turn on the light and the room glows. You needn't stay with red and white—use any dark, patterned semisheer fabric.

17. Changing your lampshades completely can also change a room. Get all new, shiny paper ones in dark colors such as brown, black or navy. These give a rich, subdued look.

HOT PAINTS

18. Walls painted in deep colors seem to insulate a room. Plum, brown, midnight blue, red, burnt orange and forest green all make a room look instantly more inviting.

19. With the right colors added, the palest and coolest room can be warmed. Add bittersweet and plum to a pale blue room, camel and rust to a soft green, beige and chocolate brown to an all-white room. Chrome yellow brightens beige; deep pink and cranberry perk up the most somber gray.

TEXTURE

20. If you're in the mood for a major overhaul, consider upholstering the walls of your room. Do it yourself with a staple-gun or double-faced tape. Use menswear-suited fabrics such as gray flannel, glen plaid or herringbone. Or put up felt, which is warm and fuzzy-looking and a cinch to work with.

Gingham plaids, checks and tiny over-all flower prints are other good choices.

21. Now is the time to carpet your walls if you have been considering this new decorative approach. It's easy to do with self-sticking carpet tiles, and the result is not only a warm and inviting room but a well-insulated one as well.

22. In the living room and/or bedroom, top your wall-to-wall carpeting with deep, shaggy area rugs: sheepskin, Greek flokati or wool Rya rugs.

23. Texture can spell warmth. Think of the appeal of glove leather, suede, velvet or heavy wool used as upholstery fabric and pillow covers. Mohair lap robes are so soft and snugly you'll want a couple—one to drape over a sofa, another to cover the foot of your bed.

DELICIOUS DINING

24. Deep-colored tablecloths in new iron linen draped to the floor, or long underskirts with squares of gingham on top, add up to the layered look.

25. Slipcover the wooden backs of chairs in quilted cotton to make them more comfortable. Add seat cushions of the same material.

BEDROOM LUXURY

26. Buy a down comforter—a real splurge, it's true, but worth the investment. It lasts a lifetime.

27. For some reason, dark-colored sheets make the bed seem warmer.

28. Put up a hanging or a canopy around your bed. It can be suspended from rods fixed to the ceiling. Make it in felt for quick results.

29. Set a table next to a chaise longue or an easy chair for Sunday breakfasts.

30. If your bedroom is small, you might think of tenting it in a dark, printed cotton in the Indian maharaja style. Tenting is very much *in*, and the splendor of the results can repay all your efforts. Drape the fabric from a single point in the center of the ceiling. Use

curtain rods to hold it in place along the walls.

A MUD ROOM WITHOUT MESS

31. Warm up your mud room. Paint the walls orange and hang lots of navy-blue hooks for coats and hats. Put up extra, smaller hooks at logical heights for children to hang mittens and scarves. A rack with wooden slats set over a long plastic or metal tray is a good place for boots to drip dry. Wall-to-wall sisal matting is long-wearing and cushy underfoot. A heat lamp in an overhead fixture should dry out the snowsuits as well as provide a warm spot on the floor for little wet feet.



HAPPY CLUTTER

32. Baskets and cachepots brimming over with winter plants and greenery enliven any room. Pile books on the floor or on tabletops instead of lining them up neatly in the bookcase. Leave your sewing box or workbasket out, heaped with knitting or needlework. Hang robes and shawls on a clothes tree in the bedroom, jackets and coats on another tree in the front hall. It's convenient and brings a touch of family closeness to winter living.

These are some simple things that will make your winter home warmly inviting.

18 BRAZING DISHES AND DRINKS

By Frances M. Crawford

FOR STARTERS

This is the time of year to make those great under-cover dishes—stews, pot roasts, homemade soups, baked beans, etc. They're the ones that cook long and lazily, fill the house with tantalizing aromas and are great stick-to-the-ribs foods for snow-filled days.

33. Baked apples right from the oven, when served for breakfast, can help take the nip out of a cold morning.

34. Bring back thoughts of summer with

this cobbler: Empty 1 can (1 pound, 5 ounces) blueberry pie filling into a 9-inch pie plate. Separate and cut in half the rolls from 1 can refrigerated orange-Danish rolls with icing. Place on pie filling. Bake at 350° for 20 to 25 minutes or until golden brown. Spread icing over rolls.

35. Get a chilly day off to a warm start by serving mugs of hot consommé for breakfast.

36. Give popcorn new (continued)

BRACING DISHES continued

appeal with seasoned salt instead of regular. Or combine 3 quarts of unsalted popped corn with $\frac{1}{4}$ cup melted butter or margarine and sprinkle with $\frac{1}{4}$ cup grated Parmesan cheese. Salt to taste.

SUAVE AND SAVVY

37. Make sandwiches of ham and Swiss cheese on buttered bread. Dip into beaten egg seasoned with salt and pepper. Fry in skillet until golden brown on both sides.

38. Pile canned chili on split English muffins. Top with a slice of American cheese. Broil until cheese melts.

39. Looking for something for lunch that is sophisticated enough for special guests? Sauté $\frac{1}{4}$ cup diced celery and 2 tablespoons butter or margarine in a large saucepan just until tender. Add 1 can condensed tomato bisque and 1 can split-pea soup. Stir in $1\frac{3}{4}$ cans water and $\frac{1}{4}$ cup dry sherry gradually. Heat almost to boiling. Serve piping hot.

40. Give pancake fans a treat with this warm topping: Heat 1 cup maple-blended syrup, 1 tablespoon butter or margarine and $\frac{1}{2}$ teaspoon ground cinnamon, stirring occasionally.

41. Split 6 small French or Italian loaves and remove some of each soft center. Toast lightly. Heat together a 1-pound can of pork and beans and a 15-ounce can of spaghetti sauce with meat. Spoon onto loaves.



42. Hot breads and rolls go with any meal of the day. For breakfast, whip up a batch of biscuits or muffins. For dinner, turn store-bought rolls into something special: Slash hard or French rolls 2 or 3 times, almost through to the bottom. Spread crusts with softened butter or margarine combined with chopped chives and parsley or with celery and caraway seeds. Bake at 425° for 10 minutes.

CHILL CHASERS

43. Our forefathers knew well how to counter winter's icy blasts, as evidenced by their invention of this now venerable chill-chaser: For each drink, stir 1



tablespoon molasses, 1 tablespoon lemon juice and a jigger of dark rum in an 8-ounce mug. Fill the mug with hot water or, better still, hot tea. Sprinkle lightly with ground nutmeg.

44. For more continental tastes, borrow from French soccer players. Win or lose, they always thaw out with *vin chaud* (hot wine). Bring 1 cup boiling water, $\frac{1}{2}$ cup sugar, 1 lemon and 1 orange sliced, 6 whole allspice, 12 whole cloves and a 4-inch piece of stick cinnamon to boiling in a saucepan. Reduce heat. Simmer 5 minutes. Add $\frac{1}{6}$ quart of Burgundy. Simmer 10 minutes. Serve in mugs with a slice of orange and lemon in each.

JUST DESSERTS

45. Curried Fruit is a superb go-along with meats, but have you ever thought of it as a zesty dessert on a cold night? Drain a 1-pound can each of: pineapple chunks (save $\frac{1}{4}$ cup syrup), pear halves and peach halves. Put into $1\frac{1}{2}$ -quart baking dish. Melt $\frac{1}{3}$ cup butter or margarine in skillet. Add $\frac{3}{4}$ cup light-brown sugar, firmly packed, 4 teaspoons curry powder and the $\frac{1}{4}$ cup reserved pineapple syrup. Simmer until sugar melts. Pour over fruit. Bake at 325° for 1 hour. Serve warm with plain cake or cookies.

46. Entertain with Chocolate Fondue

in front of a glowing fire. Break three 3-ounce milk-chocolate bars into a fondue pot. Stir in $\frac{1}{2}$ cup light or heavy cream and 2 tablespoons brandy or rum. Heat over very low heat until chocolate melts and mixture is smooth. Set over fondue burner and for dunkables serve pieces of angel-food cake, marshmallows, macaroons, strawberries, grapes, pineapple chunks or banana slices.

Skaters, skiers—in fact anyone who comes in from the cold—enjoy being welcomed with warm drinks. Here are some ideas:

47. Coffee: Lovers of the brew will settle for a steaming cup any time, but for something different, try Caffè Borgia. Combine equal parts of hot coffee and hot chocolate, and top each cup with sweetened whipped cream dusted with a sprinkling of cinnamon or grated orange rind.

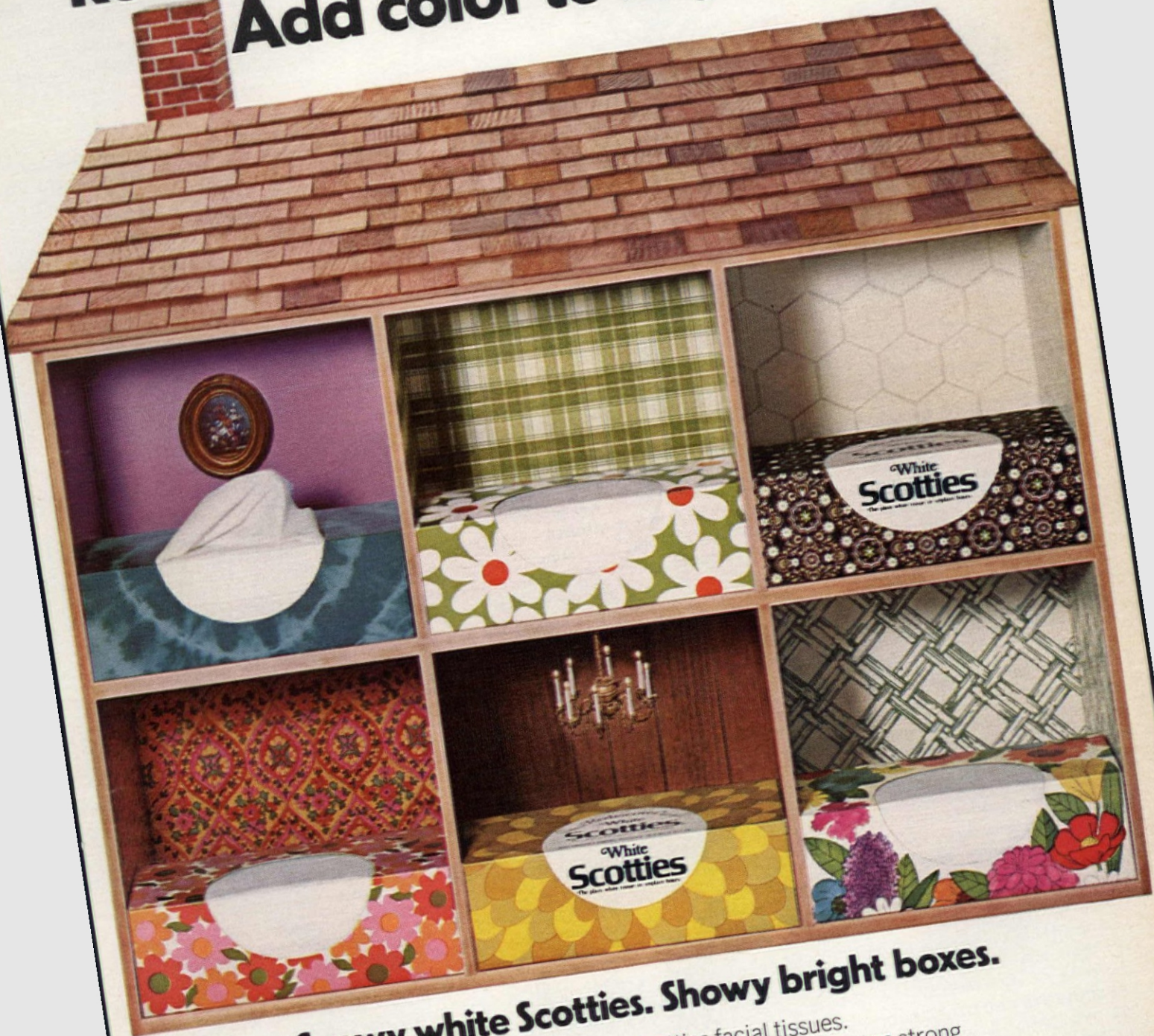
48. Tea: Don't forget this great pick-me-up on a brisk afternoon or evening. A slice of orange with a clove stick is a perfect plus for orange pekoe; India or Ceylon call for milk. For tea-with-lemon lovers try this: Bring a 6-ounce can of frozen lemonade concentrate to boiling. Add to 3 cups of brewed hot tea. Garnish with a twist of lemon peel.

49. Cocoa: A favorite with all ages, it's especially inviting topped with a marshmallow or a heaping spoonful of marshmallow crème or whipped cream. For an extra touch, sprinkle the latter with grated orange rind. Since mint and chocolate are so compatible, add a peppermint stick to each cup to be used as a stirrer. Or put a mint wafer into each cup and pour cocoa over it.

50. Some frigid evening, roast nuts in the fireplace. Just put the unshelled walnuts or peanuts in a wire corn popper and shake it over the fire to heat evenly. Serve hot with salt and crisp, cold apples.



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18 HELPS FOR THE GREENING OF A WINTER HOME

By Lawrence V. Power



It's delightfully civilized to defy the elements. What could be more 20th century than sitting warm and snug behind your Thermopaned windows smack-dab in the middle of lush flowers and foliage! Queen Amytis, Nebuchadnezzar's wife, may have persuaded her man to build the Hanging Gardens of Babylon, but today any homemaker can have a winter plant display that would put the wonders of the ancient world to shame. Here's a potpourri of ideas to convert winter-dreary rooms into off-season Edens.

INDOOR HERB GARDENS

51. For the pleasure of watching greens grow and to add flavor to winter salads, try planting an indoor herb garden. Cress, the old English favorite, is probably the easiest to grow. Flourishing in a long windowsill tray, it looks like a spring-green blanket and tastes just great. Plant seeds in vermiculite or potting soil. Place in a warm sunny location and keep moist. In a month you can invite friends to share the harvest.

52. If you grow herbs such as oregano, marjoram, thyme or parsley in pots outside in the summer, you can bring them indoors before frost. Cut them back severely, and they'll produce all winter. Hang the pots on a wall in the kitchen, and you can snip off fresh herbs as you need them.

SUCCULENTS AND OTHER SUCCESSES

53. A garden of succulents will thrive in the dry atmosphere of a winter-heated room. Try varieties such as crassulas, kalanchoe or rhipsalis. The hybrid Christmas cactus is a particularly good choice since it will bloom all winter. Contrary to popular opinion, succulents do like watering. They grow faster and

flower more readily if they are kept slightly moist but never wet.

54. Avocado seeds can be grown into friendly plants without much work. Forget the toothpick-and-water-glass method. Instead, plant two seeds in a pot, three inches beneath the soil. Put another mature plant in the same pot (any smallish house plant will do). It will remind you to water it and also make the pot attractive while the avocado roots are forming. When the avocado shoots appear above the soil (it takes six to nine weeks), transfer the cover plant to another pot. When the third set of avocado leaves appears, pinch them so the plant spreads. If you don't continually pinch avocado plants, they shoot for the ceiling like a plant version of a giraffe's neck.

55. Dwarf citrus such as calmondia (dwarf orange) will bear fruit all year. Averaging 18 to 36 inches in height, they're a delight to see. But don't taste—the fruit isn't edible. These plants require only normal care but do need several hours of sun a day.

56. The crossandra should get top billing among winter-blooming plants. Its

shiny, dark-green leaves would be enough to make it the star of your off-season garden, but it also produces brilliant orange flowers that are surely the envy of its fellow houseplants. The crossandra is not really difficult to grow, but since it was originally a tropical plant, it cannot tolerate cold and should be kept moist. It's a must-have for the winter plant devotee.

FOR BLOOM

57. Spring bulbs, like the scented narcissus, can be forced into premature bloom indoors. The technique is simple. Plant six or eight bulbs in a shallow container filled with potting soil or pebbles. Keep in a dark place at room temperature. Water regularly. In about two to four weeks, when the roots have formed, move to a warm, sunny location. Green shoots will begin appearing immediately and within another two to four weeks you'll have blossoms that fill the room with both the look and the fragrance of spring.

58. Gesnerads, like columneas, gloxinias and African violets, which bloom in winter naturally, will brighten your winter garden. The columnea flowers are brilliant reds and yellows. The gloxinia's bell-shaped blossoms are vibrant blue or red. The African violets range from subtle pastels to deep purples. Gesnerads require moist soil and several hours of sunlight each day, preferably morning sun. Keep them out of cold drafts and feed them every two or three weeks with African-violet food, which has been specially formulated to make them bloom.

59. Bromeliads, members of the pineapple family, come in a variety of leaf and flower shapes and textures. They are truly no-care plants. Even if left untended in the worst of environments, they may well survive. If you have a mature plant that refuses to bloom, enclose it in a plastic bag with a ripe apple. Keep it there a whole weekend. The apple gives off ethylene gas, which stimulates bloom. Once the flower appears, it will remain blooming until spring.

60. By this time of year, you can buy Christmas begonias in bloom. They will remain covered with pink and white flowers till March. Cut them back to four or five inches in April to encourage growth and, if you wish, move them outdoors for the warm weather.

61. Standard azaleas can be bought from florists or nurseries. Pick a plant that is in bud, and it will flower for several weeks. Once the bloom is gone, the foliage will (continued on page 40)



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French Fried Shrimp

- | | |
|--------------------------|--|
| 1 cup flour | 1 tablespoon Mazola |
| 1 teaspoon baking powder | Corn Oil |
| 1/2 teaspoon salt | 1 1/2 pounds shrimp, shelled, deveined |
| 1 egg | 1 quart Mazola Corn Oil |
| 3/4 cup milk | |

Combine flour, baking powder and salt. Mix together egg, milk and corn oil; add to flour mixture. Stir until smooth. Dip shrimp into batter; drain well. Pour corn oil into heavy, sturdy, flat-bottomed 3-quart saucepan, filling utensil no more than 1/2 full. Heat over medium heat to 375°F. Carefully add shrimp, a few at a time. Fry 2 to 3 minutes or until golden brown. Serves 6.



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Lee Michaels 5th

still add a touch of summer. A pair of standard azaleas gives a welcome if placed indoors near your front door. Don't let them dry out, and keep them away from hot drafts. When warm weather comes, move them outdoors.

62. For quick color, try an amaryllis. It will shoot up to two feet and produce flowers within a few weeks. The blossoms can be brilliant red, white, pink or salmon. You can buy an amaryllis already planted in a special container from most seed companies. All you have to do is add water, warmth and light.

63. Geraniums that have become gangly can be given new life as standards



(tree forms) during winter months. Prune them back to one strong, upright stem. Transplant into a slightly larger pot, and stake and tie them.

ARTIFICIAL LIGHTING

64. Fluorescent lights, particularly those designed to stimulate plant growth, will definitely make the garden on your side of the Thermopane greener. Light must be no higher than 12 inches above the leaves and should be left on 14 to 16 hours a day. A section of bookcase is an excellent place to experiment with growing under lights. To conceal the fluorescent fixture, run a strip of molding across top of shelf.

65. Plant seeds for annuals such as impatiens, petunias, lobelia or browallia under lights, and you can have blooms within two months. Follow the planting instructions on the package. *Note:* If you have a window that receives four hours of sun a day, you can make a happy and successful indoor home for your seedbed without artificial light. Keep the soil moist and warm.

WINDOW GREENHOUSES

66. Fill a window full of summer by installing a small greenhouse. Any window that gets at least three hours of sun will do, but eastern or southern exposures are best. Pre-engineered units, ready to assemble and install, make an ideal home for temperamental plants and seedbeds. Packaged greenhouses come in sizes to fit most standard-size windows. If you are interested, write for a descriptive catalog to greenhouse manufacturers Lord & Burnham, Dept. 7010, Irvington, N.Y. 10533.

GROUPING PLANTS

67. For best results with a winter garden, group your plants together in a sunny location, preferably away from heating units. This gives them more visual impact and provides a humid microclimate that helps them thrive. Place the pots on a shallow tray full of vermiculite, pebbles, small rocks or even marbles. The tray will handle the water run-off problem and contribute to the humidity surrounding the plants.

68. Your bathroom can be an ideal room for growing plants in winter—provided, of course, that it has a window. The humidity produced from the tub or shower will counteract all the drying evils of central heating. Line the bathroom window with glass shelves and display your plants against a backdrop of snow.



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12 SNUGGLY COMFORTS TO MAKE YOURSELF

By Dorothy Lambert Brightbill

Winter is the best time for making things. Now you can curl up warmly in the house with a clear conscience, as you enjoy the satisfaction that comes from true accomplishment. Here are a dozen handmades for your home that you can choose from.

CROCHETED GRANNY AFGHAN

69. This multicolored traditional square-at-a-time design, worked in crochet, can't be beat for old-fashioned good looks and charm. (For a typical example, now used as a table cover, see page 49.)

Afghan measures 52 by 65 inches. You will need Coats & Clark's "Red Heart" Knitting Worsted, 4-ply ("Tangle-Proof" Pull-Out Skeins); 8 ounces each of No. 903 Devil Red, No. 253 Tangerine, No. 243 Mid. Orange, No. 648 Apple Green, No. 850 Cobalt Blue and No. 588 Amethyst; crochet hook, size H.

Gauge: Each motif measures $6\frac{1}{2}$ inches square. Be sure to check your gauge before starting. Use any size hook that will obtain the gauge measurement given above.

Squares (make 80): Starting at center with Red, ch 4. Join with sl st to form ring. **1st rnd:** Ch 3, make 3 dc in ring, ch $1^* 4$ dc in ring, ch 1, repeat from * twice more. Join with sl st to top of ch-3. Break off and fasten. **2nd rnd:** Attach Tangerine to any ch-1 sp, ch 3, in same sp make 1 dc, ch 2 for corner sp and 2 dc; * ch 1, skip next 2 dc, make 2 dc in next dc, ch 1, in next ch-1 sp make 2 dc, ch 2, 2 dc. Repeat from * around. Join with sl st to top of ch-3. Break off and fasten. **3rd rnd:** Attach Mid. Orange to any corner ch-2 sp, ch 3, in same sp make 1 dc, ch 2, 2 dc; (ch 1, * 2 dc in next ch-1 sp, ch 1. Repeat from * to next corner sp, in corner sp make 2 dc, ch 2, 2 dc) 3 times; ch 1, make 2 dc and ch 1 in each remaining sp. Join. Break off and fasten. **4th rnd:** With Apple Green repeat 3rd rnd. **5th rnd:** With Cobalt Blue repeat 3rd rnd. **6th rnd:** With Amethyst repeat 3rd rnd. **Finishing:** Block each motif to measure

$6\frac{1}{2}$ inches square. Using Amethyst, and working through back loop only of each dc and ch, sew squares together into 10 rows of 8 squares on each row.

Edging: With right side facing, attach Amethyst to any ch-2 sp. **Rnd 1:** * 2 sc in ch-2 sp, sc in back loop of each dc and each ch to within ch-2 on next corner; repeat from * around and join with sl st to first sc. Break off and fasten.

KNITTED CABLE-PATTERN AFGHAN

70. This handsome design in three shades of rose, or any other monochromatic color scheme you prefer, is knitted in strips, each strip measuring 9 by 64 inches. The finished afghan measures 46 by 65 inches. You will need Coats & Clark's "Red Heart" Knitting Worsted, 4-ply ("Tangle-Proof" Pull-Out Skeins); 19 ounces of No. 760 Wine Rose, 18 ounces of No. 759 Deep Rose and 9 ounces of No. 757 Wild Rose; knitting needles, 1 pair No. 8; crochet hook, size G.

Gauge: Pattern stitch: 5 sts = 1 inch; 8 rows = $1\frac{1}{4}$ inches. Cable panel: 9 sts = $1\frac{1}{2}$ inches; 8 rows = $1\frac{1}{4}$ inches. Be sure to check your gauge before starting. Use any size needles that will obtain the stitch gauge given above.

Note: When changing colors, always twist the unused color around the other to prevent making holes. Leave the color not in use on wrong side of work.

Strips (make 5): Starting at narrow edge, cast on as follows: With Deep Rose 19 sts, with Wild Rose 9 sts, with Wine Rose 19 sts. **1st row**—right side: With Wine Rose, k1 (p1, k1) 9 times; with Wild Rose k9; with Deep Rose k1 (p1, k1) 9 times. **2nd row:** Using colors as established, p1, (k1, p1) 9 times, p9; p1 (k1, p1) 9 times.

Note: Use colors as established throughout. **3rd and 4th rows:** Repeat 1st and 2nd rows. **5th row:** P1 (k1, p1) 9 times; slip next 3 sts onto a double-pointed needle and hold in front of work, k next 3 sts from double-pointed needle—a front cable made; k3, p1 (k1, p1) 9 times. **6th row:** k1

(p1, k1) 9 times; p9; k1 (p1, k1) 9 times. **7th row:** P1 (k1, p1) 9 times; k9; p1 (k1, p1) 9 times. **8th row:** Repeat 6th row. **9th row:** K1 (p1, k1) 9 times; k3, slip next 3 sts onto a double-pointed needle and hold in back of work, k3, k the 3 sts from double-pointed needle—a back cable made; k1 (p1, k1) 9 times. **10th, 11th and 12th rows:** Repeat 2nd, 1st and 2nd rows. Repeat last 8 rows (5th through 12th rows) for pattern. Work in pattern until total length is 64 inches, ending with 7th or 11th row. Bind off in pattern. Block each strip to measurements. Sew strips together lengthwise. **Border: 1st rnd:** With right side facing Wine Rose and crochet hook, sc evenly around entire outer edge making 3 sc in each corner. Join with sl st to first sc. **2nd rnd:** Ch 1, sc in each sc around, making 3 sc in center sc at each corner. Join. Break off and fasten.

For another afghan to make from a kit, see page 18.

MAKE SHOWOFFS OF OLD BLANKETS

71. Don't discard old blankets. Turn them into cheerful, warm coverings for your beds and even make them into rugs.

To make a bed covering, cover an old blanket with a pretty, printed fabric of your choice. Fasten the fabric to the blanket with "quickie" quilt stitching—using Pearl cotton and large chain or running stitches.



72. For a girl's room, you might cover an old blanket with checked gingham. Tuft with heavy yarn (the kind that's sold for tying up your hair) or with ribbon bows. Edge with pleated, embroidered muslin ruffles. Add a matching pillow sham of the same gingham. Don't tuft, but edge it in the same way.

73. For a boy, cover an old blanket with a bright, bold plaid. Tuft with shiny black buttons. Add a matching sham. **Note:** Clean old blankets or any used material before restyling. (continued)



SNUGGLY COMFORTS continued

74. Use a heavy, old blanket as the basis for a bedside rug. Cut out the least-worn area. Then cut this section into two equal-size pieces. Dye them a bright color. Place one on top of the other. Bind them together on all the edges with bias binding made of wool jersey in a contrasting color. To make bias binding, fold one yard of jersey diagonally like a scarf or a shawl. Press along the fold line. Then, beginning at the fold line, mark off lines with a pencil, across the fabric, using a yardstick as a guide. Pencil both top and bottom of the yardstick—this will give you the width of the strip. Cut along the pencil lines. To hold the rug layers together, use the zigzag attachment of your sewing machine, creating at the same time an abstract pattern of stitchery on the surface of the rug.

75. Another rug-from-a-blanket idea: Cut out the best area of a heavy blanket. Dye it bright red or black. Blanket stitch all the edges with black or red yarn. Embroider zodiac symbols, or any colorful pattern that pleases you, onto colored felt that previously has been cut into interesting geometric shapes. Attach these shapes to the rug surface with yarn, using the blanket stitch.

CRAZY-QUILT TEA COZY

76. Keep your teapot hot with a tea cozy. Nostalgic yet functional, it's also pretty to look at. Make it from sections cut from an old crazy quilt. You can buy unassembled quilt sections at many antique shops. Or you can salvage the best parts of a worn quilt.



THREE GREAT THROWS

77. Make a soft, lightweight throw of 6-inch jersey squares, choosing bright, off-beat colors. Sew all the squares

20 EQUIPMENT PLEASURES

By Jeanne M. Bauer

A home that's well equipped has a lot going for it on a cold winter day. Here are some appliance ideas for adding to that sense of well-being.

IN THE KITCHEN

81. The undisputed all-time favorite kitchen aroma is that of bread being baked. Brcad making's easier if you have a mixer with a heavy-duty motor and a dough hook to handle that arm-wearying task of beating yeast doughs.

82. Start the day with crispy waffles; bring the clan home for lunch on the double with hot toasted sandwiches. Both are done with a dual-purpose waffle maker/griddle. Reversible grids make it easy to change from grill to waffle maker. Many models have no-stick finishes for easy cleaning.

83. Extend the serviceability of your coffee maker by using it for other hot drinks like cocoa or mulled cider.

84. Heated dinner plates are a welcome winter nicety. Ever think of using the dry cycle of your dishwasher to do the warming? It works!

85. Add heat and light to your kitchen with a built-in quartz lamp that acts as both a food warmer and an under-counter light. The appliance defrosts frozen food in a hurry, keeps all food warm until served, and at the flip of a switch fills the counter area with incandescent light.

86. The long, slow simmering of soups, stews, chowders and pot roasts is done effortlessly in new low-temperature cookers. The slow-simmering process tenderizes cheaper, less tender cuts of meat, and cooking can go on while you're

together and then line the throw with one of the jersey colors. Feather-stitch around each square with black Pearl cotton to anchor the top to the lining.

78. Stitch up a tailored throw of gray flannel. Line it with red wool jersey. For a posh effect, add a red jersey monogram.

79. Create a luxurious lap robe of synthetic fur and line it with richly patterned wool or wool-like challis. You can also make synthetic-fur pillows to match.

ONE MORE FOR FUR

80. Tailor synthetic-fur pads to line the back, seat and armrests of an easy chair. The pads should be completely removable and of a color that either harmonizes or contrasts with the chair.



off on your rounds—there's no need for pot-watching.

87. If you've ever struggled to remove English muffins from the toaster, you'll give a cheer for the toasters with wider slots. They easily accommodate breakfast pastries, homemade bread and those pesky muffins.

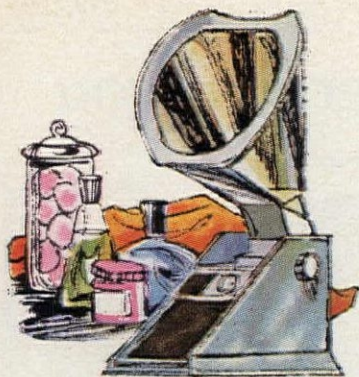
88. There's a new popcorn popper that pops and butters corn at the same time. It also has a handy device for editing out unpopped corn. Lid doubles as a server.

FOR THE BATHROOM

89. Warm up the bathroom on a chilly morning with a pole heater. Pole-mounted, it adjusts up and down and can also be rotated, so you can direct its warmth wherever you wish.

90. Some of the finest hotels in Europe provide a special little extra—heated towels. Bring the same luxury into your own bathroom with an electrically heated towel stand.

91. Give your face a beautifying cleansing with a facial sauna. It opens up the pores, stimulates circulation—and some say it relieves congested sinuses.



92. For truly cozy bathroom comfort, install a recessed heat lamp in the ceiling. The bulb gives off light as well as heat. It's a simple and inexpensive addition for do-it-yourselfers.

93. Want to make shaving for him almost a pleasure? There's a hot-lather dispenser that gives instant warm, creamy lather from whatever type of soap he uses. (It's also great for *your* hot facials!)

94. Treat winter-harshened skin with a cordless home beauty kit. Complexion-care attachments provide deep-cleansing, facial massage—altogether a stimulating experience.

95. Central heating can be less than kind to your hair. But help is available in grooming and conditioning appliances. For him, a steam comb to condition, style and dry. For you, steam hair setter-conditioners.

MIDWINTER MISCELLANY

96. Even in well-heated houses, there may be areas where dampness is a problem, especially in closets placed against uninsulated outside walls or in the basement. An electric closet dehumidifier continuously warms, dries and circulates the air to eliminate rust, mildew and musty smells.

97. With furnaces turned on and windows closed, the relative humidity in the home often dips to a level that's unsatisfactory both for your family's health and for the preservation of furniture. A



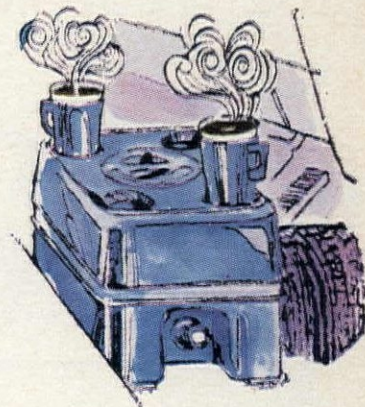
simple solution to the problem is a console or tabletop humidifier.

98. Snow and ice can turn the countryside into a winter fairyland, but scraping the stuff off car windows can bring you right down to earth. Simplify the chore with a car defroster gun that plugs into the cigarette lighter on your dashboard and has a cord long enough to reach the rear window.

99. After defrosting car windows, why not take the chill off your hands? A tiny, cigarette-lighter-size hand warmer is a coat-pocket accessory that makes the cold outdoors more endurable.

100. A tip-proof hot-drink dispenser for people on the go is designed to fit over the front- or back-seat floor hump

of a car. The top of this one-gallon container has four recessed cup-holders to secure cups firmly. **END**

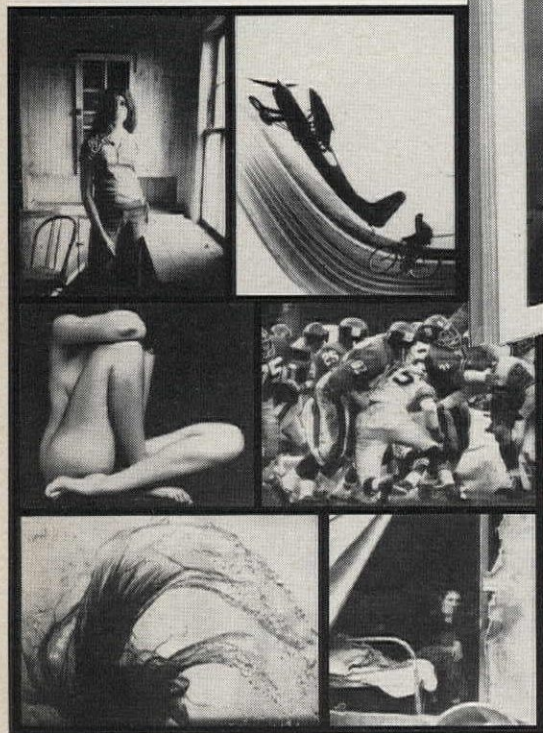
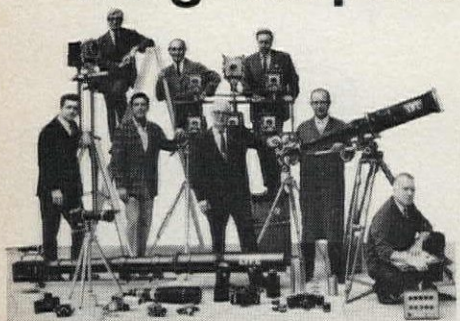


For when that 24-hour bug starts to bug you. Pepto-Bismol® acts to soothe your stomach upset.

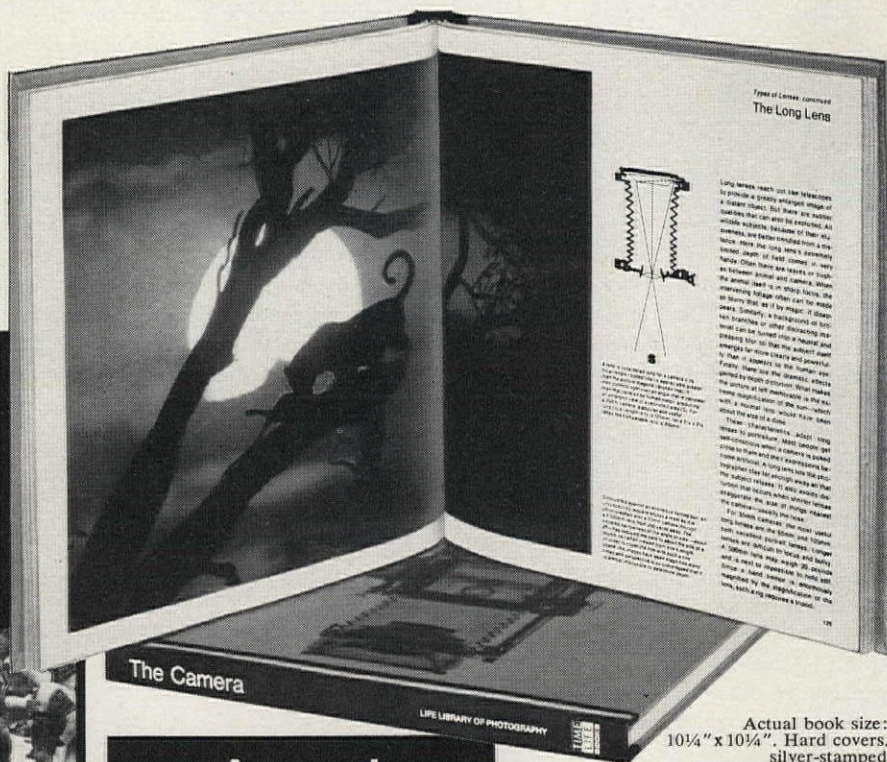
It's a kind of protective coating between the upset and the stomach.



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SO MANY of the world's great photographs—the ones that hang in museums and galleries, that win prizes, that are sold for large sums of money—are of subjects you see or pass by every day. A pensive young girl peering shyly through a window. A crowded downtown street with hundreds of activities going on at once. An abandoned automobile, stripped clean.

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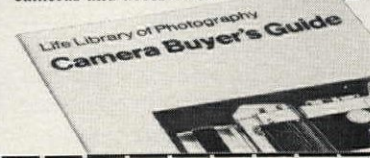
You'll learn about all the possibilities open to you in the darkroom, too—from the basics of developing, printing, dodging and burning-in to special effects such as solarization, bas relief and combination printing.

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FOOD QUESTIONS YOU ASK

What is the difference between enriched and fortified foods?

*P. Ford
Oakdale, Tex.*

Enriching is a method used to restore nutrients that are lost in processing. Enriched bread is an example. Foods such as iodized salt are said to be fortified because nutrients have been added that were not there originally.

What is meant by "à la Bourguignonne"?

*Mrs. C. Spencer
Chicago, Ill.*

The term refers to food prepared in the style of Burgundy, a province of France. One of the region's best-known dishes, *Boeuf Bourguignonne*, is characterized by a red wine sauce and a garnish of mushrooms, onions and small pieces of sautéed salt pork.

What does it mean when the word "dietetic" appears on the label of a food product?

*Mrs. T. Christus
Ayer, Mass.*

This term means that the product may be sugar- or salt-free or lower in sugar, fat or calories. Check the ingredients listed on the label if you are on a special diet, as these foods may not be suitable.

After I chop an onion, how can I remove the odor from my hands?

*B. Simmons
Denver, Colo.*

Rubbing your hands with lemon juice should do the trick. If you have no lemons, run your hands under cold water and rub them with salt. Rinse.

What is "freezer burn"?

*Mrs. E. Small
Tarrytown, N.Y.*

If you put meat into your freezer that is inadequately wrapped or has punctures in the wrapping, air will enter and cause the surface tissues to dry out. A whiteness called "freezer burn" will develop. It is not harmful, but the affected area will be tough and tasteless.

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



Do The Years Seem To Pass Too Fast?

If you are like most women, there comes a day when a long, close look in the mirror makes you wish the years wouldn't pass quite so quickly. You really notice the complexion dryness that emphasizes wrinkles, the little lines that make you look older than you want to. Older than you need to.

Happily, beauty researchers have uncovered the mysteries of an unusual moisturizing beauty blend that can help maintain a younger-looking skin bloom. This beautifying liquid is used by lovely and youthful-looking women throughout the world.

The remarkable blend is available from beauty counters and druggists in the United States as Oil of Olay moisturizing fluid. With its natural ingredients, Oil of Olay penetrates the important surface layer of the skin, helping to maintain the delicate balance of oil and moisture that is vital if your skin is to look as young and radiant and glowing as possible.

The ingredients in Oil of Olay are nature's own, compatible with the skin. These natural substances set up an efficient barrier that helps retain the skin's own moisture, an added beauty benefit essential if the complexion is to be dewy-fresh and younger-looking.

You will very quickly notice the difference in your complexion after only

a few applications, especially if you use Oil of Olay faithfully in a twice-daily beauty ritual. Gently stroke the moisturizing fluid over your face and throat before bedtime, so it may do its beautiful work as you sleep. Again in the morning, before making up, soothe on the remarkable beauty blend.

As you apply Oil of Olay, you will notice that it penetrates quickly and spreads evenly, making it an ideal base for makeup. It prevents your cosmetics from streaking, separating or changing color, while constantly protecting and treasuring your skin.



Beauty Hints

When life is too much with you, retreat into your room, lavish on Oil of Olay and relax, with your feet elevated, for half an hour or more. You will emerge refreshed and restored, prettier to look at and more pleasant to be with.

* * *

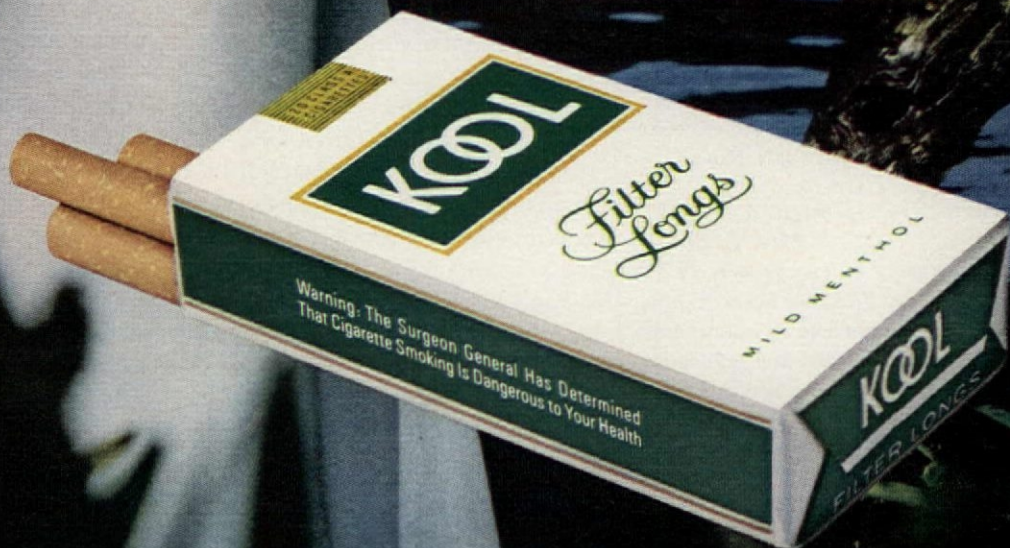
During the times when your skin seems particularly dry, apply Oil of Olay® generously over your throat and face before bathing. Then lavish on even more after you've patted yourself dry. Your complexion will feel moistly glowing.



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SUNNY DECORATING



American creativity in the home has long been a happy national characteristic. Today that same constructive spirit applies to millions of young Americans who prefer doing things themselves—like newlyweds Debby and Jay Schmitz, shown above in their living room. Their first home is a charming five-room cottage they decorated over a six-month period. The house is traditional, as are most of the furnishings. But with the addition of modern art and a few contemporary pieces, the overall look of the place is very much today, alive with exuberant colors. "Jay and I love antiques," says Debby. "We received several lovely pieces of furniture and many accessories from our families as wedding gifts. We hope to fill our home with beautiful old furniture some day, but now we're letting color and pattern fill in for what we don't have." The results of Debby and Jay's ingenuity are shown here and following.



Debby and Jay's New Jersey stone cottage is just minutes away from Manhattan.

SUNNY DECORATING continued

Much more color than cost

The Schmitzes fell in love with this five-room house with its high-ceilinged living room and paneled fireplace wall. But a small budget made them keep purchases to a minimum. Furnishings range from gifts of antiques and paintings to junk-store finds. All fabrics are inexpensive cottons, many of them dress fabrics. Debby and Jay did most of the work themselves. Debby, skilled at needlework, made the curtains, valances, tablecloths, and crocheted and appliquéd pillow covers. (continued)

Living room (opposite and below) is a daring mix of pattern and color. White canvas sofa, coffee table and chrome yellow flokati rug were the only major purchases. Wicker porch chair found in the garage was painted and upholstered by Debby. Folding screen is covered in \$2.98-a-yard plaid denim that's also used for Shirred valance. Victorian love seat (below), covered in cotton, came from Jay's grandmother.







A bedroom in the romantic style of days long past

The cozy bedroom, its windows heavily shaded by trees, was given the sunniest decorating scheme in the house. Bright yellow walls, bamboo blinds and felt table cover provide a lively background for a splash of flowers on dust ruffle, shirred curtains and rods—in an inexpensive polished cotton. Raspberry gingham curtain ruffles and leafy rug are June-in-January accents.



PHOTOGRAPHS BY WILLIAM MARIS
Shopping Information, page 78

continued

Stylish saving ways that make for elegance and comfort

Debby and Jay (right) stapled fabric on walls of their dining room and library. They chose \$3.50-a-yard Indian print to cover library walls and make tieback draperies (opposite). Grass matting over badly worn floors cost only \$8 for each 5-by-7-foot mat and is a marvelous foil for brilliantly colored Moroccan rug.



Coffee table, bought unfinished for \$30, was painted a shiny burnt orange. Sleep-sofa covered in wide-wale corduroy is plumped with pillows made from remnants. Brass accessories and natural straw baskets and blinds add a light, bright note to this dark and intimate color scheme.



In tiny dining room (below) Debby used rust-and-white gingham dress fabric, costing only \$2.49 a yard, to cover walls, skirt a table and border white draperies. Narrow white lacquer Parsons table against wall takes up little space and is a useful server. Rush-seated dining chairs (\$49.95 each) were left unfinished to add to the room's country look.





Focus of airy, open living-dining room (right) is black galvanized metal stove on a raised platform.

The Posts cut costs by making some furniture themselves. At far right they relax on a sofa Eli built from wood remnants.

Marda made the red duck cushion covers.

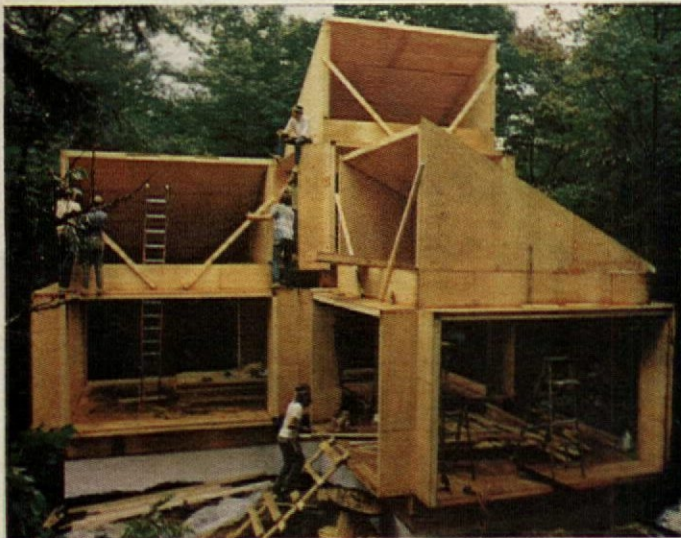


Jay Maisel

By Barbara Plumb

PREFAB COST CUTTER

When Eli and Marda Post paid \$5,000 for a $\frac{3}{4}$ -acre site in Vermont ski country at Mt. Snow, they wanted to build something special on it—but at a reasonable price. Through his work with the New York City Housing and Development Administration, Eli learned of architect Richard Dattner and a remarkable new system of modular home-building by which modules are not factory built but assembled from pre-fab elements on site. The prime advantage is flexibility—the modules need not conform to trucking height and width limits (see "The Many Moods of Modular," *AH*, October, 1971). First to try Dattner's system, the Posts were intrigued with the idea that by arranging the modules, they could "design" a house themselves the way a child constructs a castle from building blocks. They also realized that the system was simple enough for them to *build* a house themselves. "By acting as contractors and doing much of our own work," they say, "we saved between \$6,000 and \$8,000." Their two-bedroom, 960-square-foot home (with 600-square-foot unfinished basement) cost them \$22,500. (continued on page 77)



The Post house, during construction and after: At left, modules that form the frame are in place. At left, below, the outer walls, made of rough-cut pine board, have been hammered on, and the exterior of the house is finished.



Inside the living-dining room (opposite) the predominance of natural plywood is complemented by spruce flooring and white painted walls. Paper lamp hung low over Post-made dining table lends intimacy; pine shelf behind table can be used to display objects or for buffet serving.



THE HIDEAWAY THAT \$5,000 BUILT



Warmth and intimacy are built-in keynotes, for the house abounds in cozy nooks such as seen above; far and is step-down sleeping area. Windows edit views:

lower ones look out on tree trunks and brush, skylights frame the treetops. All glass is fixed—an economy move—with small screened openings for ventilation.



Sunken area (above) is turned into a bedroom at night, and a white canvas shade can be lowered to screen it off. Bed is a bright-print sleeping bag unrolled on a gym mat.

Exterior of house (above, right) is at one with the wooded site. "We have seclusion," says Larry, "but we still relate to what's around us."

Splashy prints on bed pillows make sleeping area an inviting place to lounge in, daytimes, as Linda is doing here (right). Sliding closet door is hung on tracks, barn-door style.

Galley (below, right) is lit by strip of lights above laminated-oak counter top; they can be seen dimly reflected in ceiling supergraphic.

By Nancy C. Gray

At Sea Ranch, Calif., deep in coastal woods 130 miles north of San Francisco, Larry and Linda Routh have built a remarkable weekend hideaway. It's a tiny box of a place from the outside. But once you are part of it, lunching on the deck, relaxing by the fireplace or cooking in the superbly designed galley, space mysteriously grows, and 365 square feet seem like 1,000—the result of ingenious planning by the couple themselves. After some initial head-scratching they built this house from their own design for only \$5,000. "We knew what we wanted," Larry recalls. "But when we started to lay it out on paper, it got so complicated we had to ask ourselves what a true weekender is. For us it's minimum plush and just enough space for ourselves, our daughter, Kimberly, who's 12, and occasional guests." (continued on page 74)



FOR HOUSE PLAN, SEE PAGE 72.

Fred Lyon


Using her original sketch (left) as a guide, Nina paints in the spaces of design she has drawn on a white sheet. Acrylic paints come in a wide color range, can be used right from the tube or mixed, for more color variety.



PAIN A QUICK QUILT

Nina Pellegrini, a young New York artist, has combined old-fashioned American ingenuity with modern materials and given the venerable art of quilting a new twist. Last year, while attending art school, Nina decided to create a quilted landscape design. At first she planned to use pieces of colored fabric


By Alexandra Walker




Milk Chocolate Torte

NEW SHELF GAME- DESSERTS

There's more than just convenience in today's package of cake mix. With a few simple additions from other items on your shelf, you can create one of these grand desserts—and at modest cost. That fluffy dream of an angel cake, the most expensive of the lot, is less than 30 cents a serving and the chocolate squares are only 3 cents each. Recipes for these and other shelf-game desserts begin on page 68.



Pecan Cake



Strawberry-Lemon Roll

MUSTARD MEATBALLS (pictured)

- 1½ pounds ground beef
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 3 tablespoons chopped parsley
- 3 tablespoons minced onion
- ¼ cup packaged bread crumbs
- 1 egg
- 2 tablespoons olive or pure vegetable oil
- ⅓ cup beef broth or consommé
- 1 cup light cream
- ½ cup prepared mustard
- Chopped parsley
- Cooked noodles

Combine beef, salt, pepper, parsley, onion, bread crumbs and egg; blend lightly and thoroughly. Shape into about 2 dozen meatballs. Brown meatballs in oil in heavy skillet; pour off fat. Add broth or consommé; simmer meatballs, covered, 15 minutes or until tender. Remove meatballs to serving dish; keep warm. Cook pan juices over high heat until reduced to about 2 tablespoons. Stir in cream and mustard; heat just to boiling. Arrange meatballs on noodles in serving dish. Spoon some sauce over meatballs. Serve the rest separately. Makes 4 to 6 servings.

SAUCY SPAGHETTI SUPPER (pictured)

- ¼ pound (about 7 slices) bacon
- 1 tablespoon olive or pure vegetable oil
- 2 cups (about ½ pound) cooked ham, cut in julienne strips
- 1 clove of garlic, pressed
- 1 package (8 ounces) thin spaghetti, cooked and drained
- ½ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 eggs, slightly beaten
- ¼ cup chopped parsley
- ¼ cup sliced ripe olives
- 2 pimientos, sliced (⅓ cup)

Cook bacon in large heavy frypan or Dutch oven until browned and crisp. Drain; crumble bacon; reserve. Pour off bacon fat from pan. Heat oil in same pan; add ham and garlic; brown lightly. Add spaghetti; stir well. Add bacon, cheese, salt and pepper; toss well. Pour in eggs quickly; toss well to coat spaghetti evenly. Add remaining ingredients; toss. Makes 4 to 5 servings.

CRANBERRY-ORANGE-GLAZED HAM (pictured)

- 5-pound canned ham
- ⅔ cup orange marmalade
- ⅔ cup cranberry-orange relish

Bake ham according to label directions. Brush frequently with marmalade during last 20 minutes of baking. Remove from oven. Blend any remaining marmalade with cranberry-orange relish. Brush over top of ham. Makes 12 to 15 servings.

SWEET-AND-SOUR SHRIMP

- (pictured)
- 1 green pepper, seeded and diced
 - 1 cup cut celery
 - ½ cup coarsely chopped onion (1 medium)
 - 1 clove of garlic, crushed
 - 2 tablespoons pure vegetable oil
 - 1½ pounds frozen, shelled and deveined shrimp, thawed
 - 1 can (5 ounces) water chestnuts, drained and sliced
 - 1 can (1 pound, 4 ounces) pineapple chunks
 - 1 cup canned chicken broth
 - 2½ tablespoons mild vinegar
 - ½ teaspoon salt
 - ⅛ teaspoon pepper
 - 1 tablespoon brown sugar
 - ¼ cup cornstarch
 - ½ cup water
 - ¼ cup soy sauce
 - Hot cooked rice

Sauté green pepper, celery, onion and garlic in oil in a very large frypan or Dutch oven until soft. Add shrimp, chestnuts, pineapple, chicken broth, vinegar, salt, pepper and brown sugar. Bring to boiling; reduce heat; simmer 2 minutes. Blend cornstarch and water to smooth paste; stir into shrimp mixture. Bring to boiling, stirring constantly, until sauce thickens and clears and shrimp is tender. Blend in soy sauce. Serve over rice. Makes 6 servings.

TUNA CREOLE

- 1 cup chopped onion (1 large)
- 1 clove of garlic, pressed
- 1 green pepper, seeded and cut in strips
- ½ pound (2 cups) cooked ham, cut in thin strips
- ¼ cup butter or margarine
- 1 can (1 pound, 13 ounces) tomatoes with tomato puree
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon basil, crumbled
- ½ teaspoon oregano, crumbled
- 1 tablespoon lemon juice
- 1 can (10½ ounces) chicken broth
- 2 cups water
- 2 cups rice
- 2 cans (7 ounces each) tuna, drained and flaked
- 1 can (4 ounces) pimiento, sliced

Sauté onion, garlic, green pepper and ham in butter or margarine in heavy Dutch oven. Add tomatoes, breaking up whole tomatoes with a fork. Add Worcestershire, salt, pepper, basil, oregano, lemon juice, chicken broth and water. Bring to boiling. Stir in rice. Simmer, covered, 15 minutes, stirring occasionally. Add tuna and pimiento; simmer 10 minutes or until most of the liquid is absorbed and rice is tender. Makes 6 to 8 servings.

PASTA WITH ANCHOVY SAUCE

- 1 cup olive oil
- 2 cloves of garlic, minced
- 1 can (2 ounces) flat fillets of anchovy, drained
- ½ cup chopped parsley
- ½ cup water
- ¼ cup butter or margarine
- Salt
- Pepper
- 1 pound spaghetti, cooked and drained

Heat ½ cup olive oil in large skillet. Sauté garlic 3 minutes. Add anchovies; stir until anchovies are pureed; simmer 5 minutes. Add parsley, water, butter or margarine and remaining ½ cup olive oil. Heat until butter or margarine is melted. Season to taste with salt and pepper. Serve over hot, cooked spaghetti. Makes 6 servings.

CHICKEN CASSEROLE

- 1 broiler-fryer (3 pounds), cut up
- ¼ cup flour
- 2 tablespoons olive or pure vegetable oil
- 2 tablespoons butter or margarine
- 1 can (6 ounces) button mushrooms
- 1 clove of garlic, mashed
- 3 tablespoons chopped parsley
- ¼ cup dry white wine
- 1 can (15½ ounces) spaghetti sauce
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon pepper
- Hot buttered noodles

Shake chicken pieces, 2 or 3 at a time, in bag with flour. Heat oil and butter or margarine in heavy frypan or Dutch oven. Add chicken; brown on all sides. Add remaining ingredients. Simmer, covered, 35 to 45 minutes or until chicken is tender. Serve with hot, buttered noodles. Makes 4 servings.

SAUSAGES AND SAUERKRAUT

- 1 package (1 pound) link sausages
- 1 large onion, chopped (1 cup)
- 1 envelope granulated beef or chicken bouillon
- ¼ cup hot water
- 1 can (1 pound, 11 ounces) sauerkraut, drained
- 1 can (1 pound, 4 ounces) unsweetened apple slices, drained
- 3 to 4 tablespoons brown sugar
- 1 teaspoon caraway seeds
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Heat oven to 350°. Fry sausages until very lightly browned; drain on paper towels. Sauté onion in 1 tablespoon sausage fat until golden. Dissolve bouillon in hot water; combine bouillon, sauerkraut, apples, onion, sugar, caraway, salt and pepper. Layer half the sauerkraut mixture in 2-quart casserole; top with half the sausages. Repeat layers. Bake, covered, 45 minutes. Makes 6 servings.

continued



Tastes like it never left Italy

Kraft Italian Dressing is tantalizing. With a fresh robust taste that's pure Italian. Tender garlic, tiny bits of red peppers, onion and lemon juice tempered with golden oil and mellow vinegars.

Different from any other Italian. Kraft even put on a thoroughly Latin label to catch your eye. Kraft Italian Dressing is the real thing. Made in America, but it tastes like it never left Italy.



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MAIN DISHES continued

HURRY-UP CHILI CASSEROLE

- ½ package (8 ounces) lasagna noodles
- 2 cans (15 ounces each) chili con carne without beans
- ½ cup dry red wine
- ½ cup chili sauce
- ⅓ teaspoon pepper
- 1 package (8 ounces) mozzarella cheese, sliced
- 1 cup (8 ounces) cream-style cottage cheese
- ½ cup grated Parmesan cheese

Heat oven to 350°. Cook lasagna noodles according to package directions; drain. Combine chili, wine, chili sauce and pepper in saucepan; heat. Layer ½ of the noodles into shallow baking pan. Add layers of ⅓ chili mixture and ⅓ each kind of cheese. Repeat layers twice. Bake, covered, 25 minutes. Uncover; bake 5 minutes. Makes 6 servings.

3-BEAN-AND-FRANKFURTER CASSEROLE

- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 1 pound frankfurters, cut in 1-inch pieces
- 1 can (1 pound) kidney beans, drained
- 1 can (1 pound) cut green beans, drained
- 1 can (1 pound) cut wax beans, drained
- 2 cans (10½ ounces each) cream of mushroom, celery or chicken soup
- ½ cup water
- 1 teaspoon curry powder
- Packaged onion-flavored instant potatoes

Heat oven to 350°. Brown onion in butter or margarine; add frankfurter pieces; brown lightly. Combine with beans. Blend soup, water and curry powder; stir until smooth. Pour over bean-frankfurter mixture. Mix well. Turn into 2-quart casserole. Bake, covered, 20 minutes. Prepare instant potatoes for 6 servings according to package directions. Uncover casserole. Spoon potatoes in ring on top of casserole. Bake 15 minutes. Makes 6 servings.

DESSERTS

continued from page 65

PIÑA COLADA ANGEL CAKE

(pictured)

- 1 package (14½ ounces) angel cake mix
- 2 envelopes (½ ounces each) dry piña colada mix
- 1 can (1 pound, 4 ounces) crushed pineapple
- 1½ tablespoons cornstarch
- ½ cup light rum
- 1 package (9½ ounces) vanilla-flavored whipped frosting mix
- 3 tablespoons water
- 1 cup coconut, toasted

Heat oven to 375°. Prepare angel cake according to package directions;

fold in dry piña colada mix. Pour into ungreased 10-inch tube pan; bake 30 to 40 minutes or until golden. Turn cake pan upside down; cool cake completely. Combine pineapple, cornstarch and ⅓ cup rum in small saucepan. Cook, stirring constantly, until mixture thickens and clears; cool. Split angel cake horizontally into 3 layers; fill with pineapple-rum filling. Prepare whipped frosting mix according to package directions, using the remaining rum and 3 tablespoons water for liquid. Frost top and sides of cake with rum frosting. Decorate sides with toasted coconut. Makes 10 to 12 servings.

PECAN CAKE (pictured)

- 1 package (2-layer) butter-pecan cake mix
- 1 cup ground pecans
- ¾ teaspoon ground cinnamon
- ¾ cup golden or dark raisins
- ¼ cup corn syrup
- 2 tablespoons brown sugar
- 2 tablespoons water
- Granulated sugar

Heat oven to 350°. Grease and flour 3-quart bundt pan or 10-inch tube pan. Prepare cake mix according to package directions, reducing water by 2 tablespoons. Stir in pecans, cinnamon and raisins. Pour into pan. Bake 45 to 55 minutes or until cake springs back when lightly touched with fingertip. Cool in pan 10 minutes; remove from pan and set on wire rack. Heat corn syrup, brown sugar and water to boiling; boil 1 minute; brush slowly over cake. Cool cake completely; sprinkle lightly with granulated sugar. Makes 10 to 12 servings.

MILK CHOCOLATE TORTE (pictured)

- 1 package (2-layer) milk chocolate or German chocolate cake mix
- 1½ teaspoons vanilla
- 1 package (14 ounces) chocolate fudge frosting mix
- 1 pint (2 cups) heavy cream
- 2 teaspoons vanilla
- 2 squares (1 ounce each) semi-sweet chocolate
- 2 tablespoons light corn syrup

Grease and flour two 9x1½-inch layer-cake pans. Prepare and bake cake mix according to package directions, adding 1½ teaspoons vanilla to batter. Remove from pans; cool on wire racks. Split layers in half horizontally to make 4 layers. Combine frosting mix, cream and 2 teaspoons vanilla in large mixer bowl; blend until smooth. Beat on mixer until stiff. Fill layers and frost top of cake with mixture; chill well. Melt chocolate and corn syrup; cool; drizzle around edge of cake. Keep refrigerated until serving. Makes 10 to 12 servings.

STRAWBERRY-LEMON ROLL

(pictured)

- 1 package (18½ ounces) lemon-flavored chiffon cake mix
- 1 tablespoon grated lemon peel
- 1 cup (½ pint) heavy cream
- 1 pint strawberries, washed, hulled and sliced
- 2 tablespoons confectioners' sugar
- 2 tablespoons Cointreau or sweet sherry
- Confectioners' sugar

Heat oven to 350°. Prepare chiffon cake mix according to package directions; fold in lemon peel. Spread batter in 2 ungreased 15x10x1-inch jelly-roll pans, or 1 jelly-roll pan and 1 ungreased 9x5x3-inch loaf pan. Bake jelly rolls 25 minutes or until just set; bake loaf 45 to 50 minutes. Loosen jelly rolls from pans; turn out carefully onto towel well dusted with confectioners' sugar. Roll up jelly roll and towel, starting at narrow end. Cool completely. Whip cream until stiff; fold in strawberries, sugar and Cointreau or sherry. Unroll 1 jelly roll; spread with whipped-cream mixture; re-roll; dust with additional confectioners' sugar. You may freeze or store second roll or loaf cake for use another time. Makes 8 to 10 servings.

CHOCOLATE MALTED SQUARES

(pictured)

- 1 package (2-layer) devil's food cake mix
- ¼ cup water
- 2 eggs
- ¼ cup softened butter or margarine
- ¼ cup brown sugar, firmly packed
- ¾ cup chopped walnuts
- 1 package (about 15 ounces) creamy white frosting mix
- ½ cup malted milk powder
- ¼ cup softened butter or margarine
- ¼ cup hot water
- 1 to 2 tablespoons cream
- 3 squares (1 ounce each) unsweetened chocolate, melted and cooled slightly

Heat oven to 375°. Grease and flour 15x10x1-inch jelly-roll pan. Combine about half the dry cake mix with water, eggs, ¼ cup butter or margarine and brown sugar; blend thoroughly. Add remaining dry cake mix; blend well. Stir in nuts. Spread in prepared pan. Bake 20 to 25 minutes; cool. Combine frosting mix and malted milk powder in small mixer bowl; add ¼ cup butter or margarine and hot water; beat 2 minutes; stir in cream to make proper spreading consistency. Spread evenly over cooled cake. Spread chocolate smoothly over frosting layer; chill. Cut in 1½-inch squares before chocolate is completely firm. Makes about 5 dozen.

continued on page 71

NUT RING (pictured)

- ¼ cup butter or margarine, melted
- 2 teaspoons heavy or light cream
- ⅓ cup brown sugar, firmly packed
- ⅔ cup chopped walnuts
- 1 package (2-layer) yellow cake mix
- Whipped cream or whipped cream cheese

Heat oven to 350°. Grease and flour 6-cup ring mold and 8x1½-inch layer pan. Combine butter or margarine, cream and brown sugar; blend until smooth. Spoon into bottom of ring mold; sprinkle with nuts. Prepare cake mix as directed on package, reducing water by 2 tablespoons. Pour half the batter over nuts in ring mold. (Pour remaining batter in layer pan and bake about 35 minutes or until cake tests done. Save layer for another meal.) Bake ring mold 30 to 35 minutes or until cake springs back when lightly touched with fingertip. Invert onto cake plate; let stand a few minutes; remove pan; cool cake slightly. Serve with whipped cream or whipped cream cheese. Makes 8 servings.

PINEAPPLE-APRICOT KUCHEN

- ½ cup softened butter or margarine
- 1 package (2-layer) white or yellow cake mix
- ½ cup flaked coconut
- 1 can (1 pound, 4 ounces) pineapple chunks
- 1 can (1 pound) apricot halves
- ½ cup sugar
- ¾ teaspoon ground nutmeg
- 1 cup dairy sour cream
- 1 egg

Heat oven to 350°. Cut butter or margarine into dry cake mix with pastry blender until crumbly. Stir in coconut. Turn mixture into 13x9x2-inch pan. Pat evenly over bottom, building sides up slightly. Bake 12 minutes. Drain fruits; set on paper towels to dry. Arrange fruits over baked crust. Combine sugar and nutmeg; sprinkle evenly over fruits. Blend sour cream and egg; spoon unevenly over fruits. Return to oven. Bake 25 minutes. Serve warm. Makes 12 servings.

QUICK COMPANY CAKE

- 1 package (2-layer) yellow or spice cake mix
- ½ cup brown sugar, firmly packed
- ⅔ cup chopped nuts
- 1½ teaspoons cinnamon
- ¼ teaspoon instant coffee

Heat oven to 350°. Grease and flour two 8x8x2-inch pans or two 8x8x1½-inch layer-cake pans. Pre-

pare cake mix according to package directions, reducing water by 2 tablespoons. Pour batter into prepared pans. Combine remaining ingredients; sprinkle over batter. Bake 35 to 40 minutes or until cake tests done. Serve warm. Each cake makes 9 servings.

QUICK ENGLISH TRIFLE

- 1 package (2-layer) lemon, orange or yellow cake mix
- 2 tablespoons grated orange peel
- ½ cup raspberry jam
- ½ cup sweet sherry
- 1 can (1 pound, 2 ounces) vanilla ready-to-serve pudding; or 1 package vanilla pudding mix cooked with 1¾ cups milk
- ½ pint (1 cup) heavy cream

- 3 tablespoons confectioners' sugar
- ½ cup toasted, sliced almonds

Heat oven to 350°. Grease and flour 13x9x2-inch baking pan. Prepare cake mix according to package directions; fold in orange peel. Bake and cool cake. Cut cake in half crosswise, reserving half for later use. Cut remaining half into 4 squares; split each square in half horizontally. Spread bottoms with jam; replace tops. Arrange squares in 2-quart bowl, trimming them to fit bowl. Drizzle with sherry. Spread pudding over cake. Cover; chill 8 hours or overnight. Whip cream and sugar until stiff; spread over trifle. Sprinkle with almonds. Refrigerate. Makes 8 servings.

6 PM

Time to shape up naturally with grapefruit from Florida.

The clean, bright taste is a nice way to start a meal — or finish one. And Florida grapefruit is low in calories, high in natural vitamin C. As a dinnertime appetizer or dessert, 12 noon salad, or 8 AM eye-opener, fresh grapefruit from Florida is a delicious, natural way to help you shape up.

Seacoast Shrimp Salad

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



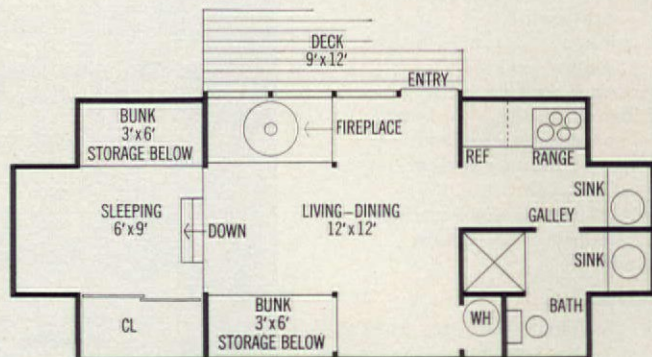
Grapefruit Alaska

Prepare 6 grapefruit halves by cutting around each section and removing core. Sprinkle lightly with sugar. Chill. Prepare meringue. Place a scoop of ice cream in center of each grapefruit half. Cover ice cream and top of grapefruit completely with meringue. Place in 475 F. oven about 1 minute, until lightly browned.



BUILD YOUR OWN \$5,000 HIDEAWAY

Although it nestles in the coastal woods of northern California, this "\$5,000 Hideaway" (pictured above and on pages 56-57) would suit any setting and adapt to almost any second-home use. Larry and Linda Routh designed the house and built it with the help of weekend drop-ins. From the outside it resembles a mass of angled shed roofs interrupted by glass; inside its openness belies its intimacy, and the natural-wood finish provides inviting warmth. Construction is simplicity itself: 2-by-6-inch tongue-and-groove redwood on outside, 1-by-6-inch tongue-and-groove inside, with 1/4-inch builder's felt in between. Floors are the same tongue-and-groove redwood, sandwiched and sealed. To order plans, see the coupon below.



Position of house in floor plan is the same as rear view pictured here (top). Though compartmented, the house is basically one room. Bath and galley are at right; step-down sleeping area is at left; living-dining area opens to deck.

Fill out coupon and enclose check or money order. Florida residents please add sales tax. Allow 3 weeks for handling and mailing. To avoid delays, please indicate your zip code.

American Home House Plans Dept. 6438

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

Check house plans desired:

Single Set #31-204 \$5,000 Hideaway @ \$20

3 Sets #33-204 \$5,000 Hideaway @ \$35

Catalog #31000 @ 50¢ each

Sales tax, if applicable

Total enclosed

print name

address

city

state

zip code

American Home
HOUSE PLANS
AND BUILDING HINTS

Honor Award Houses
Most Popular Colonial Design
Easy-to-Build Vacation Houses
Planning Your New Home
How To Stretch Your Building Dollar



Our 1972 revised catalog of 52 house plans from AH is available at 50¢.

AMERICAN HOME HOUSE PLANS

If you've yearned for a low-cost weekend retreat that's frill-less, functional and so simple you can even build it yourself, here's your answer. This "\$5,000 Hideaway" is another example of our continuing aim to bring you top designs and low-cost construction methods. Use this coupon to order house plans. A set of drawings plus list of materials costs just \$20 and is all you'll need for a builder's estimate. Three sets (\$35) will start you on construction.

★ 2 Exciting American Home Budget Vacations ★

8 FIESTA DAYS
Mexico

\$189⁰⁰*

Mexico City - Taxco
Acapulco

Here's your itinerary:

Arrive any Saturday in fabulous Mexico City and enjoy three exciting days. You visit the National Palace, magnificent cathedral, Chapultepec Park and Castle. Ample time for leisurely browsing, superb dining and endless nightlife activities. Enjoy a motorcoach ride to charming picturesque Taxco for an overnight stay and an escorted tour around this cobble stone "silver" city. Together with your escort guide you leave for beautiful Acapulco where every activity you could want is at your disposal—fishing, water skiing, boating, tennis, and you can relax and sun on Acapulco's famous beach. The casual evenings and sparkling night life of this famed resort goes on and on—until dawn. Acapulco is a wonderful finale to a memorable vacation.

Rooms are reserved with twin beds and bath in all cities. Three meals are provided in Taxco, breakfast & dinner in Acapulco. Welcome cocktails are also included.



Take Advantage of these
Low American Home Group Rates!

Most travel plans ask for \$50 and more as a deposit. As an American Home reader, you need only send our special low group deposit of \$10 to reserve your vacation trip—fully refundable, of course!

RESERVATION REQUEST

Mail your deposit to: Mrs. Lynda Shaw
American Home Travel Service, Dept. 1022
641 Lexington Avenue, New York 10022

Please make reservations for _____ people, starting on the following date (Saturday) _____.

Enclosed is my check or money order for \$10 per person as a deposit on my 8 day Mexico Vacation. I understand that my deposit is fully refundable if I cancel my reservation at least 20 days prior to departure. Amount enclosed, \$_____.

Please make check payable to American Home Travel Service.

I would like you to arrange the lowest possible air fare arrangements for me. tourist 1st class

Name _____

Address _____

City _____ State _____ Zip _____

My telephone number is _____ (Give Area Code)

*Plus Tax & Service. Rate based on double occup., air fare not incl.

Paradise Calling
7 FABULOUS DAYS
Hawaii

\$178⁰⁰
PLUS AIR FARE

Includes Meals on Modified
American Plan, Plus All Tips,
Taxes and Service Charges

INCLUDED FEATURES

- ★ 7 Days, 6 Nights at the Royal Manor/Sheraton Waikiki.
- ★ Full course breakfasts daily.
- ★ Dinners are provided in a different setting each evening, except on day of arrival.
- ★ Tips for all meals provided.
- ★ Baggage tips to bellmen.
- ★ Tips to chambermaids.
- ★ Round trip transfers between Honolulu airport and Hotel.
- ★ Fresh flower lei greeting.
- ★ Famous Royal Luau at the Royal Hawaiian featuring Polynesian Entertainment and unlimited rum drinks.
- ★ City Tour of Honolulu.
- ★ Pearl Harbor Cruise.
- ★ Steak dinner in The Royal Hawaiian overlooking the Pacific. Drink, dancing and entertainment included.
- ★ A night in the Philippines featuring dinner, native floor show and drink.
- ★ Dinner by candlelight at Fisherman's wharf, drink included.
- ★ Dinner in the Royal Hawaiian including wine, music, dancing and star-studded show.

Rainbow Falls,
Isle of Hilo,
Hawaii



Take Advantage of these
Low American Home Group Rates!

Most travel plans ask for \$50 and more as a deposit. As an American Home reader, you need only send our special low group deposit of \$10 to reserve your vacation trip—fully refundable, of course!

RESERVATION REQUEST

Mail your deposit to: Mrs. Lynda Shaw
American Home Travel Service, Dept. 1023
641 Lexington Avenue, New York, N.Y. 10022

Please make reservations for _____ people, arriving in Hawaii on the following date (Saturday) _____.

Enclosed is my check or money order for \$10 per person as a deposit on my 7 day Hawaiian Vacation. I understand that my deposit is fully refundable if I cancel my reservation at least 20 days prior to departure. Amount enclosed, \$_____.

Please make check payable to American Home Travel Service.

I would like you to arrange the lowest possible air fare arrangements for me. tourist 1st class

Name _____

Address _____

City _____ State _____ Zip _____

My telephone number is _____ (Give Area Code)

A Special Offer for Only \$1.00

A BOXFUL OF SMILES

115 funny smiling faces you'll attach to letters, kids will put on notebooks, windows, cars, lockers, etc. Sunny little SMILE stickers self-adhere to anything. A smile is just a frown turned upside down. Each yellow and black sticker is 1" in diameter, on a roll, and packed in a handy, covered lucite box.

11203—115 Smile Stickers @ \$1

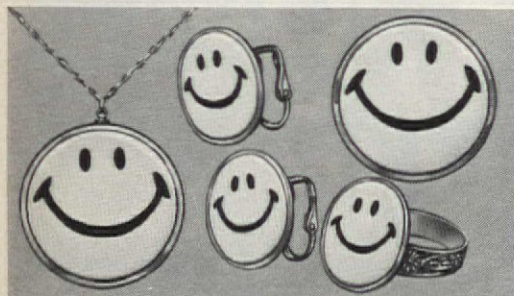
A WARDROBE OF SMILE JEWELRY

Beguiling smile faces have taken over the country and are on their merry way into your jewel box. Smiling clip-on and pierced earrings, a 1 1/4" pin, a pendant on an 18" goldtone chain and an adjustable ring.

11476—Reg. Ear...\$1.49 11477—Pierced Ear \$1.98 11478—Ring \$1 11479—Pin \$1.49 11480—Pendant \$1.49



Only \$1.00



MAIL 10 DAY NO-RISK COUPON TODAY!

PALM CO., Dept. 6479, 4500 N. W. 135th Street, Miami, Florida 33054

Enclosed check or m.o. for \$

115 Smile Stickers (11203) @ \$1

Reg. Ear. (11476) @ \$1.49

Pierced Ear. (11477) @ \$1.98

Ring (11478) @ \$1

Pin (11479) @ \$1.49

Pendant (11480) @ \$1.49

(Add 25¢ post. per item)

Name _____

Address _____

City _____

State _____ Zip _____

An Amazing Value For Only \$3.98

8 WOOD & CORK COASTERS IN A CABINET

This handsome walnut cabinet has 8 "drawers." Pull them out to discover they are actually wood and cork coasters. Tall drink time... pull the knobs and pass out the drawers... oops, I mean the coasters! Cabinet is further enhanced by the addition of decorative nailheads. 5 1/4 x 4 1/4 x 3 3/4 inches. #11235 Cabinet Coasters @ \$3.98 plus 55¢ post.

PALM COMPANY

Dept. 6602, 4500 N.W. 135th St., Miami, Fla. 33054



Does More Than Help Shrink Swelling Of Hemorrhoidal Tissues Due To Infection

Also Gives Prompt, Temporary Relief in Many Cases from Pain and Itching in Such Tissues.

When hemorrhoidal tissues swell, become inflamed and infected—it can be very painful for the sufferer. But doctors have found a remarkably successful medication which is so effective that it actually helps shrink swelling of such tissues. And it does more. In many cases, it also gives prompt relief for hours from the pain and itching in hemorrhoidal tissues.

This medication is obtainable without a prescription under the name—Preparation H®. Tests by

leading doctors on hundreds of patients in New York, Washington, D.C. and at a large medical center verified Preparation H gave similar successful results in many cases.

When you consider Preparation H offers so many benefits—it's no wonder millions of sufferers buy it each year to obtain this relief. See if it doesn't help you.

There's no other formula like Preparation H. Ointment or suppositories.

\$5,000 HIDEAWAY

continued from page 57

Deciding where to build their weekend was no problem. Oakland based, the Rouths both love the wilderness areas of northern California. When they learned that a developer was creating a second-home community at Sea Ranch, it took little persuasion for them to become landowners.

Sea Ranch occupies 5,500 acres along seven miles of rocky California coastline. The site the Rouths selected is a small grass-padded meadow ringed by tall redwoods, Douglas fir, tanbark oaks and tree-size rhododendrons. Some 200 yards westward through woods is the Pacific, rolling against the base of high, jagged cliffs.

Larry and Linda paid \$7,900 for their single acre back in 1967, less a 10 percent incentive to start their house within a year. And, according to their purchase agreement, they had to complete their house within a year of its starting date. It took every bit of that time to do so, for construction was slowed by one of the wettest winters in northern California history. "We didn't know what a dry piece of wood was," says Linda.

Both Rouths have time-consuming, responsible jobs—he as an industrial designer for a lighting firm, she as display manager for a department store in Hayward—so they only worked weekends. But they did have help. In addition to Kim, their work force at times included Larry's parents, brother and sister-in-law, all camped in a tiny tent city.

The brass-tacks result of their effort is an unusual shed-roof structure whose interior is essentially a single room divided functionally. Besides the living/sleeping areas, there is a compact galley, a compartmented bath, a center core for service and storage—and a wide deck that extends the house's inner limits. The fireplace and two electric wall units concealed behind bunks provide heat.

Except for boring holes for the foundation and installing the plumbing, the Rouths and their "work crew" handled every detail of construction themselves. "I'll never forget the plumber's remark when he finished," says Larry. "He just shook his head and muttered, 'First time I ever plumbed a tent.'"

Although more innovative than a tent, the Rouths' house is certainly as simple in concept. It was designed for relaxing, reading and just getting away from it all—any time of year and in any kind of weather. "During a storm," says Linda, "we know what's going on, but we feel safe and protected." END

MATTRESS-PAD QUILTING

(pictured on page 22)

2-ounce tubes of acrylic polymer emulsion paints; as a rule of thumb, 1 tube per color would more than suffice for curtains shown. (Use Liquitex or Aquatex; priced from about 80¢ to \$2 a tube, they are available in most art-supply stores.)

One 1/4-inch and one 1/2-inch pig-bristle brushes

White-cotton quilted mattress pad, king size for a double-bed coverlet

Plan a design, following quilted pattern of mattress pad, or dream up your own and draw it on. Use the pad as a coverlet or cut it up to make into pillow covers, headboard or curtains (also great for chair seats and backs).

Brush on paint right from tube; paint is thick, so work carefully between lines of stitching. Lift off spilled drops with a damp rag, but do it quickly and don't rub. Clean brushes in water.

Fancy-up edges by cutting them along the quilted design, then rebind. Acrylic-painted quilting can be hand-washed or dry-cleaned.

PAINT A QUICK QUILT

(pictured on pages 58-59)

Two 2-ounce tubes each of orange, red, yellow, blue and green acrylic polymer emulsion paints. (Use Liquitex or Aquatex, priced from about 80¢ to \$2 a tube.)

One 1-inch and one 2-inch pig-bristle brushes

White muslin or percale sheet, double-bed size

Cotton batting

Solid-color cotton-backing fabric, heavier than sheet, which will thicken when painted

#50 black cotton thread

This painted quilt will cover a standard double bed with 6-inch overhang at sides and bottom. (Dimensions are approximate because sheet size shrinks when you sew sheet to batting and backing.) Finished design can also be a wall hanging, and you can paint and quilt pillows as well. All can be hand-washed or dry-cleaned.

To begin, wash sheet for possible shrinkage; let dry. Stretch it on wall or floor, anchoring with pushpins or staples. Pencil in design. (To create your own design, work it out first on paper.)

The quilt on pages 58-59 is very easy to duplicate. Draw, centered on sheet, a 64-by-75-inch rectangle. Since your design will be a series of pencil-drawn arcs with a 32-inch radius, make a kid's old-fashioned com- (continued)

Eat the Foods You Love— And Still Lose Weight!

Now for the first time, you can eat fried chicken, cheesecake, milkshakes, and brownies — and still lose weight with the Slim-Pak Plan!

Thousands Do! You Can Too!

You can get slim and stay slim while you enjoy your favorite foods: waffles or pancakes with maple syrup! Chili! Hot muffins! Turkey with dressing! Goulash! Beef Stroganoff! Ice cream sundaes! Pot roast! Mashed potatoes and gravy! Pie with whipped cream topping!

The Dime-a-Day Diet!

And the Slim-Pak Plan is not only safe, easy, and effective, it costs you just a dime a day! Even less when you buy the 60 or 90 day Plan! For a Dime-a-Day, you can have the figure you'll love, be able to wear the clothes everyone will admire!

Lose Weight—'Without Starving!'

The Slim-Pak Plan is *not* a fad or crash diet; contains no dangerous drugs. Especially formulated for the dieter who has "tried everything"—and failed!

Slim-Pak is Personalized!

Slim-Pak can work for you where other diets diets have failed because only your Slim-Pak Plan takes into account the foods you like to eat, your sex, your age, your height, your present weight, and what you'd like to weigh!

Calls Slim-Pak 'A Blessing'

"Never found a diet so easy to stick with, nor a plan that really worked for me as Slim-Pak does. What a blessing it is to be able to lose weight without starving. God bless you and the medical scientists."

WEIGHT LOSS GUIDE

How much weight would you like to take off — and keep off? Our records show:

People who want to lose:	Usually order:
1-11 pounds	30-day Plan
12-19 pounds	60-day Plan
Over 20 lbs.	90-day Plan

Ask your doctor about the Slim-Pak Plan first! Your Personalized Plan includes tablets that supplement food but play no role in weight loss! Registered by name, U.S. Patent Office 771541.

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RESULTS GUARANTEED

These excerpts from actual letters were unsolicited. Your degree of success with the Slim-Pak Plan obviously depends on YOU, but remember:

WEIGH LESS— OR PAY NOTHING!

Lose 6 to 16 pounds in the next 30 days—without ever going hungry — or money back!

Loses 27 Pounds in 60 Days!

"I have just completed my second bottle of Slim-Pak tablets. When I started I weighed 180 pounds and measured 40 inches around the waist. I now weigh 153 pounds and have a 34 inch waist."

Teenager Loses Pound a Day!

"I am 16 years old and have been on the diet for 2 weeks and have lost 14 pounds. I have dieted many other times, but I have gotten the greatest satisfaction from the Slim-Pak diet. I am very seldom tired and usually do not get hungry between meals."

'I Was Getting Desperate!'

"I was getting desperate. Now I have lost inches and pounds making it possible to get back in my size 9 again."

Loses 10 Pounds in One Week!

"Slim-Pak is marvelous. I have lost 10 pounds in one week and am recommending it to my club members."

'Without Nervous Tension'

"Without fear of getting off my diet or nervous tension and that empty feeling, I have lost 3 1/2 inches from my hips — 5 inches from my waist. I have lost 18 pounds."

'Miraculous' Says Lady, 70

"I am 70 years of age and they have helped me miraculously. Besides losing weight I have gained considerable strength and desire to live."

More than 10,000,000 vitamin-fortified Slim-Pak tablets have been dispensed. Based on an audit of refund records, THE SLIM-PAK PLAN HAS SATISFIED 99.1% OF ITS USERS. And Slim-Pak must satisfy you—or your money will be promptly refunded!

MAIL NO-RISK COUPON NOW!

NORTHWESTERN
466 No. Western Ave., Dept. 90-B, Los Angeles, Calif. 90004

YES, I'd like to try Slim-Pak at your risk! I would like to lose 6 to 16 pounds in the next 30 days. I understand that there is a money-back guarantee that I must lose those unwanted pounds without starving, needless calorie counting, or giving up many of my favorite foods!

Please rush my Personalized Slim-Pak Kit! It contains everything I need to take, everything I need to know, to lose weight while I enjoy three big, satisfying, vitamin-rich meals—plus snacks—every day! Please include the tablets indicated:

- 30-day supply—\$3
- 60-day supply—\$5 (save \$1)
- 90-day supply—\$7 (save \$2)

Please add extra 50c for postage and handling!

Send C.O.D., I enclose \$1 deposit

Please complete:

Male Female Age _____

I am _____ feet, _____ inches tall.

I now weigh _____ pounds.

I would like to weigh _____ pounds.

Name _____

Address _____

City _____ State _____ Zip _____

I am a healthy dog with sound teeth, but... I had dingy teeth. And doggy breath. Nobody kissed me twice.

Even my best friend wouldn't tell me why. Then I discovered MILK-BONE® Dog Biscuits.

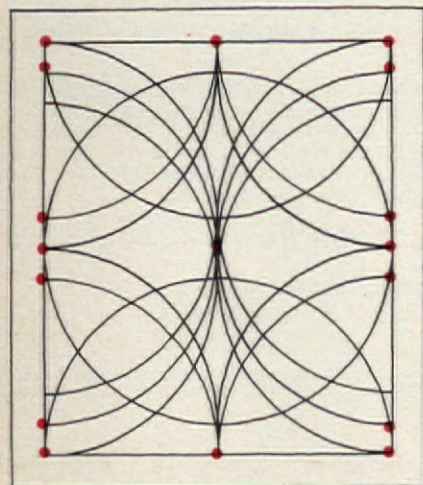
Hard, crunchy, nourishing biscuits that scraped away unsightly stains and tartar. Removed particles of soft food. Actually helped strengthen my gums. And made my breath almost human again.

And best of all, with Milk-Bone Dog Biscuits, I got cleaner, whiter teeth in just three weeks!



“How I got cleaner whiter teeth in just three weeks...”

PAINTED QUILTING continued



To draw basic painted-quilt design, hold string end of your pencil-on-a-string compass at points marked by dots.

pass by tying a pencil to a 32-inch length of string. Hold down end of string: a) at dead center of rectangle and draw a full circle; b) at centers of rectangle's two short sides and draw half circles; c) at

centers of rectangle's long sides and draw half circles; d) at each corner of rectangle and draw quarter circles; e) at points on rectangle's long sides 32 inches from each *corner* and draw half circles; f) at points on rectangle's long sides 32 inches out from *centers* and draw half circles. After design is complete, trace a six-inch border around it, as shown in diagram at left.

Paint in design sections and border, using pictures on pages 58-59 as a color guide. There is no need to dilute paint. To prevent wet colors from running together, don't paint adjacent areas at the same time. When sheet is dry, lay it face down; cover it with batting, then with backing, right side up. Smoothing the layers, pin them together at 6-inch intervals. Machine-sew along design lines, flattening material to distribute it evenly within each design section. Cut around edge of design, leaving enough for a hem; then fold under extra sheet and backing, right sides together. Hem close to edge.

END

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Address all inquiries to:
American Home,
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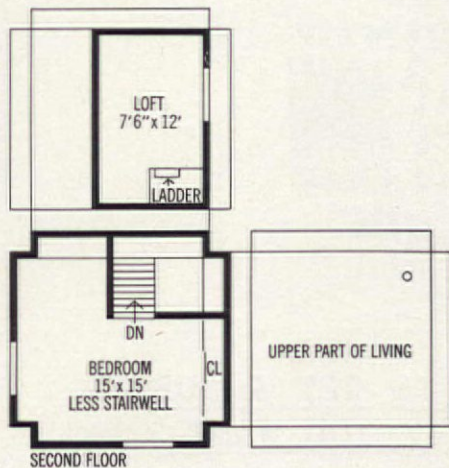
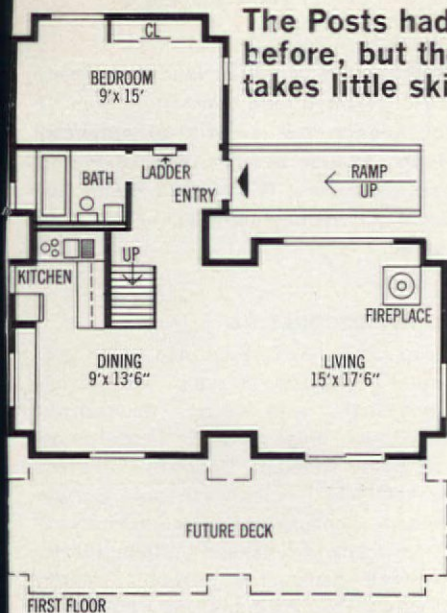
Name _____
please print

Address _____

City _____ State _____ Zip _____

Postmaster: Send form 3579 to
American Home, Flushing, N.Y. 11357.

The Posts had never built anything before, but the architect said, "My system takes little skill, mainly muscle power."



Post house comprises four modules: lower part of living area, kitchen and dining area, first-floor bedroom and bath, second-floor bedroom. Three pitch-roof additions accommodate the upper part of living area, the upper

part of second-floor bedroom (not shown in floor plan—it will be an enclosed loft someday) and a second-floor sleeping/storage loft. Living-dining room will eventually open onto a deck across front of house.

The Dattner system consists mainly of L-shaped units assembled to form 16-by-16-foot modules, 12 units to a module. There are also triangular units that create modules for loft sections. All units—and each ceiling and floor—are made of stressed-skin plywood: wood frame containing insulation heat-sandwiched between two plywood sheets. Once connected each unit has integral strength; floors and ceilings are not just spans to be supported but are strong enough to be part of the structure.

All components the Posts needed to build their house stacked neatly on the back of one truck. Before it arrived, Eli did his own siting (the architect never had to view the site), a mason laid the concrete foundation and a crane was brought in to lift the 400-pound L units into place. As for the rest of basic work, says Marda, "We knocked on doors and asked some of the local young people to help—and paid \$3 an hour." If they wish, the Posts can assemble additional sections—up to three modules high and any number horizontally.

END

77

...and found love."

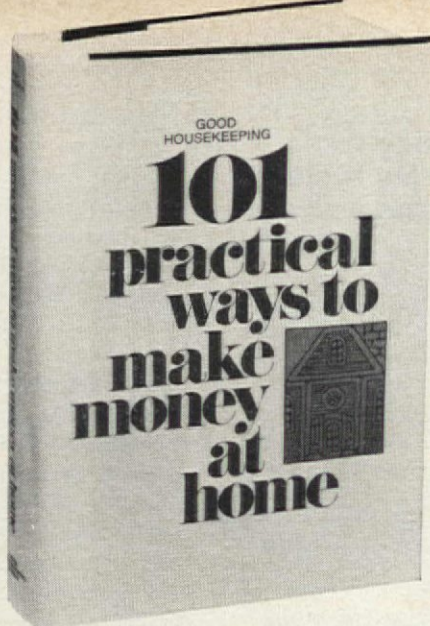
How does she love me?
Let me count the ways:

1 2 3 4 5 6

Flavor Snacks. In six delicious, nutritious flavors.

If you want to tell your dog you love him—say it with Flavor Snacks. Now you're talking his language.





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If you want some money you can call your own but would rather not go outside your home to work—maybe we can help.

We've put together a book which describes the 101 best ways that women are making money at home today, including scores of ideas which our own readers are using.

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Each of the 101 ideas in this book is spelled out in detail, with almost step-by-step instructions. More important, each is a proved, practical idea that is working for other women.

You'll know what you need to get started, where to go for help, how to drum up business, and how much to charge.

There's a chapter on choosing the money-making ideas that would be best for you. Another on things like saving money by asking for the wholesale price and taking advantage of special tax deductions you'll be entitled to when you're making money at home. And vital information on how to avoid the hundreds of fraudulent "work-at-home" schemes.

We're so sure this book can be of help to you, we'll let you use it for 10 days. If you're not convinced, send it back and we'll refund your money promptly. Make your first good business decision today, examine our 101 ways to get the money you want.

TRY BOOK FOR 10 DAYS

Good Housekeeping Book Div., Dept. D222, Box 2316, FDR Station, New York, N.Y. 10022

Please send my copy of 101 Practical Ways to Make Money at Home. Enclosed is my check for \$5.95 plus applicable local and state tax. (Publisher will pay shipping charges.) If I'm not delighted I may return the book in 10 days for a full and prompt refund.

Print name _____

Address _____

City _____ State _____ Zip _____

SHOPPING INFORMATION

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

SUNNY DECORATING

All sources, N.Y.C. **Page 48:** *Lower left:* Table, The Gazebo; large pillow, Parrish Woodworth; sofa fabric, Brunswick & Fils, Inc. **Pages 48-49:** Large painting, Sante Graziani, Babcock Galleries; basket, Parrish Woodworth; sofa, Carlyle Custom Convertibles; fireplace accessories, Edwin Jackson; plaid fabric, Avondale Mills, Inc.; graphic, Marko Spalatin, Pace Editions, Inc.; chair fabric, Bloomcraft, Inc.; striped pillow, The Gazebo; coffee table, Bloomingdale's; yellow flokati rug, B. Altman & Co.; matting, Nippon Crafts; kilim rug, Harmony Carpet Corp.; floor-cushion fabric, Brunswick & Fils, Inc. **Pages 50-51:** Painting, Sophy Regensburg, Babcock Galleries; drapery fabric and dust ruffle, Bloomcraft, Inc.; gingham drapery trim, Concord Fabrics, Inc.; quilt, flower basket, Ronaldo Maia Florist; plant basket, Parrish Woodworth; pillow shams, D. Porthault, Inc.; needlepoint rug, A. Morjikian Co. **Page 52:** *Lower left:* Painting, Sophy Regensburg, Babcock Galleries; needlepoint rug, Stark Carpet Corp.; chairs, Be Seated; gingham fabric, Concord Fabrics, Inc.; drapery fabric, Riverdale Drapery Fabrics; Parsons table, Thayer Coggin. **Pages 52-53:** Wall, drapery, pillow fabrics, Far Eastern Fabrics; red pillow, flower basket, Parrish Woodworth; Hide-A-Bed, Simmons Co.; green corduroy fabric, Collins & Aikman Corp.; Indian painting, Karl Mann Associates; Moroccan rug, A. Morjikian Co.; Parsons table, Pier 16; brass and lacquered accessories, tablecloth, Sona, The Golden One; brass lamp, Chapman Mfg. Co.

PREFAB COST CUTTER

All sources, N.Y.C. **Page 54:** *Top left:* Place mats, Georg Jensen; *Top right:* Ash-tray, vase, Bonniers. **Page 55:** Pillows, Design Research.

NEW SHELF GAME—MAIN DISHES

All sources, N.Y.C. **Pages 62-63:** Salt and pepper shakers, rectangular dish, Paulette's Place; round brown dish, Greek Island, Ltd.; oval casserole, Hubert des Forges.

DECORATING POINTERS FOR THE GYPSY GENERATION

By Carol L. Crane

Americans today are a rootless, nomadic lot, pulling up stakes and relocating with unprecedented frequency. Recent statistics indicate that most of us will occupy 12 or more homes during our lifetimes. This mobility presents the gypsy generation with many problems, not least among them: How do you decorate a short-term home?

Moving is always a difficult process, but establishing a new home shouldn't mean a sweeping abandonment of the contents of the old one; the secret of a successful move lies in knowing what to take along and what to leave behind. Cherished possessions carried from one home to the next give continuity to life and help dispel the displaced-person doldrums.

Family heirlooms, curio collections, artworks and accessories reflecting the uniqueness of their owners spell the difference between an impersonal short-term dwelling and an individualized home. Take them along on all your wanderings, but select them, initially, with future moves in mind. Collect pieces made of durable, transportable wood, pewter, brass, silver; steer clear of fragile pottery, porcelains and glass.

And, speaking of your treasured artworks, remember how long you labored composing the picture grouping above the living-room sofa? Before you dismantle it for moving, draw an in-scale diagram of the arrangement. Then, as you remove each picture from the wall, fasten its hook to the frame with masking tape so they'll be packed, and later unpacked, together—all set for instant rehung in the new living room. When you're ready, simply follow your diagram for proper placement.

CARPETING FOR THE WANDERER

If your household is prone to periodic packings-up and movings-on, costly wall-to-wall carpeting may be one of the first items you should eliminate from decorating plans. To move carpeting from one home to another is often impractical because of high labor costs. Each time it's picked up (and this should be done by professionals, as improper handling can ruin some types of carpet backing), carpeting should be cleaned. Since there is always some shrinkage, you won't know how much yardage you'll have left until the work is finished. So, unless you sell your wall-to-wall

carpeting along with the house—or have it cleaned, then cut and bound into room-size rugs—consider alternatives.

You can plan your decorating around various-size area rugs, all of which can be adapted easily to another home. Indoor-outdoor carpeting by the yard is another answer for transitory households. It's inexpensive, easy to move and install without expert assistance, and it can be cut to fit without need of binding or special tools. Or consider self-stick carpeting tiles. Now available in patterns and luxurious weaves, they can be lifted off your old floor, transferred to your new home and there arranged in any old or new combination you like. (For moving, stack tiles with wax paper between each. If repeated moves make the backing too unsticky to adhere, use double-face tape. And be sure to save surplus squares for replacing worn and damaged areas later.)

COLOR AND ACCESSORIES

Color is the foundation of your portable decorating scheme. It's a simple and inexpensive matter of paint, and today's paints are all quick and easy. To give a room a specially custom look, combine painted walls with one wall of a color-compatible texture—burlap, cork, fabric—and you can take it with you if you hang it with double-face tape, rather than paste. Consider using adhesive-backed curtain trims (flocked fabric that comes in various widths, bought by the yard) or architectural-motif wallpaper borders as substitutes for the more permanent wood moldings (often prohibited in rental quarters) that give a custom-decorated look to walls, doors and windows. And explore the potential of self-stick mirror tiles wherever higher-priced mirror installations are indicated.

Made-to-measure window treatments are a poor investment when you're not sure how long you're staying. Many custom treatments may be duplicated with ready-made curtains and shades hung with imagination and originality. Shop the notions department for stitch-on trimmings to coordinate ready-mades to your color scheme, for press-on hem bindings to adjust old curtains to new window lengths, even for a mechanical stitcher to hem curtains after they're hung. And how about using Velcro as a stand-in for curtain rods? Stitch one

strip to heading of curtain; glue or tack receiving strip across top window trim—and your window is fully dressed, with no rods, rings, hooks or holes.

ADAPTABLE FURNITURE

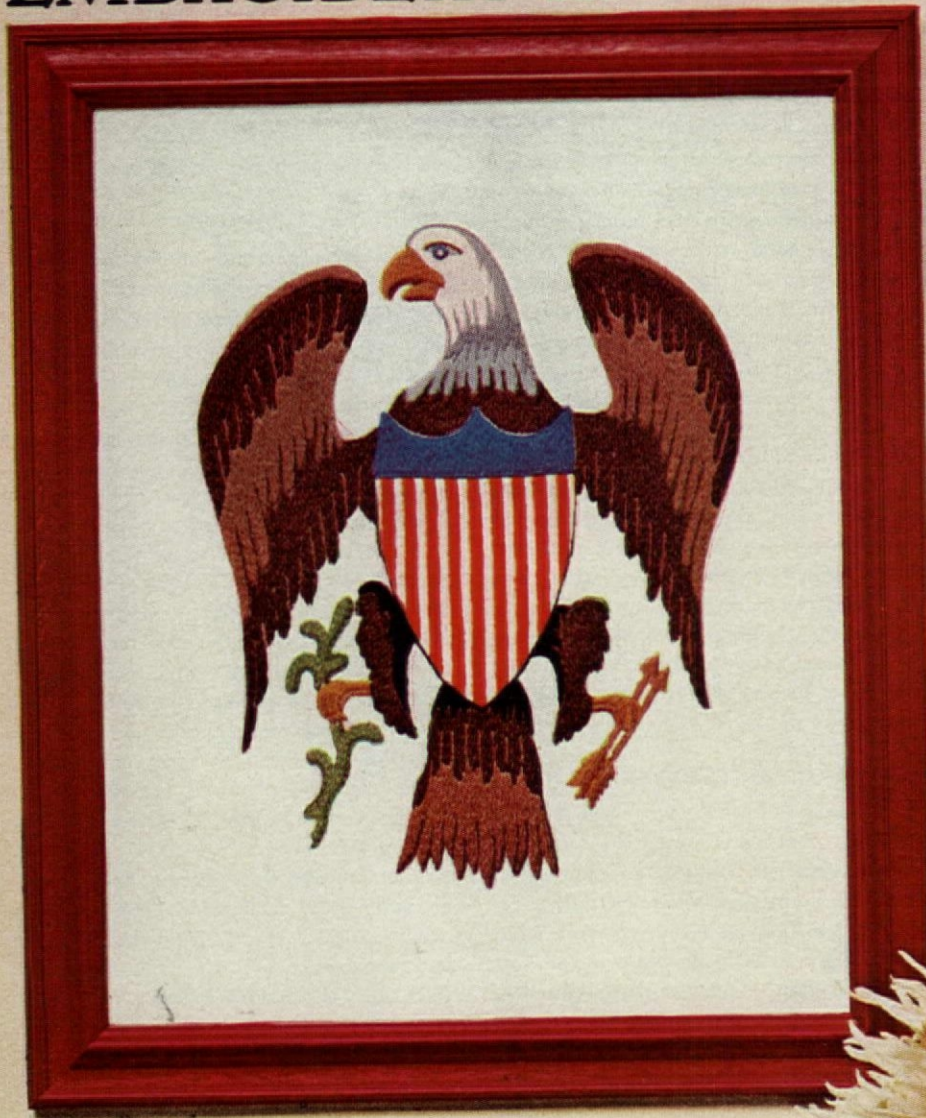
Whether decorating the first of many homes or shopping for furniture replacements, stay away from matched suites. They're too limited, too specific to be flexible; besides, they're just plain dull. Go-anywhere furniture that's handsome in itself is much more practical for a traveling household. A good-looking storage cabinet no longer needed for bedroom use could carry on as a dining-room server at the new address; patio pieces from a suburban home could give an alfresco atmosphere to the breakfast area of the new city apartment. An armless sectional sofa would be a smarter buy than a not-so-adaptable, long sofa; the two pieces could be used as one long couch, placed at right angles to turn a corner, or faced opposite one another to flank a fireplace, doorway or picture window.

The multipurpose tables that are available today adjust to meet a host of needs: Some expand from bridge to banquet size; some flip up or fold down to become slender foyer consoles. Their versatility and that of other multipurpose pieces is made to order for families shifting back and forth from suburban homes to city apartments, from large houses to small.

Classic chairs, regardless of period, have a chameleonlike quality of adapting to any setting. A Louis XVI bergère moves easily from bedroom to living room; a bentwood armchair makes its own striking statement whether pulled up to a desk or a dinner table; a director's chair in chrome and leather adds elegance to living room or den, while its earthy counterpart in wood and interchangeable canvases contributes color and comfort to porch or playroom.

And to pull things together in all your different, happy homes, plan a progressive color scheme. Relate each room to the next one through the addition and/or subtraction of colors, repeating some, but not all, of the colors used in other rooms. This will assure you of a high degree of interchangeability among the furnishings of all the rooms—a valuable decorating aid for a free-wheeling family of this gypsy generation. **END**

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Our Federal Eagle is one of the most distinguished pieces of needlework we have ever offered. The original of our proud bird, derived from the Great Seal, is inlaid on a 1790 New York State linen-press cupboard in the James Monroe Reception Room of the State Department in Washington, D.C. Since the eagle first became our national emblem, it has been used in many decorative ways. This design is stamped on creamy-white 100 percent linen to be embroidered with crewel yarn. The finished size is 13½ by 16⅝ inches (Kit 61278). The painted frame, also available, is copied from an 18th-century molding (usually painted black) which we updated with red paint to match the stripe on the shield (Kit 61279).



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

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HELP ABOUT THE HOUSE

NAIL DOWN FLOOR SQUEAKS

Our house has a concrete-slab foundation. The floorboards are nailed to screeds (strips of wood regularly spaced) set in tar. In the 15 years of use, our house has developed squeaky floors in every room. Neighboring houses the same age and with identical floors don't have this problem. Is there an inexpensive way to solve it?

*Mrs. C. P. Capell
Montgomery, Ala.*

Renailing should solve the problem. Use ring-shank or threaded nails for extra holding power. The heads should be small, and the length sufficient to penetrate into the screeds about an inch. To learn what this length is, find a rarely seen corner and drill a narrow hole in the floor. When the drill hits concrete, you can then determine the thickness of your flooring and screeds. Subtract $\frac{1}{4}$ to $\frac{1}{2}$ inch from this and you'll know what length nail to use.

Locate the screeds by tapping the floor with a hammer. A hollow sound will indicate empty space underneath, while a solid sound will indicate a screed. Drive nails (in rows of three) into the screeds through the boards that squeak. The procedure is time-consuming, but worthwhile.

STALL SHOWER TAKES A LOW-COST LINING

I'm building a vacation house—nothing fancy, just a modest house that's functional. Can you suggest a material to line the shower stall? I'd like one that's inexpensive, requires no finish and is as easy as possible to maintain.

*F. T. McGovern
Lehigh, Pa.*

We've seen shower stalls with asbestos-cement walls that meet your requirements. This material is available in a variety of sizes (like sheets of plywood) at most lumberyards. Cut sheets to measure; they are easily sawn. Apply over wood framing with rustproof nails and wallboard adhesive. Calk seams with silicone sealer. It comes in a cardboard tube that fits in a cartridge-type calking gun.

When dry, the asbestos-cement resembles very smooth concrete. When wet, it appears to be absorbing gallons of water (it isn't!) but soon dries to its original appearance. To complete your shower stall, buy a floor of precast stone.

LINOLEUM CAN BE PATCHED

How can I repair a hole in my kitchen linoleum?

*Mrs. C. Elwood
Moline Ill.*

Chop a piece of cork into tiny pieces; then pulverize it with a mortar and pestle, or by rubbing between two pieces of wood. Mix the powder with shellac and make a thick paste. Fill the hole with this paste. Allow to dry, then sand smooth and paint to blend with the linoleum.

For help with a home-maintenance or repair job, write to Dept. HAH, American Home, 641 Lexington Ave., New York, N.Y. 10022. All letters will be answered promptly; letters published will be selected on the basis of broad, general interest.



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Know what happens when lots and lots of good things all simmer together? Broth. A beautiful, sipping-good broth. And it's the broth that makes the delicious difference between Great American Soups and condensed soups. You just can't get that taste when you add your own tap water.

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FROM HOME BASE

Thermometers—low-cost assets for the well-run kitchen

How do you tell when the leg of lamb is rosy pink, the fudge the right consistency and the frozen mousse firm? The only reliable way is with a kitchen thermometer. Available in most department, hardware and gourmet stores, it may range in price from \$1 to \$5, depending on make and quality. The wise woman has at least four basic thermometers on hand. Here's why:

A meat thermometer tells you the desired temperature for different meats and indicates when that temperature is reached. There are so many variables in the cooking of meat—size and shape of the cut, proportion of fat to lean, degree of aging—that the only really accurate gauge of doneness is a meat thermometer. Some versions have sharp, pointed probes and can be inserted easily; others come with a separate metal skewer, so you can simply skewer a hole in the meat for the thermometer. Insert about two inches deep in the thickest part. Be sure the point does not touch bone, fat or gristle and that the dial is turned toward the oven door for easier checking. When using a meat thermometer for spit or rotisserie roasting, insert it into end of meat, parallel with the spit or at such an angle that it does not hit anything as the spit turns. Remember not to stop the spit with the thermometer near the heat source.

A candy thermometer and a reliable recipe are the two major requirements for good homemade candy. Cooking the mixture to just the right temperature is vital for candy to be of the proper consistency. A candy thermometer will also help in making jellies and deep-fat frying. Simply attach it to the side of the pan, using the clip on back, and your hands will be free for stirring. The thermometer should be immersed at least two inches and should not touch the bottom or sides of pan.

Check the accuracy of your candy thermometer now and then, since rough handling, barometric pressure and altitude can all affect it. To check, place it in boiling water; it should read 212° F. If it reads below 212° F., subtract the difference from the recommended recipe temperature. If it boils above 212° F., add the difference.

An oven thermometer is another kitchen asset. Correct oven temperature is imperative for good results, especially in baking, so check your oven periodically. If it's off even 10 or 15 degrees, it can cause improper browning, rising and consistency. Since temperatures vary from the top to the bottom of the oven, place the thermometer close to where you normally put food. If the temperature it registers is too high or too low, adjust the oven dial to compensate.

A refrigerator/freezer thermometer will monitor the efficiency of these essential appliances. Refrigerator temperatures should be 35° to 40° F., freezers around 0° F. Check a new refrigerator with the thermometer to determine how to set coldness control for optimum food storage. Remember, safe storage time declines, sometimes drastically, as temperatures increase. But keeping freezers lower than zero is unnecessary.

—Jeanne M. Bauer

DEAR AMERICAN HOME

MODULAR PLAUDIT AND PAN

Your October issue featuring the modular "House of the Year" is a welcome one.

I am the owner of a brand-new modular house—it was delivered on Monday, and I was able to entertain 15 guests on Friday evening!

Mrs. George Hurst
Pine, Colo.

I was very surprised by the kitchen in the year-round version of the "House of the Year." How could anyone with any experience in homemaking and cooking let a mirrored backsplash slip by? It will certainly be a display case for "the natural look," as the caption states—natural grime, spots, splatters!

Mrs. John A. Dukes, II
Pasadena, Calif.

A mirrored backsplash is really not that hard to keep clean. A quick wipe with window spray leaves the mirror spotless.

CAN-CAN

We enjoyed the October Lifestyle story on the Robert Redfords. However, you should be aware of the fact that the initials C.A.N. also stand for Citizens Against Noise.

C.A.N. is supported by the public and we welcome contributions at our national headquarters, 2729 W. Lunt Ave., Chicago, Ill. 60645.

Theodore Berland, President
Citizens Against Noise
Chicago, Ill.

LIQUOR LICENSE

Thanks for your article on Lake Mohonk. We've been going for years, and I'd like to pass on an amusing anecdote regarding the unspoken "No Liquor Served" rule.

Many years ago when my mother-in-law was a young woman and on her first visit to Mohonk, she asked one of the Messrs. Smiley, "Where can you get a drink around here, Mr. Smiley?" His answer—"Just knock on any door, my dear."

(Mrs.) Bertrice W. Small
New York City

Address letters to the editors to Dear American Home, 641 Lexington Ave., New York, N.Y. 10022.

A pair of pretty slimmers... from FASHIONTIME PRINTED PATTERN



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Size 14 takes 2 $\frac{3}{4}$ yards of 44-inch fabric.

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Send \$1.00 plus 25¢ for postage and handling in cash, check or money order for each pattern ordered.

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SIZE 14

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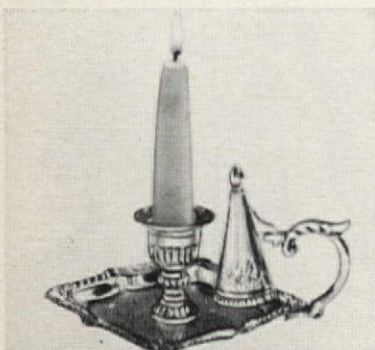
Be sure to include your Zip Code—it means faster delivery of your pattern.

AH 172



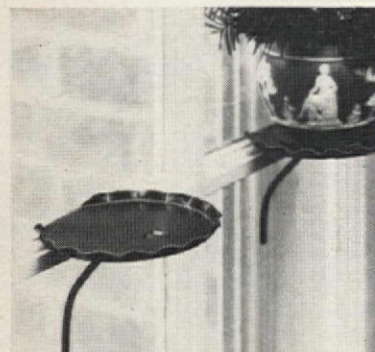
Pattern files

If you sew, you'll love these tiles to keep your patterns neat, organized and protected. Cardboard boxes are indexed for easy viewing. Attractive in avocado, gold and white stripes. 9x6x7 in. Easy to assemble. \$1 each plus 35¢ postage. Send your order to Holiday Gifts, Dept. 601-D, 7047 Pecos St., Denver, Colo. 80221.



Candle holder 'n snuffer

This enchanting ensemble is richly silver-plated with fine detail and cleverly crafted. Conjures up visions of the mistress of a mansion lighting her way through mysterious dark halls! 6½ in. wide. A delightful gift. Set, \$4.98 plus 25¢ postage. 2 for \$8.98. Colonial Studios, Dept. CHS-8, White Plains, N.Y. 10630.



Window dressing

Heighten window interest for inside and outside viewing with 4-in. round mini-shelves. Hanging prongs slip between pane and molding. Then top with plants or knick-knacks. Black metal. Holds 4-5 lbs. Set of 2, \$2.50; 2 sets, \$4.50. Add 35¢ postage. Lillian Vernon, Dept. A11, 560 So. 3rd Ave., Mt. Vernon, N.Y. 10550.

LYNN HEADLEY—Editor

AMERICAN HOME MARKET PLACE



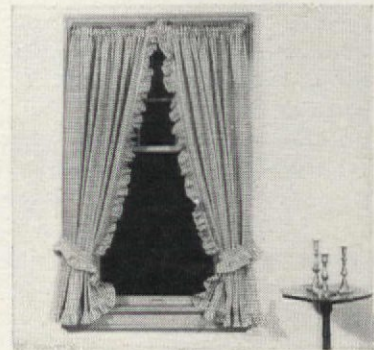
Convenient sewing center

Why use your dining-room table when this chic tailor cabinet fits snugly into a room, yet opens to 12 sq. ft. of work space! Drawers, stash bins keep supplies ready-handly. On casters. 37½x24x30 in. Pine in maple or walnut finish. \$79.95; Kit, \$59.95. Exp. chg. col. Yield House, AH-1, No. Conway, N.H. 03860.



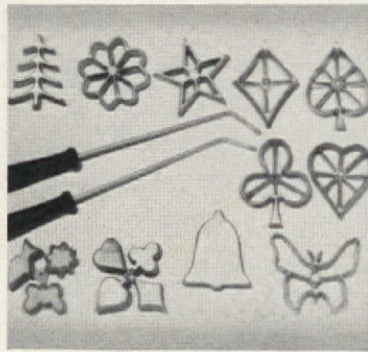
Hmmm, a pretty pillow

You'll sing a song of creative satisfaction over *Humming Bird and Hibiscus* pillow kit for beginners. Kit: easy-to-stitch design on natural linen; heavy embroidery yarns in greens, yellow, red, white; cording; zipper, instructions. 12x12 in. \$2.95 plus 35¢ shipping. The Stitchery, AH-1, Wellesley Hills, Mass. 02181.



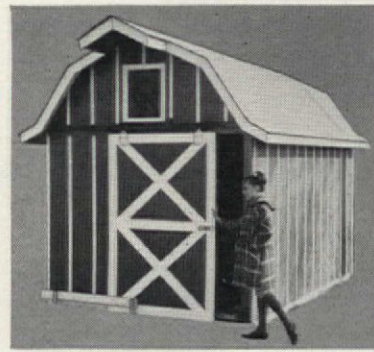
Red checked gingham

Little lasses of all ages adore red and white check curtains to perk up a window. Even men appreciate these country charmers! Of drip-dry colorfast cotton for easy care. 74 in. wide per pair. With 2-in. ruffles. 45, 54, 63, 72 in. long. \$8 per pair. Order from Country Curtains, Dept. AH-1, Stockbridge, Mass. 01262.



Crispy delicacies

Festive rosettes are fun to make. Fit handles to patterned irons and dip from batter to fryer. Crispy good, sprinkle with powdered sugar. With recipes, instructions. Cookie Mold Set, \$6.49. 72-page gift catalog, 25¢. Suburbia Mail Shopping Service, Dept. 110, 366 Wacouta, St. Paul, Minn. 55101.



Country charm

Imagine! A Little Red Barn in your back yard to use for stash space or a quaint club house. Quick to build; no expensive tools. 8x12x9 ft. with 4-ft. sliding door. Simple plans and material list, \$2.50. Petite 6x8x8 ft. with dutch doors, \$2.50. Both plans, \$4. Hammond Barns, AH-1, Box 39027, Indianapolis, Ind. 46239.

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Now treat family, guests to the kind of gourmet dinner they'd expect if they were guests in a fabulous Italian *Palazzo!* Accept the applause graciously... then tell admirers that for *hundreds* of years, the method of porous earthenware cookery you have just used has been a carefully-guarded Italian secret... that even now, it is zealously guarded by gourmet cooks. It's all amazingly true. What they do not have to know is that you have utilized a

**Fantastic "No-Recipe" Recipe—no ingredients except your meat—
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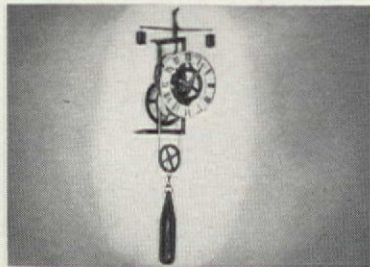
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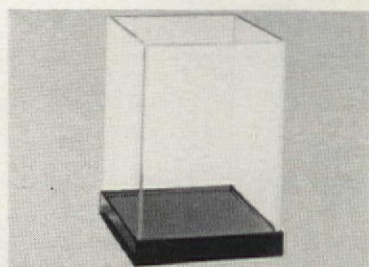
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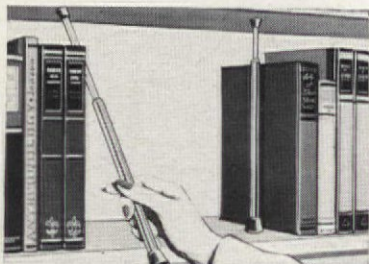
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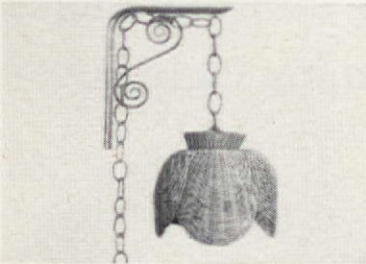
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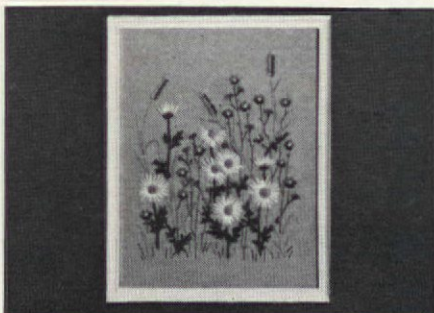
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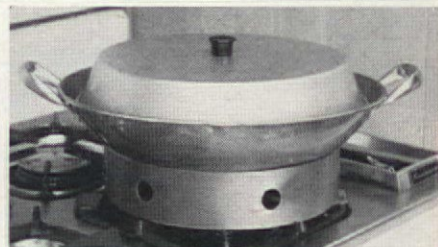
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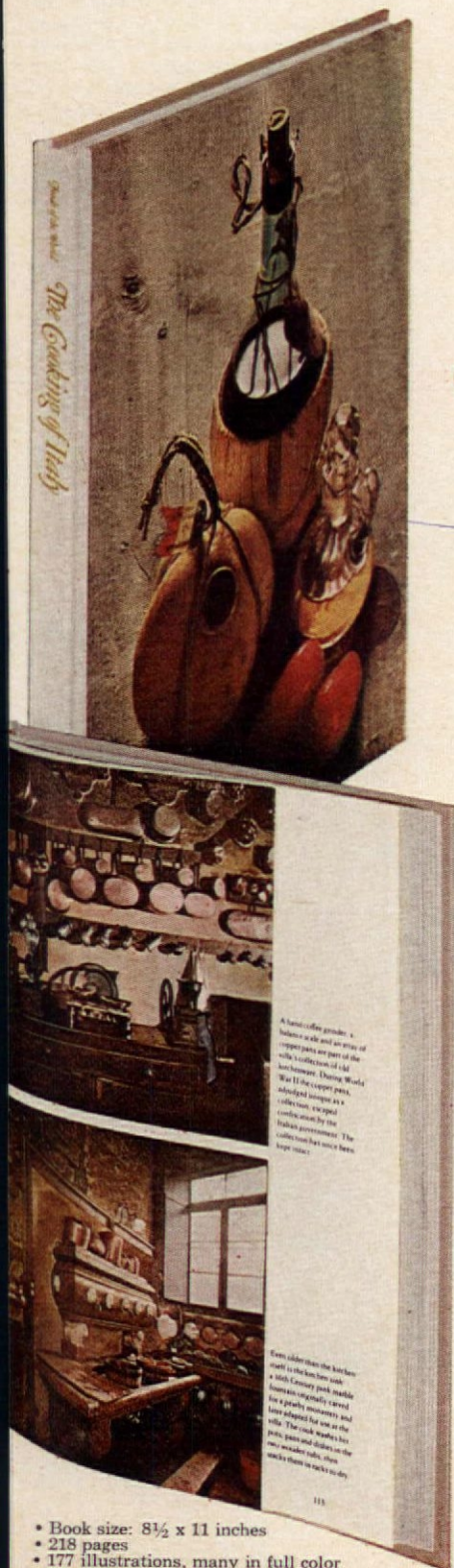
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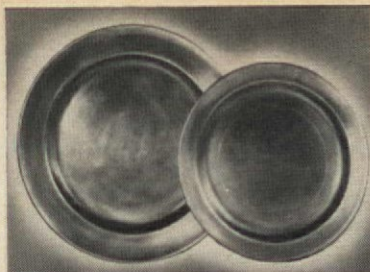
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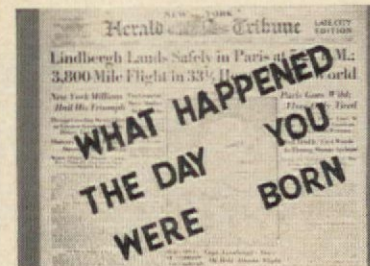
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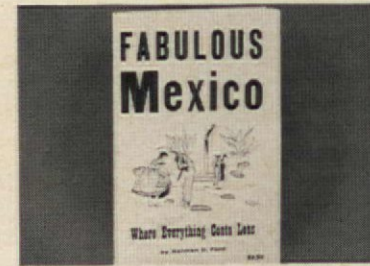
Well, 23 skidoo

What have we here? Yessir, a real old fashioned upright phone right out of the roaring 20's, ready to use in the sweet-talking 70's! With cord and plug. Black with brass fittings, \$49.95; brass with black, \$59.95. Add \$1.50 post. Free catalog. Grand Com, Dept. AH-1, 1152 6th Ave., New York, N.Y. 10036.



Bzzzzz

Wrist alarm watch for men buzzes like an alarm clock! Ideal for the traveling man. Swiss movement, luminous hands and hour dots and sweep second hand. In gold or silver color. Stainless steel back. \$17.95 plus \$1 postage. Slimline, Dept. C-409, 160 Amherst St., East Orange, N.J. 07019.



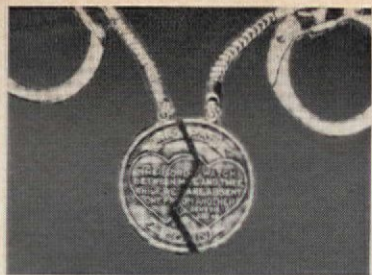
Fabulous Mexico

Low cost low-down on retirement and vacation bargains is fully covered by Norman Ford in "Fabulous Mexico, Where Everything Costs Less." He shows you hotels, inns, resorts, towns and more, plus information on banks, real estate, etc. \$2.50. Harian Pub., AH-1, 1227 Loyola, Chicago, Ill. 60626.



Sleep mask

If light prevents precious sleep, try this mask of flexible foil that molds to fit your features. Designed to fit men and women, it has adjustable elastic band for a comfortable fit. A boon for nappers! \$1.98 plus 15¢ postage. Anthony Enter., Dept. AH-1, 585 Market St., San Francisco, Calif. 94105.



Keyed for love

"The Lord watch between me and thee". Bible quote "unites" matching halves of Mizpah coin. Each with key-chain. Sterling: 1 in. coin, \$5.50; 1 1/4 in., \$6.50; 1 1/2 in., \$7.50. In 14K gold: \$25, \$35, \$45. Engraving on back 10¢ a letter. Jamaica Silversmith, AH, 407 Rockaway, Valley Stream, N.Y. 11581.



For big little braves

Or pint-size squaws, this teepee playhouse promises many hours of fun. Colorfully decorated with Indian lore, it's made of heavy duty fiberboard. Sets up in seconds and folds flat for storage. 4 1/2 ft. Ideal for playroom. \$5.98 plus 95¢ post. Harriet Carter, AH-1, Plymouth Meeting, Pa. 19462.



Crystal shower!

Candelabrum Tryon-1 looks like a cascading fountain with pear shaped crystals flowing gracefully from its crystal spire and 6 lights. Imported marble base. Arms and rosette at bottom of brass or silvery metal (specify). \$300. Catalog, 35¢. King's Chandelier Co., AH-1, Eden (Leaksville), N.C. 27288.

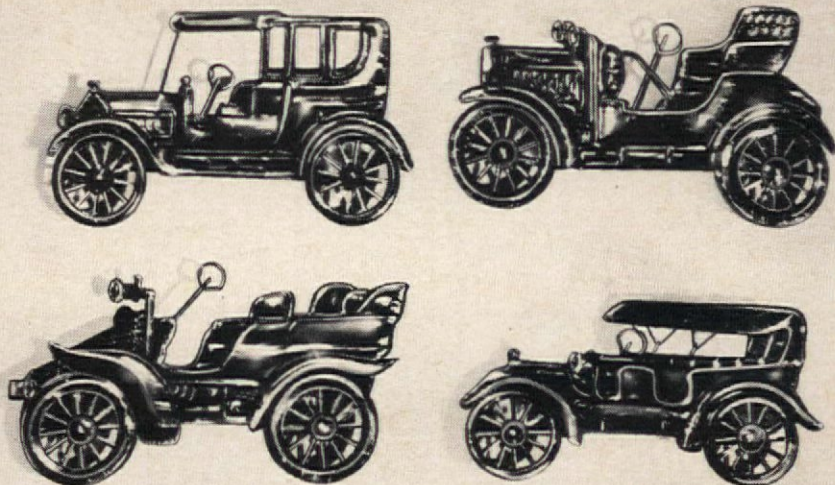


Where, oh where

Has your little dog or cat gone? No fear—ID Tag for pets prevents loss and helps assure a safe return. Stainless steel, tag's embossed with pet's name, your name, address and phone number (specify). \$1. West-Berg Enterprises, AH-1, P.O. Box 4749, Colorado Springs, Colo. 80909.

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noisy confusion of life keep peace with your soul. * With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy. *

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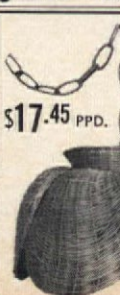
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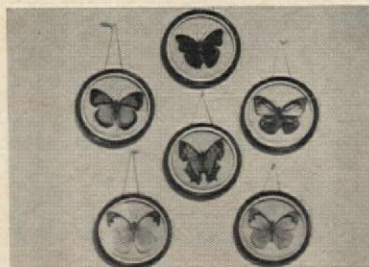
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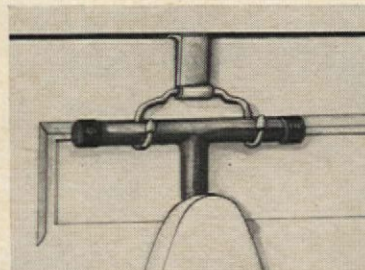
Navajo dolls

Collectors or children will oh and ah over these beautiful dolls in the traditional costume of the Navajo woman. Handmade by Indians, each is dressed in delicious velvet with beads, braid, sequins. 13-in., \$9.95; 16-in., \$14.95. Free catalog. Desert House, AH-1, Box 11114, Albuquerque, N.M. 87112.



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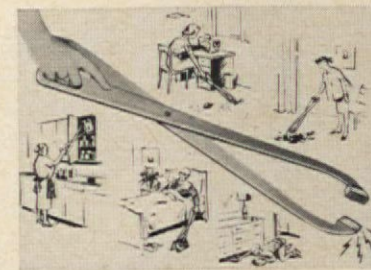
Look again!

It's a postage stamp! This jewel box plus map, banana, heart and others are all genuine postage stamps in unique shapes from faraway places. Collection with catalog is 10¢. Also, stamps on approval. Return with or without purchase, cancel service anytime. H. E. Harris, Y-47, Boston, Mass. 02117.



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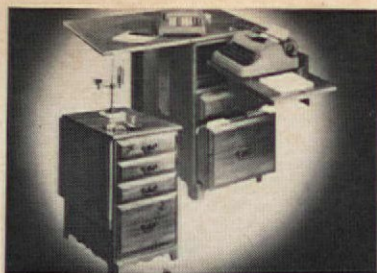
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Magnetic E-Z Reach with non-slip ends has giant scissor-like action for easy access to hard-to-reach spots. Ideal for high shelves, corners, etc., its magnetic tip picks up pins, curlers, etc. 5-ply birch. 27-in. reach. \$4.29. From Better Sleep, Dept. AH-1, New Providence, N.J. 07974.



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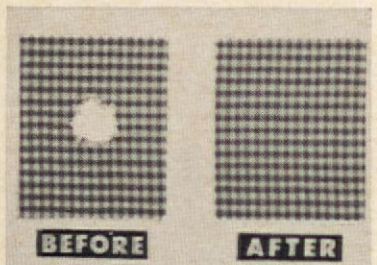
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Roll-about end table-desk; drop leaf holds adding machine, etc.; roll out-up top drawer stores any standard portable typewriter; filing and storage drawers. 29x23½x18¾ in. Pine in maple or walnut finish. \$74. Kit form, \$55. Exp. chgs. col. Yield House, Dept. AH-1, No. Conway, N.H. 03860.



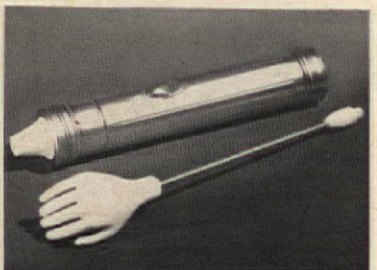
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Your name and social security number can be engraved on a wafer-thin card of solid brass or aluminum. No worry about tear 'n wear. 3x1¾ in., "card" is handy for reference or identification. Please print clearly. \$1. Legal Forms Co., Dept. 345, 1830 Guardian Bldg., Detroit, Mich. 48226.



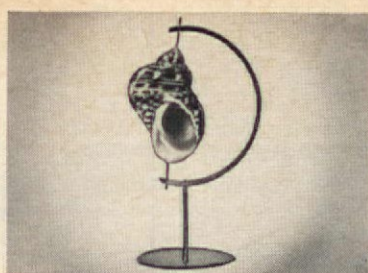
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Here's a fine way for needlecraft enthusiasts to put their skills to work by learning invisible mending. Learn quickly, and be able to earn up to \$10 in an hour at home, repairing holes, cuts, and tears in clothing. Write for information: Fabricon Co., Dept. 541, 2021 Montrose, Chicago, Ill. 60618.



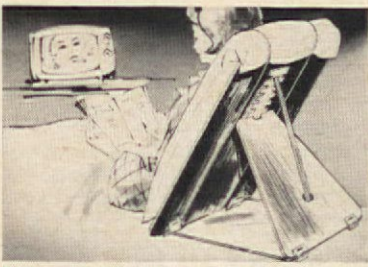
Great for the back

If your husband isn't handy, you'll enjoy this battery operated back scratcher to reach that itchy spot for you! A must for the entire family. Power motor vibrates soothingly. 15 in. Batteries included. \$2.98 plus 30¢ mailing. Anthony Enter., Dept. AH-1, 585 Market St., San Francisco, Calif. 94105.



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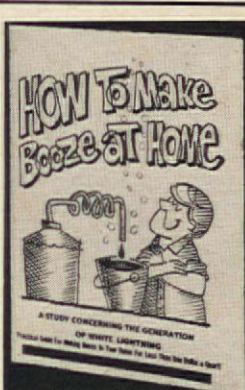
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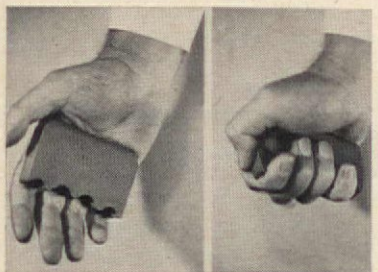


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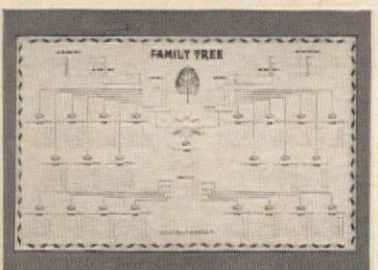
Tasty needlework

Herb Garden crewel kits include design-stamped oyster Belgian linen, wool, needle, instructions. Chives, Thyme, Dill, Mint, Rosemary, Oregano. 8x8 in. \$1.50 each. Wood frame in maple, red, or green finish. \$1.25 each. Add 45¢ postage. Victoria Gifts, 2 A Water St., Bryn Mawr, Pa. 19010.



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