

October 50c

# American Home

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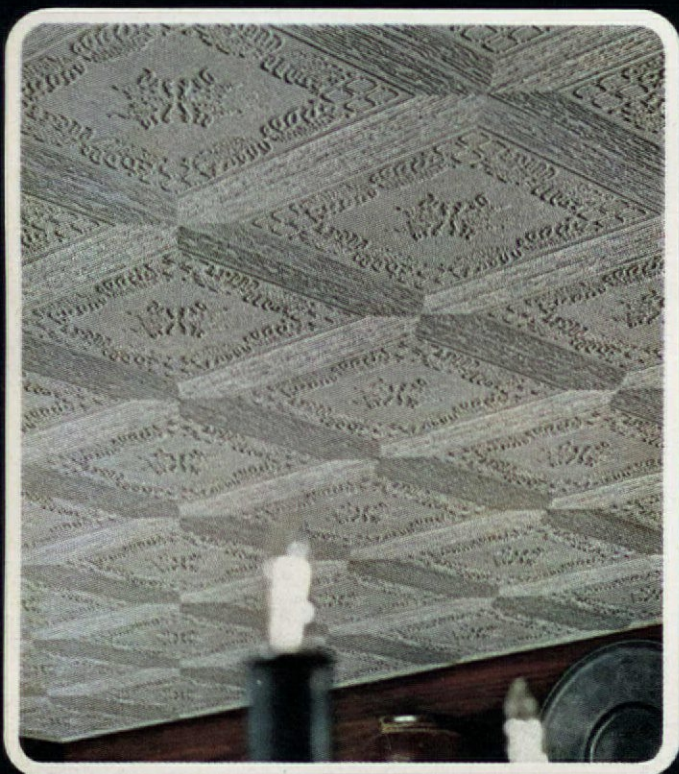


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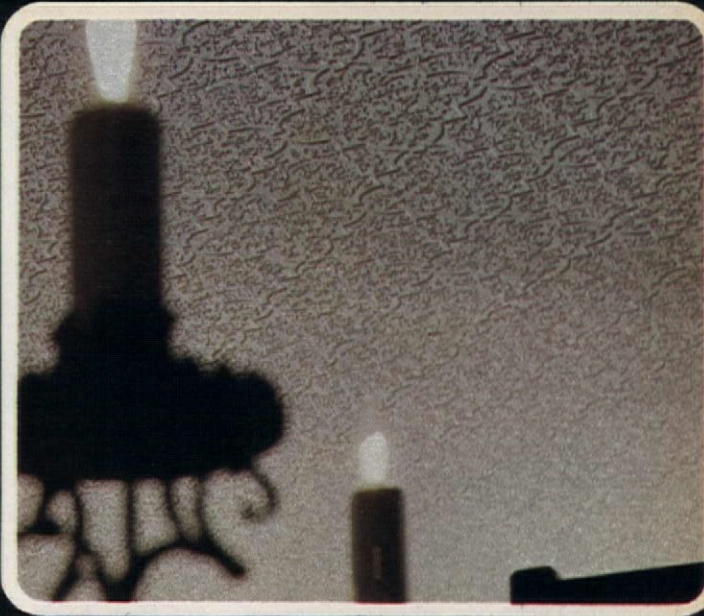
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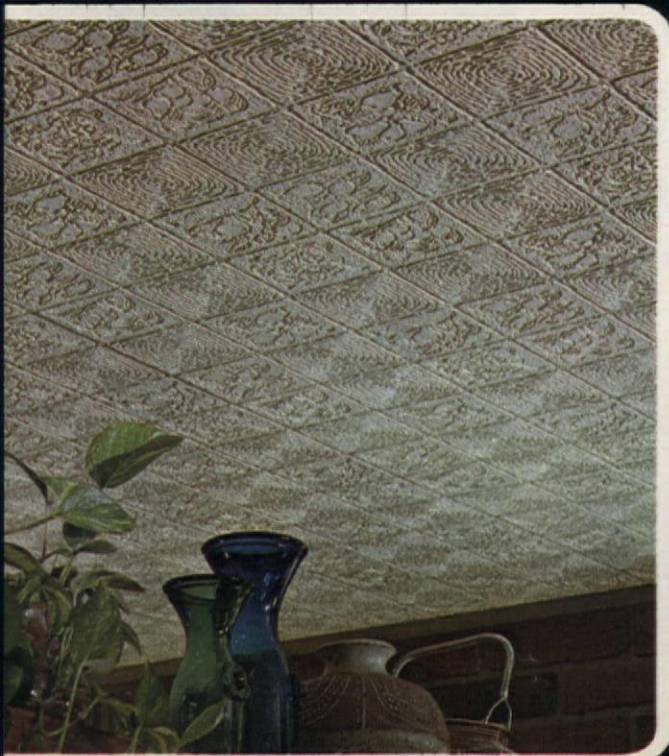
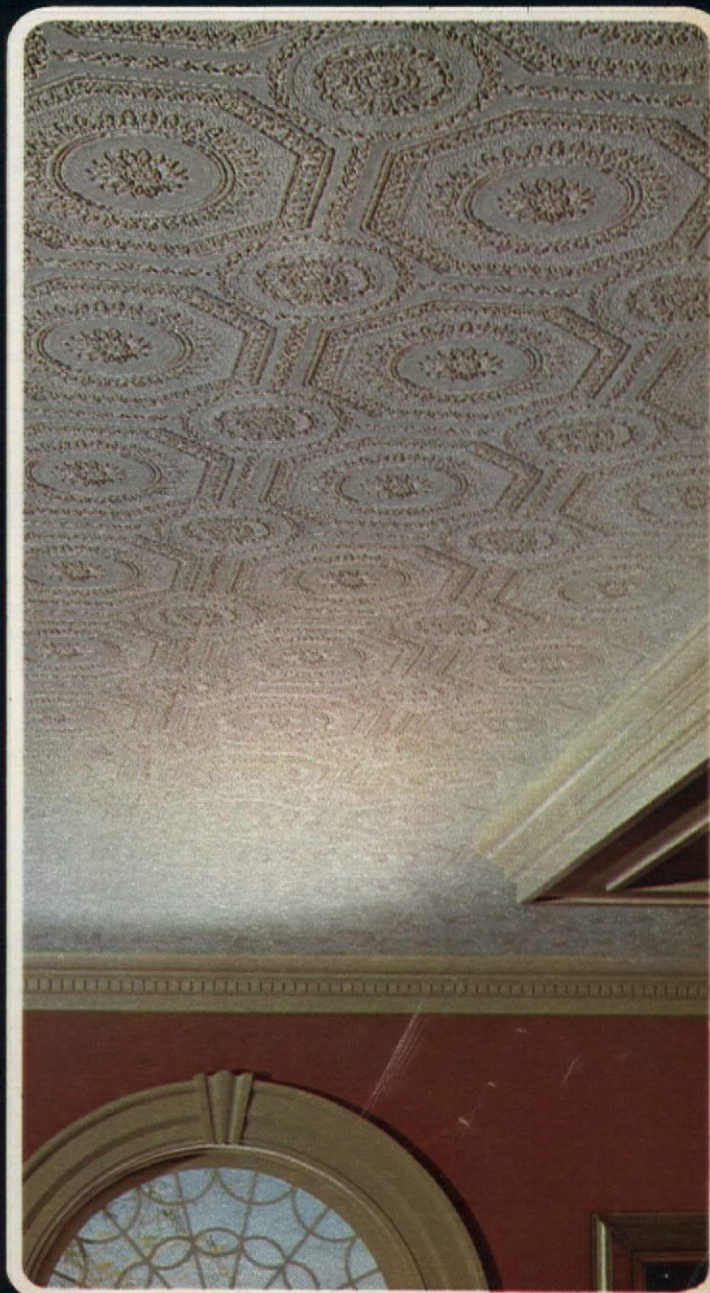
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THE INDOOR WORLD®



SANTERO: A splash of Spanish vitality.



# This month in American Home

By John Mack Carter



I am not a man who spends much time in the kitchen. Nor do I care to get involved in the tired argument about the renowned chefs of the world being men. Most men I know who take over the kitchen on Saturday afternoon to create the sauce for their unforgettable lasagna feel their part is done with the last lick of the tasting spoon. Left behind, of course, is the battleground of that victory, the sink full of stained pots and pans and every measuring cup and spoon in the house, plus little puddles of sauce stretching from range to refrigerator.

I bring up the subject because when I first became editor 15 years ago, I challenged the food department with my claim that there is one area of cooking that I know something about and that

my wife had the world's best chocolate cake recipe. I suggested we run it in the magazine. We did, and the results became known as the Great Chocolate Cake Controversy, as readers came out from behind cake pans to challenge me and submit their favorites.

Many readers were so sanguine that their version arrived at my office baked and frosted and battered by the mails. What choice did I have but to serve as the judge? So I sampled every one, possibly consuming more chocolate cake in one month than

the entire population of Pennsylvania. There were lights and darks, spongy-dry and soggy-moist, disappointing and great. But I didn't change my mind. Here is the recipe that started it all—I call it the \$100 Chocolate Cake:



## \$100 Chocolate Cake

- |  |   |   |
|--|---|---|
| ½ cup butter                                   | } | Cream together.   |
| 2 cups sugar                                   |   |   |
| 4 ounces melted chocolate                      | } | Add to butter and sugar; mix well.  |
| 2 beaten eggs                                  |   |   |
| 2 cups sifted cake flour                       | } | Add alternately with milk and vanilla mixture; beat well after each addition. |
| ¼ teaspoon salt                                |   |   |
| 2 teaspoons baking powder                      |   |   |
| 1½ cups milk                                   | } |   |
| 1 teaspoon vanilla                             |   |   |
| 1 cup nuts, if desired (I never use the nuts.) |   |   |

Pour into two 9-inch round cake pans that have been lined with wax paper (bottoms only).

Bake at 350° about 45 minutes.

### Frosting

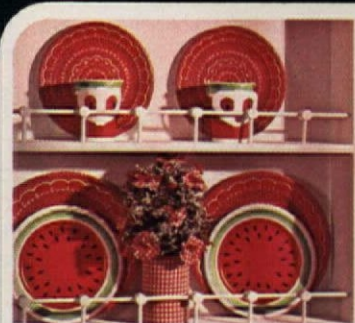
- |                        |   |   |
|------------------------|---|---|
| ½ cup butter           | } | Melt together.  |
| 2 ounces chocolate     |   |   |
| 1 beaten egg           | } | Add to chocolate mixture, then beat in 1½ cups confectioners' sugar. Beat until thick enough to spread. |
| Pinch of salt          |   |   |
| 1 teaspoon lemon juice |   |   |
| 1 teaspoon vanilla     |   |   |

If you agree with me, pass the word along. If you don't, send me your own favorite!

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A unique gabled birdhouse chandelier is made from plywood and painted a coordinating red and white.



Calico and watermelon plastic-coated paper plates create a country-fresh scene framed by a do-it-yourself shelf.



Wallpaper an ordinary mailbox. Glue a blackboard in the lid so the kids can leave secret messages.



A plywood ant eater on wheels to keep your little one occupied while you fill the picnic baskets.

# You can turn your indoor kitchen into an outdoor picnic and say, "I-Did-It-Myself™".

## Start with Armstrong Place 'n Press® Tile.

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this country look yourself! Start with brilliant red and gleaming white Regency Square Place 'n Press floor tiles to spark the mood. The adhesive is already on the back, so they go down easy. Set the dining area apart by using all-red tile in the gazebo and coordinate the fresh checkerboard floor with a snappy red-and-white tablecloth. A picnic kitchen for the family that's red, white, and fun!



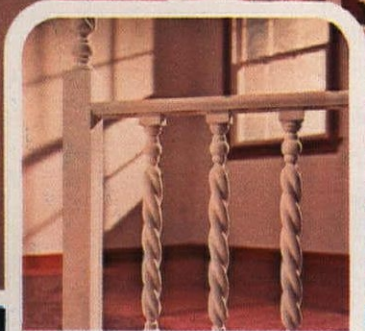
Peel



Place



Press



Sculptured spindles, available in various styles from the lumberyard, give the gazebo a light and airy look.

Who would have thought of an antless ant eater, a birdhouse chandelier, and bright paper plates to decorate your picnic kitchen? The Armstrong Interior Designers cooked it all up! Would you like more "I-Did-It-Myself" decorating and remodeling ideas? We'd love to send you our brand-new booklet! Write Armstrong, 7410 Pine Street, Lancaster, Pa. 17604.

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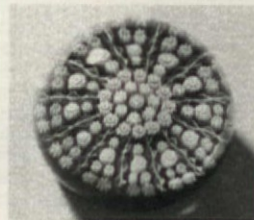
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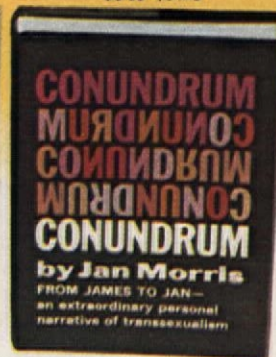
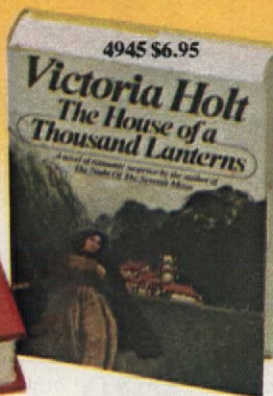
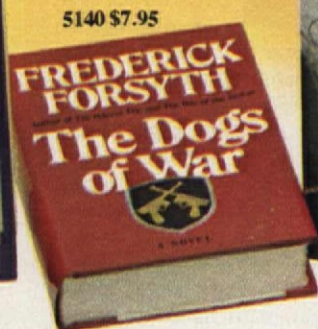
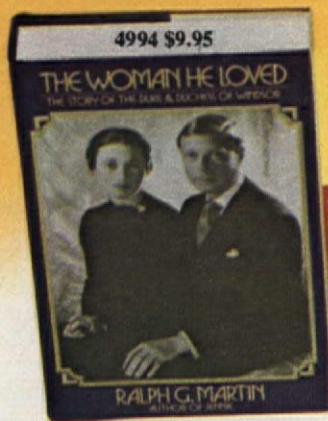
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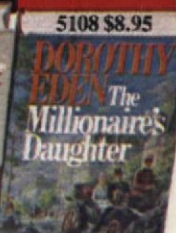
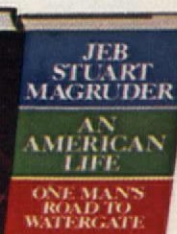
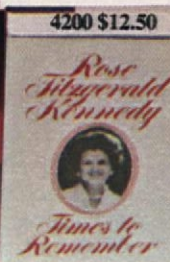
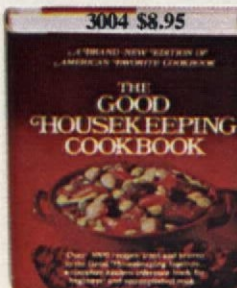
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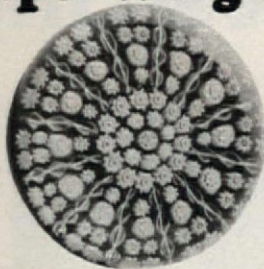
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## Today's best buys in paperweights



Glass paperweights make wonderful collectibles because they are both small and pretty, producing lots of charm in little space. Fine old paperweights have sold for record auction prices, but you can still find handsome examples at antiques shops. Although prices vary, expect to spend from \$10 to \$300.

Paperweights first became popular in the mid-19th century; many of those made between 1840 and 1870 set the standards for later makers. Some of the loveliest early paperweights were the *mille fleurs* designs, made by arranging tiny petal-like "rods" of glass into intricate shapes. The *mille fleurs* paperweight above exemplifies the recent revival of the technique; from Perthshire, Scotland, it sells for \$15. Like the others pictured, it is from Gem Antiques, New York.

People 100 years ago treasured paperweights less for their usefulness in keeping papers on a desk than for their beauty of detail and color, their dazzling glass artistry. Look for the same pluses today. And quality, not date, should be your major concern; you'll find very nice paperweights of recent origin, true in detail and fine workmanship to those of the past. Don't rule out amusing paperweights: They have whimsical appeal.

**\$15** is the price of this "motto weight," created more to amuse than amaze. Such paperweights were turn-of-the-century American favorites made to sell at popular prices. "Remember Father and Mother" was sometimes replaced with "Home Sweet Home" or even



"Remember the Maine." Instead of using glass rods in intricate patterns, as with the *mille fleurs* designs (see above), chips of colored glass were melted together to form a background for the

motto. Similar examples are available and go for \$10 to \$30.

**\$20** is what you'd pay for a pretty "personalized" paperweight, but it's a lot more than Maud A. Tooth of Brooklyn, New York, spent. Weights such as this could be made inexpensively, for American manufacturers discovered that a painted design was quicker to produce than one worked in glass. Maud probably ordered and purchased hers in about 1890, when painted paperweights were quite the rage. You'll find others like it in antiques shops, often sporting the name of a company; they were probably promotional items.



**\$20** buys this impressive paperweight, with its colorful engraving of the Agricultural Hall from



the Philadelphia Centennial of 1876. Simple rectangular blocks of glass have been used to make a variety of weights—some of good quality, some not so good. This one is typical of its time: You'll find similar examples made as souvenirs of great moments such as the Chicago Columbian Exhibition of 1893 and the St. Louis Fair of 1906.

**\$25** is the price you can expect to pay for this nostalgic little



weight: Give it a shake and snow swirls all around the Fairy Queen inside. Snow-scene paperweights have always been favorites, delighting children as well as adults.

The form has been used since the turn of the century. This charmer was made by the Atlas Crystal Co. of Covington, Tenn., and bears a patent number that was granted in 1944. Search the antiques shops and you'll come across many snow-scene paperweights.

**\$35** is a very fair price to pay for this lovely *mille fleurs* design with its vibrant colors and delicate detail. But when such egg-shaped glass forms first appeared, in the Victorian era, they were used not as paperweights, but as hand-coolers! Elegant women held them for a moment before extending their hands in formal presentations. The hand coolers were frequently made in the same patterns as paperweights, and though hand-cooling died with the Victorian era, manufacture of the form continued. This example was made within



the last 20 years in Venice; you'll find other recent designs at similar prices.

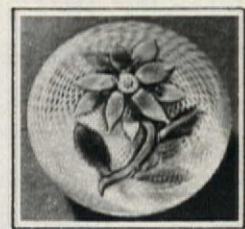
**\$190** is an honest price for this truly elegant paperweight, made in 1971 by Baccarat, the French glassmakers. Many exquisite flowers in glass were crafted in France by mid-19th century paperweight firms. This one is a revival of the "Dahlia" design. Baccarat has captured the beauty and overcome the difficulty of rendering a flower in glass. Their artisans have not simply copied the "Dahlia," but have interpreted it, achieving a subtlety you won't find in pieces copied too faithfully.

**\$300** is what you'd pay for this magnificent weight, made between 1860 and 1870. It is a pointsettia on a latticework background, one of the great glass paperweight designs. Such classics were made either at the St. Louis glassworks in France or at the New England Glass Co. in Cambridge, Mass., where this one was produced. It is typical of fine 19th-century American paperweights. While the flower on the delicate latticework is impressive, the details are not as crisp as they would be in a superb French piece. Inspection of the dome will reveal a bubble or two—a defect to expect in American pieces. Paperweights of the same age and quality range from \$200 to \$2,000.



—Marvin D. Schwartz

—Marvin D. Schwartz



—Marvin D. Schwartz





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Glimpses of what's happening under the southern California sun

By Muriel Davidson

**On a trip to Fresno, heart of California**

raisin country, I nearly caused a seven-car collision when a sight at the side of the road made me slam on the brakes, pull over, jump out of my car and say to an old gentleman, "What are you doing?"

"I am stacking these raisin-drying trays," he stated, with septuagenarian dignity intact. To me they looked like antique hardwood tabletops with low rims. And one of them, which measured about 15 by 24 inches, looked like the answer to a tiny corner of my den that needed a small plant table.

The man (who, incidentally, gave me one of the trays) told me he was Armenian; that his family before him had brought these very trays with them to California from the old country; and that the same centuries-old method of drying grapes, which become raisins, is still being used.

Since I couldn't find the right legs that would turn my tray into a table, I made it into a completely original serving piece. Here's how: I found an old magazine cover and stuck it to my raisin-drying tray with white all-purpose glue. I applied decoupage sealer to the cover to keep its colors from running. Then I slathered on high-gloss polymer to make it wetproof.

You can buy a practical, almost-antique tray like mine for \$1.99 at any of the Aaron Brothers Arts Marts chain from Phoenix to Seattle. Or order direct from: Aaron Brothers, 960 N. La Brea, Los Angeles, Calif. 90038.



Since moving out West, I've missed seeing such spring flowers as tulips. They don't seem to grow here. Imagine my surprise when I passed a garden resplendent with them.

I stalked that place for days until I spotted the gardener. He told me the house belonged to Lucille Ball. More

**One of the first things you learn to love out here is Mexican cooking.**

The second thing you learn is that most of the ingredients are inexpensive. My neighbor, Elva Portillo, brought me a dish I swooned over called *Chiliquiles*. Not only that, she brought enough to feed the neighborhood. I offered to pay, but she said, "For 23 cents I can certainly afford the good-neighbor policy."

Actually, the dish costs more than 23 cents, but not much. And it is not "hot" or spicy. It begins with tortillas. Here in the West you can buy these delicious pancake-like pre-baked discs for 20 cents a dozen in supermarket dairy depart-



ments. Elsewhere, you can probably find them in Spanish-speaking neighborhoods. For eight people you need 16 tortillas, 4 eggs, 1 chopped onion and any red sauce you have on hand: catsup, spaghetti sauce, chili sauce. Oil your biggest skillet and throw in the chopped onion. When it's slightly bronzed, toss in the tortillas you've cut up into 1/2-inch squares. Fry them until they're crisp. Now dump in the eggs and keep worrying at them with a big fork until they're cooked. That's all. Over the entire concoction pour your red sauce. . . . Try to come up with any other gourmet dish for eight for less than a dollar!

**"Come over and take tea with me," my friend Ellen Levenson said one day.**

My, but that sounded posh and British. So I shed my jeans, put on my best calico shirt-dress and sallied out to take tea—which we did, *literally*, right out of Ellen's garden. I should have stuck to jeans! Yanking

rose hips off prickly rose bushes is not skirt work, but the finished product is a delicious reward.

To make Rose Hip Tea—"hip" refers to the fleshy little pod that's left when the petals drop—you simply chop up the hips, put them into a metal tea ball, place it in your teapot, pour boiling water over it and let steep for five



minutes and add a spoonful of honey. It tastes tangy, and it's the color of a golden-pink apricot.

If you live in the East and happen to have mistletoe, either in the ground or as a plant, you can brew it when its beauty fades. Mistletoe Tea is marvelous. Into a tea ball put some of the pods that remain when the berries are gone; add a few leaves and steep in boiling water.

Mint Tea is almost too easy in the West, because the plant grows like a weed. But wherever you live, you can plant mint in your garden and brew the leaves. To delight friends and family who drink your tea, I offer a legitimate word in Romany-gypsy: "Saris-han." It means something like "Welcome," but they won't know that—and will be impressed!

important, he let me in on the secret to solving the tulip problem in southern California. He said that certain plants—tulips, hyacinths, lilacs—will not grow in a semitropical climate because they must be "frostbitten" in winter to bloom again in the spring.

Lucy's gardener removes the tulip bulbs from the ground after they have bloomed, then stores them for months in a dark closet—in a sack partly filled with peat moss. Each January, 30 days before replanting the bulbs, he puts them in the refrigerator, so they can

experience their needed "frostbite."

In February, when the cold storage ends (I wonder what Lucy eats while those 100-odd bulbs take over her refrigerator), the gardener returns the bulbs to the ground, and they bloom like mad. I bought only a dozen tulips and tried the "frostbite" method—and mine blossomed like mad, too. Why don't you try it if you live in the South or Southwest? I'd like to experiment with other spring flora. There's one problem: How can I fit a whole lilac tree in my refrigerator?

# Special Holiday Gift Offer

Handsome serving pieces in Oneida Community stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.



Add a finishing touch to your special table settings this season with elegant serving pieces like these. We have seven beautiful patterns to choose from so that you can complete or complement your own stainless set — and save money while you do. To set a pretty table is a wonderful way to say "you're special!" to your family and your guests. And wouldn't a set of serving pieces make an especially thoughtful gift, too?

You'd expect to pay over \$15.00 in stores for this quality stainless, for the seven pieces shown.

Discover more values in Oneida Community stainless and hundreds of other lovely items in the Betty Crocker Coupon Catalog included with your order. Save Betty Crocker Coupons you'll find on over 175 General Mills' products.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order today! Offer expires Dec. 17, 1974.

Betty Crocker



Chatelaine

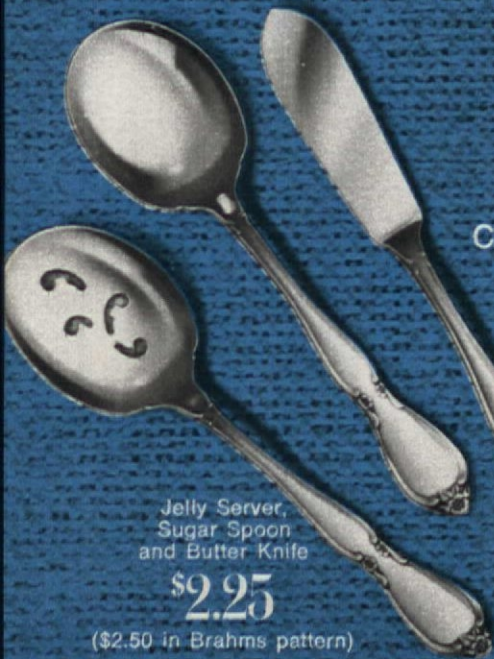
Cold Meat Fork and Pierced Serving Spoon **\$2.00**  
(\$2.25 in Brahms pattern)



Large Serving Spoon **\$1.75**  
(\$2.00 in Brahms pattern)



Gravy Ladle **FREE**  
Our gift to you when you order the other six pieces.



Jelly Server, Sugar Spoon and Butter Knife

**\$2.25**

(\$2.50 in Brahms pattern)

Isabella My Rose Via Roma  
P. Henry Vinland Brahms



**General Mills, Inc., Box 878, Minneapolis, Minnesota 55460**

I enclose a check or money order for \$\_\_\_\_\_

Please send me (CHECK APPROPRIATE BOX)

- Jelly Server, Sugar Spoon and Butter Knife \$2.25 (Brahms \$2.50)  Large Serving Spoon \$1.75 (Brahms \$2.00)  
 Cold Meat Fork and Pierced Serving Spoon \$2.00 (Brahms \$2.25)  The Whole Works: all 6 pieces plus FREE Gravy Ladle \$6.00 (Brahms \$6.75)

CHECK YOUR PATTERN CHOICE BELOW:

- Chatelaine  Isabella  P. Henry  My Rose  Vinland  Via Roma  Brahms

Name \_\_\_\_\_

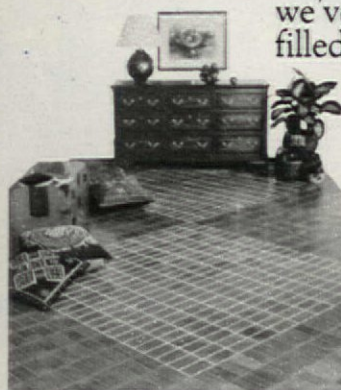
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Offer good only within USA.  
Offer expires Dec. 17, 1974.

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Ceramic tile can turn anyplace into a showplace. And we've got a great book to prove it. It's filled with ideas and photos to help you create stunning graphic effects all over your house.



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## American Home

OCTOBER 1974 Vol. 77 No. 10

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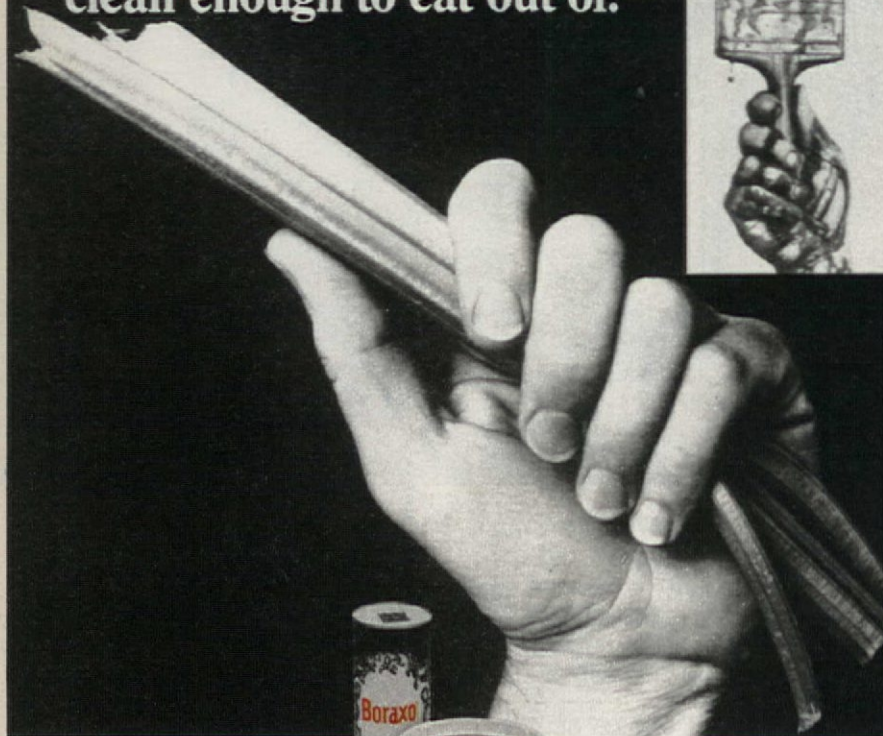
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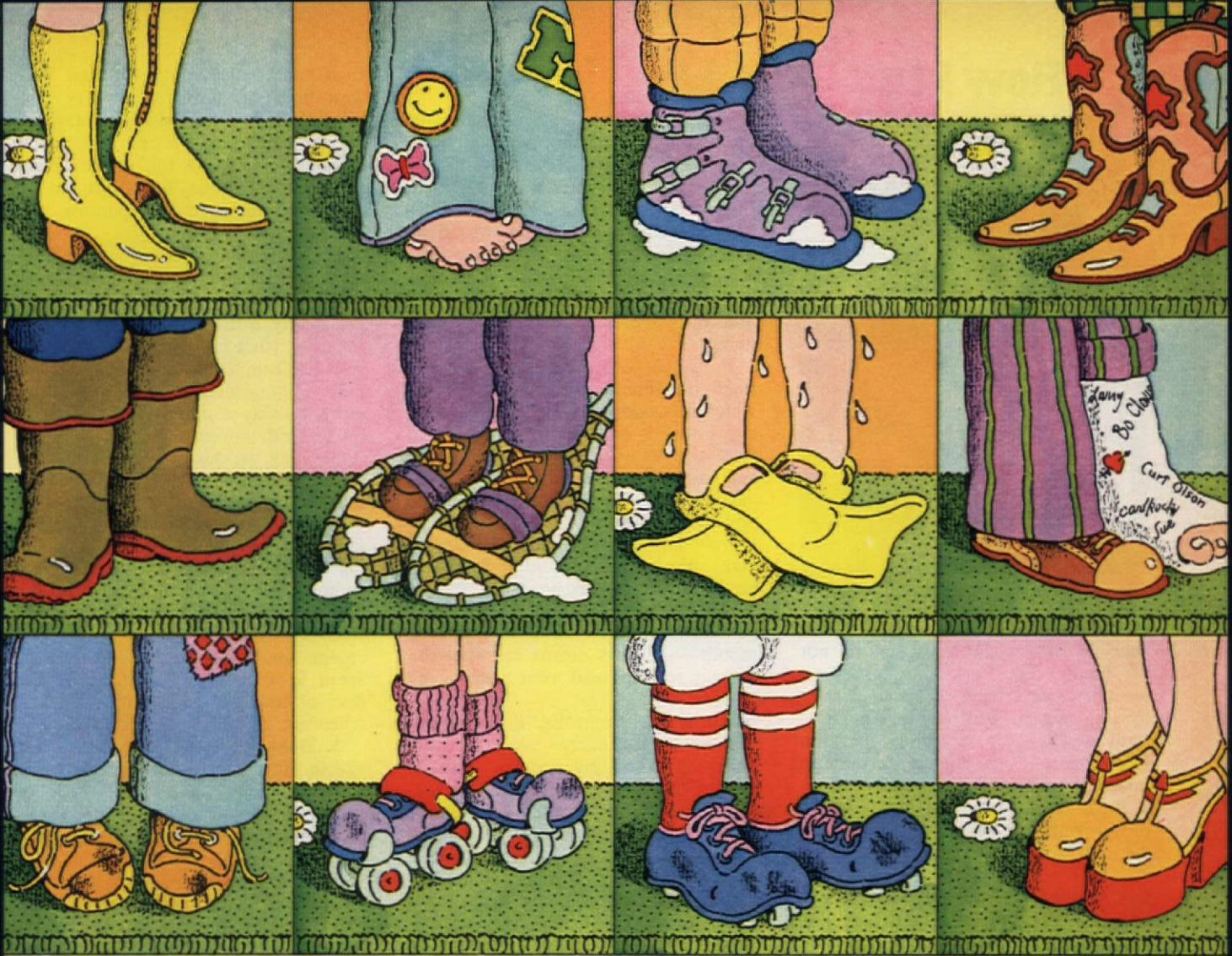
**AHP**

**BORAXO® gets painters' hands  
clean enough to eat out of.**



- \* Cleans hands better than bar soap.
- \* Removes odors.
- \* No need for messy soap dishes.

- \* Economical.
- \* BORAXO® CREME cleans hands without water.



# WE'LL GIVE YOU \$1.00 TO WALK ALL OVER US.

Put us down.  
Rub dirt in our face.  
We can take it. We're AstroTurf Doormats.  
Pretty tough. Yet pretty looking.  
We'll clean all the dirt, mud and snow  
your shoes can give us.

Then we'll come clean ourselves with a  
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not accepted. Limit one refund per family. Allow 4 weeks for refund.  
Hurry! Offer expires January 1, 1975. AH-10



## AstroTurf

Door Mat by Monsanto

# "How I cut energy costs 50% in my 50-year-old house"



By Norman D. Kurtz

When my wife and I bought this 50-year-old white clapboard house not far from New York City last year, we knew we'd have to spend money to improve it. But we didn't know until we lived in it awhile that the house, for all its colonial-farmhouse charm, was an energy sieve.

We'd been captivated by its sensible layout and super space. There were 11 rooms, including a bedroom for each of our two young daughters, a guest room and a master bedroom. Add to this that the property, though only half an acre, backed up to lush, green woods, and the house was irresistible.

I happen to be an engineer, so naturally I inspected the place pretty carefully before any papers were signed. I could tell that it still had its original plumbing and Rube Goldberg-style wiring setup. And I knew that we'd be lucky to get one winter's service out of the old oil-burning furnace. (We did.) Actually, the prospect of replacing the furnace didn't trouble me, as I wanted the luxury of central air conditioning at some point. This would be a relatively painless improvement; the

house, heated by a warm-air system, was fully ducted.

Yes, I thought I knew the place pretty well by the time we bought it. But when the first electricity bill arrived, early last winter, I was stunned! Instead of consuming 600 to 800 kilowatt-hours a month, which would be average for its size, my house was racking up 1,200 kilowatt-hours—at a cost of about \$90. I decided I'd better find out where all that energy was going.

I brought home from my office a small instrument called an Amprobe, which has two jaws like the claws of a lobster. I used the instrument to test circuits throughout the house and note how much current was passing through each wire. Should you decide to do the same, try to borrow an Amprobe from an electrician; it's expensive and not a tool you'll use very often. More important is keeping track of the number of kilowatt-hours you consume each month—and that means knowing the correct way to read your meter (see below).

Using the Amprobe, I found out that my biggest energy users were my refrigerator and my furnace, with its electric-powered supply fan. I decided to replace the refrigerator rather than repair it, but I was determined to see the winter through with my present furnace. (Incidentally, a new one is going to cost me \$700 to \$800; central air conditioning may be as much as \$2,000. But in the average three-bedroom house, these expenses could be halved.) This meant I'd have to take immediate steps to make the house use less heat and—the real crux of the problem—waste less energy. Here's the plan I devised. Some parts of it were carried out last winter; the remainder will be done before this year's cold weather sets in. What it adds up to is six surefire ways to cut energy consumption 50 per cent—in my house or yours.

**1. Be stingy with lighting.** Take a hard look at those areas of your house where lights burn all the time: in most homes the hall and the kitchen.

Chances are, you're burning 100-watt bulbs in those areas. Try putting in 60s or 75s; I doubt that you'll notice much difference, and you'll certainly adjust to the lower intensity. Because these lights are on so much and for such long periods, you will save energy.

It's also more efficient to use fluorescent lighting in the kitchen: From a 100-watt fluorescent fixture you can get nearly three times as much light intensity (that is, lumens per watt) as you get from a 100-watt incandescent bulb. A fluorescent light blows out more quickly the more it's switched on and off, however. Left on—or off—for long periods, it can last at least four times longer than the average incandescent.

**2. Dampen fireplaces.** I happen to have two of them—one in my living room and one in the master bedroom. They add to the charm of the house, and also to its sievelike nature. Reason: Chimneys are a wide-open escape route for heat. Recently, I spent \$150 to install dampers so the flues of both fireplaces can be blocked when not in use.

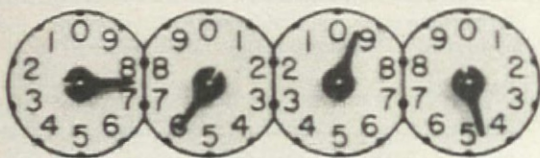
**3. Hold the heat.** Heat doesn't just vanish. It escapes—through leaks in walls, windows, doors. This type of heat loss can account for up to 50 percent of your house's whole heating load.

A few months ago, my wife and I had our house repainted, at which time many window leaks were plugged as the windows were being rehung. We added double glazing to our sun-room (\$800—high, because of the architectural detailing that was required) and storm windows elsewhere (\$75 to \$100 each). I weather-stripped some of the outside doors and plan to do more eventually.

Insulating the walls in my house would be tricky—and costly. But doing the attic would be easy, as it is completely accessible. I'll probably tackle the job myself, and for under \$300 clip in as much three-and-a-half-inch batting as will fit.

**4. Humidify the air.** Not everyone believes this, (continued on page 95)

## Learn to read your meter



Your electric meter has either four or five dials in a row. (A five-dial meter has the capacity to record a higher reading; that's the only difference.) Each dial is numbered from 0 to 9, and each has a single rotating

hand. You read the dials from left to right; the numbers, written down consecutively, "spell out" the figure from which you can then determine your usage.

The only way to compute the amount of kilowatt-hours you use in a month is to read your meter two months in a row. When you subtract your first month's reading from the second one, the difference you get is the total number of kilowatt-hours used during a one-month period. This is the basis on which you are billed. Keep track of your usage. And don't be confused if the numbers on your dials are arranged, alternately, clockwise and counterclockwise, as shown. This has no bearing on your monthly reading. If any hand points to a space between numbers, the smaller number is the one to note.



**Sears own Petit Plume.  
Damask draperies that  
hold their shape beautifully  
even after washing.**

If you love the elegant look of damask draperies, but think they'd be too much trouble, Sears Petit Plume is for you.

Sears makes it easy to find the size and the color you want. We make Petit Plume in 36 window sizes and 17 luscious colors. From delicate turquoise to deep avocado gold.

And what's even easier, Petit Plume draperies are sun-resistant Perma-Presi® damask. All you have to do is toss them in your washer and tumble them in your dryer. No ironing! Petit Plume draperies hold their size, shape and color beautifully.

Lots of new draperies are beautiful. Sears Petit Plume draperies are made to stay that way!

Sears Petit Plume at most larger Sears, Roebuck and Co. stores, and in the catalog.

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Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.



# FOR MORE OF A WOMAN

Sure, you demand a little more of things. Like a friend you'll keep forever. Sweaters by DD DOMINICK that suit your mood. And your Premium Length Salem. That's just your style.

# MORE OF A SALEM

Salem Premium Length. Designed a little longer to refresh a little longer.



Extra Length

*Premium Length*



## How Young Would You Like to Look?

Your first impulse might be to wish you could look seventeen again. But think a moment. Would you really choose to give up all the little indications that you're a vital woman who has lived and loved and cared . . . the laugh crinkles, the mementos of emotion, the lingering traces of countless smiles? Probably not. Because that would mean you'd never experienced the gamut of emotions that have given your face the very special look of you.

But that is not to say that you wouldn't like to look as young as you possibly can, with a fresh, radiant dewy complexion that tells the world that life for you is good. So join the cult of enlightened women in many parts of the world who take pleasure in the secret benefits of an unusual fluid that helps them look their youngest by easing away complexion dryness. Beauty connoisseurs discovered this remarkable liquid, known in the United States as Oil of Olay beauty lotion.

Let your mirror witness the transformation that begins the very first days you smooth on Oil of Olay. Your skin virtually drinks in the priceless fluid. Oil of Olay penetrates almost unbelievably quickly and completely, and it leaves no greasy after-feel on the skin. Almost before you know it, your complexion grows softer, silkier and more supple.

The wealth of pure moisture, with tropical oils and other emollients, allevi-

ates the dryness that accents little lines and wrinkles. Those very signs that make you look older than you'd like. Working with nature, the world-renowned beauty fluid helps maintain the delicate oil-moisture balance needed for your most youthful appearance. Oil of Olay, to be found at drugstores, also establishes a protective barrier to retain nature's own moisture, essential to keep you at your glowing best as the years slip by.

Faithful users like to make Oil of Olay an indispensable part of their beauty ritual twice each day. First in the morning, as a quick-penetrating, non-greasy makeup base that lets cosmetics remain fresh for hours. (If you choose to go without makeup, Oil of Olay provides a misty glow that protects and cherishes your complexion as the day goes on.) Again at night, so that the complexion-loving liquid may work beautifully through serene hours of sleep.

Bring Oil of Olay into your life. It's time you discovered how much younger you may look.

### Beauty Secret

*Your earlobes may become dry if you wear earrings regularly. Soothe with Oil of Olay® morning and evening.*



## Homeowner facts at your fingertips

How many times have you rummaged through boxes, drawers and dark cupboard corners to find the instructions for the automatic washer, or the guarantee for the color TV?

In today's well-equipped home, keeping tabs on things can be a real problem. But there's an answer to this, and it's gloriously simple: Make yourself a *fact book* that puts all your guarantees, use-and-care manuals and other aids a fingertip away.

First, buy a sound, thick, looseleaf binder—preferably the three-ring or three-post kind, since many manuals and sheets are already triple-punched. Next, get a hand-held hole punch, some clear plastic index tabs, a supply of three-hole looseleaf paper, scissors and paper paste.

Now prowl around your drawers and cupboards and rout out all those booklets, guarantees and notes. Jot down any stray but helpful bits of fix-it information you've been carrying around in your head. Put it all on the kitchen table and sort through, throwing out what's obsolete. If you've got instructions or booklets on small sheets, paste them onto loose-leaf sheets.

Next, make a fingertip index with the tabs, using your own home categories—the heating system, plumbing, washer/dryer, dishwasher, color TV, stereo, small appliances, furniture, hobbies and toys, lawn and garden equipment, car, boat. Put all the guarantees into a special section rather than into categorical sections; you'll find it much easier to refer to and revise. Try to avoid having a "miscellaneous" section, since it can easily become a catchall that will trap you later. Put the whole caboodle into your loose-leaf binder, category by category, punching holes or pasting down where necessary.

The moment that something new comes into the house, upgrade the fact book. Don't let *any* new arrivals rest on their laurels in that drawer with the string and the rubber bands. Everything goes in. When a new water pipe is put down, note its location; jot down any tips you learn about repairing your appliances or getting parts for them.

That's all. Once you've got a fact book, you'll never again have to hunt for stray information. Keep the book up to date—and remember where you've put it. —Donna W. Ward



## Rediscover the "Joy of Cooking"

**PANCAKES, GRIDDLE OR BATTER CAKES:** Mix the liquid ingredients quickly into the dry; give just enough quick strokes to barely moisten dry ingredients. If your griddle is a modern one, you may not need to use grease. If you are using a skillet, grease it lightly and continue to do so between

bakings. Before baking, test the griddle by letting a few drops of cold water fall on it. If water bounces and sputters, the griddle is ready. If the water just sits and boils, the griddle is not hot enough. If the water vanishes, the griddle is too hot.

To assure a well-rounded cake, don't drop batter from on high; let it pour from the tip of a spoon. After you pour dough from spoon, it will be two to three minutes before cakes are ready to turn. When bubbles appear—but before they break—lift the cakes with a spatula to see how well they have browned. Turn only once; continue baking until second side is done. Serve at once.

### Pancakes, Griddle or Batter Cakes

About 14 4-inch cakes

Sift before measuring:

**1½ cups all-purpose flour**

Resift with:

**1 teaspoon salt**

**3 tablespoons sugar**

**1¾ teaspoons double-acting  
baking powder**

Beat lightly:

**1 or 2 eggs**

When using 2 eggs, you may separate. Add yolks to milk mixture. Beat whites until stiff, not dry; fold lightly into batter after adding milk, butter. Add:

**3 tablespoons melted butter**

**1 to 1¼ cups milk**

### Crisp Corn Flapjacks

About 20 thin 2-inch cakes

If you make this without eggs, the pancakes become lacy. Place in a bowl:

**1½ cups white cornmeal**

**1¼ teaspoons salt**

**½ teaspoon soda**

**¼ cup sifted all-purpose flour**

Cut into this with a pastry blender:

**¼ cup butter**

Combine and beat:

**2 cups buttermilk**

**(1 to 2 eggs)**

Stir liquid into sifted ingredients with a few swift strokes. Make cakes small for easier turning. Batter settles readily, so beat between spoonings.

### Oatmeal Griddle Cakes

About 12 4-inch cakes

Sift before measuring:

**½ cup all-purpose flour**

Resift with:

**1 teaspoon double-acting baking  
powder**

**½ teaspoon salt**

Beat:

**1 egg**

Stir in:

**1½ cups cooked oatmeal**

**½ cup evaporated milk**

**¼ cup water**

**2 tablespoons melted butter or  
bacon drippings**

Stir mixture into the sifted ingredients.

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## Is your budget on the critical list?



## RELAX YOU'VE GOT MASTER CHARGE

If your medical expenses are getting you down, let your Master Charge card pick you up. More and more physicians, dentists, hospitals, and veterinarians are accepting Master Charge. So when we say Master Charge is good in more places across the country than any other card... we really mean it.



These one-in-a-thousand aristocrats give you a dazzling display in autumn or spring.

# Grow "supertrees" to beautify your home

By Dennis Farney



## Skyline honeylocust

*Thornless and seedless, the Skyline has a marvelous tolerance for poor, dry soil. Its shape is oval, compact, symmetrical. Mature height is 45 feet.*



## Sovereign pin oak

*A rapid-growing tree, the Sovereign has upswept branches instead of drooping ones typical of the species. It's red in fall. Mature height is 75 feet.*



## October Glory red maple

*This supertree grows well in most parts of the country. In autumn, it has a reliable crimson color, and holds its leaves until late in the season. The October Glory reaches a mature height of 50-60 feet.*



## Cleveland Norway maple

*Large, lush leaves and a dense head characterize this supertree, which has a pretty yellow color in the fall. It tolerates pollution and seashore conditions, reaching a mature height of 50 feet.*



**Bradford ornamental pear**

*The Bradford grows well in most of the country. Disease/pest-resistant, its mature height is 40 feet.*



**Regent Scholartree**

*Excellent for cities, the Regent's leaves shake off dust. Tree sports clusters of white summer blossoms. Mature height is 35 feet.*



**Claret ash**

*Also called the Flame ash, this fast grower has wine-colored fall foliage, is especially good for California. Mature height is 30 to 40 feet.*



**Kwanzan flowering cherry**

*This lovely supertree has flamboyant pink blossoms in springtime. Its mature height is 15 to 25 feet.*



**Radiant flowering crab apple**

*Exceptionally winter-hardy, this beautifully shaped tree has red buds, pink blossoms and bright red fruits. Mature height is 18 to 25 feet.*



**Snowdrift flowering crab apple**

*With its pink buds, abundant white blossoms and orange-red fruits, this cold weather-resistant tree is an asset to any lawn. Mature height is 20 feet.*

MEDIUM TREES

SMALL TREES

**W**ant to add character to your house and boost its resale value by as much as 20 percent? Then plant a tree! Better yet, plant several.

Now's a fine time to get started. In much of the country, early fall is as suitable for planting most trees as early spring. But don't just plant any tree—plant a "supertree!" Modern nurserymen have dramatically improved the familiar maples, oaks and other species that Americans are accustomed to planting. Careful selection, breeding and propagation have paid off in a whole line of "supertrees" now on the market. (Here we feature 10 of our favorites.) These aristocrats are shapelier, often more brilliant in fall color and those that flower bloom more beautifully than their run-of-the-mill relatives—yet cost only a few dollars more.

How does a tree get to be a supertree? Take the case of the red maple.

It is likely to turn bright red only in the most favorable autumns, and then only in the most favorable soils. But one day in late fall several decades ago, William Flemer, Jr., of New Jersey's Princeton Nurseries made an exciting discovery in his growing fields. He had a great planting of thousands of red maple saplings; all of them had already shed their leaves—except one, which was still resplendent in crimson. Flemer realized he had found something special. He began producing carbon copies of this tree through the process of *cloning*—grafting a bud or a piece of twig onto the roots of ordinary red maple. He called his supertrees the October Glory red maples.

Flemer tested his cloned October Glories under a variety of climatic conditions and in a variety of soils. They consistently reproduced the brilliant fall coloration of their parent tree

and held their leaves longer—much later into the fall—than ordinary red maples. Today, you can buy a 6-foot October Glory for \$20 or \$25; within seven years it will be around 20 feet tall, eventually reaching 50 or 60 feet.

Cloning is the secret behind every supertree. The genes of a seed-grown tree are an unpredictable mix inherited from unknown ancestors; a clone is a genetic duplicate of the parent tree. Since it develops from a bud or twig taken from one outstanding tree, a clone will grow up looking just like its parent, subject only to the modifying effects of the environment.

It takes no expert to distinguish supertrees from seed-grown trees at your nursery. Each clone will be labeled with its own special name—October Glory red maple instead of red maple, Sovereign pin oak instead of pin oak, and so on. In choosing, remember there (continued on page 40)

# Our food editor reports

## KITCHEN FOOD SAFETY

How often do you blame a stomach upset on "something I ate"? In many cases, you're right, though the cause may not be the food itself but the way you handle it in your kitchen. In the store, you select produce and meats carefully. You look for dates on milk cartons; choose frozen foods that lie below the "frostline" mark in the case; avoid the torn package, the imperfect seal or the bulging can. But are you just as careful once you get home? Do you:

- Put frozen foods into the freezer and perishables into the refrigerator immediately? And are you sure your freezer is at 0° and your refrigerator at 45° or lower?
- Always thaw frozen foods in the refrigerator rather than at room temperature?
- Clean your hands before and after handling raw foods?
- Refrigerate foods you've prepared ahead until you're ready to use them?

- Wash all utensils and cutting surfaces—particularly those used with raw meat—after each use?
- Store leftover foods in the refrigerator instead of leaving them on the table after a meal?
- Use a meat thermometer to make sure the inside of the meat or poultry is thoroughly cooked?

If you have answered yes to all these questions, it's clear you're keeping your food safe in the kitchen and taking positive steps to assure your family's health.

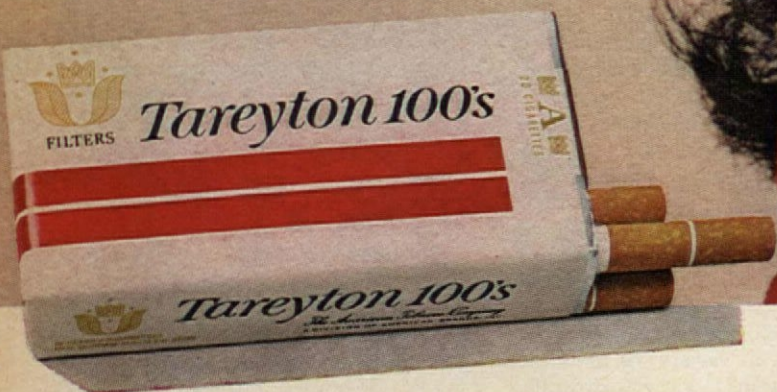
## NEW AND NOTEWORTHY

On the way, from General Mills, is a low-priced alternative to high-priced meats: Betty Crocker's Country Cuts are ham- or chicken-style cubes of textured soy protein that have been precooked and quick-frozen. They look and taste like real cubed ham or diced chicken; even their textures are the same. Great for recipes that call for leftover ham or cut-up chicken, Country Cuts are fortified and low in calories. One package contains about 2 cups of cubes—enough for a 4- to 6-serving recipe. You can use them frozen as an ingredient in hot dishes, or thawed in salads or other cold dishes. And you can measure and just use the amount you need, keeping the rest frozen for another time.

Cooking Ease, developed by The Clorox Company, is pan coating-plus—for baking, frying, any kind of cooking. Cooking Ease is a low-calorie, low-fat way to cook: The amount you need to fry an egg in an 8-inch skillet adds only 10 calories and 1 gram of fat; a tablespoon of butter or margarine has 100 calories and 12 grams of fat. This natural vegetable spray has a butterlike aroma, but imparts no flavor to foods. As it is very visible when you spray it on (it looks like melted butter), you know how much to use. Look for Cooking Ease in the cooking-oil section of your supermarket in 6- or 9-ounce cans that sell for about 69 and 89 cents each.

From Adolph's, the people who brought you Instant Meat Marinade comes a marinade mix to give exciting flavor and extra tenderness and juiciness to chicken, turkey (or other poultry) and game. With 15 Minute Chicken Marinade, you add 1 cup of water (or other liquid, if you're feeling creative) to the contents of a 1-ounce envelope and follow package directions. Then after 15 minutes you can bake, broil or barbecue the bird with delicious results. Each foil envelope, in special displays in your market's meat department, costs 29 cents and can marinate a chicken up to 3½ pounds.

# Us Tareyton smokers would rather fight than switch!



King Size: 21 mg. "tar", 1.4 mg. nicotine;  
100 mm: 21 mg. "tar", 1.5 mg. nicotine; av. per cigarette, FTC Report March '74.

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CORPORATION**

# THE MONEY-SAVING EASY-DOES-IT KITCHEN HANDBOOK

## SUPERMARKET SAVVY

### Get more quality, more food for less money

**M**ore food money gets "wasted" when you're buying than was ever lost to burning or bad preparation. Too much food, the wrong cut of meat, perishables that won't "keep"—all can send your food budget out of whack. A good shopper works hard planning what, when and where to buy.

You have every right to expect the food you buy to be of good quality. If not, complain. Produce or meat that doesn't measure up to reasonable expectations should be returned.

### LOOK AND LISTEN

Keep up-to-date with the constant flow of shopper's information on low-cost seasonal foods as reported in newspapers. It's not a saving to run all over town to save a dollar, but it's smart to buy needed items when they're on sale. Supermarket owners say the savings amount to around 16 percent.

Plan weekly menus around bargains, nutritional needs and family preferences. Plan in advance.

### IS SATURDAY BARGAIN DAY?

With Sunday closing looming, some managers make reductions on meats, droopy produce and other perishables. Saturday afternoon, the later the better, is when you get the real bargains.

### ORGANIZE YOUR SHOPPING

The wise shopper buys a week's supply at a time. It saves energy and is a safeguard against returning to the store and, while there, picking up other little goodies you could do without.

Check the old or overripe produce; if the price is drastically lower and there is no real difference in quality—just a spot to cut away—you have a bargain.

Look at unit prices to compare the actual costs of different brands, sizes.

### SHOPPING STRATEGY

Shop for full value. Here are tips to get you through the checkout counter with savings.

- 1 Prepare a shopping list in advance and stick to it.
- 2 Figure and compare cost-per-serving between fresh, frozen and canned. If you're a *shopper*, you shop where they post this information.
- 3 Check available freezer space before leaving the house.
- 4 Eat before going shopping. Shopping when hungry is likely to play havoc with a budget.

### RESIST THOSE IMPULSES

"Impulse merchandise" or "specials" lure consumers to buy what they don't really need, so bypass products displayed away from their regular sections where there's no opportunity to compare unit prices.

If you can't resist a "special," make sure it is properly marked. The reduced price might be shown on the sign but not on the item itself.

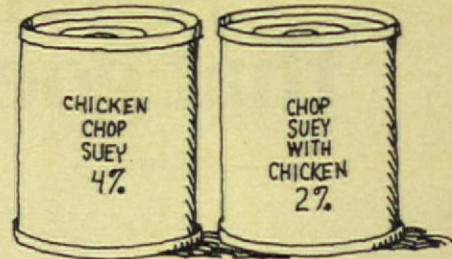
Don't browse. Spend as little time as possible in the store.

### You can tell food by its label

**L**earn to read food labels. The United States Department of Agriculture (USDA) establishes percentages for many federally inspected convenience foods.

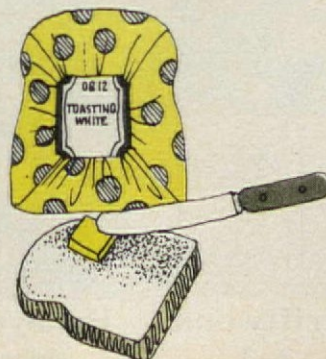
Products that list meat or poultry first usually contain a higher percentage of these foods than similar products that list something else. Food products using "and" on their labels generally contain more "substance" than similar products using "with."

For example, Beef with Gravy is



50 percent beef; Gravy with Beef only 35 percent. Chicken Chop Suey contains 4 percent chicken; Chop Suey with Chicken 2 percent. When a label starts off with "water" first, the product contains more water than anything else.

### BE A CODE BREAKER



Virtually every market now "codes" food products with information, including dates—the date of manufacture or final packaging, perhaps accompanied by an indication of shelf life. Or, there may be a "pull" date, after which the product should be removed from the shelves, allowing for storage time in the home.

Ask your store manager how to read the codes. All those numerals and figures are confusing.



## FRESH VS.



Which is the best buy? Fresh vegetables, when they're in season, are generally cheaper than frozen or canned. A 10-ounce package of frozen vegetables yields about as

## FROZEN VS.



much as a 16-ounce can, since the liquid takes up the difference. Figure  $1\frac{1}{2}$  cups, or 3 servings. So compare prices. Canners and frozen-food firms depend on seasons,

## CANNED



too. Prices go down when supplies are plentiful and new crops come to market. When there are specials, buy in bulk. A can may be kept on the shelf for three years at 78°.

## FROZEN FOODS

At the checkout counter, ask for insulated bags for all frozen foods. The bags with the frozens go in the coolest spot in the car and out of the glare of the sun.

Or keep a Styrofoam chest in the trunk of the car to keep frozens and perishables cold while traveling home from the grocery store.

Bring frozen-food purchases home as quickly as you can, and put them into the freezer immediately.

Set up a system to rotate frozen foods in the freezer, whether by a checkout list or simply by moving older purchases forward when new purchases go in. Follow the first-in, first-out method. Remember, food is to eat and enjoy, not to store for a long time.

All foods, canned, dry or frozen, should be used within a reasonable length of time.

## FASTEN YOUR SEAT BELT

Use the seat belt to fasten the shopping bags with breakables and spillables.

## BAKED GOODS

Ask the store manager the day he's likely to put out the day-old bread, cakes, etc., which are often reduced considerably. Buy enough for a week and freeze. When thawed, they'll seem fresher than when bought.

## CEREALS

Sugared cost more than unsweetened, so add it yourself and save.

## CHEESE

Buying cheese in blocks and grating it yourself pares the price. Processed domestic cheese, sold in chunks or wedges, costs less than natural cheese.

## CUCUMBERS

If they have a withered or shriveled end, they'll be bitter.

## EGGS

The USDA grades eggs U.S. Grade AA, A or B—all with equal nutritive value. You save by using Grade A (or AA) for frying, poaching, boiling—Grade B as an ingredient, or for omelets.

**Cracked eggs:** They may be contaminated with Salmonella. Don't buy.

**Brown vs. white:** Some cooks prefer brown eggs for cooking, white for eating. There is no advantage in paying more for either, for the same quality and size.

**Sizes:** Small eggs are as economical as large ones if they cost no more than three-fourths as much as the latter. Medium eggs are more economical than large if they cost no more than seven-eighths as much. Extra-large are cheaper than large when they cost less than one-third more. If there is no more than a 7-cent price spread per dozen eggs between one size and the next smaller size in the same grade, you'll get more for your money by buying the larger size.

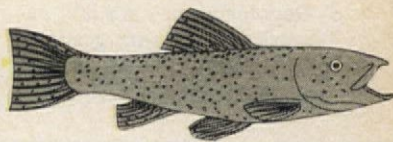
## FOWL

The USDA grades the quality of poultry—U.S. Grade A, B or C. Supermarkets sell only the first, so you can safely buy the cheapest chickens, knowing they're all of uniform quality.

If your family eats all of the bird, save money by buying a whole chicken rather than selected parts. It's cheaper to buy one large chicken than two small ones of the same quality.

**Turkey:** The larger the turkey, the better the buy. The cost per pound, as well as the waste, is considerably less.

## FISH



If there is an accessible waterfront in your town, it's worth the trip to buy from fishermen who maintain retail outlets. Fish that's just been brought in is not only the freshest possible, but often less expensive. In large cities there are stores that specialize in (know how to care for) fresh fish. In smaller towns, the only choice is local streams or frozen-food lockers.

## FROZEN FISH PORTIONS AND STICKS

Make sure the container is intact. Avoid packages stacked above the "freeze" line of the freezer cabinet. If you see any signs of a "drip" or ice on the outside of the package, it's possible the contents have been thawed and then refrozen. Don't buy.

## FISH AND SEAFOOD

Never, but never, refreeze thawed seafoods. Store frozen fish or seafoods in original wrapper at 10° F or under. Use immediately after defrosting. Don't thaw frozen seafood at room temperature. Partially thaw fillets and steaks in the refrigerator, or if in a hurry, under cold water in watertight wrappings. Defrost only until portions separate easily.

Do not defrost breaded fish portions, sticks or shellfish. They go directly from the freezer to oven, broiler or frying pan or deep fryer. If you do your own breading, thaw seafoods before breading and cooking.

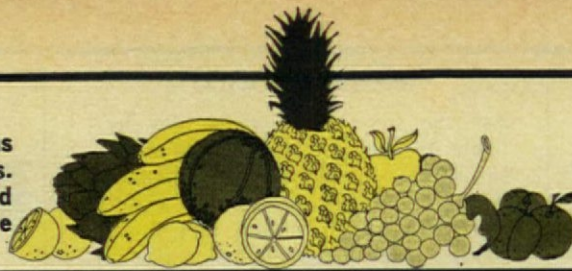


## SOLE, GRAY VS. LEMON

Between gray sole and lemon sole, gray is acknowledged to have the finer taste—a plus when the price is the same. (Before frying, always dry thoroughly. Cold, wet foods splatter when added to hot oil.)



Regular grades are just as nutritious as fancy grades. Canned whole fruits and vegetables are usually more



expensive than slices, chunks or halves; fruits in light rather than heavy syrup are often cheaper and less caloric.

## FRUITS AND SALAD GREENS

### APPLES



Bruises indicate decay. The skin of red varieties should be bright, the background a greenish yellow. Too green: The apples are immature and will be starchy and hard. Too yellow: The apples are over-ripe and will be mealy in texture, poor in flavor.

### AVOCADOS

Cradle in the palm of your hand. It's eating-ripe if it yields to gentle pressure.

### BANANAS



When they're near the over-ripe stage, and priced low, they're a good buy. You

can refrigerate them whole. The skins turn dark, but the fruit retains its flavor.

### CANTALOUPE



Test the condition of the stem end, known among growers as the "scar." It should be shallow and smooth, indicating that the fruit separated from the stem readily. When perfectly ripe, sides feel spongy and have a distinctive "cantaloupe" fragrance.

### GRAPES



Fully ripe and sweet when they are firmly attached to the stem. White or green grapes are

at their best when they begin to turn amber. Grapes should be refrigerated and used as soon as possible after purchase.

### LEMONS

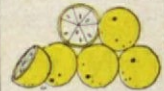
Choose the smoothest skins. They will be better flavored and have more juice.

### LETTUCE



Avoid heads which are very hard and lack green color; it's a sign of over-maturity. Such heads may have a less desirable flavor. Avoid heads with irregular edges and hard bumps on top, which indicate over-grown stems.

### ORANGES



When in season, the cost is usually reasonable, but it still pays to compare the prices of the loose ones to the bagged fruit. When oranges aren't in season or the price is too high, there's always frozen juice.

### PINEAPPLES

Buy strictly by looks. If it has a deep-green crown, it's fresh. Avoid bruised pineapples or dry, brown leaves.

### PLUMS



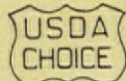
Choose them plump, fresh-looking, and slightly soft when pressed. Softening at tip is indication of ripeness.

## MEATS

The USDA grades beef, veal and lamb for quality. Top grade is *U.S. Prime*; the second, *U.S. Choice*; the third, *U.S. Good*. The grades below this are rarely sold in supermarkets.

*Good* meat has as much as 7 percent less fat than *Choice*, thus fewer calories and less cholesterol. *Choice* roasts have 76 percent separable lean meat, while the same cut at *Good* grade has 80 percent.

You'll save money buying *Good* cuts to cook slowly in liquid or in the pressure cooker—pot roasts or Swiss steak.



Don't be misled by labels such as "A-1," "Top Grade" and "U.S. Finest." These are not official grades of the USDA but self-aggrandizements used by some supermarkets. The eight official government meat grades are: Prime, Choice, Good, Standard, Commercial, Utility, Cutter, Canner.

**GRADES:** *Prime*—highest grade, supply limited, and usually goes to restaurants. *Choice*—second highest grade, also found in restaurants; meat bright red. *Good*—still excellent quality; a darker red with less fat and marbling. *Standard*—very little marbling; use

when you're braising or cooking in liquids. *Commercial* and *Utility*—lowest passable grade; very thin fat covering, usually sold as ground meat or in commercial frankfurters or bologna.

**BUYING:** When buying meat, it's the price per serving that counts, not the price per pound. One pound of lean, boneless meat (hamburgers, etc.) makes four servings.

Meat with a moderate amount of bone or fat (chuck, drumsticks, etc.) should give three servings per pound. Meat with a great deal of bone and fat (spare ribs, etc.) yields one to two servings per pound.

Save money by buying a big chuck roast on sale, and have it cut three ways for three meals—a steak, a stew and a roast.

Less tender cuts of meat are just as nutritious as costlier ones, and they are more challenging to the cook and, most important, cheaper too. They require moist cooking as in stews, pot roasts.

Beef prices, especially those of steaks, are usually highest in July and August. Watch for specials a couple of months before, and freeze them for later use.

**BACON:** Bacon must be fat to be good. "The leaner the better" is a fallacy. Slab bacon bought by the pound, with the rind on for home slicing, keeps better than sliced bacon and is markedly cheaper.

**FRANKFURTERS:** When two packages are the same price, choose the one that lists beef rather than pork.

**HAM (canned):** "Ham—water added—with juices" means that the weight gain after processing was 8 to 10 percent. If the gain is up to 8 percent, the product gets labeled "ham with natural juices."

**HAMBURGERS:** The USDA standards have teeth in them. Hamburgers may have no more than 30 percent fat—no extenders.

**MEAT PIES:** Must have at least 25 percent meat.

## MUSHROOMS

Fresh are cheaper than canned. When fresh mushrooms are on sale, indulge yourself. Freeze what you won't be needing immediately.

## NUTS

If nuts in the shell rattle when shaken, pass them up. Shells should be clean, free from cracks, scars and holes. (If nuts crumble to pieces when the shell is cracked, stop shelling and soak remaining ones in salt water overnight.)

## POTATOES

When there's a green tinge at the end of potatoes, they've been light-burned and the texture has changed; avoid them.

continued



Where do we start?! G-P's got some good ideas. Imagine! Even putting up 2x4's is easy. Gypsum wallboard, too!



Ooops—back to the book.



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## SPEND LESS—SAVE MORE

Ways to save money can be clever and creative. They can also be scrumpy and dreary as in "99 Ways to Stretch Hamburger." The fun way to save money is to be able to do things the other way rather than the expensive way.

### ONE DOLLAR SAVINGS OF AMERICA

**DETERGENT BOXES:** Before throwing away an empty, rinse it out with warm water; you'll have enough suds to do another sinkful of dishes.

**HAM:** Thin slices frizzled for breakfast are cheaper than bacon.

**HEAT:** A toaster oven uses less energy, so skip lighting the oven just for a few rolls.

"Bunch" your oven cookery together as much as possible. Even preheating an oven consumes energy.

**LEMONS:** Don't throw away old lemons. They can be quickly revived and their natural juices restored if you place them in a bowl and pour hot water over them. They won't be pretty enough for garnishing, but the flavor is still there.

**MEATS (STEWES):** Less expensive cuts of meat will perk up with a convivial glow

when given a shot of bourbon. It also helps reduce cooking time.

**MILK:** For cooking, why not use a combination of nonfat milk and canned evaporated milk? You can make skim milk from nonfat dry milk at half the cost.

**OLIVES:** When the last olive is gone, don't pour out the briny juice; it's perfectly wonderful to season stuffed eggs.

**PEPPER:** One-half teaspoon of whole peppers in the pepper shaker not only keeps the pepper pouring, but makes everything smell peppier.

**SUGAR AND FLOUR BAGS:** When you get to the bottom of a paper sugar or flour bag, cut it off, unfold. You may salvage up to half a cup of sugar or flour this way.

**SYRUP:** To decrystallize, as you would for honey, stand the jug in a bowl of hot water.

### ONE DOLLAR

## PREPARATION

### Make the toughest part easier

In the beginning there is preparation—the hardest, most time-consuming part of cooking. Here are the little tricks of preparation that show the world—but more important, show *you*—that you know what you're doing in the kitchen.

#### BAKING

**Biscuits:** Roll thin; fold before cutting. They'll be crisp and flaky in the center, split open easily.

**Cake mix:** If dry mixture looks lumpy, give it a good beating for a few seconds *before* adding the liquid. Any cake will be light, and yet more short, if a teaspoon of lemon juice is added to the butter and sugar. Next time you're greasing cake pans, try slipping your hand into a plastic sandwich bag to smear the butter around.

**Pies:** For flakier pie crusts, add a teaspoon of vinegar to the cold water when preparing dough. Prick bottom crust of unbaked pie shell to keep pastry from buckling or shrinking. To keep pies from drying, the heat must escape. The simplest smokestack is a piece of raw macaroni inserted vertically in the top.

#### BUTTER

To keep butter from browning too fast, add a wee bit of vegetable or olive oil.

#### CHEESE

It can be sliced thinner with a dull knife than with a sharp one. If the knife gets sticky, fold wax paper over the blade for cleaner cuts. Hard cheese cuts easier with a warm knife.

#### COFFEE

Never brew less than three-quarters of the capacity of coffee maker. For lesser quantities, use a smaller pot. Timing is important. When using a percolator, perk gently for six to eight minutes.

## THE SUBLIME SUBSTITUTE

Into everyone's life comes that fateful moment when the one necessary pot or tool is not on hand. Here are some stand-ins you may not have known you had:

#### CAKE COOLER



If you don't have one, use the grate from a gas stove burner.

#### CANDLE SNUFFER



Control that impulse to blow out lighted candles.

Scraping off wax is no fun. If you have no snuffer, use the kitchen scissors.

#### GLASS JARS



Recycle those large ones with screw-top lids as see-through canisters for cereals, instant potatoes, rice, etc., which will keep fresher than in the box or bag they came in.

#### GRAVY SERVER



A teapot is ideal. It's easy to pour and the gravy stays hot longer than in an open gravy boat.

#### THERMOMETER (FAT)

Have none? When deep-fat frying, drop a 1-inch cube of bread into the hot fat. If it turns brown in one minute, the temperature is approximately 350°F. If it browns in 40 seconds, the temperature is about 375°; if it browns in 20 seconds, the temperature is approximately 385°.

#### TRAYS (ICE CUBE)



If they no longer hold water, they'll hold your assorted nails, tacks, screws

and hooks in orderly efficiency.

#### TURKEY PLATTER

Haven't a platter big enough? Improve with a TV folding table. Place newspapers on tray, then cover with aluminum foil. The newspaper protects the tray from cuts and the foil takes the curse off the newspaper.

## EGGMANSHIP

Eggs react better when used at room temperature. To get them there quickly, dunk in lukewarm water three minutes.

**Hard-cooked:** A pinhole in the broad end of the egg before boiling prevents cracking.

**Omelets:** They fluff up when you add soda water instead of plain water. Or beat whites and yolks separately before pouring in pan together.

**Poached:** A few drops of vinegar will keep eggs from running all over pan.

**Scrambled:** Use a wooden spoon instead of a spatula to lift cooked portions from sides and bottom when the top of a double boiler is substituted for the skillet.

## GARLIC

If peel is slightly loose, run hot water over garlic and peel will come off easily. If it's tough to remove, dunk garlic in boiling water five seconds, then cold.

## MEAT

Pat dry before cooking, whether it's been marinated or not. When broiling, pepper goes on before—salt after, or it will slow browning.

**Hamburger, meat loaf:** For juicier results, whip one egg white until stiff, fold into meat mixture.

**Leg of lamb:** A rolled, boned leg of lamb is much easier to carve and serve than a bone-in roast. Ask the butcher to bone the leg, fold, roll and tie it.

**Veal:** If you have time, soak veal in milk overnight in the refrigerator.

## POULTRY

With the clean poultry available these days, there's no reason to run cold water through the bird's cavity—that does nothing but destroy the flavor.

**Tenderizing:** If tough, tenderize by rubbing inside and out with lemon juice before cooking. Or if boiling, add a pinch of baking soda to the liquid.

## VEGETABLES

**Asparagus:** Peeling makes the whole spear edible and better looking, too.

**Eggplant:** Peel, drop in salt water to retard discoloring.

**Onions:** To remove the skin, parboil for about half a minute. Before slicing, chill onions in freezer for 10-15 minutes.

**Potatoes (French fried):** Before frying, put potatoes in ice water for about half an hour, then drain. Potatoes will be extra crisp. (Mashed): If they won't fluff, add a pinch or two of baking powder.

**Tomatoes:** To tell which tomato is ripest, place them all in a container partially filled with water. The ripest will sink, the less ripe will float.

## TOOLS FIT FOR A CHEF



**Cooking is work. An honest workman deserves honest tools. You need proper pans and imaginative implements. Important: Keep your tools in top condition.**

**BUTCHER BLOCK** With use, it's likely to acquire cuts and scars—character lines. Scrub with lemon juice and plain sand if it's gray looking.

**CARPENTER TOOLS** They are often handy kitchen gadgets: pliers to tackle bottle tops, a ruler to measure pans, a hammer to crack seashells.

**CAST-IRON COOKWARE** The noncontaminating best: It distributes heat evenly, easily; porcelain-clad ones are handsome enough to go to table.

**CHEESECLOTH OR NYLON NET** Use to line sieves, to tie up fish to be poached, to cover fowl during roasting, to hold bouquet garni in soups.

**MEASURING CUPS AND SPOONS** Keep extra cups in your flour or sugar canisters, spoons in the baking-powder can, coffee can, salt box.

**NONSTICK PANS** They don't need fat, but as any good cook will tell you, a *little* fat—especially butter—adds to the flavor and looks of any dish.

**PASTRY BRUSH** If you use one a lot, splurge on a good-quality man's shaving brush because it remains soft and pliable.

**THERMOMETER** A meat thermometer is not a luxury, it's a necessity. Insert into thickest portion of the meat without the bulb touching bone or fat.

**WOODEN SPOONS** French cooks use wooden spoons exclusively. So you don't have to grope around in crowded drawers, why not keep wooden spoons, spatulas, big forks, etc., near the stove, in a wide-mouthed crock?



## THE ART OF MEASURING

In following other people's recipes, or recipe books, use standard cups and spoons for measuring—it's probably what was meant. A recipe can't really be experimented with until it's been prepared "their way" once.



### COFFEE

The proportions for each serving: 1 coffee measure (2 level table-spoons) to 8 ounces water (1 cup).

### EGGS

Most standard recipes are based on the use of large-size eggs.

### GARLIC

One clove pressed with all its oil released is the equivalent of 3 cloves minced.

### PASTA

One pound will serve 4 for the first course, 6 if accompanying meat and 3 if the entire meal.

### PEACHES

Three medium-size peaches weigh one pound and equal 2 cups sliced.

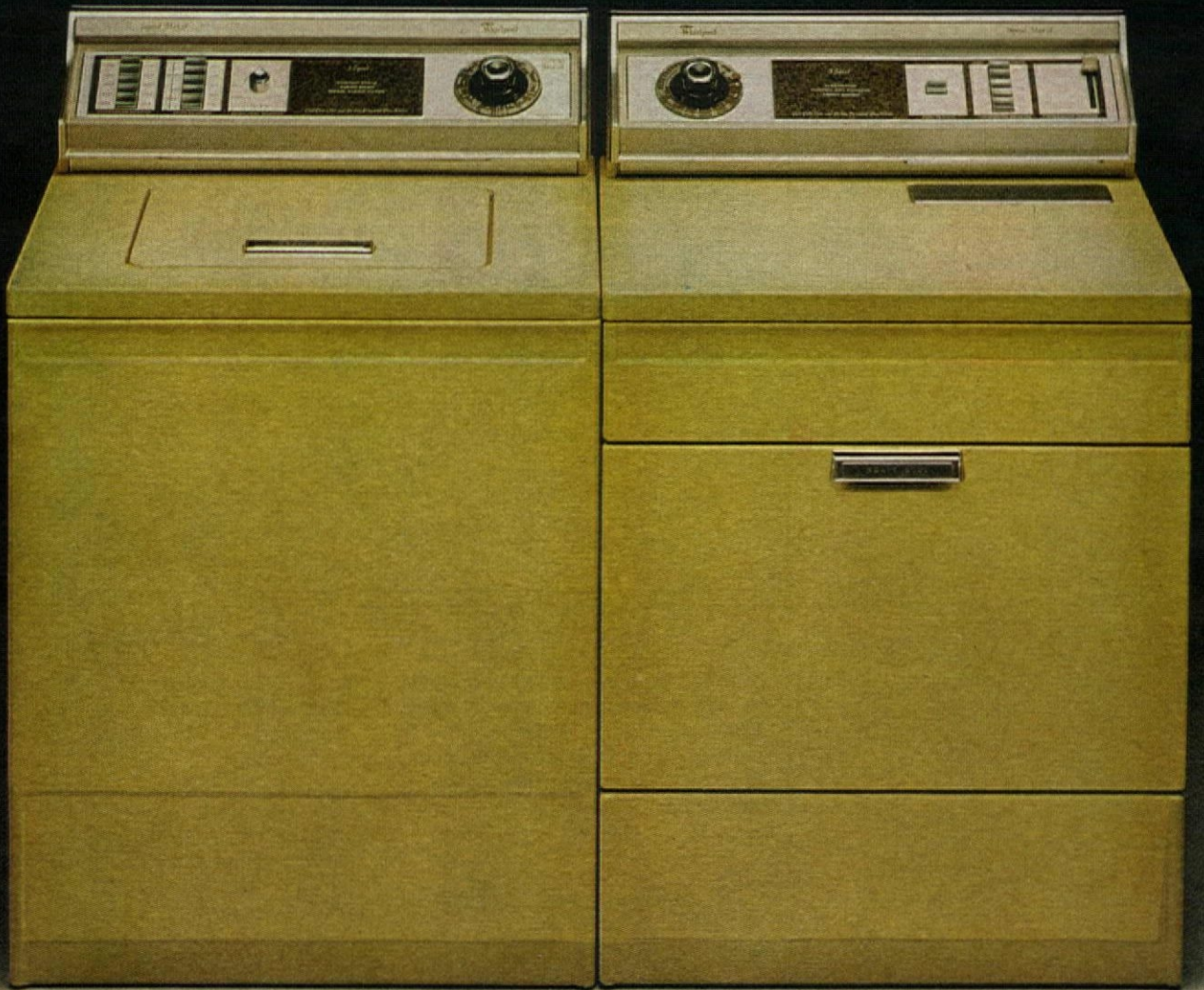
### POURING

**Liquids:** You'll get a steadier flow the higher the spout is held above the container. **Powders:** To pour accurately, rotate from left.

### YEAST

One package active-dry yeast equals 1 cake of compressed. Active-dry shouldn't be used after expiration date. Refrigerate compressed yeast and use within a month.

continued on page 32



Whirlpool Permanent Press Care

# You can kiss your wrinkles goodbye.

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See the Whirlpool permanent press care pair soon. They'll help you smooth out a lot of things.



We believe quality can be beautiful.

# COOKING UPMANSHIP

## BROILING

There's a difference between broiling with gas and with electricity. Gas flames consume smoke and absorb moisture, so you'll want to broil with the door closed. Electricity needs the door slightly ajar to expel moisture from the oven.

**Broiling pan:** When you line your pan with foil, you are frying instead of broiling, since—unless you use a rack—the food sits in the fat and fries.

## EGGS

**Hard-cooked:** To avoid discolored yolks, start eggs in *cold* water, bring to a boil, turn off the heat, cover pan, let stand for 15 minutes and then cool in running water.

**Omelets:** The French always thin omelets with water rather than milk, believing that milk turns them tough.

**Sunny-side up:** If yolks tend to break apart in pan, the eggs are old.

## FISH

Meat is cooked to be tenderized, and fish is cooked to develop flavor—just long enough for it to be done and absorb whatever spices are used with it. Cook fish no more than five minutes per inch of thickness.

**Fillets:** When baked in a sauce, fillets require an additional five minutes for each inch of thickness.

**Frozen fish:** No matter what you read on packages of frozen fish, the best method is to thaw completely and to cook immediately. If you can't thaw first, cooking time should be doubled.

## MEAT

**Broiling:** To keep oven clean, put a slice of bread in pan during broiling. Fat will be absorbed and spatter less.

To prevent fat burning, pour a cup of water in the bottom of the broiler pan. With most meats this helps the gravy, too.

**Pot roast:** If it looks tough, plan to add tomatoes to the pot; their acid breaks down the fibers in the meat.

## POULTRY

Cook poultry completely—never partially cook to finish cooking later.

**Chicken (broiled halves):** Sprinkle lightly with  $\frac{1}{2}$  teaspoon white sugar, especially in hollows. Granulated or powdered sugar adds caramel color, not sweetness. And instead of drying, the skin browns moistly.

## RICE

Put a lump of butter in, and the rice won't boil over or stick so easily. For whiter, lighter, fluffier grains, add a spoonful of vinegar or lemon juice.

## VEGETABLES

Those grown beneath the ground (root vegetables) should be washed in cold water and cooked in cold water in a covered pot. Those grown above the ground (green vegetables) grow in hot sun uncovered; therefore start them in boiling water and don't use a lid.

**Broccoli:** The flowerets cook more quickly than the stems, so divide them. Peel stalks down to the white flesh; cut into short lengths. Cook for five minutes, then add the flowerets.

**Corn:** Yellow is more nutritious than white. Add sugar to the water when you boil corn; salt makes it tough.

**Onions:** Onions cook slowly in hot fat; garlic cooks rapidly even over a low heat. They should never be cooked together at the same time.

**Red cabbage:** Must always be cooked with something acid (lemon or vinegar); otherwise it turns a hideous color.

beginning, immerse all in a teaball caddy.

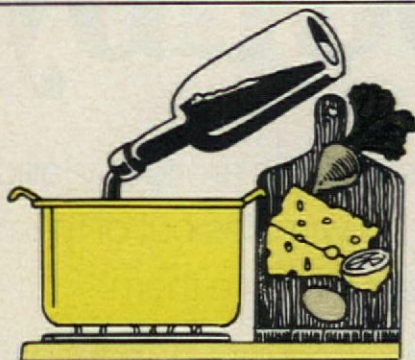
**Quickly cooked foods:** Fresh herbs go right in with other ingredients. Dried herbs should be soaked in a bit of milk or salad oil a half-hour before blending them into food that can be cooked in a few minutes.

**Salad dressing:** Let dried herbs stand in unchilled oil dressings a couple of hours, then chill slightly before serving. In mayonnaise and other creamy dressings, blend the herbs into the dressing several hours before serving. When a dressing has to be prepared on a moment's notice, add a little oil to the herbs and mash them thoroughly with the back of a spoon before mixing.

## SPICY SURPRISES

Here are combinations to add to the ones you've already discovered:

## WINE WITCHERY



If not fit to drink, it's unfit to use for cooking. Wine should never be added to a dish just before serving; wine should simmer with the food so the alcohol evaporates.

Adding wine to food isn't just for elegant dishes. Two tablespoons of sherry in your next baked beans will sell you on wine as a seasoning.

**CHICKEN LIVER PÂTÉ** A touch of dry white wine adds a spirited taste.

**ONIONS** Large, sweet white onions, sliced paper-thin—seasoned with salt, freshly ground pepper—sparkle with a dash of Chablis. Best when chilled.

**CANNED PEARS** Drain half the syrup, replace it with rosé wine; serve the pears and syrup with a sprinkling of orange rind.

**SCRAMBLED EGGS** When almost cooked, pour 1 tablespoon of Rhine wine down the inside of the pan. Cover for 10 seconds to let the alcohol vaporize, then serve.

**SPAGHETTI SAUCE** Add a cup of Chablis.

## HERBS AND SPICES

More is not better. Often only the tiniest amount changes a *blah* dish into "compliments to the cook."

Dried herbs are more concentrated than fresh. The ratio is about 1 to 3, so in recipes calling for 1 teaspoon of dry herbs, use 3 of fresh-chopped herbs.

**Long-cooking foods:** For best results, the length of time seasonings are left in food should vary. Seasonings go into soups, stews, etc., during last hour of cooking. Or if herbs are added at the

For a pungent undertone, add a generous pinch of basil leaves to canned beef stew.

Add caraway seeds to melted butter for noodles and macaroni.

Mix chervil leaves into canned or frozen peas as they are being heated.

Add a little ground ginger to mayonnaise as a dressing for canned or fresh fruit salad.

Add ground mustard to the cheese sauce for macaroni.



# THINK THINS

LESS "TAR" THAN  
MOST 100'S.\*

MENTHOL  
TOO.

20 FILTER  
CIGARETTES

*Silva*  
**THINS**

*Silva THINS 100'S*

# THINK SILVA THINS 100'S

According to the latest U.S. Government figures.  
Filter: 17 mg. "tar", 1.2 mg. nicotine; Menthol: 16 mg. "tar",  
1.2 mg. nicotine av. per cigarette, FTC Report March '74.

Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

Now, with the proper guidance,  
even the beginner can master the art

# The Cooking of

In *The Cooking of China* you'll get that proper guidance. This volume from the best-selling FOODS OF THE WORLD series helps take the confusion out of Chinese dishes such as deep-fried shrimp toast, sour-and-hot soup, smoked chicken. It's brimful with easy-to-follow recipes, tested and retested in our FOODS OF THE WORLD kitchen. How-to-do-it illustrations show you exactly how dishes are prepared. Step-by-step instructions make the most exotic dish a pleasure to prepare. Examine *The Cooking of China* and its companion Recipe Booklet free for 10 days. Read them. Work with them. Here are some of the fascinating things you'll discover . . .

## How to Plan a Perfect Chinese Meal

There are no separate courses to worry about when you plan a Chinese dinner party. Every dish is served at the same time. And you can balance your choice of dishes so that both the preparation and the cooking are simple, orderly procedures. In *The Cooking of China* you'll find dozens of recipes for "prepare early" dishes such as braised star anise beef, plus a generous sampling of dishes such as barbecued spareribs which require slow, un-

attended cooking. This leaves you free for chicken with bean sprouts or another favorite stir-fry dish. To guide you in your selection, you'll find sample dinner menus with dishes that offer endless variety and are easy to prepare.

## How to Create a Sumptuous Meal with a Few Simple Rules

The Chinese make preparation and cooking two separate procedures. Most preparation requires chopping and should be done in advance. Many Chinese dishes are stir-fried and timing and total concentration are important. Experimentation is a time-honored Chinese tradition. Though most Chinese ingredients now are readily available in food stores, you can substitute spinach for cabbage, broccoli for bean sprouts. Chinese cooking is done with a few key utensils. But you can improvise with items from your own kitchen. You'll find out exactly how to do it in *The Cooking of China*.

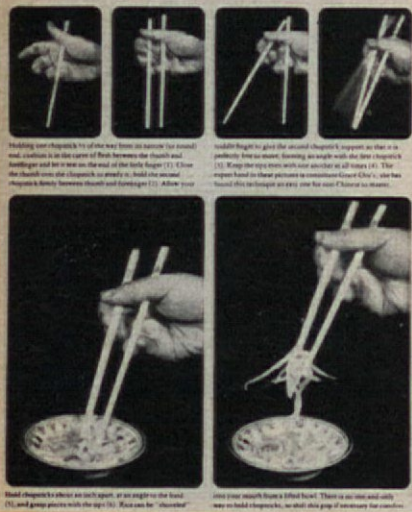
## Examine The Cooking of China Free for 10 Days

Enjoy *The Cooking of China* for 10 days as

the guest of TIME-LIFE BOOKS. If you decide to keep it, you pay just \$5.95 (\$6.95 in Canada) plus shipping and handling. We'll enter your subscription to FOODS OF THE WORLD and other volumes in the series will be shipped to you a volume at a time approximately every other month. Your epicurean adventures will include *The Cooking of Italy*, *Germany*, *Provincial France* . . . Your guides will be famous gourmets such as James Beard, Julia Child . . . Each volume is \$5.95 (\$6.95 in Canada) plus shipping and handling and comes on a 10-day free-examination basis. There is no club to join. Never a minimum number of books to buy. And you may cancel your subscription at any time by notifying us. If you don't choose to keep *The Cooking of China*, simply return the books within 10 days, your subscription for future volumes will be canceled, and you will be under no further obligation.

Writing in *New York Magazine*, Gae Greene said about FOODS OF THE WORLD: "Resistance to cookbook collecting vanished . . . I have to have them all . . ." We hope you'll agree. Why not begin your culinary experience with *The Cooking of China*?

Eating with Chopsticks, Western Style—One of the Many Different Ways to Use These Handy Tools



**Eating with Chopsticks.** Illustrated above is the basic technique for using chopsticks. However, there's no one-and-only way to use chopsticks. Simply adjust this basic grip to one that is easy and comfortable for you.



**Sculpted Vegetables.** Chinese ingredients should please the eye and the palate. The illustrations above demonstrate how to make scallion brushes, tomato roses, carrot flowers, radish fans. They are served both as a food and a garnish.

This handsome 206-page book measures 8½" x 11" and contains:

- 100 pages of full-color photographs and illustrations.
- More than 100 authentic Chinese recipes tested and retested in our kitchen.
- Step-by-step illustrations demonstrating preparation and cooking techniques.
- Detailed guide explaining ingredients used in Chinese cooking.
- List of the basic sauces and condiments used in Chinese cooking.
- List of stores in the United States that accept mail orders for Chinese food.
- Basic rules for Chinese menu planning, including sample menus.
- Separate spiral-bound Recipe Booklet.
- Valuable 64-page Kitchen Guide.

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Time & Life Building, Chicago, Ill. 60611.

f Chinese cooking.

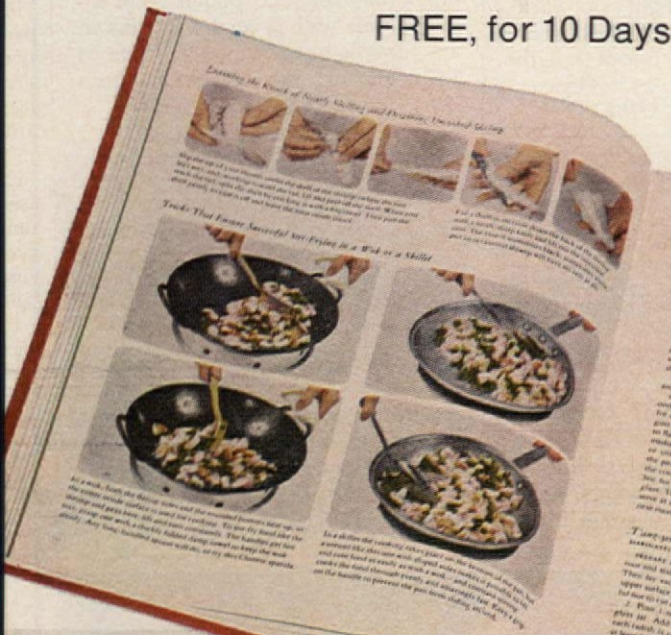
# China

Your Introductory Volume To



## Foods of the World

FREE, for 10 Days



**炸肉丸 (炸肉丸)**  
 炸肉丸是中國菜中一種非常受歡迎的點心。它是由肉末、蔥、姜、蒜、胡椒粉、鹽、料酒、生粉、雞蛋、油等調製而成。炸肉丸的製作方法如下：  
 1. 將肉末、蔥、姜、蒜、胡椒粉、鹽、料酒、生粉、雞蛋、油等調製成肉丸。  
 2. 將肉丸放入油中炸至金黃色。  
 3. 將炸好的肉丸放入湯中煮熟即可食用。

Other volumes in the FOODS OF THE WORLD series include:  
**The Cooking of Japan,**  
**The Cooking of Russia,**  
**Wines and Spirits,**  
**American Cooking:**  
**Creole and Acadian . . .**

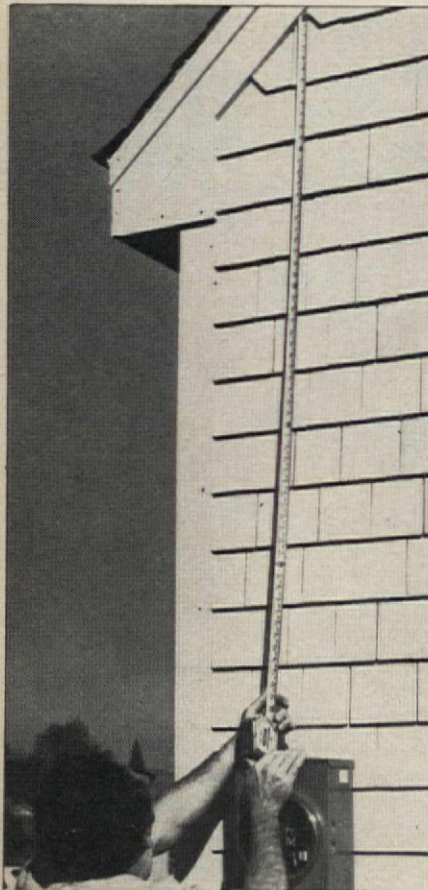


**Using the Versatile Cleaver.** The cleaver is an indispensable utensil to Chinese cooks. They use it to slice, dice, mince and chop. The cleaver can be used efficiently and safely with just a bit of practice.

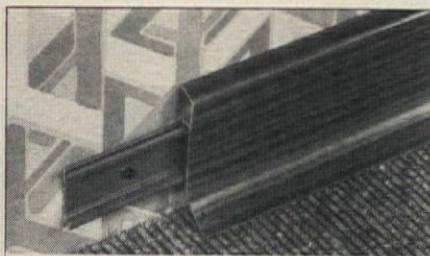
**Deep-Frying.** The Chinese deep-fry everything from shrimp toast and wontons to beef and chicken. Deep-frying is done in several stages. Shown above is the step-by-step preparation of deep-fried shrimp balls.

**Two Simple Wrappers.** Wontons and egg-rolls are easy to prepare. They are filled, shaped and cooked in a variety of ways. Shown above are basic techniques for folding and filling egg-rolls and several kinds of wontons.

# What's New

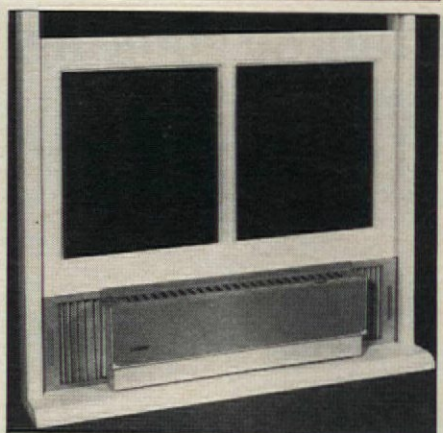


**Stand-up rule** Stanley Tool's 25-foot Powerlock flexible steel rule features an inch-wide blade stiff enough to support itself when extended up or out as much as 7 feet. Rugged, lightweight plastic case has belt clip; yellow blade also has 16-inch stud markings and easy-to-read numerals. Price is \$8.65.



## Snap-on baseboards

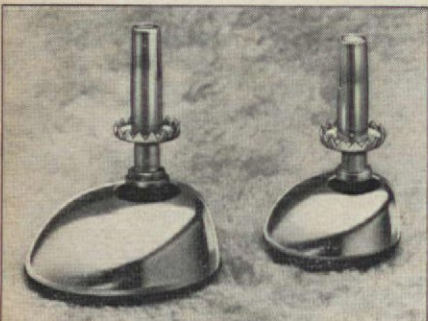
Snap-a-Cove plastic base moldings are easily installed without adhesive, can bend around corners. You nail support strip to wall, then snap on finished base, which snaps off again to simplify painting or floor refinishing. Available in beige, black, brown and light or dark "walnut" wood-grain finishes, they sell for about \$3 a 6-foot length (Bendix Mouldings, 235 Pegasus Ave., Northvale, N.J. 07647).



**Air purifier** Non-electric unit filters dirt and pollen from incoming air with special wick, fits in any double-hung window. Price is \$40 (Luxair, Inc., 205 Lexington Ave., New York, N.Y. 10016).



**Nonslip wrench** No more skinned knuckles or the bother of continually readjusting the setting with this easy-to-operate wrench that won't slip. Once set by moving the slide with your thumb, its jaws hold opening as wide as 15/16 inch. Of tough 8-inch steel, it's \$9.10 postpaid from Brookstone Co., 7971R Brookstone Bldg., Peterborough, N.H. 03458.



## Easy-go casters

Smooth-bottom, swiveling Slipper Casters glide rather than roll over deepest carpet without causing ruts. Price, in chrome or brass, is \$3 to \$4.50 (Franklin Metal & Rubber Co., 500 Maryland Dr., Ft. Washington, Pa. 19034).



## Handy chopping block

This sturdy butcher block is concealed behind a drawer-panel in a 24-inch kitchen cabinet. In laminated hardwood, block (1½ by 19¼ by 21¾ inches) slides out on heavy-duty ball-bearing supports, can pull out entirely. Price is about \$124 with cabinet (Long-Bell Div. of International Paper Co., P.O. Box 8411, Portland, Ore. 97207).



## Durable cooking finish

Handsome aluminum cookware by West Bend has "Tuf White" porcelain lining guaranteed for five years. Exteriors of pots are dark brown or butterscotch. Prices are about \$40 for 7-piece set, \$60 for 10-piece. —Bernard Gladstone



“...You promised! 99 rides for my skate...”

Remember the Saturdays when little brothers tagged along with big brothers down city streets or country roads? Stopping to look at construction workers building a skyscraper or watching a squirrel scurrying up a cottonwood tree? And remember how your brother was always building things? Out of nothing and everything. And remember the times you were lucky enough to have the missing element? You could bargain for the big rainbow-colored marble, the first crack at flying a tomato-red kite, or rides on his scooter. There were times, too, when you didn't have anything to offer but he shared with you anyway.

Now that you're both grown up and away from home, you can still share things with your brother—by Long Distance.

Long Distance is the next best thing to being there.



## Start with Waverly's "Surfside" fabrics.



Add decorative sparkle to any room with colorful fabrics and companion wallcoverings from the exciting new "Surfside" collection by Waverly. All modestly priced and Scotchgard<sup>®</sup> protected against soils and stains.

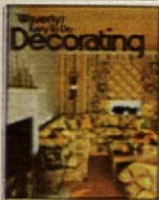
**Save energy, cut utility costs, with Roc-lon insulated linings.**

They give draperies a luxurious look and keep homes cooler in summer, warmer in winter. They're water repellent too.



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[continued from page 21]

### Supertrees grow quickly—some add 2 feet a year.

is really no "best" supertree, just the best for your particular site and needs. Talk to a nurseryman in your area to find out which supertrees are suited to your climate and soil. A clone will usually cost 10 to 30 percent more than a seed-grown tree of the same size and species, but it's a bargain, since 15 years and \$10,000 may have been invested in its development.

A case in point is the Skyline honeylocust. This fine tree resulted from a

10-year-long evaluation of nearly 250,000 seedlings. The Skyline is not only thornless and seedless (unlike the wild honey locust), but also much more compact and symmetrical. Yet it retains the desirable qualities of its common cousin—robust hardiness and an ability to shrug off drought and poor soil. A 6-foot Skyline costs about \$20. It will grow to 20 or 25 feet in six years, maturing at about 45 feet.

For breathtaking flowers next spring, plant a Kwanzan cherry. The Kwanzan's pink blossoms draw thousands of tourists yearly to Washington, D.C.

If you live in an urban area, plant the city-tough Regent Scholartree. Its glossy filigreed leaves shake off dust

and its pearl-white midsummer blossoms will gladden your heart. And for a really lovely tree it's hard to beat the Bradford ornamental pears. Hardy in much of the United States, the Bradford decks itself early each spring in white blossoms. These give way to shiny green leaves that turn red and purple in the fall.

If you live in the country or on a big suburban lot, you can plant spreading giants like the October Glory or the Cleveland maple. But if you're a town dweller, you'll be happier with a smaller tree—Kwanzan cherry or Radiant flowering crab apple.

How impatient are you? Few trees are more majestic than a mature white oak. Unfortunately a white oak takes a lifetime to mature, so plant one for your grandchildren. But for yourself, plant either a relatively rapid-growing tree like the Sovereign pin oak (2 feet of growth a year for its first 10 years) or a smaller tree like the Snowdrift crab apple. It matures at 20 feet.

You can save money by planting a supertree yourself. And you can improve its survival chances and speed its growth by following these five rules:

**1** Always buy trees that are either balled and burlapped or container-grown. Either suffers much less transplanting shock than bare-root trees.

**2** Dig a generous hole and plant your supertree no deeper than it grew in the nursery. If its roots are wrapped in burlap, loosen the burlap when you place the tree in the hole.

**3** Refill the hole with a mixture of two-thirds topsoil to one-third peat moss. Tramp the soil down gently as you go along. When the hole is half-filled, soak the earth with water to collapse harmful

air pockets around the roots. Finish filling the hole. Wrap the young trunk loosely with burlap to prevent sunscald. Stake the tree securely.

**4** Prune back the tree's side branches by about half their length to reduce the amount of top growth the now-truncated root system must sustain. Use a transplanting fertilizer rich in phosphorous to stimulate root growth. **5** Water your supertree once a week during dry periods in its initial growing season. Periodic deep soakings are better than shallow sprinklings.

That's all there is to it. Remember that the single most important step in buying a tree is to choose a good one. You can't go wrong with a supertree!

You want to set up housekeeping right. But you're already learning about life with a budget.

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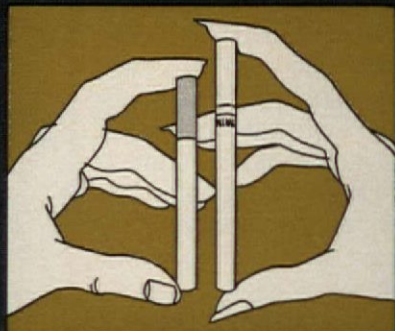
Anything worth covering is worth

*Chatham*



# PALL MALL GOLD

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar," 1.5 mg. nicotine av. per cigarette, FTC Report MARCH '74.

## Ask us about your antiques

**Q** This glass saltshaker looks old, but I'm told the design is still being manufactured. What can you tell me about it?

*W.O.—Portland, Me.*

**A** Your shaker is more likely for pepper, as the metal pierced-work top is a bit larger than salt requires. The pattern, called "Three-Face," dates from the 1870s and '80s.

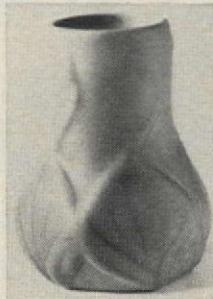


It is well-known and has been reproduced frequently since then by casting molds from actual pieces. Reproductions are often fuzzy in detail. Your particular piece looks crisp and executed well enough to be authentic.

**Q** My small earthenware vase has a dull glaze and a mark on the bottom that reads, "Van Briggle, Colo. Springs." Was this an important work?

*A.V.—Gambier, Ohio*

**A** Van Briggle is a famous art pottery founded in 1899 by Paris-trained Artus Van Briggle. He died in 1904, but his wife carried on and the business still exists. The dull, or mat, finish you describe was popular early in the century, inspired by an Egyptian faience. Van Briggle marks that include "Colorado Springs" are thought to be post-1920, but the design of your piece looks quite earlier.



**Q** This plate is obviously Chinese, but that's all I know about it. Can you tell me if it is very old?

*P.L.—Albuquerque, N.M.*

**A** Your plate certainly does look Chinese, but designs like these were sometimes reproduced by English and continental potters. Examine the piece. If it is thick and the texture of

the porcelain slightly uneven, chances are it really is Chinese. And if the predominant colors are green and orange-



red, it is either the so-called "Rose Medallion" Chinese porcelain or an imitation of it. "Rose Medallion" was an important Chinese design of 1820-60.

**Q** The metal pitcher you see here is extremely heavy. The inside is corroded, so it appears very old. Is it?

*—F.W.—Amarillo, Tex.*

**A** Your pitcher is pewter. Its heaviness suggests it was made in France. So does its inner surface. (French water corrodes metal quickly.) It appears that the outer surface is evenly scratched,





# 100's



indicating the piece was finished on a lathe rather than cast in a mold, as 18th-century pieces were. If you can see evidences of seams inside, you'll know the pitcher was made of two halves joined together—and is a late 19th- or early 20-century piece.

**Q** *On the frame of this chair is a mark that reads, "Hunzinger/ N.Y./Pat. March 30/1869." The design is delightful, but it doesn't seem unique. Why the patent?*

R.C.—Terre Haute, Ind.

**A** George Hunzinger was a New York chairmaker who patented

a series of folding chairs. But he also included the word "Pat." on anything he marked. As far as we can tell, this is one of the unfoldable side chairs made by Hunzinger during the late 1860s and '70s. Its design is certainly unusual.



**Q** *I bought this candlestick at a garage sale I attended some months ago. It wasn't a bargain, but I really*

*like it. The piece seems heavier than most brass candlesticks I've handled. Is that a good or bad sign?*

G.L.—Hackensack, N.J.

**A** The weight of your candlestick happens to be a good sign. It



means the piece is old, dating from the early 19th century. Its simple urn shape was fashionable between 1800 and 1830. The national origin of simple brass is hard to determine. Your candlestick could be English or French—or perhaps even American.

**Q** *The cordial glass in the picture was discovered in a cabinet of old glass my mother used to collect. Most of her glass was pressed, but this piece looks different. Can you tell what it is?*

D.U.—Tallahassee, Fla.

**A** You have an exceptionally fine example of blown glass that was made between 1780 and 1810. The little stars and the delicate border are typical elements of the neoclassic style

that flourished in that period—but just where would be hard to state. In glass like this, as in brass (as noted), the country of origin is nearly impossible to pinpoint. Certainly, your example presents no evidence to make the job easier. This type of design was known on the continent, and in England and Ireland, as well as in the burgeoning American glasshouses that became active early in the 19th century. In Pittsburgh several glasshouses turned out work like this.



Now you can learn the real story behind that family treasure you may have owned for years but know little about. We can't appraise an object for you, but we can tell you something of its style and origin. Send letters and **clear black-and-white photographs** to: Ask Us About Your Antiques, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions plus any details the pictures don't show. Questions, accompanied by pictures, of general interest will be published as space permits. We are unable to return photos or send personal replies.—**Marvin D. Schwartz**

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What a difference Kirsch Coordinates can make! Finely crafted switch plates, doorpulls, towel bars, soap dishes, toothbrush holders . . . some, like the double-faced vanity mirror, also in countertop design. Great gift idea!



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where quality still means something.

# Homemakers call this their dream house



Our "House of the Year" is an 11-room, super-planned beauty.

With strong faith in the American woman—and sure conviction that 42 heads are better than one—*American Home*, along with the Denver Home Builders Association and the Public Service Company of Colorado, asked a seminar of 42 homemakers to help plan what they considered the dream house of the American woman. Their ideas and desires shaped the design of our Denver-built "House of the Year," which you see here and in color on pages 61-69.

The women knew what they wanted, and for the most part, got what they asked for. More level-headed than pie-in-the-sky, and profiting from the know-how of having lived in houses good and bad, big and small, contemporary and traditional, these women offered ideas that added up to an innovative package of fulfillable dreams.

First, they asked for a ranch-style house—on one level, with plenty of

privacy from neighbors. The designers handled this request by orienting most living areas—family room, kitchen, living room—toward the rear of the house, all with sunny, outdoor views. Also, they used the "L" shape formed by the house's bedroom wing as the basis for an entry court, which provides a welcome sense of enclosure—and a separation from the street. The master bedroom looks out on this court, rather than at the street, and is shielded from neighboring houses.

Colorado is big snow and ski country, with spectacular mountain scenery that beckons even as you travel inner-city Denver streets. Though appreciative of the snow and the skiing it affords, our homemaker panelists demanded a house with pitched roof to shed snow loads. They also opted for an exterior of natural materials—rough-sawn cedar siding accented with brick and a roof of hand-split cedar

shakes—that would blend into the lovely, rolling green landscape of the Pinehurst Country Club area where the house was built.

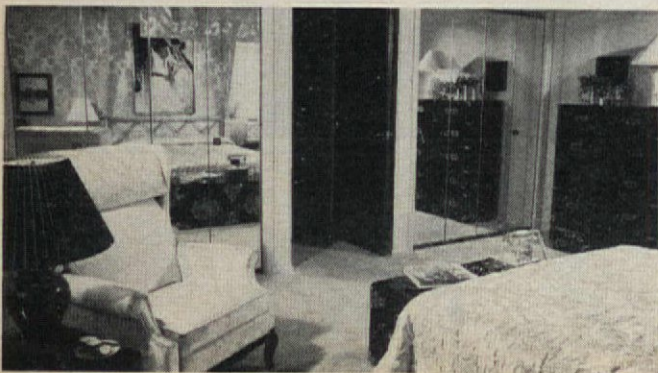
Indoors, our Denver homemakers specified an orderly flow of traffic that would ease the footwork of day-to-day living and also make for pleasant, no-fuss party-giving when guests drop by. What the designers came up with to fill this big order was a roughly circular traffic pattern that begins in the entry, continues through the dining room and large country kitchen, heads out the breakfast nook's sliding glass doors and across the patio, then returns indoors through the family room and ends back at the entry—a fabulous sweep (see floor plan, next page).

What's more, traffic can also flow from the entry to the living room or to the hall leading to the children's rooms, three-section bath and master bedroom suite.

Our "House of the Year" offers the bonus assets of a library that is also a guest room. It's built balcony-like over the dining and family rooms. This is the only upstairs room, and the single departure from the ranch-house concept. But it pays its way pragmatically—we furnished it to sleep four. Aesthetically, its high, soaring ceiling peaks at almost second-story height, creating a sense of spaciousness that makes the house's 2,200 square feet seem a lot more. Our Denver homemakers were outspoken in their strong preference for (continued)



Patio looks out on a fenced-in, terraced garden (left). Mirrored closet doors in master bedroom (below, left) are a glamorous backdrop for reading/lounging area. Wall of bookshelves in upstairs library/guest room (below, right) is made of recycled paper.



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[continued]

## Complete blueprints can help you have your own "House of the Year."

traditional charm and graciousness, but were equally firm in their demands for the latest and best—in products as well as conveniences. Here are some of the designed-in pluses they asked for and received: roof overhangs to shelter side walls and protect glass areas; vinyl window-pane sheathing that never needs paint; double-paned glass in windows and sliding doors for climate control; tight weather stripping around every opening; as much fiber-glass insulation as the ceilings and outside walls (even garage!) could accommodate; central air conditioning with two-zone cooling and heating.

**In the kitchen, the women wanted every dream-house option:** frost-free refrigerator that provides ice cubes and ice water without opening the door; compactor; disposer; two self-cleaning wall ovens, a microwave and a cooktop range; an amazingly noise-muting dishwasher; stain- and scratch-resistant counter tops; plus enough

cabinet space to handle every conceivable storage problem.

Faced with a need to make maximum use of compact space overall, our women panelists agreed to compromise on the size of the living room—so the family room could be made as spacious as possible. This room has not only size in its favor (see floor plan, below), but a dramatic fireplace wall that soars to the lofty cathedral ceiling and a handy pass-through to the kitchen. The living room of our "House of the Year" gets status and definition from its placement a step below the entry and family room that flank it. Triple windows help expand its scale, and deep rectangular proportions make it flexible. The dining room is separate, according to our homemakers' wishes. The designers created a small, cozy room and gave it emphasis by placing it under a vaulted ceiling that pitches upward to annex the wall of the library above it.

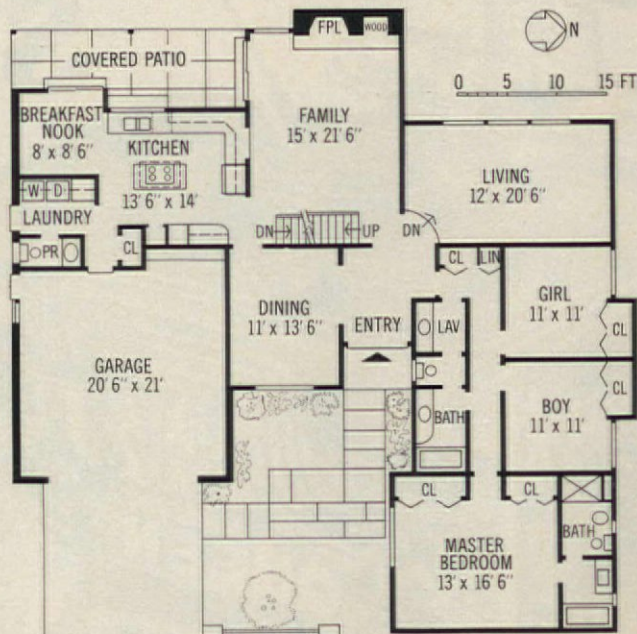
All rooms have floor-to-ceiling walls. This is not an open floor plan, in which the rooms seem to flow into one another. But because of the planned-for circular traffic pattern, the interior has a flow-through architectural feel and look. Our decorating plan under-

scores these attributes. We color-schemed the entire house in three basic hues—yellow, orange and blue—plus complementing neutrals: black, brown, beige, bone and white. Thus every piece of furniture fits easily into a single color picture. Seating can be shifted from one room to another—from living room to family room to kitchen complex to library/guest room.

**Because of its efficiency and ingenious use of space,** this is an unbeatable party house. It easily accommodates 100 and—no mean feat—sleeps 10 guests, in addition to the predicted family of four. Here's the way we have planned it: one guest on the trundle in the girl's room; two on a queen-size sofa bed in the family room; three in the boy's room with its pair of trundle beds; three plus a child in the library/guest room, thanks to a queensize sofa bed and bring-together chairs and ottomans.

Our 42 Denver spokeswomen favored a mix of old and new styles in the interior design of their dream house, as you will see in pictures on pages 61-69. Complete blueprints for this remarkable house are being made available to *American Home* readers; see coupon below. —Evan Frances

*LAYOUT OF HOUSE (RIGHT) FITS NEATLY INTO A SQUARE, WITH A NEAR-CIRCULAR TRAFFIC FLOW THAT BEGINS AND ENDS AT THE ENTRY. BEDROOM WING AND LANDSCAPED ENTRY COURT FORM A SEPARATE "L" THAT'S SET APART FROM LIVING AREAS. LIBRARY/GUEST ROOM (INSET: BELOW) IS TUCKED UNDER CATHEDRAL CEILING ABOVE DINING AND FAMILY ROOMS, REACHED BY A STAIRWAY JUST INSIDE FAMILY ROOM. HOUSE HAS 11 ROOMS, INCLUDING 3 BEDROOMS AND 2½ BATHS, IN A COMPACT 2,200 SQUARE FEET.*



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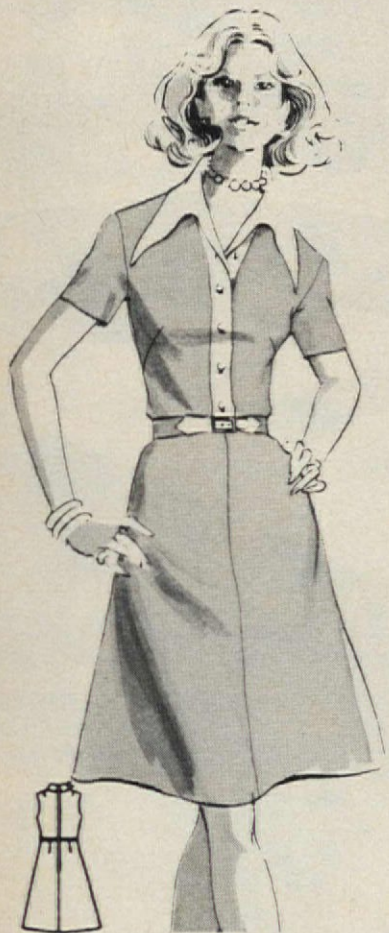
**The Main Bath** is made truly luxurious with a "Corian" vanity top and bowl. And note "Corian" used as accents in cabinet doors.

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**Quality products distinguish our splendidly practical "House of the Year," pages 61-69**

**Building Materials:** Siding, rough-sawn cedar plywood, Weyerhaeuser Co., Tacoma, Wash.; siding stain, "Rustic Wood Stain" in Bark, Kwal Paints, Inc., Denver Colo.; brick, "Montega II," Denver Brick & Pipe Co., Denver, Colo.; roofing, cedar shakes, Red Cedar Shingle & Hand-split Shake Bureau, Seattle, Wash.; insulation, Owens-Corning Fiberglas Corp., Toledo, Ohio; heating/cooling, Fedders Corp., Edison, N.J.; primed wood casements, gliding doors, Perma-Shield vinyl-sheathed gliding window with double-pane insulating glass, Andersen Corp., Bayport, Minn.; entry door, "Windors P," E. A. Nord Co., Everett, Wash.; paint on entry door, AC#715, Glidden-Durkee Div., SCM Corp., Cleveland, Ohio; custom garage door, Better Built Door Co., Denver, Colo.; locks, Schlage Lock Co., San Francisco, Calif.

**Pages 61-69:** Paint, Glidden-Durkee, SCM Corp., Cleveland, Ohio; interior-exterior light fixtures, Ultra-Lite, Inc., Denver Colo.; carpet underlayment, "Omalon System III," Olin Corp., Stamford, Conn.; intercom system, NuTone Div., Scovill Mfg. Co., Cincinnati, Ohio; built-in vacuum system, "Vent-A-Vac," Carriage Cabinet Concepts, Denver, Colo.; window shades, Window Shade Manufacturers' Assn., New York, N.Y.; window-shade trimming, Conso Products Co., Yonkers, N.Y.; drapery hardware, Kirsch Co., Sturgis, Mich.; paper products, Scott Paper Co., Philadelphia, Pa.; plants, planters, Michael Jultak, Denver, Colo.; flower arrangements, Denver Wholesale Florist Co., Denver, Colo.; books, B. Dalton Booksellers, Denver, Colo., and Encyclopaedia Britannica, Inc., Chicago, Ill.

**Page 61, Top:** Car, Oldsmobile, General Motors Corp., Lansing, Mich. **Inset:** Patio chairs, chaise, table, "Regent II," Brown Jordan Co., El Monte, Calif.; swinging "cocoon" seat, Calif.-Asia Div., Brown Jordan Co., El Monte, Calif.

**Page 62:** Flooring, "Primitive Leather Hexagon" #867, American Olean Tile Co., Lansdale, Pa.; wall covering, "Cover Girl, The Champion" #82878, Birge Co., Buffalo, N.Y.; étagère, "Triad III," Lane Co., Inc., Altavista, Va.; primitive sculpture reproductions, Hamilton Cosco, Inc., Columbus, Ind.; clock #2524, General Electric Co., New York, N.Y.

**Page 63, Left:** Carpeting (also on pages 64 and 66), Grand Noble Collection, "Mystic Image" in Tarot Orange, foam rubber-backed acrylic, Armstrong Cork Co., Lancaster, Pa.; fireplace, "Shadow Stone," Mountain Stone Co., Denver, Colo.; fireplace screen, tools Fireplace Industries, Denver, Colo.; "Centurian" lamp table and bunching table, "Citation" love seat and queen-size sleep-sofa with Zepel-treated upholstery—all from Kroehler Co., Naperville, Ill.; console TV, "Avanti VIII," Zenith Radio Corp., Chicago, Ill.; Design Line phone "Century Touch-Tone" in Alligator White, American Telephone and Telegraph Co., New York, N.Y.; magazine rack, throw cushions, room accessories, Showroom Associates, Denver, Colo.; paintings by Gabriella Denton, Denver Colo. **Right:** Flooring, "Monticello Bond-Wood Parquet," white oak stained, Harris Manufacturing Co., Johnson City, Tenn.; carpeting, "Ivory Kirman" #759, Karastan Rug Mills, New York, N.Y.; paneling, "Chateau II" (also on page 67, top), Georgia-Pacific Corp., Portland, Ore.; wall covering, "Savannah Thomasville"

#83451 flocked, Birge Co., Buffalo, N.Y.; drapery, "Bonne White Sheer," of Celanese fibers from Decorator Industries, Inc., New York, N.Y.; window shade, "Plisse" in white, Joanna Western Mills Co., Chicago, Ill.; "Valiente" octagonal pedestal table and chairs, "Travano" mobile server—all from Bassett Furniture Industries, Inc., Bassett, Va.

**Page 64:** Acoustical ceiling tile (non-combustible), "Constitution Chandelier"; sheet flooring, "Designer Solarian—Sunstone" with hydra-core back—all from Armstrong Cork Co., Lancaster, Pa.; cabinets, "Lexington" distressed pine, Wood-Mode Kitchens, Kreamer, Snyder County, Pa.; hood, "Vent-A-Hood," Carriage Cabinet Concepts, Denver, Colo.; enameled cast-iron sink, "Lakefield" in Tiger Lily, Kohler Co., Kohler, Wis.; backsplash, "Caribbean" ceramic tile in Crystal Sunrise, American Olean Tile Co., Lansdale, Pa.; counter top, "Corian" in Dawn Beige, E. I. du Pont de Nemours & Co., Wilmington, Del.; refrigerator with dispenser door TFF24RR, built-in double oven JK29R with P7 self-cleaning system, counter-top range JP90 and electronic oven JET82, dishwasher with pot-scrubber GSD861, Disposal with 1/2-horsepower GFC851, compactor, deluxe can opener EC33 in Harvest Gold, deluxe king-size Toast-R-Oven Toaster T94 and TV SF1702 in Ivory—all from General Electric Co., New York, N.Y.; Foodmatic (including mixer, blender, juicer, meat grinder, knife/scissors sharpener), Ronson Corp., Woodbridge, N.J.; kitchen towels, pot holders, Cannon Mills, Inc., New York, N.Y.

**Page 65, Top:** Wall covering, "Textil Patterns" #83335 Birge Co., Buffalo, N.Y.; drapery, "Trafalgar Black" of Celanese fibers from Decorator Industries, Inc., New York, N.Y.; window shade, "Kashmir" in Oatmeal, Joanna Western Mills Co., Chicago, Ill.; Butcher Block Table BBD42, White Cane Chairs #25, Otto Gerda Co., New York, N.Y.; stoneware, Gourmet Collection, Pfaltzgraff Co., York, Pa.; Cookware with white Teflon finish by Du Pont; Design Line phone, "Accent Touch-Tone" in yellow with wicker, American Telephone & Telegraph, New York, N.Y.; clock, paintings, Showroom Associates, Denver, Colo.

**Bottom:** Wall covering, "Beautique, Post-no-bills" #82456, Birge Co., Buffalo, N.Y.; mirror, Monarch Shower Doors, Inc., Denver, Colo.; faucets, Delta Faucet Co. Div., Masco Corp., Greenburg, Ind.; integral bowl/surround, "Corian", E. I. du Pont de Nemours & Co., Wilmington, Del.; cabinet, Riviera Products Div., Evans Products Co., Englewood, Colo.; towels, "Seven Seas" in Daffodil Yellow, "Ovation" in black, Cannon Mills, Inc., New York, N.Y.

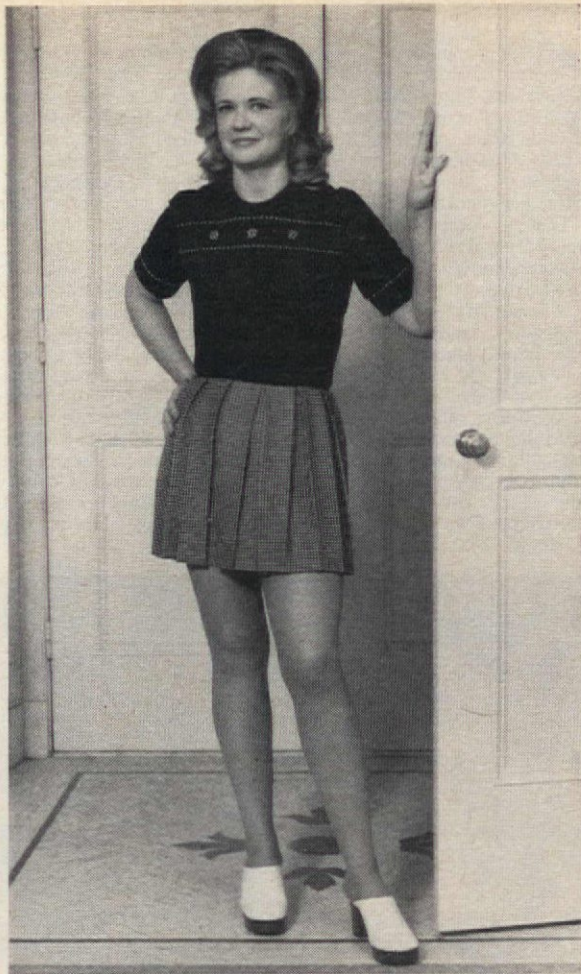
**Page 66:** Modular furniture, "Avanti Seating Group" (Hide-A-Bed, chairs, ottoman), Simmons Co., New York, N.Y.; clock, large painting, throw cushions, Showroom Associates, Denver, Colo.; small painting by Nancy Hoiberg, Denver, Colo.; lamp, "Metal Candlestick" in Antique/Pewter #5947, Tyndale, Inc., Bronx, N.Y.; shelf system (page 46), Omega Industries, Denver, Colo.

**Page 67, Top:** Carpeting, "Sun King" nylon in Sand Pebble, Lees Carpets D.v., Burlington Industries, Inc., Norristown, Pa.; "Drexel Wall System," Drexel Furnishings Co., Drexel, N.C.; custom top for chest, "Corian" in Cameo continued





*When I look at myself at 220 pounds, I wonder why my husband Cecil even wanted to put his arm around me.*



*Now that I'm down to 138 pounds, Cecil loves to take pictures of me - and with my new figure I love to have him do it.*

# Now that I've lost 82 pounds, my husband needs an electric blanket.

By Janie Goff — as told to Ruth L. McCarthy

**W**hen I weighed 220 pounds, I was my husband's warmth in winter and his shade in summer. But now that I'm 138 pounds, Cecil says there'll be a lot of cold days ahead, even in our home town of Hattiesburg, Mississippi, if we don't get ourselves an electric blanket.

I weighed nearly 170 pounds when we married some 11 years ago. Cecil used to say then that I was pleasingly plump. But as I ate myself out of shape, he began saying I was unpleasantly fat. Only he would say it a lot of different ways.

Like once he joked about putting chalk marks around my middle to show where his embrace stopped. And I'll never forget the time I threw a pail of water out the back door. I was so top heavy that I went right with it into a tree. Cecil and his brother had to pull me upright and, I'll tell you, they never let me forget it.

Wonder what finally jolted me into

losing weight? My brother showed a home movie, and I couldn't believe what I looked like, because mirrors sure don't tell you like a movie does. Right then, I made up my mind to go on the Ayds plan as soon as I could get to a drug store and buy a box of Ayds® Reducing Plan Candy. Since Ayds contain vitamins and minerals, but no drugs, I didn't need to worry about getting jittery or nervous.

One other thing. I just concentrated on taking off 10 pounds at a time. That way it didn't seem so hopeless. And you know what? It worked. I took one or two vanilla caramel Ayds before meals and they helped curb my appetite. At the end of the first three weeks on the Ayds plan, I'd lost 10 pounds.

When I'd taken off 30 pounds, I found that I could wear a girdle on a hot day, eat, and not get indigestion. And when I'd finally lost 82 pounds on the Ayds plan, I threw the girdle away and haven't worn one since.

There's one last thing I want to say for anybody who's struggling to lose weight. You can't get in a hurry to take it off. If you do, you just wind up looking like you need to go to a convalescent home. But on the Ayds plan, you lose weight gradually, so your skin kind of takes care of itself. And you get healthier looking. Believe me, that Ayds plan has made me into an entirely different person. And I would not go back like I was before, for anything. Even though it means buying an electric blanket to keep Cecil warm.

## BEFORE AND AFTER MEASUREMENTS

	Before	After
Height.....	5'5"	5'5"
Weight.....	220 lbs.	138 lbs.
Bust.....	42"	36¾"
Waist.....	36"	27½"
Hips.....	44"	35½"
Dress.....	22½"	13

[continued]

White, E. I. du Pont de Nemours & Co., Wilmington, Del.; painting, Gabriella Denton, Denver, Colo.; primitive sculpture reproductions, Hamilton Cosco, Inc., Columbus, Ind.; lamps, "Metal Shaving Mug" in Old Brass #8989 (on corner table), "Glass Candlestick" in Mirrored Chrome #8685 (on "Corian" top), Tyndale, Inc., Bronx, N.Y.; Design Line phone, "Early American," American Telephone & Telegraph Co., New York, N.Y.; ashtrays, candleholders, Ernest Low Associates, Denver, Colo. **Bottom:** over-drapery, "Claire Melon Damask," cafe curtains, "Bravo Cumquat"—all of Celanese fibers from Decorator Industries, Inc., New York, N.Y.; window shade, "Colonnade" in Oatmeal, Stauffer Chemical Co., Westport, Conn.; "Triad III" sofa, sofa table, corner end table, bunching tables, "Party-game table," "Party Chairs" upholstered in brown velvet—all from Lane Co., Inc., Altavista, Va.; chair, "Ranchero Tobacco," Jansko, Inc., Ft. Lauderdale, Fla.; teacups, saucers,

Gourmet Collection, Pfaltzgraff Co., York, Pa.; throw cushions, Showroom Associates, Denver, Colo.; "Large Antique Urn" lamp #7400 (on sofa table), Tyndale, Inc., Bronx, N.Y.

**Page 68, Top, left:** Wall tile, "Tuscany Gold Valencia," American Olean Tile Co., Lansdale, Pa.; mirror, Monarch Shower Doors, Inc., Denver, Colo.; enameled cast-iron "Steeping Bath," "Man's Lav" sink in Expresso with shampoo spray, gold faucets, "Caravelle" bidet and "Rochelle" toilet in Harvest Gold (not shown)—all from Kohler Co., Kohler, Wis.; towels, "Fern Rose" in Parchment, Cannon Mills, Inc., New York, N.Y. **Center, left:** Carpeting, "Have-A-Fling" nylon in Pastel Blue, Lees Carpets Div., Burlington Industries, Norristown, Pa.; tile, "Crystalline Antique" #374 and "Regal" KA18, American Olean Tile Co., Lansdale, Pa.; faucets, Delta Faucet Co. Div., Masco Corp., Greenburg, Ind.; mirror, towel rings, towel bars, Monarch Shower Doors, Inc., Denver, Colo.; towels, "Primrose Path" in Azure Blue,

"Empress" in Bluebell and Skyblue, Cannon Mills, Inc., New York, N.Y.; 1-piece Fiberglass tub/shower, "Bath Systems 4," Owens-Corning Fiberlas Corp., Toledo, Ohio; integral bowl/surround, "Corian" in Dawn Beige, E. I. du Pont de Nemours & Co., Wilmington, Del.; cabinets with "Corian" inserts, Riviera Products Div., Evans Products Co., Englewood, Colo.; cordless automatic toothbrush TB10, and Blue Pedestal Clock #7359, General Electric Co., New York, N.Y. **Bottom, left:** Toilet (not shown), sink, Crane Co., New York, N.Y.; sink surround, "Corian" in Dawn Beige, E. I. du Pont de Nemours & Co., Wilmington, Del.; cabinets, Riviera Products Div., Evans Products Co., Englewood, Colo.; mirror, Monarch Shower Doors, Inc., Denver, Colo.; faucets, Delta Faucet Co. Div., Masco Corp., Greenburg, Ind. **Right:** Sheet flooring, "Aristocon Roman Square" in Oyster White & Black no-wax vinyl, Mannington Mills, Inc., Salem, N.J.; paneling, "Coach House White" #1104, Masonite Corp., Chicago, Ill.; wall covering, "Beautique Manchester" #82519, Birge Co., Buffalo, N.Y.; window shade, "Moire Stoptite" in white, Breneman Inc., Cincinnati, Ohio; drapery, bedspread, "Tammy Beige" over "Adagio Coral" of Celanese fibers from Decorator Industries Inc., New York, N.Y.; chests, corner desk, chair, cheval mirror, "Chantilly," American Furniture Co., Inc., Martinsville, Va.; bedding, "Twin Beautyrest Back Care II," Simmons Co., New York, N.Y.; TV, BA1202 in Ivory, hair-dryer HD18, General Electric Co., New York, N.Y.; Design Line phone, "Candlestick," American Telephone & Telegraph Co., New York, N.Y.; paintings by Nancy Hoiberg, Denver, Colo.

**Page 69, top:** Carpeting, New Dawn, Congoleum Industries, Inc., Kearney, N.J.; "Dijon Bone" wall covering, over-drapery, canopy and bedspread, "Argo Eggshell" sheer under-drapery—all of Celanese fibers from Decorator Industries, Inc., New York, N.Y.; window shade, "Baku" in white, Stauffer Chemical Co., Westport, Conn.; lounge, Zepel-treated La-Z-Boy #1310 in white, La-Z-Boy Chair Co., Monroe, Mich.; "Sovereign" chests, end tables, black bunching table, gold headboard, "Mystique" love chest—all from Lane Co., Inc., Altavista, Va.; bedding, queen-size "Beautyrest Supreme II," Simmons Co., New York, N.Y.; lamps, "Hexagon in Floral Motif" #9150, "Hexagon in Lily Motif" #9112, "Smoked Glass" #8684—all from Tyndale, Inc., Bronx, N.Y.; TV SF2402 in Ivory, General Electric Co., New York, N.Y.; Design Line phone in "Antique Gold," American Telephone & Telegraph Co.; New York, N.Y. **Bottom:** Sheet flooring, "New Dimension Spanish Villa" in Clove Brown no-wax vinyl, Congoleum Industries, Inc., Kearney, N.J.; special door surfacing, "Millblock 1508" paneling, Masonite Corp., Chicago, Ill.; wall covering, "Cover Girl Sheer Magic" #82847, Birge Co., Buffalo, N.Y.; chests, bookcase, "Right On," American Furniture Co., Inc., Martinsville, Va.; bedding, trundle beds, Simmons Co., New York, N.Y.; Arnel plush bedspread, bolster, cushion covers, Blue Ridge-Winkler, New York, N.Y.; lamp, "Hexagonal Pot" #9002, Tyndale, Inc., Bronx, N.Y.

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1.1 mg. nicotine, av. per cigarette, FTC Report Mar. '74

# 10 easiest-to-grow houseplants

By Lawrence V. Power

We all take pride in our houseplants when they're healthy and attractive and remain that way. If one of them should droop and die, we feel we've somehow been negligent. In truth, however, many plant buffs are doomed to failure because they pick prima donna varieties whose survival depends on extra-special care and super growing conditions. So, to assuage your guilt if you're well-intentioned but unsuccessful—and to almost guarantee success—we've chosen 10 plants that never say die (well, hardly ever).



**Hoya carnosa** (wax plant) has handsome variegated leaves and produces waxlike, fragrant white blossoms with pink centers. Plant flowers better if kept cool and slightly dry during winter. Remove from direct summer sun.



**Cissus rhombifolia** (grape ivy) makes a great hanging plant because of its long, trailing growth. It prefers fairly good light and is virtually pest-proof. Perk it up by misting occasionally, but let dry out completely between waterings. Trim ends to prevent its getting too shaggy.

Richard Jeffery



**Plectranthus australis** (Swedish ivy), robust and fast-growing, will trail 4 to 6 feet without any difficulty. It prefers some direct sun, but can get along without it, if necessary. This plant should be kept moist, but will not die if allowed to dry out. Under the right conditions—good sunlight and the proper moisture—it will produce spikes of white flowers that are typical of the mint family to which it belongs. Cuttings root easily in water to produce new plants.



**Draecena marginata** (Madagascar dragon tree) is a tough and adaptable plant that is also uncommonly good looking. Given a chance—and placed in a big enough container—it will grow right up to your ceiling. (You can trim it to the height you prefer without damaging it or discouraging further growth, however.) This plant doesn't like too much water, isn't fussy about light (it needs very little), but does prefer a somewhat cool location. It's a good backdrop in a large grouping of plants.



**Philodendron selloum** is a good-natured charmer that will adjust to most indoor environments. It prefers good sunlight, but can manage under lightless conditions that would make most plants fold their leaves and fade away. Keep moist and it will keep a corner of a room green.



**Aechmea fasciata**, a decorative bromeliad, produces a flower spike bearing pinkish bracts that can last up to five months. Roots require infrequent watering, but the center well that's formed by leaves should always be full of water.



**Draecena deremensis** is a sturdy plant that can grow 15 feet tall, with leaves up to 2 feet long. (Trim it to the height you prefer.) It thrives on very little light and enjoys soil on the dry side. This variety, warneckii, is the most decorative and widely grown.



**Dieffenbachia amoena** requires light, but not direct sunlight. Water thoroughly, then not again until plant is nearly dry. If it begins to get long and straggly, cut off below leaf growth, re-root tops in water or wet soil and discard plant.




**Chlorophytum** (spider plant) likes good light and even moisture. Choose a specimen that is darkest green; it's the healthiest. Propagate by removing plantlets that usually form on flower stalks; root in water.



**Sansevieria** (snake plant) will grow with or without light and needs little water; it's one of the hardiest plants to own.

To order a fully illustrated houseplants guide, see special-order coupon, page 98.

A man with dark, wavy hair, wearing a dark blue tuxedo jacket, a white dress shirt, and a dark bow tie, stands behind a large, dark brown leather tufted chair. He is smiling slightly and looking towards the camera. The chair is the central focus, featuring deep tufting on the backrest and seat. The background is a plain, light-colored wall.

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1971 Santa Clara Christmas Rare Quality porcelain Cobalt Blue with 24 Kt Gold decorations. Regular price \$29.95. **SPECIAL OFFER PRICE \$4.95!**

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1974 Norman Rockwell "Truth about Santa" \$19.50



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1974 Goebel Hummel Christmas. \$40.00



1974 Bing and Grondahl Special \$22.50



1973 Goebel Hummel Christmas. Special \$32.50

# 7 ways to get the most home insurance for your money

You may have owned your home for years, so you're an old pro on the subject of homeowners' insurance. Or maybe you're a new householder, and just to satisfy the bank's need to protect its loan, you've purchased the first policy you felt you could afford. It doesn't matter which category you're in. For the most insurance protection for the least cost, here are some areas of coverage to look into—and look out for:

**1. Look into deductibles.** Most homeowners know that a policy with a deductible clause is less costly than one that covers every loss. So most people opt to pay for losses under \$50 or \$100 and thus keep premium payments down. But did you know that a \$500 deductible can save you up to 25 percent in premium payments? You'll still have coverage in the event of a major loss, and if you're not claim-happy, you'll probably save money in the long run. Another point: Always keep records of losses you pay for out of pocket. If you itemize your taxes, uncompensated losses *are* deductible.

**2. Look into rate changes.** The cost of your homeowners' insurance is determined in part by how far your home is located from emergency equipment. So if the encroaching city brings a new fire station closer to home, check with your independent agent to see if this qualifies you for a different rating—and lower premiums.

**3. Look into special discounts.** Customers of some insurance companies in a few states (only Michigan, Minnesota and Connecticut, at present) are being offered 5 and 10 percent discounts for participation in Operation Identification. This is an anti-burglary program in which your possessions are labeled with identification numbers to deter thieves and provide easier recovery of stolen goods. Check to see if you can become eligible for this or any other money-saving discount.

**4. Look out for inflation.** Review your insurance periodically to make sure your coverage is staying abreast of the economy. Your home should be insured on the basis of *current* building materials and labor costs. Though you may have paid \$25,000 for it in 1960, it could not be replaced for that amount today.

**5. Look out for less than 80 percent coverage.** According to the National Association of Insurance Agents, if your house is covered for 80 percent or more of its replacement cost and, say, one or two rooms are destroyed by fire, you're assured of being paid in full for your loss—up to the limits of your policy. If, due to inflation, the amount of insurance falls below 80 percent, *you* assume a portion of whatever loss you incur.

**6. Look into riders and floaters.** The contents of your home are usually insured for 50 percent of the coverage on your house. But if you keep expensive photographic equipment, valuable art or jewelry or other hard-to-replace possessions in your home, you should consider purchasing additional protection in the form of a *rider*. A rider is attached to the basic policy to provide full coverage on your valuables at a relatively small increase in your premium. If you plan to take these valuables with you when you travel, purchase a *floater* policy as well. This is separate from your basic homeowners' policy and can be purchased on a short-term basis. Further, it does not have the on-the-premises restrictions that a rider has.

**7. Look around.** Even if you've had a policy for 15 years, don't be afraid to shop around—particularly if the policy is up for renewal.

—Robin Snelson



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# Good health care for the cat you love



A quartet of telltale signs signifies a sick cat. He may display one, several, or all of them: 1) coat—dull, uneven, dry; 2) eyes—runny, discharging, or presence of third lid; 3) actions—avoiding people, loss of appetite with excessive drinking; 4) temperature—deviating from normal or 101.5° F.

The cat who displays all four signs is in trouble. Chances are he's also vomiting and has diarrhea. The probability is that he has either feline enteritis or pneumonitis. Now it's too late for preventive vaccines, but not too late to dash for the vet.

Aside from those two diseases, many ailments can be treated at home.

**Fleas.** Cat fleas are bloodsuckers and cause tapeworms, heartworms, skin diseases, loss of weight. A dull coat and excessive scratching are sure signs of fleas. Cure by rubbing cat flea powder right down to the skin. Brush out after 20 minutes. Repeat 1 week later. Clean out his sleeping quarters; powder and replace bedding.

**Lice.** A cat infested with lice scratches more than a cat with fleas. Cure by applying cat lice powder to coat and rubbing it in. Brush out after 30 minutes. Repeat for 3 days, wait 10 days, repeat for 3 more days.

**Mites.** If you suspect that your cat has fleas or lice and can't find any, he probably has mites. They are the causes of mange, scabies and tumors. They are bloodsuckers. See your vet.

**Ticks.** They burrow into the skin and suck blood until bloated. Ticks spread a number of common diseases and weaken the cat. Remove by soaking a piece of cotton in rubbing

alcohol; pinch cotton over tick for 1 minute. Use tweezers or fingers to pull out. Be sure you get the head.

**Worms.** Most kittens have worms, and so do most cats who haven't been dewormed since kittenhood. *Felis catus* can play host to roundworms, hookworms and tapeworms—or muscle, eye, heart and stomach worms. All weaken him; some cause disease. A skinny cat, nervous, with a pot belly and irregular eating habits is a sure carrier. There are home cures, but the trick is to know which type of worms to treat. Your vet will know.

**Ringworm.** This common skin disease is caused by a fungus, not a worm. It is highly contagious and can spread to all other animals, including man. It looks like a red oval on the skin. Bald spots result. Ringworm is easily cured at home, but under vet's instructions.

**Rickets.** The kitten who has trouble walking has rickets. That means his bones are soft and not developing properly; his diet is deficient. Supplement his meals with calcium and vitamin D foods or powders.

**Anemia.** The cat appears listless, doesn't eat, rests continually, may try to vomit. Anemia can be cured if caught in time; consult the vet.

## You can tell when your pet needs a simple home remedy—or a quick trip to the vet.

**Diarrhea.** Spoiled food, change of diet, wrong diet and large chunks of food may cause diarrhea. By itself, it's nothing to worry about. A half-teaspoon of Kaopectate usually does the trick. Repeat on second day if condition persists. (When successful, feed small meals for a couple of days.) Don't repeat on third day. Something else is wrong if he still has diarrhea.

**Hair balls.** This is one of the cat's penalties for keeping himself clean. Some of his coat hairs cling to his tongue and he swallows them. The hairs join in a ball. It causes constipation. Add a half teaspoon of mineral oil to his meals twice a week, and that will oil the hair balls for easy passage through his innards.

**Poisons.** Every minute counts when the cat swallows poison. You must force him to swallow a liquid that will make him vomit. It's a good idea to have hydrogen peroxide on hand. Mix it with equal amounts of water. The proper dosage is 1 teaspoonful for every 2 pounds of cat weight. (The cat should empty the poison within 3 minutes. Then phone your

vet.) If you can't find hydrogen peroxide, use plain vinegar or lemon juice—1 tablespoon for 3 pounds of cat. Then phone your vet.

**Fits.** Worms, teething, fright and exhaustion are major causes of fits. Cats aren't often troubled, but kittens are. A mild fit, such as dashing about in panic, isn't cause for alarm. Symptoms of serious fits include frothing at the mouth, unconsciousness, a body so rigid the kitten falls, thrashing of legs, bumping into things, shrieks of pain. Mild or serious, don't go near the kitten until the fit has run its course. Then pick him up by the scruff of the neck so he can't bite you, put him in a dark place and keep him quiet. A couple of mild fits or one serious fit amount to trouble. Until you can get him to the vet, give him baby aspirin and provide fresh water, but no food.

**Rabies.** This is one of the oldest diseases known to man, but it's still fatal most of the time. It is usually transmitted through the bites of rabid dogs, skunks, foxes, rats and bats. It takes a couple of weeks for the infected cat to show any symptoms. Then he undergoes a complete change of personality, cries often in a hoarse voice and may try to hide or attack. And a rabid cat can infect you. Consult your vet and follow his advice. A vaccine immunizing a healthy cat against rabies is available.

**Handling an ailing cat.** A gentle kitten may turn into a wild animal when you try to give him something for his own good. Giving him medicine or a tablet is really a two-person job. Wrap the kitten in a towel so all four legs are immobile and his head is free. Now, if you're giving him a tablet, place your left hand over the cat's head, pull the head back until the nose is up and press on either side of the upper jaw. With other hand, pull lower jaw down, then pop tablet as far back over tongue as possible. Permit cat to close mouth. To give liquid medicine, tilt back his head. Where his lips join, press in on the upper lip and pull out on the lower until a pocket is formed. Pour the medicine in, a little at a time.

It will be a case of not one towel but many on the day your cat tangles with a skunk. Remove the skunk odor with a warm-water bath. Use a liquid coconut oil-base soap. Work lather right down into skin. Rinse with clean, warm water. Rub dry. If it's any help, you will never have to go through the same process again. Not with the same cat. He has that much intelligence. —Kurt Unkelbach

From the book "Catnip: Selecting and Training Your Cat," by Kurt Unkelbach, Copyright © 1970 by Kurt Unkelbach. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J.



# Why isn't every canned dog food government inspected?

And why is Ken-L Ration the only leading one that is?

Here's important information about the foods your dog eats.

You may be surprised to learn that most dog foods are not government inspected. But the fact is, government inspection of dog foods is not mandatory.

Actually, it's hard to get. Because to get government inspection, you've got to meet U.S. Department of Agriculture standards. That takes time and effort. So, no leading canned dog food does it. Except Ken-L Ration. Here's what that means to you and your dog.

**Government inspection assures you of wholesome ingredients.**

The very same suppliers who provide your butcher with government-inspected beef for your table supply Ken-L Ration with meat by-products.

The grains we use to give your dog balanced nutrition are approved by government inspectors.

In fact, every ingredient we use in making Ken-L Ration canned dog food is U.S.D.A. approved. Finally, every step in preparation and canning must meet the most rigid



standards of cleanliness and hygiene before we can earn the government seal.

**Do higher standards mean higher prices?  
No!**

The government seal is your priceless assurance of wholesomeness. Yet Ken-L Ration actually is lower priced than the other leading canned dog foods. About 30% lower. That means you can save about 20¢

a day feeding your dog Ken-L Ration, rather than Alpo, for example. And *that* adds up to about \$70.00 a year.

And what you get is the nutritional formula that veterinarians overwhelmingly prefer.

**What vets say about Ken-L Ration nutrition.**


Ken-L Ration is a balanced blend of meat and grain ingredients. In a national survey of 500 veterinarians, balanced meat-and-grain formulas were preferred 3 to 1 over all-meat diets. Those expressing a brand preference chose Ken-L Ration 10 to 1 over all-meat Alpo.

U.S. Government Inspected Ken-L Ration. Doesn't it deserve your inspection? And doesn't your dog deserve its goodness?

**Ken-L Ration:**

The only leading canned dog food government inspected for wholesomeness.





America's Favorite Cigarette Break.

# Benson & Hedges 100's.

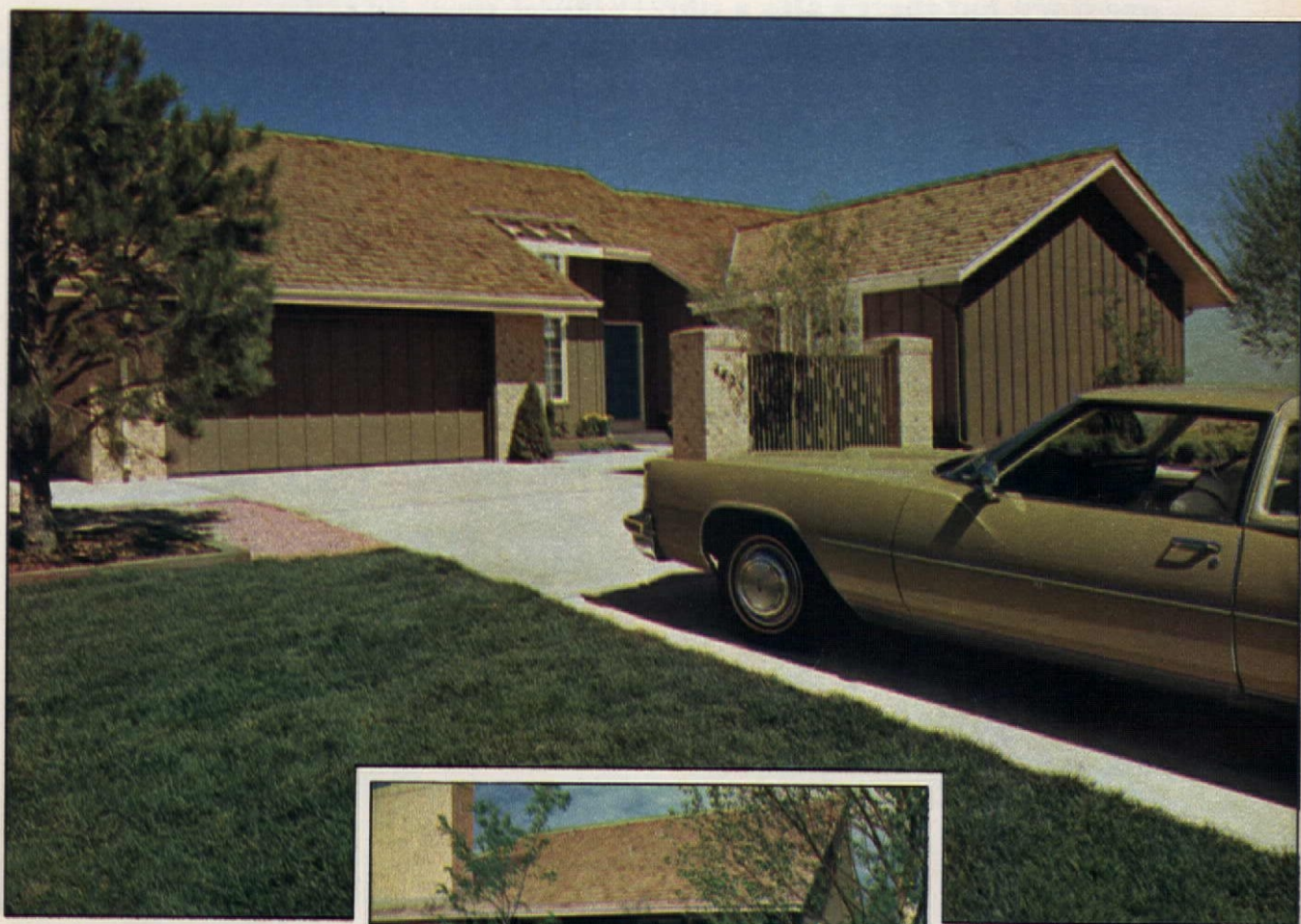
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

18 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report, Mar. '74.

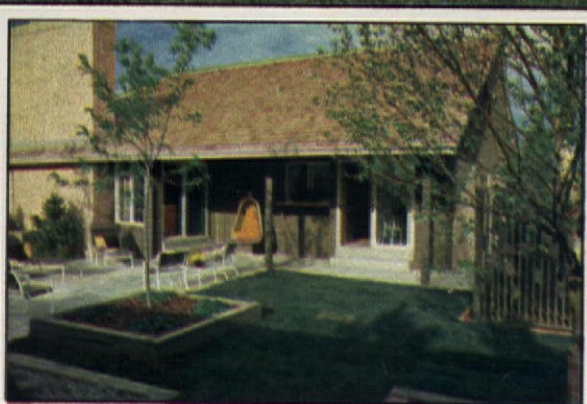


Menthol or Regular

# American homemakers help design our "House of the Year"



This Denver rustic contemporary has 11 rooms and a carload of conveniences, yet comprises only 2,200 square feet. Shown front and rear, it came off the drawing boards of Home Designers, Inc., was built by



Koelbel & Co., landscaped by Gerald F. Kessler. We decorated it. But its real designers were 42 women, convened by AH and the Denver Home Builders Assn., who told us what a dream home should be.

Flooring, American Olean  
Flooring, Armstrong intercom, NuTone counter tops, "Corian"  
Washbowl and surround, DuPont "Corian"  
Seating group, Simmons  
Draperies and curtains made from Celanese fibers, Decorator Industries, Inc.  
Bath, Kohler  
Washbowl, Crane with "Corian" surround  
Bedspread made from Celanese fibers, Decorator Industries, Inc.  
Lounge chair, La-Z-Boy, Zepel-treated  
Bedspread made from Celanese fibers, Decorator Industries, Inc.  
Bedspreads made from Arnel plush fibers, Blue Ridge-Winkler flooring, Congoleum

*continued*

# A compact package superbly and neatly designed for you

By Evan Frances, A.I.D.

**Denver homemakers wanted both elegance and practicality, which guided our choices of materials. Surfaces are hardy; upholstery fabrics, special-treated for stain resistance; wallpapers, wipable. Our "House of the Year" is basically one-story, but there's also a library/guest room tucked above the dining room (see floor plan, opposite).**



*You enter the house through the front door, painted an unforgettable bright blue, outside and in. You stand on cool, dark ceramic tile that has the sleek look of polished leather. Plants beckon at every turn, for our inviting entry is at the very*

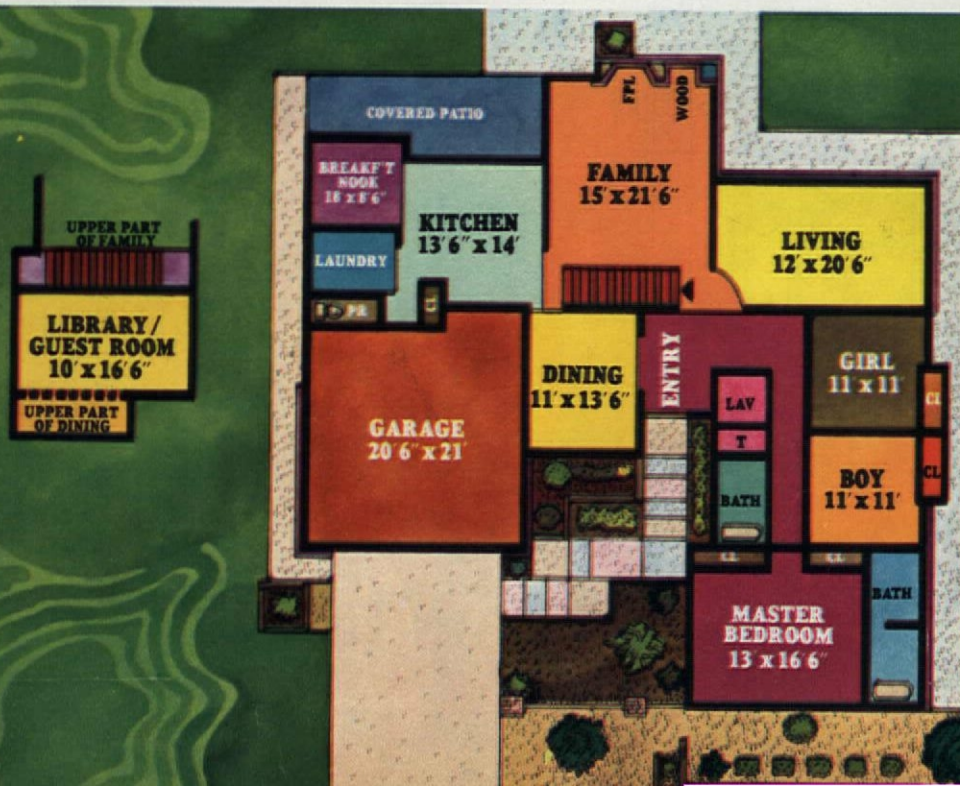
*heart of the house. Immediately accessible (seen from left, above) are dining, family and living rooms. The latter features a game table and velvet upholstered swivel chairs. Hall (not shown) leads to separate bedroom wing—a request of our panel.*



*Man-made "stone" fireplace gives focus to family room. Carpeting is spillproof acrylic. Sofa at right opens to queen-size bed. Stairs lead up to library/guest room.*



*White walls and tiers of white sheer curtains create a setting for Mediterranean-style furnishings in dining room. Oriental-pattern rug exposes parquet floor.*



*continued*

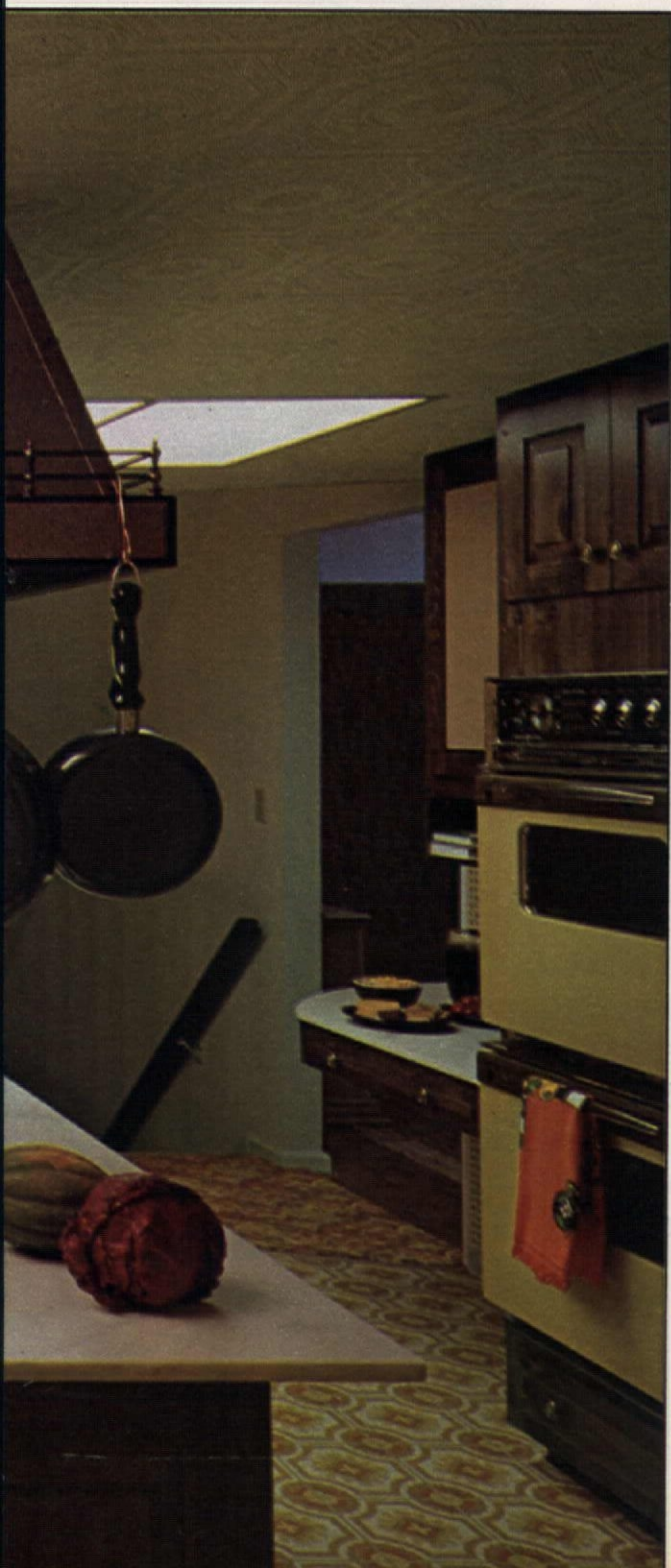
# A kitchen that has what every woman wants

Our "House of the Year" kitchen complex includes breakfast nook, laundry and powder room. The kitchen itself—designed around an island cooktop, with two wall ovens only one step away—is master-planned from top to bottom, with acoustical ceiling tile, diffused lighting from two recessed panels and vinyl flooring.



*Cozy breakfast nook (right) has pedestal table with circular butcher-block top and white-painted cane-seat bentwood chairs. Sliding glass doors let in daylight and provide access to covered patio.*

*Kitchen (below) has satin-finished wood cabinets and close-to-indestructible marble-look counter tops. Above planning desk at far right is home base for intercom system (not shown).*



*Silvery graffiti-enlivened wallpaper in powder room (above) cues choice of towels in vivid orange, yellow, black and brown. Integrated washbowl and surround are super stain- and damage-resistant.*

*continued*

# Rooms with versatility—for living, for entertaining



**Our library/guest room (above) can be a quiet upstairs hideaway for relaxing and reading, or when the handsome modular furniture is rearranged, a retreat that sleeps three. The living room, with its dark ceiling beams and rich oak-veneer paneling (opposite), is designed as the natural gathering spot when you are having friends over.**

*Draperies and cafe curtains in brilliant orange create a magnificent window wall in living room (right) without shutting out light or view. Shades are white with stripes in complementary colors. Elongated sofa is in soft-textured velvet, side chair in resilient Naugahyde.*

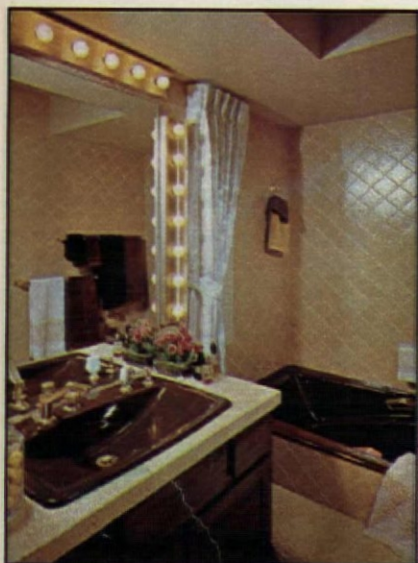




*Elegant wall system in living room (right) is a plus for storing and serving. Stereo components, records, tapes, plus trays, linens and other party gear are neatly stowed behind doors or in drawers. And collectibles are given show-off status behind gold grillwork. We added "Corian" top to side-by-side chests to make an ideal surface for cocktails or buffet. Painting is by Denver artist Gabriella Denton.*



# Super comfort and convenience for everyone in your family



**Working closely with Dale Miller and Dick Clark of Home Designers, Inc., we considered every feature asked for by our Denver women panelists. Among their requests incorporated into our "House of the Year": one bathroom divided into three separate parts for simultaneous use; carpeting on floors and ceramic tile on walls of bathrooms; decorative and privacy-producing window shades throughout; easy-to-maintain flooring in children's rooms; carpeting in the master bedroom plus an irresistibly comfortable chair. To find out more about the house, and how you can order blueprints, see page 46.**



*Master bath (left, top) features deep (steeping-bath) tub, bidet (not shown) and extra-big sink with special shampoo spray. Shower and tub in three-section bath (left, center) are part of one-piece Fiberglas unit that can be installed either before or after your house is built. Lavatory of three-section bath (left) has subtle recessed lighting.*



*Girl's room (below) has charming tile-effect vinyl flooring. Country French-style furniture, in an add-on arrangement, can expand with a child's needs.*





*Sumptuous master bedroom (above) has serenely Oriental touches. Damask bedspread coordinates with draperies, canopy and wall covering. Boy's room (left) has two trundle beds to sleep three guests. Walls of Masonite (dark) and vinyl-coated wallpaper (pale)—and flooring of cork-effect cushioned vinyl—are enduring assets, as is scratch-resistant "Denim" vinyl on chest fronts.*

Photographs by Maris/Semel  
Complete list of  
"House of the Year" furnishings,  
building materials and  
sources, page 50



# "Painting" with calico

By Eileen Denver Mimoso

People today love the look of country things—of gingerbread houses and old barns, handmade from calico and gingham." That's how Norma Gatje Smith explains the nostalgic appeal of the collages she creates out of fabric scraps, rickrack, ribbon and glue. Each year at the St. Joseph, Mich., Art Association's big, one-day Art Fair, Norma's colorful collection is sure to sell out.

A former textile designer with a keen eye, Norma hit on her collage idea via a workbasket full of pretty fabric left over from sewing dresses for her daughter Diana, now 13. Her snip-and-glue technique is simple enough (she tells you how to do it on page 94), and the results are wonderfully charming and imaginative.

"I get plenty of inspiration right near home in St. Joseph," she says. When her husband, Norman, is away (he's a pilot), she and Diana and young Dan, age 10, often drive out into the rolling farmland to photograph appealing barns or houses, which Norma translates into fabric. (continued on page 94)



Norma Gatje Smith (above) demonstrates her collage technique to Dan and Diana, who make collage Christmas cards.



"Christmas Cottage (opposite) and "Gingerbread House" (above) use gingham and calicos and other small-print fabrics.

A Michigan fine artist uses fabric scraps, rickrack and imagination to create lovable country-style collages. Learn her method—and make your own.

"Amsterdam Canal Scene" (below) draws its inspiration from the year that Norma spent in the Netherlands, before she married, working as a designer for a textile company.



Sky in "Country Church" (above) is made of blue-and-white gingham, as are all the skies in Norma's "paintings."

A group of student artists pores over Norma's collages (right), displayed at the annual St. Joseph (Mich.) Art Fair.

Norma's husband makes all the handsome frames for his wife's artwork.



"The Card Shoppe" (above) is themed around Christmas and Valentine's Day. Hearts, birds on tree and flowers in pots were all cut individually from scraps of printed fabric.

# Mary Tyler Moore's needlepoint

The warm, glowing living room you see here reflects the very personal decorating statement of TV's Mary Tyler Moore. Mary succumbed to the needlepoint vogue a while ago, finding it a soothing and productive way to pass time on the set between scenes. Three years and 23 glorious needlepoint creations later, when Mary and her husband, Grant Tinker, had finished remodeling their home in Malibu, Calif., her appealing handiwork became the focus of their decorating. Working with interior designer John Hall, they picked their colors accordingly. Now, with flower-garden hues and greenery everywhere, the house carries out the look of Mary's unique needlepoint—fresh, bright and casual.

—Helene Brown



Sherman Weissburd

**Background for needlepoint**, the lush green sofa fabric beautifully offsets the flowery pillows and cushions in Mary's living room (below and opposite). She also helped devise Mondrianesque rug that repeats the vibrant tones.



Leland Y. Lee





*Pine dining room server on wheels (right) can pull conveniently close to the table for serving salad or dessert. It also makes a handy bar cart. The Chippendale-style pine mirror above it features candle arms within its lovely curving lines. Splat-back pine side chairs (and companion armchairs, not shown) are available upholstered in a broad range of fine fabrics.*



## **Enjoy colonial charm in the spirit of '76**

**Our approaching Bicentennial is reviving a love of fine furnishings that beautifully recapture the mood and superb craftsmanship of our colonial past. These selections, part of a 48-piece group that makes a November debut in stores, were inspired by 17th- and 18th-century originals from museums and private sources coast to coast. They are made of woods authentic to the early period. From Heritage Furniture, this new American Tour collection results in the kind of decorating that turns a dining room (opposite, above, and on our cover) into a gem of country charm.—Christine B. Roth**



*Beautifully shaped curio cabinet (above), in glowing natural pine finish, has glass side panels. Interior light is a 20th-century touch.*





Perfect for a country room are oval pine gateleg table and stenciled oak Windsor chairs (above). Oak hutch is a scaled-down version of an antique original. Furniture in bedroom (right) is pine: Graceful Queen Anne-style high-boy complements more primitive dowry chest, with handscreened decorations. Chest top slides out to reveal shelf and divider, making it ideal as a bar/cocktail table, too. Bed's chair-back headboard is available in king, queen and double sizes; nightstand is one of 10 available smaller tables.



# Great dishes from ground meats



Meat Loaf Romana



Baked Veal Rolls  
with Vegetables

By Lucy Wing

**W**hen ground meat is mentioned, do you think only of hamburger? If so, you've got another "think" coming. For you can buy meats of all kinds already ground, in your supermarket—including beef, veal, pork, lamb and turkey—or save money and grind them yourself at home. Then you can turn the results into superb creations to delight your family or the friends who drop over. Recipes for the five dishes pictured, plus more, each with menu ideas that add up to a meal, begin on page 82.

Terrine of Pork

Continental Turkey Pie

Moussaka



## Apple Fritters

6 cooking apples  
 ½ cup sugar  
 ¼ teaspoon ground cinnamon  
 ½ cup brandy or rum  
 1¾ cups sifted all-purpose flour  
 Dash of salt  
 2 egg yolks  
 ¾ cup milk  
 ⅔ cup flat beer  
 2 tablespoons melted butter or margarine  
 2 cups milk  
 5 egg yolks  
 ½ cup sugar  
 2 teaspoons vanilla  
 2 egg whites, stiffly beaten  
 Fat or oil for frying

# Country French dessert favorite Apple Fritters



**No. 71**  
**Cooking Lesson**  
 By Jacques Jaffry

**1** Pare and core apples. Cut into ¼- to ½-inch-thick slices. Place slices in large bowl. Sprinkle with ½ cup sugar and cinnamon. Pour brandy or rum over apple slices. Put bowl in refrigerator for at least 1 hour, tossing slices gently with fork several times.

**2** Combine flour, salt, 2 egg yolks, ¾ cup milk, beer and butter or margarine in bowl. Stir until smooth. Do not overbeat. Let rest 1 hour. While batter rests, prepare Custard Sauce: Heat 2 cups milk to scalding in top of double boiler. Remove from heat. Beat 5 egg yolks and ½ cup sugar in bowl until thick and lemon-colored. Stir in hot milk slowly. Return mixture to top of double boiler. Cook over hot (not boiling) water, stirring constantly, until custard coats the spoon. Strain into a bowl. Stir in vanilla.

**3** When ready to cook fritters, fold beaten egg whites into batter. Drain liquid from apples. Stir liquid into batter. Heat 3-inch depth of fat or oil to 375° in deep, heavy skillet or saucepan. Dip apple slices, 1 at a time, into batter with fork or tongs. Let excess drip off. Fry fritters until brown on one side. Turn; brown second side. Remove from fat with fork or slotted spoon. Drain on paper towels. Arrange on serving plate. Serve with Custard Sauce or sprinkle with confectioners' sugar. Makes 6 to 8 servings.



Take a  
bottle of

# Salad Dressing

By Frances M. Crawford

You'll find many more uses for bottled dressing than just enlivening salads. It can add a delicious new dimension to appetizers, main dishes and accompaniments, as you'll find in recipes beginning on page 84



*Clockwise from right:  
Fish filets achieve gourmet  
elegance when marinated in  
garlic-French dressing; a  
luscious stew of beef chunks,  
garbanzos and tomatoes takes  
on special taste with Italian  
dressing; red cabbage gets  
a tangy plus when laced with  
red wine-flavored dressing.*

**Win the noon-time race for lunch**  
with the hot meal that's ready in minutes.  
Tender egg noodles in a thick chicken-y sauce.  
**Kraft Noodle with Chicken Dinner.**  
The good kind you cook up fresh.



# Ground Meats

continued from page 77

## KEY TO NUTRITION RATINGS

To assist you in meal planning, each of our recipes lists not only the number of servings, but also the calorie (cal.), protein (P.), fat (F.) and carbohydrate (C.) content one serving provides. A recipe will also be designated a vitamin source if a serving supplies 20 percent or more of the recommended daily allowance.

### Moussaka

(pictured on page 77)

**Makes 8 servings.** Each serving: 557 cal.; 19.7 gms. P.; 46.5 gms. F.; 16 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

2 eggplant (about 1 pound each)

Salt

2 tablespoons olive or pure vegetable oil

½ cup fresh or frozen chopped onion

1 clove of garlic, minced

1½ pounds ground lamb or 1½ pounds boneless lamb shoulder, ground

1 can (about 1 pound) whole tomatoes

1 can (6 ounces) tomato paste

1 teaspoon leaf oregano, crumbled

¼ teaspoon ground cinnamon

1 teaspoon salt

3 tablespoons butter or margarine

3 tablespoons all-purpose flour

1½ cups milk

1 egg

Flour

½ cup olive or pure vegetable oil

6 tablespoons grated

Parmesan cheese

Pare eggplant. Cut crosswise into ½-inch slices. Sprinkle slices lightly on both sides with salt. Place in shallow pan. Let stand 30 minutes. Heat 2 tablespoons oil in skillet. Add onion and garlic. Sauté 2 minutes. Add lamb. Cook until browned, stirring occasionally. Add tomatoes with their liquid, tomato paste, oregano, cinnamon and salt. Bring to boiling. Simmer over low heat 15 minutes. Remove from heat.

Melt butter or margarine in saucepan over low heat. Stir in flour. Cook until bubbly, stirring constantly. Stir in milk gradually until blended. Cook over medium heat until sauce thickens, stirring constantly. Beat egg in small bowl; add ½ the hot sauce. Stir egg mixture into remaining hot sauce in pan. Remove from heat.

Drain eggplant. Pat dry with paper towels. Dredge lightly with flour. Heat ¼ cup oil in large skillet over high heat. Fry slices until lightly browned on both sides, adding more oil if necessary. Drain slices on paper towels. Heat oven to 350°.

Arrange layer of eggplant slices in 2-quart oval shallow or 13x9x2-inch baking dish. Top with ½ the meat mixture. Sprinkle with 3 tablespoons grated cheese. Layer again with remaining eggplant and meat. Spoon

sauce over top and around edge of dish. Sprinkle with remaining cheese. Bake 25 minutes or until bubbly. Let stand 10 minutes before serving. Sprinkle with chopped parsley, if desired.

Serve a cold, crisp mushroom, olive and mixed green salad with this savory Greek dish. Try a dessert that takes little time or preparation: Fold strawberry or raspberry yogurt into thawed, frozen vanilla pudding. Spoon into dessert dishes and top with a dollop of whipped cream and a sprinkling of diced, roasted almonds.

### Terrine of Pork

(pictured on pages 76-77)

**Makes 8 servings.** Each serving: 829 cal.; 29.7 gms. P.; 75.6 gms. F.; 2.9 gms. C. Source of thiamine, riboflavin and niacin.

1 whole chicken breast (about 1 pound)

½ cup dry sherry

½ teaspoon ground nutmeg

½ teaspoon ground cloves

¼ teaspoon pepper

2 pounds ground pork or 2 pounds boneless pork shoulder, ground

1 cup minced onion (1 large)

1 clove of garlic, minced

2 large eggs, beaten

2 teaspoons salt

¾ pound sliced bacon (about 16 slices)

6 sour or dill pickles, each about 4 inches long, quartered lengthwise

1 bay leaf

Bone and skin chicken. Cut lengthwise into ½-inch strips. Place in small bowl. Add sherry, nutmeg, cloves and pepper. Toss to mix. Refrigerate 1 hour. Drain marinade from chicken into large bowl. Set chicken aside. Add pork, onion, garlic, eggs and salt to sherry mixture in bowl. Toss with fork until well mixed.

Line bottom and sides of 1- or 1½-quart terrine or deep, straight-sided oval baking dish with bacon (place slices so that the inside ends just meet in bottom of dish and other ends hang over top edge). Spoon about ½ of meat mixture into bottom of bacon-lined dish, pressing into an even layer. Place ½ of pickle and chicken strips in alternating rows, lengthwise, over meat layer. Cover with another ½ meat mixture. Repeat layering with remaining pickle and chicken strips, ending with meat mixture. Bring bacon over top of meat to cover. Top with bay leaf. Cover dish with aluminum foil.

Heat oven to 375°. Set dish in large baking pan. Pour enough hot water into pan so level is halfway up the sides. Bake pork in water bath 2 hours. Remove dish carefully from oven. Pour off all juices from dish. Re-cover with foil. Place flat plate and then heavy cans on top of meat to weight it down. Refrigerate until cold.

Before serving, run metal spatula around edge of dish. Lift meat from dish. If it sticks to bottom, heat in low oven until loosened. Scrape off

scum and jellied juices from surface. Place on cutting board or serving platter. Garnish and serve with watercress and cooked tiny beets, if desired.

Accompany this luncheon or supper entrée with warm, crusty bread and baked apple dumplings. This entrée may also be served as the first course of a dinner or, for a special party, an hors d'oeuvre on a tray with crackers and cold relishes.

### Curried Lamb Hash

**Makes 4 servings.** Each serving: 557 cal.; 22.5 gms. P.; 35.6 gms. F.; 36 gms. C. Source of thiamine, riboflavin and niacin.

2 tablespoons butter or margarine

1 cup fresh or frozen

chopped onion

1 clove of garlic, crushed

1 pound ground lamb or 1 pound boneless lamb shoulder, ground

1 tablespoon curry powder

1 package (7 or 8 ounces) chicken-flavored rice and vermicelli mix

2 to 2½ cups water

2 tablespoons chopped parsley

Heat butter or margarine in large skillet over medium heat. Add onion and garlic; sauté 3 minutes. Add lamb; cook until lightly browned. Discard all but about 2 tablespoons fat from pan. Add curry and rice-vermicelli mix with its seasoning packet. Stir until well mixed. Stir in 2 cups water. Bring to boiling. Cover. Simmer over low heat until rice is tender and liquid is absorbed. Add more water if rice is not tender but mixture is dry. Sprinkle with parsley.

To round out this meal, we suggest buttered green beans, broiled tomato halves, chutney and lime-gelatin celery salad. An orange-laced cheesecake makes a sumptuous finale.

### Deviled Salisbury Steaks

**Makes 4 servings.** Each serving: 407 cal.; 35.8 gms. P.; 23 gms. F.; 12.7 gms. C. Source of riboflavin and niacin.

1½ pounds ground chuck

2 tablespoons butter or margarine

½ cup cut-up green onions (1-inch pieces)

½ cup water

3 tablespoons brown sugar

2 tablespoons bottled steak sauce

1 tablespoon prepared mustard

1 teaspoon salt

Shape meat into 4 oval steaks. Heat butter or margarine in large skillet over high heat. Add meat. Brown quickly on both sides or cook to desired degree of doneness. Remove to platter; keep warm. Add onions to fat left in pan; sauté 1 minute. Add water, brown sugar, steak sauce, mustard and salt. Bring to boiling, stirring constantly. Spoon over steaks.

We suggest serving steaks and juices over toasted and buttered diagonally sliced French bread. Add cauliflower au gratin, julienne carrots and raisin rice pudding to this meal.

continued



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continued

## Continental Turkey Pie

(pictured on page 77)

**Makes 6 servings.** Each serving: 589 cal.; 32 gms. P.; 33 gms. F.; 37.8 gms. C. Source of thiamine, riboflavin and niacin.

- 1/4 cup butter or margarine
- 1 1/2 pounds ground turkey, thawed if frozen, and shaped into 1-inch balls
- 1 large onion, thinly sliced
- 1/2 pound mushrooms, sliced
- 1/2 cup white wine
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 1 package (10 ounces) frozen peas
- 1 egg yolk
- 1 tablespoon water
- 1 package pie-crust mix for 2-crust pie

Melt butter or margarine in large skillet over medium-high heat. Add turkey. Cook until lightly browned, shaking pan occasionally to keep balls round. Remove turkey with slotted spoon to bowl. Add onion to fat left in pan. Sauté 2 minutes. Add mushrooms. Cook until just tender. Remove to bowl. Add wine to pan. Stir to loosen brown bits. Add undiluted soup. Bring to boiling. Stir in peas and turkey mixture. Remove from heat.

Heat oven to 425°. Beat yolk and water together in small bowl. Prepare pie-crust mix according to package directions. Roll out 1/2 the pastry to 12-inch circle. Line 9-inch pie plate with pastry, allowing 1-inch overhang. Fill with turkey mixture. Brush edge of pastry with yolk mixture. Roll out remaining pastry; cut into 1/2-inch strips. Arrange strips, lattice-fashion, over filling. Trim strips even with edge. Fold overhang over ends. Flute edge. Brush strips and edge with yolk mixture. Bake 30 minutes or until golden.

To serve with this hearty main dish, we suggest a cranberry-orange relish and a mixed green salad. Follow with sliced frozen swirled pound-cake and scoops of ice cream.

## Baked Veal Rolls with Vegetables

(pictured on page 76)

**Makes 6 servings.** Each serving: 562 cal.; 38 gms. P.; 33.7 gms. F.; 25.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 1/2 cup butter or margarine
- 1/4 cup finely chopped celery
- 1/4 cup minced green onions
- 1 1/2 cups packaged bread crumbs
- 1/2 teaspoon salt
- 2 eggs
- 2 tablespoons water
- 2 pounds ground veal or 2 pounds boneless veal shoulder, ground
- 1/2 pound carrots, pared and thinly sliced
- 1 package (10 ounces) frozen Brussels sprouts, partially thawed and each cut in half
- 1 can (10 3/4 ounces) condensed chicken broth

Melt 1/4 cup butter or margarine in saucepan over medium heat. Add celery and green onions. Sauté 2 minutes. Add 1/4 cup crumbs and salt. Remove from heat. Beat eggs and water in flat dish. Remove 2 tablespoons egg mixture; toss with crumbs. Divide veal into 6 portions. Shape each portion into a 4 1/2-inch-square patty. Place mound of crumbs in center of each patty. Press crumbs gently to make them cling together. Roll patty so crumbs are completely enclosed. Press ends of roll to seal. Repeat with remaining patties.

Place remaining crumbs on wax paper. Dip rolls in egg mixture; roll in crumbs to coat well. Heat remaining butter or margarine in large skillet over medium heat. Sauté rolls until golden on all sides, turning gently. Heat oven to 375°. Place rolls in 13x9x2-inch baking dish. Add carrots, sprouts and undiluted broth. Cover dish with aluminum foil. Bake 30 minutes or until vegetables are tender. Serve with heated canned chicken gravy, if desired.

The combination of stuffed veal, carrots and sprouts gives a delicious, delicate meal-in-a-dish. Try it with rich, creamy scalloped potatoes. A perfect ending would be a simple dessert of poached pears with a touch of green crème de menthe.

## Meat Loaf Romana

(pictured on page 76)

**Makes 8 servings.** Each serving (made with ground beef): 698 cal.; 27 gms. P.; 52 gms. F.; 28 gms. C. Source of thiamine, riboflavin and niacin.

- 1 1/2 pounds ground beef or 1 1/2 pounds round or chuck, ground
- 1 pound bulk pork sausage
- 1 cup packaged bread crumbs
- 1/2 cup milk
- 2 large eggs, beaten
- 3 tablespoons instant minced onion
- 1 teaspoon salt
- 1 jar (about 2 pounds) plain spaghetti sauce
- 2 teaspoons sugar

Heat oven to 350°. Combine beef, sausage, crumbs, milk, eggs, onion and salt in large bowl; mix well. Gather into ball. Place in shallow baking pan. Make large scalloped design around edge of meat with fingers. Cover with foil. Bake 1 1/4 hours.

Combine spaghetti sauce and sugar in saucepan. Remove meat from oven; remove and discard foil. Spoon some sauce over top of meat. Return to oven; bake 15 minutes more. Lift meat to serving platter, using 2 wide spatulas. Surround meat with cooked spaghetti and garnish with parsley, if desired. Heat and serve remaining sauce separately.

A natural accompaniment is an antipasto platter of canned marinated artichokes, green and ripe olives, mushrooms and roasted red pepper strips arranged over greens. Cooked frozen broccoli or green beans and bread sticks would complete this main course. A light dessert or fresh fruit would be an ideal finish.

## Creole Soufflé

**Makes 6 servings.** Each serving: 317 cal.; 16 gms. P.; 24.4 gms. F.; 8 gms. C. Source of vitamin A, thiamine and riboflavin.

- 1/4 cup butter or margarine
- 1/4 cup minced onion
- 1/4 cup minced green pepper
- 1 clove of garlic, minced
- 1/4 cup all-purpose flour
- 1 1/2 cups milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 6 egg yolks
- 2 tablespoons diced pimiento
- 1 1/4 cups ground ham or 1/2 pound boneless cooked ham, ground
- 6 egg whites

Melt butter or margarine in saucepan over medium heat. Add onion, green pepper and garlic. Sauté 2 minutes. Stir in flour. Cook 1 minute. Add milk, salt and pepper. Cook until sauce is thickened, stirring constantly. Remove from heat. Beat yolks in small bowl. Add small amount of the hot sauce. Stir yolk mixture into remaining sauce in pan. Add pimiento and ham; stir gently. Heat oven to 350°.

Beat egg whites in large bowl until stiff, but not dry. Stir about 1/2 cup whites into ham mixture to lighten it. Fold ham mixture into remaining whites gently. Turn mixture into ungreased 2-quart soufflé dish. Bake 45 to 50 minutes or until firm.

Serve immediately along with wedges of crisp iceberg lettuce topped with bottled green goddess dressing and buttered hard rolls. Finish the light meal with do-ahead chocolate and mint ice cream parfaits.

## Salad Dressing

continued from page 80

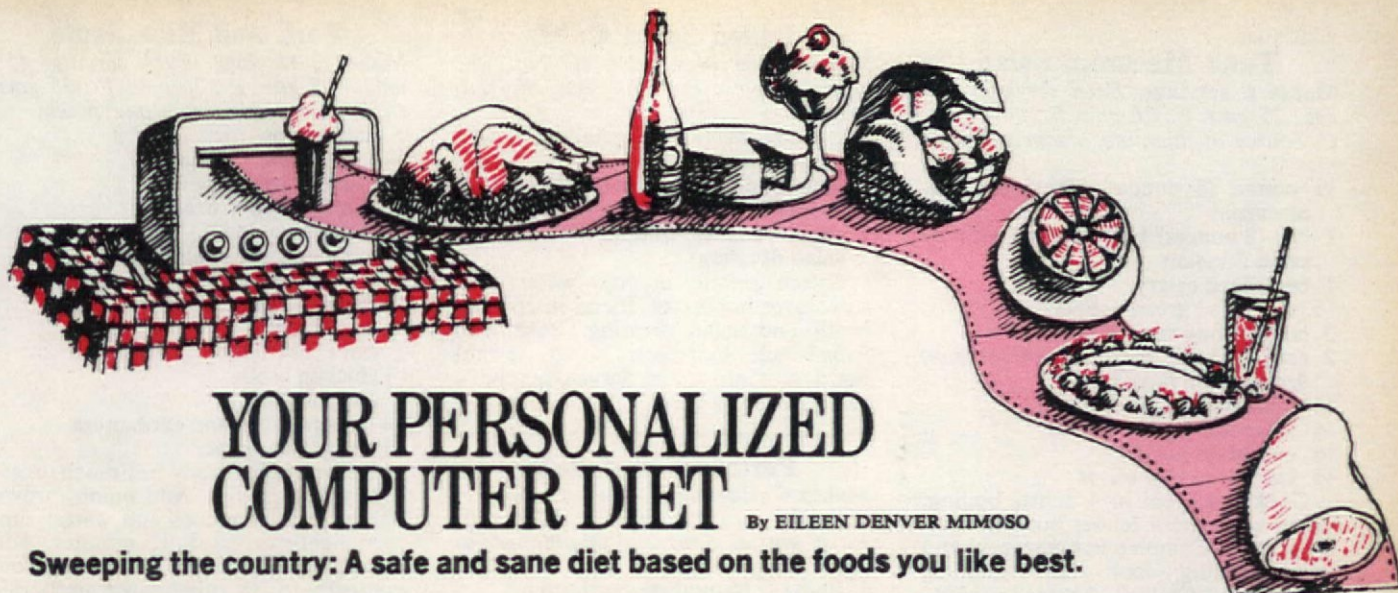
### Marinated Sliced Steak

**Makes 8 servings.** Each serving made with sirloin—384 cal.; 14.5 gms. P.; 35 gms. F.; 1.4 gms. C. Made with top round—286 cal.; 17 gms. P.; 23 gms. F.; 1.4 gms. C. Both are sources of niacin.

- 1 1/2 pounds sirloin or top round steak, sliced 1/8 inch thick
- 1/3 cup minced fresh parsley
- 1/2 cup fresh or frozen chopped onion
- 1 cup (8 ounces) bottled red wine-flavored salad dressing
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon rubbed basil
- 1/4 teaspoon crumbled oregano
- 1/8 teaspoon freshly ground pepper

Layer meat strips and parsley in shallow bowl. Combine remaining ingredients in saucepan. Simmer 5 minutes to blend flavors. Cool; pour over meat. Cover; chill 24 hours. Arrange meat strips on serving platter. Spoon a little marinade over top. Serve as an appetizer with crisp crackers or melba toast, if desired.

continued



# YOUR PERSONALIZED COMPUTER DIET

By EILEEN DENVER MIMOSO

**Sweeping the country: A safe and sane diet based on the foods you like best.**

Now you can get a diet that is tailor-made to your eating habits and your personality. No more regimens of grapefruit and cottage cheese, no more juggling calories. The Cadence Computerized Diet lets you eat the foods you love—to lose the pounds you hate.

The innovative brains behind this miracle program are a concerned woman doctor and a busy computer. Georgina Faludi, M.D., a distinguished obesity specialist. Her method is to conduct an in-depth interview with each patient, then work out a meal-by-meal diet for them. She has had remarkable success in bringing patients to their ideal weight and maintaining it. "But I wanted to help many *more* people," she explains, "and how could I do that without time-consuming individual interviews and diets?"

The computer was the answer: Now you, too, can have an "interview" with Dr. Faludi and get a diet designed just for you. It's simple: First, you fill out a detailed questionnaire on yourself: this is put into a computer that has already been fed with data based on the doctor's long experience in treating overweight people. In seconds, the computer works out a safe, meal-by-meal 21-day diet in booklet form that is yours alone.

The Cadence diet, introduced just a few months ago, has been phenomenally successful so far. "I think it's because it treats people like the individuals they are," says the doctor. "Most reducing programs are the same for everybody. But you can't prescribe the same diet for an active 6-foot 2-inch businessman and a 5-foot 1-inch secretary who sits all day."

To get *your* own computerized diet, you supply a bit of preliminary information on coupon (below) and send it in, along with \$14.95. (To participate, you cannot be pregnant and must be over 16.) In return, you receive a long, confidential questionnaire that covers your physical makeup, medical and dieting history, exercising and eating habits.

The questionnaire includes a list of close to 200 foods. Next to each, you check off: "Like to eat often," "Like to eat occasionally," "Eat if I have to," "Absolutely dislike or am allergic to." The whole thing is much like the patient history you would give Dr. Faludi in an interview.

The diet booklet you receive begins with personalized advice about the way you

should eat and exercise, and about any problems your case may present. And there's a 21-day breakfast/lunch/dinner diet.

The diet, which comes with a three-month guarantee, is completely balanced nutritionally. You don't have to count calories; the computer does that for you.

Being overweight is a problem, of course, and many people today are beginning to realize that it is more than a mere matter of looks. "Overweight shortens life," says Dr. Faludi. "It is the greatest contributing factor to cardiovascular death—our nation's single largest killer."

Attempting to lose weight, the average overweight person has been on at least six fad diets, with only temporary success. There's only one real answer, according to Dr. Faludi: "You must retrain your eating habits, learn to pace yourself—eating what you like, but eating less. If you follow the Cadence diet exactly, you can use it for the rest of your life without ill effects.

At the end of 21 days, you can simply

repeat the plan or pay the cost of a new 21-day program based on what's happened so far. On a follow-up questionnaire, you list your new weight and note any diet changes you might wish—more meat, maybe, or less tuna fish. This goes back into the computer and out comes a new program.

"Ideally," she adds, "every overweight person should see a diet specialist, but that's expensive and often impossible. The computerized diet is the next best thing. If you fill out the questionnaire honestly and follow the diet you *will* lose weight—safely, slowly and permanently."



Dr. Georgina Faludi, the woman behind the new computer diet, has been treating overweight people for years. She heads the Obesity and Diabetic Clinics at Hahnemann Medical College and Hospital in Philadelphia and is also a busy wife and mother of two active sons.

## FILL OUT THIS COUPON TO ORDER YOUR COMPUTERIZED, PERSONALIZED DIET

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### Cadence Computerized Diet

American Home, Dept. 1074, 641 Lexington Avenue, N.Y., N.Y. 10022

I have read about the Cadence Computerized diet in *American Home*. I understand that the best advice on a diet can be obtained from my own doctor. However, I am interested in trying your diet based upon my personal diet history and food preferences in order to lose weight and retrain my eating habits.

I am giving the following preliminary information about myself. Please send me your special questionnaire form described in the article. I understand that this entire program is completely guaranteed and if I am not satisfied at any time during first three months, I simply return it for every cent back.

I am enclosing a check or m.o. for \$14.95 plus 60¢ for mailing, payable to Cadence Computerized Diet, or charge my: (check one)  Dinners Club  Master Charge\*  Carte Blanche  BankAmericard  American Express  Exp. Date \_\_\_\_\_

Interbank\* No. \_\_\_\_\_ (find above your name)

\_\_\_\_ Mr. \_\_\_\_\_  
\_\_\_\_ Mrs. \_\_\_\_\_  
\_\_\_\_ Miss \_\_\_\_\_ (Please print)

Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### FILL THIS IN NOW!

1. What is your sex? M.  F.  Present weight \_\_\_\_\_ lbs. Age \_\_\_\_\_ years. Height (in stocking feet) feet \_\_\_\_\_ inches.
2. I would like to lose \_\_\_\_\_ lbs.
3. How would you define your body frame? Big-boned \_\_\_\_\_ Medium \_\_\_\_\_ Small \_\_\_\_\_ What is your wrist measurement (inches)? \_\_\_\_\_
4. How long have you been overweight? \_\_\_\_\_
5. Have you been on a diet in the last 12 months? \_\_\_\_\_ How much weight did you lose? \_\_\_\_\_ lbs. Did you keep that weight off? \_\_\_\_\_ How much of it did you gain back? \_\_\_\_\_ lbs. How fast? \_\_\_\_\_ months.

continued

### Tuna Macaroni Salad

Makes 6 servings. Each serving: 478 cal.; 25 gms. P.; 26 gms. F.; 34.4 gms. C. Source of thiamine, niacin and vitamin C.

- 1/2 pound (8 ounces) elbow or shell macaroni
- 1 cup (8 ounces) bottled green goddess salad dressing
- 1 cup sliced celery
- 1/2 cup diced green pepper
- 3 tablespoons minced onion
- 2 cans (6 1/2 to 7 ounces each) tuna, drained and flaked
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 cup plain yogurt
- 1/3 cup sliced ripe olives

Cook macaroni in 4 quarts boiling, salted water until tender but still firm. Drain well. Combine hot macaroni and salad dressing; cool. Add remaining ingredients. Chill 2 hours to blend flavors, stirring occasionally. Garnish with anchovies, tomato wedges and chicory, if desired.

### Marinated Mushrooms and Artichokes

Makes 6 servings. Each serving: 164 cal.; 2.5 gms. P.; 14.7 gms. F.; 6.8 gms. C. Source of riboflavin and niacin.

- 1 package (9 ounces) frozen artichoke hearts
- 1 pound small fresh mushrooms, washed
- 3/4 cup bottled Italian salad dressing
- 2 tablespoons snipped parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Cook artichoke hearts according to package directions. Drain. Combine artichoke hearts and remaining ingredients in plastic bag. Twist or tie bag closed; turn bag over to coat mushrooms well. Chill 24 hours, turning bag over occasionally. Serve cold as hors d'oeuvre or side salad. Sprinkle with additional snipped parsley, if desired.

### Barbecued Chicken

Makes 8 servings. Each serving: 437 cal.; 43 gms. P.; 27.5 gms. F.; 1.5 gms. C. Source of vitamin A, riboflavin and niacin.

- 1 cup (8 ounces) bottled Caesar-style salad dressing
- 1 1/4 teaspoons salt
- 2 teaspoons prepared mustard
- 1/2 teaspoon crumbled basil
- 1/4 teaspoon pepper
- Dash of cayenne
- 1 clove of garlic, mashed
- 2 broiler-fryers (about 3 pounds each), quartered

Combine salad dressing, seasonings and garlic; blend well. Pour over chicken pieces in shallow pan. Let stand 1 hour, turning chicken often. Broil very slowly over charcoal or in broiler 35 to 40 minutes or until meat is tender. Turn chicken and brush often with marinade during cooking.

### Jellied Salad Cubes

Makes 8 servings. Each serving: 152 cal.; 1.5 gms. P.; 15.4 gms. F.; 1.7 gms. C.

- 1 envelope unflavored gelatin
  - 1/4 cup cold water
  - 1/2 cup undiluted canned chicken broth
  - 1 cup (8 ounces) bottled blue cheese salad dressing
- Soften gelatin in cold water; dissolve over hot water. Blend in chicken broth and salad dressing. Pour into 9x5x3-inch loaf pan. Chill several hours. Cut into cubes. Serve over chef's salad or mixed green salad.

### Parmesan Spaghetti

Makes 6 side-dish servings. Each serving: 304 cal.; 9.8 gms. P.; 15.9 gms. F.; 30 gms. C. Source of thiamine, riboflavin and niacin.

- 1 package (8 ounces) spaghetti or fettucini
- 8 to 10 raw mushrooms, minced (about 1 cup)
- 2 eggs, slightly beaten
- 1/2 cup bottled Caesar-style salad dressing
- 1/2 cup grated Parmesan cheese
- 1/4 cup minced fresh parsley
- 3/4 teaspoon salt
- 1/8 teaspoon pepper

Cook spaghetti or fettucini according to package directions. Drain well; return to pan. Add mushrooms and eggs immediately; toss to coat well. Add remaining ingredients, blending well. Serve at once.

### Beef and Garbanzo Stew

(pictured on page 80)

Makes 6 servings. Each serving: 744 cal.; 39 gms. P.; 38.9 gms. F.; 54.7 gms. C. Source of thiamine, riboflavin and niacin.

- 1 1/2 pounds boneless beef stew, cut in 1-inch cubes
- 1/4 cup flour
- 2 tablespoons pure vegetable oil
- 1 cup fresh or frozen chopped onion
- 2 stalks celery, minced (about 1 cup)
- 1/2 cup bottled Italian salad dressing
- 1 can (10 3/4 ounces) condensed beef broth
- 1 can (1 pound) garbanzos (chick-peas), drained
- 1 cup canned tomatoes with juice
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon oregano, crumbled
- 1/8 teaspoon ground cloves
- 1/8 teaspoon pepper

Dredge beef cubes in flour. Brown meat well in hot oil. Add onion; brown lightly. Add remaining ingredients. Simmer, covered, 1 1/2 to 2 hours or until meat is tender. If you wish to thicken gravy, blend 2 tablespoons flour to smooth paste with 2 tablespoons water. Pour into stew. Cook, stirring constantly, until gravy thickens and boils 1 minute.

### Pork and Rice Sauté

Makes 6 servings. Each serving: 455 cal.; 18.7 gms. P.; 26 gms. F.; 35 gms. C. Source of thiamine and niacin.

- 6 pork chops
- 1/4 cup bottled creamy French dressing
- 1 cup fresh or frozen chopped onion
- 2 tomatoes, cut in chunks
- 2 tablespoons water
- 1 cup raw rice
- 1/4 cup raisins
- 1 can (10 3/4 ounces) condensed chicken broth
- 1 teaspoon salt
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon pepper

Brown chops lightly in French dressing in large skillet. Add onion; brown lightly. Add tomatoes and water; simmer, tightly covered, 15 minutes. Add remaining ingredients. Simmer, covered, 25 to 35 minutes or until rice and chops are tender, stirring occasionally. Add a little more water if necessary during cooking.

### Tangy Red Cabbage

(pictured on page 80)

Makes 8 servings. Each serving: 95 cal.; 1 gm. P.; 6.3 gms. F.; 9.9 gms. C. Source of vitamin C.

- 1 medium-size head red cabbage (about 2 pounds)
- 1/2 cup bottled red wine-flavored salad dressing
- 1/3 cup water
- 2 apples, peeled, cored and thinly sliced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon nutmeg

Quarter and core cabbage; wash; drain well. Shred cabbage finely (makes about 8 cups). Place cabbage in large saucepan. Add salad dressing, water and apples; simmer, covered, 35 minutes or until cabbage is tender. Stir occasionally during cooking. Season with salt, pepper and nutmeg. Garnish with additional apple slices, if desired.

### Broiled Marinated Filets

(pictured on page 80)

Makes 6 servings. Each serving: 237 cal.; 25 gms. P.; 11.6 gms. F.; 6 gms. C.

- 2 pounds filet of sole or flounder
- 2/3 cup bottled garlic-flavored French dressing
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons chopped green onions
- Avocado slices
- Watercress

Arrange filets in shallow pan. Pour dressing over fish; sprinkle with salt and pepper. Marinate 1 to 2 hours. Place filets on broiler pan. Broil slowly, brushing often with salad-dressing marinade, until fish flakes easily and is lightly browned. Sprinkle with green onions; broil 1 to 2 minutes longer. Arrange filets on serving platter. Garnish with avocado slices and watercress.

continued

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continued

### Marinated Beef

Makes 8 servings. Each serving: 595 cal.; 35.8 gms. P.; 35 gms. F.; 24.6 gms. C. Source of vitamin A, riboflavin and niacin.

- 2 large carrots, pared and shredded (about 1½ cups)
- 1¼ cups fresh or frozen chopped onion
- 1 clove of garlic, minced
- 2 large stalks celery, minced (about 1 cup)
- 1 cup (8 ounces) bottled garlic-flavored French dressing
- 1 cup dry red wine
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 2 bay leaves
- 2 teaspoons whole pickling spice
- 3-pound top or bottom round roast
- 2 tablespoons pure vegetable oil
- 1 cup water
- 2 tablespoons lemon juice
- 6 gingersnaps (¼ cup crushed)

Combine carrots, onion, garlic, celery and salad dressing in saucepan. Simmer 5 minutes, stirring often. Add wine, brown sugar, salt, bay leaves and pickling spice. Heat just to boiling; cool. Place roast in glass or ceramic bowl. Pour cooled marinade over meat, coating sides well. Cover bowl; refrigerate meat two days, turning roast often. Remove meat from marinade, reserving liquid. Brown roast slowly in oil in heavy Dutch oven. Discard any excess fat. Add reserved marinade, water and lemon juice. Simmer, covered, 2½ to 3 hours or until meat is tender. Remove roast; keep warm. Strain cooking liquid; return to Dutch oven. Boil liquid until reduced to about 2½ cups. Stir in crushed gingersnaps to thicken gravy. Spoon hot sauce over meat slices.

### SHOPPING INFORMATION

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

#### ENJOY COLONIAL CHARM IN THE SPIRIT OF '76

Page 74, top: Wallpaper, "Just Stenciled," Louis W. Bowen, Inc.; N.Y.C.; chair fabric #791, color #32, Heritage Furniture, Drexel, N.C.

Page 75, Top: Windsor chairs, rayon/cotton seat fabric #152, color #72, Heritage Furniture, Drexel, N.C. Bottom: Crewel fabric #243, color #65, Heritage Furniture, Drexel, N.C.

#### TAKE A BOTTLE OF SALAD DRESSING

Page 80: Blue/green/red platter, red/green bowl, Castilian Plaza, N.Y.C.

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# Bargain booklets for your cooking pleasure

Run out of menu ideas? Need a tasty new recipe to spark an everyday meal, or an economical dish for company dinner? Let today's crop of mini-books come to your rescue!

**Mushrooms add glamour** and richness to any meal, and the beautifully illustrated *B in B Mushroom Cookbook* shows why. This 25-page recipe booklet features salads, sauces and delicious vegetable dishes—a natural for mushrooms. There are also 24 modestly priced entrées plus make-ahead appetizers for easy entertaining. Send a B in B Mushrooms can label along with your name and address to B in B Mushroom Cookbook, Box 553, West Chester, Pa. 19380.

**Protein is vital** to your family's health, and *Protein Power*, from the American Dairy Association, gives you 24 nutritious recipes—soups, salads, main dishes, desserts, coolers—that have it in abundance. Milk adds protein to the start of a meal with pale green Frankly Soup, to the entrée with old southern-favorite Brunswick Stew, even to dessert with creamy Baked Custard. Send 25 cents to: Protein Power, American Dairy Association, 6300 North River Rd., Rosemont, Ill. 60018.

**Sausage is inexpensive** and delicious. It's popular, too. There are more than 200 types made in this country alone, and we Americans consume about 3.5 billion pounds of it a year. *Sausage Sampler*, from Union Carbide's Food Science Institute, explains all you need to know about this oldest of processed foods. The handsome little booklet gives you a quick sausage history, then a rundown of the six types of sausage (fresh, uncooked smoked, cooked, cooked smoked, dry/semi-dry, cooked-meat specialties), storage and cooking hints, nutrition tips and 16 pages of menu and recipe ideas. Send 25 cents in stamps or coin to: Dept. FRS, 6733 W. 65th St., Chicago, Ill. 60638.

**Lamb is more than a chop or a roast.** In *Now—New Zealand Lamb as You Like It*, it gets a new look in recipes such as Lamb Scallopine, Lamb Stroganoff Skillet or Lamb Cacciatore. There are directions for freezing and carving lamb, plus tips on nutrition and economy. It's free from: New Zealand Lamb Information Center, 110 E. 59th St., New York, N.Y. 10022.

**Liven up your next party** with a little help from the Lipton Soup people. Their brochure, *Party Perk-Up Recipes with Lipton*, goes beyond their famous onion-soup/sour-cream dip to

make Festive Cheese Balls, Meat 'n Cheese Puffs, Appetizer Turnovers and new dips. All use Lipton Onion Soup Mix and Beef Flavor Mushroom Mix. For your free brochure, write to: Thomas J. Lipton, Inc., 800 Sylvan Ave., Englewood Cliffs, N.J. 07632.

**For low-cost meals**, a Rice Council booklet, *Let Rice Slice the Price*, has the answers—recipes that mix rice with money-savers like ground beef, canned luncheon meat or tuna, to give you flavorful meals for a family of six. Recipes are nutritionally sound as a main-dish protein serving. Write for a free copy to: Rice Council, P.O. Box 22802, Houston, Tex. 77027.

**Bake sales are fun ways to make money**, for everything from new school band uniforms to church and community fund drives. To help you bake your way to a bigger profit, the California Raisin Advisory Board has come out with a guide: *Bake Sales Are for Raisin Money*. Besides telling you how to organize the sale, price and package the baked goods and sell them successfully, this clever little booklet has an appealing collection of raisin-filled recipes, from California Brown Bread to Raisin Kisses. Write for a free guide to: Bake Sale-AH, P.O. Box 5172, Fresno, Calif. 93755.

**Time-saving meals can be yours**—easily and deliciously—with the *Clock-Watchers Cookbook*. Minute Rice has collected 14 menus, along with a host of tempting entrée recipes, in this 34-page booklet. It's yours—just by sending one box top from any size Minute Rice, or any flavor Minute Rice Mix, to: Clock-Watchers, Box 3056, Kankakee, Ill. 60901.

**If the thought of dieting** interests you, but has never really stirred you into action—or you are one of the countless victims of an unsuccessful diet program—you might enjoy a new consumer guide called *Dieting, Yogurt and Common Sense*. The booklet, published by the makers of Dannon Yogurt, is a handy, 45-page, pocket-size catalog of the physical and emotional attitudes required for effective dieting. In simple, down-to-earth language, it describes the importance of maintaining, as well as losing or even gaining, weight. Also included are helpful charts for determining your own weight and daily calorie needs, plus two seven-day diet plans and a calorie guide. Send 25 cents, to: Dorothy R. Young Dannon Milk Products, 22-11 38th Ave., Long Island City, N.Y. 11101.  
—Colleen E. Walsh



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# Yours to own or give— the versatile Bundt Pan



*A tempting trio of Bundt Pan specialties, clockwise from top: soufflé with frozen-daiquiri tang; ham ring and pineapple slices; refreshing potato salad mold.*

The Bundt Pan, an all-purpose food mold with a unique, traditional shape, will make a useful addition to your collection of kitchen wares—and an ideal gift for anyone with culinary flair.

This formed-aluminum tube pan, with its straight, fluted sides, can not only bake a beautiful cake, but also turn out a conversation-piece main dish, salad,

bread or dessert to spark a party table. A 12-cup Teflon-lined Bundt Pan, in your choice of four colors (three are pictured above), is now available exclusively to *American Home* readers for \$4.98, along with a cookbook containing more than 300 recipes. See coupon—plus sample recipes, including those for the three dishes shown—on page 93.

Irwin Horowitz





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# Stitch 5 great Christmas decorations with patchwork and needlepoint kits

By Ann B. Bradley



Here are delightful Christmas decorations to make now and display for many a Yuletide to come. Choose patchwork or needlepoint kits or both—all are easily stitched.

In patchwork, the table topper or tree skirt is 45 inches in diameter; kit includes patches, lining, binding and embroidery floss to personalize cloth with family names. Wreath kit, in 14- or 16-inch size, is complete with bow, backing and pattern for stiffener (stuffing not included). Stocking kit, in 13- or 15-inch size, includes lining and backing.

In needlepoint, painted canvases simplify making our tree or Santa. Santa doll, 19 inches tall, is complete with bells, felt back (no stuffing). Tree, 17 inches tall and decorated in the round (as shown), comes with pattern for cardboard mounting cone.



## Patchwork ornaments

Simply glue pretty patches on six assorted Styrofoam shapes as instructed. It's that easy! Kit also includes adhesive and ribbon for hanging ornaments.

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## 4 delectable ways to use your Bundt Pan

### Frozen Daiquiri Soufflé

(pictured)

An ideal dessert to end a company dinner.

- 8 eggs, separated
- 2 cups sugar
- ½ cup lime juice
- ½ cup lemon juice
- Grated peel of 2 lemons
- Grated peel of 2 limes
- Salt
- 2 tbsp. unflavored gelatin
- ½ cup rum
- 2 cups heavy cream
- Crushed pistachio nuts

Beat egg yolks until light and fluffy. Add 1 cup sugar gradually; beat until smooth and light in color. Blend in lime and lemon juice, grated peel and a pinch of salt. Stir over low heat until it thickens. Soak gelatin in rum and stir into hot custard until it is dissolved. Cool. Beat egg whites until foamy, add remaining 1 cup sugar gradually. Beat until stiff. Whip cream until stiff. Fold egg whites into custard; then fold in whipped cream. Pour into a 12-cup Bundt Pan and chill. Can be served refrigerated or frozen. To serve, may top with pistachio nuts. (To garnish soufflé as pictured, surround it with slivered lemon and lime peel.)

### Ham Ring

(pictured)

- 2½ lbs. lean ground ham
- 1 lb. lean ground beef
- 1 cup soft bread crumbs
- 4 eggs
- ½ cup evaporated milk
- 1 tbsp. instant minced onion
- 2 tbsp. prepared mustard
- ¼ cup brown sugar
- 1 (1 lb.) can of pineapple slices (optional)

Combine ham, beef and bread crumbs. Beat eggs together with milk, onion, mustard and brown sugar. Pour over meat mixture and combine thoroughly. Grease a 12-cup Bundt Pan. Arrange pineapple slices in bottom of pan, if used. Press meat into pan. Bake at 350° for 1½ hours. Let stand 5-10 minutes. Turn out on serving plate. (Instead of putting pineapple in pan bottom, you may wish to garnish Ham Ring with the slices, as pictured.)

### Potato Salad

(pictured)

- 2 envelopes unflavored gelatin
- 1 cup buttermilk
- 8 cups cubed, cooked potatoes
- 6 hard-cooked eggs, diced
- 2 cups chopped celery

# American Home Exclusive

For our readers, in time for holiday gift-giving and meal-planning, a 12-cup Bundt Pan® (right) plus special cookbook (a \$7.48 value!) is just \$4.98. Lined in classic white Teflon® from DuPont, the pan comes in Avocado, Harvest Gold, Cinnamon (not shown) and Tangerine Poppy.



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- ½ cup chopped green onion
- 2 cups mayonnaise
- 1 cup commercial sour cream
- 2 tbsp. sugar (optional)
- 1 tbsp. prepared mustard
- 1 tbsp. salt

Oil a 12-cup Bundt Pan. In saucepan, combine gelatin and buttermilk. Heat over medium heat, stirring until gelatin is dissolved. Cool. In large bowl, combine all ingredients and gelatin mixture. Heap the salad into the pan; press firmly into place. Cover and refrigerate until set. To unmold: Use a thin, narrow plastic knife and loosen center core of salad. Dip pan in hot water for about 10 seconds; turn out on serving plate. Serve with additional mayonnaise, if desired. (We've used celery leaves and radish roses as a garnish for the salad.)

### Berry-Cheese Mold

- 2 (6 oz.) pkgs. lemon- or strawberry-flavored gelatin
- ½ cup sugar
- 4 cups boiling water
- 3 cups cold water
- 2 pts. strawberries, hulled and halved
- 2 (8 oz.) pkgs. cream cheese, softened
- 2 tsp. vanilla

Dissolve gelatin and sugar in boiling water. Add cold water. Chill 5 cups gelatin until thickened, leaving remaining gelatin at room temperature. Add strawberries to thickened gelatin; pour into a 12-cup Bundt Pan. Chill until set, but not firm. Beat cream cheese until smooth; gradually add reserved gelatin and vanilla, beating until well blended. Spoon over gelatin in pan. Chill overnight or until firm. Unmold.



[continued from page 70]

## Warmly appealing, calico collages are easy and great fun to do.

"Putting these collages together is a kind of group activity," Norma points out. "I pile up my fabrics and bits of rickrack on the kitchen table and before I can begin, our cat, Mimsy, comes over and nestles down in them—I'm forever laundering cat hairs out of calico. But she *does* like to watch." So do Diana and Dan. Sometimes, while Norma is busy "painting," they create their own smaller versions as Christmas or Valentine cards.

Norma has taught this card-making technique at local schools and has conducted a workshop on calico crafts at her church, where "students" turned Styrofoam eggs and strawberry baskets into decorative objects by covering them with fabric and rickrack.

Most of Norma's collages are made for the Art Association's annual fair, which features the work of 150 artists and craftsmen and attracts about 30,000 visitors. She and Diana arrange the collages around an old deacon's bench and settle down for a day of delighted reactions and questions: "Everyone wants to know how I make them," says Norma. "They're easy enough for anyone to do!" These tips from Norma will get you started:

"Build a scrap collection of gingham and small-print fabrics, rickrack, ribbon and bits of lace. When you've chosen your design, make a sketch of it on a large piece of mat board, just to see how it all fits. Then, using tracing paper, make two complete tracings of your sketch. With masking tape, hinge one tracing to the mat board so it can fold down to help position your fabric pieces; cut up the second tracing into patterns for the other shapes in your design. Put each pattern on your fabric and trace around it with pencil; cut out the pieces with good, sharp sewing scissors.

"Apply your large background pieces first; use a solution of one part water to three parts white, all-purpose glue. Spread the glue on the board in a back-and-forth motion, using a wide brush. The glue should be smooth and slightly tacky—but *not* wet, or it will stain the fabric. Wipe off any excess glue with a piece of cloth. Now smooth your fabric piece in place, pressing out any bubbles. Put the design face down on a clean surface and place a few heavy books on it so the large background pieces dry flat, without warping. When the background dries, add other pieces of design. Apply glue directly from the tube to the back of each, pressing it down, wiping off the excess with a cloth and waiting till the glue is tacky before putting the piece in place. For thin details (as in "The Card Shoppe" on page 71), press a thin line of glue onto the background, then smooth on pieces of embroidery thread. When design dries completely, surround it with matting, add glass and frame, and your collage is done.

"To make a collage card, fold heavy white paper to size. Using glue from the tube (it should be tacky, *not* wet—remove excess with a cloth), paste on your background fabric; smooth out. Apply glue to the backs of other scraps and smooth them onto the background. Trim design with rickrack, ribbon or bits of paper doilies or lace. Card-making is a perfect rainy-day occupation for kids. They can come up with ideas just by looking through a coloring book."

Try calico "painting" with *your* family. You may soon have the makings of your own art fair.

## Turn one cake mix into a thing of beauty

Wilton's wonderful Yearbook shows you how to create 60 cakes like these with a few simple tools, special pans, and one cake mix each.

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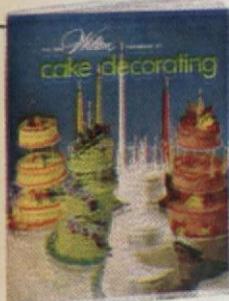
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## "I turned an energy sieve into a snug, smooth-running house."

but I am absolutely convinced that by adding humidity to the heating air in a house—either by using an attachment to the furnace or a separate appliance—you'll feel comfortable at a lower temperature. How much lower depends on how much humidity you can maintain.

Most people feel a little chilly in a dry house heated to 68 degrees, but with humidity added, 68 is comfortable for almost everyone. Admittedly, energy is needed to add moisture to the air, but with windows closed, the air in your house is recirculating. And once a specified level of humidity is reached, the humidifier turns itself off. By maintaining a somewhat lower temperature because of a relatively high level of moisture, you will save energy. My present system has a humidifier. It's old and not working well—I'll put a new one in when I'm having the new furnace installed. This should cost me \$250 to \$300.

**5. Turn down the thermostat.** If my wife plans to be out for most of a winter day, she sets our thermostat down to 50 or 55. She does the same when we all take a weekend trip. Sure, it takes energy to reheat the house when we return, but never as much as we save.

What your furnace normally does is satisfy a particular thermostat setting—let's say it's 70 degrees. The furnace runs until the thermostat senses about 72 degrees and then kicks off. When the temperature settles down to about 68, the furnace kicks on again. In other words, your furnace is switching on and off, on and off, every half-hour or so, depending how cold the outdoor temperature is. It would be more efficient performing at full load for an extended period. So try letting the house cool in your absence; the heat level will be restored quickly—and economically—when you return. You don't want anything in your house to freeze; 45 degrees is about the lowest thermostat setting you should consider.

When cooling your house in the summer, the compressor of your air conditioner also works best under full load. As the load decreases, efficiency is reduced. Kicking on and off, on and off, to maintain a particular temperature puts wear and tear on your compressor.

**6. Install zoned heating and cooling.** Most houses have one thermostat, and usually it's located on an

interior wall near the living or dining room. Yet in most houses—mine, certainly—the greatest number of heating hours is spent elsewhere. Just creating two zones in your house to separate living and sleeping areas will save energy.

I plan to have four zones in my house (\$300 to \$500). It's easy to do so, as the ductwork is set up that way: north, south, upstairs and downstairs. And why pour warm air into the sunny south side just to satisfy the heating needs of the shaded north side? I'll put automatic damper controls into the ductwork in my basement, but it's also possible to put dampers behind the outlet grilles. All these controls can be put on a time clock—there will be two time clocks in my house (about \$30 each), one to control two thermostats.

Here's how my system will work. From, say, 11 p.m. until 7 a.m. nobody is downstairs in the living areas. And in the daytime, the reverse is true. Further, in the daytime the north side of the house needs more heat than the south side. With automatic controls, the dampers will respond to thermostats in the four zones; each thermostat will call for whatever temperature we have set, and "demand" that the duct deliver

enough heat to satisfy the setting. Now if that same thermostat is on a time clock, it will call for, say, 55 degrees at certain times of the day and 68 or 70 degrees at others. And there is a manual override, should our schedule change. Cooling, once again, is just the reverse. The warmer parts of our house can be programmed to receive more cool air than the shaded areas. And there's no reason why we would want to cool any part of the house we're not using.

Zoned heating and cooling offer flexibility as well as economy. I feel fortunate that my house divides so neatly—there are no bedrooms downstairs, for example. (Installation is more complicated in a split-level house, though certainly worthwhile in the long run.) When all the work on my house is completed, electricity usage should be down to 600 or 650 kilowatt-hours per month. Through lowered bills, I expect to recoup what I've spent on energy savers in six or seven years. Meanwhile, I've made an old house more comfortable for my family—and potentially more resalable—without compromising its traditional charm.

*The author is a partner in Flack & Kurtz, a Manhattan-based firm of consulting engineers.*

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Cut sides and ends; scallop top edges with band saw or with hand tools.



Assemble box carefully, using waterproof wood glue and wood screws.



Clamp sides until glue dries. Wood dowels can be used in place of glue.



Add eagles or other decals of colonial design to front and back of woodbox.

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First, cut the sides and ends so they are squared-off perfectly (not beveled); then scallop the top edges with a power band saw or with hand tools. Join all four elements, using waterproof wood glue (clamping until dry) and wood screws with heads covered with dowels, or pinning them entirely with wood dowels (sometimes called *tunnels*).

Next, glue a support framework of four narrow strips around inside of box to hold the bottom in place. Reinforce glue with screws, if desired. Cut bottom to fit; place in box so it rests on support strips.

Add handles or drawer rings to the two ends for carrying. Apply eagle or other decal of early-American design to either side or to both. Finish box with three or more coats of varnish to show off handsome wood grain and provide protection. —Don Shiner



# Dear American Home

## HOMEOWNERS SPEAK OUT

Thanks for your July article, "American Homeowners Are Being Had!" This is the first one I have ever seen that somewhat reflects my own views, and it is the only article that seems to take the problem seriously enough. I'm sure many people feel as I do and also appreciate your taking our part.

Mike Carhart  
West Palm Beach, Fla.

Thank you for your concern and support in your July editorial. We are one of the many small families trying not to contribute to the energy crisis or the population explosion, but until now no one has contributed a thought to our needs—much less any aid. With prices of food, utilities, services, interest, housing and transportation increasing by leaps and bounds, we find ourselves more than a little breathless trying to keep up. Somewhere the "little guy" has got to find a big voice.

(Mrs.) Malinda Burden  
Joplin, Mo.

The editorial in your July issue really covers it all, and every word is true. I think if more people had the audacity to speak up, something might be done. Do you have any suggestions as to what we can do to make ourselves heard?

(Mrs.) Viola Brown  
Gastonia, N.C.

Dear Readers,

We are grateful for all your letters. They pinpoint the real nub of the problem all of us face: There are no legal watchdogs looking out for the homeowner, no vigorous lobby in Washington or in any state capital. A few legislators have taken up the homeowner's cause, perhaps because of pressure from their constituents.

But that is the *only* way to achieve results. Let your representatives know that you feel your rights are being compromised. Form a committee, write letters, set up a public meeting, challenge local officialdom. You can't simply expect affirmative action; you must demand it. Make your representatives answer to your needs in exchange for your vote. They don't know you're there until they hear from you.

Inequities will continue being heaped on the "little guy" until he holds his ground and says, "No way—no more!" And *that's* what we want to encourage.

—The Editors

**REPRESENTATIVE'S RESPONSE**  
I certainly appreciate the editorial stand your magazine has taken on my proposal to establish low-interest loans to finance energy-saving improvements in home insulation and heating (July AH). The passage of the worst of the winter fuel shortage has diverted the attention of many from the crucial energy problems that lie ahead. I therefore find your support encouraging at this particular time.

William S. Cohen  
U.S. House of Representatives  
2nd District, Me.

## COMPOTE IN QUESTION

In the upper left-hand corner of "Today's Best Buys in Antique Glass," (July AH) there is a photograph of an antique pressed glass compote about which nothing is mentioned.

I own such a compote, but have been unable to learn anything about it. Can you tell me what the pattern is called, the age of the piece, who produced it, its value and if it is listed in any of the antiques guides?

(Mrs.) Patricia Huff Beebe  
Pontiac, Ill.

We regret that we lacked sufficient space to describe the piece in the context of the article. According to our antiques expert, Marvin D. Schwartz, the compote is in the "Quatrefoil" pattern and dates from the 1880s. Its value is about \$40.

The origin of the piece is impossible to pinpoint, as compotes like this one—in patterns that varied only slightly from one another—were produced by a number of glasshouses at that time. You'll find the compote described in *The Complete Antiques Price List* by Ralph and Terry Kovel (Crown, \$5.95).

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



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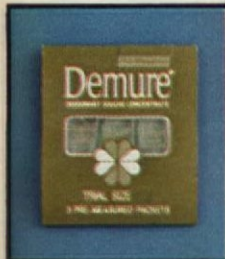


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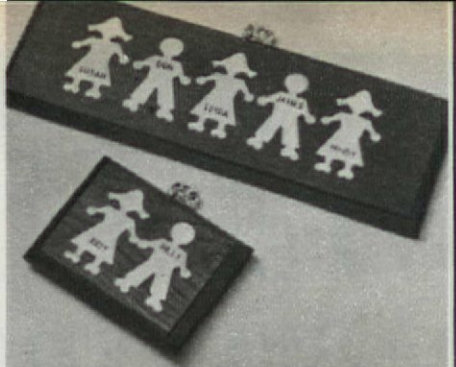
Adorable boys and girls count the children in lifetime solid brass, custom engraved! Wood plaques are richly stained, beveled, with a handsome hanger. 1- or 2-child is 3x3 3/4", 3-4 is 3 1/2 x 7 1/4", 5-6 is 3 1/2 x 9 1/4", 7-12 is 3 1/2 x 14 1/2". 10-12 is arranged vertically.

- #1390—1 child .....\$1.99
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- #1378—12 children .....\$8.50

PRINT names, specify boy or girl for each. Add 75¢ post. & hdlg. N.Y. res. add taxes

**LILIAN VERNON**

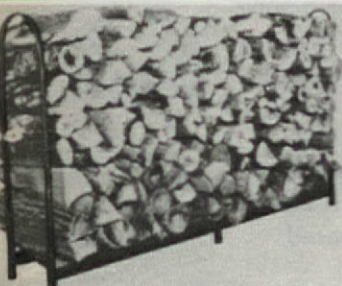
Dept. A03, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550



"Pam is the title of this darling apron and what a pretty role she plays! Back-tie neck, a full wrap around, wear with a body stocking as a complete party outfit. One size fits all. Cotton. Colors: patchwork red, blue, or brown. It's \$14.95 plus 90¢ hdlg. From Sofwear Designs, AH10, 1711 Main, Houston, TX 77002.

**American Home Market Place**

Lynn Headley—Editor



**HOLDS 3000 LBS. OF WOOD**

And all of it neatly stacked in this heavy duty rack. No more unsightly log jams in garage or backyard. You can store a full stove cord of wood in our new matte black, wrought iron log stand. 4" clearance underneath speeds drying, permits easy sweeping, keeps mice and termites from invading. And when you don't need it, folds flat for easy storage. Attractive enough for use indoors, rust resistant for use outdoors. A huge 8 ft. x 4 ft. x 14" deep.

**MONEY BACK IF NOT DELIGHTED \$39.98**  
**HARRIET CARTER** Add \$4.95 Post.  
 Dept. A-3004A, Plymouth Meeting, Pa. 19462



**PLATFORM DEMI BOOT**  
 Ideal pant boot, 8 1/2" high in kidskin-soft stretchy Polyurethane on nylon. Non-skid rubber like sole. 1 3/4" heel. Brown, Honey Beige, Black, Red, White. Washable. Sizes 5-10, one width fits all. **\$11** Add 90¢ post.  
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**CATALOG**

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Add beauty to any room in your home with decorator motifs, action, pop or zodiac designs. Paint a full-size mural "by-the-numbers" in hours with professional-looking results! Kits complete with pattern brushes, paints, easy instructions, from \$2.95 up. For 32-page color catalog, mail 50¢ to: Double M Marketing, Dept. AH-410, Box 8506, Fountain Valley, CA 92708.

**Blue Willow takes the cake**

Or cookies—on this delightfully decorative two-tier Blue Willow Ceramic Stand! 15" tall cake server is hostess-right for every occasion. Stand \$4.95. Also available, 8-oz. Blue Willow Cream and Sugar set, \$2.50. Add 50¢ hdlg. for each item. Lovely gifts at such a pretty price! The Added Touch, 12 A Water St., Bryn Mawr, PA 19010.



**Rattan, it's a natural!**

Victorian wall shelf handwoven of natural rattan adds a flattering flare to bath, den, foyer or bedroom. Holds books, knick-knacks, etc. Comes with wall hooks. 15x7x18" high. \$11.95 plus \$2 hdlg. Painted in white, black, pink, green, orange, yellow or blue, add \$3. Catalog, 25¢. Fran's Basket House, AH10, Rt. 10, Succasunna, NJ 07876.



**A Christmas special**

Good Old Days Christmas Annual for 1973 is practically a collector's item with such a limited number of copies left. Nostalgically filled with 96 wonderful pages of poems, photos, songs, features illustrations, drawings and stories of Christ-masses in the past. Enjoy every year! \$1. Tower Press, Box 428-CC, Seabrook, NH 03874.



**Chicken pot holder**

Cackle merrily through your kitchen chores with this darling pot holder to assist with hot stuff! Decorative, too, when it just sits and rocks—watching you with moving eyes. Bright calico prints: reds, yellows, blues, greens—all with red crest. 6"x6 3/4". \$1.50 each; 3 for \$4. Specify colors. Dell's, Box 191-AH10, Pico Rivera, CA 90660.



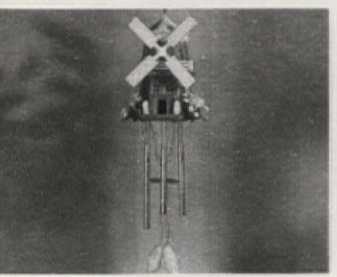
**"If"**

Kipling's inspired poem is a precious and ever-timely reminder. "If you can keep your head when all about you are losing theirs" climaxes with "you'll be a man, my son!" A gift to treasure in word and deed. In gold on wood plaque. 8"x11". \$2.98 plus 35¢ hdlg. From Cadlyn's, Dept. AHE10, 2077 New York Ave., Huntington Station, NY 11746.





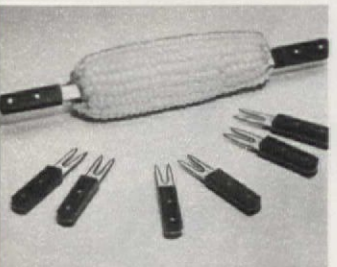
**Family Tree Chart**  
Your own "history in the making" chart chronicals your family back to your great-great grandparents through to your children. Shows clearly the relationship of uncles, 2nd cousins, etc. Spaces for over 280 relatives. "Parchment" paper. 22 1/2 x 32 1/2". \$1.98; 2, \$3.85. Add 50¢ hdlg. Harriet Carter, Dept. A-3034A, Plymouth Meeting, PA 19462.



**Make extra money**  
Dutchmill Wind Chimes is one of 600 new items in a fast-selling line. It's easy to take orders from friends, neighbors, club members. Write for salable samples on approval, free full color catalog, free name imprinted Christmas card album offer, sales plan, free gift offer. Hedenkamp, Dept. 352, 361 Broadway, New York, NY 10013.



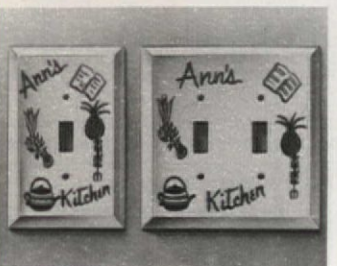
**It's copper!**  
Yes, this pretty, lacy bracelet is scrumptiously crafted in solid copper. Delightfully delicate, feminine and flexible to circle any pretty wrist. 3/4" wide! Magic curing powers? Who knows, but it surely is what the fashion doctor ordered! Great for gifting. \$1.98; 2 for \$3.50. Add 45¢ hdlg. Ferry House, Dept. AH10, Briarcliff Manor, NY 10510.



**Corn skewers set**  
Get out the butter salt and pepper, and prepare for lush eatin' with these handsome stainless steel skewers to hold firmly all those yummy ears of corn! With lovely rosewood handles, the "pic-ups" are party-perfect as hors d'oeuvre forks, too! Set of 8, \$2.95 plus 50¢ hdlg. Order from Holiday Gifts, Dept. 610-F, Wheatridge, CO 80033.



**Winchester buckle!**  
Guys or gals: Be the fastest fashion shouters with a Winchester buckle. An artist's handmade recreation in heavy brass-plated metal. A beauty! \$5; 2, \$9.50; 3 or more, \$4.50 each. Leather belt, 1 3/4" wide, black or brown, 24"-42", \$5 each. Add 75¢ hdlg. No Nonsense Shop, Dept. 738, 808 White Bridge Lane, Hanover Park, IL 60103.



**The switch is on!**  
Kitchen switch, personalized with your name, makes no bones about whose domain it is! Hey—it may tend to keep eager fingers from sampling before mealtime! Adorned with handpainted yummys on white plastic. Wipes clean. Single switch, \$1.29. Double, \$1.98. Add 40¢ hdlg. Country Gourmet, AO, 512 S. Fulton, Mt. Vernon, NY 10550.



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Put 'n protect your happy-memory cards in this leather-like Post Card Album. Easy-in-easy-out curved corner slots hold 200 U.S. and foreign cards. Great to record and "relive" your trips over and over! Spaces for titles, notes! Padded cover lettered in gold. \$7.95 plus \$1 hdlg. 2, \$15.95 postfree. Writewell Co., 370 Transit Bldg., Boston, MA 02115.

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Impish full-color circus animal wall cutouts will brighten any room. Children love the 8 whimsical 2-ft. tall animals, yards of tent poles, canopies, stars, balls, etc. 48 pc. set only \$4.98 ppd. Also, giant 6-ft. Magic Tree (not shown) with forest animals, flowers, etc. only \$5.98 ppd. Illustrated instructions included.  
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20", 25", 30", 36", 40" long ... **6.50 pr.**  
2 pairs to window as shown  
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Unbleached 80" wide, order Style C3. White muslin 74" wide, order Style C4. For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of off-white or pure white muslin retain their crisp appearance with a minimum of care. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under \$10 add \$1, for orders \$10 and over \$1.75. Send for free catalog showing our full line. Satisfaction guaranteed.

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Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour... just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 2" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2 3/4" x 6 1/4" x 5 1/4". 1 year factory warranty. \$34.95 Ppd. Ill. Res. add 5% Tax. Gift Catalog 25¢

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Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit, tools, natural cane, and easy-to-follow instructions, all ppd. for only \$4.00; extra cane \$2.00 per chair-lot. (Ill. res. add 5% tax)  
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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1 1/2" x 3/4". 500 on deluxe or 250 on gold, \$2.50 ppd. Or on Deluxe Size, 1 1/2" long, \$3.50 with design or \$2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 1610 Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

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Easy to grow in soil or water  
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It grows out of a log - so fast you can almost see it grow! All you do is put the Ti log in water and watch it grow. When it sprouts, put it in a pot. The bigger the pot, the bigger it will grow...from one to six feet tall. You can have the size you want. Grow it in sun or shade - it blossoms! The Hawaiian Ti plant makes an ideal gift. Your choice of red or green leaves. Guaranteed to grow!

ONE FOR \$100 3 FOR \$2.50

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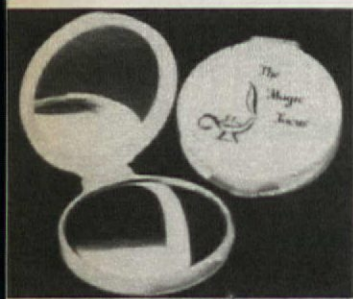
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DEPARTMENT AH-2

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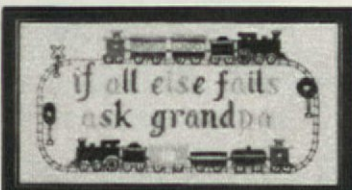
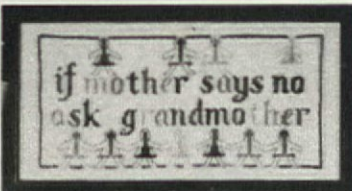


If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more !!



This marvelous Magic Focus mirror was developed by a noted eye doctor, for a woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. The doctor hand-ground prescription lenses and silvered them to provide a distortion-free optically perfect mirror. It is now available in both compact form (as pictured) or on a stand with a flexible, adjustable "goose-neck" arm for "hands-free" grooming. It allows you to apply eye makeup without glasses, regardless of your prescription or need for bifocals. 2 3/4" diameter white and gold compact has plain mirror on one side - Magic Focus mirror on the other. \$5.00 each; 2 for \$9.50. Add 50¢ postage. Standing model has 4" diameter Magic Focus mirror; brass arm; white base and trim. Cost is \$14.95 plus \$1.00 postage. Try either one! The results will amaze you!

FERRY HOUSE, H-10, Briarcliff Manor, NY 10510



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Grandfather Sampler Kit (shown) \$3.95  
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With these deluxe "Ben Franklin"  
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These magnifying glasses are a perfect aid in reading fine print in phone books, menus, programs, etc. Crystal clear zyl top rim gives you unobstructed vision. Impact resistant lenses. Deep Brown or Jet Black. Specify men's or women's Not for astigmatism or eye diseases. With free case.

\$6.95

Add 50¢  
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### Sandman special!

Welcomes sleepy-by time in this sweet sleeper of opaque nylon. Gals, note the lush long sleeves! With Cluny lace trim, sassy shirt-tail hem and tiny self-buttons. Long back opening ties at neck. Geranium pink, Lady lilac, Bristol blue. In S, M, L, sizes. \$13 plus 60¢ hdlg. Vicki Wayne, 610 - AON - S. Country Club, Tucson, AZ 85716.



### An edge on beauty

City or country cousins will adore these charming curtains with sassy crochet type edging. In white (74" wide per pair) or unbleached (80") muslin. Please specify. Lengths: 20", 25", 30", 36", 40", \$7.50 per pair. Matching 10"x80" valance, \$ each. Add \$1 hdlg. Free brochure. Country Curtains, AH10 Stockbridge, MA 01262.

### Trim your tree

With a lovely, gleaming Round Ornament depicting a Christmas sleigh ride within its graceful 3 1/4" filigree circle! Custom engraved with your name (please print), it's of solid brass. Won't tarnish or break. Ideal gifts, too, for all to enjoy year after year. \$1.98; 6 for \$9.98. Add 35¢ hdlg. Vernon, Dept. AO1, 510 S. Fulton, Mt. Vernon, NY 10550.



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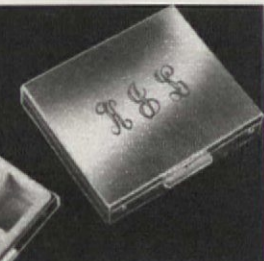
**Don Quixote**  
Picasso captured the endearing pathos in this touching black and white lithograph on artist canvas. 20x26". \$4.95 plus 95¢ hdlg. Also, stretched on wooden artist stretcher bars, \$7.95 plus \$1.95. Or, framed in ebony for \$19.95 plus \$1.95. Catalog with order; or, 50¢. Lambert Studios, Dept. AM14, 910 N. La Cienega Blvd., Los Angeles, CA 90069.



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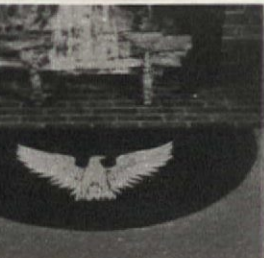
**Pierced earring case**  
Smart looking solid brass case has 8 velvet-type compartments in two sizes. And it comes with tongs to pick up your earrings! The size, 2 3/4"x2 1/2"x1 1/2", makes this case ideal for travel and trips as well as everyday use. Engraved with 3 initials (specify). Case, \$4.50. Order from Bruce Bolind, Dept. AH10, Boulder, CO 80302.



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Make "professional" candy mints simply and very quickly by using these rubber candy molds. Ideal for holidays, weddings, any party, etc. Comes with free, easy no-cook recipes. Order daisy, bell, leaf, santa, rose, or star. \$1.25 each mold; 3 for \$2.85; 6 for \$5.10. Free color catalog. Judy's of California, Dept. 34A, Box 728, Lompoc, CA 93436.



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Why not have them bronzed-plated in solid metal as a forever memory! An ideal gift for parents or grandparents, too. \$3.99 a pair. Also portrait stands (shown), TV lamps, bookends at big savings. Send no money. For details, money-saving certificate and postpaid mailer, write to the American Bronzing Co., Box 6504-K1, Bexley, OH 43209.



**Fireside finery**  
It's so comfy and cozy by the fire, but it's an excellent idea to spark-protect your carpet or floor with an Eagle Flameproof Rug! Of heavy flameproof cotton duck, rug is black with a bright gold eagle. Handsome for foyer entrance, etc., as well! Measures 22"x44". \$5.98 plus 50¢ hdlg. Order from Holiday Gifts, Dept. 610-G, Wheatridge, CO 80033.

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Gingerbread Man Kit	\$2.00
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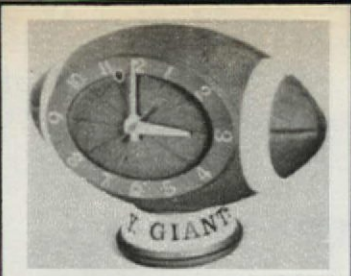
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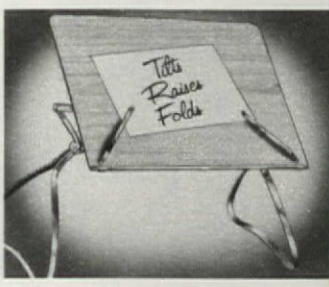
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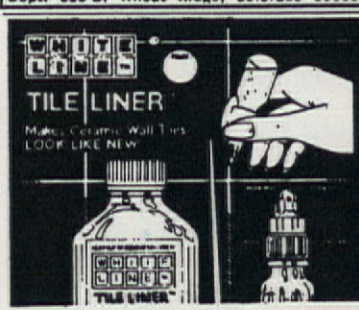
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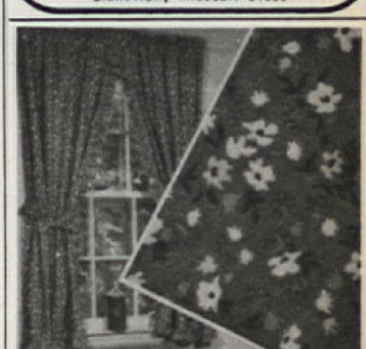
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